

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES SUMMER IN AUCKLAND

- Pet tips & advice
- Food & beverage
- Home & garden
- Property market report

THE SHOW GOES ON

Circulation is 10,000 print copies and 3371 opened and read email copies.

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

Contact Sarah Brightwell on 021 250 7324 or sarahbrightwell022@gmail.com

February 2017

Intro

Welcome back to our wonderful readers. 2017 is off to a fantastic start already – with the exception a few wintery weather moments, this summer has been just what the Doctor ordered. Next month we have the annual Kumeu Show which is in its 95th year. Thanks to the coordination and tireless efforts of some very motivated locals, this year's show looks to be as popular as ever. The committee is also looking for new members to help run this event as the show draws in more than 35,000 visitors from across the Auckland region. If you are interested in helping with this amazing local event, please visit www.kumeushow.co.nz for more info. We are also lucky enough to have Kumeu Show tickets to give away. A playground commemorating Lions International's centennial is due to open in Waimauku later this month. The public grand opening, on February 25, features a carnival involving the local community and organisations such as the Muriwai Volunteer Lifeguard Service, Scouts and Waimauku School. The playground caters for youngsters up to the age of 15 and the area is available for use by community groups as well. Fund-raising committee member Raelene Arthur says while the club has been heavily involved in the project it has also managed to raise money for other community causes and people in need. Local businesses, the Rodney Local Board and many others have contributed to the playground. The club has 32 members and is keen to have more join. It meets in the Waimauku Bowling Club on the third Monday of each month at 6pm. Donations for the playground project are through a Givealittle page, or email club@orcon.net.nz for information. As always there are people in our community that need a special mention, and this month is no exception. My sincere thanks go to Alex Aubone at Adent Kumeu Dentists in Huapai for saving me from excruciating pain when all other dentists were booked out. If you are looking for a new Dentist then I can highly recommend his services. Adent is a brand new clinic with all the latest modern technology to help you through the process. My visit was pain free, informative and a highly visual experience. If you are one of those people that avoid the dentist due to bad experiences or fear of needles, then I suggest you call Alex and let him put your fears to rest. I certainly have a much different opinion of dentists after visiting him and I will definitely be returning. Alex can be contacted at 3b Matua Road or call 09 281 5005.

As always, stay safe, be kind,
Sarah
Editor.

Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Kumeu Courier Limited.



kumeu Courier

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Cover Shot: Jane, Lizelle and Jenny - Kumeu Show
Print run is 10,000 copies through Treehouse Print
Email database is managed by Sublime NZ



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THE SHOW GOES ON

The women are running the show. The popular Kumeu Show that is, celebrating its 95th year on March 11 and 12.

Jane Sparron, pictured centre, is the Kumeu Agricultural & Horticultural Society's first woman president since it started in 1921.

The Riverhead resident is backed by society secretary and show manager Lizelle Westman, right, and long serving committee member Jenny Faulder whose husband Derry has been involved for 50 years.

Jenny and Jane blame the show's indoor division former chief steward Bev Cole for getting them involved.

Bev asked Jane to judge the baking section, as she's co-founder of Paula Jane Cakes and was NZ Cake Decorators Guild president. She later became chief steward, serving the indoor division for seven years before moving to president three years ago. Jane's lived in the area 51 years and helps husband Stephen with his Mr Binz business. "I'm Mrs Binz," Jane laughs.

The Kumeu Show's often been about greeting old friends and making new ones, Jane saying newcomers to the area can do just that.

"Here's a chance to be involved in a local event and also keep the showgrounds for the show. Get involved so we make the 100th show in five years' time, one to remember."

A key focus is to retain the area's country feel amid rapidly increasing development.

The society owns the 34 hectare grounds, held under its own act of Parliament, so won't be selling up.

It hosts many other activities such as the hot rod show, Auckland Folk Festival, fire brigade hoe down, fireworks displays, and more.

Jenny Faulder's seen many changes during her long association. "We used to come with our kids. The Kumeu Show was always a big event in our diary because Derry (as an electrician and

member) was on call all the time. Our kids now bring their kids." Bev Cole persuaded Jenny to get involved with the cut flowers section, and Jenny also worked in the Access Rd showgrounds office for 13 years, serving on the committee 12 years.

The 20-member volunteer committee keeps the showgrounds functioning and does all the show running.

But it needs more people to join the committee to ensure the show continues to be successful in a growing area.

Jane says the work isn't difficult, with members not having to attend every monthly meeting. "It's having the manpower on show days to look after each area," she says.

The show is run as a business with the executive committee making the final decisions, Jane says.

Lizelle Westman will be managing her third Kumeu Show and



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PEOPLE & PLACES

looks forward to many more.

More than 35,000 people from across Auckland and beyond now visit the show. Children enjoy getting up close to farm animals. Visitors watch the likes of eight times world champion axeman Jason Wynyard in action during the timber sports, see gun shearers on stage in the sheep shearing, check out the baking, flowers, photography and more at the indoor section, and view a wide variety of poultry.

There's also a giant pumpkin contest, trade displays, food stands, carnival rides, music, and equestrian events.

Entertainment includes a military re-enactment, free style motocross stunt riding, a fire brigade display, dog obedience demonstrations and more.

Helensville MP and former Prime Minister John Key is the show patron and usually officially opens the event. Deputy Prime Minister and Upper Harbour MP Paula Bennett and Auckland mayor Phil Goff have also been invited.

The show is open 8.30am-5pm, with adult entry \$15, seniors \$10, children 5-13 \$5, pre-schoolers free, and parking free.

We have Kumeu Show tickets to give away. Just send your name, address and contact phone and email to geoffdobson2017@gmail.com to be in the draw to win. Limit of four tickets per family/entry. Visit www.kumeushow.co.nz for more.

BUILDING A ROBOT FUTURE

A robotics specialist firm which started life in a Muriwai Beach garage has won two business awards and just missed out on a third.

It's one of those Kiwi No.8 wire stories, yet few have heard of it until now.

When Motion Design Holdings won both the Westpac Auckland Business Awards West section for innovation and international trade recently, and was shortlisted for employer of the year, people asked "who?"

It might be gaining global recognition, but few locally know much about it.

Friends Frank Calis and Mark Page started the company 20 years ago, sharing their passion for machine control and automation. Specialising in finding ways to improve others' business systems, processes and workflows, the company moved from

Mark's garage to Frank's nearby farm where a workshop and office are based.

It now has a Waimauku office and a Hamilton branch too, employing about 20 in all.

"Our vision is to help other companies succeed with technology," general manager Gary Anderson says. After graduating from Auckland University with a mechanical honours degree, Gary responded to a two-line advertisement and has been in Muriwai about 16 years. "I like the North West and try to support the community where possible," he says.

Local school children have been shown how the company works, and it backed the Fun Palace day at Muriwai.

One of Motion Design's first projects was getting literally cutting-edge robotics into the meat industry, including a large American meat processor.

A need to diversify saw the firm provide robotic solutions for milk testing laboratories, leading to the formation of its Intellitech Automation subsidiary, now well known among dairy laboratories world-wide.

Working with soil testing laboratories has been the next step, and the firm also provides its expertise for steel forming work such as roofing.

Motion Design's devices are not only labour saving, they provide crucial data quickly and easily, reduce waste and mistakes, and improve general efficiency greatly, business development manager Tim Brown says. He has a mechatronics honours degree, also from Auckland University, and has worked with the company 11 years.

Tim and Gary say they like to form strong, long-term relation-



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ships with customers and work together on improving business systems and processes and workflows, whether through software, automation or a combination of the two.

Having a good team is a big help, they say. "One of the business award judges noted that money is not our primary motivation," Tim says. "We've taken a lot of risks and work hard to help others benefit."

Both Tim, left, and Gary, pictured with some of their team, say they like a challenge. They see their future doing just that, getting more into research and development, expanding into the Chinese market, and continuing to help others prosper. Visit www.motiondesign.co.nz for more information.

PLAYGROUND TO MARK 100 YEARS OF LIONS

A \$280,000 playground commemorating Lions International's centennial is due to open in Waimauku later this month.

Some high profile people will be involved, including Lions Clubs International vice president Gudrun Yngvadotti of Iceland who will unveil the Lions' logo at the Freshfields park project on the old Steadman block on February 28. An invitation dinner in her honour follows.

The public grand opening, a few days earlier on February 25, features a carnival involving the local community and organisations such as the Muriwai Volunteer Lifeguard Service, Scouts and Waimauku School.

More than 720 people and groups have already had a say in the plans, children choosing what they want from various equip-



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ment designs.

Playco Kumeu based company equipment is being installed. The interactive playground includes a flying fox, climbing wall, jungle gym, clatter bridge, a dynamo rotating net, and much more.

Concrete tables and chairs plus shade cloths will be established too. A safari theme applies to the Waimauku Lions Centennial Adventure Playground on about 450 square metres of the reserve.

"A public playground is badly needed in Waimauku," Lions fundraising committee member Grahame Edmonds says, pointing to surrounding housing development.

"We asked the community what they wanted and they said 'something for the kids.'" The reserve has children's services nearby and good pedestrian access.

"We're delighted the project is nearly there after more than a year of effort," Grahame says.

The playground caters for youngsters up to the age of 15 and the area is available for use by community groups as well.

Fundraising committee member Raelene Arthur, pictured with Grahame, says while the club has been heavily involved in the project it has also managed to raise money for other community causes and people in need.

She says local businesses, the Rodney Local Board and many others have contributed to the playground. They include resident Jamie Harnett who raised \$350 for the project rather than accept any presents on his fifth birthday.

About 700 residents under 13 are in the area and more are moving in all the time, Raelene says. She's lived there 26 years and says Waimauku and surrounding areas continue to grow very quickly.

The club has 32 members and is keen to have more join. It meets in the Waimauku Bowling Club on the third Monday of each month at 6pm. Donations for the playground project are through a Givealittle page, or email lions.club@orcon.net.nz for information.

MADDREN HOMES STRIKES GOLD

This year has begun with a golden glow for a Kumeu company. Long established builder Maddren Homes ended last year with four gold awards in the 2016 Auckland Master Builders House of the year awards and then scooped a national award in the \$300,000 category.

The 100 per cent hit from four entries means Maddren has now gained nearly a gold recognition every year among the 26 awards since Tony and Terena Anderson of Huapai took over running the company in 2010. Their three sons, Jake, Taylor and Keegan, are also involved.

The four additions to the framed certificates filling a two-level wall at the Main Rd office have also delighted general manager Rodger Scott and sales and marketing manager Paul Reid.

Rodger says it's great recognition for the effort put in by the team of about 200, which includes the many subcontractors.

Trained as a carpenter, Rodger was managing an Auckland scaffolding company and often worked on Maddren Homes. He liked the firm so much he joined about five years ago and now lives in a Maddren home.

"We've gone from building about 12 homes a year in 2011 to doing about 50 annually, and from nine staff then to 23 now." It's the firm's work ethos which appeals to Rodger most.

The company works closely with its customers right from the early planning and design stages and follows a computerised programme schedule which means the subcontractors and ev-

everyone involved is up to speed with the next step among some 700 key tasks in providing a quality home to suit each client.

"The secret to our success is understanding clients' differing requirements and celebrating their individuality through good design," Paul Reid says.

"We are old hands at building new homes," he says of the company formed in the 1930s.

Maddren Homes uses tried and tested materials for its homes, like timber framing, brick and weatherboard. "If it hasn't been around 10 years or more then we don't want to know about it," Rodger says.

Paul was also attracted by the company's team ethos, which he rates as "second to none".

He worked in the industry for 15 years before joining Maddren Homes.

"It's not about getting the end result as quickly as possible but about setting the expectations right at the start," Paul says. "So people can see us with whatever their budget is and then we work hard to keep to it and meet their expectations. Any initial problems are sorted at the start."

Rodger says fixtures and fittings are also "top notch", the same applying to what goes behind the walls, like plumbing.

Just because the firm uses tried and tested products doesn't mean it rules out innovative technology and ideas.

Every month the company has a compulsory lecture by a trade representative explaining a new product.

That also maintains relationships in the trade, and anyone at the meetings can provide input too.

Site visits are also held Friday afternoons, so people working in the office or on various construction stages can see for themselves how it comes together, Rodger says.

A new Kumeu show home is opening soon, providing a three bedroom contemporary design. Even this can be customised.

"We rarely build the same home twice," Rodger says. "Everyone has got something different they want."

Rodger says a trend is for more parents to live with their children, or vice-versa.

And they get a number of questions about sustainability, including the use of solar power.

Times have changed greatly since the 1930s, also revealed in a framed building contract and consent plans from that period held by Paul, right, and Rodger. They're just a page each – unlike the nearly 50 pages needed now. Visit www.maddrenhomes.co.nz for more.



