

kumeu Courier

FREE monthly community magazine for Kumeu & districts

MUSIC AT MATUA

TIPS TO MAKE YOUR
SUMMER GARDEN AN OASIS

- Kumeu wine country
- Property news & advice
- Events & updates
- 8 week challenge

CRABB FIELDS JUDGED BEST STREET

Circulation is 9,000 print copies and 3371 opened and read email copies.

Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.

Contact Sarah Cartwright on 021 250 7324 or sarahcartwright022@gmail.com

kumeuCOURIER/ February 2015

Intro

Welcome to 2015 and our first issue for the year! I hope all our faithful readers had a fantastic and safe summer break filled with wonderful food and quality family time. The weather really turned it on for us all and is continuing to do so, making for a very pleasant return to work for everyone. Matua winery has the perfect pairing of Pizza and Pinot for all those looking for something to tantalise the taste buds during these gorgeous summer weekends and is also proud to announce the 3rd year of Music at Matua. This year the concert sees an impressive lineup of talented musicians so get your friends and family together for an afternoon of fun in the sun – tickets are available through Eventfinda.co.nz. Don't forget Valentine's Day is coming up so for all those looking for something special for your loved ones, support our local businesses by buying and dining locally!

As always, stay safe and be kind.

Sarah,
Editor.



kumeu Courier

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CRABB FIELDS - BEST STREET NORTHWEST 2014



For the last 6 months we have been engaged in looking at, and trying to understand the dynamics of what makes a great street. We looked at hard and soft landscaping, infrastructure, traffic, people factors, amenities and community.

In all aspects this was a complex mix that also had submissions from spokespeople from within the community and tests.

We were encouraged by the response from Whenuapai to Muriwai and in between. Some of the top contenters included Riverhead, Huapai and Waimauku.

The submission included a statement that I particularly liked.

"When the owners of this land in the heart of Riverhead reluctantly gave up farming they decided that although amateurs, they would develop it themselves. They wanted the best possible outcome

so used modern urban design to enhance the rural nature of the area. Crabb Fields Lane maximises the natural assets of the forest, Wautaiti Stream and generous reserves maintain the rural outlook. Because sections were purchased over time from the owners, neighbours got to know each other from the outset and so a family-friendly neighbourhood has developed with a firm commitment to look out for each other for the betterment of the residents in this unique street."



Judges comments were " This development incoroprates a good mix of natural, soft and hard landscaping elements. Good use of services and street networks and a mix of build companies offering clean design and easy access to garaging. Further complications in the migration from localised septic system to Town Sewerage mid project has been controlled well. Consistent planting and high presentation has delivered a high value product. One of the commentators, Graham McIntyre, Territory and Brand Owner

kumeu **Courier**

of Mike Pero Real Estate said " This clever development has been well planned and executed, a good standard of build and presentation will combine with the planning and infrastructure delivering a community that will experience a very good return on investment. Sales to date in the area have shown a premium return" he says. Kumeu Courier would like to thank all our entrants and our sponsor, Mike Pero Real Estate. We will be working with the community regarding suitable reconition. For more information contact Sarah Cartwright by email sarahcartwright022@gmail.com

GOLDIES BUSH - A WINNER !

A recent visit to Goldies Bush over this glorious summer delivered some outstanding scenery and fun times. Goldies bush is located between Horsemans Road, Waitakere and Constable Road, Muriwai and can be accessed from both roads. Parking is easy and the walkway has been upgraded to an easy walk. Once at the waterfall you will enjoy the sights and sounds of Auckland sub tropical rainforest environment at its best. A viewing platform provides a vantage point for viewing the watering hole in its full glory. If you get the chance of planning a picnic or a walk , this has to be high on the list. Remember, what you take in please bring out, no rubbish bins are available. For more information see <http://regional-parks.aucklandcouncil.govt.nz/parks>

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COMMUNITY NOTICE BOARD

DECK & FENCE PRO



After withstanding all sorts of weather for years, wooden decks, fences and outdoor furniture can look decidedly unattractive. Replacing them completely or trying to restore them yourself can involve lots of time, expense and frustration. But now there's another option that's not only affordable, but will also bring them back to their original beauty, just in time for summer. Deck and Fence Pro specialise in the complete restoration of weathered decks, fences, garden furniture and more – and the results are so good they astound customers says local franchise owners Zane and Jaimi Scott. Fully trained in the latest techniques they employ professional cleaning and restoration technology which is environmentally friendly. They use Deck and Fence Pro's own range of special cleaning solutions before applying the companies specially formulated range of linseed oil-based stains - or paint if you prefer, to make the restored items look like new. Removing UV damage, lichen, dirt and stains is no problem and the service is quick and efficient. The company also cleans and restores brick, block and plaster fences, as well as water blasting to clean driveways, garden paths and other outdoor areas. Deck and Fence

Pro also supply and fit garage carpet, an option that appeals to an increasing number of people using their garage as extra living space. Carpet can be professionally fitted in just half a day and will transform the look of your garage. Call your local Deck and Fence Pro Specialists, Zane and Jaimi Scott for a free no obligation quote, on 022 096 3172 or email zane.s@deckandfencepro.co.nz

THIS SUMMER'S BEST SPARKLING FRUIT WINE

It is official: this summer's BEST sparkling fruit wine is Pukeko Grove Boysenberry Sparkling by Kiwi Estate Winery. Escape from the summer heat of the city with Kiwi Estate Winery's Trophy winning Boysenberry Sparkling Wine. Let the delightful combination of berries and bubbles transport you, your friends, and family to a simpler world where good taste and friendships shine.

As a long standing member of the Kumeu business community, Kiwi Estate Winery has been winning awards for our outstanding wines since 2008, and in 2014 alone, our wines won 2 trophies, 1 gold medal, 3 silver medals and 2 bronze medals at the Fruit Wine and Cider Makers of New Zealand Awards. Please visit our website at www.kiwiestatewines.com to discover the beauty of these award winning wines. Phone: 09 412 8875

VINEYARD COTTAGES

"The most beautiful vineyard hideaway I have had the pleasure of staying at"



By the author of The Australian and New Zealand Wine and Food Pictorial Atlas.

Our aim - to create a unique experience, not just supply a room for the night.

The seven cottages and conference centre are made from macrocapa. Inside the cottage the timber and antiques placed in each cottage combine to take guests back in time. The open plan kitchen, living/dining area are separated from the king sized bedroom by wooden doors, and the rain head shower is a favourite in the bathroom! In summer guests relax on their patio, whilst during the winter most snuggle by the fire.

The Function Centre has wide verandahs and large rooms creating a spacious atmosphere. Cooled in summer by large opening windows and doors, and warmed in winter by fireplaces, it is a year round destination.

Call us today to reserve your space at our unique place.

MIKE PERO FOUNDATION GIVES GIFT TO RIVERHEAD FAMILY

One Riverhead family received the warmth of Graham McIntyre and the Mike Pero Foundation. On behalf of Mike Pero North West clients, a special gift of \$2,000 was given to the Wilburn family so that 2015 could be an enjoyable occasion.

Shona Wilburn is mother to Blake (14) and Mackenzie (13), and wife to her beloved husband Sam. For six years Shona has bravely battled an incurable brain tumor.

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There is a drug that her doctors feel could extend Shona's life expectancy but it is unfunded and without this drug, her time is very limited.

"Unfortunately my tumor is an aggressive Glioblastoma, however, there is hope, and a chance for me to have more precious time with my beautiful children" Wilburn said.

\$84,000 needs to be raised for the first 10 fortnightly treatments, and following these treatments, the drug will be supplied for free as long as it continues to help.

"It's unbelievably frustrating to be living with something that you have been told is incurable, and yet a potential life preserver is available, just at an incredible cost."

Wilburn has had three treatments to date and all of the signs have been very positive.

You too can make a difference this year with Shona's family and friends actively fundraising on <http://givealittle.co.nz/cause/shona/fundraisers>. Enquiries - Graham McIntyre: 027 632 0421. Attached image: Graham McIntyre (left) and Stacey (far right) presenting the donation to Shona and her family.



KUMEU GYM 8 WEEK CHALLENGE IS BACK.

Challenge start date is Saturday 14 February 2015. Christmas is over for another year so now is a great time to kick start that New Years Resolution and get motivated. Whether your goal is to take off those extra kilos or finally feel good about yourself. THIS CHALLENGE IS FOR YOU! ANYONE CAN JOIN.

This challenge will teach you new approaches to exercise, how to fuel your body, how to live healthier & love it! What have you got to lose? WHATS INCLUDED IN THE PROGRAMME?

- 2 four week personal exercise programmes designed to help you get your results.
- Before, midway and 8 week assessments and photos.
- 2 Nutrition Seminars.
- 4 outdoor group boot camp workouts.
- Full access to our RROX Digital Trainer website.

Get the body you desire and you could WIN \$1,000 CASH plus a 1 year Full Service Membership.

WHAT WILL IT COST?

Entry fee is \$200.00 per person.

- Non-members can take advantage of 8 weeks Gym membership with full gym access for an additional \$80 on signing up to take part in the KUMEU GYM - 8 Week Transformation Challenge. Phone KUMEU GYM 09 412 8932 or email admin@kumeugym.co.nz now for further information or pop on in to register your name today – located at 250c Main Road, Kumeu (Behind the Bakehouse Café) Transformation Challenge runs from Saturday 14th February to Saturday 11th April 2015.



KUMEU MASSAGE CLINIC

Experienced former Warriors massage therapist Stacey McCormick (Dip Ther Massage+Sport) is currently working from 8 Shamrock Drive, Kumeu (Kumeu Chiropractic building). Stacey covers relaxation, therapeutic, deep tissue, sport and pregnancy massage. Appointments are available on Tuesday only, including late night. Gift vouchers are available also. Phone or text Stacey on 027 3444 780 or email her at staceymccormick@live.com for more information or to make a booking.






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SAFER COMMUNITIES

Don't let boredom get your kids into trouble these school holidays. With the holidays almost coming to an end and everyone starting back at work, it's easy to get bored and become complacent, and this is when kids can find themselves becoming mischievous. If this sounds like you, don't make the wrong decision by taking your friends for a hoon while you are only on your learners or restricted license, and likewise don't get into a vehicle with a friend who doesn't hold a full license. Remember there is a zero alcohol tolerance for youth when driving. If you're going to the local shops, don't hang around all day if all you are doing is causing an annoyance.

We are privileged to live in an area with a stunning beach, a mountain bike park, paintball, tree adventures and the list goes on, so get off the xbox and go and enjoy the rest of your holidays, but at the same time be responsible and stay safe.

