

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

HOPESEEDS COMES TO LIFE



Matua Ngaru

*Akoma, puta mai i nga tiri ahua ki te ao haurua | Ubiquitous learning, as a wave of change*



AROHANUI

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

NEW SCHOOL IN HUAPAI OPENS

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

February 2019

# Intro

Welcome to our first edition for 2019 and what promises to be an exciting year full of positive changes for everyone. To kick start the 2019 and what has so far turned out to be a wonderful warm summer, we have the opening of Huapai's brand new Matua Ngaru School on February 7th. Principal Diana Wilkes says the Ministry of Education has funded the school to start with 176 pupils up to Year 8, with 10 teaching staff initially. It's eventually expected to reach the capacity of 560. That's a bigger number of "learners" than initially expected, illustrating the Kumeu-Huapai area's growth. Huapai District School is also celebrating 2019 having been open for 100 years. For all the mums (and Dads) out there that need a bit of Me-time after the holidays, grab a friend and go get bendy in Hallertau brewery with a beer. Hallertau now host regular yoga sessions under the expert guidance of Erika Rodriguez from Same Sun Yoga. Soften the space between your eyebrows, savour the flavour lingering on your tongue. Beer yoga, for yogis and beer lovers alike. All levels welcome, next session is Wed 6th Feb at 6.15pm. It's BYO mat or towel and costs \$10 or \$15 with a beer. Once you are done getting your Zen on, I recommend looking at my favourite articles this month on changing your perspective on life. **Change your habitual thinking and create new stuff pg. 40. A resolution revolution pg. 38 and Need some help with your resolutions? pg. 37.** It seems the theme for this year is one of getting rid of the old negative ways of thinking, being realistic and moving forward with long overdue goals. I for one will be embracing this way of life and I know many others out there will be too. One such person is Heart Saver's Managing Director, Mike Mander, who is an inspiration to us all and living proof that you can do anything you set your mind to, you just need the will power and determination to get on with it. After a health scare and some confronting options, he has worked incredibly hard to lose 37kg in just 9 months to turn his life around. He started with little goals, which quickly turned into three major milestones - Ironman competitions. Mike's family, friends and his team at Heart Saver are so very proud of his achievements, considering less than a year ago, Mike couldn't run for more than 35 seconds on a treadmill. This is the proof that determination is the winner. Well done so far Mike, we are all behind you and can't wait to see your results from the full Ironman in March.

As always, Stay safe – Be Kind  
Sarah  
Editor.

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

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# PEOPLE & PLACES

## NEW SCHOOL IN HUAPAI OPENS

Stories by Geoff Dobson.

Huapai's new Matua Ngaru School opens on February 7 with close to 100 pupils.

That's a bigger number of "learners" than initially expected, illustrating the Kumeu-Huapai area's growth.

The roll was expected to be between 50 and 80 students in 2019, reaching 175 in its second year of operation, Ministry of Education sector enablement and support deputy secretary Katrina Casey told the Kumeu Courier in July 2017.

Principal Diana Wilkes says the Ministry of Education has funded the school to start with 176 pupils up to Year 8, with 10 teaching staff initially. It's eventually expected to reach the capacity of 560. The school incorporates a satellite of the Arohanui Special School, which opened on January 30 at Matua Ngaru in line with all its other satellites and home base.

The January 30 opening and welcome included representatives of Ngati Whatua o Kaipara and the community.

Two open days followed for enrolled Matua Ngaru learners.

Another more elaborate event is planned around June or July with Ministry of Education and other Government representatives invited to attend which will enable the foundation learners to be more involved.



Matua Ngaru is developed under a public-private partnership, which means Diana Wilkes can focus on leading teaching and learning rather than on property aspects. Spotless is the company managing the school and grounds.

She says 2019 will be an exciting year for the community with the new school starting and Huapai District School – where Matua Ngaru senior staff were hosted until the school opened - celebrating 100 years.

The leadership team includes deputy principals Kirstin Anderson-McGhie and Wendy Ness, lead learning coaches Michael Davidson and Heike Micheel, and office administrator Amanda Culverwell. The team is completed with five learning coaches: Kate Davison, Anoushka Carnie, Kelly Gaston, Amy Robertshaw and Yasmin Mohamed who began in Term 4, 2018.

The leadership team has spent time meeting with the family of each learner to form the foundation for a strong home-school partnership. The team is very excited to start the school year with all of their wonderful tamariki and the Arohanui team, Diana says.

The school vision 'Ubiquitous learning, on a wave of change' guides the educational beliefs and approaches to teaching and learning demonstrating a focus on anywhere/anytime learning opportunities as well as a commitment to purposeful change as lifelong learners. "At Matua Ngaru we believe the purpose of learning is to thrive in an ever-changing world," Diana says. "Learning is an ongoing process of making and/or modifying connections through ubiquitous experience."

"Our school curriculum will be grounded in the New Zealand curriculum, concept-based and framed around both the 4C learning values and 'adaptive expertise' - developed through guided learning, action learning and experiential learning," Diana says. Each term, the curriculum with focus on a 'kaupapa' - a big overarching idea as well as one of the 4C learning values - which are the vision principles.

The 4Cs are:

Curious – mahirahira: We believe in cultivating curiosity because ultimately, it motivates us to learn.

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cause it draws upon our skills to amplify learning.

**Creative – auaha:** We believe in nurturing creativity because it acts as a catalyst for innovation.

**Communicative – whakairo:** We believe in developing communication because it empowers us to build connections.

Learning will take place in flexible learning spaces known as “kain-ga” (meaning home or quarters) or “habitats”.

The kainga are named after the sperm whale (paraoa), octopus (wheke), Maui dolphin (popoto) and hammerhead shark (mangopare) and feature signage designed by Graham Tipene.

The school has more than 3000 square metres of educational space on the three-hectare site.

These include the four flexible learning spaces (kainga) over two levels and two specialist teaching areas. A multipurpose hall (Whare Tapere), two playgrounds - including one for Arohanui pupils, an administration area (Tari) and a library (Whare Hapori) take up most of the remaining spaces.

See the interactive map here: <https://tinyurl.com/yddqjvpc>

It also has two sports fields, basketball and netball courts, and use of the adjoining Huapai Reserve providing activity space.

The decile 9 school's catchment extends from State Highway 16 to Old Railway Road and Old North Road, passing through southern parts of Riverhead, crossing from near Ararimu Valley Road to the Kumeu River and then to Matua Rd in the west, back along SH16.

Out of zone enrolments won't be taken for the first three years.

The school invites the wider community to an Open Night on Wednesday, February 13, to learn more about the school and see the flexible learning spaces.

Matua Ngaru School is at 47-49 Gilbransen Road.

Visit [www.matuanguaru.school.nz/](http://www.matuanguaru.school.nz/) for more information.