SAFER COMMUNITIES

Kumeu Police want to hear from you if you suspect someone in your community is growing, manufacturing, or selling drugs. I have seen first hand what drug use can do to individuals and to society and it is no secret that it ruins lives. Drugs and crime go hand in hand and drug use often leads to violence, "taxings", burglaries, and theft to support their habit.

Kumeu is a fantastic community, but like all communities, it is not immune to the drug trade. Rural properties and industrial areas are popular places for criminal behaviour as they are often isolated and hidden away from the view of the general public. If you suspect your neighbours, or someone you know is growing cannabis or manufacturing "P", look out for suspicious activity such as strong chemical smells or the smell of cannabis, blacked out windows, lights on and activity all through the night, cars coming and going from the address, a humming noise from equipment, empty chemical containers and lots of recycle bins, deteriorating health, lifestyles that don't match the income, and Gang activity.

If you have any information please contact the Kumeu Police on 09 412 5194 or if you wish to remain anonymous call CRIMESTOPPERS on 0800 555 111.

Happy New Year

What a fantastic summer so far

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

We attended a 4Ha shrub fire on the 5th January 2017 which took two days to extinguish. The Waitakere Brigade was one of many volunteer crews that gave up their Christmas holiday break to work at West Coast Road near Makarau. Brigade members also attended the fire on Kawau Island on Saturday 7 January.

As a fire fighter you train to acquire a wide range of skills that allow you to respond to the varying incidents with ability and confidence. If this interests you and you live in the Waitakere Township area, like to work in a team environment and wish to assist the community please contact Officer in Charge Denis Cooper on 027 562 6942.

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COMMUNITY UPDATES:EVENTS

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These cruises are a two day event with overnight accommodation at old time riverside hotels in Dargaville. During this cruise we visit many remote bays and inlets with some amazing scenery, accessible only by boat.

Step back in time on these two day tours as we relive the travel of the past when we retrace the original steamship routes from Helensville to Dargaville and examine the early history of the mighty Kaipara. Visit our website www.kaiparacruises.co.nz for departure dates and itinerary or phone 09 420 8466 for brochures.

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KIRSTEN REID – PHOTOGRAPHER/ARTIST

For me the natural world around us provides the inspiration for photographing the beauty of the environment. Whether it's in a coastal landscape or my own backyard, I try to capture the subtleties, the patterns and textures, nature's colours and the influence of the ever-changing light.

This exhibition celebrates florals, their symbolism and the associations they have with milestones, sadness, love, and

in our everyday lives. How they excite, delight, console, placate and give life with their colours, varied structures and scents.

Abstract and impressionist style images feature in this work, where details are pared down resulting in soft, fluid images. I have also created mixed media artworks using photographs, paint, ink, fabric and other objects, sometimes tearing, cutting or weaving the paper or canvas to add texture and pattern.

I endeavour to create unique artworks evoking a strong response in the viewer and warranting a closer look.

I am a member of the Kumeu Arts Centre, Kumeu Photography Group and the Waitakere Central Community Arts Council. Website: www.kirstenreidphotography.com.

LOOK BACK OVER EARLY YEARS



Sunday 19th February, 10am to 1pm. Originally established in 1865, the historic Kaukapakapa Library now plays host to authors, illustrators, story-time and all things literary. First incorporated as a public library in 1879, it contains a collection of books dating from the 1860's through to the 1990's when it was retired from public use.

Since reopening two and a half years ago the Library has been the recipient of much historical information including the Jordan Collection of early photographs, as well as the original Library records dating back to the 1870's.

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Although no longer operating as a lending library it remains a fascinating insight into Kaukapakapa's past, and is open in conjunction with the popular Kaukapakapa Village Market on the third Sunday of each month. Contact Megan 021 959 017 or email threehorses@xtra.co.nz.

BOUNCY CASTLES



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SENIORNET KUMEU INC.

It's 2017. Happy New Year to you all. Most of you will have made your New Year resolutions (and probably broken some by now!). However, here is one for those of you in the "springtime of the autumn of your years" that you should make and not break – Join SeniorNet Kumeu. Membership is open to all those over 50 who have an interest in meeting like-minded people and who want to have fun learning how to get the most from their Smartphones, iPads, Samsung (or any other make of pad) laptops etc.

Membership costs \$20 a year. Our monthly seminars cost just \$3.00, which includes a break for free drinks and refreshments when members can chat and get to know each other better. The seminars are open to non-members who want to visit and find out what our friendly and informal club is all about.

We have a number of knowledgeable tutors plus our members share their skills and knowledge: the learners teach and teachers learn and there is no distinction between us.

We have planned "Drop in" times when members can have one-on-one sessions with tutors to help resolve specific technical problems. We also run informal Training Courses at a pace that suits our members. (Have you tried asking the grandchildren?)

A monthly Newsletter is emailed to all members giving full details of future activities plus other items of interest.

Our range of subjects include: How to use Windows 10, how to set up and use email, Facebook, Internet Security plus many others but we always cover the subject of most interest to our members. So why not give it a go. Our monthly seminars are held on the first Wednesday of each month (Next one Feb 1st) at St Chads Church Hall in Huapai starting at 10.00am. For more information please contact Brian Lacey at brian@lacey.nz or call 022 183 1811.

WAIMAUKU VAULTING CLUB

The Waimauku Vaulting Club was recently honoured to host Anja Traub, a top level competitive vaulter from Germany who has won gold in the World Equestrian Games and also the European Championships. Anja has been vaulting for 23 years and she is now travelling the world teaching vaulting and helping to develop the sport further outside of Europe. She has taught in Mauritius, Swaziland, Italy, Austria, Switzerland, France, Malawi, Ecuador, Argentina, Colombia, Brazil, South Africa, Australia, and now New Zealand. Our club frequently hosts international

vaulters to further our knowledge and experience with equestrian vaulting. Our next event will be the popular "Try Out Vaulting" session on Saturday 28th of January for beginners. Bookings are essential. Regular lessons for youth run through the school term on Saturday afternoons. We will also be starting a "Vaulting for Fitness" group on Monday evenings from 6.30 to 8pm. This class will be a physical conditioning session for developing core strength, balance, flexibility, coordination and good posture on our vaulting barrel and fitness equipment. Please see our Facebook page or website for details. Contact us on 027 782 3203.

MEACT

Fish. A quintessential New Zealand summer's day ends with something cold to drink, and fish on the barbecue. Yet the viability of different fish stocks is seldom discussed. Now Forest and Bird have produced an updated Best Fish Guide for mobile; independent, handy to access, and packed with recipes. Consumer favourite snapper (tamure) for example rates an unsustainable red.

West Coast Seabed Mining Update: Record numbers of people voiced their opposition to seabed mining in the South Taranaki Bight. KASM (Kiwis against Seabed Mining), who speak for a coalition of voices against mining, has been denied charitable status, which will make it harder to receive funding. You can protest this decision – and support KASM – see kasm.org.nz

Plastic Recycling: January looks back at the conspicuous consumption of December with sobriety. The majority of plastic waste going to landfill is post-consumer packaging waste. Rigid containers, and plastic film, are not universally collected in NZ. When collected they are often baled and exported to be recycled, or used in energy production. Reduce reuse recycle – think before you take that unusable non-biodegradable product home in 2017.

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diagnostics, electrical fault finding and repairs, brakes and suspension repairs, engine and transmission, air conditioning service and repairs, immobilizer key programming, new and second hand parts sales. Rainer and Edith Zeltwanger, the company owners, have some very exciting news. German auto electrician Andreas Zickert is now part of their team. Andreas has a wealth of knowledge in fault diagnosis, vehicle electrics, modern CAN bus systems and even hybrid vehicle technology (Audi e-tron). Andreas worked previously at Giltrap Group in VW technical product support, Porsche technical support and training and as Audi technical trainer teaching franchise technicians from all over New Zealand the latest technology. Two first places in the New Zealand VW technician of the year competition are further proof of his outstanding ability. Together with Rainer's 30 year experience as a German car technician they have a wealth of knowledge to service and repair your VW, Audi or Skoda to factory standards. Euro West Ltd will continue to serve West Auckland with quality workmanship without the franchise dealer price tag. A courtesy car is available by appointment. Please visit their website eurowest.co.nz or call them on 09 832 0064, 021 266 3602 (Rainer), 021 255 4678 (Andreas) for bookings.



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SKIDS WHENUAPAI IS PROGRAMMED FOR FUN

Milling around the snack table with strawberry-red hands and smiling faces, it's clear the kids at sKids Whenuapai are on no ordinary holiday programme. They have reason to smile too: having just returned from picking strawberries at Massey Gardens, both the children and programme owner Jason Alexander are buzzing with the day's adventures. "It was lots of fun - the children had picked so many strawberries," Jason says. With the Whenuapai kids joined by sKids Kristin, which Jason also manages, around 50 children headed out to pick strawberries




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in one of the many field trips the holiday programme embarks on. Along with field trips, the programme actively engages kids with theme-based games, crafts, cooking and more, with Jason noting that children are able to experience and learn a lot at sKids. For him, another key part of sKids is keeping kids safe – with a high staff to children ratio, he says children are kept within sight and sound at all times Jason says: “We create an environment where every kid has fun with interactive activities; they learn something and are looked out for.” “It’s great just seeing the fun they’re having and knowing that my team and I were able to create that.” School holiday programmes are for 5-13 year olds and are run at sKids Whenuapai from 7.30am-6pm, held at Whenuapai School Hall on 14 Airport Road. During term-time, before and after-school care is offered from 7.30am-8.30am in the morning, 3pm-6pm in the afternoon. You can contact the sKids Whenuapai Programme Manager Jessica Brooks on 021 174 8473, or Jason Alexander on 021 180 1172. Alternatively they can also be contacted via e-mail on Whenuapai@sKids.co.nz.

KANIKA PARK

Your cat’s happiness and welfare while you are away, relies on you making the right choice.

Cats as a rule are territorial and do not like to share their space with strangers. This will only cause them stress in an already unfamiliar environment.

So, next time you find yourself looking at the possibility of placing your cat in a boarding facility, whether short term or long term, our advice is to view exactly where your cat will stay. This will give you a feel for whether you are comfortable with the environment and staff. Then ask yourself “am I happy to have my cat stay?”; if the answer is “Yes” fantastic, if the answer is “No” or you are “Unsure”, then walk away.

Here at Kanika Park we offer only individual spacious suites. Only cats from the same family will be allowed to board together. Call to arrange a viewing on 09 411 5326 or 027 550 1406.

CAT LOVERS URGENTLY NEEDED

Volunteers are required to help with cleaning duties at a cat rescue shelter. The rescue shelter is located in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the really friendly rescue



cats. Donations welcome at www.enzcatfoundation.org.nz/ donate to donate or phone Carolyn on 021 1436 815 for more information.



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IN BRIEF

UPDATES:EVENTS

WAITEMATA SCOTTISH COUNTRY DANCING

Join us every Tuesday evening March to end November at Kelston Community Club corner of Awaroa Road and Great North Road for a great night of Scottish country dancing.

Beginner classes: 7:00 pm to 8:00 pm; Regular dancing 8:00 to 10:00 pm. Coffee, tea, snacks at 9:00 pm. No partners or experience necessary. An evening of fun, friendship and healthy activity.

First night FREE. Annual fee only \$50.00. By joining you can also participate with likeminded folks in many other Scottish dance evenings at various clubs throughout the city as well as a variety of Scottish shows, musical performances, dinners, and ceilidhs. For more details call 09 838 7263.

MTF



MTF has been a trusted source of vehicle finance since 1970, financing cars, trucks, motorbikes, boats and almost anything that you can drive, tow, float or fly. David Stacey and his daughter Isabelle opened the local franchise at 93 Lincoln Road, Henderson, servicing West Auck-

land through to Kumeu in May 2016. MTF Henderson is locally owned and operated as a franchise, enabling it to provide personal service to each customer.

Competitive interest rates and same day approval is available on the purchase of new and used cars, trucks, boats, bikes, caravans etc. Whether you're buying privately, online or through a dealer MTF Henderson can help, for both private and business purchases. You can also be pre-approved for finance, so you know how much you have to play with and become a cash buyer.

David and Isabelle can also provide personal loans against a vehicle you already own. This may fund an overseas trip or an extension to the house etc.

As responsible lenders David & Isabelle tailor finance solutions which meet their customer's needs, ensuring that it will not place undue financial burden on them. They see their role as one of facilitating improvements in people's lives, sitting down with you to complete a budget and arranging lending that will help you reach your goals.

PLANNING A DESTINATION WEDDING?