In an emergency dial 111.
For more information contact
Melissa Haven,
Ph 09 412 7756.



What a fantastic summer so far.

The long hot summer days are great for the beach but this also means we all need to be very careful not just with sun burn but also with fires. We are in a restricted fire season which means that outdoor fires require a permit that can be applied for through Auckland Council.

We attended a 7Ha shrub fire on the 26th December 2014 which took days to extinguish. The Waitakere Brigade was one of many volunteer crews that gave up their Christmas holiday break to work at Cornwallis.

As a fire fighter you train to acquire a wide range of skills that allow you to respond to the varying incidents with ability and confidence. If this interests you and you live in the Waitakere Township area, like to work in a team environment and wish to assist the community please contact Officer in Charge Denis Cooper on 0275 626942 Below are a few photos of the Cornwallis fire and Waitakere Brigade members afterwards.



Denis Cooper
Officer in Charge
Waitakere Volunteer Fire Brigade



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AREA PROPERTY STATS

Every month Mike Pero Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential and Lifestyle transactions that have occurred. If you would like to receive this full summary please email the word "full statistics" to kumeu@mikepero.com. This service is free from cost.

Address	Max	Median	Minimum	Most Recent Sale
COATESVILLE				
Lifestyle	\$2,800,000	\$1,725,000	\$750,000	\$750,000
HERALD ISLAND				
Residential	\$2,400,000	\$705,000	\$550,000	\$705,000
HOBSONVILLE				
Residential	\$800,000	\$650,000	\$529,000	\$590,000
HUAPAI - KUMEU				
Residential	\$832,000	\$755,000	\$650,000	\$755,000
Lifestyle	\$3,125,000	\$2,500,000	\$2,200,000	\$2,200,000
MURIWAI				
Residential	\$730,000	\$715,000	\$705,000	\$705,000
RIVERHEAD				
Residential	\$950,000	\$750,000	\$605,000	\$605,000
TAUPAKI				
Lifestyle	\$1,145,000	\$1,008,000	\$740,000	\$1,145,000
WAIMAUKU				
Residential	\$1,095,000	\$820,000	\$660,000	\$660,000
Lifestyle	\$1,045,000	\$850,000	\$601,000	\$995,000
WAITAKERE TOWNSHIP				
Residential	\$1,240,000	\$775,000	\$585,000	\$585,000
WESTHARBOUR				
Residential	\$1,260,000	\$865,000	\$525,000	\$703,000
WHENUAPAI				
Residential	\$4,150,000	\$3,900,000	\$3,900,000	\$3,900,000

Disclaimer: These sales figures have been provided by a third party and although all care is taken to ensure the information is accurate some figures could have been mis-interpreted on compilation. Furthermore these figures are recent sales over the past 30 days from all agents in the area.

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Graham McIntyre
Brand & Territory Owner

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MONEY MATTERS

The Auckland property market continues to go from strength to strength with values now a whopping 39.4% above the 2007 peaks. With interest rates expected to remain at current levels the Reserve Bank may feel a need to intervene again – watch this space. The start to 2015 has seen us jump straight into a busy house-hunting season which has in turn seen lenders discounting interest rates in order to win market-share. There are some fantastic deals out there so it certainly pays to shop around and that's where we can assist. As a Mortgage Advisor we have access to a wide range of lenders and can do all the negotiation for you and best of all our service is at no cost to you. We can also assist with tidying up any post-Christmas credit card blow-outs and help to fund any New Year renovation projects. Call us for a no obligation and confidential review of your lending. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz



David Lloyd
Phone 027 411 9255

IN BRIEF

UPDATES:EVENTS

COUNTRY BEARS, A PLACE TO HAVE FUN AND LEARN

We would like to take this time to say thank all our parents/whanu for their kind words of appreciation. Our team work very



hard to make Country Bears a fun place to learn and grow.

This past year was full of wonderful times and seeing a lot of our children move on to school as very confident young children, keen and passionate to learn with such great self-esteem.

This is what makes teaching so rewarding, watching our little children grow through the stages to become such wonderful learners ready to take on the next level in life. As teachers we are looking forward to another wonderful year in 2015..

Thank you again to the families and friends that have supported Country Bears.

Country Bears is all about our children, our families and the hard working team. "A good beginning lasts a lifetime".

We are still taking enrolments for Jan 2015, so please come and visit us to meet our amazing team of full time teachers at Baby Bears- Jo, Floria, Sharvaun, Nikki, Elly and Gabby

Bear Cubs /Bigger Bears Sharon,Vicky

,Lauren, Tanya, Naseem and Rita, Angela, chef cook Ann.

PS Music and swimming lessons/ discovery programme in the tree house, to name some of the events starting up again from the 2 February as well as visits from our Librarian.

It's all happening at 79 Oraha Road, Kumeu 09 412 8055.

www.countrybears.co.nz then click to check out our Facebook page.

RESIDENTIAL BUILDING CHANGES IN EFFECT

From Jan. 1, 2015, new law changes were implemented by the Ministry of Building, Innovation and Employment which will have a significant effect on residential building.

The changes are part of the Building Amendment Act 2013 that has been in the works since 2010.

This year, the focus will be on rolling out new consumer protection regulations. Some examples of these changes include:

- Mandatory written contracts for residential building work over \$30,000
- A requirement for building contractors to provide checklists and disclose certain information for residential building work over \$30,000.

Builders in the industry should take practical steps to get to know their new obligations including documentation they are now required to fill out.

The team at Smith & Partners is able to assist you with the preparation of these

documents to ensure they fit the Ministry's standards. Please contact experienced property and commercial lawyer, Peter Smith, for assistance with these upcoming changes at 09 837 6882 or peter.smith@smithpartners.co.nz.

BLONDOR FREELIGHTS IS NOW AT ZASH HAIR

The new Wella Professionals BLONDOR FREELIGHTS treatment is an innovative colour range designed to 'unleash the summer' and provide each client with their very own personalised lightened look.



Stylists can use a freehand technique (no foils) to create up to seven levels of 'sun-kissed lift' as well as a tailored effect, depending on the desired result. So no more time spent sitting while foils are correctly placed in the hair.

When the colour is mixed together, the polymers in the formula activate and connect together to create what's called the Actifuse Network. This network makes the formula flexible and adhesive, meaning the colour spreads easily and doesn't blend onto other strands of hair once applied. It can be used to create all sorts of new looks for summer, sun-kissed hair without the rawness of bleaching. Perfect for Ombre colouring or for adding a lightness throughout the hair that is softer and more natural. Phone or text Carla at Zash Hair 021 814 663 for your next appointment

KUMEU GYM WELCOMES BACK TRAINER MIKE STEVENS

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to get back one of their valued trainers! Mike Stevens recently returned from his two year O.E in the UK and is excited to be back working at Kumeu Gym and being



involved with our community.

Mike is a qualified Personal Trainer with over five years Industry experience in three countries.

I am very passionate about delivering results to those who are committed to achieve them. My Personal Training Sessions are specific to individual needs and what you want to achieve, whether it be strength, running 10 Km or surviving a Tough Mudder, lose weight, tone up, or simply have enough energy to get through your day I'm here to help you achieve your goals with tailor made training sessions that aim to be both challenging and fun. If this sounds like you don't hesitate to contact me on 020 4058 3121 or mike-stevens@hotmail.co.nz.

INTO THE WILD EXHIBITION

Kumeu Arts Centre's first combined exhibition of 2015 is titled 'Into the Wild' and runs from the 13th February to the 14th March 2015. Come in to see a variety of paintings, photography, mixed media and other art forms. Also on offer are a variety of art classes, including painting, abstract art, children's, clay, mosaic, flax weaving and much more. Please contact us on 412-9480 or thetinshed@clear.net.nz for more information.

FREE 10 DUMPLINGS WITH YOUR TAKEAWAY DINNER MEALS

The Gallery (Japanese & Cafe) in Huapai is pleased to announce the arrival of their new fully liquor license and BYOW.

To accompany their offer of authentic Japanese beer and sake, owners Charlie and Annie have created a more elaborate dinner menu on Wednesday to Saturday evenings. The new menu includes appetizers, salads, sashimi, sushi and an A La Carte selection including scotch fillet, Salisbury and salmon steaks and even grilled eel (Unagi Kabayaki). A variety of set dinner menus will also be made available deluxe course featuring either Teriyaki chicken/Salmon Head or Teriyaki steak/grilled scotch fillet with tempura included.

With Charlie's extensive 20 year experience as a French chef in a five-star hotel, he is excited to combine ideas from France and Japan in what is known as fusion food.

The Gallery retains its original café menu along with the usual variety of Japanese food. Takeaways are available from this menu. Free 10 dumplings with your takeaway dinner meals when you spent over \$30. Come along and enjoy an authentic Japanese fusion meal against the backdrop of Charlie's photography with warm sake, an icy cold beer or your own B.Y.O.W in a convivial atmosphere at very reasonable prices. 8/329a Main Rd, Huapai, Auckland Phone: 09 412 8983 or 0275 613 680.

MUSIC AT MATUA, 28 FEBRUARY 2015

What better way to make the most of Summer than an afternoon with sweet beats, a bottle of great vino and sunshine amongst the vines? That's why Music at Matua is back for its third year, and we're super excited to host our BIGGEST line up ever. On February 28, three critically acclaimed acts will perform at our Auckland Cellar Door for the perfect Summer celebration. Headliners and Kiwi legends Fly My Pretties will play an incredible three hour set for their only Auckland appearance this Summer! If you think that's cool, warming up the stage will be Estere, golden girl of electric blue witch hop with her MPC Lola, and bluesy-jazz-rock trio The Nudge. Grab some mates or the family and come to the Auckland Cellar Door for the best music, wine and picnic fare NZ has to offer! Tickets won't last long, so purchase them now from Eventfinda.co.nz.

SUBMIT YOUR EDITORIAL FREE FROM COST

We ask for 150 words plus a colour photo. Please email us at glms@xtra.co.nz with the word editorial and we will send you reminders and editorial updates.

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**The Brown Bean
Espresso Drive Thru**

336 Main Road, Huapai, Auckland 0810

The Brown Bean Espresso drive thru offers premium quality coffee made fresh while you wait in your vehicle. Using only the best available beans, ground seconds, before going into your cup. We aim to keep our coffee at a consistently high standard.

