

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES SET FOR THE SHOW

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

SHOP CHANGES COMING RAPIDLY

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

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

February 2018

Intro

Welcome back to the first edition for 2018. This year already looks to be set with exciting events and interesting people galore. Although the recent storms have put a damper on things, there is still plenty of Summer left - so get out there and enjoy your community! A staple summer tradition is of course the annual Kumeu show on 10th and 11th March from 8.30 to 5pm. A huge line-up of show favourites is planned, expected to encourage more than 35,000 visitors over the two-day show. Entry is \$15 adults, \$10 seniors, \$5 for children 5-13 and parking is free. Show schedules will be available on the show's website www.kumeushow.co.nz along with other information. New additions to the community like the Source Bulk Foods store among the new shops and businesses which have opened along SH16 in Kumeu are a welcome change to how people can do their part to reduce waste. It offers unbranded, unpackaged bulk wholefoods and health foods. These include organic, paleo, gluten-free and vegan products. Auckland siblings Robert and Andrea Watt, brought the franchise to New Zealand from Australia, where the Source Bulk Foods is already heading towards opening its 40th store. The store will sell more than 400 products, including teas, herbs and spices, superfoods, confectionery, cooking liquids, cooking flours, beans, rice, dried fruits, nuts, seeds and ready-made mixes such as coconut lentil soup and organic buckwheat pancake mix. "It's a simple concept. Come in and browse, scoop how much you want into a paper bag, write the product code on the bag and take it to the counter," Andrea says. The Source Bulk Foods Kumeu is open seven days a week at 49 Main Road, Kumeu. Visit thesourcebulkfoods.co.nz or search Facebook and Instagram for more information. Last but not least, the second North West Wine Beer and Food Festival is on the 10th February at the Hunting Lodge in Waimauku. Tickets can be purchased through EventFinda and promise an exciting line up of artists like Fly My Pretties, Julia Dean and Alae. Get in quick as this popular event sold out last year. While you're online take a minute to vote for your favourite local business. Visit www.northwestcountry.co.nz/bizawards to nominate your favourite local businesses to show your appreciation for all their hard work, for their growth or development, for their outstanding customer service - or for just remembering your name! The Business Awards are open to any and all businesses operating in the greater North West Country boundaries. For more information and the T's and C's, visit the North West Country website - then get nominating!

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



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kumeu Courier

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PEOPLE & PLACES

SET FOR THE SHOW

Stories by Geoff Dobson.

A return to the golden weather is the Kumeu Show's big hope on March 10 and 11 after last year's washout.

The heavens opened both days last time, causing extensive surface flooding and resulting in few visitors – especially on the Sunday.

"So we're definitely hoping for better weather this time," Kumeu Agricultural and Horticultural Society president Jane Sparnon says.

A huge line-up of show favourites is planned, expected to encourage more than 35,000 visitors over the two-day show.

Multiple world champion axeman Jason Wynyard is expected to again feature in the Auckland Axmen's Club team in the 2018 Stihl Kumeu International Timber Champs.

Woodchopping is a big attraction at the show and has been running for most of its 96-year history.

Likewise, sheep shearing competitions and demonstrations are popular, as too is Chelsea Marriner and her performing Dog Stars, pictured, a big hit last year and returning on the Saturday for shows at 11am and 1.30pm.

Chelsea and her dogs have been on TVNZ's New Zealand's Got Talent in 2008 and 2012, and performed at events like the Mys-

tery Creek Fieldays and other shows.

The Rotorua 25-year-old has a team of about 12 dogs, mostly border collies, and does some casual farm work.

She's been working with dogs since the age of two-and-a-half, taking over her dad's puppy after he brought it home. At the age of about four, Chelsea saw the Tux Wonder Dogs television programme which inspired her to teach her dog tricks. She began competing in dog agility events from the age of seven and still does, and occasionally does sheep dog trials too.

At 17 she was representing New Zealand in the World Agility Championships in England.

"I now have a great team who all have a large range of tricks," Chelsea says. Teaching dogs involves a lot of hard work, patience and time, she says.

"We plan to have most of our original team, complete with new tricks, as well as new dogs and tricks," Chelsea says.

Chelsea uses positive reinforcement techniques and loves to show off their skills.

She operates under Ultimate Canines and has internet and



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It's not just dogs which attract attention.

A wealth of farm animals include alpacas, dairy goats (even Nigerian dwarf ones), poultry, and beef and dairy cattle. A Farm Zone and the Kumeu Small Landowners Association have areas where children can get up close to friendly animals.

Other attractions for the children include Cherry the Clown, buskers, Mahon's amusement rides, a talent quest, Highland dancing, and the giant pumpkin contest.

A show scavenger hunt for those 12 and under offers a prize for every entry and is based on questions about the show, often requiring a visit to a particular area using the map provided.

Horse lovers can check out the equestrian events too.

Show organisers hope to reintroduce a strongman competition this year, such events proving a big spectator drawcard in the late 1990s and early 2000s, especially when professional strongman Levi Vaoga was there.

If you like the smell and look of baking then the indoor section has it all. Displays and competitions also include arts and crafts, photography, and flowers.

The baking section includes a date cake recipe than be downloaded from the show's website.

The "tattooing" section has a challenge too, with entrants required to do a set piece of work.

A vintage tractor display will stir memories for some, and a tractor parade is planned for Sunday.

Trade stalls, food stands and market stallholders provide lots more.

"We're aiming for a great two-day show, with lots of new community members' input, which will help achieve our goals, especially towards the 100th anniversary show," Jane says.



She says many newcomers to the area will learn more about the society through visiting the show, open from 8.30am to 5pm both days.

Entry is \$15 adults, \$10 seniors, \$5 for children 5-13 and parking is free.

Show schedules will be available on the show's website, www.kumeushow.co.nz, along with other information.

LOCALS VOCAL ABOUT TRAFFIC ISSUES



The locals are vocal - "when's the work going to be done to fix traffic congestion?"

Questions like this and comments blasting the long wait for action to sort State Highway 16 issues from Westgate to Waimauku set the tone at the Kumeu Huapai Residents and Ratepayers Association' last meeting.

Most of the 60 residents say they are sick of the "talk fests" and now want urgent action to address "gridlock", safety issues and other concerns in and around the highway.

Lack of planning and action over the years by the agencies involved are "killing this area", businessman Craig Walker told NZ Transport Agency representative Craig Mitchell at the meeting. Craig Walker's call for agency heads to be held to account in "stuffing up this area", as the northwest corridor is pivotal to the district's growth, met widespread applause.

Others are concerned the change of central government may lead to long awaited projects being delayed or priorities shifted elsewhere in Auckland to cover things like light rail to the airport.

But they were assured by Craig Mitchell that the highway and its safety remain a key priority and that "massive investment" is coming, which will see safety improvements like a roundabout at the troublesome Coatesville-Riverhead Highway intersection start this year.

Highway short-term improvements won't be a "silver bullet" but the agency is "trying to do what it can", Craig Mitchell says. He says 2018 will be "a big one for this area".

Commenting on the change in central government he says its transport policies are still unclear, but better clarity will be obtained in a few months.

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But he says the various agencies and councils involved in Auckland's transport discussions have clearly set SH16 from Westgate to Waimauku as the second highest priority in the region. Countering criticism around delays, Craig says a process has to be followed, "which does take time".

With gridlock happening on the highway now and more housing bringing a rapidly increasing number of vehicles to the area, something has to be done quickly, association chairman and town planning consultant Pete Sinton says.

"The biggest problem is the missed timing between developments being built with resource consents, and the promised major infrastructure being provided to cope with the increased growth."

The Special Housing Areas at the Huapai "triangle" and Oraha Rd have started, while the Huapai North housing development is nearing completion, so the extra 10,000 population generated by these developments will put extreme pressure on the existing infrastructure and road network, the meeting heard.

"New roading infrastructure, including an alternative access, should be under construction now - not 10 years away," Sinton says.

Michael Brajkovich of Kumeu River Wines says the two main highway choke points and problem spots are at the Coatesville-Riverhead Highway and Access Rd intersections.

Craig Mitchell says the authorities are aware of the issues and details about Access Rd and the Tapu Rd intersection upgrades will be better known early in 2018.

One audience member suggested the choke points will just be moved from one area to another. He says it is as much a "slow issue" as a safety issue, prompting another member to say there would be no safety issues because traffic would be nearly at a dead stop on the highway.

Others are concerned highway improvement works might add to traffic problems and wonder whether the work can be done at times of less inconvenience.

To help get some traction on the Auckland Council's thinking around all this, resident Dale Wallace suggested the association invite Auckland mayor Phil Goff to address its next meeting.

A call also came to get some action around the area's rail network, or at the very least a decent bus lane or link to Kumeu.

Progress on Auckland Transport's request to buy 17 more electric trains for the north-west line to Swanson, costing about \$20 million, has encouraged "Trains to Huapai" Public Transport Users Association campaigners hopes for the battery powered trains to reach Kumeu and beyond - battery trains could fit through the problematic Waitakere tunnel.

A booklet "Supporting Growth. Delivering transport networks" compiled by the combined agencies was handed out at the meeting, which includes proposals for dealing with nearly 30,000 extra houses in the North West over the next 30 years. It includes a possible bypass or "alternative through route; south of Kumeu, a direct link between SH16 and SH18, and improved

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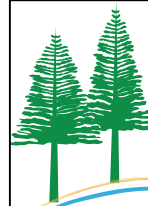
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connections.

A rapid transit network (RTN) linking Kumeu and Huapai with Westgate is also mentioned.

A footnote says projects will be prioritised over the next 30 years, subject to funding approvals. Statutory approvals and various regulations such as the Resource Management Act also apply.

But for residents like those at the KHRRRA meeting, it's a case of the sooner the better.

SHOP CHANGES COMING RAPIDLY



Shops and businesses fronting State Highway 16 through Kumeu-Huapai are changing.

Already, the medical centre, The Doctors, with 11 rooms and pharmacy plus eight shops have been built in Huapai on the Benjamin Bowring Printing site.

On the same side just near the Kumeu fire station the long standing Huapai Upholsterers run by Shane O'Hara and nearby Devine Clothing Boutique store buildings have been demolished, apparently to provide a day care centre.

A two-storey commercial block on the corner of Tapu Rd is likewise nearing completion, housing GJ Gardner Homes, a day care centre, café, offices and retail space.

Among new shops and businesses which have opened is The Source Bulk Foods store at 49 Main Rd (SH16) in Kumeu.

It offers unbranded, unpackaged bulk wholefoods and health foods. These include organic, paleo, gluten-free and vegan products.

The Kumeu store is only the second zero waste bulk foods shop under that label to open in New Zealand, following the launch of the Milford store in September.

Auckland siblings Robert and Andrea Watt, pictured, brought the franchise to New Zealand from Australia, where the Source Bulk Foods is already heading towards opening its 40th store "The level of anticipation and excitement has been overwhelming," says Robert, who is also a Kumeu resident.

"It's clear Kiwis want a place where they can bring their bags, bottles and jars to fill up with raw honey or kombucha on-tap, mill their flour and observe the making of their nut butter from raw nuts," he says

"Our short experience with the Milford store tells us that customers want freshness. Insecticide-free nuts from Australia are particularly popular, as are the freeze dried raw strawberries in chocolate."

Robert says people love the idea that they can buy in quantities of less than a handful or a few grams, up to as much as they like. "They come in to explore different types of food, chat about recipes and then come back for more of what they liked."

The business already has more than 1000 Facebook followers in West Auckland.

Kumeu staff were trained at the Milford store and selected for their customer services skills and their passion for wholesome food. One aim is to restore the kind of friendly service that characterised many of the 'old village general dealers', Robert says.

"We encourage our customers to take their time, browse, ask questions and chat with us. And when you go home you won't have to deal with the several layers of plastic and foil that comes with many packaged products."

The store also sells natural personal and cleaning products, a broad range of zero waste products like beeswax food wraps, organic cotton produce bags, stainless steel water bottles and glass jars.

It's proudly plastic bag free too. Shoppers are provided with paper bags or can purchase jute shopping bags and glass containers.

The store will sell more than 400 products, including teas, herbs and spices, superfoods, confectionery, cooking liquids, cooking flours, beans, rice, dried fruits, nuts, seeds and ready-made mixes such as coconut lentil soup and organic buckwheat pancake mix.

All products are labelled with the point of origin.

Andrea says their great grandfather Dick Pugh was a general store owner in South Canterbury in the 1950s, and the family experience in retail has instilled in them a passion for personal customer service.

"It's a simple concept. Come in and browse, scoop how much you want into a paper bag, write the product code on the bag and take it to the counter," Andrea says.

The Source is a living wage employer which aims to support local communities and charities.

It has aligned with New Zealand charity Our Seas Our Future, to which the store will donate \$2 from every stainless-steel water bottle sold.

The Source Bulk Foods Kumeu is open seven days a week.

Visit thesourcebulkfoods.co.nz or search Facebook and Instagram for more information.

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Happy New Year

What a fantastic summer so far, even with the odd storm.

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 mainland is in a restricted fire season which means that outdoor fires require a permit. This can be applied for through the Auckland Council website. The Hauraki Islands are in a prohibited fire season.

Fire crews have been attending numerous vegetation fire calls out West. Luckily the crews have been quick to extinguish the fires, but we ask that you take care as it is human activity that causes them to start.

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 Denis Cooper on 027 562 6942 or Graham McIntyre on 027 632 0421.