Planning a destination wedding? Wanting a "souvenir" from your special location? Professional photographs are a fantastic way to capture your day, BUT imagine being able to carry a little piece of that day and location with you always. At Precious Imprints I love to help you capture those moments in a piece of jewellery or keepsake. Think latitude/longi-

tude. Think sand, shells, coral, leaves or rocks from the exact spot you were married. Gorgeous pieces of jewellery made from little subtle items that are a reminder of your amazing day. Email me at jo@preciousimprints.co.nz to find out more.



A PUBLIC SCULPTURE CELEBRATING OUR COMMUNITY

'Parts of a Whole' is the title of the public sculpture recently completed by multi-disciplinary artist Julie Moselen with help from members of the local community. Situated at the rear of the Kumeu Arts Centre 'Parts of a Whole' stands boldly. Carved mainly by hand from a two tonne block of Oamaru Stone, this creation is the work of many hands. "The idea for the design is based on the way in which a community is made up of many parts,



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but as a whole is a continuance of life, a sharing of knowledge from generation to generation, a whole greater than the sum of its parts; so it was essential the community took part in the creation" Julie says. More of Julie's sculpture can be viewed at her next exhibition 'Periphery' at Railway St Studio's in Newmarket. 2nd -21st February.

KAURI VALLEY FARMS

Our family has been farming at Muriwai Beach for the past 30 years. We are now specializing in rearing and selling quality, whiteface weaned calves (Friesian/Hereford cross). Because our calves are hand-reared on whole milk then weaned onto grass, they have the best possible start to life! calves are vaccinated, drenched and guaranteed hornless – perfect for both small and large life style blocks. We deliver free to the Northwest area, and are NAIT registered. Interested purchasers are welcome to view and select their own stock. Delivery is within 1 week of purchase. For further enquiries or to arrange a time to view, please phone the farm on: 09 411 7502 or 027 505 8598.

IVY COTTAGE PARTIES



Captivating parties at your place? Is your little one's birthday party coming up soon?

Are you wondering what to do to keep the kids busy during the party? We can help.

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HUAPAI HUB PLANNED

An outdoor community gathering space is being developed as a heart for the Kumeu Huapai town centre.

A community convening group of 17 residents and Auckland Council staff is working with the community to generate designs and ideas for how the space could look and be used.

The group is using a method of community engagement called the Pomegranate Centre Approach, spokesman Graeme Hammonds says. This opportunity came out of a workshop in August with the founder Milenko Matanovic.

The goal is to create a vibrant community space, a Huapai Hub, that would be a gathering place for all age groups with a range of activities on offer. A particular focus is on young adults, as they have few local public spaces they feel comfortable in or can take ownership of.

The convening group considers the public spaces around the library, the council service centre and the Arts Centre as suitable for the project. The decision was based on the availability of publicly owned land, Wi-Fi access and public facilities around these buildings. The project has support from Kumeu Lions and the Kumeu-Huapai Residents and Ratepayers Association.

The next step is a series of community meetings starting February 12, at the Kumeu Community Centre, 2pm-4pm, to decide what will be built in the defined

area. They will be open to everyone but facilitated by a trained facilitator and guided by the Pomegranate process. This will ensure all get heard and there is a fully supported community approach through to the development stage. The community can be involved in the building process too.

About \$100,000 has been earmarked for the project by the Rodney Local Board. This type of community-led process could be used in future planning here, such as the town centre plan, says Graeme, pictured left with fellow group convenor and Huapai Kumeu Lions president Gary Moss.

If you want to be included in a community database send an email to huapaihub@gmail.com or search Huapai Hub on Facebook for more.



HUAPAI DISTRICT SCHOOL

Huapai District School is holding a fun family evening on Friday February 10 to celebrate the opening of its new classrooms. All members of the community are invited to come along and join in the games, entertainment and movie night and have a look through the new building. The games will kick off from 5.30pm with the movie starting at 8pm. Food will be available to purchase with funds raised going back to the school. Free entry. Eftpos available at the school office. Main entrance for the school is via Station Road with the new classrooms located near the back entrance off Trigg Road.

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PROPERTY

NEWS & ADVICE

MARKET REPORT WITH GRAHAM

Busy property market at present. A very active market with intense buyer interest and significant research being done by buyers wanting to fully understand, the market, their financial position, development in the area and in turn the value perception.

In my opinion values are reasonably static however buyer scrutiny is taking buyers longer in many instances to identify the true value that a property reflects. Some analysts are suggesting a drop in the market however I believe the market will continue to be somewhat stable with demand and supply being in harmony at present. An election year this year, therefore if you are contemplating a change I would suggest you make a decision sooner rather than later to avoid an extended time on market. If you are wanting to make a move, give me a call on 0800 900 700 or email me on graham.mcintyre@mikepero.com for an obligation free access mentioned of your home and the market in your area. Area sales: Coatesville lifestyle \$1,250,000 to \$3,000,000. Helensville lifestyle \$1,100,000 to \$1,250,000. Helensville residential \$670,000 to \$785,000. Huapai residential \$850,000 to \$1,050,000. Kumeu lifestyle \$1,560,000 to \$2,300,000. Muriwai residential \$841,000 to \$1,140,000. Parakai residential \$747,000. Riverhead residential \$872,000. Waimauku lifestyle \$2,100,000. Waimauku residential \$1,115,000 to \$1,250,000. Waitakere lifestyle \$965,000 to 1,600,000. Whenuapai \$1,235,000 to \$1,171,000. Woodhill \$1,250,000. See more at www.graham

mcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Kumeu - It's not about the talk, it's walking the talk. Licensed REAA (2008).

MONEY MATTERS

A new year often brings about new personal goals and health challenges but apart from saying "this year I want to save more and spend less" we often overlook the need to do a thorough check on the health of our finances. For most of us our mortgage repayments represent our biggest monthly outgoing and hence this area provides the biggest opportunity to save money with the right home loan structure in place. Whether it is sacrificing a few coffees each week to pay a little extra off the loan balance or really negotiating hard with the banks to get a little bit more off the interest rate, it is surprising how little changes can save you thousands over the life of your mortgage. For a free, impartial, no obligation review of your home loan call us. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz.

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RELATIONSHIP PROPERTY & TRUSTS

It is a common mistake to hope that a trust protects property from all claims. Yet, there has been a long standing expectation that a house owned by family trust is always safe even if only one party to the marriage or relationship is the trustee and beneficiary. However, property created during a relationship or enhanced in value by the actions of the parties to the relationship is particularly vulnerable to a claim - if the relationship comes to an end. Such claims against apparent trust owned property have a chance of succeeding if it can be argued that the provider of the property did not



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have the freedom to place the property in the trust in the first place -without taking into account the claims of the relationship property partner. Also, under statute, property transferred to the trust during relationship could be regarded as a settlement for the benefit of the children and non-trustee partner. Usually, it is necessary to make a relationship property agreement identifying specific property as separate property as between the parties in order to pave the way for such property being transferred to the family trust. This is area for specialist legal advice in order to make sure such agreements are properly enforceable. Luke Kemp, phone 09 412 6000 or email luke@kempsolicitors.co.nz.

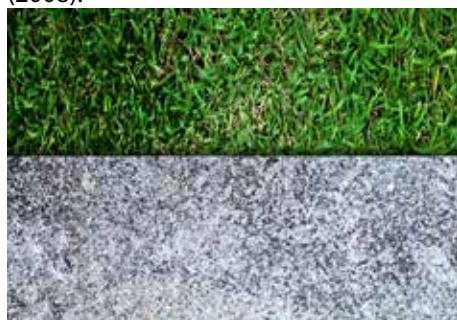
GET OFF THE GRASS

It's fair to say it has been a long, hot summer for a majority of the country. The ground has started to dry up and the hill-sides have transformed to a pale-shade of brown. This is a common scene and is particularly apparent on residential berms - the patch of lawn that separates potential purchasers from your home. The importance of curb appeal cannot be stressed enough - first impressions are vital when it comes to selling your home with many purchasers driving past a home before deciding if they will attend an open home. So if you want your berm to be the best on your block, a healthy vibrant shade of green and in tip-top condition, then here are a couple of helpful watering tips that can keep your lawn looking lush.

Maintaining your lawn requires a bit of TLC over the summer months and while it may be tempting to saturate your lawn in preparation for the imminent scorching weather - this is not the right approach. It pays to be wise with your watering - a good soak once a week should do the trick. However you will need to keep in mind that light, sandy soils may need a water every two days. The best time to water is early in the day and this will reduce fungal growth and evaporation.

The most effective way to water your lawn is through a sprinkler system or soaker hose however it is also important to keep an eye on any water restrictions that you may have in your area.

It's also important to continue giving your lawns a good mow during the summer months and if you look to raise your blades then you will be doing your grass a world of good. Taller grass is generally more drought tolerant and grows deeper roots while also acting as a shade to prevent weed seeds from germinating. While this is a good way to avoid a dry lawn over the summer, preparing your lawn for growth is key and this begins in spring. We will give you some tips on prepping your lawn in the spring towards the end of the year. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).



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 756or 09 411 8526.

DECORATING QUICK FIXES

Get arty farty - One of my favourite go to online stores for prints is Society 6. We recently bought this 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 licence 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!

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 colour that reflect and compliment the rest of your room. 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.



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AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	1,850,000	3HA	400M2	3,000,000
Helensville	435,000	1012M2	160M2	670,000
	420,000	1033M2	140M2	785,000
	305,000	257M2	90M2	485,000
	1,075,000	1.4HA	278M2	1,250,000
	650,000	1HA	122M2	1,100,000
Huapai	620,000	809M2	190M2	850,000
	978,000	732M2	191M2	978,000
Kumeu	1,250,000	1HA	308M2	1,860,535
	1,030,000	1HA	250M2	2,300,000
	1,000,000	4.1HA	177M2	1,560,000
Muriwai	750,000	1293M2	140M2	1,140,000
	750,000	1578M2	110M2	1,000,000
	510,000	787M2	60M2	841,000
Parakai	475,000	520M2	182M2	747,500
	350,000	662M2	100M2	560,000
Riverhead	730,000	818M2	170M2	872,000
Waimauku	800,000	4778M2	188M2	1,115,000
	870,000	1520M2	248M2	1,239,250
	1,075,000	4.2HA	360M2	1,501,000
	1,000,000	3.1HA	295M2	2,100,000
Waitakere	590,000	1613M2	182M2	965,000
	1,025,000	4HA	246M2	1,600,000
Woodhill	720,000	1HA	167M2	1,250,000
Whenuapai	1,102,000	1570M2	230M2	1,235,000
	1,115,000	4806M2	180M2	1,650,000
	965,000	2555M2	120M2	1,710,000

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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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5 2 2

By Negotiation

23 McEntee Road, Waitakere
By Negotiation

A very well presented property with cedar home offering significant value in the affordable lifestyle market. Situated on over 3800sqm of gentle contoured land, north facing, the home is positioned to make the most of valley views, all day sun, while the property has options for a few sheep or playground. The home is split over two levels, north facing with brand new kitchen, open entertainers style, two bedrooms and a study upstairs and three bedrooms downstairs with lounges and bathrooms top and bottom. The home has excellent flow and would ideally suit a family seeking independent lounge environments. Easy access to section and paddock while an independent double garage offers excellent storage. The property is fully fenced with electric security gates.

www.mikepero.com/RX1002539



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

Offers Over \$950,000

49 Matua Road, Huapai
Offers Over \$950,000

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$6000,000. 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.

www.mikepero.com/RX1033818



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HILLTOP OASIS, ALL-DAY-SUN, VIEWS

2 1 1

By Negotiation

124 McEntee Road, Waitakere
By Negotiation

Set on four hectare of bush and pasture this delightful country cottage delivers ambience, character and alfresco living. The home enjoys all day sun, open plan living, dining and kitchen opening onto north facing decking. Two bedrooms and bathroom off a central short corridor. Outstanding views to the South East and plentiful bird life. A sleepout and independent garage provides options for storage, office and guests. The CV on this property is \$760,000. 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.

www.mikepero.com/RX1015805



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HILLTOP RETREAT - VIEWS OVER CASCADE FALLS 3  2  2 

By Negotiation

45 Jonkers Road, Waitakere
By Negotiation

This beautiful home has been positioned to complement its surroundings and make the most of the expansive Valley Views over Cascade Falls and through the Bethells Valley. High on the ridge line where Tui's and Kereru's swoop and play. Amongst this delightful bush habitat is a wonderfully designed home over three levels, including double garage and workshop, three generous bedrooms, bathroom and ensuite and open plan entertainers kitchen, living and dining area delivering alfresco living and expansive views. Set on a hectare you have the ultimate in privacy, tranquillity and peace. As this home is best served in private, we welcome your interest and are happy to open it exclusively for you by appointment, but be warned you will not want to leave.

www.mikepero.com/RX1006917



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EXPANSIVE VIEWS, AFFORDABLE FAMILY HOME, SWANSON 4  2  2 

By Negotiation

5 Awhiorangi Promenade, Swanson
By Negotiation

Elevated two level weatherboard and block home on 1176sqm of land. Extensive decking allows a magnificent panoramic views through to Rangitoto and Auckland SkyTower. Generous space downstairs with Double garage, laundry, kitchenette, bathroom and bedroom and upstairs opens to an entertainers lounge and dining with alfresco to the North and East. Three good sized rooms here, all off a central corridor and separate bathroom and toilet. The home has been redecorated, offering a refreshed and homely feel, certainly has the Ooh Aah factor. Set on a quiet cul-de-sac location off Scenic Drive, Swanson, the home is the quintessential kiwi quarter acre paradise. Close proximity to Swanson train station, Swanson Primary School, parks, bush walks and Convenience Shopping.

www.mikepero.com/RX1020776



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VILLA BEAUTY. COMPLETE THE REFURB & REAP THE REWARDS

4 1

By Negotiation

82 View Road, Henderson
By Negotiation

Step through an ancient kauri door inside this grand View Road landmark and indulge in a villa romance of timeless style. Discover warm native timbers, a superb eleven foot stud delivering a huge sense of space and open plan living, dining and kitchen complete with a log-burner for cosy winters. You'll also find three generous bedrooms and a very useful second living area/fourth bedroom that flows onto a rear deck, with a delightful weatherproof outdoor lounge and private rear yard - with its own grove of hand-planted native bush. Move in and enjoy the full 678m2 site now, and restore as your budget and schedule allows.