Special thanks

We have a number of pick-up-boxes in the area and we would like to thank the following companies for their support:

Carriages Cafe	Kumeu
Countdown	Westgate
Freshchoice	Waimauku
Jacks Dairy	Waitakere Township
Kumeu Post Shop	Kumeu
New World	Kumeu
Top Shop	Muriwai

COMMERCIAL LEASING PREMISES CONDITION REPORT

Modern commercial leases allow you to record the condition of the premises at the outset of the lease. The condition of the premises is important because the property Law act implies a covenant in any commercial lease that a tenant must maintain the premises in the same condition it was at the outset. Also, standard commercial lease terms require the tenant to maintain the condition of the premises both during and at the end. A premises condition report, at its simplest, could involve some digital photographs attached to the schedules to the lease to be later compared with their condition at the end. Digital photographs with dates and times are probably the best for this. However, a premises report for a lease of a substantial property justifies a detailed (and often expensive) premises condition report given the financial consequences of vagueness about the condition at the outset.

CREATIVE LEARNING A WINNER FOR PLAYSCHOOL

Playschool Early Education Centre: a Reggio Emilia-inspired centre with teachers that engage children through play to foster their individual identities, their thinking and creativity.

Playschool Early Education Centre is as a high quality early childhood centre appreciated by all our families and early childhood professionals from New Zealand. Back in October, Playschool opened its doors to a group of 45 practitioners from both public kindergartens and privately-owned ECE centres from all over Auckland and Hamilton. Here are some of their thoughts:

'A beautiful, well-thought out space with passionate, knowledgeable teachers.' (Hobsonville Kindergarten) 'I like to see the spaces within spaces ... the many options for children to take in [...] and extend their current learning. A truly peaceful place, where I can feel a warm spirit and aroha nui.' (Takapuna Kids)

To find out more about us, visit our website www.playschool.co.nz or give us a call at 09 412 8081. Our operating hours are 7.00am to 6.00pm Monday to Friday: catering for children aged 3 months to 6 years.



PIZZA AND PINOT A PERFECT PAIR

At Matua we think every weekend should be celebrated. And coincidentally, Pinot Noir matched with wood fired pizza is





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something quite magical. So we bring weekends and Pizza & Pinot together all summer long at our winery. We're fired up every Friday and Saturday from 4pm-8pm, so come on over for some mouth-watering pizza, delicious Matua wine and pick your perfect picnic spot at our gorgeous vineyard. Bringing the kids? Great – we've got lots of fun games for them to play while you kick back, relax and enjoy the sunshine. See you there!



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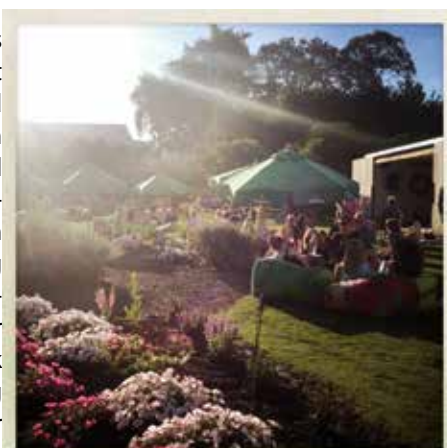
NOR-WEST SENIOR NET

After a welcome Xmas break, we are enthusiastically looking forward to a New Year and a lot of new Members wanting to keep up with changing Technology, and SeniorNet runs a number of classes, including lessons on Word Processing, Photo Editing, E-Mail, Flash Drive, 35 mm slide conversion. Learn also about other Computer programs, such as: Lap-tops, I-Pads, Androids (Cell-phones) etc. Please contact Joan Crowe, 09-416-7172 or email admin@seniornetnorwest.net Our 1st MEETING for 2015 WILL BE HELD at ST CHADS CHURCH, ORAHA RD, HUAPAI, at 10am on the 4th February. FEBRUARY'S Guest Speaker at St Chads, will be GRANT SIDAWAY, (Senior-Net Executive), who always leaves us in awe, after his knowledgeable talks. Entry is \$3.00- so come along and join us for morning tea/coffee and a biscuit. It is a wonderful way to make new friends while learning new skills. A Raffle is also held.



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The Tasting Shed loves summer, and what better way to spend a Sunday afternoon than at our annual Heineken Sundowners every Sunday from 4pm-7pm starting on the 1st of February until the Easter long weekend. Kick back on a beanbag or a blanket in our gorgeous garden, chill out to the summer sounds of the cool GeorgeFM guest DJ's, and enjoy our new summer BBQ and bar area. No bookings required. www.thetastingshed.com Ph. 09 412 6454



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NEWS & ADVICE

WHY YOU SHOULD LIST WITH MIKE PERO REAL ESTATE

Reason #1 You will list with Mike Pero North West because it is excellent value for money! When Mike Pero established Mike Pero Real Estate he sent a very clear message out to all New Zealand, he was serious about delivering a better value proposition to home sellers. We like to say it is a more sensible commission and marketing offer because many of our competitors try to cloud the issue of value with the expected result (ie you'll sell for less - which is stupid, who would sell for less). Further-more some competitors say that our service is less (ie pay peanuts and get monkeys), which again is naive, most Mike Pero Agents are highly successful, well paid and very accomplished. To highlight the progress that the brand is making, a recent Co,Imar Brunton survey highlighted 94% of New Zealanders would buy or sell their home through Mike Pero Real Estate as a trusted brand of choice. Further reinforcement came from Deloitte's Fastest 50 companies survey which showed Mike Pero Real Estate had an impressive 327 % increase in sales growth over the last 12 months. This result is not by accident, it has been achieved because smart home sellers are recognising better value, better marketing and better service resides within Mike Pero Real Estate, call us today on 0800 900 700

EXPERT TIPS ON CHOOSING PAINT COLOUR

BORING?: Is white paint a dull, safe choice? Not when paired with bright furnishings. It can be rather overwhelming hitting up the hardware store to choose a new interior paint colour for your home. There are literally thousands of potential colours, and how many shades of white can there be? Before you throw your colour charts in the air and storm out of the shop (while convincing yourself that the faded mustard-yellow walls in your lounge are actually fine) take note of these tips from the experts.

1. Where to start?

At the beginning of course. Dulux colour expert Louise McKenzie-Smith says that you should look at the existing colours in your home and decide on the ones you'd consider working with.

"For example, do you have a piece of artwork you really like, flooring that will need to be worked with (not against), and furniture that will be staying? This will help narrow down your options." **CHARCOAL:** Darker paint colours don't necessarily mean a dark room - think about what other features you will have going on in the space. Alex Fulton, an interior designer, stylist and writer, says that she asks her clients to come prepared with either a tear sheet from magazines, a mood board, or a Pinterest board with images of colours they like. "This is the best way to plan a new colour scheme because when ideas are grouped together they start to formulate a pretty clear picture on where the client wants to go."

2. To trend or not to trend?

Trends are modern, fresh and up-to-date influencers of style. But they do come and go, so how do you choose a colour that won't date quickly? Will you really want to paint again in a year's time?

"Forget trends, or to be more specific, forget relying wholly on trends," says Fulton. "Trends are created to help guide people and stimulate change, but getting too caught up with replicating them will not lend to a lasting love affair." However if there is a trending colour that really appeals, interior designer Debbie Ambercrombie suggests bringing it in in small doses. "Trends are fun and inspiring, so paint a coffee table, a stack of drawers or maybe even add a strip of decorative decal to your walls." This is a plan of action that Nikki Morris from Resene agrees with. "If you are into decorating and keeping up with current colour trends, why not consider a designated statement wall within your home that can be changed as often as you desire? "Alternative fun options are using splashes of colour within cupboards or wardrobes, wallpaper in bookshelves, or even painting picture frames in trending tones."

FOUR WAYS TO DECLUTTER YOUR HOME NOW

OVERWHELMED?: Rome wasn't built in a day, so you can't expect to sort out your whole house at once - just pick a particular cupboard or space to start with. The beginning of a new year always feels revitalising, at least for a few days. But if there are bags, boxes, and papers from the past year still hanging around your house, the new year can feel a little less like a fresh start. If you've vowed to declutter and organise in 2015, now is the time to begin. Don't get bogged down in trying to decide which room or space should be your first priority; just pick a spot — even a small spot — and get to work. It's better to start the new year with easy solutions than with empty resolutions.

So here are a few project ideas that in-



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Director

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volve relatively little time and effort but are sure to leave you feeling both satisfied and motivated to do more.

1. Return unwanted holiday gifts.

Returning gifts is not fun — in fact, it's kind of depressing. But if you've been ruminating about whether you like or need something you received, chances are you don't. Stop trying to convince yourself. Return it to the store before the end of January.

2. Clean out your pantry.

The holidays can leave your pantry in total disarray, especially if you were hosting a large group. The best way to restore order is to remove everything, wipe off the shelves, toss expired items and then begin restocking. Categorise and sort items. Nuts, rice, noodles, dried fruit and other things that come in upright sealable plastic bags can be held together in long rectangular containers. Snacks for kids and lunchbox items should also be grouped together and put in bins to make them easy to find.

3. Tidy up underneath the kitchen sink or bathroom vanity.

This is not a huge job, but it can be daunting.

Not only are you not going to find anything fun in there, you're also probably going to have to deal with a bunch of half-empty bottles filled with hazardous cleaning materials that you aren't sure how to dispose of. But getting rid of many of those items properly isn't that hard. Check your local government listings for recycling information.

4. Delve into a couple of mystery boxes.

Take three or four bins or boxes out of your basement, attic or garage and assess whether you still need or want the items inside. This is not as scary as it sounds. Usually people avoid looking at the contents of stored boxes because they don't want to be faced with the tough decision of what to keep. But most of the time, the answer is immediately apparent. Your college textbooks from the 1990s are no longer necessary. Letters from your grandparents are okay to keep. Cassette tapes can be recycled. The ski jacket you haven't worn in a decade can be donated. When you've determined what you're keeping, take a moment to label the box correctly. As for the discards, try to get them out of the house within the week. Sure, the summer weather makes us all want to head outdoors. But why not put some of your time spent indoors to good use?

CALL FOR SMOKE ALARMS IN RENTAL PROPERTIES

Firefighters are pushing for smoke alarms to be compulsory in all rental properties. Albany fire station officer Grant Mitcheson said a fatal house fire in Hamilton was "a bit of a wake-up call for everyone". The late-night blaze at the rental property killed Connor Swetman, 17, Toni Maree Johnston, 23, and Jake Hayes, 17, in November. Fire risk management officer Tash Thompson said smoke alarms provide the earliest detection of a fire.