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COMMUNITY NEWS

YESTERDAY AND TODAY AT THE KAUKAPAKAPA LIBRARY

Sunday 18th February, 10am to 1pm. Come along to a display of old-time Kaukapakapa alongside images of the same places as they are today. Attached pictures are St. Cuthbert's Presbyterian Church in North Crescent. The church was originally built in 1881 and the occasion is Olive Cole's wedding. If you are new to the area, it's a great way to learn some of the Kaukapakapa history. The Library is open in conjunction with the Kaukapakapa Village Market every third Sunday of the month. Contact Megan Paterson, 021 959 017, threehorses@xtra.co.nz.



KUMEU BOUNCY CASTLES

Happy New Year! Summer is finally here and there are many weeks of sunshine to come so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, school events, etc. Amazing face painter and entertainers -

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She has been a psychic medium for over 20 years and is internationally accredited. Along with this she is a NZ Registered

marriage celebrant, Reiki Master and author of her debut book "Breaking Free". Her passion is to assist and empower people, offer comfort and healing to the bereaved. If you have lost someone, through her gifts she is often able to communicate with those who have passed over bringing message of love, peace and comfort. Her message is "I wish to console and bring peace to others". You can book an appointment with her through: spiritualdecisions.co.nz.

SENIORNET KUMEU INC.

It's 2018. 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 in 2018 - membership is open to all 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 just \$20.00 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.

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groups such as iPads, android devices, PC's and Laptops (Windows) and Apple Mac. We always try to 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 7th) 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.

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HELLOWORLD

Egypt, the land of pyramids, pharaohs and mummies. If this destination is on your bucket list, don't hesitate any longer, you won't be disappointed. My recent trip in October saw us visiting all the famous sites, such as The Pyramids of Giza, the bent and red pyramids, the Sphinx, the Egyptian Museum, Tombs of the Nobles, Abu Simbel temples, Luxor & Karnak temple, Valley of the Kings, Tutankhamun's Tomb and numerous bazaars, and you can't go to Egypt without having a camel ride. My favourite place, was Aswan, visiting tombs that dot the surrounding shore line, watching feluccas sailing up and down the Nile with date palms swaying in the wind. If you are concerned about safety, you shouldn't be. On an organised tour, I didn't feel unsafe at any time and the locals were very welcoming to tourists. Egypt is like no other and it can be done on any budget. I know you will come away with an experience of a life time. For more information or to organise your own trip, come and see our team at helloworld Hobsonville. Phone 09 416 1799 or email hobsonville@helloworld.co.nz.



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SUMMER TENNIS AT WAIMAUKU CLUB



Summer is upon us and it's time to get the whole family into action. Waimauku Tennis Club (located near the Waimauku School roundabout on the state highway opposite the Caltex station), have twilight tennis for Seniors every Wednesday night at 7.30pm open to both members (free) and non-members (\$5 charge), with a monthly fun night which includes games and refreshments. This is social tennis so all player levels welcome. Contact Helen on 0213674350 for more details, programme re-starts February beginning of school term 1, for 2018.

The club has a vibrant junior programme with classes for all ages and abilities, from beginners to high-performance future tennis stars. These include after school lessons most week days and a Saturday morning programme, commencing the beginning of February coinciding with the school term. In addition, during the summer period in term 1, every Wednesday after school from 3.30pm onwards the club is open for junior club night where new comers are most welcome to

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WOODHILL SANDS

The Alltech Auckland Championships are back in February (17th & 18th) Free entry for spectators, no dogs please, espresso coffee and food on site. This will be the final major competition in many riders road to Horse of the Year. Last years' Alltech Auckland Champion was Olympian Clarke Johnstone. We are hoping he will be back to defend his title. This show also sees the final of the Northern Regional GP Super Series. Where: Woodhill Sands Equestrian Centre, James Mackie Road, Woodhill, When: 17th & 18th February from 9am. Photo Credit Ana Rattray of Cheleken Photography.



THE LIONS CLUB OF WAIMAUKU IS GEARING UP TO HAVE ANOTHER SUCCESSFUL YEAR

In 2018 we want to raise funds for a new patrol tower for Muriwai Surf Club. Several fundraising events will be held, with our Gala being one of the main events. The annual Waimauku Lions Gala will be held on Saturday 28th April 2018, from 9am to 3pm, at the Waimauku village shops. The Gala has become Waimauku's annual community event, and an opportunity for all of our community groups to showcase their work. We will again have lots of stalls, musical entertainment, a garage sale, firewood raffle, sausage sizzle and other food, a bouncy castle and other fun things for kids and adults. If you are keen to have a stall, table or car boot sale at our Gala, please book your space by emailing Cherie at lionswaimauku@gmail.com before 24 March. We are asking stallholders to bring their own table(s) and chair(s). There will be more information regarding the garage sale and when we will be accepting items for the sale in the next few weeks. We will be accepting items for the sale in the next few weeks.

JESTERS WESTGATE

Jesters Westgate would like to support your local sports team or event. We can offer player of the day awards including a free pie for the lucky winner. There are several great fundraising options to support your sports team or we can even cater your events with our mobile pie van. If you are interested please contact the store directly. Jesters Westgate (next to Countdown), Westgate Shopping Centre. Phone 09 832 6060 or Tony on 021 510 138.



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Anna Jeffs is the Director of Fox Private Investigators Ltd. Fox Private Investigators Ltd is a highly professional and experienced team including ex NZ and UK Police and legal personnel, both with over 20 years of experience and ex-army personnel. We offer expert investigation services including surveillance, infidelity investigations, criminal legal support, family and civil litigation support, locating missing persons and birth parents, document process serving, GPS vehicle tracking, computer and mobile phone forensics and bug sweeping. Please call Anna for confidential advice 021 036 8417 or visit www.foxprivateinvestigators.co.nz. Licensed by The Ministry of Justice: 13-008198.

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Director

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A MESSAGE FROM NWC CHAIR TONY FORLONG



North West Country is definitely where all the action is going to be during 2018.

Our second North West Wine Beer and Food Festival is just days away and we are looking forward to sharing all that this region has to offer with thousands attending this event.

Locally, we are pleased to open nominations for the 2018 North West Business Awards and we would encourage you to nominate your favourite business and help us celebrate business excellence in the North West area. A new initiative this year will be a Business Expo which will be held in Kumeu mid-year as an opportunity to showcase an even wider range of businesses to local residents.

One of our projects this year is to advocate for, and assist with, improvements to our town centres, starting with Helensville. It's also pleasing to see high speed fibre being rolled out in Helensville over the next couple of months and while there may be some short-term disruption, businesses and residents will benefit greatly from faster connectivity.

Our new mobile app is currently being tested by a small number of our businesses before being rolled out across the region in March so keep an eye out for this exciting initiative and ways that you can win monthly prizes.

WEST NORTH Wine Beer & Food Festival

FLY MY PRETTIES

JULIA DEANS ALAE

SAT 10 FEB, 12-7PM

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FREE PARKING / BUSES / KIDS UNDER 15 FREE
FOOD & BEVERAGE FROM OVER 12 LOCAL VENDORS

Make sure you have your tickets to this years North West Wine, Beer and Food Festival! There will be door sales available, but **last year sold out** - so don't miss out this year!

2018 NORTH WEST BUSINESS AWARDS

They're back! The annual North West Business Awards for 2018 are here, and nominations are now OPEN!

Visit www.northwestcountry.co.nz/bizawards to nominate your favourite local businesses to show your appreciation for all their hard work, for their growth or development, for their outstanding customer service - or for just remembering your name!

The Business Awards are open to any and all businesses operating in the greater North West Country boundaries.

For more information and the T's and C's, visit the North West Country website - then get nominating!



IN BRIEF

UPDATES:EVENTS

KUMEU CHILDREN'S ART CLUB

Kumeu Children's Art Club is celebrating its 20th birthday this year. This non-profit organisation was founded on the belief that peace could be promoted through the arts at a grass roots level. Since 1998 The Kumeu Children's Art Club has been instilling the values of peace and kindness whilst creating a stimulating environment for the nurturing of creativity in our younger generations.

Classes take place at the Kumeu Arts Centre on Tuesdays and Thursdays from 3.30 – 5.30pm

Term 1 topic is Carnival Creations where children will create their own unique costumes to parade at our birthday celebration later in the term. Another fun term with the same two rules that have underpinned the last two decades. 'Be kind and Love art'

For more info contact Julie on 021 208 3714 or juliemoselen@xtra.co.nz.

THE MOBILE CAR SPECIALISTS

Summer is well and truly here, so this is without doubt, the ideal time to have your car professionally polished and looking great on the roads. We remove fine scratches from the clear coat (that can be seen in the sunlight), remove sunscreen marks & oxidation, and restore depth of colour which transforms tired looking paint on cars. This service also adds great value to a vehicle when selling.

Prices range from \$259 +gst for sedans and \$299 +gst for SUV's.

Our other services include:

- Removal of small to large dents in your car panels
- Yellow / foggy headlight restoration
- Deep clear coat scratch removal
- Ceramic coating paint protection
- Signwriting removal

We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and reviews.



WOMEN'S REFUGE SEEKS GUARDIAN ANGEL

Are you someone who has been affected by family violence and would like to help others transition to a brighter future? Or maybe you have worked with vulnerable people in your career and you'd like to find a new way to share that expertise.

The Kia Timata Ano Trust, an independent women's refuge serving northwest Auckland, is on the lookout for a dedicated volunteer who is willing to spend a few hours with its Safe House clients once a week during the weekend.

It's hoped the volunteer will become something of a mentor to clients, building up their confidence and resilience.

The main responsibility is organising

activities for clients and their children. These could involve beach or bush walks, or baking or art projects. There will be a budget allocated for the activities and of course, transport expenses will be reimbursed.

If you're looking for a way to give back to the community and this role appeals, please contact the Executive Director via email: ana.kiatimata@gmail.com.

LAPTOP SCREEN REPAIR

Here at IT@Hand, we provide laptop screen repair. There are several hundred laptop models, but we can fix most of them. Our repair time is usually within a few days. Prices are reasonable and depend on the screen size and screen quality of your laptop.

Come see us and we can sort you out.

09 4219 227. 3/322 Main Road, Huapai Kumeu.

KUMEU LIBRARY

It's a new year, and all the activities at Kumeu Library are up and running for 2018. Our fun, free activities are a great way to meet new people in the local community, learn new skills, and expand your knowledge - so come in to your local library and join in the fun.

Activities for Children:

Storytime: Mondays and Saturdays at 10.30am - Stories, songs, rhymes and a fun activity for children aged 3 to 5 years.
Homeschoolers' Make: Build: Do: Wednesdays during school term at 10.30am, starting 14 February - An hour of constructing, creating and fun for children aged 9 to 13.

Make: Build: Do: Thursdays during school term at 3.30pm for children aged 9 to 13, starting 15 February - What can you build in one hour?

Rhymetime: Fridays at 9.30 - 10.00am - for pre-schoolers aged 18 months to 3 years.

Wriggle & Rhyme: Fridays during school term at 10.30 - 11.00am, starting 9 February - for babies 0 to 2 years.

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Activities for Adults:

Book Chat: The first Tuesday of every month at 10.30am - come and chat about what you have enjoyed reading while enjoying morning tea.

Crafternoon: The last Wednesday of every month (except December) at 2.00pm, starting 31 January – create something different every month.

Book Club: 7.00pm on the 4th Thursday of each month except December, starting 25 January. Join in our lively discussions – every month we read a different author, genre or theme.

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

HALLERTAU BREWERY PROUDLY PRESENTS THE 2018 RIVERHEAD RAMPAGE

This exciting off road trail running and walking event starts at Riverhead Primary school and goes through the beautiful Riverhead forest in North-West Auckland. All money raised goes to Riverhead Primary School to promote healthy and active lifestyles. Come and join us on Sat 10th March 2018 for either a 5km, 10km walk or run or 21km run either by yourself or as a team with your favourite walking/running buddies. Visit www.riverhead-rampage.co.nz for entry info.



WAIMAUKU SCOUTS FUNDRAISER

If you haven't yet visited the amazing Alan Gibbs Farm & Sculpture Park on the beautiful Kaipara Harbour, now is your chance.

Tickets priced at only \$59 an adult, or \$49 for students or seniors aged 65+ Add on an optional lunch to make it easy.

For: Thursday 12 April 10am till 2pm This Fundraiser has all proceeds towards up to 20 Waimauku Scouts & Leaders to join the Australian Jamboree in Adelaide in January 2019.

Tickets are selling fast. Purchase online: www.iticket.co.nz/events/2018/apr/waimauku-scouts-gibbs-farm-sculpture-park. Thank you for your support of the Scouts.

THE FLOWER BARN CAFE COMING SOON

Important Notice: Sorry guys, but we no longer supply our flowers to Waimauku Fresh Supermarket. If you are needing fresh flower bouquets made up please give us a call directly or just pop in.

Need a quote? Are you looking for DIY Flowers, everyday flowers, Valentine's or wedding flowers? Maybe flowers for special events, birthdays, church functions, community sponsorship? Send us your request today to flowerbarn@plantzero.co.nz

The Flower Barn grows all its own flowers & plants using biological controls and zero nasty chemicals that kill bees. How important is this to you? We think it is important to be as bee-friendly as possible so we contribute to the health of our bees instead of hurting them. Being bee-friendly not only helps bees, it also helps us. Bees pollinate most of our food crops and without them people could not survive. Using zero nasty chemicals is also better for our own health, the health of our homes, our workplaces and even

public spaces. Everywhere around us you can see flowers and plants, and if they are being sprayed with nasty chemicals then we are also breathing that in.