## STRONGER VOICE FOR NORTH-WEST SOUGHT

Providing stronger representation for the Kumeu district is the main New Year's resolution from the Kumeu-Huapai Residents and Ratepayers Association (KHRRRA).

To do this the representative group intends boosting both membership numbers and its coffers.

Fare-welling long serving chairman Pete Sinton, the association held an emergency meeting under acting chairman Craig Walker to discuss the way forward, attended by about 30 people at Soljans Estate Winery.

It heard the association had about 17 paid up members before the emergency meeting.

“But it should represent more than about 20 families, so it's important to me to see membership grow,” Craig says.

“I can't see how we can say we represent the community when we do not have more support.

“I don't want the association to close. It's pivotal that the associa-



tion does not lapse or this voice will be lost in the abyss.”

Craig says the Kumeu district has been a “poor cousin” under the former Rodney District Council and “to some degree” under the Rodney ward of the Auckland Council, although it has had great representation through Rodney councillor Greg Sayers and Rodney Local Board members.

“But that doesn't stop the need for the community to back them and have a say.”

Helensville MP Chris Penk is also passionate about the area, he says.

“We need to use those strengths to work together with other parts of Rodney to be well represented.”

Craig says it's also important to get the association better funded so that it can meet such costs as legal advice when needed.

Urging everyone to help drive a membership increase, Craig says the association needs to continue as an independent and important voice to look after the interests of area ratepayers.

“I'd like to see more collusion with other ratepayer groups, but we need to get our own house in order first.”

Taupaki Residents and Ratepayers Association Chairman Ian Shaw says the group stands ready to help the KHRRRA and says it's important the area has a local group to help feed back information to other community groups.

“For it to have value the association must have clout – if you are unable to say you represent the community you're just another voice really.”

Ian says by working together, associations like Taupaki, Kumeu and Riverhead can provide a strong representative bloc to the council.

Greg Sayers says it's “vital” to have an association which is strong, well-coordinated and democratic.

He and others at the meeting pointed out that the KHRRRA needs to have a say around issues such as the area's growth, traffic congestion, design, schools and more.

“Without an advocacy it is difficult for me to do my job.”

Local board representatives such as Brenda Steele says the KHRRRA isn't alone in its struggle to build membership and funds.

She says similar issues are being experienced in the Helensville and South Head areas.

“It seems to be the same people doing everything – we're just not getting the new ones coming into the area.”

Brenda and others say it's often a major local issue which suddenly galvanises action and association support. She says it appears a “lull” in such issues may be contributing to declining interest. “But it will come. If anything is going on they will be ringing.”

Cameron Brewer agrees that having area representation like residents and business associations is important. He says the Council sees many people turning up at meetings from areas like Auckland's eastern suburbs, while he says Greg Sayers notices many appear from Rodney's northern areas.

“This area has a working demographic where people don't have the time to spare,” Cameron says.

He believes it doesn't really matter how many are in the association so long as it has the community's trust.

Cameron and others at the meeting suggest the association should make greater use of social media, community Facebook pages and the like to get its messages across.



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Brent Bailey says association meetings should provide an experience encouraging more people to attend.

Warren Flaunty says he's been on a number of ratepayer associations like the Massey Birdwood Settlers Association and that the KHRRA has been among the strongest. "Without Pete's (Sinton's) input it would not have got to the stage it has. So much is going on in people's lives now it's hard for them to get away at night."

Graeme Hammonds points out the KHRRA has been instrumental in organising meetings with the likes of State Highway 16 operators the NZ Transport Agency and even in getting Transport Minister Phil Twyford to visit the area to discuss issues like highway safety and a bypass.

Tony Soljan says the association has to "work outside the box" and change direction to get "younger minds" on board.

"The main thing is we've got to keep this going."

The KHRRA will discuss matters further, including any ideas on driving its membership, at a meeting early this year.

## HOPESEEDS PROJECT COMES TO LIFE

Mark Adock's Hopeseeds initiative is thriving thanks to community support.

The Smashing Promotions director's charity idea of selling swan plant seeds to promote monarch butterflies with proceeds going to Youthline to assist young people first featured in the Kumeu Courier November 2018 issue.

The Muriwai Beach resident's aim is to achieve two main things.

One is to encourage people to grow the swan plants, which are food for monarch caterpillars, after learning they were in short supply nationally last year.

The other is to help young people overcome traumas in their lives – Hopeseeds aligning perfectly with Youthline's mission of "Changing Lives" and the link with nature and nurturing.

Since then, like the monarch summer season, the Hopeseeds project has taken off.

The goodwill of businesses such as Phil Greig Strawberry Gardens which established a Hopeseeds Monarch Butterfly Garden for patrons to enjoy as well as retailing the seeds, New World Kumeu, and Waimauku School which used Hopeseeds as a fundraiser, has been heartening for Mark.

"Hopeseeds is the perfect fundraiser as there's no drain on resources, it's all online, way healthier than selling sweets, helps youth, butterflies, the planet and the school," Mark says.

Any schools wanting to get involved can contact Smashing Promotions.

Mark's ultimate goal is to eventually supply monarch chrysalis throughout New Zealand schools and early childhood centres. "Teachers can download an information pack that will include engaging cool facts about metamorphosis, caring for a butterfly, a



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plant, a planet, and considering others," he says.

Mark says getting people to think and care outside themselves lays down an empathy pathway in their brains, so they will always have the capacity to be considerate.

"It's a long-term plan, and one that I can't achieve on my own," he says. "But if the support I've

had continues together I think we will make a positive difference."

The next step is to get some celebrity endorsements and get exposure for Hopeseeds through their established channels, Mark says.

"I will be offering to plant an instant butterfly garden complete with chrysalis and caterpillars. I'm open to any assistance as I really am a novice, learning as I go," he says.

"Any advice or angel investors that want to make a huge difference in creating empathy in children please give me a call."

A recent coup was having Hopeseeds.nz featured on popular TV show Seven Sharp ([www.hopeseeds.nz/page/media](http://www.hopeseeds.nz/page/media)).

"The interest generated was such it periodically crashed our website. Well worth a watch," Mark says.

Yet another advancement was a partnership with KiwiSaver provider [www.simplicity.kiwi](http://www.simplicity.kiwi), he adds.

"They have committed to printing their brochures onto 10,000 packets of Hopeseeds swan plant seeds, a brilliant initiative."

Mark says that information with an environmental purpose will lead to more food for the monarchs, funds for Youthline, a greener planet and a memorable brochure with associated goodwill.

"I think there is a big, big future in community partnerships, not hand-outs, but offering businesses tangible ways to showcase their brand proudly alongside those that require support and funds - so it's win-win."

"I can see myself in that role of assisting the two parties to come together," Mark says.

"So please, anyone looking for funding and any companies looking to support local community groups get in touch as there's loads of potential and synergies to be had."