"When you're asleep you can't see and you can't smell. It's only your ears that will protect you." Almost 90 per cent of fire fatalities in 2014 were in rental properties. The New Zealand Fire Ser-

vice wants the installation and maintenance of smoke alarms in residential rental properties to be mandatory. Thompson said photoelectric smoke alarms are the best choice. They are more expensive than ionisation smoke alarms but the battery lasts for their entire 10-year lifespan so it works out more cost-effective, she said. Mitcheson said the difference between photoelectric and ionisation smoke alarms comes down to better technology. "Photoelectric alarms are a lot better at picking up slow, smouldering-type fires." The Fire Service wants to see a photoelectric smoke alarm in every bedroom, one in the hallway between living areas and bedrooms and one on each level of every rented house. Mitcheson said if a smoke alarm goes off while you are cooking it is in the wrong place. "A lot of people have put smoke alarms in the kitchen over the years because it's a higher risk area . . . but then they end up pulling the battery out and not paying attention to it." Other dodgy spots for smoke alarms are in the lounge if you have a fireplace or just outside the bathroom because steam from the shower can also set them off. Call 0800 NZ FIRE or your local fire station to organise a free home fire safety check. Go to fire.org.nz for more information.

MIKE PERO REAL ESTATE HEATS UP MARKET

There is no surprise that Mike Pero Real Estate invests heavily in the ongoing success and wide distribution of Kumeu Courier every month. If you are thinking of selling your home or investment property, Mike Pero Real Estate Kumeu is the only real estate company that offers exposure within Kumeu Courier and is the only local publication that offers you advertising in full colour on a gloss platform to an estimated 15,000 readers through print, plus an additional 3,000 via electronic readership. This is just one part of the exclusive offers that is winning more business for Mike Pero Real Estate in the area. Some of the exclusive options that Mike Pero Real Estate Kumeu offers includes high definition professional photography which allows better looking web site advertising and a free TV commercial which is aired on TVONE breakfast or TV3 nightline. This sophisticated offering ensures that the maximum local, regional and national exposure is achieved without cost to the home seller. In addition to the free marketing offer we thought we would run some surveyed commission numbers past you, so that you can see first-hand what Mike Pero Real Estate could save you on a \$800,000 property sale compared to some others:

Bayleys	\$ 32,200 inc gst	+ marketing fee
Barfoot and Thompson	\$ 25,128 inc gst	+ marketing fee
Burmester Realty	\$ 23,575 inc gst	+ marketing fee
Harcourts	\$ 27,945 inc gst	+ marketing fee
Mike Pero Real Estate	\$ 22,988 inc gst	(marketing inc)
Premium	\$ 32,200 inc gst	+ marketing fee
Ray white	\$ 25,702 inc gst	+ marketing fee

(Commission based on a sample provided by local companies, and may vary based on time and salesperson)

Mike Pero Real Estate has the smartest commission rate of \$22,988 and offers the most marketing support of any local company that we talked with. Obviously this was a snapshot at a point of time however we appreciate that Mike Pero Real Estate is making a significant service commitment to this area and are backing this up with a more sensible commission and marketing package that the others just can't compete with. If you are thinking about selling up we would suggest you shop around but ensure you have Mike Pero Real Estate Kumeu on your shopping list, it may save you thousands in commissions and the same in marketing costs..



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HISTORIC RIVERHEAD - A WORKING MANS HOME

2 1

Enquiries Over

7 Albert Street, Riverhead
Enquiries Over \$509,000 - Viewing by appointment

A delightfully honest and refreshingly simple home. 7 Albert Street offers two bedrooms, open plan kitchen and entertaining with small bathroom. The prize is a glorious open section of 809 sqm which is bathed in sunshine through out the day. Fully fenced the property has established fruit trees and boasts its own well.

Minutes to convenience shopping, sports fields, café and Pub/Restaurant.

Make your mark in Riverhead. Call Graham McIntyre today on 0800 900 700.

www.mikepero.com/RX312678



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MURIWAI CONTEMPORARY HOME - COOL AS

3 2

Enquiries Over

216 Motutara Road, Muriwai
Enquiries Over \$609,000 - Viewing by appointment

Seldom found in this price category. An outstanding two level contemporary home that offers substantial alfresco living with an easy layout. Set away from the road, you will find a sun-filled, light and airy home, with open plan entertainer's kitchen and lounge. Two bathrooms, three bedrooms, the design delivers unique living and clever storage. Located close to Top Shop, Woodhill Forest, beach access. You'll appreciate the complete package - we suggest you make it yours today.

www.mikepero.com/RX317379



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10 CANE ROAD ON 2088 SQM

4 1 1

Enquiries Over

10 Cane Road, Waimauku
Enquiries Over \$695,000 - Viewing by appointment

North facing board and baton two level home offering excellent space and character. The home has four bedrooms, upstairs with open plan living and dining downstairs. Extensive rural views over the 2088 square meter section. Some TLC may add significant ROI. Situated in a quiet cul-de-sac location, Cane road in Waimauku. Close to School, Shopping Parks and Transport links.



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Mark Sun . 孙马克

孙马克 (Mark Sun) 从十多年投资房的买卖、改造和管理中获得的实战经验, 使他能够充分理解您的需求、为您提供超值服务。毕业以坎特布雷大学的法律学位(University of Canterbury, LLB)精湛的专业知识、卓越的沟通和谈判技巧、对中英双语的自如应用、广泛的社交网络, 使他能够在谈判中展示出卓越的谈判技巧, 为客户争取最好的结果。孙马克愿竭诚协助您完成奥克兰的房产买卖意愿。



Mark Sun

021 207 2632

mark.sun@mikepero.com



LAND OR HOUSE AND LAND PACKAGE

By Neg

16A Aitkenhead Court, Parakai
By Negotiation - Viewing by appointment

On offer is a flat section with road frontage in the new development of Parakai "Chic Gardens", an up-market, desirable area of new and near new homes and amenities. This 481m2 section is ready to build on with 224C in place and the title only a short time away, you won't want to miss this opportunity to secure a premium cul-de-sac section at an attractive rate. Build your dream home here based on your builder or work with Build 7. Consider our plans or use your own on this flat site, with services at the roadside. Within this neighbourhood the children still play together on the street. We welcome your expression of interest and based on your individual needs (Land or House and Land) we are happy to provide you price indications and start discussions with the Owner and or Build 7 through a traditional negotiation process.



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1 ACRE WITH VIEWS IN WAITAKERE TOWNSHIP

Enquiries Over

26C McEntee Road, Waitakere
Enquiries Over \$529,000 - Viewing by appointment

Seldom available, this elevated rolling land with established plantings offers the perfect platform for the buyer that seeks privacy, extensive views within a country village environment. Services including power, water and teleco are at the gateway, while the land has several options for excellent building sites that will enjoy sunsets and views through to the Waitakere foothills. Close to Waitakere Primary School (High decile and ERO rating), Convenience shop, RSA and transport links this opportunity delivers an exciting option for a family, mature couple or investor. Waitakere Township is a village which has grown independently over the last 100 years, it is steeped with tradition as a railway township and gateway to the Bethells Valley.



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SUNSHINE & ALFRESCO IN HERALD ISLAND

4 1 3

Enquiries Over

23 The Terrace, Herald Island
Enquiries Over \$859,000 - Viewing by appointment

This wonderfully crafted, quirky and quaint home offers a very unique and individual period piece home that will say plenty about you and the lifestyle that you value. North facing and with elevated, expansive alfresco decking this open home offers magnificent entertaining and relaxing options, while the bedrooms deliver individuality, personality and character. From the cobbled entrance, to the grassed glades, expansive garage and storage or the period doors, this home oozes charisma. In addition to the main house a studio on the lower level delivers income options if you should choose, or a teenager retreat or a guest wing. What-ever your taste, this home is guaranteed to make you smile, and if you're quick you may get to own her.



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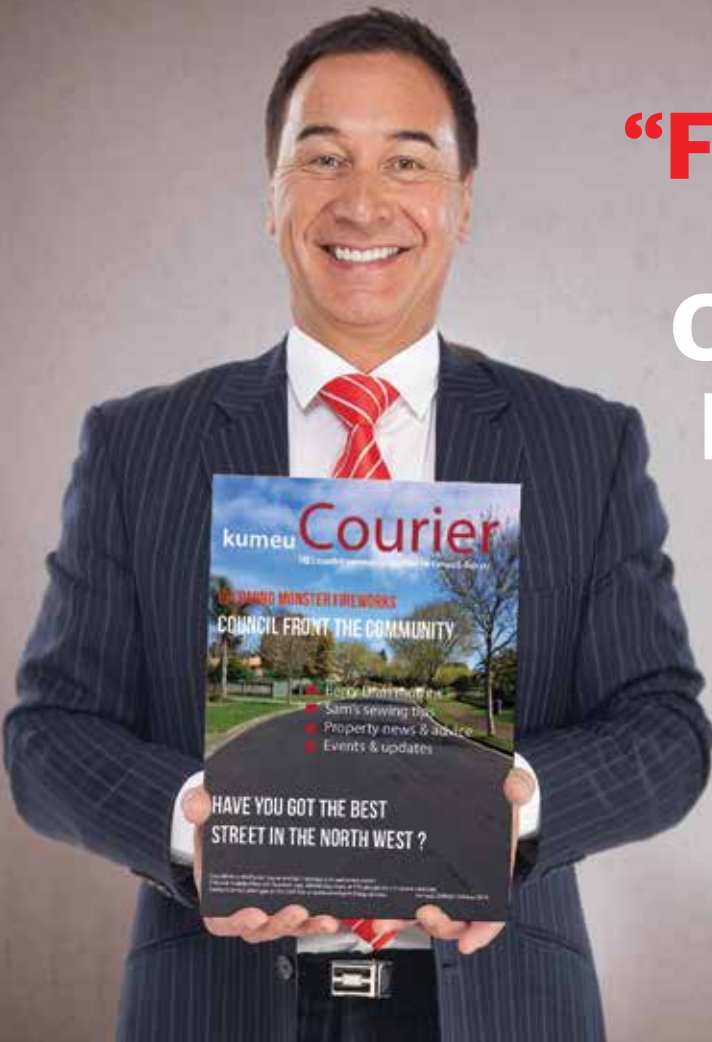
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1.3 HECTARES OF DEVELOPMENT LAND - SWANSON

BY NEG

48 O'Neills Road, Swanson
By Negotiation - Viewing by appointment

This undulating flat land in Swanson is bordered by urban developments and subject to council approval is an outstanding development opportunity. The land has easy access from O'Neills Road with services in the access drive and an existing development template right next door. The land has been subject to light grazing only. An opinion on the development can be provided by Terra Nova Planners for any developer, land banker or investor. Fortune favours the prepared. Do your diligent and maths and this could be your wealth creation opportunity. Contact Mark on 021 207 2632 for an appointment to view.