At the Flower Barn we grow a range of seasonal freshly cut flowers. Our main crop is Floribunda roses with new garden varieties coming soon. Also on the menu is a new boutique cafe on the farm in Kumeu so when you pop in to pick up your flowers or bouquets you can also pick up a cup of delicious coffee or tea with some home baked goodies. We still need a few more suppliers so please call us to inquire.

Hop online to see our ladies or send us an inquiry if you would like more information @ www.flowerbarn.co.nz or give us a call on 09 412 7606.

KAUKAPAKAPA VILLAGE MARKET

Sunday 18 February 8.30am to 1pm. A great morning out for the family, this village market has something for everyone, friendly people, great atmosphere a fabulous selection of handmade stalls plus everything from locally grown fruit and vegetables to pre-loved goods – a great opportunity to pick up something unique or grab a bargain. Enjoy a delicious snack from the market café, freshly baked cakes, doughnuts, barista coffee or a sausage from the Helensville Lions sausage sizzle.

Plus our musicians this month are the entertaining Ukulele Union who will be performing from 10am to 12pm.

For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.



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PROPERTY

NEWS & ADVICE

MARKET REPORT

February is historically the month that people start implementing their Real Estate plans which normally intersect a range of influencers. One of the influencers is the Banks who have had the loan value ratio relaxed by the Reserve Bank allowing more funding to flow through to home buyers. Investors and Overseas buyers are still being heavily restricted however there is some speculation that further relaxing may come into effect to try to encourage more rental property numbers to come back onto market. One of the side effects of the Reserve Banks tightening of restrictions on banks to the Auckland Investor market (requiring 40% deposit) has delivered a dramatic lack of rental properties in the Auckland market, a hole that Auckland Council and Central Government are now forced to solve, through emergency accommodation and state housing. One thing is for sure, New Zealander's demand for property ownership is strong and Auckland Real Estate will always outperform every other property market in New Zealand. Let's take a look at local sales numbers: Coatesville lifestyle \$1,240,000. Helensville lifestyle \$898,000 to \$1,490,000. Helensville residential \$410,000 to \$750,000. Huapai residential \$810,000 to \$865,000. Kumeu lifestyle \$1,055,000 to \$2,400,000. Muriwai residential \$812,500 to \$1,075,000. Riverhead residential \$865,000. Taupaki lifestyle \$975,000 to \$2,100,000. Waimauku residential \$870,000 to \$1,330,000. Waitakere residential \$780,000 to \$800,000. Whenuapai lifestyle \$2,600,000.

Upsizing or downsizing or liquidating, there are a number of things that will be important to you; a) the agent needs to be experienced and highly qualified; b) the process must attract a volume of buyers; c) the advertising plan must attract the right buyers to view the property; and d) you must feel part of the journey and involved in the success of the sale. At Mike Pero Real Estate, we provide a logical and easy solution that delivers peace-of-mind to buyers and sellers considering a property change. For more information go to www.grahammcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Ltd Licensed REAA (2008).

WHY IT PAYS TO GET GOOD ADVICE

Getting on the property market or need information on your borrowing options? It's really important you seek good advice before making any major decisions.

It can be difficult to discern the good from the bad when it comes to working out finance options that suit you.

This is where a Mortgage Broker can help, so you don't have to navigate through the maze of information all on your own. Here are a few situations where the services of a mortgage broker may be particularly useful.

So you're.....

Wondering where to go if you have imperfect credit - Don't assume just because you don't have a squeaky clean credit history that there's no options for borrowing. The key is knowing who to speak too.

Brokers work with applicants to find solutions working with the challenging credit history, to borrow. Some lenders are open-minded when it comes to assessing your financial past, however this is when your broker understands what the lenders are requiring.

Looking to break into the property market - Saving a 15-20% deposit to enter the property market can be a daunting prospect. Some lenders are flexible when it comes to the source of funds they will accept as a deposit - that's why finding the right lender is important.

So whatever your situation: Have a deposit, funds from an inheritance or gift, impaired credit or less than six months PAYE employment history, ask a Broker about the options available to you.

Ready to invest but unsure what deposit you require? With the recent restrictions to loan-to-value ratios imposed on the big banks you might be wondering how much of a deposit you may require. There are smaller lenders out there offering loans with lower deposit requirements than the banks.

So, what's the next step? Seek advice from an experienced Mortgage Broker. For further details or feedback feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan.urlich@mikepero.co.nz. Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

WHO WOULD MAKE DECISIONS ABOUT YOUR PROPERTY AND HEALTH IF YOU BECAME UNABLE TO?

A power of attorney ("POA") is a document appointing someone to make decisions on your behalf or sign documents for you. There is a common misconception that a POA is not necessary until later in life. However, like wills and advance directives, a POA is something that everyone over 18, and particularly those with



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children, should consider. In the event of a sudden illness or accident a POA allows someone you trust to make important decisions about your finance and property and/or your personal welfare and health. Without a POA family members may need to apply to the Family Court to enable them to make these decisions, which can be time consuming and costly. A POA provides certainty and allows you to choose who you trust to make the decision on your behalf, and to set boundaries around how they make those decisions and who they consult with.

It is important to put a POA in place while you still have capacity. In some cases you may be required to obtain a medical certificate certifying your mental capacity before signing. This is usually more relevant to those in the older generations. Whatever your circumstances, a lawyer will tailor a POA to your specific requirements to ensure that the best decisions are made for you if you are unable to make them.

Kemp Solicitors phone 09 412 6000.

TOP ROOF MAINTENANCE TIPS



Autumn is an important time for roof maintenance because it protects your home during heavy winter weather. If your roof is damaged and in need of repair, now is the time to get it taken care of. In order to ensure that your roof has the longest lifespan possible:

Trim Back Your Trees - As the leaves begin to fall around your home, you will see

branches on your trees that are getting a little too close to your home. Trim those back now so they do not endanger your roofing later. If you can do this early on in the autumn, you can also minimise the leaves that clog your guttering system.

Clean Your Gutters - Clean gutters are needed to keep water flowing properly off your roof. Clogged gutters will splash water back onto the roof, which can lead to cracking, mould, and other damage later on. Clean out your gutters before the autumn leaves start to rain down, and keep an eye on them throughout the season.

Get A pre-winter roof inspection - It's always a good idea to have someone look at your roof before winter comes so you can fix problems you may be having right away. It is much easier to repair a roof in the autumn before there is winter weather to worry about. If you wait too long, you will have a much bigger problem on your hands.

Invest in roof repairs as needed - If your roof inspector indicates that you need repair work on a certain part of your roof, make sure you take care of that now before it's too late. Small problems in the autumn can turn into huge problems in the winter, so it's always best to enter the cold season with a strong, sturdy roof. If you maintain your roof properly throughout the year, you won't have to worry about excessive repair costs.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Call us today on 0800 00 22 22 email roofingprecision@gmail.com for a free no obligation quote - we would love to hear from you.

STAGE IT YOURSELF

Happy New Year everyone. My name is Frances and I am the sole owner of Stage It Yourself. Some of you many recognise me from past issues of this great publica-

tion, but as I have not been in the last few I thought I would update you and remind you of my services I can offer.

My business is somewhat unique in the home staging market. I offer a styling service and loan of accessories to help people present their home to the highest standard, whilst utilising their own furniture when selling their home. Full staging is not always needed and this simple, yet cost effective service has proved very successful for my recent customers, see my website www.stageityourself.co.nz and Facebook page for testimonials and before and after pictures. Initial 1 hour consultation is \$50.00 + GST to give you tips and ideas on how to present your home to all those potential buyers. Remember, well presented homes are more likely to sell faster.



\$85 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at sarah-brightwell022@gmail.com.



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AREA PROPERTY STATS

Every month Mike Pero Real Estate 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	1,075,000	1.6HA	178M2	1,240,000
Helensville	458,000	379M2	78M2	410,000
	670,000	520M2	130M2	653,000
	1,250,000	20004M2	159M2	1,490,000
	650,000	602M2	80M2	700,000
	680,000	1652M2	174M2	750,000
	2,175,000	8.3HA	1306M2	6,700,000
	900,000	2.1HA	185M2	898,000
	940,000	2HA	159M2	1,490,000
Huapai	730,000	809M2	99M2	810,700
	690,000	1335M2	175M2	865,000
Kumeu	1,700,000	3.5HA	240M2	1,750,000
	2,400,000	5.1HA	344M2	2,400,000
	1,000,000	2.2HA	150M2	1,055,000
	2,375,000	1HA	286M2	1,800,000
	1,700,000	3.5HA	240M2	1,750,000
Muriwai	870,000	1321M2	140M2	812,500
	1,075,000	809M2	132M2	1,075,000
Parakai	330,000	591M2	140M2	515,000
Riverhead	970,000	877M2	108M2	865,000
Taupaki	2,225,000	4.1HA	180M2	975,000
	1,450,000	4.1HA	137M2	2,100,000
Waimauku	940,000	4000M2	150M2	1,130,000
	1,400,000	1580M2	260M2	1,330,000
	800,000	2000M2	125M2	870,000
Whenuapai	2,300,000	9700M2	361M2	2,600,000

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then 1.95%
thereafter"

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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.



SUN FILLED UTOPIA AL-FRESCO BRICK AND TILE

4 2 2

By Negotiation

7 Hendrika Court, Hobsonville
By Negotiation

Hobsonville - Single level, modern, four bedroom, fully refurbished home. This is a home that delivers all the best of modern living with easy flow from open plan living to louvered alfresco patio, integrating a private spa area with easy care garden and lawn. Located minutes from Hobsonville Primary School and in a beautifully presented cul-de-sac location. Elegant entrance, four generous bedrooms, master ensuite, entertainers open plan kitchen and lounge linking to formal dining and lounge including 2 heat pumps. Double garage with internal access and the section fully fenced. Extensive refurbishment and additions includes selected double glazing, central vac, heat pump, moisture control system, upgraded light-fittings and hardware. A near new home, refurbished to a very high standard.

www.mikepero.com/RX1328547



Cherry Kingsley-Smith
021 888 824
09 412 9602
cherry@mikepero.com

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



WAIMAUKU, BRICK AND TILE, POOL, LARGE SECTION

4 2 2

Asking Price \$1,090,000

10 Rosella Grove, Waimauku
Asking Price \$1,090,000

Entertainers living, uncompromised alfresco to in-ground pool. Located in a quiet cul de sac with excellent water company and great neighbours. Expansive lawn is enhanced by easy-care established gardens bathed in sunshine from sunrise to sunset. Perfect for hot summer days, while sheltered and cosy in winter months. Built in early 2000 and refurbished this home offers 4 bedrooms, dressing room, two lounges, two bathrooms (including en-suite) guest toilet and double garage. All on one level floor plan. The CV on this property is \$1,050,000. 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/RX1291971



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



BRICK WITH TILE - NEEDS LOVING FAMILY

3 2 2

By Negotiation

2/17 Deanna Drive, West Harbour By Negotiation

Elevated two level home up a private right-o-way, the home delivers three generous bedrooms upstairs and an office downstairs, two bathrooms, double garage and extended kitchen, dining and lounge. A no-nonsense sensible two level family home which uses the space well providing a small patio and grassed area attracting afternoon sun. Some options here to add value and stamp your mark. The integrity of the home will impress you, the location is excellent offering a short walk to Marina View School, West Harbour Marina, Parks and shopping. The CV on this property is \$950,000. 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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027 632 0421
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4 3 2

By Negotiation

20 Solan Drive, Waimauku By Negotiation

A must view is this modern and spacious family or executive living home on a large 1160m2 section. Fantastic four bedroom entertainer. You will enjoy the indoor /outdoor flow with master bedroom, formal lounge, family living areas and a well-appointed kitchen all opening to alfresco dining and relaxed outdoor living. A bubbling hot spa, landscaped gardens and fruit trees complete this delightful and very private family haven, fully fenced and set adjacent to a bush reserve. With three car garaging, a spacious modern kitchen, spa bath and a short walk to great local schools, Waimauku village and amenities. The CV on this property is \$1,175,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email cherry@mikepero.com.

www.mikepero.com/RX1339882



Cherry Kingsley-Smith
021 888 824
09 412 9602
cherry@mikepero.com



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



BIG EXECUTIVE LIVING WITH STUDIO LOFT

5 2 3

By Negotiation

45 Buckley Avenue, Hobsonville Point By Negotiation

This inspired five bedroom home commands a corner site with plenty of space, light and urban views. Ground floor entry offers open plan living into a sunny lounge, separate kitchen and dining area, with indoor-outdoor flow. Four spacious bedrooms are found on the two upper levels. Landscaped courtyards at the front and rear of the home add extra space to create a calm, relaxing environment. With 2 car garaging, carport and a studio loft, this property certainly delivers! Look no further for an ultra-modern, future-proofed home, only three years young with a 10 year Master builders guarantee. Life here includes top schools, cafes, restaurants, shops, medical centre, a lively Farmers market, coastal walks and great transport links, including ferry.

www.mikepero.com/RX1303431



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BRICK AND TILE - ONE LEVEL ALFRESCO LIVING

4 1 2

By Negotiation

51 Cloverfields Drive, Waimauku By Negotiation

Set on a private and tranquil half acre, at the end of an exclusive use driveway is this stunning property, a home and a haven, quiet and restful. This quality 200sqm brick and tile home is stunning and style and class are evident throughout. The designer cottage kitchen is the hub of the home. The open plan dining and living leads out to a large sun filled deck ideal for entertaining with pull down blinds and delightful outlook. Two living areas, three double bedrooms and a spacious modern family bathroom complete the main part of the house while a separate wing, gives this home options galore. Here is a large third living area, fourth double bedroom, bathroom and office nook, with internal access to the garage.