Visit [www.hopeseeds.nz](http://www.hopeseeds.nz), [www.smashingpromotions.nz](http://www.smashingpromotions.nz), phone 09 412 6235 or email [info@smashingpromotions.nz](mailto:info@smashingpromotions.nz) for more information.

## ST CHAD'S CHURCH CELEBRATES REBIRTH

March marks a month of celebration for St Chad's Anglican-Methodist Church after its reopening following a ten month rebuild.

"We have now planned some celebrations of the 'new' building and everyone is welcome to join us at the upcoming series of events," St Chad's Church Council chairman Colin Newel says.

Sunday March 3 is devoted to a Grand Reopening Service at 10am where the Huapai church will be rededicated with leaders of both Anglican and Methodist churches attending.



That's followed by an Open Home on Saturday March 9 where groups who use the church and hall are invited to set out their stalls and tell the community what is available at St Chad's.

The same evening there's a fantastic concert with Josh Jones and friends at 7.30pm, looking at "The Spirituality of Music". This is from a broader perspective and would appeal to people of any religion or indeed no religion, Colin says.

Then on Sunday March 10, after St Chad's usual 10am service, the Cantorum Chamber Choir will sing Choral Evensong from 5pm. Colin says this will appeal to Anglican traditionalists and music lovers alike.

A concert is also planned on Sunday February 24, 4pm, with the Pohutukawa Singers providing classical, jazz and rock renditions.

The church reopened for worship on Sunday December 16, just in time for Christmas.

"We had a joyous service which was really well attended and people loved having a look around the refurbished building over our morning tea break," Colin says. "There are still a few minor bits to complete and the next major task is to do the landscaping and new signage."

"We have been hugely appreciative of the support which we had from our friends at St Patrick's, whose church we were able to use for our worship for rather longer than we originally envisaged."

The restoration's timeframe and budget both exceeded initial indications after the church was discovered to be a leaky building, but it can now also use its previously inaccessible mezzanine floor.

The reconstruction took about four months more than the expected six months, and the earlier budget around \$950,000 may reach up to \$1.2 million.

The Auckland Anglican Diocese has contributed much towards the rebuild cost, which means the church has reopened without any debt, Colin says.

Visit [www.saintchadshuapai.wordpress.com](http://www.saintchadshuapai.wordpress.com) for more information.

## 25TH KUMEU HOT ROD SHOW

The heat came on as tens of thousands turned up for a spectacular 25th Kumeu Classic Car and Hot Rod Festival on January 19 and 20.

More than 30,000 visitors soaked up the sun and an impressive array of at least 5000 classics, hot rods, motorcycles and more during the landmark event at the Kumeu Showgrounds.

Parking was at a premium despite the huge amount of space available.

The event's success has delighted organisers Ken and Desma Galvin of Kumeu who worked hard to make it one to remember.

Syd 'Almo' Briggs with the 1949 Ford Bonus he restored, an earlier show award winner.



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# SAFER COMMUNITIES

Happy New Year! I hope you all had a great Christmas break.

This month's safety message is about emergency services finding your house and then accessing it. When you call for assistance the responding crew can easily find your street but finding your house can be difficult. You can help by making sure your letter box has the correct street number clearly displayed. At night turn outside lights on so your house is clearly seen and send someone to the drive entrance to meet the crew.

The other big issue is access to your property. Make sure trees are trimmed to allow for a fire truck to drive down your driveway. Your clear drive width needs to be 2.5 metres with a clear height of 4 metres.

If the truck cannot fit then we will need to carry all the equipment to the incident. Remember a fire doubles in size every 60 seconds so a fire truck parked 100 metres plus away is going to have an impact on the outcome.

2019 is a good year to assist a local community group. If you or your family are not presently volunteering in your community then make a call to donate some time to help your community. The benefits include:

- meeting new people with similar interests
- developing new skills and experiences
- getting a greater sense of personal achievement
- a feeling of involvement and participation in the community
- having a number of buddies to do things with
- engaging on a business, social and personal level

If you have a few spare hours a week and want to volunteer some time on a part time or regular basis it starts with a phone call to a group

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# COMMUNITY NEWS

## MURIWAI OPEN STUDIO

Meet the creatives behind some of Muriwai's best artwork. Fourteen artists will have their studios open during the Muriwai Arts Group Show. Mediums include ceramics, jewellery, mixed media, painting, photography, sculpture, stitching and weaving. The Muriwai Arts Open Studios are a fun and personal experience for both visitors and artists. For more information contact Judy Stokes [judystokesphotography@gmail.com](mailto:judystokesphotography@gmail.com) or Joss Hong [joss.hong@gmail.com](mailto:joss.hong@gmail.com) Book this in your diaries now to enjoy the creativity inspired by the magic of Muriwai.

## SCOUTS

Scouts is New Zealand's largest youth organisation with over 15,000 members. Nationwide this is divided into 36 Scout Zones. In the North West Auckland region is the Waitoru Zone, covering an area from Te Atatu Peninsula to Kaukapakapa.

The Waitoru Zone has Scout halls in Te Atatu, Henderson, Massey, Whenuapai, Riverhead, Waimauku, Helensville and Kaukapakapa.

Most groups are the traditional land based Scouts with the exceptions of Whenuapai, which is an Air Scout group and Te Atatu which is a Sea Scout group, where they focus more on Air and Sea activities.

Scouts are for both boys and girls, girls having been part of Scouting in New Zealand since the 1980's.

There are approximately 500 youth in-

involved in Scouts in the Waitoru zone and typically, we have a 50/50 ratio of boys and girls.

There are 5 youth sections in Scouts: Keas, Cubs, Scouts, Venturers and Rovers. Keas start at 5 years old and Rovers go up to 26 years. Leaders are 18 years and over. Activities include camping, hiking, sailing, flying, biking and crafts to list a few, as well as visits to places like Fire and Police stations and many more fun adventure filled activities.

Do you want to know more or interested in joining (the first month is free) then go to [www.Scouts.org.nz](http://www.Scouts.org.nz) or email me.

Craig Paltridge - Waitoru Zone Leader. [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz)

## OLD SCHOOL TIES



Sunday 17th February 10am to 1pm. Started in 1873, in a building which was also the hall and library, the Kaukapakapa School continues to be a pivotal part of the community. Find out about its history and help us to identify some of your family or classmates who currently remain nameless. Join us at the library and relive your youth, one year at a time. For more information contact Megan, 021 959 017 or [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz)

Kaukapakapa school children with the Shanks school bus, around 1936, complete with rolled up canvas windows.

## KAUKAPAKAPA VILLAGE MARKET



Sunday 17 February 8.30am to 1pm. A great morning out for the family, this lively 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.

