

kumeu Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

UNITARY PLAN

- Pet tips and advice
- Plum butter cake
- Home and garden
- Property market report

INSIDE BETHELLS BEACH

Circulation is 10,000 print copies and 3371 opened and read email copies.
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Contact Sarah Brightwell on 021 250 7324 or sarahbrightwell022@gmail.com

February 2016

Intro

Welcome back to our first issue for 2016! I hope you all had a safe and happy Christmas and are ready to tackle a new year with vigour. In this issue we take a look at the beautiful Bethells Beach community. Head on down to the local domain on Sunday 31 January 9.30 to 5.30pm and enjoy a brilliant, fun filled day for all the family. Bethells community Day is a not for profit / self-funded event and money raised on the day funds the next year's event. For any further information on any of the events please call Sue Beesley on 09 810 9234. Is 2016 a year for getting healthy and eating clean? Why not attend a Wholefood cooking & Yoga class, Dinner and Desert, with Maree and Keith Delmar. Saturday 27th February 1.30-8pm at 5 Matua Road (St Chad's hall) Huapai. What could be a nicer way to spend a Saturday afternoon than enjoying good food, good yoga and good company? This workshop will be a fun and relaxed afternoon, learning to prepare a nutritious whole food meal, raw cheesecake desert, green smoothie and more. It will include a full length yoga practice, suitable for all levels. Following this the evening will conclude with a relaxed seated dinner, sharing the food we have prepared together and accompanied by a glass of organic wine. Numbers for this workshop are limited, so book your place now by emailing treeoflifeyoga.maree@gmail.com or phone 021 022 93012. For those looking for a fun way to encourage healthy foods into your families lives, National Watermelon Month will take place for the first time this year from 1 - 29 February, to celebrate one of the nation's most popular summer fruits. Led by LeaderBrand, an innovative, Kiwi owned producer of fresh fruit and vegetables, a number of initiatives have been planned to help New Zealanders take part in the celebrations. As always, Stay safe – Be Kind.

Sarah,
Editor.



kumeu Courier

Feature Stories

- 3 Unitary plan
- 4 Community notices
- 6 Safer communities
- 7 Local cyber talk
- 8 In brief - updates
- 10 Food & yoga
- 12 Property news & advice
- 20 Health & beauty
- 22 Area columnists
- 24 Frog pond
- 26 Plum butter cake
- 27 Muriwai tide chart
- 28 International lifeguards
- 30 Pets
- 32 Inside Bethells beach
- 36 Home & garden
- 38 Happy hearts
- 39 Livestock report

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UNITARY PLAN

I trust everyone had a relaxing Christmas and welcomed in the New Year with some enthusiasm.

Suddenly it is mid-January and we are back into the pressures of work. Despite a break, I still feel I'm dealing with last year's community problems.

Last year, a week before Christmas with limited notice, the SHA hearing for Oraha Road was conducted. Independent Commissioners heard the submitters which of course was limited by legislation to immediate neighbours only. It was clear that the hearing was about processing for approval rather than considering whether the application should proceed or not.

It appears they were only concerned with local effects and not on the adverse effects on the wider community such an application would create.

On Christmas Eve, the Council staff released the draft condition for approval, so we are now waiting for the final decision.

The proposed development is more intensive than the 'Huapai Triangle SHA' and is in an isolated area of 'Countryside Living' where the current density is one dwelling per hectare. The current proposal is fourteen times that density. The proposed Unitary Plan advertised the

area as 'Future Urban'.

The Association is obtaining a legal opinion on the validity of the process approved by the Rodney Board, Auckland Council and Minister Nick Smith.

Turning to the Unitary Plan, the Council this month is starting on the Structure Plan (now call Area Plan) for the district, which will not be ready for the Unitary Plan Hearings in late January 2016 for the RUB boundary and March/April 2016 for zoning.

The Commissioners are being asked to consider the extent of the RUB boundary proposed by the Auckland Council with no indication over housing densities, timing, roading or community facilities. To me that is putting 'the cart before the horse'.

In the last 5 years, the Kumeu-Huapai District has been operating in a planning vacuum with the Huapai North development being an exception. The Structure Plan should have been completed by the Council and Local Board years ago, so that there was some logic & timing to our residential growth. Hopefully 2016 will bring that about.

Pete Sinton, Chairman - Kumeu-Huapai Residents & Ratepayers Ass. Phone 09 412 2016 or 021 637 772, email petesinton@townplanner.co.nz.

KUMEU GYM - NEW YEAR, NEW YOU LADIES CHALLENGE

Celebrate the start of the New Year with the Kumeu Gym Team - Women supporting Women, kicking off - 20 February.

Ladies - Does this sound familiar "I can't, I'm tired, I'm too busy, and I'm too self-conscious?" Strength comes in all shapes and sizes; don't spend all of your time trying to be someone who you are not supposed to be, most of us have a pre-determined mindset at this time of the year.

You are the strongest as you and even stronger as the best of you. Embrace who you are and build your own strength.

This Ladies only New Year, New You Challenge is here to help remove these common misconceptions, to change these "I can't's" into "I can, I will, I'm strong, I'm worth it", to build your own authentic you and reach the goals you want to achieve while meeting new people and having loads of fun along the way.

For more information or to register go to www.kumeugym.co.nz, email admin@kumeugym.co.nz or call 09 412 8932.

What have you got to lose?

Kumeu Gym, 250C Main Road, Kumeu (behind the Bakehouse).



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COMMUNITY NOTICE BOARD

MURIWAI GOLF

The Muriwai Golf Links has contracted Cook and Butler Cuisine as its new caterers since Xmas 2015. Cook and Butler have been operating the catering at Titi-rangi Golf Club for several years and built up a fine reputation, both for in and out of house catering.

The Club cafe is open Tuesday till Sunday from 10 am till 4 pm and is open to visitors to Muriwai Beach, whether or not you are golfers.

So why not enjoy the magnificent West Coast ocean views while you are eating fine cafe food and enjoying tasty Karajoz coffee...and perhaps sampling the great championship golf course as well. We look forward to seeing you at Muriwai Golf Links, Coast Rd, Muriwai Beach.

THE RIVERHEAD

The Christmas rush is over, and the New Year is well on its way...it's February already! How time flies!

We hope you took the weather with you on your Christmas holiday...? Make the most of the rest of summer and daylight savings by planning exciting activities after work with the family. We are lucky enough to be close by a whole lot of amazing spaces that you can ride, walk and eat in, boat on, be inspired by or simply relax with. Then after all of that, you can always pop into The Riverhead on your way home and grab a quick bite to eat.

Our regular Quiz Night in The Portage Bar re-starts on Wednesday 3rd February at its usual time of 7.30pm. It's wise to book a table for this very popular night of fun and frivolity. It's free, with bar tabs and prizes to be won and everyone has a great time. If you're clever, get a bunch of friends who cover the whole spectrum of ages, genders, experiences and talents and you'll be in with a good shot at answering most of the questions. Here's just a sample to wet your whistle:

Is a bishop's crown a type of artichoke or pepper?

What colour is the Italian sauce salsa verde?

Which film trilogy's 2009 film was set in Las Vegas, its 2011 sequel in Bangkok, and final instalment in 2013 in Las Vegas? Who is the New Zealand writer, who died not long after World War 1 from the effects of tuberculosis?

If you want to know the answers of any of these questions, email paula@theriverhead.co.nz.

KUMEU ARTS CENTRE

Kumeu Arts Centre is proud to present an exhibition of prints by Val Cuthbert titled 'Birds of a Feather'.

The title 'Birds of a Feather' comes from the English proverb 'birds of a feather flock together'.

It relates to the way relationships form based on similarities.

This exhibition explores those relationships and that not all similarities are immediately apparent.

Exhibition dates: 8 – 20th February 2016. Artist will be present Saturday the 13th and 20th February 10am – 3pm.

For more information on further exhibitions and classes, please see our website www.kumeuartscentre.co.nz

Classes and groups on offer include: painting, abstract art, clay for kids and adults, kids art & school holiday programmes, yoga, botanical drawing, knitting, life drawing, photography group and much more.

NZ FOREST AND BIRD

NZ's current Marine Reserves Bill is more than 40 years old, and desperately out of date.

After promising an update for nearly 15 years, the Government has finally released a discussion draft - which does not include 96% of NZ oceans.

That's right. The entire Exclusive Economic Zone (EEZ) is specifically left out of the draft legislation. Some extraordinary habitats and animals exist only in these deep seas and need certainty of protection. The only certainty offered in this document is to the oil, gas and mineral industries.

This may be the one chance in our lifetimes to create legislation that allows meaningful protection of our oceans. Let's make sure the Government gets it right.

We ask that you take some time from your day or evening to urge the Government to include the EEZ in their proposed Marine Protected Areas Act. Consider writing a letter by hand. It's often more effective, and postage is free.

You have until 5.00pm on 11 March 2016 to do so, but ... no time like the present!
<http://forestandbird.org.nz/>.

WOODHILL SANDS

February at Woodhill Sands will start over Waitangi Weekend with the Alltech GP

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Show Jumping show and finish with the Aon Insurance Premier Show Jumping Show 20th & 21st February 2016). Aon Insurance have been event sponsors for four years now and this show is certainly the highlight for many riders with the Series final of the Fiber Fresh GP Super Series and the Equissage Horse 1.10m series (where the winner will receive an Equissage unit to the value of over \$9000). Entry is free for spectators, show jumping all day with entertainment the Saturday night and The Aon Grand Prix Sunday midday. All welcome. Picture (Olympic rider Katie Laurie wins last year's Aon Insurance Grand Prix being presented her winners rosette by Tom McKellar the Kumeu branch manager of Aon Insurance).



COUNTRY BEARS EXCITING CHANGES FOR 2016

Last year was full of amazing activities and events that have seen our Country Bears community become a special part of the everyday life of everyone concerned. We are here not only for the children but also for the families. Our aim is to continue to provide that support with more fun events this year. We had a large involvement in the preparations for the Christmas parade float, and participating in the parade. What a big event it was last year with a 3rd placement we were very pleased! Every year is a challenge and we appreciate parents for being patient in the set up and the loading period.



For any further information, or if you would like to come and have a look at our beautiful surroundings, please contact us or check out our Facebook page: www.facebook.com/cbearsecc.

NO DRIPPITY ICEBLOCK BUDDY

No Drippity IceBlock Buddy – NZ designed to be perfect for little hands, arthritic hands or hands with gripping difficulty. A great feature of the IceBlock Buddy, is its drip tray. This is designed and shaped specifically to make it easy for iceblock drips to be drunk! It is also super soft and allows the iceblock eater to get in close to the iceblock! The NZ designed No Drippity IceBlock Buddy is your summer must have! Get 1 for \$12.95 or 2 for \$19.95! www.nodrippity.co.nz or www.facebook.com/nodrippity.nodrippity.



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SAFER COMMUNITIES

With 16 road deaths to date already in 2016, NZ Police are urging motorists to take care and make smart decisions to ensure they are driving responsibly.

"Education and Police enforcement are just two aspects of keeping the roads safe," says Superintendent Stephen Greally, National Manager of Road Policing.

"The driver and the decisions they make are also an important part of the road safety picture."

"As the driver of the vehicle you are responsible for making smart decisions that enable those in the car with you, and other road users, get to their destination unharmed."

"This means if you are tired, make the right decision to pull over safely and take a break. Concentrating on the road does take a lot of effort. Don't underestimate the impact this has on your ability to concentrate and to react in an emergency. By taking a break, you can come back onto the road refreshed and give the road your full concentration, which it needs."

"Drivers need to remember that not all roads are created equal - many of New Zealand's roads are unforgiving and leave no room for mistakes," says Mr Greally.

"Check your speed, and know that the speed limit is the maximum speed you can travel at safely in ideal conditions."

"The decisions you make as the driver could be the difference between a great summer and one marred with the pain and devastation a fatal crash causes," Mr Greally says.

We are within a restricted fire season. This means that you need to phone Auckland Council on 09 301 0101 and talk with a Deputy Principle Rural Fire Officer to obtain an onsite visit which may, or may not, result in a permit being issued to allow you to burn in a rural area. There may be a number of rules imposed on you to comply with a permit and these should be followed to ensure your fire is managed and then extinguished. You may not burn at any time within an urban environment.

There is no cost involved in obtaining a permit; however the costs of having a fire without one could make you liable for significant costs of fire control, extinguishment and loss of property.

So before you throw caution to the wind, call to 09 301 0101.

Graham McIntyre
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LOCAL CYBER TALK

At Kumeu Produce Market we have recently extended our shop to offer more variety. We now have a range of organic grocery items as well as other goodies. We are still growing, so if there is anything in particular you are looking for please ask a staff member and we will take note and try our best to get it in store!



My name is Lesley and I am a professional Nanny with lots of experience with under-fives. I am a grandmother, and have been in childcare for at least 30 Years. I have a cert in childcare an up to date first aid certificate, a full driver's licence and lots of great references. I live in Taupaki and am available Monday - Thursday please feel free to give me a call or text to discuss your childcare needs. Phone 021 132 3522.