www.mikepero.com/RX1330244



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SELLING, SELLING..... WAITAKERE TOWNSHIP

2 2 1

By Negotiation

57 Waitakere Road, Waitakere
By Negotiation

Elevated, split level and cost effective. Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$730,000. 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/RX1154898



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THE PERFECT LIFESTYLE PROPERTY

4 2 2

Asking Price \$1,298,000

87 Zanders Road, Waimauku
Asking Price \$1,298,000

This is the most sought after lifestyle property, 1.9HA (5 acres approx.) nestled in a quite rural cul-de-sac in the Ararimu Valley, 10 mins from Kumeu or Waimauku villages. Spacious, Maddren four bedroom, two bathroom brick home with internal access to a large double garage. Large wooden deck accessed by two double bi-fold doors and a ranch slider provide great indoor - outdoor flow. A double bi-fold door opens onto a concrete courtyard, from the large kitchen / family room area. Land is easy to moderate contour and enjoys a pleasant rural outlook. The grounds are neatly laid out, featuring fruit trees and palms. Pasture is divided into 4 paddocks of improved pasture. The fencing is to a good standard. A small dam is at the bottom corner of the block.

www.mikepero.com/RX1323109



Lyndsay Kerr
027 554 4240
09 412 9602

lyndsay.kerr@mikepero.com



NATURE'S PLAYGROUND, BEACHES, WALKS - ANAWHATA

3 2

\$829,000

111 Anawhata Road, Anawhata
Asking Price \$829,000

So close to Piha, Waiatarua and Karekare. Being part of nature is not a journey; it's a lifestyle. Set on 971 square metres of lawn and framed by bush it's the perfect place to immerse yourself in Anawhata time. A short drive to multiple west coast beaches and numerous bush walks, the location offers unlimited natural saturation. The property has an open plan, entertainers' home, offering alfresco to a wrap around deck and space to enjoy opening up for summer. Get cosy during the winter evenings with double glazing, closed wood burner and moisture control system. Three generous bedrooms, bathroom and an ensuite off the master bedroom. A home that enjoys easy living, good flow and generous sunshine. A garage area and workshop under the home offer options for tinkering or storage.

www.mikepero.com/RX1362040



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027 632 0421
09 412 9602

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THE KIWI DREAM

3 2 1

By Negotiation

289 Motutara Road, Muriwai
By Negotiation

Four bedroom home on quarter of an acre with the beach a ten minute stroll down the road. This beautifully built character home is looking for a new owner who will appreciate the skill that was employed to build to this quality. Extensive use of Kauri and other quality timbers make this home a rare find. A modern kitchen is complimented by a pristine Shacklock range with a wetback. The formal lounge overlooks the lovely gardens. The master bedroom is a spacious light filled room. The beach and surf club are one kilometre away, the golf club is around the corner, what more could you ask for. The CV on this property is \$1,050,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.

www.mikepero.com/RX1332459



Lyndsay Kerr
027 554 4240
09 412 9602

lyndsay.kerr@mikepero.com



HOME AND MINOR DWELLING RIVERHEAD - 1.6 HECTARES

4 2 2

By Negotiation

301 Riverhead Road, Riverhead By Negotiation

Tucked away from the hustle and bustle of Riverhead and Kumeu with over 50 mature fruit trees, chickens and grazing. A unique family environment with space for the family to grow, tranquility to enjoy the sounds and smells of semi-rural life, and privacy to sit back and watch the day unfold with green fields, established plantings and the wow factor. The home of four bedrooms and two bathrooms has been sensibly developed. It boasts extensive open plan living and entertaining out to a wrap-around patio and pool area. Options around office/study/bedroom and storage through to the double garage. In addition the property has a 65sqm minor dwelling to the front of the section which provides options for income or the extended family.

www.mikepero.com/RX1359567



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ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A Ridge Road, Riverhead By Negotiation

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$810,000. 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/RX1055369



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



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
027 554 4240
09 412 9602

lyndsay.kerr@mikepero.com



EXTENSIVE VIEWS, ART DECO REFURBISHMENT, SWANSON

4 4

By Negotiation

1084 Scenic Drive, Swanson By Negotiation

A beautifully refurbished home with extensive bush valley views with four rooms, two lounges, four bathrooms and study/office. An elegant and Art Deco look that seamlessly links the best of period piece living and the beautiful outlook of Waitakere's Foothills. Options here for a family or a working from home buyer that is seeking a funky and fun environment with excellent offstreet parking. Easy access to one of the rooms directly with walk in wardrobe and ensuite without accessing directly into the home. Extensive alfresco to wrap around decking to integrate with plentiful uncluttered views. The CV on this property is \$785,000. 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/RX1363436



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027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



PICTURE THIS, NEW HOME ON 48 HECTARES - WAIMAUKU FRINGE

By Negotiation

1295 Old North Road, Waimauku By Negotiation

Elevated land, no power lines, rural outlook. Seldom found - an amazing rolling grazing land with bush glades, multiple house sites, and an uncompromised rural valley view. If you are searching for tranquillity and an environment to create your very own ponderosa, with a mixed compliment of around 24 hectares of grazing and the same in covenanted bush including tea tree. This could be your opportunity to consider gazing and honey making hobbys. The land meanders to a central stream with access on both sides through an established raceway so travel by foot or quadbike is fun and medium fitness. Likewise wild deer still roam the land as Wood Pigeon and Tui's swoop through this picture perfect landscape.

www.mikepero.com/RX1326808



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1.8 HECTARES - WAIMAUKU FLAT AND ROLLING

By Negotiation

Lot 2 Old North Road, Waimauku By Negotiation

Located a stone throw off Old North Road the land is contoured well to provide room to roam, land to graze and some idyllic house sites to choose from. Quiet, tranquil, established shelter trees and pretty as a picture. Located a short drive to Waimauku and Helensville we welcome your interest in this desirable lifestyle destination. The CV on this property is \$680,000. 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/RX1362023



Graham McIntyre
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RURAL NEWS

YOUR RURAL SUPPLIES SPECIALIST

Western ITM Kumeu stocks a comprehensive range of urban & farm fencing that can add so much value to your rural/lifestyle property. Fencing not only provides you & your animals with security & privacy, it can also provide shelter from the elements.



Wire & batten fencing - Usually this consists of seven or eight wires, using 2.5mm hi-tensile. The posts can be #1 or #2, which relates to the diameter of the post.

Post & rail fencing - A popular option for lifestyle blocks & equestrian facilities.

Strainers & stays - Strainers are larger fence posts that provide anchoring points & extra strength for your fence.

Farm gates - We stock wooden & galvanised gates in a variety of lengths & styles.

Chain fencing & hex netting - Offers a transparent design, our range of chain link fencing is suitable for boundary separation, pet enclosures & animal compounds.

Electric fencing - We carry a comprehensive range of Gallagher Electric Fencing System & a wide range of Strainrite fencing tools, equipment.

For further advice or information visit westernitm.co.nz or call instore today. Western ITM Kumeu - 154 Main Road, Kumeu. phone 09 412 8148 - open 7 Days.

FACIAL ECZEMA NOW IS THE TIME TO WORK ON A PREVENTION PLAN

Each year I like to send out a reminder around FE time to jog people's memory as to the hazard it presents.

To put it in perspective FE is responsible for serious production losses in NZ each year to the tune of around \$200 million to the sheep, cattle, dairy and alpaca industries.

The disease causes liver and skin damage, reduced fertility, reduced milk and meat production, and if left unprotected can cause death.

During summer and autumn months, warm humid conditions together with dead litter in pasture support the growth of fungus (*Pithomyces chatarum*) in pasture. Animals graze toxic pasture and once in the rumen, the spores release a mycotoxin sporidesmin which severely affects the liver. Animals will show signs of photosensitisation (avoid strong light) and look distressed. The first signs are reddening and swelling of skin exposed to the sun as well as restlessness, shaking and rubbing of the head and ears, and seeking shade.

Most vets in the area can test grass samples for spore counts

which will give you an indication as to your level of risk and recommend various treatment or prevention methods generally based around the application of zinc in a variety of manner depending on what stock you run.

At this point in time Rodney has a quite low spore count but this can change due to climatic conditions. Last year 2017, the spore count was low in January then started to climb through February as conditions perfect for fungus growth occurred. There was stock loss in the district.

The only way to prevent stock losses is to remain vigilant, test your pasture and consult your local vet who will have a handle on what's happening in your area.

If you have any further questions on this critical issue or any other questions on maintaining your lifestyle block contact Lyndsay Kerr from Mike Pero Real Estate, Kumeu your local rural & lifestyle real estate specialist lyndsay.kerr@mikepero.com or 027 554 420, if I don't know the answer I know somebody who will.

LIVESTOCK REPORT

Saturday at Pukekohe saw a good quality line-up of cattle sell very well, considering yet another schedule drop over the weekend and killing space being at a premium. Prices were, in fact, up in places on the previous week, this due mainly to the more manageable cattle numbers that came forward. That, coupled with the fact that there were hardly any badly bred cattle compared to the previous week, makes selling much more pleasurable, plus average prices were much higher.

Cattle	Lowest Price	Highest Price
Medium prime steers	\$1,520	\$1,900
Good store steers	\$1,350	\$2.89
Other steers	\$1,090	\$1,300
Medium x bred 15 month steers	\$845	\$1,040
Small x bred yearling steers	\$690	\$750
Medium weaner steers	\$420	\$550
Very small x bred steers	\$290	\$300
Medium prime heifers	\$1,200	\$1,680
Other good heifers	\$990	\$1,045
Best 15 month heifers	\$925	
Other light x bred heifers	\$650	\$785
Medium weaner heifers	\$405	\$550
Very small heifers	\$300	\$390
Boner cows	\$500	\$1,300
Bulls	\$1,060	\$2,280
Sheep		
Fat lambs	\$90	\$131
Store lambs	\$25	\$89
Hoggets	\$96	\$98
Ewes	\$69	\$104
Rams	\$60	\$100
Pigs		
Weaners	\$110	
Porkers	\$200	
Store	\$94	\$96

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Gemini 6 Burner Hooded BBQ



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CHAR-BROIL
4 Burner BBQ



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5 Burner Hooded BBQ



\$2199

FIREBOX
BBQ Pizza Oven



**WAS \$199
NOW \$169**

NOUVEAU
3X3 Tuscany Gazebo with Curtains



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NUMBER 8
Beach Umbrella



\$11.98

NOUVEAU
Madrid Glass Lazy Susan



**WAS \$49.98
NOW \$39.98**

NOUVEAU
Luna 4PC Lounge Setting



\$1499

NUMBER 8
Siesta Lounger



**WAS \$59.98
NOW \$29.98**

MILANO
7PC Setting



**WAS \$2999
NOW \$2099**

NOUVEAU
Luna 3PC Wicker Sectional Setting



\$1199

Terms and Conditions: Products shown are available at Mitre 10 MEGA Westgate. Subject to availability and whilst stocks last. No rainchecks.

THIS SUMMER



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Latest news

We'll keep you updated with the latest news and hot topics.



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megawestgate

HOME & GARDEN

IS YOUR GARAGE A BIT OF A MESS?

Have you walked around the new housing areas in Kumeu, Huapai and Riverhead lately and marveled at all those big, beautiful double garages with gear strewn across the floor and those expensive cars sitting out on the driveway? If this is you, consider installing a set of garage ceiling racks. Ceiling racks get all that clutter up off the floor to where it is warm, dry and out of the way so you get your car back in the garage where it belongs! We're NZ's number 1 ceiling storage rack company based right here in Kumeu with local installers to make things nice and easy. Take a look at the options with our garage sale on through February at www.stealingspaces.co.nz/.



YOUR ASBESTOS REQUIREMENTS APRIL 2018

"Make sure you and your tenants are covered"

New health and safety legislation that came into effect in 2015 has a requirement that needs to be implemented by April 2018; that PCBU's* understand and document all asbestos within their buildings.

A PCBU under this legislation is the person or entity that owns

a commercial building, or a landlord of a commercial or residential building. Potentially, a home buyer looking to turn a property into a rental can ask to see this report from the current owner, or any contractor who might do building works on your family home can also ask to see a report. By April 2018, every PCBU must have completed for each of their buildings:

- assessed their property(ies) for the presence or absence of asbestos,
- if asbestos is found to be present, determined whether the asbestos is friable
- recommended actions for the ongoing management of any asbestos found.

While this sounds daunting and expensive, it doesn't need to be and a simple Asbestos Register can be all you need to meet compliance.

The report must be made available to any tenants, and must be made known to any contractor that comes onto site, particularly if they are going to undertake any works that will cut into any building materials.

The report recommendations will specify the risk of the asbestos in and outside the building, and if there is a significant risk of people being exposed to friable asbestos, will recommend actions to get it safely removed.

The best advice is to engage a very experienced and independent asbestos assessor such as Thomas Consultants. Thomas Consultants can offer a discrete site visit to undertake a building survey, prepare a comprehensive Asbestos Register, and communicate with a removalist company to make sure any works are undertaken efficiently and safely.

By Thomas Consultants not being part of an asbestos removalist company they put your interests first, avoiding any unnecessary removal of safe materials to landfill. This can save you thousands of dollars.

*PCBU means Person Conducting Business or Undertaking and can be the company, or person who owns the building if it is not owned by a company.