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## KUMEU LIBRARY



It's been a wonderful summer here at Kumeu Library, full of fun and excitement with the Dare to Explore summer reading programme and the Great Summer Read promotion for adults. Now that

school holidays are over, all our normal activities are back up and running. 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 - storytime happens every week, even during the school holidays.

Homeschoolers' Make: Build: Do: Wednesdays during school term at 10.30am, starting 13 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 14 February - What can you achieve in one hour?

Rhymetime: Fridays at 9.30-10.00am - for pre-schoolers aged 18 months to 3 years. Rhymetime continues through all the school holidays.

Wriggle & Rhyme: Fridays during school term at 10.30-11.00am, starting 8 February - for babies 0 to 2 years.

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 30 January - create something different every month.

Book Club: 7.00pm on the 4th Thursday of each month except December, starting 24 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](http://www.facebook.com/kumeulibrary))!

## KUMEU BOUNCY CASTLES

The summer sun is finally here so why not book one of our fantastic, bright, co-

lourful castles for a fun filled day. Keep the children entertained at that magical party!

Amazing Face Painter and entertainers - Fairy, Clown, Magician and Balloon Twister available as well "

All of our bouncy castle hire prices include LOCAL delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. No cancellation fee.

Cindy 021 1192 573, email: [kumeubouncycastle@gmail.com](mailto:kumeubouncycastle@gmail.com).

## WAIMAUKU VAULTING CLUB

Our club is now closely aligned with the Kapiti Vaulting Club as we take on the monumental challenge of competing at the 2019 FEI Vaulting World Championships for Juniors.

The young women ranging from ages 11 to 17 in the Kiwis team at Kapiti Vaulting Club are living and breathing with one goal - for their team to represent New Zealand in the equestrian sport of vaulting.

Having just completed the annual vaulting camp, they are bouncing into 2019 with full force, training to the maximum, and pulling together to support each other in this monumental push to get to the Netherlands and compete at the World Champs.

It takes a great deal of dedication, training, and commitment to reach a world championships level. Even more challenging for us in New Zealand, is the lack of a competitive environment - the nearest competition is in Australia. These girls are keeping up the long hours of training with their sheer determination and kiwi spirit to make New Zealand proud.

The Kapiti Vaulting Club has a track record of making farfetched goals happen. Over a span of 20 years in a little known sport to New Zealand, this club has had the resilience and perseverance to produce multiple world class athletes both individually as well as sending a vaulting team to the 2014 World Equestrian

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Games in France.

Waimauku Vaulting Club will be hosting fundraising events in Auckland to support Team New Zealand. Join us for a wine tasting at the Greenhithe Old School Building on February 3rd from 4 - 7pm. Tickets available from [waimauku.vaulting@gmail.com](mailto:waimauku.vaulting@gmail.com) or contact Belinda on 027 782 3203. Our upcoming events and information about Team NZ is listed on our Facebook page and website.

## FEBRUARY AT KUMEU ARTS CENTRE

Many artists find it hard to decide what to charge for their creations but they all love to sell their artwork to people who really want to own it. During 'Make Me an Offer', between February the 11th and the 23rd, visitors can make a silent bid on a number of quality artworks produced by our members. Then 'Hoch and Green' will occupy the gallery with their stunning, beautiful photographs. 'Hoch and Green' is a creative collaboration between long-time friends Julie Green and Gina Hochstein. The duo say their intention is to "try to draw the viewer into their carefully crafted mise en scène, where there is beauty in the everyday, much of which we take for granted." Along with these exciting exhibitions is an array of classes, concerts and events on offer at Kumeu Arts Centre – The Hidden Gem of Kumeu. [www.kumeuartscentre.co.nz](http://www.kumeuartscentre.co.nz).



## WAIMAUKU LIONS

The Waimauku Lions will be hosting the Annual Waimauku Gala on Sunday 24th March 2019. We hope to have as many local



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artisans and craftspeople there as possible. In 2019 we want to raise funds for upgrades to the Community playground on Freshfields Road. Several fundraising events will be held, with our Gala being one of the main events.

The annual Waimauku Lions Gala will be held on Sunday 24th March, 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 and individual 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](mailto:lionswaimauku@gmail.com).

## JENNA-MAREE CAKERY

A newly opened custom cake and cupcake store is located on Hobsonville Road. Their speciality is custom cakes and cupcakes that not only look amazing but taste just as great. No artificial flavours or packet mixes here! If you are planning a wedding, now is the time to book a consultation with Jenna-Maree to personally help you design your dream wedding cake. This can be done via the website or instore and includes decadent sample cake tastings of your choice.



If you need a celebration cake – Jenna-Maree Cakery is the store to visit and if you need ideas to help create your design there are albums filled with their cake photos in store for you to peruse.

The cabinet is filled daily with a delicious assortment of cakes, cupcakes and slices that are baked daily onsite plus they have amazing coffee, smoothies and milkshakes available.

Store hours are Mon-Friday 8-4 and Sat 10-2, 102C Hobsonville Rd, Hobsonville. [jennamareecakes.co.nz](http://jennamareecakes.co.nz) / [sales@jennamareecakes.co.nz](mailto:sales@jennamareecakes.co.nz).

## LITTLE MISS ENCHANTED

Little Miss Enchanted is proud to announce we are NZ's first kids' spa. Choose our awesome Disney Pamper Packages, or a pamper package with our Little Miss Stylists. And if that's not cool enough already, we also host Children's Parties in our spectacular princess room. Beautifully hand made by the owner, it's a princess's dream come true. We host a range of Birthday Par-



**Andrew Jackson**  
General Manager

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ty options. Here are some of the SUPER cool services included: Two Disney Princesses to pamper, entertain and run the party. Choose a princess hair style with gorgeous princess gems and glitter added. Birthday girl gets a princess crown headband. Beautiful princess gem tiara. Delightful mini manicures with colourful nail art. Play a party game with prizes. Play our fun garden games around the room. Party music for dancing. Group photo with the princesses (using your own camera). There are different packages and add-ons available to suit different preferences and budgets. Birthday Parties will never be the same again! Want all the info? Message us now. 0800 LIL MISS (0800 545 647) [www.littlemissenchanted.co.nz](http://www.littlemissenchanted.co.nz).

## BRIDGESTONE KUMEU

All of us here at Bridgestone Kumeu wish our customers a happy, healthy and safe 2019.

We've had a busy couple of months checking tyres to make sure that summer holiday journeys are safe journeys – we have been rotating tyres, balancing tyres, repairing punctures and replacing tyres; making sure that families reach their destinations in one piece.

We find that the tyre pressures can go askew during this summer heat – when the tyre pressure is incorrect it can cause handling problems especially around bends, it can also cause tyres to wear unevenly and this may mean having to replace a tyre – it saves and pays to get your tyre pressures checked regularly. This is part of our free friendly service, call to see us anytime at 43 Main Road, Kumeu phone 09 412 9111 - 7.30am to 5pm Mon – Fri and 8am to 1pm on Saturday and Johnny and the boys will be happy to conduct our free tyre pressure and safety check.