If anyone would like a free quote for tree work (pruning, mulching, felling, specialist climbing, green waste removal) call Richard on 027 440 0883. We are local I- on Old North Road. Provide your own man power and make it cheaper :) www.jonestreecare.co.nz/.

Success is liking yourself, liking what you do and liking how you do it. Looking for a Personal Trainer? If you too would like to transform your body in 2016 like my beautiful clients - email me abbi@fitfactory.co.nz to arrange your free consultation.

Atom Services Ltd is looking for residential cleaners to join their team. An eye for detail and satisfaction of a job well done essential. Hours between 9am - 3pm. Week days. Transport from Waimauku supplied. Rates of pay reflect experience. Full training given to a person with the right attitude. Contact Kathryn Jude on 021 269 0790 or atom@hotmail.co.nz.

Grazing available in Muriwai, would suit sheep, cattle or horses. Approx 2 acres of steepish land, with shelter and water troughs. Plenty of grass. Call Hugh 021 407 722.

Flatmate wanted to share a very sunny house in Muriwai with two girls and one guy, short walk to beach and shop. \$160 per week plus bills power, internet, Sky. Phone Brett on 027 295 6247 and come round for a chat and a look :)

If you are after some amazing hay, Mathew has just had hay cut opposite Matua Winery and is selling out of the paddock Call 027 476 8280.

Waimauku Fresh World is looking for a part time worker. Between 20 to 25 hours a week. Must be able to work on Saturday and Sunday from 12.30pm to 5.30pm, plus 2 week days. Retail and customer service experience, cash handling, lifting, quality check are important to this role. Please email CV to andy998213@hotmail.com, thanks.

Hobsonville Point Farmers Markets have a small selection of Fruit & Vege sellers but are looking to grow!!! Any local suppliers keen to add? They are looking for more. Email hpfm-manager@gmail.com.

Reminding everyone that we are a local Gib Stopping Company. We have been run off our feet for the past couple of months. Please book in your projects now! 021 131 6421.

I am looking for someone to join me and my flatmate in our 3 bedroom flat. Prefer someone working full time or studying full time. Rent is \$100 including power, water and Internet. We are just off Waiere Road, Waitakere. Need someone ASAP. Text to view 021 064 8294.

How is your eyesight? Do you suffer from macular degeneration and a host of other vision problems? Then, I highly recommend this outstanding product from Usana called "Visionex" - it is absolutely wonderful to help strengthen and support your eyes. I have been using it continuously now for years and I can't live without it. You owe it to yourself to try this fantastic product. For more information - please follow the link to purchase online - please visit my website - www.romelaquinn.usana.com - thank you.

Route 16 Cafe (in Kumeu) will be reopening in the coming month after the fire that closed us down last year. We are looking for both chefs and front of house staff with at least 1 year experience to be a part of our team. If you or anybody you know would be interested we would love for you to email your CV and expressed interest through to Sam at sam@route16cafe.com.

We are looking for somebody to join our clinic, renting/sharing one of our rooms part time. It would suit someone wanting to work 1-2 days a week or possibly an evening once a fortnight. Currently we are a team of an Osteopath and Massage Therapist. We are ideally looking for a Naturopath or Acupuncturist but will consider other practitioners. Please email info@thebodyclinic.co.nz or call 09 320 3803 for more info.

Ok so time to put myself out there. Any Covers bands looking for a Vocalist? I have a high register and want to gig weekends as much as possible. I'm 40 and have been off the scene for some time due to life, family, etc. I am wanting to sing mid-80s through to current pop/Rock. Please contact me through messenger or on 021 234 6311. Sorry I don't have a demo but I'm very good. Thank you.

Brockhouse Engineering - Local engineer offering professional services. Workshop or on-site. Very reasonable rates. Design and build work, welding and fabrication, repair and maintenance. Specialising in machinery, pipe welding, greenhouse heating systems and container modification. Phone Bill Owen 021 259 9713.

Make 2016 your best year for achieving your ultimate health and fitness goals. I'm offering 1/2 hour personal training sessions in the outdoors (Huapai Domain) for a special price of \$30 for one session and \$55 for two sessions. If you commit to these sessions for the rest of the year then I will keep it at that price for you too! Contact me for more info: 027 363 3392 or Reneediment94@gmail.com.

Apply yourself and get that licence before you start that new job or course. www.thedriving-school.co.nz 09 420 2524 or 027 322 8961.

IN BRIEF

UPDATES:EVENTS

THE RIVERHEAD GALLERY

After a lovely break exploring the Hauraki Gulf between Xmas and New Year the gallery is back in full swing. Owner/curator Donna Massey has bright and cheerful NZ landscapes coming out of her studio (attached to the gallery) as well as original artworks, prints, ceramics, glass etc from some of NZ's finest artists. All work in the gallery is 100% NZ made. Visit us at 1044 Coatesville-Riverhead Hwy (opp Riverhead dairy) from Wed-Sun 11-5pm or by appointment ph 027 227 8450 or online at www.theriverheadgallery.nz.



ESSENTIA FOR HEALTH

Muriwai Beach local Warren Tough has been passionate about natural health and healing for years. Through his Essentia Studio at Muriwai, Warren offers you massage, motivational coaching, nutritional advice, and an exclusive range of specially formulated, all-natural products for self-care and for pets under the Essentia label. All Essentia products are available for you to purchase online at www.essentia.co.nz. Why not have a chat with Warren and follow through on those New Year's resolutions for a happier, healthier, more holistic you? Warren is offering you free 30 minute initial coaching con-

sultations. First-time massage clients can enjoy a full hour healing massage for the half-hour rate. Ring (Freephone) to embark on your journey with Essentia today. Warren Tough warren@essentia.co.nz 021 554 724 or 09 411 7304.

BRIDGESTONE TYRE CENTRE

We, at Bridgestone Kumeu, wish to thank the local community for their support in 2015. We wish you all a very happy and prosperous 2016.

The roads are busy and dangerous this time of year so your vehicle's braking distance is very important, one way to get better braking distance is to ensure your tyre pressures are correct.

Pop in and see Johnny and the team at Bridgestone Kumeu, 43 Main Road, Kumeu (opposite Z), we are happy to check and recommend an appropriate pressure for your tyres or indeed answer any tyre queries you may have.

Bridgestone Kumeu, phone 09 4129111 or email firestonekumeu@xtra.co.nz. We look forward to helping you with your tyre needs in 2016, keeping you safe on the road.

ROMANTIC VALENTINES DINNER

Celebrate having that special someone in your life with Soljans Estate Winery's Romantic Valentine's dinner. Be welcomed to the Estate with a single red rose for your partner and be escorted to your table set with a chocolate heart for both.

Throughout the evening you will indulge in a beautiful and delectable three course set menu at your candle lit table. At the fixed price of \$85 per person this is the perfect way to say "I love you". Bookings for the Valentine's dinner on Sunday 14 February 2016 starts at 6:00pm and the last bookings at 8:30pm. If you would like to enquire or book your table please call the café on 09 412 2680 or email cafe@soljans.co.nz. Tables book out fast so don't miss out – call now.

GIRL GUIDE UPDATE

We now have a complete range of units to suit all ages, from 5 to 17 years. Our Pippins unit has just started, with a new programme and lots of fun activities coming up.

Pippins (5 - 6 years), meet Tuesdays, 4pm at St Chads, Huapai (NEW group – come along and see what we do!)

Brownies (7 - 9.5 years) meet Tuesdays, 5pm at St Chads, Huapai

Girl Guides (9.5 - 12 years) meet Thursdays, Waimauku Memorial Hall

Rangers (12 - 17 years) meet Tuesdays, 6pm at St Chads, Huapai. Call 0800 22 22 92 to arrange a visit.

HISTORIC KAUKAPAKAPA LIBRARY

Historic Kaukapakapa Library open Sunday 21 February 10am to 1pm Re-opened to the public



in July 2014, the tiny historic Kaukapakapa Library building next to the Kaukapakapa hall is open to the public on the third Sunday of each month in conjunction with the Kaukapakapa Village Market.

The Library hosts a series of exhibitions,

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book signings and book readings, artists and poets or you can just enjoy the library and its contents including the collection of historic photos on display from the Jordan Collection. This month you can meet writer Judy Lawn whose ideas for her stories come from her love of animals and nature.

For more information on upcoming dates and events go to www.facebook.com/kaukapakapavillagemarket or if you are interested in having an exhibition or holding a book reading contact Sarah ph 027 483 1542 or email sarah1@maxnet.co.nz. 947 Kaipara Coast Highway, SH16, Kaukapakapa.

SUPERVISED TRAINING AT KUMEU GYM

Wanting to achieve your fitness goals this year? Come join our fast growing community of amazing people that are doing just that! Wanting a one week trial? Contact Cam on 021 026 31437 or email: camsmithtraining@gmail.com.

THE TASTING SHED



The Tasting Shed is proud to announce the return of our Sunday Summer Coin-treau Sundowners sessions beginning Sunday the 7th of February, and running through until the Easter long weekend. Resident George FM DJ Dean Campbell will be spinning the decks with his unique summer sounds vibe. Sit back

and chill on our beanbags or blankets on the lawn and enjoy our tasty outdoor BBQ treats with ice-cold cocktails, wine or beer. 4pm - 6.30pm Sundays (weather dependent). No booking required.

ST JOHN YOUTH KUMEU SEEK EXTRAORDINARY LEADERS

Want to make a real difference? Become a St John Youth Leader and help make a positive impact on the lives of young people. Our leaders come from a wide range of backgrounds and it's not just all about First Aid!

Youth Leaders develop young people by teaching skills, providing challenges and overseeing the delivery of our programmes. They also coach and mentor for various aspects of their life such as helping map a future career or setting personal goals. Due to the variety in our programmes, there is an assortment of roles and ways our leaders are involved. Full training will be given, all you need is to be 18+ and passionate about the core values of St John.

This term cadets will be working towards Caregiving and Health Badges. Starts Tuesday 16th February at Huapai School Hall, access via Trigg Road. Cost is \$10 per term and \$5 for additional siblings.

For more information www.stjohn.org.nz or contact Sarah Hall 021 183 3155.



KUMEU SENIORNET

Kumeu Seniornet will again be having our Monthly Seminars held at St Chad's Hall, Oraha Road. The first for this year will be starting at 10 am on Wednesday 3rd Feb. 2016. Everyone is welcome to attend as it is open to all, to enjoy a cup of coffee or tea and biscuit, find out about

our Club and how we can help solve the problems you may have with your computer, laptop, tablet or i-Pad. Some cell phones also have print capability. Entry \$3. Our usual Raffles \$3. for one or \$5. for two.

Sue Blomely is our speaker for February: We are walking around with access to the most up to date, complex, super computer. Each and every one of us has access to every single program that we have (sometimes unwittingly) installed in our memory bank. We all have within us the wherewithal, the power, the knowledge, to do what we want to do. So what is it that is stopping us? What is it that's holding us back from making a start on whatever it is?

Life experience gets in the way, it tells us to be afraid, to be wary, that we couldn't possibly do it, maybe even that we are not good enough, don't know enough ... Well, the news is good, we can change anything we want to change.

Regardless of how long we have been doing, thinking, or even feeling something, we can override, delete and install new programs. That allows us to think more clearly and feel better, be more confident, resolve anxiety, lose weight, stop addictive behaviours.

My name is Sue Blomeley I am a NZ Reg Hypnotherapist & NLP Practitioner - www.hypnotherapyplus.co.nz - and for the past 18 years I have been helping people to do just that, I'll be sharing some insights into how we process things and encourage discussion. Join me on the 3rd, at St Chad's, Sue Blomeley. sblomeley@vodafone.co.nz.

SOUTH KAIPARA U3A

Will meet 12 February at the St John Ambulance Rooms, 7 Rata Street, Helensville, at 1pm. We are a friendly growing group. A lovely afternoon tea will be served after the first speaker. Gold coin entry. Come and join us. For further information call Judy 09 411 8322.

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P: 0800 476 6253 E: r.wray@barfoot.co.nz

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A NOURISHING DAY OF FOOD & YOGA

Wholefood cooking & yoga class, Dinner and Dessert, with Maree and Keith Delmar. Saturday 27th February 1.30-8pm at 5 Matua Road (St Chad's hall) Huapai.

The perfect combination! What could be a nicer way to spend a Saturday afternoon than enjoying good food, good yoga and good company? This workshop will be a fun and relaxed afternoon, learning to prepare a nutritious whole food meal, raw cheesecake dessert, green smoothie and more. It will include a full length yoga practice, suitable for all levels. Following this the evening will conclude with a relaxed seated dinner, sharing the food we have prepared together and accompanied by a glass of organic wine.

You will be shown simple ideas that anyone can prepare quickly at home, but with delicious results. All food is provided and will be suitable for those on vegetarian, dairy free and wheat free (gluten free by request) diets.