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nance, repairs and installations. We also offer a state of the art drainage un-blocking service. In addition to these services, we have 24 hour service available for any plumbing emergencies. We have excellent staff at Laser Whenuapai, ensuring every member is either qualified or studying towards a certificate in their chosen field.

Why choose Laser Whenuapai? We have been trading since 1985 – so choosing us means choosing a solid, reliable and experienced company that you can depend on. As part of our 'Totally Dependable Guarantee', we stand by all our jobs by offering warranties, and always use quality New Zealand made products.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai! We're happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems. We can provide a full solution to any plumbing, roofing or drainage issues.

To contact Laser Whenuapai, phone 09 417 0110. We are open five days a week from 7am-5pm and are located at 45 Brigham Creek Road, Whenuapai. Whenuapai.laserplumbing.co.nz.

ARE PRE-NUPTIALS IN DANGER?

A recent Australian case may have set alarm bells ringing for couples with pre-nuptial or contracting out agreements. The Court threw out a pre-nuptial agreement that followed all the technical rules for such agreements, because the Court said the power imbalance between the par-



ties at the time of signing meant it was unfair to hold the weaker party to it. But can a pre-nup or contracting out agreement be overturned in New Zealand simply for being unfair?

The answer is: yes it can. But this is nothing new. In New Zealand, pre-nuptial agreements have always been able to be overturned for "serious injustice".

The Aussie case is *Thorne v Kennedy*. In that case, a prenuptial agreement signed by a wealthy Australian man and his Russian "mail order bride" was found to be unenforceable for being an 'unconscionable bargain'. The Court wasn't willing to allow the wealthy partner to hold his bride to her promise to receive a small lump sum rather than a division under Aussie law. It said that when she signed the pre-nuptial agreement, it wasn't a 'fair fight', as her precarious immigration position made the power imbalance too great.

The case has highlighted that just because it is signed and sealed in front of a lawyer doesn't mean it will stand up to challenge. The main threat to certainty of contract is unfair agreements. The take home message for kiwis is: if you want to put your own arrangements in place in case of a separation, you need to make sure the agreement is firstly, fair and reasonable and secondly, that it stays that way i.e. it is responsive to your changing relationship.

The New Zealand Courts have shown in recent years that they will step in to look after the non-asset owning spouse where pre-nuptial agreements or trusts depart too radically from the philosophy of our Property (Relationships) Act. The philosophy of our Act is to recognise the equal contributions of each partner, and to provide for a just division of property upon separation taking into account the interests of children.

To be enforceable it is now clear that agreements need to be fair out the outset, but they also need to respond to changes in

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a relationship such as children.

Even though Thorne v Kennedy isn't likely to change the way we look at pre-nuptial agreements here in NZ, it is a timely reminder that if you want your pre-nuptial or contracting out agreement to stand the test of time, make sure it is fair and reasonable and is designed to remain fair, in the changing circumstances of your relationship.

Taina Henderson and Shelley Funnell are your friendly local, mobile lawyers. Check us out on Facebook or call us on 281 3723.

HEALTH AND SAFETY PRINCIPLES TO REMEMBER

The importance of accident and incident reporting and near miss reporting is crucial. Some important principles should be remembered if your company is going to be able to display best practice when it comes to health and safety.

- o Workplaces need to have open and honest reporting cultures
- o Near misses that occur today can be addressed and actioned to avoid accidents tomorrow

2. The last thing that any company wants is witnesses to a workplace accident, reporting during a Worksafe investigation that, "it's always been like that" or "that happened to me last week as well"

- o Too little, too late. So let's avoid that. We need to know about it sooner rather than later

3. Safety is easy to maintain, implementation is the hardest

- o Have workers conduct site inspections
- o Have work groups review hazard registers
- o Have managers and safety reps conduct incident investigations
- o Get your team involved

o The more you delegate, the more involved and engaged your workers will be in the health and safety in your business. Share the load of implementation with them. For example

- o Remember, safety is everyone's responsibility

4. Hazard and risk management is the cornerstone of H&S in NZ

o The more robust your hazard and risk management systems are, the less likely there is for injury or harm to your workers

If you want help in ensuring your workplace is meeting its health and safety obligation please ring John Riddell, Securo Health and Safety Consultant on 027 477 9750, email securo4@securo.co.nz or check out the website www.securo.co.nz.

ROMAN SCAFFOLDING

Roman Scaffolding Ltd is a Kumeu based scaffolding company who specialise in both residential and commercial scaffolding. Tony and the team at Roman Scaffolding have more than 10 years'

experience within the industry, and have built up a strong reputation as being some of the best scaffolders Auckland wide. We supply scaffolding to a wide range of clients, including home owners, builders, construction companies, roofing companies and painters.

Our scaffold specialists are certified scaffolders who are committed to safety and quality, and are also official 'Site Safe' members. All scaffolding jobs are carried out to the highest of standards, so our customers can have peace of mind when arranging their scaffolding with us.



Muriwai Home of Champions

Did you know that, just 10km toward the coast from Kumeu, is one of the country's finest golf courses? And partly because of that we now have a hand in a trio of national triumphs.



North Harbour, New Zealand NPC Champions 2017 pictured here with three Muriwai stars.
Kevin Koong, Mark Hutson and Jake Lee.

Mark Hutson also picked up the player of the tournament award.



New Zealand Maori Champion.
Rob Simmonds, proudly showing his trophy. He triumphed over the best Maori players in the country.

Past winners include Michael Campbell and Phil Taurangi.



New Zealand Stroke play Champion.
Mark Hutson.

Proves hard work gains rewards in this game. We have a wealth of talent in the country and Mark is truly modest about his skills.

The Club are looking forward to another successful season with Mark at the helm.

Contact the Club on 09 4118454 to discuss membership options, view our website on www.muriwaigolfclub.co.nz, or visit our Facebook Page [Muriwai Golf Links-Official Page](#)

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NEW TRADE UNITS PROVE POPULAR WITH LOCAL BUSINESSES

Business owners and tenants have now moved into their new trade units located at 3 Workspace Drive, Hobsonville with only one remaining unit for sale and one remaining unit for lease says Travis Coffey of Phoenix Property.



"The interest in the units has been above our expectations" and he believes the flexibility that was offered to prospective business operators was the key to its success.

The front unit consisting of 30sqm showroom, 30sqm mezzanine and 100sqm of high-bay warehouse with 3-phase power is still available for lease and would suit an operator who prefers street frontage to promote their business. In regards to the last trade unit for sale the asking price is \$740,000 plus gst (if any) with a supporting registered valuation available and can be supplied upon request.

For further property details Travis Coffey of Phoenix Property can be contacted on: 021 414 384 or travis@phoenixproperty.co.nz.

REMEMBER THE BIRDS

We are not the only ones suffering from the heat. The birds and the bees love the birdbaths for a cool dip or quick drink. Check our beautiful selection at Kumeu Garden Hub, the Oceanic range fits any style of garden and creates a great focal point, under plant with a low ground cover such as star jasmine or black mondo grass. Oh.. and Swan plants are back in store to feed those hungry Monarch caterpillars.

\$85 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at sarahbrightwell022@gmail.com.

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It's among the reasons why more New Zealanders have chosen to build with G.J. Gardner Homes over the last 17 years than any other builder.

G.J. Gardner plans also provide a greater deal of flexibility because they are designed using an engineering formula that allows the layouts to be easily modified. So while most of our customers choose one of our concept plans, amongst all of them adapt the layout to make their home unique and personal.



Simply bring us your wish list and see how flexible we can be. Call in to our show home today at 7 Grove Way Riverhead to have a chat to one of our Sales Consultants, Leanne, Fiona or Kylie, or contact us at the office on 09 412 5371.

IS LESS REALLY MORE?

Less is more, is a saying bandied around in the design world all the time. And for me I do agree considered placement within and in design of our homes is important. There is no point to an extra space, nook or cranny unless it serves a purpose. And in our personal lives this principle is overflowing with sensibility. We could all benefit from taking stock of prioritising our time and breathing in the summer air.... Give yourself permission to sometimes take the easy option.

At Signature Homes we pride ourselves on being a 'one stop shop'. Enabling you to get your cup filled in one place. Be it a holiday home, realising subdivision potential, investment projects, first homes or dream homes. We offer not only an amazing number of fabulous pre-designed homes awaiting personal touches but we also provide a fantastic architectural design and build service. Meaning you can discover your dreams from scratch with our help turning them into reality. It is unnecessary to engage the council, an architect, quantity surveyor, builders, project manager, multiple trades and interior designers at different posts when we offer the entire service complete with robust guarantees and peace of mind.

Work with our team to realise your property vision for 2018. Go for less is more and use our multidisciplinary approach.



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COMPASS HOMES TECHNOLOGY MAKES LIFE EASIER

Jetting off for a well- deserved break is exciting. Deciding what to pack is often another story.

Not to mention which books to take without taking up precious luggage space. The invention of the Kindle addressed this very issue for many travellers. Hosting an entire library on one small device, sparking the end to lugging (and financing) heavy books around.

Building a new home is much like planning a trip abroad. There are decisions and steps that must be taken so, as to celebrate exciting events along the way. But, there is potential to include too many heavy hardback books, in the form of outdated processes and inefficient tools. The way to combat this? Use a trusted, proven system to enhance your new home building experience. With the latest technology to plan, execute and track progress.

Keeping you up to date with every phase and exciting milestone. To make life easier on your new home building project talk to me one of our expert team. Scott www.compasshomes-rodney.com.



TRADIE OF THE MONTH

Congratulations to Cerisse from C&C Cleaning, our Tradie of the Month.

When it comes to getting a new home ready for handover Cerisse is our go to cleaner. Nothing is ever a problem for her and she always leaves everything looking mint. Working around other trades to ensure everything is spotless, she always does an awesome job.

Cerisse cleaned up the competition this month to receive the voucher from our partner sponsor Western ITM. Keep up the great work. Congratulations Cerisse!

Maddren Homes would like to thank Western ITM for their continued support to acknowledge the hard work and dedication of our Tradies.



\$85 = EXPOSURE FOR A MONTH

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PETS

TIPS & ADVICE

SUMMER CAN BRING THE RISK OF HYPERTHERMIA OR HEATSTROKE

Hyperthermia or heat stroke is an over exposure to heat or exercise raising your pet's 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 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 26° C outside a car within 10 minutes it will have risen to 37° C and then after 30 minutes it will have risen to 43° C. 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 conservato-



ries. 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.

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A boutique luxury country retreat for cats, nestled in the heart of our 10 acre property. Review your hygiene habits - Exerpt: "Your Cat Magazine" UK.



"Practising good hygiene will restrict the spread of bacteria. Basic house rules should include: wash feeding bowls separately from other utensils, keep feeding areas and litter trays clean, wash your cat's bedding regularly and update your cat bowls with glass or ceramic bowls which are preferable to plastic as they are non-porous and easier to keep clean"

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THEK9WAY

TheK9Way provides elite Dog Training and Behavioural Solutions that align with the nature of dogs and make life with your dog easy.



Our approach to working with dogs combines experience, common sense and science. What training is most suitable for an individual dog will depend hugely on what motivates the dog, the dog's history and what one wants to achieve. This is why we tailor our approach to fit with each dog and their particular situation. Learn more at thek9way.co.nz or call 021 239 0635.

GIVING YOUR PET THE RAW ESSENTIALS

You are what you eat, as the saying goes - and the same is true of your pet.



As the evidence mounts that processed foods cause health problems in both humans and animals, more pet owners are looking for diets that are free from preservatives, additives and other inappropriate ingredients to help their pets get back to eating the way nature intended.

If you're looking for something healthier for Fido or Fluffy, there's only one pet food company to turn to: Raw Essentials. Recreating what animals would be hunting if they lived in the wild, Raw Essentials offer a species-appropriate diet of wild, organic, farmed and free-range New Zealand products for cats and dogs.

Not only does this help nature by harvesting pest species (possums, hare, wallabies, etc), which are a perfect food source with their nutrient-rich composition, but it's good for pets as well. Avoiding the grain-fed meats of imported products from the USA and other countries is extremely beneficial, as studies have shown these are higher in inflammatory-causing fats; and as any vet will tell you, inflammation spells bad news for pets. Having spent years researching the raw diet, Anna Mair, BVSC, of Raw Essentials says she was fully convinced of its benefits when she switched her own pet to raw food.

"My last dog was a star patient: he had terrible arthritis and with

the diet change it seemed like he turned around overnight," she explains.

"Before then, I was seriously considering that his time had come, but I got another six years with him - unmedicated too!"

While having seen first-hand the changes a raw diet can bring, Anna is quick to add that not every cat or dog will respond to Raw Food as well as her dog did.

"It's not going to fix every problem for every pet, but it's certainly a step in the right direction."

With nine shops Auckland wide and open Monday to Friday from 9am-6pm, with Saturdays 9am-5pm and Sundays from 9pm-4pm. Visit www.rawessentials.co.nz or follow their Facebook for weekly specials.

WEST HARBOUR CATTERY

January 2018 has seen some hot and humid days. It's great for when you're on holiday at the beach, but please be aware that your furry family members may not be enjoying it as much as you. Remember to give them plenty of water to keep them hydrated and pets need good ventilation. This warm weather is also a good environment for fleas, and as with most ailments, prevention is the best remedy. Keep your flea treatments up to date and wash your cat's bedding in the hottest cycle you can.



Fleas are like vampires! They avoid direct sunlight, suck blood and thrive in the darkness, especially in moist shady areas of your garden. So clean up the loose leaves and branches, and get your lawn mower out and trim that grass.