Bridgestone Kumeu, servicing the tyre needs of the North West

for over 25 years....locals supporting locals....keeping you safe on the roads.

## THE HERBALIST

Happy new year from The Herbalist. We are excited to announce our new range of certified organic herbal teas which are available through our website [www.theherbalist.co.nz](http://www.theherbalist.co.nz) now. Herbal teas can be served either hot or over ice. They make a great summer drink when served cold with soda water, sweetened with stevia and slices of orange or fresh herbs. A super tasty and refreshing, low-calorie, non-alcoholic beverage option.



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# IN BRIEF

## UPDATES:EVENTS

### LITERACY LEARNING



Here at Natures Explorers we like to prepare our children for school by introducing them to writing. We do this by showing them how to hold a pen, form shapes, lines, letters and also experimenting with how words are put together and what they mean. Even our younger children are learning early writing skills while they play by picking up small objects, poking holes in playdough, doing puzzles and even simply pointing to pictures in a book, all of which encourage their pincer grip. Our centre's walls are covered with stories, photos and words describing what they have been doing and reinforcing their interests in writing. We make writing fun and available daily but never compulsory. We recently have had a large group of children turn 5 and move happily to school and settle in well. So we are now taking new enrolments so pop in and see us or call 09 412 8800.

### DISCOVER YOUR ZEST FOR LANGUAGE

Have you always wanted to learn French

or Spanish but never got around to enrolling into that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. The good news is, no matter how old you are, you can discover your love for language at ABC Language Tuition.

The school is run by Patsy Sackx, who moved to NZ in 2000 with her husband and two daughters.

Patsy has been running her teaching business for more than 10 years and her enthusiasm for teaching is stronger than ever. ABC Language Tuition offers after school language classes, one on one language tuition and adult language classes. Patsy has a passion for language, which she passes on to her students, both young and old with her bubbly, easy going nature and fun teaching style. ABC Language Tuition is growing with new language tutors who are native speakers. ABC Language Tuition now offers after school language classes in several primary schools in the west.

Kumeu Arts Centre is where all the adult language classes are offered.

French and Spanish classes at different levels are held during the day and evening. Book your spot now [www.abclanguage.co.nz](http://www.abclanguage.co.nz).

### WHY LEARN TO SEW?

Have you ever gone into a store with an item in mind, maybe it's a dress for an event or a silk top for work.

You go into every store in the mall but cannot find anything, you get home and hop online, spend hours scrolling and finally purchase something.

It arrives a week later, the fabric is thin, the seams are wonky and it definitely doesn't fit.

Wouldn't it be more fulfilling to make the garment yourself?

Learning to sew gives you the ability to truly personalise your wardrobe and gives you the confidence to be more creative. It's also great to be able to do your own repairs, alterations and home decorating.

I am running a 5 week beginners sewing course at the Kumeu Arts Centre, all ages are welcome.

Over the five classes you will learn the basics of sewing whilst you complete a garment.

Kumeu Arts Centre - Saturday 2nd March to Saturday 6th April. 3pm to 6pm. \$160 per student. If this is something you'd be interested in or want more information email me at [grehtamahon@gmail.com](mailto:grehtamahon@gmail.com). Grehta Mahon – Sewing Coach.

### SENIORNET KUMEU INC.

It's 2019, A belated "Happy New Year" to you all. Most of you will have made your New Year resolutions by now. However, here is another one for those of you who want to keep up with today's technology, who either don't how to use a computer, smartphone, or tablet or simply want to improve their skills - join SeniorNet Kumeu in 2019.

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 meetings 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 meetings 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

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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.

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

We have a number of "special interest" 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 meetings are held on the first Wednesday of the month (next one Feb 6) at the lovely St Chads Church Hall in Huapai starting at 10.00am. For more information please contact Brian Lacey at [brian@lacey.nz](mailto:brian@lacey.nz) or call 022 183 1811.

## THE MOBILE CAR SPECIALISTS



What a cracking summer so far! Chances are your car could do with some TLC after the beating it's taken with the kids. We remove fine scratches from the clear coat (that can be seen in the sunlight), remove sunscreen marks & oxidisation, and restore depth of colour which truly transforms tired looking paint on cars. This service also adds great value to a vehicle when selling.

Prices range from \$189 +gst for sedans and \$199 +gst for SUV's.

Our other services include:

- Removal of small to large dents in your car panels
- Yellow / foggy headlight restoration
- Corner bumper scuff repairs
- Ceramic coating paint protection

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## KUMEU BLEND CHOIR



Singers wanted - rehearsals Monday evenings 7:30pm - 9pm.

We are back at our 'home' - St Chad's Church, Huapai. Our first rehearsal for 2019 is Monday 4 February.

Our Christmas concert 'Sure on this Shining Night' filled the church. We performed well (!), accompanied by Megan Quatermass, and admirably supported by guest soloist Ally Quatermass accompanied by Mary Williams, cello. For the finale, we were joined by our audience singing Christmas carols. We also acknowledged the long service of Rona Atwood, one of our founder members.

As ever, we welcome new singers to join us. All are welcome - basses, tenors, altos and sopranos, as we look forward to another busy, exciting year. We are a friendly group and enjoy a wide variety of music. Previous choral experience and ability to read music is helpful but not essential.

Enquiries Margaret Lindsay on 021 042 8855 or 849 8070; e-mail [Margaret@lindsays.co.nz](mailto:Margaret@lindsays.co.nz).

## HELP FIGHT NEW ZEALAND'S SINGLE BIGGEST KILLER

With one in five Kiwis dying from heart disease, the Heart Foundation needs more people to join with it by volunteer-

ing as street collectors for its Big Heart Appeal 2019 next month.

Every year over 6,500 New Zealanders die of heart disease. While the time commitment involved as a volunteer for a few hours on one day is small, the reward is huge and will play a vital role in the fight against New Zealand's single biggest killer, heart disease.

Funds raised during the Heart Foundation's annual appeal are used to support heart-related research and specialist training for cardiologists. The Heart Foundation is New Zealand's leading independent funder of heart research. Since 1968, it has funded more than \$70 million in research and specialist training for cardiologists. Additionally, we also perform a wide range of activities to help support people living with heart disease, and their families, and provide educational programmes and campaigns that promote heart-healthy living.

The Big Heart Appeal street collections will take place on Friday 22 February and Saturday 23 February and we need volunteers in all regions.

To find out more about volunteering for the Big Heart Appeal and to sign up, visit [www.heartfoundation.org.nz/volunteer](http://www.heartfoundation.org.nz/volunteer).