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EXTENSIVE UNLIMITED SEA VIEWS

BY NEG

445 Oaia Road, Muriwai
By Negotiation - Viewing by appointment

Views are plentiful and alfresco is not compromised overlooking reserve and north west over Oaia Rock and down Muriwai Beach towards the heads. Your build site has commanding, elevated views, providing outstanding alfresco living options which delivers lifestyle living at its absolute best. With only 15.2 km to Kumeu, this 1.01 hectare of life style block commanding your inspection. The potential is wide ranging from building your dream home to land banking. Your build site will have commanding and elevated views overlooking reserve, Oaia Rock and Muriwai Beach towards the heads. This is an opportunity not to be missed. Call Mark Sun for an appointment to view - 021 207 2632.



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ELEGANT COUNTRY ESTATE - MINUTES TO KUMEU

4 2 3

By Neg

368 Matua Road, Kumeu
By Negotiation - Viewing by appointment

Life in this beautiful home and rural environment comes with privacy created by extensive established gardens and surrounding rural grazing. Set within a tranquil glade the home has been crafted using native and exotic timber throughout the inside of the home. Entertainers kitchen and dining with alfresco to north facing patio and separate lounge, the home is designed for separation between the bedroom areas allowing for an extended family, guests and noisy siblings. Extensive parking, gardens and storage, delivers exceptional value for money in this fast developing rural township. This exquisite country home will deliver peace, tranquility and relaxation options.



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Introducing Mark Sun

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A professional, dedicated and proven negotiator with positive energy that will achieve the very best results. Mark Sun's qualifications in law and experience in property investment delivers a winning combination to achieve the best price and service outcome for his clients.

If you are seeking a real estate professional, Mark would love to share his vast experience to assist.



Mark Sun

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THE BEST BLEND OF BUSH AND COUNTRY LIVING

5 2 3

Enquiries Over

171 Stoney Creek Drive, Waitakere
Enquiries Over \$899,000 - Viewing by appointment

This five bedroom family homestead provides the best of kiwi living. An elevated north facing position means great sunshine, easy alfresco living, and extensive 270 degree views of farm paddocks, bush, and valleys. Just 15 minutes' drive to the brand new Westgate development, Swanson station café, or Auckland's hidden gem Bethells beach. Develop your own private bush track across 5 HA of native bush and let the kids enjoy the best that NZ nature can offer.



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EQUESTRIAN HOMESTEAD IN WOODHILL ONLY 16.5KM TO KUMEU

5 2 2

Enquiries Over

77 Alf Access Road, Helensville
Enquiries Over \$1,250,000 - Viewing by appointment

A well established, north facing, mature and maintained equestrian block fenced into 13 grazing paddocks with access through a central race, it provides easy options to rotate grazing and manage your land resource easily and with little effort. Cedar weatherboard this elegant and comfortable family home has 5 bedrooms, 3 bathrooms, 2 lounges, double garage, pool and decking area with the benefit of overlooking the 23 acres, delivering privacy and . It creates a lasting impression with rural valley views and open plan entertainers style kitchen, dining area. The home has an excellent layout offering separate living and sleeping areas that would suit a mixed age family or extended family. A recent refurbishment has refreshed the home. Garaging, workshop and implement shed, (potential for stables to be developed) deep water bore.



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DIY, MONEY MAKING, INVESTMENT & DEVELOPMENT OPTION

4 1 2

Enquiries Over

1027 Coatesville-Riverhead Highway, Riverhead
Enquiries Over \$855,000 - Viewing by appointment

Two options: House and subdivided section (in the process of own title) on 2026sqm all in one, or just house on 1096sqm.

We are offering an opportunity with all the potential for DIY, build or sell to realise a healthy return. The section is over 2000 sqm and is currently approved for subdivision. A 223 consent is underway and will be sold with the property. This offer includes a 4 bedroom, 2 bathroom house, separate studio with bathroom and garage and the progress of a section being subdivided.

We seek offers for the complete development, Owner motivated to act today.

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OUTSTANDING RURAL VIEWS ON 14 ACRES - WAIMAUKU

3 2 2

Enquiries Over

192 Taylor Road, Waimauku
Enquiries Over \$1,195,000 - Viewing by appointment

A delightful, elevated rural estate with extensive grazing and an uncompromised rural vista. The brick and tile home has been recently refurbished and enjoys 3 bedroom, 2 bathroom, double garage with internal access. Open plan entertainers kitchen with access to extensive patio delivering excellent alfresco living. A recent high roof barn provides great value for buyer looking to store the tools and toy. Minutes drive to Waimauku shopping, schooling and transport links, this property is a sensible investment and delivers the wow factor.

www.mikepero.com/RX317734



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- Exterior House Cleaning

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SOLJANS ESTATE WINERY

Between the locals, independent travellers and visitors from the Cruise Ships, this summer is another busy one for us here at Soljans Estate Winery. We have also released our 2014 Marlborough Sauvignon Blanc, a great wine for those long summer days.



The 2014 vintage was an extremely hot year creating much more intense and exposed fruit characters with a balanced acidity. If you're looking for a restaurant to take that someone special for Valentines Day, we are open for dinner on the 14th February for a one-off special Valentines dinner, bookings are essential. Spoil your loved one with our fantastic range of FUSION sparkling wines or our 2009 Legacy Methode Traditionelle, available from the Cellar Door 7 days a week. We hope everyone had a happy and safe Christmas break and would love to see you in here! www.soljans.co.nz. Phone. 09 412 5858

MEACT NEWS AND VIEWS

EcoWest Festival is happening from March 15 - April 12, and this is just a gentle reminder that you will need to register your event by January 30. The EcoWest team can then help you share the great stuff you do with their festival programme and promotion. Last year's events included a tour of Glen Eden's Streams and Cycleways, 'weed dating' in Green Bay, and workshops like Get Creative with Bamboo and Raw Food. ecowest@ecomatters.org.nz if you have an idea you'd like to discuss. The key categories for activities which add to the heart of the festival and are good to keep in mind when creating your event are Discover, Make, Regenerate, and Learn.

SUBMIT YOUR EDITORIAL FREE FROM COST

Every month we seek editorial contributions from the community at no cost. We ask for 150 words plus a colour photo for inclusion in Kumeu Courier. If you would like to submit editorial please email us at glms@xtra.co.nz with the word editorial and we will send you reminders and editorial updates.

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Contact Sarah Cartwright on 0212507324 or
sarahcartwright022@gmail.com to book

you will receive a months worth of local exposure

WAIMAUKU VAULTERS GO TO KAPITI TO LEARN FROM THE EXPERTS

A contingent of the Waimauku Vaulting Club made the trip to Wellington to attend the Kapiti Vaulting camp in the second week



of January. The Waimauku club started up in November of 2014, and with only a five week term of vaulting under their belts headed off to learn from the current 9th place team world vaulting champions at the Kapiti Equestrian and Vaulting Centre. Vaulting is an equestrian sport that has been popular in most parts of the western world for many decades. It is a mix of dance/gymnastics/cheerleading on horseback. Competitions are held in individual and team vaulting disciplines. Team events are made up of usually six vaulters completing routines in freestyle moves that involve up to three vaulters on the horse at a time. A mix of strength, balance, coordination, posture, and teamwork skills are developed in vaulting training. Similar to cheerleading there are bases and flyers which means a broad age range of vaulters may be present within a team. The sport is not just for girls and it is quite popular with boys in Europe and the USA. The Waimauku club is fortunate to have a national level vaulter from the USA as an instructor. Lessons and practice sessions are Weds and Fridays during the school terms. During the school holidays the club normally organises a camp to allow kids to try it out. Adult classes can be arranged, or adults can join in with the kids lessons. Contact Belinda Rodriguez on 027 782 3203 for more information or check out the Waimauku Vaulting Club on Facebook.

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REGULAR AREA COLUMNISTS

MUSIC TIME HAS SO MANY HIDDEN BENEFITS

At Country Bears Early Childhood Centre we have always believed in the importance of music in our everyday curricular. To complement this, our children enjoy the pleasure of a lovely music teacher who visits once a week. She provides a more formal music fun session with each group, with activities especially for our babies through to working with the older children who are learning to play the ukulele.



The following research article supports our beliefs of how music links and enhances brain connections. A new Vanderbilt study shows that children's ability to distinguish musical rhythm is related to their capacity for understanding grammar. The researchers claim this is the first study to show a specific association between musical rhythm and grammar. Previous research has shown that rhythm is correlated to a child's language processing ability, as well as their brain's response to sound.

The current study builds upon previous findings by exploring the similarities between speech and music. In grammar, children's brains sort the sounds they hear into words, phrases and sentences. In music, children listen to rhythmic sequences to distinguish the beat and timing.

To test this, the researchers examined twenty five children around the age of six who had less than two years of formal musical training. The children were first given a standardized musical aptitude test. The computer program instructed children to judge if two melodies sounded the same or different.

Next, the researchers had the children play a computer game, a beat-based assessment, which was developed specifically for the study. In the game, the child

watched cartoon characters play two rhythms before determining which character was playing a third rhythm.

To determine children's grammar skills, the participants were shown a variety of photographs and then asked questions about them. The researchers assessed the grammatical accuracy of the children's answers, such as using the proper tense and correct words.

The researchers note that even though the grammatical and musical tests were quite different, the results showed that children who did well on one test tended to do well on the other. Even when the researchers controlled for IQ, musical experience, and socioeconomic status, they still found a positive correlation between the musical and grammatical test.

Furthermore, the findings suggest that children who are better at detecting variations in musical training are also better at determining variations in speech, which may offer an advantage in learning language.

The researchers also hope that this study, as well as additional research in the field of music cognition, will help solidify music's role in education. Musical training has a significant and unique impact on brain development. Consider how you can make music a bigger part of your child's life. ref: Gordon, Reyna L. et al. 2014. "Musical Rhythm Discrimination Explains Individual Differences in Grammar Skills in Children." *Developmental Science* (early access).

Please feel free to come up to Country Bears and see our beautiful Baby Bears centre, Bear Cubs and Bigger Bears programmes and meet the amazing team of teachers at 79 Oraha Road, Kumeu, phone: 09 412 8055, www.countrybears.co.nz.