Maree Delmar is a Yoga Therapist and Instructor and teaches weekly classes at St Chad's (Tree of Life Yoga) as well as being a passionate cook and whole-fooder. Keith Delmar owns and runs Keith's Wheatgrass and is an inspirational speaker on health and nutrition.

Numbers for this workshop are limited, so book your place now by emailing treeoflifeyoga.maree@gmail.com or phone 021 022 93012. \$85 (all inclusive) early bird until 15th February, \$99 thereafter, super low cost thanks to our wonderful sponsors Eco Organics (quality well priced organic produce www.eco-organics.co.nz/) and The Green Grocer (your one stop wholefood shop and café in Kumeu).



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KUMEU CHILDREN'S ART CLUB

The Kumeu Children's Art Club is a long standing institution in the district, in its 18th year. Thousands of children have gone through its classes where the only rules are 'be kind to each other and love art'. But after all these years of operation in venues at both Waimauku and Kumeu, changes are afoot.

This year, all classes will relocate upstairs to the Kumeu Arts Centre in a warm, arty, clean, light and airy workshop space with local artist and tutor Julie Moselen at the helm. Julie replaces legendary local art teacher, Libby Patterson, who was senior tutor at the Art Club for the last 17 years.

From Term One 2016, Kumeu Children Art Club offers classes on a Thursday afternoon from 11th February to 31 March 3.30 - 5.30pm. The first term theme will be Pacific Art. This will include tapa patterns, plaster mould making, drawing, painting, print-

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making and more. Prices are a now-reduced \$160 per term, with discounts offered where more than one family member attends.

Children's art and their social skills will develop through attendance at the Art Club, founded in 1998 to support a creative community and a culture of peace.

The club serves children aged from 6 to 14 who love art. Bookings essential. Contact Julie Moselen at juliemoselen@xtra.co.nz, 09 810 8436 or 021 208 3714.

YOUNG ACTORS PERFORM ORIGINAL PRACTICES SHAKESPEARE WITH A MODERN TWIST

The Young Auckland Shakespeare Company (YASC) is pleased to announce that their fourth annual summer youth production, *Much Adoe about Nothing*, will be performed at The Auckland Performing Arts Centre (TAPAC) and the Pop-Up Globe in early 2016 using design and process inspired by original Elizabethan practices.

Traditionally, males played all the roles in Shakespeare's plays. In 2016, YASC honours Shakespeare's original intention, with males playing the female roles, but in a modern twist will redress the gender balance by casting females to play all the male roles. Featuring a cast of 22 young actors aged 14-21. *Much Adoe about Nothing* will be directed by YASC founder and Artistic Director, Rita Stone. Local actor Crystelle L'Amie (21, Kumeu) is part of the 22-strong cast, playing the hopelessly in love romantic, Claudio. L'Amie is a 2014 graduate of The Actors' Program and has taken on a mentoring role with the young cast. She most recently appeared in the Young & Hungry Festival's *The First 7500 Days of my Life* at The Basement Theatre. *Much Adoe about Nothing* will come to glorious Elizabethan life in the re-imagined Jacobean Indoor Playhouse at TAPAC for five nights before transferring to the outdoor Pop-Up Globe in Auckland's CBD for two performances only.

"We are absolutely thrilled to be part of the Pop-Up Globe phenomenon in Auckland next year and to be producing an original practices show to mark the 400th anniversary of Shakespeare's death," says Producer Mary Rinaldi. "This opportunity may never come along again for many of these young actors."

Much Adoe about Nothing. Directed by Rita Stone.

26-30 January 2016 at 7pm, with 2pm matinees on 27 and 30 January at TAPAC, The Auckland Performing Arts Centre, 100 Motions Road, Western Springs.

21 February 2016, 1pm and 7pm at Pop-Up Globe, Bard's Yard, 38 Greys Avenue, Auckland CBD. Tickets available from www.tapac.org.nz and www.popupglobe.co.nz.



PROPERTY

NEWS & ADVICE

MARKET REPORT

A new year often heralds the start of a new trend and we start to get an understanding of what buyers and sellers are interested in, what the banks are saying to clients, how many properties are on the market and how long have they been on offer. This in turn allows us to give with some accuracy the trending for the next quarter and allows buyers and sellers to understand what to expect when buying or selling property. Our prediction for residential property is a consolidation in prices over the next six months, they may fluctuate a little based on the motivation of the buyer and seller but in the whole will stay within 5% of their current position. Lifestyle property may show some value growth as homes on acreage still represent extremely good value for money compared to its residential equivalent. Therefore we think most lifestyle will grow by 5 - 7.5% over the next quarter. Still much speculation by land bankers and SHA (special housing area) speculators however Auckland Council seem to have minimised any future sign-offs in this area until current development has occurred and infrastructure has caught up.

Coatesville has had light trading with value consistently \$1,500,000 to \$3,250,000 for lifestyle. Taupaki, Waimauku, Muriwai and Helensville lifestyle sitting slightly lower at \$1,123,000 to \$ 1,548,000 for properties between 1 and 4 hectares.

Kumeu and Riverhead lifestyle seem to be caught up in speculation with a wide range of transactions at \$1,726,000 and \$3,100,000 signalling that buyers antic-

ipate more opportunity in the area over the next ten years.

Residential property in Riverhead is split into two areas, old at \$720,000 to \$750,000 and new at \$1,010,000 to \$1,240,000.

Waimauku residential is sitting around \$880,000 at present on low sales volumes.

We have been experiencing very low numbers of property to market which has controlled some of the reduction in demand post October 1, property legislation change however inquiry has come back strongly from mid-January 2016.

With strong marketing, clear pricing, and excellent buyer databases which continue to grow there has never been a better time to contact Mike Pero Real Estate to understand the value that resides within your home or investment property and the correct action to ensure you get the maximum value.

Mike Pero Real Estate has a very sensible commission rate that will save you thousands and deliver a substantial multi-media advertising campaign that will reach many thousands of interested and well financed buyers. It costs nothing to meet and talk about your thoughts, the market, value and time frames. It will deliver strong peace-of-mind and may be the motivation you need to get you motivated to start your journey. Phone 0800 900 700 or view www.grahammcintyre.co.nz – Licensed REAA (2008).

MONEY MATTERS

We are receiving a lot more enquiries from first home buyers who see the cur-

rent market as the ideal time to consider purchasing. Recent changes in their favour include:

1. Record low interest rates
2. Properties no longer being sold by auction – therefore removing pre-purchase costs
3. Lack of overseas buyers taking away competition

This lull in the market may be short-lived though once the overseas buyers sort out their tax obligations.

Banks are still lending on a 10% deposit to the right candidates and if you don't fit this criteria, we have options to assist with raising the required deposit.

Call us for a no obligation and confidential chat about your first house purchase. 09 411 9251 or 027 411 9255 or david@davidlloydmortgages.co.nz.

AT HOME STAGING

Over the last few years a number of new styles have evolved in the interior design world. The



descriptions aren't set in stone but they can give you an idea of how people mix styles to create something new. Some examples include New Vintage, Earthy Modern, Global Fusion and Edgy Classic. When it comes to interior styling we often hear about "the rules" but it's important not to take them too seriously. The rules are important for determining things like size of your furnishings so that your home is pleasing to the eye, but when it comes to personal style there are no rules. It's all about you and what you love. The most important thing to do when decorating your home is to surround yourself with things you love. You should walk into your home and breathe a sigh of relief and feel a sense of calm and comfort. Some people need a bit of help to express their style – which is where



David Lloyd
Director

David Lloyd Mortgages Ltd
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BRIGHT LIGHTS - LESS POWER

I hope everyone enjoyed their holidays. With so many people out using their boats and camping this is the time to look at power usage. Are you tired of watching your battery bank dwindle and having to recharge using noisy generators? The solution is using less power hungry fittings, for example, LED light fittings. LEDs provide more light for less energy consumption. They are easy to fit and require a great deal less maintenance. You will be changing lamps far less often. They also work well to light up outdoor areas for entertainment. Not only are they a great energy saver on holiday, but also in the home. Traditional lamps are rated at about 2000 hours, where compact fluorescent lamps are 10,000 hours and LED's up to 35,000 hours. Fancy not changing a light bulb for 5-25+ years? LEDs save on power with low environmental impact. Give us a call if you would like more energy-saving solutions. Tony 021 772 756 or 09 411 8526.

WILLS AND KEEPING THEM UP TO DATE

Keeping your will up-to-date includes making sure that you're proposed executors can take care of things if they need to. This includes making sure that your executor has sufficient mental capacity. If your spouse survives you but loses their capacity it will be necessary for another person to apply to be executor. However, a useful precaution to avoid unnecessary expense and inconvenience is to be to make your spouse a co-executor with a trusted family member who is much younger. Only one named execu-

tor needs to then apply for probate in order to deal with the estate. Finally, there is no obligation to make a beneficiary an executor. Sometimes these things are better carried out by a person who is not a beneficiary. It is always a good idea to check the location and terms of your will, then, make any changes with the assistance of your lawyer who will make sure that all of the formalities are carried out. Luke Kemp - Kemp Barristers & Solicitors phone 09 412 9600 or email luke@kemp-solicitors.co.nz.

DIGITAL ADVERTISING

Where you market your property can have a big effect on the outcome of selling your home, and nowadays, listing your property on the internet is a mandatory part of any marketing campaign because of the extraordinary reach it has to prospective buyers.

On the other hand, the internet is also a brilliant tool for buyers because of its simplicity. It's incredibly easy for people to narrow down their search by location and to then view interior images, floor plans and property videos. If they like what they see online, then they can very easily contact the agent and schedule an appointment to view the property.

At Mike Pero Real Estate, we utilise a range of property websites including TradeMe, realestate.co.nz and Juwai to name a few.

The two major websites in the New Zealand market are Trade Me Property and RealEstate.co.nz. Both act as a virtual marketplace for real estate buyers and sellers, showcasing properties by location, budget, house type and more. TradeMe boasts being the most visited real estate website by Nielsen/Netratings while realestate.co.nz provides the most comprehensive selection of property listings from licensed real estate agents in New Zealand. So together they are a formidable force when it comes to marketing your home.

Similarly to TradeMe and Realestae.co.nz, Juwai is also a property website but is

instead targeted to Chinese buyers. It is China's largest international property website and attracts 1.5 million unique visitors a month. So with almost every listing featuring on the internet, it's important to invest in upgrades so your property will have a strong presence and stand out from the crowd.

It has been shown that many online searchers drop off by page two of the search results and by simply going with a basic listing, it has been likened to having a billboard in the woods - no one will find it. The moral of the story here is that it's essential to invest in products like super features and packages which will see your property remain on the first page and be familiar reminder for those must have buyers.

OUR PROMISE TO YOU

We will provide a verbal report by phone, and email a detailed written report clearly outlining all findings.

A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005.

We are totally independent and work only in the interest of the perspective purchaser.

We cover the entire Auckland area, from Orewa to Pukekohe and beyond.

Reports are promised within 24 hours but are usually sent on the same day as the inspection.

Competitive prices - from \$350 (single level, verbal only).

I have 44 years' experience as a builder in the residential sector of the building industry, in new house construction, additions and alterations of existing homes, and the renovation of older style villas and bungalows.

In more recent years I have been a site manager, supervising the reconfiguration and renovation of retirement villages for Housing New Zealand. Call Kevin today to book your comprehensive building inspection on 021 288 0101.