## SMASHING PROMOTIONS NEW YEAR SPECIALS

To celebrate 2019 and the success of our hopeseeds initiative, we are extending a locals 15% discount off all promotional products for the month of February. Check out our new website [www.smashingpromotions.nz/promo](http://www.smashingpromotions.nz/promo). See the latest trends in promotional marketing from the humble pen to a marquee, uniform or banner flag. Please consider using us - local and community minded. Smashing Promotions have the expertise, service and pricing to assist you to grow your business. pop in for a free cuppa or drop us a line on 09 412 6235.

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# PROPERTY

## NEWS & ADVICE

### WORKER WANTED



Precision Roofing Limited is looking for a semi-experienced worker to join our team of highly experienced roofers. Experience in roofing isn't necessary but must have experience using roofing tools. You must have a drivers licence and reliable transport to get to our yard based in Massey. Please email [lauren@precision-roofing.co.nz](mailto:lauren@precision-roofing.co.nz) or call us on 0800 00 22 22.

### PROPERTY MARKET REPORT

Buyers that want to take advantage of a quiet market need to act fast, buy on an over-supplied property market and high-er Vendor motivation.

The momentum shift from a "buyers' market" to a "sellers' market" is quick. First you'll see a rapid reduction in the properties on market and then you start seeing escalating property prices in a localised area.

Auckland house prices have stagnated for two years, this started pre-election 2017 and they are set for a modest increase of 3 to 9 percent over the year followed by sustained increases through to the next election in 2020.

Immigration figures into Auckland over the last 12 months indicate 53,000 new people settling in Auckland. This demand will continue, ensuring a demand for homes in the region.

Auckland's median price reached \$867,000 at the end of 2018, being 3.7% below the record price of \$900,000 set in March 2017, according to the Real Estate Institute of NZ.

National house prices are currently at record highs with a November median price of \$575,000.

Property demand outside Auckland will continue to stagnate as demand in these areas has been fuelled by speculators moving money out of the Auckland market, however this has largely come to an end.

The easing of loan value ratios and the introduction of the overseas buyers ban, the anti-money laundering act on the real estate community and the strengthening of Labours Bright Line Test on property sellers (Labours Capital Gains Tax under a different name) all bring the market back into a normal rhythm where the market forces of demand and supply come into effect.

Market figures: Coatesville Lifestyle \$2,200,000 to \$5,000,000. Helensville Lifestyle \$775,000 to \$1,165,000. Huapai Residential 681,000 to \$1,093,000. Kumeu Lifestyle \$2,300,000. Muriwai Residential \$742,500 to \$2,100,000. Parakai Residential \$725,000 to \$730,000. Riverhead Residential \$680,000 to \$1,415,000. Swanson Residential \$690,000 to \$856,000. Taupaki Lifestyle \$880,000 to \$4,625,000. Waimauku Residential \$900,000 to \$1,200,000. Waitakere Resi-

dential \$725,000 to \$1,300,000. Whenuapai Residential \$1,180,000 to \$3,620,000. Whether you are looking to improve your property, sell, or buy, I would like to talk with you about making the best decision possible in a changing market. Every day I am assisting people just like you to make decisions that are based on fact, extensive transaction reports and thorough discussion. You will feel a great deal of peace-of-mind and certainty by having your very own property specialist available to you seven days a week. Call me on 0800 900 700 or view my profile at [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) Call 0800 900 700, Text 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) or for more information go to [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

### CONTRACTS AND GETTING OUT

Contracts include employment, buying and selling a house or buying or selling a horse or even leasing a house or building. Lawyers are often asked whether a contract which seems to be unfair or difficult can be broken. The answer is that it can depend on things such as whether the contract has clauses within that allow termination. If so, it is then a matter of following the termination arrangement which usually involves giving notice to the other party. In theory however, you will owe money to someone if you pull out of a contract in a way which causes them to lose money. This means that paying some money is often the price of getting out of contract.

Contracts which neither party has performed- are different because arguably no one loses money if you cancel. However, you may then be liable for losses calculated on the profits that one party would have made if the contract had continued. This usually leads to a negotiation between the parties at the parting of ways. As expected, there are often specific rules for specific sorts of contracts such as leases. This is something for specific legal advice. Luke Kemp – 09 412 6000.



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## AFTER BUYING YOUR NEW HOUSE

We know that our house is the biggest purchase most of us ever make... usually with a mortgage that takes many years to pay off, and the insurance to keep up with.

We insure our house contents, our car and our lives. But what else happens if we are incapacitated through an accident or illness and cannot make decisions for ourselves, or if we die? It is a great help to family if they have some guidance in this stressful situation. As lawyers who regularly see the stress that happens when there is nothing in place we encourage you to:

- set up Enduring Powers of Attorney for both property matters as well as personal care and welfare; and
- make sure Wills are made - and up to date.

These make it clear what you want. Some people also like to make a living will which includes details about the medical treatment they would prefer, for example, life support and resuscitation.

These things cost up front but reduce the cost and trauma for family and friends when most needed.

Contact Gareth, Linda or Jennifer at Belvedere Law [jennifer@belvederelaw.co.nz](mailto:jennifer@belvederelaw.co.nz)

## TIPS FOR FIRST HOME BUYERS

Think about using your KiwiSaver  
Good news, if you're a first home buyer and you've been contributing to KiwiSaver for more than three years - you may be able to use some of the money to help buy your first home.

If you're eligible, you may be able to withdraw some, or all of your KiwiSaver member contributions, employer contributions, returns on investments received or any member tax credits. However, you can't withdraw the \$1000 government kickstart contribution. Using your KiwiSaver is a great option for first home buyers who want to increase the size of their deposit.

KiwiSaver HomeStart grant

Want that little extra bit of help to get you across the line? Then you could consider a KiwiSaver HomeStart grant. If you've been contributing to KiwiSaver for three years and fit KiwiSaver's criteria you could be eligible for up to \$20,000 of additional grants.

If you're purchasing an existing home then you could qualify for up to \$5,000 for each member. Also, if you're building or purchasing a new home, or purchasing land to build a new home on, then you could qualify for \$10,000 for each member.

To be eligible for a KiwiSaver HomeStart grant you must:

- Have been contributing the required minimum amount to KiwiSaver for at least three years
- Be 18 years of age or over
- Be purchasing or building your first home
- Have a household income (before tax) of less than \$80,000 per year (for one person), or less than \$120,000 per year (for two or more people)
- Have a deposit that is 10% or more of the purchase price, including the addition of the grant
- Plan to live in the house for at least 6 months following settlement or completion of the property

When buying your first home, every little bit helps - so make sure you understand how the KiwiSaver HomeStart grant, along with your Mike Pero broker, can help put the keys to your dream first home firmly in your hands.