NO GARDEN? POTS ARE TOPS

Even if you don't have a garden, it's not difficult to produce some of your own food at home. These vegetables and herbs are all easy to grow in small spaces. Microgreens - These small seedlings are

sown into a seed raising mix or some other suitable medium. Unlike sprouts, they've had time to develop their root systems and start to photosynthesise. Microgreens need to be kept moist throughout germination and while growing. The easiest way to do this is by mist spraying with a water atomiser. In the second week of growth add a small amount of fertiliser to the water. After harvesting microgreens won't regrow, so they should be re-sown regularly.

Edibles in pots - As long as it gets some sun, even a small balcony or courtyard can be used to grow your own vegetables and herbs in pots or troughs. Try small-growing herbs such as basil, chives, sage, oregano, marjoram or parsley. Full-sized rosemary will require a larger pot but there are some dwarf rosemary varieties that will grow in a trough. Plenty of small-growing vegetables can also be grown in a potted garden, including loose leaf lettuces, silverbeet, spinach, spring onions, Asian greens and baby versions of carrots, turnips and beetroot. Courgettes, baby squash and tomatoes will need at least a 40cm pot. Yates has launched Urban Gourmet Salad Greens in their Fusions seeds range. Fusions are a new technique, with three to five seeds bonded together so they germinate and grow into an instant blend. You'll end up with an attractive mix of lettuces with different leaf colours and shapes.

Mini orchard - Even the fruit lover with limited space can enjoy homegrown produce. Lots of fruit trees are grafted onto dwarfing rootstock to make them better suited to pots.

Blueberries are often easier to grow in pots than garden beds because their acid-loving requirements can be catered for, while strawberries can be planted into hanging baskets, making an attractive and edible display.

KUMEU WINE COUNTRY

Kumeu Wine Country have just launched a brand new website, please take the time to have a look www.kumeuwinecountry.co.nz This website is a great information portal for residents, visitors from outside the region and tourists looking for activities and services in the area. We currently have over 1000 unique visits a week to the site and we hope this will grow with continued marketing and awareness. We also have a brochure which is distributed throughout I-sites and Jason's stands within Auckland, a great handy tool for any tourist or visitor to carry, with in-

formation and a detailed map. The brochure is due for reprint around May this year – if anyone would like to express their interest to be included in this brochure and on the website, please email info@kumeuwinecountry.co.nz

AUCKLAND COUNCIL PROCESSING DILEMMA

The Unitary Plan Commissioners have asked participants in the hearing process to submit by 30th January 2015, on how best to proceed with the hearings in 2015.

The 2014 hearings were drawn out with the little progress being made. The concentration by the Commission was firmly on Regional Planning issues and not on detailed District issues. There is a further problem to be heard on the 27th January, and that is, as to whether the Commissioners have the right to make interim regional decisions before processing the local issues. What is clear, is that the processing of the Unitary Plan is not as fast as Central Government or the Auckland Council would like. In terms of Kumeu-Huapai, some issues have become clear. Last year just before Christmas a meeting was held at Soljans Winery with Auckland Transport and two representatives from New Zealand Transport Authority.

They confirmed that they had no involvement in the preparation of the Unitary Plan infrastructure issue and that they hadn't started to look at the issues of growth in the area.

Brett Gliddon from NZTA said "They have brought the investigation forward and will be engaging with the community in the New Year (2015) to see what the concerns are".

Whilst the Association welcome the approach to the investigation, it may be too late for the formal legal process at the Unitary Plan Hearing.

Judge Kilpatrick encouraged the Association to resolve the lack of infrastructure as soon as possible. At the end unless there is a

solution for infrastructure, then some of the Future Urban areas may be deleted or put on hold for many years.

A formal letter to our local MP & Prime Minister has been sent, and a meeting, promised by his office when further details are available is to be held.

The details of the letter and minutes of the meeting are on our website.

The Huapai Triangle Resource Consent application under the Special Housing Accord still hasn't been notified as at mid January, but it is expected to run the planning system in February 2015.

That intensive development will be processed against a lack of a structure plan and no infrastructure solutions. That is not in the Districts best interest.

Based on the above, the Association will be requesting the Unitary Plan Commissioners to:-

(a) Delay the processing of Kumeu-Huapai issues from the mid 2015 until the end of 2015 to

Enable some of the infrastructure problems to be resolved.

(b) Hear the Kumeu-Huapai submissions out in the District to enable an overall sense of the District problems in the lack of planning, no infrastructure, and no structure plan.

Hope the submission won't fall on deaf ears!

Pete Sinton
Chairman
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THE ANNOYING PROBLEM OF HEAD LICE

The head louse is a tiny, wingless parasitic insect that lives among human hairs and feeds on tiny amounts of blood drawn from the scalp. Lice (the plural of louse) are a very common problem, especially for kids. They're contagious, annoying, and sometimes tough to get rid of.

But while they're frustrating to deal with, lice aren't dangerous. They don't spread disease, although their bites can make a child's scalp itchy and irritated, and scratching can lead to infection.

It's best to treat head lice quickly once they're found because they can spread easily from person to person.

Signs of Head Lice - Although they're very small, lice can be seen by the naked eye. Here are things to look for:

Lice eggs (called nits). These look like tiny yellow, tan, or brown dots before they hatch. Lice lay nits on hair shafts close to the scalp, where the temperature is perfect for keeping warm until they hatch. Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off.

Unless the infestation is heavy, it's more common to see nits in a child's hair than it is to see live lice crawling on the scalp. Lice eggs hatch within 1 to 2 weeks after they're laid. After hatching, the remaining shell looks white or clear and stays firmly attached to the hair shaft. This is when it's easiest to spot them, as the hair is growing longer and the egg shell is moving away from the scalp.

Adult lice and nymphs (baby lice). The adult louse is no bigger than a sesame seed and is grayish-white or tan. Nymphs are smaller and become adult lice about 1 to 2 weeks after they hatch. Most lice feed on blood several times a day, but they can survive up to 2 days off the scalp.

Scratching. With lice bites come itching and scratching. This is actually due to a reaction to the saliva of lice. However, the itching may not always start right away — that depends on how sensitive a child's skin is to the lice. It can sometimes take weeks for kids with lice to start scratching. They may complain, though, of things moving around on or tickling their heads.

Small red bumps or sores from scratching. For some kids, the irritation is mild; for others, a more bothersome rash may develop. Excessive scratching can lead to a bacterial infection (this can cause swollen lymph glands and red, tender skin that might have crusting and oozing). If your doctor thinks this is the case, he or she may treat the infection with an oral antibiotic.

You may be able to see the lice or nits by parting your child's hair into small sections and checking for lice and nits with a fine-tooth comb on the scalp, behind the ears, and around the nape of the neck (it's rare for them to be found on eyelashes or eyebrows).

A magnifying glass and bright light may help. But it can be tough to find a nymph or adult louse — often, there aren't many of them and they move fast.

Call your doctor if your child is constantly scratching his or her head or complains of an itchy scalp that won't go away. The doctor should be able to tell you if your child is infested with lice and needs to be treated. Not all kids have the classic symptoms of head lice and some can be symptom-free.

Parents it is really important that you check your child's hair EVERY week. For any more info on this phone Carla at Zash Hair 021 814 663

MASALA INDIAN RESTAURANT - NOW OPEN



If you have been searching for mouth-watering Indian cuisine that stands out from the crowd, Masala Indian Restaurant in Kumeu could turn out to be your most exciting dining discovery yet. Not only does this delightful restaurant provide quality fare at extremely reasonable prices, but diners will also experience excellent service and a warm and welcoming atmosphere that will make them feel right at home. \$10 Lunch Special is ideal for a midday feast with your choice of curry, plus naan bread, a soft drink/juice or \$2 top-up towards a New Zealand beer or glass of house wine. This deal is valid seven days a week and is available as dine in only. The Dinner Special is \$10 on

all mains Monday, Tuesday and Wednesday (saving up to \$8.50 a meal), dine in or takeaway, making Masala the ideal place to visit when you want to treat the whole family (conditions apply). Masala Indian Restaurant is located at 3 Matua Road, Huapai (Kumeu) and is fully licenced. Open seven days from 11.30am-2.30pm for lunch and from 5pm-late for dinner. For bookings or more information phone: 09 412 9500 or visit: www.masala.net.nz

LOCAL AUTHOR RELEASES SELF-HELP BOOK

Feeling stressed? Wanting to start the New Year with a sense of inner peace? Balanced Earth Publishing and Helensville author Richie Clare have released a new book that can help bring about peace and wellbeing in your day-to-day life.



In The Whisper, Richie Clare gives readers the tools to reach deep inside themselves to the level where they can realise their

own inner peace. Drawing on spiritual themes which are illustrated by short narratives, Clare brings practicality and clarity to his writing. A pioneering work in terms of spiritual self-help, The Whisper has a place alongside leading books in this genre. Clare cuts through inherent conditioning and goes right to the heart of spiritual understanding. The Whisper: a spiritual guide to inner peace by Richie Clare is available in paperback and kindle format from Amazon.com or by ordering through New Zealand bookstores: NZ\$19.99; ISBN 978-0-473-29941-5.

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FULL DAY 8 + hrs 7am – 6pm	50	100	150	200	250	Morning tea Lunch Afternoon tea

3 & 4 year olds

	Day rate	2 Days min	3 Days	4 Days	5 Days FULL TIME	INCLUDES 20 ECE HOURS *Special conditions apply
2 HOURS *4 for FREE 8.00 -12.00am or 12.30 -4.30 Incl 20 ECE Hours	free	4 FREE	4 FREE	4 FREE	4 FREE	No Lunch provided
School Day up to 7 hrs Between 8-4	20	40	60	80	100	Morning tea Lunch Afternoon tea
FULL DAY 7am – 6pm	25	50	75	110	140	Morning tea Lunch Afternoon tea

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*0-2 yrs	20	\$40	\$60	\$80	\$100	No Lunch provided
*2-3 yrs	24	\$48	\$72	\$96	\$120	No Lunch provided

*special conditions apply to the above fees. If your requirements are outside of what we are currently offering, please don't hesitate to talk to us as we are always happy to try and accommodate your family and child's needs. This is for NEW enrolments only.