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P: PO Box 91 629, Auckland 1142

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.**

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	1,750,000	1.8HA	300M2	3,250,000
Helensville	560,000	1525M2	162M2	685,000
	445,000	1012M2	20M2	587,000
	430,000	1127M2	126M2	629,000
	415,000	1090M2	126M2	620,000
	650,000	2.4HA	169M2	670,000
	425,000	1.4HA	575,000	
	720,000	1HA	167M2	1,200,000
Huapai	710,000	1211M2	236M2	859,000
Kumeu	1,575,000	1HA	330M2	2,350,000
	1,225,000	4.4HA	270M2	1,735,000
	960,000	2HA	194M2	1,726,000
Muriwai	620,000	1088M2	260M2	740,000
	1,050,000	6811M2	251M2	985,000
	1,050,000	1.1Ha	258M2	1,500,000
Riverhead	880,000	888M2	197M2	1,010,000
	690,000	1214M2	155M2	750,000
	690,000	1391M2	190M2	1,070,000
	770,000	808M2	0M2	745,000
	930,000	801M2	245M2	1,240,000
	800,000	1465M2	190M2	1,120,000
	1,025,000	1469M2	272M2	1,150,000
	1,450,000	2.4HA	190M2	3,100,000
Taupaki	670,000	1136M2	165M2	860,000
	1,075,000	1.1HA	240M2	1,548,000
Waitakere	430,000	4018M2	0M2	485,000
Waimauku	640,000	1364M2	170M2	880,000
	820,000	4Ha	70M2	1,213,000

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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Kumeu
327 Main Road, Kumeu

Mike Pero | REAL ESTATE



"It has been my pleasure to meet an honest, polite Real Estate Agent who knew what he was talking about. Graham McIntyre took time to explain everything to my wife and I in terms that we could understand. He made the whole daunting process of listing our property a much easier process that we had thought possible. We are very pleased that we decided to use Graham McIntyre. He is a credit to his profession and we would gladly recommend him to anyone. Mike, you are a lucky man to have Graham McIntyre in your team. Thank you Stacey." Jack & Robyn 2015



ELEVATED TUDOR STYLE ON ELIZABETH DRIVE, NEAR WESTGATE

3 1

Enquiries Over \$719,000

33 Elizabeth Drive, West Harbour
Enquiries Over \$719,000

From the first time you lock eyes on this property it resonates a special connection, a sense of family fun and a statement of classic ambience. The section is elevated, boasting approximately 760 sqm, fully fenced front and back yard with a peppering of mature shade and fruit trees. An extensive patio with servery windows from the modern and fully renovated kitchen, the open living feel of the home makes it easy for family living and entertaining. Offering three generous rooms and detached double garage it is not short of space for the family nor the toys. The home overlooks Midgley Park and offers easy access to North West Mall, Westgate, West Harbour School, Transport Links and motorway access.

www.mikepero.com/RX646151



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graham.mcintyre@mikepero.com

Graham Gill

Many baby-boomers will remember Graham Gill as a member of Auckland pop group The Dallas Four with appearances on television shows such as "C'mon" and "Happen Inn" and residencies at night-spots "Monaco", "Top 20" and "Platterack" in addition to performing at shows throughout NZ.

Outside of his involvement in the entertainment industry Graham has forged a career in real estate spanning more than 25 years.

Beginning as a salesperson in 1988 he quickly established himself as a successful practitioner specialising in the sale of high-end lifestyle properties by both auction and private treaty methods.

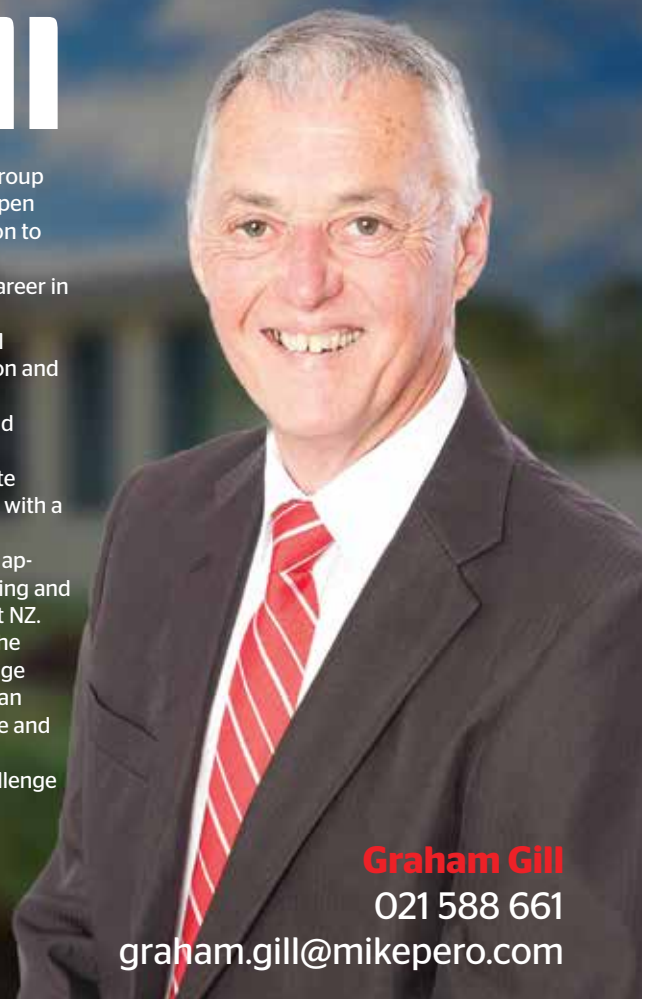
Continuing his studies over the following years he qualified to Licensee status and became an Associate of the REINZ.

From the early 90s Graham held management positions in a number of real estate offices throughout Auckland and established a reputation as a "straight-shooter" with a bent for "best practice", honesty and integrity.

His ability in the areas of compliance, dispute-resolution and arbitration saw him appointed as a member of the Auckland District Committee of the REINZ investigating and resolving complaints from the public and disputes between agencies throughout NZ.

After 20 years of managing, mentoring and training salespeople Graham made the decision to return to his passion of selling property. The experience and knowledge built from his years in the industry make him the obvious choice when selecting an agent who demonstrates professionalism, integrity, negotiation skills, persistence and the drive to achieve results.

With his relaxed, friendly and confident style Graham consistently meets the challenge of achieving the best possible price in the shortest possible time.





ELEVATED FAMILY HOME CLOSE TO WESTGATE

3 2 1

By Negotiation

7 Holmes Drive South, Massey
By Negotiation

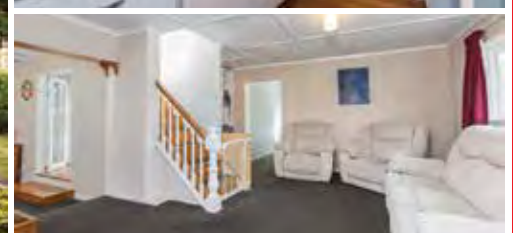
Generous home with single garage and independent double garage on over 860 square meters of land. Elevated sunny home offering open plan living, private outlook, with internal access single garage downstairs. A good lawn area and children's playground delivers great family play, while the fully fenced property keeps pets and children safe. Three generous rooms with separate bathroom, toilet and laundry has an ease of operation. The property is close to Royal Heights shopping, easy motorway access and close to Westgate and the new North West Mall. Transport, schools, parks and convenience shopping is moments away. We are happy to supply a list of the last 12 months of transactions in this area email graham.mcintyre@mikepero.com.

www.mikepero.com/RX576632



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



CHARACTER COTTAGE IN WHENUAPAI - 1135M2 OF LAND

3 1 1

By Negotiation

58 Waimarie Road, Whenuapai
By Negotiation

Cute as a button, this two level board and baton cottage has plenty of character and room to spare, resting upon 1135 square meters of flat land. The home enjoys three bedrooms (one up, two down), open plan lounge and entertaining leading out onto patio and gardens. If you next home is about character and personality, this is a must see. An independent single garage with carport delivers additional value. A short distance from convenience shopping, restaurant, schooling, parks and inner harbour. The CV on this property is \$675,000. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX625777



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



FAMILY FRIENDLY, SUNNY LARGE SECTION - RIVERHEAD 3 1 1

By Negotiation

23 Queen Street, Riverhead
By Negotiation

Set on 809 square meters of flat fully fenced yard enjoying plentiful sunshine. This north facing bungalow delivers three bedrooms and an office/study or nursery room. The home has significant old world character, lovingly restored with ornate paneling and polished flooring leading onto large decking and lawn with well established fruit trees. Situated in "old school Riverhead", the home is in close proximity to The Riverhead, Boat Ramp, Riverhead School, Riverhead Domain and convenience shopping. It does not get better than this. The CV on this property is \$700,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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EXCLUSIVE MURIWAI BEACH HOME WITH A OUTSTANDING VIEWS 4  1  2 

Enquiries Over \$1,495,000

151 Motutara Road, Muriwai
Enquiries Over \$1,495,000

An executive home and retreat that competes at the very top of the Muriwai property tree. From the designer kitchen to the elaborate alfresco options. The care and workmanship of the home is only comparable with the immense view that wraps around the north west of the home. A picture postcard balancing the breaking surf line with the shading of the native bush and the deep green of the forest canopy. Four bedrooms and an office, set over two levels offering options for guests or family. Three well featured Italian porcelain bathrooms, with underfloor heating and the mandatory outside shower. Four separate outdoor settings offering entertaining and sun/shelter options. Off street parking and garaging, storage and laundry room add to this elaborate picture.



Graham McIntyre
 027 632 0421
 09 412 9602
 graham.mcintyre@mikepero.com

www.mikepero.com/RX628126



ELEVATED SETTING OVERLOOKING WAIMAUKU AND KUMEU 4  2  2 

By Negotiation

102 Taylor Road, Waimauku
By Negotiation

Character board and baton home over two levels offering unique spaces and extensive views. Private and tranquil setting the home is East facing and enjoys vast morning sunshine and views that are only interrupted by Tuis' and Wood Pigeons. Backing onto native bush the home is quiet and secluded. Bedrooms upstairs and downstairs the home offers four rooms, plus upstairs and downstairs lounges, bathroom and ensuite. Decking upstairs and downstairs ensures space for the entire family while ensuring space and distance is never a compromise. Close to Waimauku shops, school, transport links and park, the only thing missing is you.



Graham McIntyre
 027 632 0421
 09 412 9602
 graham.mcintyre@mikepero.com

www.mikepero.com/RX631464



TUSCANY IN COATESVILLE PLUS BIG BARN ON 2 HECTARES 4 1 2

Enquiries Over \$1,795,000

557 Ridge Road, Riverhead
Enquiries Over \$1,795,000

Idyllic setting, nestled north west, enjoying all day sun from an elevated position looking over grazing land and native bush environments. This 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables. It is a lot of value and we welcome your viewing and your offer as soon as possible. Vendors have another project in their sights so do not dilly dally.



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09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX649015

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HEALTH AND BEAUTY

FOOD INTOLERANCE'S

Ever feel like some foods just don't agree with you? Leave you feeling bloated and uncomfortable? Do you have reactions to certain foods but can't put your finger on which food/foods it is? We now offer free food intolerance tests when you book in for any naturopathic consultation. We use QRA (a form of kinesiology) to identify foods that are strengthening and weakening to your body. For bookings or more information. Contact Selena Quinn, Ph 027 448 7096, www.damhealthy.com, Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, Facebook @ Dam-Healthy.

ARE YOU SITTING AT A DESK ALL DAY?

Common complaints with desk workers are neck/back pain and headaches. Prolonged periods of sitting have also been associated with many health problems such as obesity, type 2 diabetes, increased blood pressure, high cholesterol and others. Some tips to help:

1. Assess how you are sitting and correct the position e.g. slouching- try sitting up and bringing your shoulders back, crossing your legs- uncross them and sit evenly in your seat.
2. Check your desk set-up. Are your eyes level with your screen? Or are you looking up/down which puts strain on your neck. Are your hands at the correct angle to the keyboard?
3. Take short but regular breaks to in-

crease blood flow and circulation. Don't get stuck in one position for hours.

4. Regular exercise can counteract the postures you are sitting in all day

5. Try a standing desk

At the Body Clinic, we can assess your posture, treat your problem and give stretches that can help.

If you need more advice or information please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

MY DAUGHTER AND I CAN SLEEP AND I BEAT CANCER!

I received an email from a customer just before Christmas with the most amazing Christmas gift Vicki could ever get. Her MRI had come through with a clear result.

Four months earlier I had done a Geomancy Health Test on her home, and found (without her telling me) exactly on her side of the bed, directly on her right breast, what is called a 'knot' (where two lines cross) of Geopathic Stress!.

The GS line crossed her heart, then through to her 3-year-old daughter's room and ran completely down her whole body.

The child had not slept a single night since they had moved into the house 12months earlier, and used to wake at least 3-6 times a night.

Vicki also woke several times a night on top of the times she had to get up to her daughter.

After my dowsing, she moved away

from this 'stress', they all started sleeping through the night, and healing.

Now she has the 'all clear'.

Don't let Geopathic Stress be the cause of your ill health or lack of sleep. Call Nicky at www.clearenergyhomes.com or 021 545 299.

BACK TO SCHOOL EYES

Does your child really see well? A child who doesn't see the board clearly might not complain – because that is the way the board has always looked!

Does your child screw up his/her eyes to see things in the distance, or to see things close up? Do you think your child is clumsy? So, have you invested in an eye test for your child?

Hobsonville Optometrists offer specified Children's Eye Exams – allow an hour – with Frank Snell. Phone 09 416 3937 to book an appointment.

Valentine's Day gifts - Gorgeous quality gifts at our store within Hobsonville Optometrists – Glasses and Gifts, 413 Hobsonville Road. Come and browse!




INTRODUCING DR DAN TER BRAAK

We are pleased to announce that Dr Dan ter Braak has joined Drs Chris and Nolene McMaster and the team at Kumeu Chiropractic.

Dan is a graduate of the New Zealand College of Chiropractic, and joins us from a year as a Chiropractic associate in North London in England. Dan is also a semi-professional cricketer having played for Hertford in the ECB Premiere League while he was in the UK. He is currently playing premiere cricket for Taka-

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puna in the Auckland competition. Dan is passionate about the role Chiropractic care has on performance, not only in a sporting sense, but also on the profound affects it has on every individual's ability to express their own optimal potential to be healthier and happier in their lives.