Steve Cotter
021 171 3941
09 412 9602

steve.cotter@mikepero.com

www.mikepero.com/RX1016320

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



UNDER CONSTRUCTION - WAITAKERE

2 2 1

By Negotiation

423B Wairere Road, Waitakere
By Negotiation

Elevated, bush clad wilderness property set in a private glade with a few neighbours that blend rather than boast. The home is a large 150 sqm but its contemporary nature delivers open plan space, two rooms upstairs and options for a life less ordinary with character at every door, attention to detail and the craft of a boat-builders touch. Set on 4 hectares of bush that links naturally to parks and conservation lands aligned to the Waitakere Foothills, this is away from cell towers, high voltage power lines but delivers ease of living, quaint and quiet. It is as magical as it is endearing, and it could be all yours. The CV on this property is \$640,000. 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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ian.sneddon@mikepero.com

www.mikepero.com/RX939232

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www.mikepero.com



FULLY REFURBISHED, AFFORDABLE WAIMAUKU VILLA 4  1  2 

By Negotiation

97 Waimauku Station Road, Waimauku
By Negotiation

Beautiful, open plan, timeless. Featuring 3 - 4 bedrooms, and with a separate office/guest unit or one bedroom semi-self contained for parents or teenagers. This Waimauku Villa has been lovingly refurbished with attention to detail and open plan flow to expansive decking. Offering three bedrooms, two lounges, separate bathroom, en suite and laundry the home has excellent flow whilst retaining its period piece character. An additional independent garage and workshop/office/study/sleep-out with amenities certainly provides options for income possibility or growth. A fully fenced yard for dogs and children, the home is well considered, offering an affordable option for a true character family home.

www.mikepero.com/RX1016318



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027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



SERENITY 4  3  2 

By Negotiation

241 Ararimu Valley Road, Waimauku
By Negotiation

Nestled on just under 11 acres amongst a beautiful garden and surrounded by mature trees this very private lifestyle home has everything you need to sit back and enjoy country life. The well appointed four bedroom plus study, two bathroom home opens out onto a large flat lawn surrounded by mature English Oaks, anybody for Croquet! Four well fenced paddocks with laneways provide excellent grazing. The water troughs are fed from a deep freshwater bore. This same water is bottled and sold under a number of brands from further down the road. Access to the Ararimu stream is through a lovely stand of native bush with this section of the stream wide enough and deep enough to launch a canoe. There is a very large three door garage linked to the house.

www.mikepero.com/RX961787



Lyndsay Kerr
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09 412 9602

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WAIMAUKU - ELEVATED RURAL PADDOCK VIEWS

3 3 2

Asking Price \$819,000

2 Mabbett Lane, Waimauku Asking Price \$819,000

Situated in a beautiful rural aspect in Waimauku this home is situated on a gently sloping landscaped ¼ acre grounds with well established raised bed vegetable gardens. The home is contemporary, open plan entertainers living, featuring a great sense of space with cathedral ceilings in the lounge dining and family room areas. The view from the kitchen and dining looks over rural paddocks and is truly peaceful. Modern designer kitchen with black porcelain bench tops featuring kitchen island and breakfast bar. Perfect for easy living with the family or entertaining. With three bedrooms, master includes walk in wardrobe with ensuite and spa bath. Separate study, independent laundry and extensive outside decking with one double internal access garage one single garage.

www.mikepero.com/RX990687



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RARE EARTH

By Negotiation

1056 Peak Road, Waimauku By Negotiation

Overlooking the Tikokopu Valley this 1.25 hectares (3.1 acres) is waiting for you to build your lifestyle dream. Multiple terraces provide a variety of building platforms. The views are panoramic. Animal lovers can build on the top platform allowing you to observe your animals at all times. Rarely does land become available in this choice location. Within the sought after Decile 10 Waimauku School zone this property is your passport to the myriad of outdoor pursuits this region has to offer. Call me today to arrange a look at this unique property. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.

www.mikepero.com/RX995192



Lyndsay Kerr
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09 412 9602

lyndsay.kerr@mikepero.com

HOME & GARDEN

SUMMER COLOUR IN THE GARDEN

At Awa Nursery it is hard not to notice the splash of colour from those fantastic summer flowers. If you are looking for easy care, bright cheerful colour in your garden there are plenty of options to choose from.

escallonia, lavender, hibiscus, vireya, and gardenia are just a few which are showing their best side at the moment. There is also plenty of foliage colour to choose from especially with the latest range of cordylines.

Summer in the garden is a good time for some basic maintenance. Top up your mulch to prevent moisture escaping, and aid with weed control. Keep any weeds at bay, as they also compete for water.

We have in stock Daltons Compost in the 40L bag which makes a great mulch, plus improves soil structure and revitalises by adding organic matter and nutrients to your garden. The worms love it.

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.

Come and visit us at Awa Nursery or contact us on phone 09 411 8712 or visit www.awanursery.co.nz.

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TOTAL COVER SHADE & SHELTER

It's that time again, time to stay protected from the sun and enjoy the outdoors for at least the next 4 months... here's hoping! The classic Kiwi summer usually consists of a few beers or vinos, a BBQ and a great outdoor



area to relax and entertain our family and friends. Summer is a great time to make the most of your outdoor area as we are lucky enough to have the perfect climate to be able to enjoy hot summer days and mild summer nights.

Total Cover Shade & Shelter are a family owned business who has been in the shade and shelter industry for over 20 years. We aim to offer every Kiwi home an invaluable product to protect you from sun damage and give you a place to enjoy your outdoor area all year round.

Pop into our new showroom located at 8b Piermark Drive, Albany or contact us today on 0800 100 019.

We can have an expert come out to your property for FREE and give you a very competitive quote for the product you have been dreaming of.

WHAT IS SUSTAINABLE LANDSCAPING?

Creating a beautiful long lasting landscape which requires a minimum of maintenance.

At Sustainable Landscapes, we will offer you free landscape design as we carry out your landscaping project.

Our services include earth-

works, stone and timber work, gardens and features, drive and walkways. Creating a low maintenance, long lasting landscape that you will be very satisfied with is our aim.

As a husband and wife team we have a policy of working on one project at a time. This way we can deliver a good service to our clients which include Auckland Council where we often get asked to carry out more complex projects.

Our purpose built 4 x 4 crane truck enables us to take the heavy burden out of our work. By having greater access to difficult sites and by having easy lifting capacity for carrying and placement work, we are able to work quickly, efficiently and effectively.

View our work at www.sustainablelandscapes.co.nz or talk to us, 027 543 0288.

Sustainable Landscapes supports Variety the Children's Charity.



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Photo taken on Variety Bash.

FOREST FURNITURE

Forest Furniture has a full range of desks, mobile drawers and bookcases for students returning to school or university or your home office. Desks range from 1.200m to 1.800m wide as well as space saving corner desks. Place a mobile at the side of the desk for extra space for the printer to sit on, or hide it away under the desk. These mobiles come in two designs. One with 4 drawers and the other with a hang-file drawer to maximum storage. Bookcases come in several designs, widths and height.



Remember that Forest Furniture has their own workshop in Hamilton and is able to make any item to measure, to fit your needs. Call in to our store and our team can give you a quote. D9 Lifestyle, Maki Street, Westgate to view the range and talk to our friendly team or visit our website www.forestfurniture.co.nz phone 09 216 7674.

CHAIR DOCTOR

Our team at the Chair Doctor can assist you with all your office chair repairs. We have been operating for 30 years and cover all Auckland areas. We also offer a full reupholstery service to bring

your chair up like new. We can replace gas lifts and castors on site. So if your chair is going down or needs to be repaired or serviced, contact us and Sean and Katie will call out to your offices or home and can take of most repairs on site. We also can call in and clean and sanitise your office chairs. Phone us on 09 814 9097 or email chair.doc@xtra.co.nz.

DECK AND FENCE PRO

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

Thinking of building?

Call New Zealand's favourite home builders



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of your garage.

Call your local Deck and Fence Pro Specialists, Zane and Jaimi Scott for a free no obligation quote, on 0220963172 or email zane.s@deckandfencepro.co.nz.

CHANGING THE WAY YOU BBQ

We know Kiwis love entertaining outdoors, so Grasslands are proud to release the award winning series of BBQ's from Zeigler & Brown. Distributed in New Zealand by Masport, these very smart BBQ's take the high domed



hood system to a new level. The firebox and egg shaped domed hood are die-cast from thick, heavy duty aluminium. Ziegler & Brown offer models from the compact portable grill to the powerful triple grill. With the optional cooking formats, these are the most versatile BBQ we know of. Roast racks, pizza stones, smoker box and skewers are some of the popular accessories. They are backed by a comprehensive 5 year warranty. A key feature is the high output burners with flame thrower easy start ignition which allows for cooking with hood open or closed. See the Ziggy in store now at Grasslands, 20 Shamrock Drive, Kumeu - 09 412 7880.

LIVESTOCK REPORT

The first sale for 2017 at Pukekohe saw prices very good, with all cattle selling readily. Falling schedules, and dryer weather have been offset by very good grass growth over the Christmas period, and cattle have put on good weight gains. Medium 2 year steers sold to \$1,490 and heifers \$1,640. Weaner cattle prices were slightly back on pre-Christmas but vendors were generally very happy with the start to the New Year.

Cattle

Best medium prime steers	\$1,280 to \$1,490
Very light yearling steers	\$705
Medium weaner steers	\$500 to \$655
Very small x bred steers	\$245 to \$370
Best prime heifers	\$1,410 to \$1,640
Other plain x bred heifers	\$1,080 to \$1,180
Medium 15 month heifers	\$892
Medium weaner heifers	\$480 to \$510
Other x bred heifers	\$435 to \$460
Boner cows	\$590 to \$1,355
Sheep	
Fat lambs	\$76 to \$95
Store lambs	\$37 to \$72
Ewes	\$40 to \$100



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BUILD

NEW

CONSIDER UPGRADING TO A COMPASS HOME THIS SUMMER

Stroll through our stunning concrete show home this summer for some fresh ideas and inspiration, and kick your 2017 new home resolution goals into gear. If a brand new, spacious and functional kitchen and scullery (perfect for concealing the preparations of the nights entertaining) is what you have been dreaming about these holidays, then we invite you pop in and check out our gorgeous 4 bedroom, 2 bathroom House & Land packages available in Huapai Triangle right now. We build in both concrete and brick/tile so the choice is yours, chat to our friendly team about moving in to a new home mid 2017. Look forward to the winter months, once summer has departed, by relaxing in a warm, cosy, energy efficient, Compass Homes home. For further details visit Compass



Homes Rodney 3 Larmer Drive, Huapai or contact Scott Gordon 027 406 368 scott.gordon@compasshomes.co.nz.

SUPPORTING COMMUNITY GROWTH

The G.J. Gardner Homes Rodney West franchise is all about community. Throughout the year we give financial support to a large variety of local interests and events. From sponsoring equestrian events for Dressage Waitemata to contributing towards the uniforms for the Kumeu Junior Rugby Club, G.J. Gardner Homes Rodney understands the importance of supporting the local community. We also offer five marquees in a variety of sizes to cover your organisation's next event – free of charge. Whether it be fundraising, a club function or simply shade for the school sports team, we would like to offer your organisation the use of these tents. Simply give our Receptionist a call on 09 412 5371 to book your preferred tent and then pick it up from one of four locations. Return it to the same location after the event.