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You are welcome to come and visit us and see our programme in action—also check us out on Facebook
<https://www.facebook.com/pages/Waimauku-Kindergarten/306950549331812>

quicker you will enjoy the challenge! Many regret they didn't take it up sooner. People take up bridge as a hobby, since you play in pairs, you can join a bridge club with a friend or make new friends. When you know how to play, how to bid, which card to play first, understanding what it means when other people bid, you can take part in this game to keep you mentally on your toes. Always a challenge never boring. Once you begin to play bridge, you will find yourself getting involved with the game and discover that you have a lot to talk about with others who are interested in the game as well, sharing tricks and tips. **FIRST** you need to learn the game! **INTERESTED?** Evening Lessons start at the Waitemata Bridge Club in late March. Don't delay get in today! Give me a ring 027 286 4396 or email Denise at waitematabc@xtra.co.nz

NEED NEW DENTURES?

DT Denture Clinic is a sister company to DT Denture Design which has been operating in Whenuapai since 2005. DT Denture Design have decided to expand and open a clinic that will see patients directly.



The services provided by DT Denture Clinic are extensive. The clinical technician Mark Casey is able to see patients requiring full upper and lower dentures, partial dentures, relines of existing dentures, repair work to dentures and mouth guards. Dennis Pusich and Taka Hosaka are the Directors of both DT Denture Clinic and DT Denture Design. While they will not see patients directly they are the support network to Mark our clinical technician. Dennis and Taka have over 34 years' experience between them in chrome framework and denture services. They have a team of three experienced consultants one of whom has over 30 years' experience in making chrome framework. This team and Mark will be making the denture work for DT Denture Clinic. With a large amount of denture work being sent offshore to be completed we here at DT Denture Clinic and DT Denture Design are proud to say that all our denture work is New Zealand made. Mark Casey is the clinical technical that will be seeing patients. Mark previously was acting as the team leader for the removable prosthetics department at the University of Otago's School of Dentistry. Mark Casey joined the team at DT Denture Designs bringing with him the most up-to-date techniques, understanding and expertise ensuring that you receive the best treatment and care. If you are requiring new dentures or even wish to have your current dentures seen to please give our friendly team a call to make an appointment.

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JOJO'S CHILDCARE

We would like to start off by thanking our families and the local community for their amazing support through 2014 and the constant positive feedback and recommendations to friends and new families to the area through local community groups and facebook pages. We are really excited about the plans we have for 2015 and continuing on with our partnerships with local business and organisations to bring services extra to our families. We



are starting to see some of our founding children heading off to school which is an exciting event for everyone so some spaces may become available then for children over 2's old. We are currently taking enrolment bookings for middle to late 2015 for our under 2's with our waiting list growing every week. Please do not hesitate to pop in and see us in centre any time to meet the team and see what we are all about. Jojo's Childcare Ltd 09 412 5325, www.jojoschildcare.co.nz, or find us on facebook.

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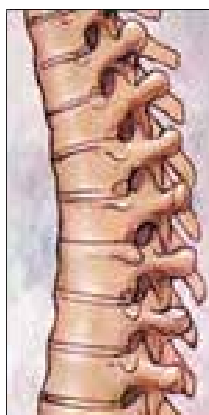
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UPDATE FROM SPARKN

Happy New Year to everyone. We hope you had a great holiday season and enjoyed the sun that has finally come out to play. At SPARKN, we have been busy making sure all our boat owners can get out on the water and installed a number of new batteries and marine equipment. On the building side we have done a few quotes on new builds in the area recently and would love to discuss your electrical needs if you are building or renovating this year. Both Tony and Scott are local and work hard to ensure our installations meet your needs by talking and more importantly listening at the start and throughout the job as new ideas pop up. We look forward to hearing from you. Contact Karen in the office on 09 411 8526 or email at info@sparkn.co.nz. www.sparkn.co.nz

THE GREAT OUT WEST BREWFEST - \$30

We have our second "The Great Out West Brewfest" coming February 14th. Tickets will be on sale December 1. After the sell-out of the inaugural "The Great Out West Brew Fest" last summer, blanc are making it even better this year with 15 craft breweries, and increasing ticket sales to cater for demand. Featuring two live bands throughout the day for entertainment, get in to meet the faces behind the beers, unusual brews (marshmallow & peanut butter anyone?) and of course some great food served up by local food truck vendors. Luke at Epic had this to say about last year's festival "It was kind of like having a bunch of mates over to try a few beers. I'm going to say that maybe this is the beer festival of the future for New Zealand". Valentines day 2015 - what better way to start the day with your best mate (or other mates, as the case may be). For details phone 09 8386944 or go to www.blanc.kiwi.nz

FEELING OLDER THAN YOUR YEARS?

How you take care of yourself today – will have an impact on how healthy you are in the future. If you want to be healthy and active as you age, your spine and nervous system must be healthy.

Over time, your spine and nervous system can deteriorate, not because of age, but because of subluxations. Just like the tyres on your car wear down unevenly when they are misaligned, the same can happen in your spine. You may have some areas in your spine that look and feel like they are seventy years old while you have other areas that are more like a twenty year old. Researchers found that when the spine is misaligned it can begin to deteriorate within two weeks. Think about how many two weeks have passed since that childhood fall to age fifty? Is

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it any wonder why more than fifteen million people world-wide are diagnosed with osteoarthritis each year? It's never too late to start taking care of your spine and nervous system with regular Chiropractic Care. Don't wait another two weeks for a chiropractic check-up. Call us now at Kumeu Chiropractic for an appointment. Phone: 09 4125536

RIVERHEAD RAMPAGE 2015

Get in shape for a new year. Hallertau Brewery proudly presents the 2015 Riverhead Ramage. An exciting off road trail walk and running event through beautiful Riverhead forest. Join a 5km, 10km or 21km walk or run either by yourself or as a team. All money raised goes to Riverhead Primary School. Join us after the event at the brewery for a cleansing ale and prize giving. Sign up at www.Riverheadrampage.co.nz. Saturday 21st March



WAIMAUKU LIONS

The Waimauku Lions are busy organising their annual Gala for Sunday 29 March 2015. As always it is at the Waimauku Village shops, from 9am to 3pm. We will be fundraising for a Hart Walker for a local child who cannot walk unaided. The Hart Walkers are nearly \$10,000 each, and Waimauku Lions hope to raise enough in 2015 from the Gala and other fundraising events during the year to completely pay for this. The Gala will offer the usual bouncy castle, kids games, food, firewood raffle, garage sale, lots of stalls, carboot sales and a book fair. To get a stall or table, please email lionswaimauku@gmail.com.

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THE RIVERHEAD IS LOVIN' THIS SUMMER WEATHER!

Why be at the beach when you can be at The Riverhead! Now here's a fact you may have missed; The beauty of sitting on The Riverhead's decks (apart from its serene view) is that the sun goes down behind you so you don't have to sit staring at the sun as it sets. As it dips the view takes on a wonderful golden colour... there simply no better place to be. We hope you have had a wonderful start to the year and are ready and refreshed for the New Year. Our new Boat House area has been everything we hoped for... only 60 days old and it's already hosted in excess of 5000 people. It is proving to be the perfect place for weddings and is flexible enough to offer just the right environment for business gatherings of all kinds. Keep it in mind next time you are meeting with your team, having a product launch or looking for a place to motivate your staff for the next financial year. You can come down and check it out any Sunday afternoon when it's open to the public and enjoy the family atmosphere from 12 noon, with free live music from 2 -6pm.

LIVESTOCK SALES REPORT - JANUARY

Cattle sold extremely well on Saturday at Pukekohe despite significant schedule drops over the weekend. All killable cattle met with very good demand, with steers selling to \$1,760, heifers \$1,610, cows \$1,530 and cows & calves \$1,470. With the outlook very good for beef, buyers of store cattle continue to bid strongly for any good quality young cattle; this is also helped by the very good growing season, at least so far! Very nice lines of WF 15 month heifers sold to \$930 and weaner x bred steers to \$690.

CATTLE Best prime steers	\$1,245 to \$1,760
Other light steers	\$1,020 to \$1,155
Very light x bred 2 year steers	\$960 to \$1,030
Medium 15 month steers	\$835 to \$960
Small x bred yearling steers	\$630 to \$800
Good x bred weaner steers	\$640 to \$690
Medium x bred weaner steers	\$455 to \$585
Very small x bred steers	\$330 to \$420
Best prime heifers	\$1,110 to \$1,610
Medium prime heifers	\$1,010 to \$1,050
Good 15 month heifers	\$822 to \$930
Other medium heifers	\$750 to \$775
Good weaner heifers	\$540 to \$570
Medium x bred weaner heifers	\$400 to \$475
Very small heifers	\$310 to \$380
Heavy boner cows	\$1,530
Light cows	\$370 to \$750
Bulls	\$1,190 to \$1,400
Cow & calf	\$1,470
SHEEP Fat lambs	\$99 to \$140
Store lambs	\$51 to \$88
Spring lambs	\$80 to \$102.50
Ewes	\$51 to \$90
Feeder Calves:	\$50 to \$195
PIGS Weaner pig	\$160
Pigs are in short supply for the home market.	

BACON, BRIE AND PINE NUT SAVOURY MUFFINS

Set oven to 190°C Fan bake

1 ½ cups flour
 1 tsp Baking powder
 ¼ tsp cayenne pepper
 ¼ tsp salt
 1 cup tasty cheese grated
 1 Tbsp. chopped parsley
 ¼ cup finely chopped spring onions or chives
 ¼ cup each of finely chopped red and yellow capsicum
 3 rashers of chopped bacon
 ¼ red onion chopped finely
 50 gm pine nuts
 100gm brie cheese
 1 egg
 1 cup milk
 6 cherry tomatoes
 75gm butter – melted



Paprika and grated cheese to sprinkle on top.

Saute bacon and red onion in frypan.

Sift flour, B.P, cayenne pepper and salt.

Add grated cheese, capsicum, parsley, spring onions, bacon, red onion & pine nuts

Beat egg and milk together and add cooled melted butter.

Stir wet mixture into dry mixture until just combined.

Spoon into large muffin cases and bake for 15 - 18 mins.

Cut muffins ¾ through and place a slice of brie cheese and cherry tomato in each cut.

Sprinkle with tasty cheese and paprika and put back in oven for further 5 -8 mins.

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Investing in merchandise branded with your company name will ensure you stand out from the competition and trigger that all important call ensuring your business will grow. Despite the initial outlay customised promo items can give a high Return on investment. When you invest in promotional products you are giving the impression that you care about both your existing and potential clients. Simply customising your office pens will make a difference. Visit www.smashingpens.co.nz. Promotional products make any business appear professional. They also show you value your clients and don't take their business for granted. This will help to build trust and loyalty which are vital in building a strong relationship with your target audience. The quality of the product is vital. There is no point in scrimping if the product isn't any good, it will only serve to have a negative impact on your business. Choosing something which shows you're a forward-thinking modern business is a wise move in building a positive image www.smashing-promotions.co.nz. Customising Promotional products will help make a positive impact. Call the Smashing Promotions friendly team for advice or a comparative quote phone: 09 412 6235, email: admin@smashingpromotions.co.nz or visit our Corporate Showroom at 16B Shamrock Drive, Kumeu for; business cards, logo designs, uniforms, tees, caps, sunblock, golf balls, coffee mugs, umbrellas, almost anything, just ask!