Over the month of February, Dan is offering a special Complementary Spinal Assessment as a way of introducing himself to the Nor-West community. If you have wondered whether Chiropractic care is for you, or if you have a specific problem you would like to discuss, he will assess your spinal health and advise you if we can help, free of charge. You must specifically ask for this Complementary visit at the time of making the appointment. Please call Kumeu Chiropractic – 09 412 5536 to take advantage of this great offer.

WEEKLY MEDITATION GROUP

The weekly Meditation group run by Medium Healer, Glenn Lewis, will be starting up again on Wednesday 17th February 2016. The class proved very popular last year, growing throughout the year and many people made it a regular part of their week. The class is open to anyone, regardless of meditation experience. Glenn welcomes all beliefs and simply offers an opportunity for people to sit in peace and quiet as Glenn takes the group through a guided meditation. He concludes with messages from the Ascended Masters. The class is held every Wednesday at 10.30am and runs for around 1 – 2 hours. Seating is available, bring a bottle of water if you wish. Parking on site. To assist with numbers please register your attendance via www.ascensionhealing.co.nz or phone Glenn on 09 411 8652. Ascension Healing, is located on a peaceful property in stunning Muriwai Valley and offers Spiritual readings and healings.

REASONS WHY PEOPLE BOOK SPA TREATMENTS

Here at Spa Di Vine (Waimauku), we wanted to list some health benefits of spa treatments and massage and we asked our guests how it made them feel:

- 1) It reduces stress hormone levels - Several studies have shown that massage reduces levels of the stress hormone cortisol, which among many other benefits helps slow your heart rate, and brings your blood pressure down. Guests report feeling calmer.
- 2) It boosts your immunity - By reducing stress and stress hormones, massage boosts the levels of "natural killer cells" in your

body, which are your first defense against invaders. Massage has been shown to even boost immunity in people with severely decreased immune systems, enhancing the feeling of well-being.

3) It's a great pain reliever - Whether you've got muscular pain or chronic headaches, massage has been shown to significantly decrease and relieve pain. We often wake up with a headache, a sign that you are trying to do too much in too little time. A one hour massage (and three hour visit to the spa, with some time spent relaxing in the whirlpool), can really relieve the pain!

4) It boosts your mood - As if a wonderful, healing, relaxing visit to a spa wasn't enough (I always already feel better, just walking in the door), treatments such as massage increase your brain's level of feel-good hormones like dopamine and serotonin. Feel happy within yourself. View our massage and spa treatment menu online, www.spadivine.co.nz.

THE BODY CLINIC KUMEU

Lana & Freya are sisters, and long term locals, who have just opened a clinic above Kumeu Gym. We closely collaborate with the Gym to ensure the best healthcare for everybody in the community.

We can help with the following: Back pain, pelvic pain and sciatica. Neck pain, headaches, migraines, jaw pain, hip, knee or ankle pain. Shoulder, elbow or wrist pain. Sports injuries/muscle strains. Pregnancy and post-pregnancy related pain. Sleeping, feeding or digestive problems in babies. Asthma or breathing related issues. Growing pain. Digestive or gynecological complaints. Postural complaints. Chronic pain. Joint pain/arthritis. Post-surgical stiffness/rehabilitation. Stress management. Delayed onset muscle soreness (DOMS). Health maintenance. Injury rehabilitation. Relaxation. Promoting restful sleep. Anxiety / Depression. Improves sports performance and recovery time. Please contact us to discuss how we can help you. Phone 09 320 8303 or 021 153 8404 or www.thebodyclinic.co.nz.

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gill.wiltshire@gmail.com

REGULAR AREA COLUMNISTS

KUMEU LIBRARY

Kumeu Library has loads of free activities and events for all ages starting up again for 2016 now!

Mondays - Storytime: 10.30am. Stories, songs, rhymes and a fun activity for children aged 3 to 5 years.

4 & Up Storytime: 2.00pm, starting 15 February. Getting ready for school.

Tuesdays - Book Chat: 10.30am on the first Tuesday of every month, starting 2 February. Come and chat over a cup of tea about what you have enjoyed reading.

Wednesdays - Homeschoolers' Make: Build: Do: 10.30am, starting 3 February. An hour of constructing, creating and fun for children aged 5 to 12.

Thursdays - Make: Build: Do: 3.30pm for children aged 9 to 12, starting 4 February. What can you build in one hour?

Book Club: 7.00pm on the 4th Thursday of each month, starting 28 January. Join in our lively discussions!

Fridays - Rhymetime: 9.30 - 10.00am for pre-schoolers aged 18 months to 3 years. Wriggle & Rhyme: 10.30 - 11.00am for babies 0 to 2 years.

Saturdays - Justice of the Peace: available 10.00am - 12 noon.

Special Event on Saturday 13 February: 10.30am Firefighters Storytime. Meet real firefighters and check out the fire engine. Awesome stories of rescue, bravery and action. Stories, books and music that help early literacy development, plus a make-and-take craft.

There's always something happening at Kumeu Library - follow us on Facebook to keep up-to-date (www.facebook.com/

kumeulibrary)!

THREE FANTASTIC PRINCESS CRUISES WITH A GREAT "THREE FOR FREE" OFFER

Treasures of Asia - Cruise from Perth onboard Dawn Princess, visiting Lombok, Kuala Lumpur, Penang, Langkawi, Phuket and Singapore. 12 night cruise from \$1769 per person, twin share. Sales to 29 Feb 2016, unless sold out prior. Cruise departure: 15 Aug 2016. Bonus: **3 FOR FREE OFFER** - Receive an AU\$50 onboard spending credit per stateroom.

- Up to AU\$50 worth of shore excursions per stateroom
- 1 specialty dining for 2 people.

Mediterranean Medley - Cruise from Barcelona onboard Royal Princess, visiting Cartagena, Gibraltar, Marseille, Genoa, Florence/Pisa, Rome, Naples, Crete, Kusadasi, Istanbul, Mykonos and Athens. 14 night cruise from \$3079 per person, twin share. Sales to: 29 Feb 2016. Cruise departure: 03 Sep 2016. Bonus: **3 FOR FREE OFFER**

- Receive a US\$100 onboard spending credit per stateroom

- Up to US\$100 worth of shore excursions per stateroom

- 1 specialty dining for 2 people.

Hawaii, Tahiti & South Pacific - Cruise from Sydney onboard Sea Princess, visiting Brisbane, Apia, Hilo, Kona, Honolulu, Maui, Kauai, Tahiti, Moorea, Bora Bora and Auckland. 31 night cruise from \$5069 per person, twin share. Sales to: 29 Feb 2016,

unless sold out prior. Cruise departure: 15 Apr 2017. Bonus: **3 FOR FREE OFFER**

- Receive an AU\$150 onboard spending credit per stateroom

- Up to AU\$150 worth of shore excursions per stateroom

- 1 specialty dining for 2 people.

Or this simply gorgeous itinerary is nice & close to home: Explore Australia by Cruise & Rail - 14 nights from NZD \$ 5229 per person share Twin based on an Inside cabin, or NZD \$ 6059 per person Share Twin with a Balcony. Sales till 11 March, or until sold out. Includes: One way flight to Sydney, plus one way flight from Perth back to Auckland. Most transfers within Australia. 3 nights aboard the Indian Pacific from Sydney to Perth in a Gold Sleeper carriage, includes all meals & beverages & off-train excursions. 1 night pre cruise & 1 night post cruise in Perth.

9 nights aboard the recently revitalised Pacific Eden cruising the Western coast of Australia, including all port taxes & gratuities, all meals & entertainment onboard. Departs Auckland 15 June 2016. BONUS: AUD\$100 stateroom credit.

Please contact me and I can send you more information Tanya Franklin, your local Travel Broker, 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday! See: www.thetravelbrokers.co.nz/tanyafranklin.

SO WHAT ARE YOU WORRIED ABOUT?

Happiness it seems is not our default. Out of the entire range of emotions a human can experience... joy, anger, anticipation, disgust, sadness, fear, trust, surprise, love... (the list goes on) is it really possible to experience one more than other or to pick and choose?

There are emotions we generally want to experience more than others. It makes sense that we want to feel happier because it makes us feel good. Jealousy

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feels terrible, why would we want more of that? So given we would rather experience some emotions more than others, are we in charge?

We can be given mixed messages about our feelings – we're told 'embrace your feelings', 'no-one can tell you how you feel' we are given permission to put them on a pedestal, they call the shots. But our feelings can be excuses to do or not to do something. They can hide why we are really behaving the way we are. We use them to justify why we did what we did. Road rage is an action as the result of a feeling. But how did the feeling start - something happened then we reacted to it. We tend to hold tight take ownership and are committed to the ride that follows without asking 'does this help?'

I have recently completed two courses in philosophy and the famous German philosopher Immanuel Kant said 'beauty is in the eye of the beholder'. After much discussion our class concluded that 'beauty' is all of life, everything around you from work colleagues to nature to every situation you find yourself in. The point is, if life is in the eye of the beholder - it happens inside you and of course its subjective - another will not see you and your life the way you do (in fact others won't perceive your obstacles as obstacles at all and wonder why you haven't just DONE IT). We see and experience life as a reflection of ourselves. It stops and starts with us. Yes things happen, setbacks occur but ultimately we are in charge. How we experience the next hour of our life is in our hands.

The more I see clients the more I believe that our feelings are more of a hindrance than a help. Action or non-action is usually based on a feeling. Psychologists tell us that 70% of what we feel is negative or moving us away from what we want. But choosing feelings at will seems to be hardest thing the world! It doesn't help that we have NO experience in it.

Does worry help? Does anger fix the problem? Does jealousy

create what we want? NO.

We need to practice feeling the feelings we want more of. Mind and body are not separate. You can't think and feel a certain way for 35 years and expect your body and life to function separate from this. It's intimately connected. Thinking and feeling is our way of BEING. Do we ever take notice of it? To be more aware of this a GOOD THING! If you can be clever enough to remind yourself that the worry is not helpful and panicking about the to-do list is unproductive and making you older then GOOD ON YOU. Can we reason our way to feeling on par with the eternally present Buddha, emanating calm because the world doesn't need one more worrier...!

My way has been to give clients a type of meditation visualisation. A visualisation is about 20mins. Our default isn't the empowered version of ourselves, it's usually the opposite. So imagine for 20mins a day being the you, you want to be (because yesterday you probably weren't at all). The more your mind and body experience what you want and what you want to feel, the more life responds and things happen. Call Anna for a session. 021 555 658 or anna@thinkyourbest.co.nz.

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FROG POND READING TUITION

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We follow the carefully written programme by NZ author Jill Mitchell who has continued to test and enhance her programme for the last 20 years! The Frog Pond Tuition programme is made up of 6 different levels of ability and 73 beautifully illustrated and captivating books. Each weekly session is focused on developing your child's specific needs until mastery is achieved. Regardless of where your child's gaps in literacy knowledge are, we can help!

So far we have tuition pods in Henderson and Titirangi and now we have our eyes set on the NorthWest. Please contact us today to discuss your child's individual learning needs with us.

Amanda@tallpoppies.org.nz, phone 09 412 7753 or 027 473 6036.

INDIAN MOTORCYCLE ADVENTURES

We hope this finds you healthy and happy. Life here in Hellsville is treating us well and we have had another great year touring in India. We would like to let you know our plans for 2016/17.

This coming January we will revisit Tamil Nadu and Kerala on our Southern India coast to coast tour.

In October of 2016 we will be conducting our traditional annual Rajasthan journey. This will be our 20th year travelling on this route and it has become a unique motorcycling and cultural experience, visiting many of our friends along the way.

In July 2016, our Himalayan tour will for the first time be taking in the rarely travelled and spectacular Spitti Valley Road on the way up to Leh.

In January of 2017, our tour of Southern India will travel from coast to coast crossing the jungle-covered Western Ghats twice and visiting the most amazing Hindu temples in the world.

Nepal unfortunately remains in a state of chaos and although we are very keen to run our tour there, we do not feel that we are able to offer you a reliable product in 2016. We are keeping our fingers on the pulse there and will let you know as soon as we are ready to go to the mountain kingdom.

Our tour pricing has remained unchanged again this year, in fact the Himalayan trip has reduced in price and we feel that we offer the best value and experience possible.

If you wish to register your interest in any of these tours, please get in touch as soon as possible. All details are on our website. www.indianmotorcycleadventures.com.

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SETTLING CHILDREN



The transition from home to a new environment such as an early childhood centre is different for everyone. Children and parents can often have differing experiences that are unique to them, and at Country Bears, we look at each child (and their family) as an individual.

As the time approaches for parents to return to work, this is often an overwhelming time. Parents can have mixed emotions ranging from guilt, anxiousness, stress and uncertainty as they leave their child for sometimes, the first time. If returning to work, having flexible working hours in the first few weeks can help with this transition period. Also having an alternative care person who is able to pick up or care for your child if needed, can be invaluable.