BUILD OR BUY? WEIGHING UP YOUR OPTIONS

When considering a new home, there are numerous options to weigh up; location, size, features, this list can seem endless and the range of choices can be daunting. One option people don't always consider is building new. There are many benefits to building over buying a second-hand home. Better design, more control over the fixtures and fittings, and it can actually be easier to get a mortgage for a new build. Not to mention all the modern features and design standards that now come as standard in new homes that can save you thousands in renovations down the track. Building new allows you to customise the home to suit your needs right from the outset, ensuring you have everything you need to suit your lifestyle. Choosing a well-established building company like Signature Homes provides you with endless options for your new home. Design and build your dream home from scratch or choose from one of our existing plans that have been developed with cost-efficiency in mind. Whatever your style and budget, we have options to suit. We know that finding land can sometimes be difficult. Our extensive range of House & Land Packages take the hard work out of building. There is no need to search for a section and each package is paired with the perfect plan to maximise sunlight, land contours and views. Best of all, through the design and build process, you can still choose your own personal touches, from modifying the floor plan through to colour choices, fixtures and fittings. All of the homes we build are backed by our market leading Guarantees which take the risk out of building

Building is easier than you think

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HOUSE: 236m² | SECTION: 569m²
FROM: \$1,200,000



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FROM: \$995,000



HUAPAI TRIANGLE, HUAPAI
HOUSE: 175m² | SECTION: 601m²
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Scott Gordon

Director/Sales Manager

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a new home. You can rest assured that you will move into your new home on time with no nasty pricing surprises along the way. Further, your new home is backed by our structural and weathertightness guarantees that ensure your home will be safe and dry for years to come. When you build with a reputable company like Signature Homes, you enjoy the benefits of working with a company that has been in the game for over 30 years. Our well-established building process ensures your build will run smoothly from start to finish. This includes access to our professional team of architects, draftsman and interior designers. During the build, you will have your own project manager, to ensure you get your dream home without the stress usually associated with building. You can view our range of designs and House & Land packages online or talk to us today about the benefits of building new over buying.

THE FREEDOM TO LOCK UP AND GO

Or enjoy the best views, in the quietest area of Hobsonville Point. Introducing Rifle Range Point. Free up your time, or lock up and go – enjoy the freedom of owning a very low maintenance, four bedroom home in Rifle



Range Point. Rifle Range Point is located in the quietest area of Hobsonville Point and has the best views. Your backyard is a beautiful 11-hectare park, the city ferry and The Landing's vibrant restaurants and cafes will be just a short stroll away. This small enclave of architecturally designed, well-appointed 4-bedroom homes are available from \$1,335,000. These homes have their very own private internal elevator, large open plan living spilling out to a sunny north facing deck, plus, all import-

ant car parking for three cars. Hobsonville Point is ideally located to offer you a great lifestyle close to the water with harbour access, beautiful parks and coastal walks. Hobsonville Point has a range of amenities including cafes, a farmers' market, schools, a medical centre, pharmacy and Countdown supermarket. Only minutes away you will find shopping at Westgate and Albany with West Coast beaches, vineyards and forests in close proximity. Build with Auckland's most awarded builder, with the best guarantees and have a home designed for living, built for life. 66 Master Builder House of the Year Awards. For more information, call 0800 52 52 66 or visit our website www.jalcon.co.nz. Showhome: 7 Liquidambar Drive, Hobsonville Point. Open daily, 10 – 4pm.

TRADIE OF THE MONTH

A big congratulations to Chris of Chris Mace roofing for being the first Tradie of the month for 2017. The team at Maddrens would like to thank Chris and his staff who continually exceed our expectations when it comes to meeting time frames and delivering quality. In a job that can often be affected by the elements communication with our project managers is paramount at such a critical stage of construction. Maddren Homes would like to thank Chris and the team for all the hard work and effort put in and look forward to many more roof shouts throughout the coming years.



“Old hands at building award winning new homes”

- R.S.



PETS

TIPS & ADVICE

HUNTING FOR THE VERY BEST IN PET NUTRITION?

Our nutritional philosophy is simple: A species-appropriate diet promotes optimal health. Dogs and cats are carnivores. Their digestive systems (starting with the teeth) have adapted to thousands of years of eating raw prey diets. Only in very recently evolutionary history have our pets made the dramatic shift to highly processed, carbohydrate-loaded diets. Raw meat, bones, organs and tripe - from high quality prey sources - is a species-appropriate diet for dogs and cats.

How does feeding a raw diet work? It is simple, and rewarding. Keep your freezer stocked up with a mix of meat, bone, organs and tripe from a variety of prey sources (we suggest three or more sources over a week, to ensure a wide range of nutrients). These products will be in minced cubes, or in pieces of bone with plenty of soft tissue attached. We will help you choose the best products, and most appropriate meaty bones for your pet. Defrost some product each day (never in the microwave or oven), following standard good meat hygiene rules – and enjoy watching your pet relish their real-food diet.



There are a few guidelines to follow in order to feed safely and effectively, so we offer ongoing support and advice to all our clients. Our friendly staff are on hand to answer all your raw-feeding questions – please don't hesitate to ask. Visit www.rawessentials.co.nz for lots of great articles and information.

KEEPING SAFE WITH YOUR DOG AROUND HORSES

Summer hopefully means more time for you to enjoy getting out exploring. It's likely on your adventures you will come across horse riders. From your dog's point of view a natural response to



fright or curiosity is to investigate further or chase. Some dogs think the horse might enjoy a bit of play- typically not the case! It is worth knowing that horses weigh over half a tonne and are flight animals. Their natural instinct is to react and run, think later. A bolting horse is a very dangerous one. It is not too difficult to see how a serious accident can quickly happen with dogs around horses. Call your dog and put them on the lead. Stand to the side but keep visible, encourage your dog to stay quiet, use a diversion technique if your dog becomes excited as the horse approaches. If riders are approaching at a trot and you are uncertain of your dog's reaction ask the riders to slow. If your dog has bad recall turning in the other direction and running will get them back to you. If the rider can see you are having trouble they should stop and wait.

As Muriwai's local professional dog walker I regularly come across riders during off leash adventures, and this is just one of the reasons I take small groups as your dog's safety is my main priority. Paws to Hooves provide off leash walks five days a week. Small group-big fun. Pawstohoovespetcare/Facebook. www.pawstohooves.co.nz 027 380 0265.

SUMMER CAN BRING THE RISK OF HYPERTHERMIA OR HEATSTROKE

How to help keep your pet safe and happy. Hyperthermia or heat stroke is an over exposure to heat or exercise raising the body's core temperature to a dangerously high level.

This can be caused by multiple situations; being left unattended in a car, tied up outside on a hot day, inadequate water supply, poisons, illness, upper airway obstruction, over



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exercising or exercising on a hot day.

It will also be more prevalent in the very young or very old as they are unable to thermo-regulate their body temperature as well as a healthy adult animal.

Never leave any pet in a vehicle unattended. The temperature rises very quickly and even leaving a window open is not enough to keep the car at a safe temperature. Studies show that if the temperature is 26C outside a car within 10 minutes it will have risen to 37C inside and then after 30 minutes it will have risen to 43C. When the temperature rises over 40 C our internal organs start to shut down.

Cats tend to move themselves out of the sun when they get too warm but keep an eye out for the cats that like to sunbathe they have been known to get locked in greenhouses or conservatories. Have a quick look around prior to locking up.

Before you take your dog for a walk on a hot day think about where you are walking, the time of day and imagine how you would feel doing the exercise in a fur coat. Do not walk your dogs on hot pavement, concrete or sand. As well as potential hyperthermia you will be treating them for burns to the pads of their paws. If you can't walk on it in bare feet, don't make your dog.

Take some time to think about your animals that are confined to one area outside such as birds in aviaries, rabbits and guinea pigs. They will need to be in a shady area where there is a breeze and they will require plenty of fresh water. The temperature inside their hutches can get very high if there is no breeze and they are in direct sunlight. If you can't move the hutch, look at putting up a shade cloth or umbrella so if it gets too hot in the hutch they can still be in the shade.

For those who are inside like our birds, mice, rats and fish. Make sure they are not in direct sunlight and have plenty of fresh water (yes especially the fish).

There have been incidents of deaths in kennels where dogs are not provided with adequate water and shelter. If your dog is confined to a kennel when you are at work or out, check that they have shelter at all times of the day. They will need to have good airflow and a supply of fresh water.

Checklist for our animals in the summer. Do they have shade? Is there a good supply of fresh water? Can they move out of the sun if they get too warm? Is there adequate airflow? Now go and enjoy this beautiful weather knowing that your animals are safe and happy. Jo Clough - PET First Aid & Training (NZ) Ltd.

SOME NEW YEAR'S RESOLUTIONS FOR HEALTHIER, HAPPIER PETS AND THEIR OWNERS!

The staff at Dr Bobs Veterinary Clinics in Waimauku and Huapai would like to wish all our pet patients and their owners reading this a Happy and Healthy 2017.

New Year's resolutions often involve more exercise, and a good,

cheap and very enjoyable resolution is taking your dogs out for regular walks or runs. My 3 spaniels will always react with great excitement if the word walk or beach comes up in a conversation. I find dogs enthusiasm very infectious, taking them out makes you feel happy and healthy too. I would however give a word of caution, avoid walks on hot sunny days apart from early morning and at sunset, as dogs running around in the heat of the day with thick fur coats on are at risk of becoming seriously ill with heat stroke. If your dog ends up in a collapsed state panting and can't get up, then a trip to a vet is advisable. Do not hose them down with cold water as they can go into shock. Tepid water may be of benefit until they can get to a vet.

Access to shade and water on hot days is essential for both dogs and cats. Having your pets coat clipped short for the summer and access to a fan are both things dogs and long haired cats often appreciate. We have a new Dog Grooming Centre in Waimauku, Paws and Claws by Dr Bobs. It has been a great success since it recently opened.

It is a good idea to take dogs somewhere where it is safe to let them off the lead. Research in London found that inner city dogs were getting obese as most dogs were walked with leads on only. If dogs are let off their leads they will travel 3 to 4 km for every 1 km that you walk, so I would suggest enjoying the lovely summer weather and getting both yourselves and your dogs out and about twice a day in the cooler parts of the day in the beautiful part on New Zealand that we are lucky to live in. If your dog is aggressive towards other dogs however I would recommend an extending lead so they can still have a run but can still be brought to heel when needed. Dog training and socialisation classes can be useful for those dogs that are not used to socialising with other dogs

Another easy way of having healthier 2017 for your pets is to have a good look at your pet's teeth. If the gums look red and sore or there a build-up of tarter on the teeth, a trip to Dr Bobs is recommended to see if they need a good descale and polish. Pets, like humans live longer and healthier and happier lives without painful dental disease. Prevention is better than cure and a variety of dental products such as chews, chicken flavoured tooth paste, water additives and complete dental dog food are available over the counter at our vet practices. Our nurses can tailor make a solution that best suits your pets.

Finally, check your pet's coats for any signs of fleas or flea dirt. Cats and dogs should be treated regularly in the summer months to protect your pets from fleas and worms which thrive in the warm weather at this time of the year. At Dr Bobs we have a new flea product called Bravecto which lasts for 3 months which makes life easier than monthly flea treatments which are easily forgotten in the back of the drawer. If you require more information, please ring our friendly helpful nurses for free advice on 09 411 7575 (Waimauku) or 09 412 7577 (Kumeu and Huapai). Happy New Year, Dr Ross Milner - BVSc, MRCVS.



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FOOD & BEVERAGE

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THE RIVERHEAD

Why do we all do what is expected of us? Why do so called 'millennials' act like we expect them to or 'baby boomers' act the way they do? Why is there even a classification called 'Westies' and why are they different to 'Jaffa's'? Why are tradies any different to professionals? Ever thought of breaking the mould?

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The really interesting people out there are the ones that don't do what's expected of them....they're those magical people who stand out and we admire them for being different. Food for thought...or would you rather food you can digest? Take a look at our new look outdoor decks in front of The Landing Restaurant. There no better place to have brunch on the weekends than there...

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How about dining at one of the Top 20 Best Winery Restaurants in the World on Valentine's Day? Come to our award-winning Winery Café for dinner with your loved one to enjoy the world-class cuisine. We have prepared an exclusive set menu for this special day. Our excellent service has repeatedly won us the Beef and Lamb Award in the country and Trip Advisor's Certificate of Excellence. Soljans Estate Winery is located at the gateway to Kumeu Wine Country. Only a pleasant 20 minute drive from Auckland City will take you to this picturesque rural area. The Mediterranean architecture will definitely catch your eye on State Highway 16. Let us know when you are ready, we will provide you with the warmest welcome. Please call our Café on 09 412 2680 for booking.