Consider a Welcome Home Loan

While saving a big enough deposit is the obvious way to get on the property ladder, there are additional initiatives designed to help. Welcome Home Loans are issued by selected banks, underwritten by Housing New Zealand, and allow the bank to lend on a lower deposit without any restrictions. For first home buyers it can mean getting on the property ladder sooner.

The criteria you need to qualify for a Welcome Home Loan are quite restrictive, so

please read up on it before you apply or get in contact with me.

For further details feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email [ivan.urlich@mikepero.co.nz](mailto: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.

## EMPLOYMENT AGREEMENTS



Did you know that the penalty for failing to have an employment agreement in place for each employee is \$10,000, or \$20,000 if the employer is a company?

There are two types of employment agreements, the most common being an individual employment agreements (the other are collective employment agreements when a union is involved).

The obvious advantage of having a written employment agreement in place is that both parties become clear on the terms of the employment.

As an employer, if you want to rely on the 90 day probationary period, you need to ensure that the employment agreement is signed before the employee starts work - i.e. not on their first day of work but before their first day. Otherwise the 90 day trial period clause is invalid.

If you need some help putting an Employment Agreement, or any kind of Agreement, in place then contact ClearStone Legal (incorporating Kumeu-Hua-pai Law Centre). Telephone 09 973 5102 to make an appointment.



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# AREA PROPERTY STATS

We charge 2.95% not 4% that others may charge" "We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked" Phone 0800 900 700.

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	2,325,000	2.1HA	260M2	2,200,000
	3,800,000	4.8HA	334M2	5,000,000
Helensville	920,000	2.7HA	179M2	775,000
	1,600,000	4.2HA	176M2	1,165,000
Huapai	830,000	439M2	103M2	681,000
	940,000	1200M2	141M2	1,093,000
	1,050,000	624M2	218M2	1,010,000
	1,050,000	603M2	209M2	971,888
Kumeu	1,625,000	10698M2	267M2	1,600,000
	2,075,000	4.3HA	2200M2	2,300,000
Muriwai	1,570,000	825M2	296M2	2,100,000
	1,025,000	1107M2	117M2	950,000
	700,000	825M2	70M2	742,500
	900,000	883M2	69M2	900,000
Parakai	940,000	983M2	170M2	730,000
	830,000	700M2	177M2	725,000
Riverhead	900,000	1214M2	120M2	875,000
	980,000	6551M2	116M2	1,075,000
	1,250,000	809M2	257M2	1,097,000
	1,350,000	801M2	256M2	1,415,000
	870,000	812M2	100M2	680,000
Swanson	850,000	507M2	171M2	856,000
	630,000	475M2	110M2	690,000
	740,000	809M2	190M2	835,000
Taupaki	1,700,000	8000M2	299M2	880,000
	1,725,000	2.7HA	312M2	1,775,000
	3,000,000	4.7HA	473M2	4,625,000
Waimauku	1,150,000	1581M2	197M2	1,200,000
	970,000	6271M2	150M2	990,000
Waitakere	1,150,000	5HA	132M2	1,300,000
	870,000	1HA	180M2	725,000
Whenuapai	1,325,000	2558M2	310M2	1,180,000
	3,115,000	8132M2	560M2	3,620,000

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.

"we charge  
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390,000  
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thereafter"

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Graham McIntyre  
Brand & Territory Owner



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



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239220



**\$29<sup>98</sup>**

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323394



**\$49<sup>95</sup>**

**WEBER**  
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219707



**\$59<sup>95</sup>**

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Rapidfire Chimney Starter  
219679



**\$34<sup>98</sup>**

**HEAT BEADS**  
BBQ Briquettes 10kg Charcoal  
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Whitford Cafe Setting 3 Piece Blue  
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202115



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**WAIMAUKU SINGLE LEVEL - 5 ROOMS, 2 LIVING AREAS** 5 2 2

**By Negotiation**

**3 Waimauku Station Road, Waimauku**  
By Negotiation

Looking for a big home on a flat fully fenced site. This single level home delivers significant space in all areas: Five bedrooms, Bathroom and Ensuite, Two living rooms, Double garage and Separate Laundry. Great family friendly layout allows for the complete family to enjoy themselves with space on the inside and the outside. Set on a big 1100 square meter site the land is flat, with a fully fenced back yard and front yard. It has excellent all day sun and options for garden, orchard or just kicking a ball around. Situated right in the heart of Waimauku Village, moments to a café, transport links, convenience shopping and primary school.

[www.mikepero.com/RX1750761](http://www.mikepero.com/RX1750761)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**FAMILY PERFECT! CHARACTER, SUN & SEA VIEWS** 4 2 1

**By Negotiation**

**5 Seaview Terrace, Mount Albert**  
By Negotiation

Welcome to your family perfect home enjoying a beautiful elevated sunny position in a prime street in Mt Albert with sea and urban views and an abundance of space, character and lawn to play. Lovers of character homes will be delighted by the high wooden beamed ceilings, gorgeous original fire place surround and impressive native timber entrance way leading into the formal lounge. Four bedrooms, two living areas, spacious kitchen, sun room, front and back decks for alfresco dining, large front lawn, double garage and ample off street parking make living here a breeze with room for all the family. Providing the very best in education, you can watch the children leave for school with Gladstone Primary across the road, in zone for Mt Albert Grammar, Carrington Unitec nearby.

[www.mikepero.com/RX1736226](http://www.mikepero.com/RX1736226)



**Cherry Kingsley-Smith**  
021 888 824  
09 412 9602

[cherry@mikepero.com](mailto:cherry@mikepero.com)



**INVESTORS, FIRST HOME BUYERS, BRICK & WEATHERBOARD**



**Enquiries Over \$635,000**

**12 Akeake Lane, Manurewa**  
**Enquiries Over \$635,000**

A wonderful opportunity for Investors and First Home Buyers here. This near new G.J Gardner, large two level, brick and weather board terraced home, provides all the conveniences and comfort of modern living. On the first level, you will enjoy a well-appointed kitchen with an open plan, spacious living and dining area, and the convenience of a guest toilet. Living areas lead out to the lovely patio area and garden, ideal for alfresco dining, summer entertaining and barbecues. Upstairs are three double bedrooms and two bathrooms including the master ensuite. With double glazing, aluminium joinery, internal access garaging and off street parking, living here is a breeze. Conveniently located near transport links and close to shopping mall and schools.

[www.mikepero.com/RX1621009](http://www.mikepero.com/RX1621009)



**Cherry Kingsley-Smith**  
 021 888 824  
 09 412 9602  
[cherry@mikepero.com](mailto:cherry@mikepero.com)



**B&B OR MULTI-GENERATIONAL FAMILIES**



**By Negotiation**

**12 Amber Place, Waimauku**  
**By Negotiation**

Generous dimensions and flexible formatting combine over 329 squares of highly adaptive floor plan in a home offering incredible flexibility for a range of buyer requirements. In-laws, teens or B&B guests can be accommodated in a self-contained flat featuring two bedrooms, bathroom, kitchen, lounge and decking with tidy and quiet separation from the main house by triple-car garaging. Designed for diversity, the primary residence features multi-zoned living areas comprising kitchen facing into the dining area while separate lounges offer discrete spaces for formal or casual hosting. Covered decks off dining and main lounge sort you for summer or winter while triple heat pumps, twin DVS units and ceiling fans throughout, keep social zones and all bedrooms comfortable throughout summer or winter.