Regular visits to the centre prior to starting will help to build relationships with

the new environment and the teachers. This allows the child, parents and teachers to build trust and knowledge, so on the first day of the official drop off, the parent feels confident that the teachers understand the needs of their child. If children can see their parents enjoying the environment at the centre, the child will no doubt follow. Having conversations at home about the centre, talking about the names of the staff will also help the child to make connections to the centre, which will usually result in a smoother transition.

By supplying the teachers with information on what your child gains comfort from, what they like, what is important to your family and culture and any difficulties, will help the child to gain a sense of belonging. Country Bears have a Primary Care system where one special teacher will be responsible for the care of your child in those early settling times. This enables the child to build a relationship with the teacher quickly as they know that their needs will be met. Once the child has settled, we find that the child naturally gravitates to the other teachers when they feel comfortable.

There is no place like home, but we like to think that we are the next best thing. Pop in and see us, Angela and Nikky at our beautiful rural based centre with lots of open areas for outdoor exploring. Check

out our Facebook page: www.facebook.com/cbearsecc.

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Ph: 09 411 8890 Fax: 09 411 5200
waimauku@naka.co.nz

We run a planned interactive educational programme based on Te Whaariki Early Childhood Curriculum; with 4 qualified teachers and a ratio of 1-10.

Waimauku Kindergarten operates a Kindergarten day model. Our session times are either 4 hour mornings or 6 hour days or a mixture of both. We are part of the government's 20 ECE hours funding scheme.

**Our Hours: 8.30-2.30pm Monday to Thursday
8.30-12.45pm Friday**

**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>**

PLUM BUTTER CAKE

2 cups flour
2 tsp baking powder
4 Tlbs milk powder
1 cup Caster sugar
1 cup water
2 eggs
8 oz butter – melted.
Cut fresh plums into slices
Pre heat oven to 190°C



Combine all dry ingredients together then add all wet ingredients except plums.

Mix until smooth and pour mixture into lined 9 inch tin and place plum slices around to cover the top.

Bake for 30 – 40 min then leave to cool.

Sprinkle with icing sugar and serve with whipped cream or yoghurt.

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KUMEU VILLAGE REST HOME

Kumeu Village Rest Home is already award winning and opened in March 2015. Now 10 months later is running at full occupancy with waiting lists in the 40s for some levels of care.



Owner Manager of the home Belinda says the home is an absolute

joy to be part of, she credits the amazing staff for the wonderful community that has been created at the home. Kumeu has successfully become a fully Eden registered home, achieving 5 principles in 9 months. The home also was runner up the New Zealand aged care food awards after just 4 months of being open. The food service is something we are most proud of, offering a buffet self-service for all meals and menu choices for in room dining. Three amazing cooks prepare an assortment of beautiful baking daily, and we have a cafe for families and friends who visit. Kumeu village is animal friendly and currently is home to, 2 ponies, 3 birds, 4 dogs and 9 cats....

The managers will be attending the Eden alternative confer-

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ence in May in Arkansas USA where they have been nominated for the "Eden seedling award" for their resident and staff fitness, rehabilitation and swimming programme. Visit www.Kumeuville.co.nz for more information.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Mon 1 Feb	03:51	10:09	16:12	22:42	-
Tue 2 Feb	04:44	11:04	17:08	23:40	-
Wed 3 Feb	05:48	12:12	18:12	-	-
Thu 4 Feb	-	00:47	06:59	13:27	19:23
Fri 5 Feb	-	01:57	08:09	14:34	20:31
Sat 6 Feb	-	03:00	09:08	15:31	21:30
Sun 7 Feb	-	03:53	09:59	16:21	22:21
Mon 8 Feb	-	04:42	10:45	17:08	23:08
Tue 9 Feb	-	05:28	11:30	17:53	23:53
Wed 10 Feb	-	06:12	12:13	18:37	-
Thu 11 Feb	00:37	06:56	12:57	19:22	-
Fri 12 Feb	01:21	07:41	13:41	20:07	-
Sat 13 Feb	02:07	08:27	14:27	20:54	-
Sun 14 Feb	02:54	09:16	15:16	21:44	-
Mon 15 Feb	03:46	10:09	16:11	22:39	-
Tue 16 Feb	04:46	11:10	17:13	23:41	-
Wed 17 Feb	05:54	12:19	18:23	-	-
Thu 18 Feb	-	00:50	07:08	13:31	19:36
Fri 19 Feb	-	02:00	08:17	14:37	20:43
Sat 20 Feb	-	03:03	09:16	15:34	21:39
Sun 21 Feb	-	03:56	10:06	16:23	22:27
Mon 22 Feb	-	04:43	10:49	17:06	23:08
Tue 23 Feb	-	05:24	11:27	17:46	23:46
Wed 24 Feb	-	06:02	12:02	18:23	-
Thu 25 Feb	00:20	06:37	12:34	18:57	-
Fri 26 Feb	00:52	07:10	13:05	19:30	-
Sat 27 Feb	01:23	07:42	13:36	20:03	-
Sun 28 Feb	01:55	08:15	14:10	20:37	-
Mon 29 Feb	02:31	08:51	14:48	21:15	-

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INTERNATIONAL LIFEGUARDS

Name: Jake Maddocks, age: 22. Country: England, Cornwall. Background: Qualified Lifeguard at both Perranporth and Perransand since the age of 17.

Jake has been in New Zealand since the end of October. While he was waiting for patrol to begin, he travelled around the Northern Region beaches.

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What lured Jake to New Zealand was the fact that he was here last summer. "I spent a few months patrolling out at Tauranga's beaches with some mates and decided to come back but give another region ago" he explained.



Although Jake has just started Lifeguarding here, he said that being a member of Muriwai Club has been a great experience, "at home there are no clubs as such, so to be lucky enough to be a member of such a hard-working, friendly, place is great and the club has been very accommodating" Jake said.

Jake said that he is amazed with how well things are run here. "Back home it wasn't run to the same standards as here, the organisation structure here is great and I feel like if I have any problems at all the management are easy to contact and deal with" he said.

Along with the great structure, Jake explained that the training and the trials are great, "it is a lot more intense here, which I like because it moulds you in becoming a better Lifeguard all round". Jake explained that Lifeguarding in Muriwai is very valuable "you really pick up on so many styles of Lifeguarding here which is great" he said.

Jake has only been at Muriwai for a short time but he has already expressed his love for this beach, "I love the weather here, it is much, much warmer than home!" he said. He explained that at Muriwai everyone has a great understanding for the surf. He also added, "what I love here is that everyone knows how to do everything, back home if something is broken we are not allowed to be shown how to fix it, that part is completely separate. However, here at Muriwai they are very good at teaching the so called new bees. I have learnt so much already!"

Coming to New Zealand for six months Jake had to give up a few important things, "I had to give up six months with my girlfriend to come over here. Which is obviously a pretty big thing, but she always knew it was going to happen, and agrees that I would be pretty grumpy if I was stuck in cold dark England!"

Jake wanted to add that along with his stay here he has had some of the food New Zealand has to offer. "I tried the feijoas and I am really unsure about them at this stage, however I love the real fruit ice creams they are delicious!"

Along with the food Jake said that he hasn't warmed up to any of New Zealand's beers, "The beer here is ok, but I'm more of a cider drinker, a few of them are good but nothing on my local ciders from home!" Jake explained that after a while being here he gets home sick from time to time "when the surf is good at home or a big winter storm hits, I'm a bit gutted to be missing out on storm watching! And obviously my girlfriend too!"

However, Jake said, "lifeguarding is what I love to do, so when it's a warm sunny day, the surfs good, and I'm working I'm more than happy!"

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At the end of the interview I asked Jake to tell me three things about what he loves about Muriwai, without hesitation the first thing Jake said was "I love the respect the community has for the beach, back home there is a lack of knowledge about the beach, in contrast here everyone seems very well educated".

Secondly, Jake said "the surf is great. I believe that this beach really pushes the Lifeguards to be proactive and alert from the minute you step out on the sand".

Lastly, Jake explained that he loves the "community feel here". He said, "it is such a tight knit community, everyone is just so lovely".

What's next for Jake? He explained that he is going to finish out the season patrolling then he is heading down south for a month to check out what the south island has to offer. "I would come back here if it was possible but unfortunately my visa doesn't allow it".

Jake's last words to me where if you are ever in Muriwai "do the Goldie bush track, I did it and loved it, it is such a beautiful walk" he said.

NEW ZEALAND'S FIRST NATIONAL WATERMELON MONTH IS BORN

National Watermelon Month will take place for the first time this year from 1 - 29 February, to celebrate one of the nation's most popular summer fruits. Led by LeaderBrand, an innovative, Kiwi owned producer of fresh fruit and vegetables, a number of initiatives have been planned to help New Zealanders take part in the celebrations.

"Nothing says summer in New Zealand like a delicious, juicy watermelon," says Bevan Roach, LeaderBrand Marketing Manager. "It is also one of the most guilt-free foods you can get. It has excellent levels of vitamins A and C, and there are only 80 calories in two cups. Perfect for people wanting to eat clean after the excess of the Christmas holidays!

"We think it's an iconic New Zealand summer fruit that is well worth celebrating," he adds. "We're hoping National Watermelon Month will convince more Kiwis to pick up a watermelon during their next shop. With watermelon growing at its peak (its available January – March), it's also the ideal time to get creative with this refreshing fruit. It doesn't just have to be eaten by the slice – it is also fantastic in salads, salsas, desserts, cocktails and all manner of other tasty summer recipes."

New Zealanders will be encouraged to take part in National Watermelon Month through a series of contests and giveaways on Instagram and Facebook. Prizes will include supermarket vouchers and watermelon seeds so fans can have a go at growing their own watermelons from scratch. A number of watermelon recipes will be developed especially for the occasion and New Zealand bloggers will also be able to enter their watermelon themed recipes into a special competition during National

Watermelon Month.

Visit [instagram.com/LeaderBrandNZ](https://www.instagram.com/LeaderBrandNZ) and [Facebook.com/leaderbrandproduce](https://www.facebook.com/leaderbrandproduce) for recipes, meal inspiration, and watermelon tips from the experts, along with daily competitions #NZWatermelonMonth

Five Ways to Use NZ Watermelon

- 1) Cut watermelon slices into cool shapes using a cookie cutter – stars, hearts and flowers. Put on lollipop sticks for a tasty, healthy kid's treat.
- 2) Mix with lime, water and sugar, and freeze for an easy sorbet.
- 3) Toss watermelon with roasted beetroot. Drizzle with a simple balsamic vinaigrette for a refreshing salad. Very healthy with an added kick of folate from the beets!
- 4) Layer pan-fried halloumi with thick slices of watermelon for a decadent tasting snack or canapé.
- 5) Whizz up a watermelon mojito. Combine watermelon juice, mint leaves, lime, white rum and sparkling water. Top with a mint spring and enjoy a perfect summer drink.

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Welcome to Little Miss Enchanted, the destination for every little girl's dream party. Come to our magical princess garden party shop 302A Main Rd Huapai, Auckland. Where you can meet some of your favourite princesses such as Elsa and Anna, Snow White, Sleeping Beauty, Belle and Rapunzel. Come along and play loads of fun games with your favourite characters and be pampered. Get mini manicures with gorgeous nail art, hair curled with pretty gems and an adorable gem princess tiara applied. Play some of our fun games such as flower ring toss, Tinkerbell's treasure hunt, Snow White apple toss, toss the hedgehog, ride our pony cycles, dress ups, watch a movie, music and more. Have your photos taken in our pretty pink princess carriage. At Little Miss Enchanted we also host discos and slumber parties on special dates which will be promoted on our Facebook page. Visit our website www.littlemissenchanted.co.nz.



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PETS

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KEEPING DOG SAFE IN THE WORKPLACE

In 2005 ACC started recording dog bite statistics across New Zealand and in the past 10 years dog bites have increased by 31%. In 2015 that equated to over 235 people being bitten per week, remember that is people who required medical assistance, not just a "nip". When we are discussing dog bites, Industry is a forgotten area. But when we look at the 16 industry categories defined by ACC we see some surprising results. As expected the category that reported the most dog bites is Agriculture, Forestry and Fishing. These are your kennels, doggy day-cares, groomers etc. Interestingly the second is Property and Business Services: Real Estate Agents, Property managers, Cleaning Services etc. The third is Health and Community Services: Plunket, Ambulance, Midwives and so the list goes on. As we know the Health and Safety Reform Bill Update will be finalised in parliament on the 4th April 2016. But what does that mean? The Bill provides a range of new and existing enforcement tools and compliance mechanisms to the regulator, inspectors and district court. Failure to comply is an



offence under the Bill and the person will be liable to pay a fine. The fines are tiered to distinguish between individuals and corporate entities (such as companies).