For a happy Kitty this summer think of the five elements: Earth - clean up your lawns and gardens. Air - maintain good ventilation. Fire - fleas hate the sun and a hot wash cycle. Water - provide plenty of water. Love - everyone needs a good cuddle! See you soon, Kelly and Eric from West Harbour Cattery. Phone: 09 416 5586. Email: info@cathotel.co.nz or www.cathotel.co.nz.

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FOOD & BEVERAGE

RED VELVET CUPCAKES

Makes 24 cupcakes

2 cups plain flour

½ cup cornflour

2 Tbsp cocoa

1 tsp salt

1 ½ cups sugar

1 ½ cups rice bran oil

2 eggs

½ tsp red gel food colouring

1 tsp vanilla essence

1 cup buttermilk

1 ½ tsp baking soda

2 tsp white vinegar

Oven 175 c

Combine, sift together flour, cornflour, cocoa and salt – set aside.

Beat oil and sugar together then add eggs. Mix in food colour and vanilla. Add flour mixture alternately with buttermilk stirring until smooth. Stir in baking soda to vinegar - it will froth then mix in. Cupcakes bake approx. 20 min.

Top with cream cheese icing:

Beat together: 50gms butter and 150gms cream cheese. Stir in 3 cups sifted icing sugar then add zest and juice of 1 lemon to a whipped consistency.

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021



273 6139, email info@paulajanecakes.co.nz or visit www.paulajanecakes.co.nz.

THE HERBALIST CRAFT BEER

It is a great time of year to catch up with family and friends around the barbeque and enjoy some kiwi food and refreshments. Barbequed mussels with craft beer is a great lead-in snack to get the party started. Try our tasty recipe below...

You will need: enough mussels to go round (4-5 per person) 200ml The Herbalist Rosemary & Liquorice Ale, 200ml water, 2 cloves of fresh garlic crushed, 1 medium tomato finely chopped, salt and pepper to season. In a cast iron or BBQ-friendly pan, add all the ingredients except the mussels to the pan and bring it to the boil. Add your mussels and cook until the shells open. Serve immediately and pair with our Rosemary & Liquorice Ale - enjoy! Local stockists: Fresh Choice Waimauku, The Bottle-O Huapai, Black Bull Liquor Kumeu, Boric Food Market, Soljans Estate, Hobsonville Kitchen, 4 Square Parakai and select West Liquor stores (The Trusts)

Visit www.theherbalist.co.nz; facebook.com/theherbalistcraft-beer.



THE TASTING SHED

The Tasting Shed is kicking off the New Year with Part II of our 'XX are People Too!' series, where we celebrate diversity. On Sunday the 18th of February we present 'Hunters are People Too!' with our friends Tom Hishon from Orphan's Kitchen, and Darius Lolaiy from Cazador. Tickets are \$110 pp. Email samantha@thetastingshed.com to book.



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PEKO PEKO JAPANESE TAKEAWAY

What a hot summer it is so far. We hope everyone enjoys the sunshine and is keeping well. Our salad is always the best choice for your healthy eating but it's even more popular in summer time. In Japan, we often eat raw cabbage salad when we eat deep fried food as cabbage reduces the feeling of oiliness from eating deep fried food. Cabbage has lots of health benefits like preventing cancer, regulating blood pressure, and is a good remedy for digestion etc as it's especially rich in vitamins and minerals. We make our salad fresh every day, using locally produced cabbage, lettuce and carrots. So everyone can still enjoy deep fried food without feeling unhealthy or guilty. We are a little food truck located in car park of Passion Produce vegetable shop on 92 Hobsonville Rd. Please check our Facebook page for more info, menu, and trading hours. We look forward to seeing you all here. Phone order recommended. 022 431 3462.



CELEBRATE CHINESE NEW YEAR WITH THESE ASIAN INSPIRED DELIGHTS

Throughout February you'll find us offering tastings of our gourmet Kasundi and Sambal chutneys at Farro Fresh stores, as part of their Asian New Year promotion.

One of the newest NoShortcuts' products Feijoa Kasundi, is an Indian chutney that is hot, spicy and tangy. It is also a healthy option, containing nothing but the freshest feijoas, garlic, ginger and turmeric, which is renowned for its many health benefits.

Our Sambal Ulek is an Indonesian style savoury chutney made





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with red chilli, onion, garlic, shrimp paste, oil and spices. It's great anywhere you would use chilli; in a stir fry with prawns and noodles, curried mince, casseroles and meatballs. These products and all our others, are handmade – just like mum used to make - and contain no added artificial flavours, colours or preservatives.

To purchase, go to www.noshortcuts.co.nz or your nearest Farro Fresh store.

THE GALLERY CAFÉ AND JAPANESE RESTAURANT

For a limited time we are offering the community ten free dumplings when you spend \$40 or more on our takeaway menu.

Here at The Gallery Café we offer a delicious all day 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 all of you locals to come view and even purchase. 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. Go online to 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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HEALTH AND BEAUTY

HAND INSTITUTE KUMEU

Did you get any hand injuries over the holiday? Knock your finger in a cricket game on the beach? Get the thumb bent back while surfing? Too much gardening now you have sore thumbs? Finger caught in the tent pole or jammed in the boat trailer? At the Hand Institute we can help. We can assess your injury, send for x-rays, make a splint or cast as required. Then rehabilitate your injury with strengthening and stretching exercises. Don't put it off, if an injury has not got better within 48 hours they often need our help. Phone 09 412 8558.



COMPLETING THE LINE UP

Meet Dr Sindre Stoeten, the newest member of the Kumeu Chiropractic team. Sindre comes to Kumeu Chiropractic via a small country town in Norway, growing up and competing as a cross-country skiing athlete who was looking to optimise his performance with Chiropractic care. His Chiropractor explained how important spinal function was to his overall health and performance, and Sindre got to experience this first hand. After benefiting from regular care for a couple of years, he decided to move to New Zealand and start his award-winning education at the New Zealand College of Chiropractic. When not at Kumeu Chiropractic, Sindre enjoys the outdoors with his partner Kasey, and children Kiara (5) and Oakland (2). Kasey is currently studying to become a Chiropractor, while Kiara and Oakland are studying "Life101" at primary school and kindergarten. Sindre enjoys any form of exercise, but is dedicated to trail running and orienteering. Notably, in



2015 and 2017 he challenged himself to race in the New Zealand Ironman in Taupo. He is very excited to be part of the team at Kumeu Chiropractic having a daily goal of helping as many people as possible in and around the Kumeu community. He is very much looking forward to meeting you and starting the process of helping you reach your optimal levels of health, function and performance, so you may live your life to the fullest. For an appointment at Kumeu Chiropractic, please call 09 412 5536.

WHAT YOUR EYES CAN TELL YOU ABOUT YOUR HEALTH

Our series continues as Natasha Herz, M.D.*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health. Today's tip: You could have diabetes. Blurred vision usually means you need glasses—but you should have your eyes checked no matter what. Not only can blurred vision signal a medical problem with the eye itself (like cataracts or macular degeneration), it can also be a sign of a more serious illness like diabetes. In fact, an August 2014 study found that 73 percent of diabetic patients sampled reported blurred vision. Even without trouble seeing, diabetes may possibly be detected during an eye exam based on irregularities in your retina. For Eyes Optometrists in the Kumeu Village have specialised equipment to assess your retina, and make spectacles for distance, reading, or correction of colour blindness. Phone 09 412 8172. (*Acknowledgement: M. Bonner, Marie Claire, 24 March 2017).



GLOWING SUMMER SKIN SPECIAL AT SPA DI VINE

Spa Di Vine (est. 2002) in Waimauku is the perfect place to retreat to, especially after the holidays. Summer beachy holidays are great, but not so much for skin. Our summer special will revive your skin - plus - who doesn't like a fabulously tension relieving back and neck massage? Summer Skin Special: A relaxing back & neck massage, followed by body scrub soufflé and healing honey & grape skin hydration (60min). Then sit on the terrace and enjoy a complimentary refreshment \$129.00*. *Available on Wednesdays, Thursdays and Fridays until 01 April 2018, for new bookings only. Sorry we cannot accept vouchers nor are vouchers available for this treatment. Subject to availability at



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NEW YEAR - NEW YOU

2018 is well underway and you've probably made resolutions you're keen to stick to. Hopefully, one of those is to maintain your well-being and fitness. Regular exercise and a balanced diet can have enormous health benefits now and in the future. Being more physically active can be easy and inexpensive. There are lots of ways you can fit more physical activity into your day: Walking: take a brisk walk for as long as you can. Dancing: turn up your favourite tunes and dance around your home. At work: take the stairs instead of the lift and do some desk-based stretches and exercises. Housework: turn chores into a workout by speeding them up or being more energetic. Gardening: It keeps you active and reduces stress levels. NorthWest Physio+ also offers Pilates and Yoga classes. Check us out online at www.northwestphysioplus.co.nz. Setting yourself some goals, making sure you've got the right kit and keeping a positive attitude are all key to maintaining your exercise routine. Happy New Year everyone!

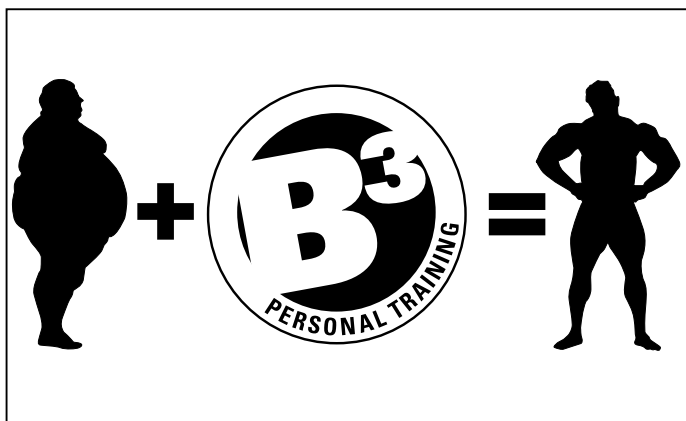
VALENTINE'S DAY MASSAGE VOUCHERS

Looking for the perfect Valentine's Day gift? Look no further. Huapai Massage Therapy offers a wide variety of massage techniques. With the option of Relaxation, Therapeutic, Pregnancy and Sports Massage, your loved one can enjoy a session of one or multiple massage styles tailored to their specific needs. Contact Vikki on 021 755 745 or visit www.huapaimassage.com for more information.



ANOTHER NEW YEAR'S RESOLUTION FAILURE?

Just because the date has changed doesn't make it any easier to hit your goals. If you fail to set aside at least an hour to really workshop the WHY and HOW you will simply not succeed. New Year's resolutions just don't



work. The hype around them and this belief that we can suddenly turn over a new leaf set us up for failure. Here's some tips: Write your goals down, and specify WHY you want to make the change. This will make you reflect on what's motivating you. Think about WHAT kind of time commitment it'll take to achieve the goals. Exactly HOW will you do it? Get a support system in place. WHO will you be accountable to? It doesn't need to be a professional, but you should TELL someone you trust so you can call on them when times get tough. Call Pete on 027 359 0976 to make your fitness resolutions a reality.

WHY WE WAX LYRICAL AT SHOE TALK ABOUT THE PROPÉT BRAND:

This brand is designed to be functional and comfortable and support the foot as you go about your daily life. Some of the styles are downright funky and there are styles to suit all ages. There are specialist styles available to suit people with diabetes and oedema. Lots of styles have soft uppers which are lovely and comfortable for people with hammer toes, bunions, corns and other foot issues. Propét is well known for its Travel Walker collection, I call these shoes my slippers and they come in a range of colours and are very versatile and funky. Propét footwear is a delight to wear and we also stock the Propét diabetic socks which are also great for people with oedema.



ELEVATE CHIROPRACTIC NEW VIDEOS RELEASED

I recently released two videos as part of my 'Body Hack: Simple tips to feel, move and function better' blog series. The first video was called "Use the Shaka (hang loose) sign to help improve your posture". This is a simple tip to help improve your posture

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when sitting as well as bending and moving. The second video was called "A simple way to ease neck pain using heat". This is a great technique to ease the muscular pain often associated with neck pain. As a byproduct, this technique can also ease lower back and mid back pain. I would encourage you to try it. These videos and the new ones I will be releasing are all available on my website in the blog page or on my Facebook page (www.facebook.com/elevatechiropractic). Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Ph 09 413 5312. www.elevatechiropractic.co.nz.

KUMEU GYM IS NOW OPEN 24 HOURS A DAY 7 DAYS A WEEK

Our aim is to provide a convenient, accessible, all-purpose gym to our locals in a place where anyone and everyone's fitness goals can be achieved.

At Kumeu Gym we provide a variety of fitness options to suit just about everyone, we currently have 22 Group Fitness classes on our timetable to choose from each week, with our Senior Fitness for Function class and our Counterpunch Boxing for Parkinson's classes both being recognised and endorsed by Harbour Sport. Our classes are based around Crossfit style functional movement along with Counterpunch Boxing classes, Spin and Yoga. Classes range from express 30 mins classes for those on the run to one hour classes for those who have a bit more time and want to train hard.

We have seven Qualified Personal Trainers working out of our Facility if you like one on one training, or we have our SMART Personal Training System which enables you to train under the guidance of one of our qualified Personal Trainer's 6 days a week, morning and evening, in a group setting for just \$50



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- Personal Training
- Indoor Netball Leagues 4 Nights a Week
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per week, which is less than the cost of a one hour individual Personal Training Session.