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We offer 40% discount on our displayed photos for you, and we will put new photos. We offer our café menu but we also have the option of Japanese meals for lunch and dinner to give you the



ultimate cultural experience within your meal. Our community is continuously growing and so is our menu to satisfy our customers and keep things exciting for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chief has previously done photography for National Geographic and has some of his work on display right here for you to view and even purchase. All of his photography currently has a 30 percent discount. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Pop online to

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our Facebook page (www.facebook.com/thegalleryjapaneseandcafe) too find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.

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Our seaside bar and restaurant is perfect for birthdays, engagements, anniversaries and more. We take the stress out of special events so you can spend more time celebrating with your guests.



Spacious layout, flexible menus and fantastic views of the Waitemata Harbour. Visit www.theflagship.co.nz to find out more.

THE HUNTING LODGE

The Hunting Lodge is one of the newest wineries in the neighbourhood... it's also one of the oldest. Having recently purchased the land from Matua, we've been re-vamping the site and were excited to host our first wedding this month in our new Barn.



We're big on family, sharing and giving local love, so are busy creating spaces that are family focused, and are keen to host exhibitions, festivals and other local events. With a funky new Cellar Door open 7 days a week, come in for a wine tasting and sharing platter, check out the cedar-wood Barn available for weddings and functions of all sizes, and chat with the team. Keep in touch via the website (www.thehuntinglodge.com) or follow us on Facebook ('thehuntinglodgenz').

THE COFFEE CLUB

Let Greg and Rebecca Bauarschi make you feel welcome as you enjoy their good food, great service and excellent coffee at The Coffee Club Hobson Centre, Hobsonville. As Greg says, "I'm half-Lebanese and half-Armenian - both cultures that have a massive tradition of hospi-



tality - and Rebecca is from Invercargill, so good hospitality and good food are in our genes!" The Coffee Club Hobson Centre, Hobsonville is open daily for breakfast, lunch, coffee and cake. They're also now serving a new Dinner Menu after 5pm daily with delicious meals such as Eye Fillet with Red Wine Jus, Grilled Fish of the Day with Béarnaise Sauce, Chilli Prawn & Chorizo Linguine plus more. There are also exciting fresh salads such as Chicken, Spinach and Quinoa Salad and Grilled Haloumi Salad. Now open until 9pm Thurs-Sat. 124 Hobsonville Road (near the new Countdown). For more info visit www.thecoffeeclub.co.nz or phone 09 416 0126.

PEKO PEKO JAPANESE TAKEAWAY

It's been so great to see familiar faces again after our summer break. We have started new tapas (side dishes) for our Bento box. If you like having different tastes in one meal, try our bento box. We try to change tapas regularly so you can enjoy the "surprise" Thank you for your continuing support and we look forward to seeing you all. Located at 92 Hobsonville Rd, in car park of Passion Produce vegetable shop. Please check our Facebook page for any updates. 022 431 3462



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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 22,000 locals for a whole month. That is only \$2.50 a day. For more information

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HEALTH AND BEAUTY

KICKSTART THE NEW YEAR WITH A BODY WOF

Do you suffer from aches and pains, headaches, sore muscles or bad posture? A Body WOF or tune up is the best way to start the year and get on top of these problems. Just like a car needs an oil change or new tyres, our bodies also need a little maintenance to keep them in optimal health.

We are all guilty of spending too much time hunched over a computer screen or on our phones. As we sit more and more in our daily lives, now is the perfect time to get your and your child's posture sorted to prevent long term problems developing.

Here are a few tips to keep your muscles and joints in good health.

- 1) Book in for a checkup with your Osteopath
- 2) Regular low impact exercise such as walking, swimming or yoga
- 3) Get a massage to soothe those tired muscles
- 4) Stretch, stretch, stretch
- 5) Make sure you are getting enough sleep so your muscles can recover properly

At the Body Clinic, we can assess your posture, treat the cause of the problem and give stretches that can help. We can also advise on ergonomics. 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.

CHANGE THE WAY YOU LOOK AT READING

Visual stress is a major cause of reading difficulty at all ages. When people with visual stress attempt to read, areas of the brain can be overstimulated, causing a shimmering or distorted effect over the page. The optometrists at For Eyes Optometrists in Kumeu Village can detect and prescribe colour filter lenses to treat reading problems, dyslexia and migraines.



Children who are behind with reading or who can't concentrate on their work may be suffering from visual stress. Their eyes send the message to the brain, but when it is processed the complexity of the print causes over-stimulation of some areas of the visual cortex. Print can appear to move or fade in and out and it makes reading hard work – sometimes causing headaches.

Reading glasses with a personalised specific tint, diagnosed by Matthew Whittington on his Wilkens Colorimeter, calms the over-stimulation and dramatically improves your child's reading ability.

Give For Eyes Optometrists a call today on 09 412 8172 and book an assessment for you or your child.

SPA DI VINE WAIMAUKU CELEBRATES 15 YEARS

Spa Di Vine's owner Paula Haverkate and team are very happy to celebrate their 15th Birthday this month and would like to thank all their clients for making this possible.

Their February Birthday Deal is the ultimate pamper package - perfect for a little rejuvenating me-time.

Bamboo Back and Neck Massage for rolling out tension spots, back scrub, foot scrub and foot massage (or choose hand scrub and hand massage). Enjoy some quiet time and enjoy an al-fresco morning tea break, with freshly brewed herbal tea, fresh fruits coupe and ice cold lemon waters. Then your face and neck will receive a grape derived, enzyme deep cleanse, grape seed oil face and neck lifting massage and hydrating cool cucumber mask. A light moisturizer and hydrating tint plus lip gloss to finish. You have never felt better and looked brighter.

Spa Package is for one person, allow 2 hours. Birthday Price of \$199 (RRP\$285).

www.spadivine.co.nz. Conditions apply, ring for further details on 09 411 5290.




HAVE YOU TRIED WALKING BACKWARDS?

Backward walking, also known as retro walking, is said to have originated in ancient China, where it was practised for good health.

Interestingly, when you walk backwards, your heart rate tends to rise higher than it does when walking forward at the same pace, which suggests you can get greater cardiovascular and calorie-burning benefits in a shorter period of time.

100 steps backward walking is equivalent to 1,000 steps in con-



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ventional walking.

When you walk backwards, it puts less strain and requires less range of motion from your knee joints, making it ideal for people who have knee problems or injuries.

Walking backwards also gives you a chance to work out all of those muscles in your legs, such as your quadriceps and calves, which take a backseat to your hamstrings and glutes during regular walking.

It also works out your hamstrings in a different way, and has been shown to increase flexibility in your hamstrings.

There appear to be benefits for your brain, too.

Researchers found that when you walk backwards, it sharpens your thinking skills and enhances cognitive control

This is also where you'll fine tune your peripheral vision skills immensely. It's because you can't see where you're going that other senses, like hearing, sensing and feeling can play a bigger role.

Start slowly and gradually build up your confidence and balance. Annie Minton - 021 815 113 www.bodybrainexercise.com.

WEDDING SEASON - HAVE YOU BOOKED YOUR MAKEUP ARTIST?

We've kicked off the New Year with so many beautiful, happy brides. Lauren from Fresh & Flawless specialises in Bridal Makeup and loves to make you look and feel amazing on your big day. Lauren understands that everyone has different needs and wants for their makeup and customises every application to suit. We recommend you have a trial so we can create your perfect look and minimise stress on the day. For trials you can visit my fabulous new studio in Taupaki or I can come to you. We are also happy to arrange a hairstylist to help complete your look. 2017 is filling up fast and we have opened our books for 2018. Feel free to send your enquires to Lauren@freshandflawless.co.nz or for more information visit our website www.freshandflawless.co.nz.



UNDERSTANDING THE IMPORTANCE OF BREATHING

As a massage therapist your breathing gives me insight into your posture and possible causes of your tension and discomfort.

There's a reason for the ABC's of First Aid – Airway, Breathing, Circulation – breathing is right up there because if we don't we die. We all breathe and we generally do it without too much thought. Yet, what happens when our breathing patterns be-

come altered?

Our breathing muscle, the diaphragm, should be working 80-90% whilst our body is at rest. It forms the top of our 'core' muscle group (attaches to the inner rib cage, inserts into the upper lumbar spine and interlaces with the lower abdominals and hip flexors) making it integral for spinal stability. An ineffective diaphragm affects your nervous system and other muscles.

Normal breathing rate for adults at rest should be 10-14bpm, in and out through the nose with tummy rising and falling. Too often it's the chest and shoulders rising, this type of breathing uses the accessory muscles around the neck and shoulders thus creating rounded shoulders, forward chin and tightness across the chest.

By not using your diaphragm to breathe you become prone to injuries, increased chest, neck and shoulder tension and disorders such as shoulder impingement or neck pain.

For any breathing or postural related issues call Debbie from Body-Balance Massage & Neuromuscular Therapy, 021 120 2175.

POLARISED SUNGLASSES - WHY??

It's all about glare. Are you still squinting when you go outside in your new sunglasses? Chances are they only have tinted plastic lenses. Give your eyes a huge advantage and invest in good quality polarised lenses. Your eyes will stop watering, you won't get wrinkles from squinting, you won't get tired and best of all, you can have them in your prescription.



If you are a beach goer, love fishing and being outdoors, choose polarised lenses. If you want the very best -choose Maui Jim. Come into Hobsonville Optometrists at 413 Hobsonville Road and we will happily show you the 'wow' factor of high quality polarised lenses.

ACC COVER FOR OSTEOPATHIC TREATMENT

Most people are familiar with ACC (Accident Compensation Corporation). Amongst other things, it helps to cover treatment and rehabilitation costs related to injuries. It is a great scheme that we have in New Zealand and everyone who is a permanent resident is auto-



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matically covered by it. So what is covered? Any injury where a person sustained significant force from heavy lifting, falling or had a road accident. It doesn't have to be work related either. ACC doesn't cover gradual processes and illnesses like arthritis or degeneration (except some overuse problems).

ACC claims can be submitted by any health practitioner registered with ACC. Osteopaths can do it in their practices. ACC doesn't cover the full price of the treatment, but significantly reduces it. Depending on the injured part ACC can subsidise 6 to 18 treatment session. At Family Osteopathic Clinic we can help our patients apply for ACC cover which will reduce our fees from \$70 to \$40 per 30 minute session. Once the claim is accepted, we can also refer patients for further investigations, such as X-rays or ultrasound, under that ACC claim. Find us at 39 Hobsonville Road, www.familyosteopathy.com. Phone 09 416 0097.

CREATE GOOD HABITS THIS NEW YEAR

Most problems that we see in practice stem from some sort of bad habit, whether that be poor posture, incorrect lifting techniques, poor sleeping positions etc. If it has taken a bad habit to create a problem, it is going to require a new, good habit, to fix it. If you have some aches and pains or don't feel quite right, think what bad habit may be causing it. Once identified, you can then go about creating a new healthy habit. If you need extra help or would like a second opinion as to what the problem is, call us on 09 413 5312 to make an appointment. You can also visit our website for more information. There is one thing for sure, your body will thank you for it.

Elevate Chiropractic // Shop 1, 10 Greenhithe Road // Greenhithe // 09 413 5312.

SHOE TALK'S ADVICE ON ORTHOTICS

So you have been fitted with a new pair of orthotics – do you know how to get your body used to them?

First piece of advice is do not just put your inserts in and march off into the sunset.

You are going to be readjusting how your body structure works and this takes time. So wear them in. The recommendation is that you wear them for an hour the first day, two hours second, three hours the third day and so on. By day seven you should be able to do seven hours.

You have tried every pair of shoes you own with the inserts and now realise 90% of them no longer work. Throw out all the unsupportive ones however keep your pretties - more on that later.



New shoes are therefore required and off you go to find them, please remember to take your inserts

First thing is that most street shoes and what I call pretties will not fit your orthotic. So now you are looking for footwear with removable footbeds to give you the space you need for the orthotic.

You are also looking for flat shoes, with supportive heel counters and soles that do not twist too much. This then means the footwear you are looking at is a lot more functional and has been designed to take the insert and also to give you the support you need.

When special events come up as they do my advice is to get some nice footwear "pretties" that fits correctly and to enjoy the special occasion.