This Bill also includes the introduction of PCBUs – a Person Conducting a Business or Undertaking. This is the allocation of duties to the person or entity in the best position to control risks to health and safety. You can no longer delegate responsibility. The introduction of PCBUs means that a person can now be personally liable. If the person is found to be not complying with the Bill and if they are supervising others without providing the correct training that is offered to them they can become personally liable.

The Bill also states that an officer of a PCBU (such as a director, board member or partner) must exercise due diligence to ensure that the PCBU complies with its duties.

It is worthwhile to talk with some of the consultants that are available to help you through this process. Ensure that the organisation you choose to deal with are legitimate and that they do not use scare mongering tactics. Worksafe NZ are warning people to be careful and are working with an industry body to establish an accredited register for health and safety consultants.

When you have identified the risks and you require outside assistance to train your staff; do your homework. Is the company experienced in the field? Are the staff qualified? Can they provide you with testimonials and references? What is their experience? When it comes to dogs in the working sector The Dog Safe Workplace can help.

Do any of your team come across dogs in their line of work? Have they had training on how to deal with the dogs that they meet? Do they know how to recognise any signs that the dog is uncomfortable with them being on the premises? The Dog Safe Workplace can offer you training either in a classroom environment or as an online course. It is designed to provide workers with knowledge to keep themselves safe around dogs. Visit www.dogsafeworkplace.com for more information.

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BARK NZ

Well, we had our first 'roadie' for 2016... Down to the beautiful Te Awamutu to visit Safe and Happy Kids Te Awamutu and Pekaerau and we were lucky enough to stop and enjoy a well-deserved coffee/water stop at dog friendly Leadlight - Glass Studio & Gallery Cafe on the way.

Flicka the Swedish Vallhund had her first running races, which she proved very good at and Dyson handled the two back-to-back sessions very well (still thinks he's a puppy!) but he is struggling a little tonight. The kids ran an amazing donation drive, check out the bags of food that we can pass on to some deserving dog rescues.



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INSIDER BTHELLS BEACH

WELCOME TO BTHELLS BEACH



Bethells Beach is a coastal community in the Auckland Region in the north of the North Island, New Zealand. The Māori name Te Henga, meaning sand, originally applied to a wide area of the lower Waitakere River valley, but in 1976 the New Zealand Geographic Board changed the name of the beach from Bethells Beach to Te Henga (Bethells Beach).

The beach is approximately 30 kilometres north-west of Auckland City, at the mouth of the Waitakere River where it flows into the Tasman Sea. One of several popular resorts in the area (others include Muriwai, Piha and Karekare), it experiences a population explosion in summer when Aucklanders head to the sea.

The Te Henga Valley shows evidence of human settlement dating back over 1000 years. The cultural history of the area is of archaeologically significant sites, including food gathering areas, pā, walkways, canoe landings and sacred places.

The arrival of Europeans in the 19th century led to major changes in the character and shape of Bethells Beach. The most significant of these changes was the clearing of the land for timber and pastoral farming which began in 1854 and continued until the 1920s. In addition, a dam was constructed on the Waitakere River in the 1920s, drastically altering the level of the riverbed and reducing the outflow of water to the sea.

John Bethell negotiated with the Waitakere County Council to sell the land that is now known as Te Henga Park. The Council considered the beach and park area would provide excellent recreation facilities for residents of Auckland. Te Henga was recognised as a place of regional significance.

The sand dunes have accumulated in several phases over the last 4,500 years. This accumulation has occurred since sea levels returned to about their present levels following the last glaciation 6,500 years ago. These sands contain quantities of black titanomagnetite derived from the volcanic rocks of Taranaki and carried north by coastal currents. The dunes continually move in a dynamic coastal process. There are three dune-impounded lakes: Lake Wainamu, Lake Kawaupaka and Lake Waitataru.

If you enjoy the diversity of sand and sea or the intimacy and tranquility of the lakes and native bush, Bethells offers a very special environment to relax and enjoy.

BTHELLS COMMUNITY DAY

Come on down to the local domain on Sunday 31 January 9.30 to 5.30pm and enjoy a brilliant, fun filled day for all the family.

Off Road Race - Starts at 9.30 am from the domain.

Run or walk off road race for all ages, children welcome. Call Vicki on 09 810 9077 for more info, or just turn up at 9amish.

Live Music - A stunning line up of local talent. If you would like to perform please call Rico on 09 810 9101. First in first served basis.

Kid's Talent Quest from 12.30 – 1.30pm

Always a popular competition for our many talented rangatahi / youth to enter. All welcome. Prizes for the winners. Register with Belinda on the day.

Games for kids and adults

Lots of games organised for young and old. Including our infamous street against street tug o war! Te Aute Ridge Rollers Vs Tasman View Tigers, Bethells / Te Henga Rd Beasties Vs Erangi Sharks.....

Art Tent - Show your art in the art tent. Sell or display. No Commission. Bring your work ready to hang on the day at 9am. All care taken with your work – objects or work on paper.

Children's Jewellery with Beads - Opportunity for children to make new jewellery from old donated beads. Do you have any broken/unwanted beads you wish to donate? Please bring them to the Art tent.

Food Stalls/Car Boot Sales - Just turn up - \$10 per stall

Bethells / Te Henga's next hottest baker!

Are you a baking superstar? Even if you just love baking bring along your finest cake, which will be judged on the day by an experienced cake eater and maker Annette Lees. The cakes will be sold off after the competition to raise funds for the next community day. A special prize will be given to the winner. Please bring your cakes to the cake tent by 10.30am.

Community Produce Swap 11am until all gone.

Too many courgettes? A glut of plums? Can't eat all that home-made chutney? Made lots of jam but can't use it all? Want to swap some baking? Bring along any of your surplus veges, bread, cakes, fruit, preserves, eggs, seeds, flowers, herbs and swap them for other goodies.

If you are interested in this or want to know more about it please contact Pam Tate on 09 810 8096.

Te Henga Tough Girl - Tam and Sam have the ideas, and want to have a bit of fun on the day, so girls, be prepared to enter for the fun!

Other Activities include: Food Stalls, Car Boot Sales, Raffles,



Bethells / Te Henga Merchandise (T-shirts, Stickers, Coffee Cups, Caps), Local phone list, Bethells Beach Surf Life Saving stall, Bethells Beach Fire Brigade Beer tent and the famous water slide!

Community Day is a not for profit / self-funded event. Money raised on the day funds the next year's Community Day. Please note: "DOGS ON LEASH"

For any further information on any of the events please call Sue Beesley on 09 810 9234.

BTHELLS CAFE

A Bethells Beach tradition, the Bethells Cafe, owned by long-time local Bethells Family the Wheelers - Jim, Anna, Johnny & Miriama and amazing staff for the last 10 years, a summertime cafe that sits in the Te Henga park.

Quality beach food, Allpress coffee, smoothies, juices, and the famous "West Coast Burger", loved by locals and city dwellers that come to the coast.

Open Weekends 10am to 6pm – Live music Friday nights from 7pm.



BTHELLS BEACH COTTAGES

This may be the perfect place to pause and remember what relaxing feels like. Connect and unwind in the peaceful sanctuary of your Bethells Beach accommodation.

Our three boutique cottages are positioned high above Bethells Beach, overlooking the black iron sands of the dramatic Auckland west coast and the Tasman Sea. Sit back on your private deck with a glass of local wine, taking in the vast views and en-



joying nature's theatre.

The contemplative and stress-free surroundings of Bethells Beach is the perfect partner for special occasions and events, and we have the facilities to cater for weddings, celebrations, corporate functions and planning days. Contact Trude on 09 810 9581 or email info@bethellsbeach.com or visit www.bethellsbeach.com.

BTHELLS BEACH SURF CLUB



Based on Auckland's rugged West Coast, Bethells Beach is well worth a visit for both locals and tourists, offering an unspoilt and unique landscape.

During the summer months Bethells Beach Surf Life Saving Patrol provides life guarding services to protect the public visiting Bethells Beach. Volunteer lifeguards are rostered on every weekend and public holiday between October and April with paid Regional Guards filling in the week days during the peak Christmas period.

We have an active Junior Surf programme as well as adult surf sports and welcome new members. If you are interested in becoming a member please view www.bethellsbeach.org.nz

There are many reasons to join a surf club. Whether it's to train as a Lifeguard, develop new skills or to simply make new friends, the Bethells Beach Surf Life Saving Patrol is an excellent choice. The club offers a supportive environment, has a family feel and a strong reputation for being friendly and welcoming to all.

Many of our Patrol members (Lifeguards) started out as Junior Surf parents or nippers, the latter going on to train and qualify as Lifeguards at the completion of their Junior Surf years (ages 7-13). We also have a number of members who choose not to go down the Lifeguard path electing instead to enjoy the benefits of belonging to the club in an Associate member capacity. All members irrespective of whether they participate in water-based safety or not have the opportunity to get involved with club life in other ways, such as, joining the Committee, filling a Junior Surf Team Manager role or qualifying as a Surf Official, where they get to officiate at surf carnivals and surf sports events at a local, regional or national level.

Whatever your level of interest there's a place for you at Bethells. For further information contact 09 810 9587 or email info@bethellsbeach.org.nz.

TE HENGA WALKWAY FROM BTHELLS BEACH

This track is now part of the Hillary Trail (external site) which connects a network of existing tracks and basic backpacker campgrounds in the Waitakere Ranges.

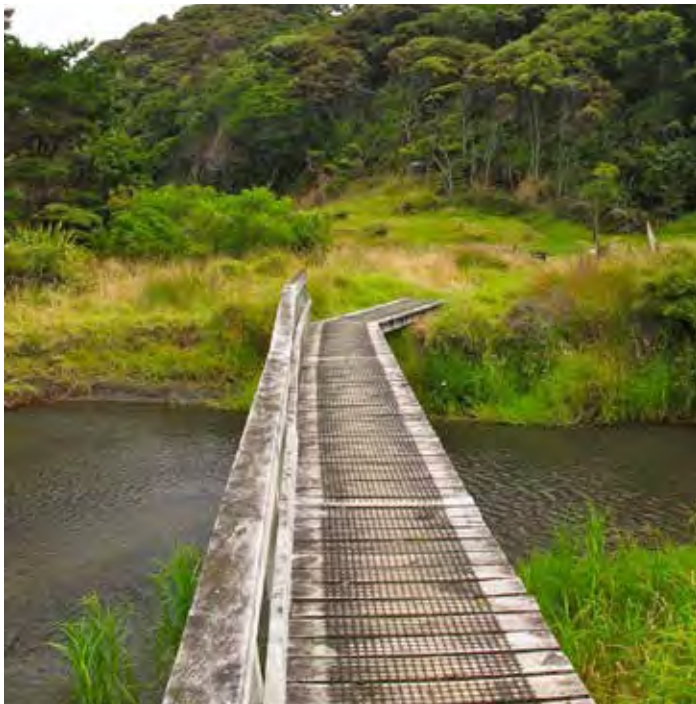
Time and distance:

- Bethells Rd to Constable Rd: 8 km or 3-4 hr one way
- Bethells Rd to O'Neill's Bay: 2 km or 45 min one way

The track follows coastal cliffs and is rutted and steep in sections. It becomes slippery after periods of rain. Take care around old slip sites.

From Bethells Rd the Te Henga Walkway crosses the Waitakere River by footbridge, rising along a graded section, to superb views of lagoons, dunes and the west coast surf down to O'Neill's Bay, where you can return along Bethells Beach.

To continue along Te Henga Walkway, the track climbs steeply then follows along the cliff-top where you may see gannets diving for fish. The track exits through a farm valley and another steep climb to Constable Rd. Care is needed on this track, which traverses coastal cliffs and is uneven and muddy in places.



SAFARI CAMPING AT BTHELLS BEACH

There are several private campsites to choose from, each one set among the farmland and bush-clad hills that shelter behind the huge sand dunes of West Auckland's Bethells Beach.

The dramatic dunes, wild black-sand beach, fresh water lake and nearby bush walks and waterfalls have been the location of many iconic New Zealand films - and make this spot an ultimate getaway destination.

The canvas tent, designed by owner Jim Wheeler, was inspired by the luxury safari tents of Botswana as well as the Maori whare. Its heavy-duty canvas walls pull back like theatre curtains to reveal two intimate rooms, and the floor is made from recycled wood.

Campers can also order food hampers, stocked with fresh bread, local meat and other larder provisions.

Over the sand dunes towards the beach, the Bethells Café (another enterprise of Jim and his wife Anna) is open in the week-ends for excellent coffee and delicious eats.



Check the website for opening hours seasonally.

Wainamu Luxury Tents are available for booking during the summer & winter season, from October through to June.

Rates are \$250 per night or \$200 each night.

Wainamu is off-the-grid, so has no electric power source. Energy for hot water and cooking is supplied via LPG gas bottles. Kerosene and battery lanterns are for your light use.

The private camping bathroom has a flushing toilet, a shower and LPG hot water outside bath under the stars.