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TRADE TIPS & ADVICE

TIPS TO MAKE YOUR GARDEN A SUMMER OASIS

This climate has been great for our gardens, but the problem is we are skipping town for holidays and the garden might look a bit shaggy.

If you're packing up the car and heading away for a summer break, get the garden in order, either to look its best for family parties and barbecues or control it so you don't come home to a jungle.

The biggest part of most gardens is the lawn and it's bound to be longer than normal. You know the story - when you've had the time to mow it's been wet, and when it has been dry you've been busy. Well, find the time.

The good news is if you do mow it after work in the cooler part of the day it won't go through as much stress. Just because it is long doesn't mean you have to slash it.

A longer lawn that's mowed to be uniform looks fantastic, it's more inviting and it's easier than pushing the mower on a lower setting.

The longer the leaf on the grass the more traffic it can handle and that means it can stand up to backyard cricket.

Now is not the time to be buying big bags of smelly fertiliser for the garden, unless you want to stay inside with the windows closed. If the garden needs a feed, think about a liquid fertiliser or a synthetic, slow-release fertiliser that doesn't smell.

I have noticed my paths are dirty, even slippery, from all the rain, so a pressure wash will ensure safety and will give

them brighter look. While you're cleaning, wash your outdoor furniture. Spider webs are everywhere. If your furniture is wooden, sanding the timber lightly and giving it an oil is a quick and easy job.

Some new mulch will brighten the garden beds. I like to use composted bark fines. If you don't want to spend the money, rake and move your existing mulch around. It will come up like new because mulch exposed to the sun fades.

Now is also a good time to remove all the Ds in the garden - dead, diseased and damaged.

I just removed all the dead flowers from my gardenias and they are transformed - from shrubs where dead flowers were all you could see to beautiful foliage and some new flowers blooming.

Diseased plants that have made the garden look messy should be removed or cut back. Plants don't repair - they grow out of a problem if you manage it. So I like to remove the diseased foliage so the plant looks neat and tidy, and with dead plants remove and replace with fresh mulch.

It's not too late to plant some colour in the garden. Nurseries and hardware stores have potted colour plants for a few dollars. By positioning them well around your entrance and around your outdoor entertaining area you can make a big impact for not a lot of money.

Most importantly, enjoy your garden over summer. I showed someone a photo of my lawn and they said, "make sure you enjoy it as much as you enjoy looking at it", and I will.

SAM'S SEWING

Hello and Welcome to 2015 from the team at Fabric and Things.

For those of you who haven't been in to see us yet we have a great New Year Gift for you! Not forgetting of course our loyal regular customers as well.

Just cut this editorial out and bring into us and we will give you a 20% discount off any full priced item. (You must bring this in to qualify for the discount.) Valid until 31st January.

To start this year off we have some gorgeous printed and plain Cotton Sateen's, these are very well priced at only \$15 per metre. Elsewhere these are \$30 a metre! Make up into your own gorgeous Summer/Autumn dress, skirt or jacket. With that little bit of stretch this is a very comfortable and easy to wear fabric.

Plus check out our big range of Kids 100% cotton Prints for only \$10 a metre, Craft backing fabric for \$14.50 and of course not to mention our Dance Fabrics Range one of the best you will find anywhere in NZ!

Remember if you have any sewing questions, come in and talk to Sam Your "Expert Fabric Advisor" at Fabric & Things 10B Shamrock Drive, Kumeu or phone 412 9123. We are open Monday to Friday 9am to 5 pm OR check out our online shop at www.fabricandthings.co.nz. We are open from 9am to 5pm Monday to Friday.

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We have been in the new shop above Itm Western for 3 months were has it gone. Our same day cover repair service appears to be a much needed service for all types of covers. We are repairing tents, boat covers golf bags and more nothing to big or small . We also offer saddle fitting and have over 50 saddles currently

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- Spaghetti Pad Thai - A new twist to our beloved Pad Thai
- Jungle Thai-style Spaghetti - A daring challenge for those that love the heat of Thai. A modern twist in Thai. Only at Golden Silk Thai Restaurant, Kumeu, phone: 09 412 2454.

INTERNATIONAL SHOW JUMPING AT WOODHILL SANDS

International Show Jumping at Woodhill Sands, mark the 21st and 22nd of February in to your calendars now, a great family fun day out. Free entry for spectators, NZ highest level of Show Jumping action and the Australians will be here to start on their Horse of the Year campaign.

Feature classes on Saturday include the GP Horse Super Series Final and the Aon Insurance Horse and Pony Slalom Relay. Sunday will see the premier Grand Prix. Cafe and Eftpos on site, no dogs please.



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HELENSVILLE A&P SHOW

Saturday 28th February 2015 – The Helensville A&P Association is excited to have Auckland's self-declared "Number One Band", Sale Valentine and the Babyshakers performing at its 113th A&P Show.

Sal Valentine and the Babyshakers widely regarded as one of the finest live acts in the country, Sal Valentine and the Babyshakes have twisted the fabric of musical time and lived to deliver you a curated selection of infectious and original rhythm and blues. Front man and songwriter Sal Valentine is framed by a slick quartet of horns toting heavy licks and a polished rhythm section comprised of piano, double bass and drums. Alongside the instrumentalists stand the foils to Sal Valentine: accomplished vocalists Chelsea Prastiti and Siobhan Grace.

With a recently released debut album and a string of high profile and highly received performances Sal Valentine and the Babyshakes are bound to get the Ville swinging. It's been a while since the annual Show concluded with a ball to dance the night away and celebrate a year of hard yakka, Sal Valentine and the Babyshakes might well be the ones to bring back.

The Band is scheduled to perform at the main stage at 14:00, come along, it's one great day at one great place! For more information contact: Caroline Anderson at info@helensvilleshowgrounds.co.nz, phone 09 420 7572 or go to www.helensvilleshowgrounds.co.nz



HELENSVILLE CREATIVE WRITING GROUP

A new semester of Creative Writing will commence at the Artstop Cafe, Commercial Road, Helensville on Thursday, March 5th, from 6.00 – 8.00pm.

Write your own memoir, family stories, fiction, children's stories, poetry, whatever you want to achieve. Workshops are open to all, no experience necessary. Tutor, Lynn Dawson says anyone who can write a letter or postcard can develop exciting stories and series of chapters that develop into treasures of a lifetime. Everyone has experienced interesting things in their lives in an age that has seen life on horse-back to space travel. Many aspiring writers have immigrated to this land. Those stories of a homeland, families want to hear.

"I have writers who are great gardeners", says Lynn. "They just want to record some amusing stories and anecdotes for their family. A publication of these stories makes a very special gift from one generation to another. Boating, travel, cooking; there are lots of subjects to write about".

..."best time I've had for ages, so inspiring, a real treat" said Phyllis from Manukau.

The eight sessions will give you lots of ideas for a collection of writing. All aspects of the writers craft are covered. The small group gives you time for sharing, mentoring and constructive assistance. Bring along writing you are working on, or start a new journey with like-minded writers. For more information and bookings contact; Lynn; at Lynn.writersclub@xtra.co.nz or Ph 09 446 1269



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* Spring Roll
* Stir Fried Thick rice Noodles with combination of chicken, beef and pork cooked with seasonal vegetables
* Jasmine Rice

GOLDEN LUNCH 4
* Som Tam Salad
* Stir Fried Pork in Garlic & Pepper Sauce with seasonal vegetables
* Sticky Rice

GOLDEN LUNCH 5
* Vegetarian Curry Puff
* Vegetarian Green Curry cooked with tofu, bamboo shoots and seasonal vegetables
* Jasmine Rice

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MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Sun 1 Feb	-	02:57	09:10	15:28	21:31
Mon 2 Feb	-	03:50	09:59	16:17	22:18
Tue 3 Feb	-	04:35	10:42	16:59	23:00
Wed 4 Feb	-	05:16	11:19	17:38	23:36
Thu 5 Feb	-	05:52	11:53	18:14	-
Fri 6 Feb	00:10	06:27	12:25	18:48	-
Sat 7 Feb	00:41	06:59	12:55	19:21	-
Sun 8 Feb	01:13	07:32	13:27	19:55	-
Mon 9 Feb	01:46	08:06	14:02	20:30	-
Tue 10 Feb	02:23	08:43	14:40	21:09	-
Wed 11 Feb	03:04	09:24	15:23	21:53	-
Thu 12 Feb	03:52	10:13	16:15	22:45	-
Fri 13 Feb	04:49	11:14	17:16	23:49	-
Sat 14 Feb	05:57	12:27	18:26	-	-
Sun 15 Feb	-	01:02	07:12	13:44	19:42
Mon 16 Feb	-	02:15	08:24	14:52	20:52
Tue 17 Feb	-	03:19	06:25	15:50	21:53
Wed 18 Feb	-	04:15	10:19	16:43	22:46
Thu 19 Feb	-	05:05	11:09	17:31	23:34
Fri 20 Feb	-	05:53	11:56	18:18	-
Sat 21 Feb	00:21	06:38	12:41	19:03	-
Sun 22 Feb	01:06	07:24	13:25	19:49	-
Mon 23 Feb	01:51	08:09	14:11	20:34	-
Tue 24 Feb	02:37	08:56	14:57	21:22	-
Wed 25 Feb	03:26	09:46	15:48	22:13	-
Thu 26 Feb	04:20	10:43	16:46	23:11	-
Fri 27 Feb	05:25	11:49	17:53	-	-
Sat 28 Feb	-	00:18	06:36	13:01	19:05

Provided by MetService

MEACT NEWS AND VIEWS

EcoWest Festival is happening from March 15 - April 12, and this is just a gentle reminder that you will need to register your event by January 30. The EcoWest team can then help you share the great stuff you do with their festival programme and promotion. Last year's events included a tour of Glen Eden's Streams and Cycleways, 'weed dating' in Green Bay, and workshops like Get Creative with Bamboo and Raw Food. ecowest@ecomatters.org.nz if you have an idea you'd like to discuss. The key categories for activities which add to the heart of the festival and are good to keep in mind when creating your event are Discover, Make, Regenerate, and Learn.



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