HOBSONVILLE CHIROPRACTIC CENTRE

Your local chiropractors at Hobsonville Chiropractic Centre are here to help our community become healthier, function better and get to the cause of whatever symptoms they may be experiencing. The beginning of the school term is a great time to ensure that your children's spines are aligned and their nerve system is working at its best. Chiropractic care can enhance immune system function (less days off school), and encourage healthy development of the mind and body through improved concentration, learning ability and IQ levels as well as naturally help issues such as asthma, digestive issues and bladder control. We can also teach you and your child how to wear and pack their school bag in a way that puts the least pressure on their spine. Chiropractic is gentle, safe and effective for people of all ages and stages of life. Call today on 09 416 7589 to make an appointment.



SORE THROATS

Lots of people come to their GP with a sore throat. I thought I would take the time to talk about sore throats and the myths that surround them.

Firstly, many sore throats settle on their own. Most of the time, a sore throat is not serious. If you have a viral sore throat you do not need antibiotics. To manage a viral sore throat, you can take normal pain relief such as paracetamol as advised by your doctor. Salt gargles may also help. You are more likely to have a viral sore throat if you have a runny nose, a cough, or sneezing at the same time.

Bacterial sore throats (usually caused by a bacterium called



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Streptococcus pyogenes) are more likely to cause a high fever, moderately swollen neck glands, and may cause a white-covering in the back of the throat (the pharynx) or on the tonsils. Bacterial sore throats usually need treatment with antibiotics because they can cause complications. These complications are very rare but include problems with the heart valves or the kidneys.

To confuse the situation more, there is a type of virus, called Epstein Barr Virus, or EBV, which can cause a sore throat, and can mimic a bacterial sore throat. EBV can cause a condition called glandular fever. Patients with glandular fever do not need antibiotics and can get a nasty rash if they take antibiotics when they have the virus.

When you go to your doctor with a sore throat it will be decided whether you need a course of antibiotics or not. The doctor may decide to start you on a course of antibiotics, but complete a test called a throat swab first. This is when they use a small cotton bud to remove some of the germs from the back of the throat in order to send this to the laboratory. The laboratory will then send a report to the doctor explaining whether the swab grew bacteria or not. If it didn't grow bacteria the GP will usually advise you to stop the antibiotics.

Germs from sore throats can be spread by sharing cups or toothbrushes, and it is advisable to wash hands regularly when there is a person in the house with a sore throat, especially if this turns out to be an infection caused by a bacterium.

If you do develop a sore throat which is not settling, go to your doctor for a check-up. They will advise on what needs to be done. Bear in mind that sore throats can also result from other causes such as acid reflux and thyroid problems. Again, your GP will advise you whether any further tests need to be completed. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

CREATING A BRIGHTER FUTURE FOR KIWI KIDS

It was an exciting time for the students at Colwill School who received their new prescription glasses just before Christmas. Westgate Optometrists' very own optometrist and director Ricky Lee helped to screen over 80 children at Colwill back in July, checking not only their vision but also their eye health. The students then received their glasses in a special ceremony that was opened with a haka. The Essilor Vision Foundation are bringing awareness and accessibility to eye care services to local school children in the lower deciles. New Zealand is just one of a number of other countries that have introduced eye screening to help identify vision problems when children



first start school. Yet despite these and state subsidies to finance appropriate vision correction, too many students aged 8-12 find themselves struggling to learn at school due to unidentified eye conditions like myopia. With the help of local optometrists, the goal is to improve school performance nation-wide and create a brighter future for New-Zealand's children. Phone: 09 831 0202 Website: www.westopt.nz, Facebook: www.facebook.com/westgateoptometrists.

WAIMAUKU COLLABORATION

Waimauku Village Pharmacy, Waimauku Doctors and Silver Fern Medical has recently been recognised by our peers and has been awarded The Community Engagement Award by our PHO Procure.

We have a very unique situation within our community where we realised that there was a need for our Doctors and Pharmacist to work collaboratively. It was not a conscious thing but just evolved.

We identified day to day problems of our patients and the need to find solutions. It made sense for us all to be on the same page so patients had a unified and cohesive approach to their health care between Doctors and Pharmacist. We wanted a 'one stop shop' and the best use of resources, clinical knowledge, staff time, avoidance with delays and preventing patients getting 'the run around'. We felt that if our businesses were supportive of each other our patients would not feel disenchanting.

CALLING OUT TO ALL LADIES!

NEW YEAR NEW YOU 2017 - 8 week ladies challenge. Lets celebrate the start of a New Year - women supporting women.

Ladies - most of us have a pre-determined mindset this time of the year we've set New Years resolutions and not long after it has started "I CANT" sets in.

Strength comes in all shapes and sizes, don't spend all of your time trying to be someone you are not supposed to be, you are the strongest as you and even stronger as the best of you. Embrace who you are and build your own strength!

Kumeu Gym Ladies only New Year New You Challenge is here to help remove these common misconceptions, to change these "I CANTS" into "I CAN, I WILL, IM STRONG, IM DETERMINED" to build your own you and reach the goals you are wanting to achieve.

If you are new to the area, this is a fantastic opportunity to meet new people all while getting fit in a fun and safe environment. Check out our link Kumeu Gym website and face book for details or ask at gym reception www.kumeugym.co.nz/new-year-new-you.html. Register now - Challenge start date is Saturday the 18th March - limited spaces.



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TRAVEL BROKERS - TANYA FRANKLIN

A Happy New Year to all! I hope you have all had a bit of a break, and managed to spend some special time with your family and friends. 2016 was a busy year for me, travelling to LA, Anaheim, and San Diego in May, and Thailand & Singapore in July, and the Hunter Valley & Rarotonga in August, and Fiji in November.



I was also very busy fundraising on the committee for Waimauku Scouts, we managed to get a troop of 30+ fully funded, to get away to the Scout Jamboree which had 4500 Scout & Leaders doubling the population of Blenheim in December. They had an amazing experience of 10 days of action packed activities, and it was an absolute pleasure to visit them on the 'Family open day', my eldest son had an incredible first Jamboree experience. As a member of the Waimauku School PTA we also had a busy & eventful year with our fundraising for the Junior outdoor play area upgrade.

2017 is here and there is no better time to start thinking about your next holiday plans.

I always find it difficult putting together specials for print 2 weeks ahead of print time, as so many of the deals are 'short life', and at the time that I write this on 14 January – the current deals all have deadline dates which will be before print... Right

now THE WORLD IS ON SALE with deals like Low Season special airfares to the UK from \$1499 + Taxes – incredible. Or a \$199 Fiji Airways special for Kids to Fly, Stay, Play & Eat for free.

Fiji is one of my 'happy places'. I was there in November for a 'Reward & Recognition' weekend as I made 'Top 5' of the 80 or so Travel Brokers in NZ, for the financial year ending June 2016, and was whisked away for a lovely pampering weekend staying at the Hilton Denarau. We had a full day out hosted by Castaway Island who recently celebrated their 50th year as one of the top resorts in Fiji, snorkeling in their crystal clear waters. A resort inspection of the Sofitel Denarau along with hosted cocktails & a wonderful meal, more cocktails at Lulus at Denarau Marina, and a bit of spare time to relax too, just perfect. I was very impressed with the new Nadi Airport renovations, it is looking great.

2016 saw a huge increase in cruise sales for me, and for the travel industry as a whole, with so many new ships being allocated to our South Pacific waters, there is so much choice in cruising now.

The Travel Brokers, as members of helloworld, always have access to a huge range of deals and products that are continuously being updated with the latest specials, so please contact me any time, and as your personal travel professional I will work with you to find the best value for you and ensure your next dream holiday is the perfect reality.

Please take a moment to check out my website below to find out what the current deals are, and click on the link to be added to my newsletter database.

I only send out one newsletter every month or two with specials, and updates on my own travels, so I will not clutter your inbox.

Found A Great Deal? If you see any special advertised elsewhere, please let me know, as I'm able to source the same/similar products and deals from my preferred suppliers and key contacts.

Please contact me:

Tanya Franklin, your local Travel Broker, a member of helloworld, on 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/aboutme.

OVERSEAS PENSION TRANSFERS – IS GOOD NEWS JUST AROUND THE CORNER?

People who have transferred their UK pension into a NZ QROPS (Qualifying Recognised Overseas Pension Scheme) may be about to get greater access to their funds. According to the UK's draft Finance Bill (5th December) the "70% rule" – which stip-



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ulates 70% of the transferred monies cannot be withdrawn at age 55 but must be retained to provide an "income for life" – is going to be removed. GBPensions' director Tony Chamberlain explains, "Potentially this is good news! It looks as though clients in QROPS, depending on regulators, could soon be able to withdraw 100% of their monies at age 55."

A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all circumstances. GBPensions recommends that all clients seek independent financial and tax advice, personalised to their individual circumstances. Disclosure Statements for GBPensions' financial advisers are available without charge or obligation.

DRONES AND NIPPERS ON BEACHES

A drone is being trialled at Muriwai Beach to determine its effectiveness in helping lifeguards nationwide.

The nearly \$8000 project has Kumeu Rotary support and, if successful, could probably

be run cheaper with similar sponsorship at other surf clubs, Muriwai Volunteer Lifeguard Service business and revenue convenor Tim Jago says.

Muriwai is looking at writing the rule book for drone use here in surf lifesaving.

The club considered using balloon cameras about three years ago, but drones have become more durable, lighter and cheaper since, Tim says.

"Drones are more flexible and easier to use."

Some surf sports already use drones, and Tim says the eye in the sky could be useful in searches, rescues and for other duties.

"But we would need to be careful we don't compromise the Westpac rescue and police helicopters, so we need a policy for its use."

Trial results and any rules would be shared with other clubs. It's another possible element in the fight to reduce drownings, with 113 deaths nationally last year and the tally nearing 80 so far.



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But developing water safety and confidence in children is a main driver to help save their lives, and others. That's a reason behind the junior surf programmes at Bethells and Muriwai Beach surf clubs.

About 300 children as young as 5 are expected to join Muriwai's junior surf or "nippers" programme.

"We have members from all over Auckland who come to Muriwai specifically to allow their children to be confident at a big wave beach," Muriwai junior convenor Nick Thompson says.

Camaraderie is built up, with children and parents from throughout Auckland and different backgrounds becoming a strong team, Nick says. That and having fun through surf education and sports is what it's all about, he says.

Around 150 nippers aged 5-14 are expected at Bethells.

"It's sensible, even vital, that any child or adult interested in water sport or water recreation learn about tides, rips, local conditions and coastal dangers," Bethells Beach Surf Life Saving Patrol president Ben Challis says.

"Surf lifesaving is the leader in this type of education throughout New Zealand."

Ben has been in lifeguarding and water sports for about 25 years. "It's been a large part of my life and now my children are involved as well."

The club won the national Rescue of the Year award for 2016, the Surf Life Saving Northern Region Club of the Year and Best Patrolled Beach honours. In the Northern Region awards, Bethells club captain Ollie Irwin was Lifeguard of the Year and Jaelyn Fielding Rookie of the Year.

Ben says visitors need to pick carefully the days they go in the water, avoiding an outgoing tide where possible and ensuring they swim between the flags and heed lifeguard advice.

Upcoming events include the Junior Northern Region Champi-

onships at Orewa on February 4 and 5, and the Oceans 14 Junior National Championships at Mt Maunganui on March 2 and 5. Visit www.lifesaving.org.nz for more information.

COMMITTEE CHAIRS FOR RODNEY LOCAL BOARD ANNOUNCED

"We've now put in place a strong leadership team for the Rodney Local Board and a committee structure that's accountable and focused on the massive challenges our communities face. We will be making great use of all the political, commercial and community experience around the table over the coming three years," says chairperson of the Rodney Local Board, Beth Houlbrooke.

In October new political ticket Rodney First secured a majority of five members on the nine member Rodney Local Board, with Allison Roe joining Beth Houlbrooke in the Warkworth subdivision, and Cameron Brewer and Brent Bailey joining Phelan Pirrie in the Kumeu subdivision.

Brent Bailey has been appointed chairperson of the Parks and Recreation Committee, with Allison Roe deputy, while Cameron Brewer is chairperson of the Transport, Infrastructure and Environment Committee, with independent Dairy Flat representative Louise Johnston deputy. All nine board members are on both committees.

"Our local board won't be dominated by one chair. Rather by creating these two key committees we're empowering all local board members. Having dedicated committees also helps us put some serious focus on the likes of transport," says Beth Houlbrooke.

The Parks and Recreation Committee has delegated authority



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Ian was very organised and communicated with us all the time throughout the open home period.

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Thanks Ian and Graham you were very helpful and a pleasure to deal with, keep painting the town red....

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on parks, sports and recreation (excluding greenways); arts, community and events; and libraries and information.

The Transport, Infrastructure and Environment Committee will deal with infrastructure and environmental services; plans and places; transport (being Auckland Transport and greenways); Business Improvement District partnership; and community facilities.