Cooking is done on a gas BBQ, and a gas ring, and Weber kettle BBQ camp kitchen area, there is an open fire with tripod for real camp style cooking.

The pantry area has all your basics tea, coffee sauces, oil, pepper, salt, garlic and fresh herbs, we gift you bread and local free range eggs for your stay also.

There is a 110 litre chilly-bin with ice that is stocked with milk, yoghurt, butter and a freezer available if required.

There is no mobile phone reception, you are welcome to give our home phone for parents, babysitters, emergencies etc.

All pots; we use lodge Logic cast iron frypans and Dutch oven casserole pans, cutlery, plates, knives etc are there for your use. For bookings and more info email us at tehenga2004@hotmail.com, email is the best way to contact us or 022 384 0500 or 09 810 9387.

BTHELLS BEACH PROPERTY REPORT

Property sales in Bethells and Te Henga are few with most residents having a generational relationship with the area and with property. Homes come up from time to time that can be described as beach baches through to expansive elaborate architectural homes with commanding views and construction materials that reflect the unique aspects of Bethells rustic and rugged rock faces, softened by cool stands of nikau and kanuka. Over the last 12 months a handful of sales have concluded from \$700,000 through to \$755,000 for residential and \$887,000 to \$960,000 for acreage in the Bethells and Te Henga area. Sales volumes are low and typically there are only a few properties available at any time, likewise demand in the area is light. Rental properties are available from time to time, Quinovic - West Auckland have a four bedroom two bathroom home available at \$575 per week in Tasman View Road.

If you have an interest in buying or selling in Bethells Beach contact Mike Pero Real Estate on 0800 900 700 - Licensed REAA (2008).

Get ready for Valentine's Day

Spoil someone special with a beautiful bunch of fresh flowers



Boxed rose bouquet

\$49⁹⁹
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Boxed 36 long stem rose bouquet \$149⁹⁹

Or our florist can make up a customised bunch for you.

Avoid disappointment - call the florist and book yours today!

Offers end 14th February 2016.

Experience Valentine's Day al fresco style at Palmer's Planet.

It is true that traditional gift ideas and your favourite culinary haunts are good standbys when it comes to Valentine's Day, but to impress your beloved why not get out of your comfort zone whilst also staying local. As an alternative to pricey CBD restaurants and over-inflated bouquets, Palmer's Planet is offering a magical summer evening within its four walls at Café Botannix.

There, lucky customers will be treated to a perfect evening in the atmospheric garden surrounds, with a three course set menu complete with a special cocktail and a rose on the table for just \$60 per person. And given that the 14th falls on a Sunday it's the perfect way to cap off a weekend with your loved one.

The Valentine's evenings have now been running for four years and prove to be the perfect evening of choice for couples of all ages. "The combination of a lovely summer's evening, magnificent food, music and ambiance seems to really connect with our customers," says Palmer's marketing manager Janalle McMeekin, "and many have said that our unique setting has really made their night something special."

Al fresco fare to be enjoyed on the 14th includes a gourmet tasting platter for the entrée; seasonal selections hand-picked by the chef, whilst mains include Baked Marlborough salmon with whipped avocado butter, Grilled Eye Fillet with potato dauphinoise, and Mushroom Linguine with truffle oil. For dessert the choosing will be very tough with either Eton Mess, Mango & Passionfruit cheesecake or the decadent Chocolate Tart.

And to really take the hassle out of the most romantic day of the year, the in-house florists at Westgate & Albany are taking Valentine's Day orders for roses from \$9.99 for a single stem, through to \$149.99 for a stunning 36 stem rose bouquet. You can't go past our top selling classic dozen though, beautifully styled with white seasonal accents in a vox vase for just \$49.99.

Café bookings are essential and space is limited for this one night only and we recommend booking your floral requirements early to avoid disappointment or any last minute panic. For more information, menus and bouquet pricing visit the website planet.co.nz.

Happy Valentine's Day

From Mark, Melissa & the team at Palmer's Planet Westgate



Enjoy Valentine's Day in our garden surroundings

3 course meal including a special cocktail and rose on the table

\$60^{pp}

Bookings essential

View the menu online at palmer'splanet.co.nz/valentines

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Offers valid to Sunday 14 February, while stocks last. Photos are indicative only. Exclusions apply. 11202-1 KC

HOME & GARDEN

WEED CONTROL THAT IS NOT CARCINOGENIC

Roundup has strong links as a carcinogen relating to the herbicide's primary chemical, glyphosate - well documented through the World Health Organisation, many countries have already started banning its use. Yet in New Zealand its use has remained strong. Weed control on lifestyle blocks, schools, public spaces and businesses is very time consuming without sprays. We are pleased to now offer a 100% organic weed control service that uses steam and hot water to penetrate and kill weeds, grasses etc. Keeping your property/ business/ schools/community spaces tidy but insuring carcinogens are not harming your family, customer's animals and crops. For bookings and more info contact us today at burrows186@gmail.com.

SUMMER GARDENING

The weather forecasters have been predicting a dry summer, which is often a difficult time for your garden plants. Now is the time to make sure you are prepared for a long dry summer.

Mulching

The best way to prevent moisture escaping is to cover your soil with a blanket of mulch, with the added bonus of weed control. This will keep the roots cooler and conserve available water.

Weeds grow fast, and compete for valuable moisture, so be sure to remove them before mulching for best results.

Mulch, and compost improve soil and hold moisture as they break down. This time of the year would be a good time to replenish old mulch, or mulch your new garden.

We have in stock Daltons Mulch & Grow in the 40L bag which is a great mulch. Mulch and Grow is a weed free bark base enhanced with essential plant nutrients. It is excellent for moisture retention, weed suppression, growth booster, ground cover and landscape beautification.

Watering

Be aware of the moisture level in your soil. If the soil is moist 10cm below the surface it should be fine, if it is dry at this level it needs to be watered. In hot weather check the moisture every 2 - 4 days.

Be sure to water deeply every few days in dry weather which encourages roots to grow deep into the soil, where they are least likely to dry out. If you only water little and often this will promote shallow, drought sensitive roots.

Don't water in the middle of the day as most of the water will evaporate.

Morning watering is great for nutrient absorption, as plants tend to be most active at sunrise. Take care to water the soil rather than the foliage.

Don't forget your suntan lotion and hat!



PIMP YOUR MOWER

Blazer Engineering – Saving the World from Badly Mown Grass!

If you've got grass you have probably got a mower? Spring is finally here so now is the time to ensure your mowing machinery is in tip-top condition to tackle the summer ahead.

Blazer Engineering are the people to call for all your mower servicing and repairs. Their on-site service will have your mower running and cutting sweetly with the minimum of fuss.

John Tutchen from BLAZER Engineering has established his new business in order to make his skills available to a wider audience than just those lucky JD owners he has met around West Auckland over the past 7 years working as a Specialist Technician for the local "Green & Yellow" dealership.

John is widely regarded as Auckland's top mower technician. He will check your mower and your grounds then advise a cost-effective service and /or repair to enable you to mow with the confidence that your lawn can look its best this summer.

It doesn't matter which brand of mowing machinery you have – John has the experience and skill to make sure your mower is performing at peak efficiency. "Poorly maintained mowers can be costly in both fuel and repairs" he says.

"Blunt or damaged blades can lead to disease in your grass and poor 'after-cut appearance'" John adds.

Factory trained on John Deere, Toro, and Ransomes Jacobsen mowing machinery due to his specialist skill as a Golf Equipment Technician, John has experience both here in NZ, and overseas in Britain where the art of mowing grass is not just a matter of life and death – "It's more important than that!" he quipped.

So, if you want Prompt, Professional and Proper service for your grounds care machinery – Call John at Blazer Engineering on 021 663 669.



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SIX DECORATING QUICK FIXES TO START THE NEW YEAR OFF WITH A BANG

After all that Christmas excess, January is a time for a fresh start. This week, I'm going to focus on the small stuff – the quick decorating touches that uplift a room and provide instant gratification!

People underestimate the power of scale in a room. If you have a space that is full of smaller knick-knacks and accessories at eye level, break this monotony up by introducing a really large piece. Try a large urn, vase with a tall branch, a lamp or some chunky candle sticks. Furthermore, try accentuating their height by propping them up on a stack of books or a table. When you look around your space, your eye should jump around at various different heights taking in all of the wonderful elements, not remain on the same horizontal plane.

Get arty-farty. One of my favourite go to online stores for prints is Society 6. We recently bought an awesome Highland cow print for our studio and had it framed in NZ. When it comes to framing, the trick to making a piece of art look grander is to give it a really wide surround. Schwanky!

Get creative and take a punt with paint, pick a wall (or an entire room) and take a risk. If there is normal to good natural light in a space then you have the license to go as dark as you like. While we are here, I'm going to smash the myth that painting a small room dark makes it look smaller. If you keep your ceiling, trims, and furniture light then the dark paint will recess the walls further back making your space look airier and more spacious – anyway I'll save tricks on how to make small rooms appear bigger for another day. You don't have to go dark if that's not your thing, perhaps a fresh natural hue floats your decorating boat? Whatever it is, just take the risk and try something new!

Go green. I know I always bang on about this, but greenery really is one of the best and easiest ways to inject freshness into your pad. Plants add much needed texture and vibrancy to a space. You can get away with using all sorts of different plants in all sorts of different pots in the same room.

Style your books. Rather than having all of your books upright (yawn) stack some horizontal, creating a series of perfect platforms for sculpture, candle sticks, vases etc. Try to give your books breathing space by separating them into smaller piles, this gives them a sense of importance, like they're a piece of art themselves. Gaps also make great opportunities for displaying some of your favourite finds.

Style your coffee table. A tray is always a good way to anchor your collection of coffee table goodies – there are some fab brass trays out there that would add instant glam factor to any space. Then start playing. Add a scented candle, some greenery, stacked books or mags, something sculptural and boom, nailed it! Whatever you use, try to aim for varying heights and use co-



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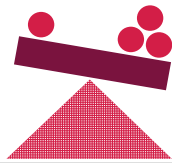
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lour that reflect and compliment the rest of your room. So that's it for me today, stay tuned and never miss a post by signing up to the Lou Brown Design blog at www.loubrown.co.nz. I'm also constantly updating my Facebook so you can keep up to date with my journey through the exciting world of interiors. Hayley - Anne Brown - Phone 021 814 329 or visit www.facebook.com/loubrowndesign.

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HAPPY HEARTS – RIVERHEAD EARLY LEARNING CENTRE

At Happy Hearts – Riverhead Early Learning Centre our current activity theme is the great outdoors. This was inspired by many of our children returning to the centre with stories of the great adventures they have had over the Christmas period. Our learning activities are derived from our children's current interests and built on by teachers' experience and knowledge. There has been a lot of fun imaginative play and exploration including tent building, roasting marshmallows, and other summer traditions. The smaller children are enjoying messy play and water play when the sun is out and shining, and it's lovely to have picnics and afternoon tea outside on the shady deck. It's also currently a time for meeting new friends and inviting them to participate in the fun, as new children join us at Happy Hearts. Naturally, there is a strong focus on nurturing the children and making them feel like they are at home in our brand new environment.



Owners and managers, Nina and Allan are thrilled with the awesome support shown by wonderful families joining us in the last couple of months. They are inviting any young families in the community to feel free to arrange a visit during week days to see our wonderful, spacious, purpose built facilities. www.happyheartselc.co.nz Phone 09 412 7745.

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LIVESTOCK REPORT

The first sale at Pukekohe for 2016 was a real beauty! Good rain and brilliant grass growth has buyers very keen to purchase cattle to eat it which ensured prices were very strong, especially on store cattle with medium yearling steers to \$1,000 and medium weaner steers \$680. Killable cattle sold as well as they could, following recent schedule drops. Hopefully this schedule will settle somewhere near present levels and farmers will most likely put weight into cattle rather than accept low schedules when there is so much grass around.

CATTLE

Best bulls	\$1,300 to \$2,090
Boner cows	\$440 to \$1,020
Medium 2 year steers	\$1,150 to \$1,280
Medium 15 month steers	\$1,000 to \$1,060
Very small x bred yearling steers	\$575
Medium weaner steers	\$540 to \$680
Small x bred steers	\$420 to \$490
Medium prime heifers	\$1,160 to \$1,190
Lighter heifers	\$950 to \$1,050
Medium 15 month heifers	\$780 to \$990
Medium weaner heifers	\$477 to \$535
Other heifers	\$450 to \$470

SHEEP

Fat lambs	\$79 to \$95
Spring lambs	\$30 to \$65
Ewes	\$18 to \$60

PIGS

Weaners	\$100
Porkers	\$169 to \$171

LOVE IS IN THE AIR

February - Valentine's and wedding season kicks off www.smashingweddings.co.nz is the perfect place to find that perfect gift, invitations, party favours, personalised glasses, place name settings, something to suit for everyone's budget. Our experienced team can assist you in creating that special gift to show your appreciation and ensure your special day is an occasion to remember.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahbrightwell022@gmail.com.



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