At Kumeu Gym we run indoor netball three nights a week with our women's league on Monday Nights and mixed teams Wednesday and Thursday night, we are also a training facility for NZ Indoor Netball.

When our indoor sports court is not in use for netball our indoor court is available for our members to use for functional fitness, with battle ropes, sleds, tyres and parachutes this makes hard exercise a whole lot of fun.

On summer days we have a purpose built frame outside with a huge carpark, we move our TRX's, tyres, battle ropes, olympic bars and bumper plates outside for outdoor training and outdoor classes.

Kumeu Gym also offer a free gym membership to all of the volunteer Fire Fighters at the Kumeu Fire Station, these ladies and gentlemen put their lives on the line for our community every day and we see this as giving back from our members and community.

We also have Lana and Freya Whiting, sisters and owners of The Body Clinic Osteopathy and Massage Therapy running their clinic within our gym, whether you have an injury or need a good massage, The Body Clinic have two Osteopaths and two massage therapists, check www.thebodyclinic.co.nz for more info.

We understand that an already busy lifestyle can make it a struggle to fit exercise into your routine, which is why our gym is now open 24 hours a day, 7 days a week to give you the flexibility to exercise whenever you want.

If you would like to try our gym, email admin@kumeugym.co.nz call 412 8932 or go to www.kumeugym.co.nz to obtain a one week free trial.

THAT AMAZING SUMMER FEELING

Isn't it wonderful? A gorgeous summer which will hopefully continue till Easter. Have you been wearing your polarised sunglasses? We have the best sunglasses in the world. Maui Jim's - in stock all the time. They are made in the US, and the technology is incomparable. You can enjoy them in your prescription too. Do you need an eye test? To book an eye exam 09 416 3937. Our gift shop has New Year's stock coming in every day. We truly appreciate all your positive comments about our quality, reasonably-priced, 'different' gifts. Thank you! Feel free to browse anytime Monday to Friday 9am to 5.30pm and Saturdays. 413a Hobsonville Road opposite Hobsonville Kitchen.



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HOBSONVILLE CHIROPRACTIC: INTRODUCING DR KAMAL GURON TO OUR TEAM

While Dr Aimee Strickett has some time off for Maternity Leave, we have Dr Kamal Guron in the clinic looking after all her awesome patients. Kamal has a wide skill set and has worked across Australia and New Zealand. She looks forward to caring for you and your family over the coming months. Dr Guron will also be offering 50% off all New Patient Consultations for the month of February. Call the office today 09 41 67589, 295 Hobsonville Road.



THE FACIAL ROOM

The Facial Room Hobsonville Point has just opened at the Hobsonville Point Pharmacy, 3B/160 Hobsonville Point Road, specialising in facial beauty treatments utilising Katherine Daniels products.



Katherine Daniels uses 100% natural ingredients free from Parabens, Mineral Oils or animal testing. The treatments range from more intensive age defence through to an express facial that is ideal for mums on the go, toddlers welcome. Beauty Therapist Skye Lu is fully qualified with a diploma from WELTEC, consulting and assessing every client, tailoring the product around skin types and conditions. For a limited time, first treatment gets a 20% discount and gift vouchers are available. Hours are Wednesday 9am-5:30pm, Thursday 9am-1pm and Friday 1pm-5:30pm. Contact Skye on skyeluhp.nz@gmail.com phone 021 030 4468. Online booking through the Facebook page.

NEW YEAR.... A NEW YOU

Do you feel like you have lost yourself to your busy life? Do you always put your job, partner, family before yourself? Do you really know "what makes you happy"? Do you struggle to lose weight, go on endless diets only to put the weight (and more) back on again? Do you want to get your sparkle back? Your confidence, your self-esteem, and to bounce out of bed every morning feeling amazing and ready to start another day? Why do we tell ourselves "we are not good enough"? Why don't we love ourselves? We strive for perfection, we comfort eat, we

get down on ourselves, so we comfort eat again and the cycle begins. How do I know, because I've been there. I am here to help you change and get what you really want, believe you deserve it, and motivate you to achieve it. Get your sparkle back! As a Certified Life Coach, I will give you the tools you need to break down your barriers and start achieving your goals. So, are you ready for change in 2018? I'd love to hear from you. Shelley Frowde 027 852 2522. The Sassy Mango - Life Coaching & Weight Loss www.thesassymango.co.nz.

BEAT THE HEAT WESTGATE OPTOMETRISTS


The sun supports life on our planet, but its life-giving rays also pose dangers. The sun's primary danger is in the form of ultraviolet (UV) radiation. Most people are aware of how harmful UV radiation is to the skin. However, many may not realize that UV radiation can harm the eyes and also affect vision. What can I do? When outside, there are three key things you can do to protect your eyes and that of your family's.



1) Wear a hat - a broad-brimmed hat can reduce the amount of UV radiation reaching the eyes by around 50%.

2) Wear UV protective sunglasses - make sure your sunglasses provide UV protection. The level of protection against UV radiation will depend on the type of lens. Be sure to ask for polarised lenses.

3) Apply sunscreen regularly when outdoors to protect the sensitive skin surrounding your eyes. Phone: 09 831 0202, Website: www.westopt.nz or Facebook: www.facebook.com/westgate-optometrists.



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TRAVEL BROKERS

Sydney to Singapore Royal Caribbean International Voyager of the Seas. 15 night fly & cruise holiday from \$3379 per person x 2, twin or double share. Sales to: 28 Feb 2018, unless sold out prior. Depart on: 16 Apr 2018 (Yes this is the school holidays!). Package includes economy flight one way on Air New Zealand from Auckland to Sydney & your economy flight one way on Singapore Airlines from Singapore to Auckland, 14 night cruise with all onboard meals & entertainment, most transfers, 1 night post-cruise accommodation in Singapore & all shipboard gratuities. Cruise takes you from Sydney to Brisbane, Airlie Beach, Yorkeys Knob, Port Douglas, Darwin & ends in Singapore. Bonus: Save up to 45% on your cruise included in this hot price. Conditions apply. I hope you have all had a wonderful Christmas and New Year celebrating with your loved ones and have managed to get a break and enjoy the lovely summer weather. The New Year Sale has kept me very busy - a lot of you have wisely grabbed the opportunity to lock in your winter holidays now at these great discounted rates. The always popular Fiji Airways "Take a Kid to Fiji for \$ 299" for kids 11 & under. Some deals are "Kids Fly, Transfer, Stay, Play & Eat for just \$ 299". At the time I write - the deadline for this deal was 29 January. Please do get in touch with me if you are keen, as there may be the slim chance that Fiji Airways extend the special. These deals are amazing. There are some amazing cruise specials out currently - with On Board Credits, and beverage packages, hundreds on offer. There are still some early bird airfare deals to Europe for

2018 - get in quick - they won't be around for long, and are already sold out for those popular dates around June & July! Airfare credits in conjunction with Coach Tours & River cruises are also available, great discounts for early bookings. If you see anything advertised 'out there' please just ask, as I should be able to match. 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.

THE MOST MEMORABLE DAYS USUALLY END WITH THE DIRTIEST CLOTHES

A teacher's reflection on the value of messy play: Learning is not orderly or aesthetic, it is organic and that means it can get messy, it can get chaotic, and that is perfectly fine. Being engaged and learning through messy play means dirty clothes. But - both clothes and children can be washed. Messy play is sensory. It is physical play, it's exploring and it's imagining. Children can practise fine motor skills and hand-eye coordination. They can pre-write and draw, fill and pour, feel different textures, mix and create...they can talk, and they will giggle. Overall this empowers the children to take risks, to be confident, independent learners. It builds self-esteem and confidence. Language opportunities abound during messy play. Sitting, reading and writing in an orderly fashion is just not going to work for all children, there needs to be alternative ways to process information and experiences. Emily Standen is Centre Manager at Kereru Kindy, 10 Oraha Road, Huapai. Kereru Kindy has very limited spaces - maximum 23 children aged -2-5 years. Hours 7.30-5.30 daily. All welcome. www.kererukindy.co.nz/huapai.



HUAPAI GOLF CLUB

We welcome all golfers and visitors to the Huapai Golf Club to experience the joy and passion of playing golf and relaxing in our Lounge Bar and Café. Steeped in history and in the heart of the Kumeu/Huapai wine growing district, Huapai boasts a championship course around 6000 metres, pristine, easy contour fairways, majestic mature trees, captivating water views and magnificent greens. For the purist,





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Huapai offers a fair test of skills with holes that are challenging but not too punishing. Huapai's rural setting on the upper reaches of the Waitemata Harbour makes it an enjoyable spot for a round of golf. A mainly flat easy walking course with narrow tree lined fairways and moderate bunkering guarding 14 of the 18 greens, will impress golfers of all levels. The Lounge Bar and Café at Huapai Golf Club is open every day and offers a variety of refreshments, snacks and meals at very competitive prices. The Club house has floor to ceiling windows that provide stunning views of the course. The lounge is an ideal environment for members and visitors to relax either after a great game of golf or as a walk-in. Please come on in, our Club is a friendly place and you are most welcome to participate. 1261 Coatesville-Riverhead Highway - Phone: 09 412 8809.

ENERGY LEVELS LOW, FINDING IT HARD TO GET GOING?

If our "life force energy" is low, then we are more likely to feel stressed and that often leads to sickness. If it is high, we are more capable of being happy and healthy. Reiki is a Japanese technique



for stress reduction and relaxation that also promotes healing. Some ailments that can benefit from Reiki healing sessions are: stress, trauma, loss of a loved one or having left loved ones behind in another country, divorce situation, anger issues, negative thinking, carrying old "baggage", side effects from cancer treatments, vitality, etc. Fully qualified Master and Teacher, Cheryl Eatwell offers this passive energy healing at Warblers Retreat, Albany. Set in 5 acres of beautiful bush and landscaped gardens where you can escape, relax and rejuvenate after your healing. To book your session with Cheryl phone 021 176 5705 or email reiki@warblersretreat.nz. Find out more warblersretreat.nz/reiki-energy-healing/ Quote the Kumeu Courier for \$20 off your first session.

MARKETING MEANS BUSINESS

A very Happy New Year from deep inside my Planning Bunker... With the potential of a whole new year ahead, it's a great opportunity to put some time aside to look at WHAT you want to achieve in your business (Objectives) this calendar year, not too many 1-5 is plenty. Next comes the HOW (the Strategies) it's the actions and steps you'll need to take to achieve those important objectives. Many of your objectives may fall into Marketing area in terms of Sales, Promotions, PR/Communications, product launches, branding etc. This is where your Marketing Plan

comes in, directly aligned to providing to answering: HOW are we going to reach the Sales target, HOW can we utilise social media to reach existing and new customers, HOW can we use a limited budget to launch a new product, HOW do we develop or relaunch our brand... add a few Key Performance Indicators (KPI's) to indicate achievement. Other objectives might fall to HR, Management or Finance areas, often with cross-over. Finally, it's the 'nuts and bolts' which are the specifics of WHO, WHEN and WHAT (the Tactics or Actions) which are assigned to individuals, budget allocation to promotions or events in the coming months. Schedule a quarterly review to measure progress. Sorted! For the month of February MOXY Marketing is offering West Auckland businesses a Marketing Plan with 2 hours free Coaching support (total \$500 +GST) or alternatively to work with owner/managers to build their own Marketing Plan for a reduced fee.. Call Andrea on 022 307 4758 to book your appointment. Here's to a fabulous start to the year; ready, set, GO. Andrea - MOXY Marketing, phone 022 327 4758.

MORE ON KEYWORD RESEARCH

Keyword research is one of the most important areas in Digital Marketing to decide what keywords to focus your website or social media content on. There are four main types of keywords to think about, branding keywords, transactional keywords, informational keywords and questions. Branded Keywords - These are the easiest to incorporate in your content as they are terms relating to your specific brand, such as 'Mike Pero Huapai' etc. Transactional Keywords -These are normally keywords that involve transactional searches by a potential customer. These are down the bottom of the sales funnel and the customer is ready to buy or contact you such as 'water pump repairs Kumeu'. Informational Keywords - These are keywords that are mainly used for searching for information on a specific topic such as 'causes of hair loss'. These are usually best used for content relating to articles or blogs and are unlikely to ever lead to a sale or enquiry but show a level of knowledge on the subject. Question or FAQ Keywords - These keywords are good for setting up an FAQ page with common questions that customers are likely

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to ask and 'Google' the term. The Google search engine is now set up for questions and if you create content on your website relating to a specific question and answer these are likely to be indexed as separate results in Google. For more information on SEO or Adwords please contact David at Website Optimisers. Email david@websiteoptimisers.net.