Deputy chair of the Rodney Local Board, Phelan Pirrie, says Rodney First campaigned on some specific projects which were then strongly supported by the rural-based ward. To advance them, he says the board needs to be very disciplined on how it governs and what it spends its time on.

"In local government it's very easy to focus on a raft of peripheral stuff that won't actually improve the lives of locals. We need to be project and outcomes focused, and not get bogged down in the process. Hence, I'm pleased the board voted to support my initiative to create project leaders," says Phelan Pirrie.

As well as confirming the two committees of the whole, the Rodney Local Board has agreed to establish a "project lead structure" to enable all board members to take personal leadership over any of the agreed local board initiatives.

Beth Houlbrooke says a priority for the board over the coming weeks is to release drafts of its 2017/18 Annual Plan and the all-important three-year Rodney Local Board Plan for public feedback on the board's proposed budgets, projects and priorities.

More information on Rodney First, its policies, members, and contact details, please visit www.rodneystart.org.

E-PACK CELEBRATE THEIR FIRST BIRTHDAY

Hard to believe that 12 months ago Kathy & Mike Parry took over an empty building at 16 Shamrock Drive and e-pack was

born.

Since then the local community has embraced the many services they provide and more and more people are using them for convenience and value for money.

Sold something on TradeMe? Take it to e-pack and they pack it and ship it all in one go with prices guaranteed not to be beaten.

Do you have an online business and need warehousing and freight solutions? e-pack can save you time and money.

Saddles and horse blankets have always been a hard thing to ship, but now with the dedicated service e-pack offer that's a thing of the past, just ask the people from the riding clubs in the area that have shipped using their service. Packed and shipped prices start from as little as \$30 nationwide.

Over the last 12 month e-pack have shipped to all parts of our country. Big small, little and large e-pack has handled pretty much anything that has been sent their way.

The international services were used heavily before Christmas for shipping Christmas gifts to relatives overseas and are available all year round. For more information - Contact e-pack today on 09 412 7018.

SUMMER IN AUCKLAND

This is the time of year we have lots of ships visiting and of course the mammoth Ovation of the Seas making a splash in the news. She was in Auckland in January and I was invited to go onboard to look around so I can better advise our guests. Wow she is huge and I was very impressed. Loads of activities for which-



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ever type of guest you may be with the flowrider which is surfing at sea, Ifly (skyjumping) and bumper cars and lots of bars/lounges or cafes (18 dining places) to get away from the crowds. I was also invited to see a completely different type of ship. Small, boutique, explorer cruising ms Caledonian Sky. She only takes 100 guests and has 86 staff so you are very well looked after. I wouldn't call her flash but homely and comfortable and I wouldn't hesitate to cruise on her.

Carolyn has completed her study of cruising and is now an Accredited Cruise Master, one of only a handful in New Zealand and is based a helloworld in Hobsonville. Email Carolyn.hedley@helloworld.co.nz or phone 09 416 1799 or call in to the office.

GETTING AWAY FROM IT ALL IN THE SOUTH OF FRANCE

Steeped in history, with the Mediterranean on one side and acres of vineyards on the other, the ancient village of Marseillan is the ideal place to enjoy the laid back lifestyle of the south of France. The village, with its pretty little port bordered with cafes, is one of the oldest in France, tracing its history back to Phoenician times. After holidaying in the area over 20 years ago, Yvonne Dufaur fell in love with the area, with its wonderful climate, its medieval castles, sparkling beaches and fabulous array of inexpensive wines, fruits and cheeses. It was an easy decision to buy the 300-year-old 'maison de ville' (village house) in the heart of the village. If you would like to enjoy life in a French village, Yvonne offers the house for rental. See below advertisement for details.

ALTERNATIVE CORRIDOR FOR KUMEU-HUAPAI

The best transport options for the Auckland area were publicly released just before Christmas by the NZ Transport Agency. A study covered areas in the South, North (Warkworth, Silverdale/Dairy Flat) and the North West.

The Structure Plan for Whenuapai and the Red Hills proposed development have influenced some of the transport solutions for our area.

There are significant decisions that have been made by NZTA with Auckland Transport (AT) in the North West.

These are:

1. Rapid transit extension from Westgate to Kumeu-Huapai with 'park and ride' at both Kumeu and Huapai.
2. Safety improvements on State Highway 16 (SH16) from Westgate to Foster Road west of Huapai. This may involve widening but doesn't appear to be additional lanes.
3. A rapid transit (bus) system from Westgate across Boord Crescent to Kumeu and Huapai.
4. Existing rail corridor investigation from Swanson to Huapai.

5. Alternative Access Road corridor from the Brigham Creek roundabout crossing Taupaki Road, Boord Crescent and through the Future Urban area of Kumeu, terminating west of Foster Road.

6. More direct connection from SH16 to SH18 to avoid the use of Brigham Creek Road for traffic to the North Shore.

7. Encouraging traffic from Station Road and Access Road to go back towards the proposed new alternative Access Road rather than use SH16.

8. A roundabout for the Riverhead turnoff.

The advantage for our district with these decisions is that, collectively, when the new roading and other items are completed, our township will have better traffic flows. The non-essential traffic will be encouraged to bypass Kumeu and Huapai townships.

Now that the NZTA and AT have made a decision, the real issue will be when and where. The alternative road corridor is not finalised, but the concept of an alternative corridor or southern bypass is now approved.

SH16 looks as if it will have the safety improvements, like a centre median strip to cope with increased traffic and those wishing to access adjacent properties and businesses. The alternative access to the South will reduce the need for SH16 widening. The park and rides will need to have land close to the bus links or rail station to work.

The link between SH16 and the Upper Harbour Drive is needed, which will improve traffic flow to and from the North Shore.

This plan can now be used as the start of the Structure Planning exercise which should be brought forward from 2018, as the town planners at the Auckland Council want, to this year as the community needs.

The NZTA and AT decisions are a very good start for the district. What we have to do is obtain priority ahead of other areas for the work to start. The annual plan process needs to press for the Structure Plan funds to be released in 2017. Otherwise Wark-



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worth, or South Auckland, will have funds released to them before us. Pete Sinton, Chairman - Kumeu-Huapai Residents & Ratepayers Association. Email petesinton@townplanner.co.nz.

LAVENDER HILL

Balancing corporate and country life while developing a thriving tourism business keep Jason and Trish Delamore busy.

The Riverhead couple runs Lavender Hill, the largest lavender farm within two hours of Auckland.

But there's more to this venture than just producing lavender oil for its various health properties and other uses. They are doing their first batch of limoncello from their 200 spray free

Yen Ben lemon trees. Jason hopes the lemon liqueur popular in Italy will become established here, and he's keen to talk to local restaurants and cafes about it. The first batch of about 100 professionally bottled limoncello is being tested and has received good reviews. The liqueur was also gifted to guests in their high quality four-bedroom bed and breakfast business, which includes a meeting, workshop and function space for up to 15 people.

Then there's the extra virgin olive oil they produce from their 400 olive trees, and a rapidly growing farm tour business very popular with visiting Chinese.

Products from their farm and other local producers are sold through a small shop open weekends in their bed and breakfast half-round barn. These include lavender based moisturisers, soaps, wood and leather polishes, natural insect repellent and



much more. Adding to the tourism potential are five alpacas and a few Texel sheep, which help keep the grass down.

"Chinese visitors love having their photos taken in the lavender fields (which flower in summer) and with the alpacas," Jason says. Tourists also appreciate the hilltop farm's amazing views.

As well, the Delamores are nearly finished restoring their character 1970s Ian Burrow architectural home, notable for its curved design.

Jason, 47, balances this side of his life with his Auckland Airport job as general manager of marketing and technology, while Trish is a dental therapist at Westgate, covering schools from Riverhead and Kumeu through to Helensville.

"There's never a dull day," Jason admits. "Even weekends start at dawn and finish on dark."

They bought Lavender Hill in November 2015, moving from Greenhithe. It's ideal for them, close to work and the city, while their teenage children Thomas and Zara enjoy the rural lifestyle and help on the farm.

More visitors are appreciating what the North West offers, such as the vineyards and beaches, Jason says. "Chinese especially want to look for something to do for a few hours while in Auckland before going elsewhere."

People coming to weddings in the North West also like to stay at their bed and breakfast.

The farm has its own still for producing lavender oil and a by-product, hydrosol – a lavender solution suitable for spraying on bedding, especially for pets.

Its olive oil is pressed in Wellsford. "We've just done about 1.5 tonnes," Jason says. Plans include bee hives to produce honey from their two lavender varieties, Grosso and Pacific Blue. Trish also makes a lavender lemonade.

The Delamores are somewhat self-sufficient in electricity, running a 10 kilowatt solar power unit of 40 panels, which supplies their house and bed and breakfast.



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6pm, Thursday 9th February 2017



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Lesley Johns
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There's still more work to do, but the family loves the lifestyle, and Jason's eager to team up with other businesses in the area. "It's a great life," he says. "It's good to be producing rather than just consuming."

Jason says he's also enjoying being part of a growing tourism industry here. Contact them on 09 412 5275 or visit www.lavenderhill.co.nz for more information.

KIP MCGRATH EDUCATION CENTRES- MOVING SCHOOLS

For most children, moving schools or making that jump from intermediate to high school can be a big deal. If the family works together it can mean a lot less stress all round.

Your child will probably be experiencing a mixture of emotions ranging from excitement to a sense of loss and even fear. The move from intermediate or full primary to high school is especially confusing in many ways. Children have to deal with both 'endings' and sadness while at the same time anticipating new beginnings. This may include feelings of excitement and nervous anticipation. Old friends may be left behind and the fear of the unknown looms ahead.

Even for well-adjusted children this can be a daunting experience. If your child is struggling in other ways due to family disruption, moving to a new location, falling behind in their school



work or other problems, the thought of all the change involved with moving to a new school can be daunting. However, there is plenty you can do to make this a positive experience for your child.

- Do some research yourself so you can understand the emotions your child may be experiencing
- Remember, kids don't always know how to express their feelings, they may act out in other ways instead of talking about how they are feeling
- Put yourself in their shoes - think back to your first day at a new school or high school.
- Make sure they are confident in their school work. It's important that reading and maths skills are up to standard before they enter high school
- Ensure you are ready as a family - take care of the practical things such as uniforms, books and school bags.
- Be patient! It may take time for your pre-teen to adjust to their new environment. Website: kipmcgrath.co.nz/westgate Contact: 0800 TUTORING or kipwestgate@gmail.com.

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MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Wed 1 Feb	01:35	07:57	13:54	20:23	-
Thu 2 Feb	02:18	08:41	14:38	21:09	-
Fri 3 Feb	03:05	09:29	15:27	21:59	-
Sat 4 Feb	03:57	10:23	16:22	22:55	-
Sun 5 Feb	04:58	11:26	17:25	23:59	-
Mon 6 Feb	06:07	12:36	18:36	-	-
Tue 7 Feb	-	01:09	07:22	13:49	19:51
Wed 8 Feb	-	02:19	08:33	14:56	21:00
Thu 9 Feb	-	03:22	09:35	15:54	21:59
Fri 10 Feb	-	04:18	10:28	16:46	22:50
Sat 11 Feb	-	05:07	11:14	17:33	23:36
Sun 12 Feb	-	05:51	11:57	18:16	-
Mon 13 Feb	00:17	06:33	12:35	18:56	-
Tue 14 Feb	00:55	07:12	13:12	19:35	-
Wed 15 Feb	01:31	07:49	13:46	20:12	-
Thu 16 Feb	02:06	08:25	14:21	20:49	-
Fri 17 Feb	02:41	09:02	14:57	21:27	-
Sat 18 Feb	03:21	09:41	15:39	22:09	-
Sun 19 Feb	04:07	10:28	16:29	22:59	-
Mon 20 Feb	05:05	11:29	17:30	-	-
Tue 21 Feb	-	00:03	06:17	12:46	18:43
Wed 22 Feb	-	01:17	07:32	13:59	19:57
Thu 23 Feb	-	02:25	08:35	14:58	20:58
Fri 24 Feb	-	03:20	09:26	15:47	21:48
Sat 25 Feb	-	04:07	10:10	16:32	22:32
Sun 26 Feb	-	04:50	10:51	17:14	23:14
Mon 27 Feb	-	05:32	11:32	17:55	23:55
Tue 28 Feb	-	06:14	12:12	18:37	-

Source: LINZ

Daylight Saving: Please note that tide times have been corrected for daylight saving time.

Disclaimer: MetService and LINZ accept no liability for any direct, indirect, consequential or incidental damages that result from any errors in the tide information, whether due to MetService, LINZ or a third party, or that arise from the use, or misuse, of the tide information contained in this website.

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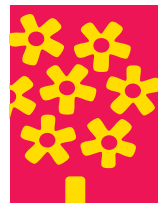
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