ALMOST HALF OF NEW ZEALANDERS HAVE NO PLAN SHOULD A WATER SUPPLY EMERGENCY STRIKE

The results of a national water perception survey, organised by Safe H2O, a New Zealand water purification business, have revealed that a staggering number of Kiwis wouldn't know what to do if they were cut off from a clean water supply. Forty-six percent have no emergency plans in place at all. Of that number, 29% assume that their local council would look after them and provide clean water. Only 27% claim that they have a plan and a good back up water supply. Despite the relaxed attitude towards emergency planning, almost three-quarters of Kiwis (74%) have been concerned about the quality and safety of their water over the past 12 months. Eighty-seven percent are somewhat concerned that their clean water supply could be cut off or restricted – with 41% worrying about it on a regular basis. Just over 50% of respondents suspect that they or someone they know has been sick as a result of their drinking water. The owners of Safe H2O, Tracey and Chad Meads, believe that the lack of preparation could put New Zealand households in a difficult and potentially dangerous situation should their water supply be compromised. "Access to clean, safe water should never be underappreciated. You only have to look at Havelock North to understand the consequences of drinking water from a contaminated source," explains Chad. "Water availability was also a serious problem during the Christchurch and Kaikoura earthquakes. Whether you live rurally or in a town or city, it only takes a natural disaster or a nasty bug like norovirus to disrupt the entire water supply." Chad and his team would like to see more Kiwis putting stringent plans in place to protect themselves from emergency situations. This includes having at least a three day supply of bottled water available, and learning how to sterilise their own water when needed. Safe H2O is also encouraging councils to put mobile emergency water filtration systems in place. Safe H2O uses micro and nano filtration technology, created by Forsi Innovations in Matamata to clean and purify water supplies, removing pathogens and contaminants such as e-coli and norovirus. Each mobile unit is capable of producing several thousand litres of water per hour.



They are able to take water from any source and transform it into pure, safe water. They can even use reverse osmosis to turn salt water into drinking water. "The first response during water supply emergencies needs to be quicker and households need to be better equipped and more informed," says Chad. "There have been multiple water safety concerns in New Zealand over the past six months alone, and it will continue to be a challenge until more sophisticated systems and processes are put in place. A lot of cost, time and worry could be avoided simply by being prepared." The Safe H2O national water perception survey ran from November to December 2017 – 705 people participated. For more information on Safe H2O, visit safeh2o.co.nz.

DO YOU BELIEVE YOU CAN CREATE WHAT YOU WANT?

This is a challenging question. We are not traditionally brought up with this idea. This idea puts the power back in our hands. Unfortunately, we tend to see more proof of the opposite. We hear that it's other people's fault or that we are at the mercy of the government and tax laws. We are in fear of germs that can catch us at any moment and of cancer that picks and chooses as it pleases. Society would have us blame the bullies, our bosses and inflation for our circumstances. This leaves us with no power. It has the feeling of helplessness and fear. It implies we are victims. We learn early that 'life's not fair'. This perception of life weakens us and puts our happiness in the hands of others. There line of thinking, a philosophy that says we are responsible for everything. Yes EVERYTHING. We are creating our lives every moment of everyday – and we are either doing this consciously or unconsciously. Even when were not aware we are doing it, we are doing it. This is where is gets challenging for some. Dr Joe Dispenza says 'if you really believed you are creating your life with your thoughts, you wouldn't miss a day'. He goes on to say the reason most of us don't consciously create our lives is because we really don't truly believe that it's possible. The more I do this work the more I see we are absolutely creating our lives with our thinking and our feeling. All the circumstances and situations in our lives are outcomes of a way that we have been thinking and feeling and perceiving. Life is a mirror and is playing out on the outside what we have going on, on the inside. I help people figure out what the default emotions are that have got them what they have. If you don't like something in your life it's because of a way you have been being (feeling, thinking and perceiving). Illness, that constant sore back, financial struggle, relationship issues will be equal with a way we have perceived ourselves and our world. All our situations are relevant to us! Right in this moment you are the sum of your past. We are the sum of every experience we have ever had. All our experiences have taught us to think and feel and need and want very differently and all our thoughts and feelings we have pro-

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grammed about life, is giving us more of that. What we focus on, where we choose to put our energy will expand. I help clients reveal what can be a blind spot. Thinking is so automatic we often have no idea when our thinking is moving us backwards. (When talking with clients about specific life events it's easier to unblind a mind) Further on from this you get to pick what you do want. Most of us want specific things but when we go general most of us want to experience similar feelings - to feel free, unburdened and unlimited, to feel more joy and to not worry what others think of us. Most of us want to not need others to validate us, to be healthy to laugh more and of course money is biggie. If we can create whatever we like, then it's a chance to visit the shop of 'every possibility exists'. It's a fun shop! Infinite possibilities exist for all of us right now; it's just that the rhythm you are being right now is a different rhythm than the thing you want. I talk with clients about how to get more aligned with what is wanted - but it's not as simple as waking up tomorrow and thinking a new thought. We can't force ourselves to think differently. I don't believe in force, any time we force ourselves to do something we need to be careful we aren't being the person that isn't good enough (that way of thinking got us where we are in the first place!). I believe positive change can happen naturally - if life is responding to how we are being then our job is simply to be more in joy than we are in worry. It means not looking at 'what is' and being governed by it. Instead light yourself up with possibilities. The rhythm of possibility is very different to the rhythm of the bank account right now. Choosing to go for a walk is a different rhythm than choosing to sit on the couch. Your true nature isn't fighting to be better, your true nature just is. Its hanging out, lovingly waiting. I give clients specific mediations. They help wonderfully with natural change. You find yourself automatically in the flow of a higher rhythm. Its conscious creating at its best. For a session ring or email Anna.anna@thinkyourbest.co.nz.

PHELAN'S LOCAL BOARD UPDATE

It's 2018 and Council is kicking things off with consultation on its '10 Year Budget' formally the 'Long Term Plan'.

The Mayor has published his vision for the 10 Year Budget and as an executive Mayor, rather than the type of Mayor's we had under Rodney District Council, he leads this process. You can find out where he's headed by googling 'Mayors Vision For Auckland'.

I can imagine a few rolled eyes at this point and the usual justifiable cynicism about the whole process, "why bother" you'll be asking yourself, "no one will listen and they've made their minds up already"...

The 10 Year Budget sets out the spending goals for your Council. This budget will determine the level of rates council sets over the coming years, the services council provides, how it spends your rates and money it borrows for capital spending, the major

projects it undertakes whether for community facilities or transport infrastructure, how it's going to manage its finances and ensure the 'books are balanced' and what will be cut to ensure that.

Given we've got a lot of residential growth in our district and all the associated infrastructure pain that comes with this, it's very important we engage with this process and provide feedback for or against the proposals.

The Local Board has a number of important things we want feedback on.

We have a planned a multipurpose indoor sports facility for Huapai to meet demand for courts sports and out of season use by the growing sports clubs in the area. Getting widespread public support for this \$12million project will be essential if it's to go ahead.

We have heard from you about the transport issues we face and there was tentative support for a proposed targeted rate to bring forward transport spending. We have spent over six months working with Council's finance team and Auckland Transport on a range of projects that could be financed by a \$150 targeted rate per property. It includes additional road sealing and footpaths, more buses from Kumeu, a new bus service from Riverhead and a Park'n'Ride in Kumeu.

Unfortunately, our proposals for a targeted rate are against the background of other targeted rates across Auckland for improving water quality and environmental issues.

Residents will have to weigh up the benefits of these targeted rates proposals and decide whether they offer value for money. Targeted rates have one positive attribute in that they must, by law, be spent on the purpose they are levied for. This means we can have confidence the money will go where it's meant to be going, however you may feel the benefits for you are limited. There are arguments for and against, however the Local Board received feedback that residents wanted the option and so we have presented a viable package for your consideration. It is now going to up to your feedback whether we proceed with



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this.

This budget runs up to 2028, which is the date that the next lot of land release for development will possibly start in Huapai.

It is essential we get as many people as possible providing feedback either for or against the plan as the community's future will be guided by these budgets.

This year a detailed document will not be sent out to addresses as in previous year with the push being to get people to go online to provide feedback, or visit their local library for a feedback form.

Consultation starts in late February & March and keep an eye out here or on Facebook for information or google 'Auckland 10 Year Budget' for more information. If you need assistance with council related matters, please call me on 021 837 167 or email phelan.pirrie@aucklandcouncil.govt.nz.

THE SENSITIVE CHILD

Here at Country Bears, we believe in a high-quality programme. At Country Bears we are very aware of the unique nature of each child. We have been having many discussions around children who appear so much more sensitive, which led us into our teachers trying to understand how we can support and guide these children. Before we could do this, we needed to find out what it means "for the child" to be highly sensitive and try to see the perspective through the eyes of the child. Children who are highly sensitive were born this way, just like it is determined the colour of your hair or eyes. Studies have indi-



cated that one in five people (adults and children) are highly sensitive. They do not fit 'inside a box' – they can be introverted, extroverted, shy or confident. The degree of their sensitivity may vary during their life and how they experience the world will change accordingly.

From our research and observations, it is apparent that children who have a high sensitivity trait, have a very sensitive nervous system. They have a high keen awareness, intense experiencing and quite often experience 'overload'. These children notice the many, many small details that other children might not. Wherever they go, the child will gather the vast array of information with their senses, so much more than another child may. They experience feelings very intensely, like their emotional dial is turned up to high. With all this awareness and intense feelings, this leaves the child feeling exhausted and overwhelmed. It is how each child experiences their world and what their capacity is in our world, which determines how they respond and react to this overload. This could result in behaviour such as, withdrawing or crying. It is possible with time, to recognise when a build up for a sensitive child may be starting. Prevention is always better than cure, and with this knowledge and understanding, the teachers are able to guide and offer strategies to the child to help them through these intense experiences. As all parents and teachers can appreciate, there is never a fool-proof plan, what works one day, might not work the next, but together as a team and community, we can help and guide these sensitive children to grow up confident and competent learners, before heading off to school.

If you would like to know more about highly sensitive children there are Facebook pages or books, including "the Highly Sensitive Child" by Elaine Aron. Please feel free to come and have a look at our beautifully placed centre and our professional and caring team of teachers. www.facebook.com/cbearsecc.



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MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Thu 1 Feb	-	05:26	11:34	17:53	23:57
Fri 2 Feb	-	06:13	12:20	18:40	-
Sat 3 Feb	00:43	06:58	13:04	19:25	-
Sun 4 Feb	01:27	07:42	13:46	20:09	-
Mon 5 Feb	02:09	08:25	14:28	20:52	-
Tue 6 Feb	02:51	09:09	15:11	21:37	-
Wed 7 Feb	03:36	09:55	15:56	22:25	-
Thu 8 Feb	04:25	10:47	16:47	23:19	-
Fri 9 Feb	05:22	11:49	17:47	-	-
Sat 10 Feb	-	00:21	06:31	12:59	18:57
Sun 11 Feb	-	01:28	07:41	14:07	20:05
Mon 12 Feb	-	02:31	08:42	15:04	21:04
Tue 13 Feb	-	03:24	09:33	15:51	21:52
Wed 14 Feb	-	04:09	10:15	16:33	22:34
Thu 15 Feb	-	04:49	10:53	17:11	23:11
Fri 16 Feb	-	05:26	11:28	17:48	23:47
Sat 17 Feb	-	06:02	12:02	18:24	-
Sun 18 Feb	00:22	06:39	12:37	19:01	-
Mon 19 Feb	00:57	07:16	13:13	19:39	-
Tue 20 Feb	01:34	07:55	13:51	20:19	-
Wed 21 Feb	02:14	08:36	14:33	21:02	-
Thu 22 Feb	02:58	09:22	15:19	21:50	-
Fri 23 Feb	03:48	10:15	16:13	22:46	-
Sat 24 Feb	04:47	11:19	17:16	23:52	-
Sun 25 Feb	05:58	12:33	18:30	-	-
Mon 26 Feb	-	01:05	07:17	13:48	19:48
Tue 27 Feb	-	02:18	08:31	14:56	21:00
Wed 28 Feb	-	03:22	09:34	15:54	22:00

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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CARAMEL EXPLOSION BROWNIE CAKES

These healthy brownie cakes oozing with caramel are heavenly!!

Serves 6 | GF, DF, RSF | Recipe by @coconutandbliss & @healthsynergy

INGREDIENTS:

1 cup almond meal

1 cup cashew meal

½ cup cacao powder

¼ cup coconut sugar

1 tsp vanilla bean powder

1 tsp gf baking powder

3 organic eggs, seperated

⅓ cup coconut oil

¾ cup almond milk

CARAMEL CENTRE:

½ cup medjool dates

⅓ cup cashew butter

1 tbps mesquite powder

¼ cup coconut cream

¼ tsp himalayan salt

METHOD:

1. Preheat oven to 170°C.
2. Combine all dry pudding ingredients in a large mixing bowl.
3. Then add egg yolks, coconut oil and almond milk.
4. Whisk egg whites until firm peaks form and then gently fold into the mixture. Set aside while you prepare the caramel.
5. Grease and line 6 individual pudding dishes (approx. 6cm diameter).
6. Scoop some of the chocolate mixture into the dish, followed by a few spoonfuls of the caramel, and then cover with more chocolate.
7. Place in the oven and bake for approx. 15 minutes.
8. Enjoy!



QUINOA & CHIA SPICY PUMPKIN 'RISOTTO'

With two incredible superfoods (quinoa and chia seeds), this bowl of 'risotto' is sure to nourish you and your soul.

Serves 4 | GF, VGN | Recipe by Melissa Wallace | @wholesomedaily

INGREDIENTS:

1 cup cooked quinoa

2 tbs Chia seeds

600g pumpkin cut in large chunks

1/2 tsp turmeric powder

1/2 tsp dried chilli flakes

1 pinch cayenne pepper

1 pinch salt

1/2 cup cooked peas

1 cup goji berries

2 cups sautéed kale

METHOD:

1. Preheat oven to 200 C.
2. Add pumpkin with a little olive oil and season with turmeric powder, chilli powder and cayenne pepper. Add salt and black pepper to taste.
3. Roast for approx 30 – 40 minutes or until pumpkin is tender.
4. Add the quinoa, chia seeds, roast pumpkin, kale and peas.
5. Sprinkle with goji berries to serve.

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