[www.mikepero.com/RX1675880](http://www.mikepero.com/RX1675880)



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 027 632 0421  
 09 412 9602  
[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**HIGHLY MOTIVATED - AFFORDABLE IN WAIMAUKU** 4 3 2

**By Negotiation**

**16 Denehurst Drive, Waimauku**  
By Negotiation

Big home, brick, block, tile, roofing eaves, on a large 1236 sqm site. Four bedrooms (master with ensuite and walk in wardrobe), two bathrooms feature in this expansive two level home delivering space to work, live and play, all under one roof. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for teenage retreat/ office or games area. Extensively refurbished, easy living on a big section. Teenager retreat/ games room/ workshop. Sunny north facing decking. Room for additional garaging. Close to Waimauku Primary School, convenience shopping, cafés and a short drive to Muriwai Beach.

[www.mikepero.com/RX1575586](http://www.mikepero.com/RX1575586)



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09 412 9602  
cherry@mikepero.com



**WHENUAPAI - AFFORDABLE SEMI-RURAL LIVING** 3 1 1

**Offers Over \$960,000**

**17 Kauri Road, Whenuapai**  
Offers Over \$960,000

Three bedroom bungalow with internal access garaging and workshop. Refurbished home in the middle of Whenuapai, a growth area of the North West. The home has easy access, single living environment with alfresco to an expansive North facing deck overlooking big back yard. Large, open plan kitchen/ dining leading into lounge area. Bedrooms and bathroom are all off a central corridor. Garaging and Workshop/Storage area is all down-stairs offering easy access. Set on a 809sqm section, with flat/gentle sloping, fenced back yard for Pets and Children. A short drive to convenience shopping, parks, inner harbour access and Whenuapai Primary School.

[www.mikepero.com/RX1778553](http://www.mikepero.com/RX1778553)



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graham.mcintyre@mikepero.com



VACANT, AFFORDABLE, FAMILY HOME - WEST HARBOUR



By Negotiation

**56 Fitzherbert Avenue, West Harbour**  
By Negotiation

Ready for you to move in, this character, weatherboard home delivers more than first meets the eye. An extensive, easy care, flat and fully fenced rear yard, perfect for the summer BBQ's, children's play area and pet safety. A covered decking area links seamlessly to an open plan kitchen, dining, lounge, attracting generous all day sunshine. The bedrooms are split over two levels, two upstairs one downstairs with a central bathroom and laundry. In addition the property has an attached single garage with ladder to a carpeted, powered loft suitable for storage/ office or retreat. Character styled, the home can be opened up to enjoy the breeze on those hot summer days and closed up tight on those winter nights with a closed woodburner and insulation.

[www.mikepero.com/RX1733165](http://www.mikepero.com/RX1733165)



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SUN, SURF AND STYLING - AFFORDABLE IN MURIWAI



Offers Over \$785,000

**78 Motutara Road, Muriwai**  
Offers Over \$785,000

Vacant for Christmas - Make this your best summer ever. A home, within nature's playground in keeping with the rustic natural ambience of the area and a simple uncluttered lifestyle. Often sort but seldom found, this two bedroom home with two bathrooms and a cluster of garaging, parking, gardening and entertaining options set upon 932sqm. This home that enjoys plenty of sunshine, plenty of parking, and has an easy in-door-outdoor flow. A smorgasbord of options for a buyer wanting to enjoy life to its full. Minutes from the Top Shop and a short drive to Muriwai Surf Club and Maori Bay. The CV on this property is \$770,000. 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](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1715709](http://www.mikepero.com/RX1715709)



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**LIFESTYLE, BIG BARN - WAIMAUKU, HELENSVILLE FRINGE**

3 2 2

**Offers Over \$1,195,000**

**125 Alf Access Road, Helensville**  
Offers Over \$1,195,000

Brick and tile, elevated home with extensive views to the North. Refurbished and ready for you to move in. The home offers a very comfortable, entertainers open plan environment, large kitchen dining area, leading to second living area, with wrap around decking joining to large living area. Extensive decking leads out to the view. Three double bedrooms, including large master room with ensuite and walk in wardrobe, opening on to deck. Main bathroom includes shower and bath separate to toilet. Office / study or fourth single bedroom. This lifestyle property is 1.8 hectares with easy access for boat or motorhome, double garaging and additional access way to the barn and vegetable garden. Easy access, off a no-exit road, close to Waimauku and Helensville.

[www.mikepero.com/RX1662304](http://www.mikepero.com/RX1662304)



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09 412 9602

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**CUTE, CHARACTER, AFFORDABLE HOME - HELENSVILLE**

3 2 2

**By Negotiation**

**128A Awaroa Road, Helensville**  
By Negotiation

Often searched, seldom found, this crazy cute three bedroom home down a quiet ROW in Helensville. Tucked away from the hustle and bustle but within easy access of Helensville School, Parks, Shopping and transport links. The home is character filled offering a refreshed open living environment leading into three bedrooms and two bathrooms. Great alfresco links to north west decking and maximised area for off street parking and garaging/ workshop. Refreshed inside and out, this is the perfect home for a family jumping onto the property ladder, wanting a place to call home, a caring well connected community and space to enjoy.

[www.mikepero.com/RX1758841](http://www.mikepero.com/RX1758841)



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## TAUPAKI LIFESTYLE HOME NEAR KUMEU

5 6 3

By Negotiation

### 296 Taupaki Road, Taupaki By Negotiation

Elevated living with a generous serving of land, stables and sheds. The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. The living areas and bedrooms open out to an exquisite garden, pool and lawn area that delivers options for glamping, marquees, or lazing away long summer evenings. The House offers options to close off areas so that it can be used for guests or family delivering great flexibility. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze. Mains gas, good water storage, heat pumps galore and options for extended family or storage income.

[www.mikepero.com/RX1730148](http://www.mikepero.com/RX1730148)



**Graham McIntyre**  
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09 412 9602

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## TRANQUILITY, PEACE & QUIET - ENTERTAINER'S PARADISE

4 2 2

Offers Over \$1,385,000

### 433 Wairere Road, Waitakere Offers Over \$1,385,000

Nestled between Muriwai and Bethells and a short distance from Goldies Bush is this near new, finely presented, single level home. Not only is it an entertainers paradise it is set in a glade that offers a tranquility and peace that is seldom found. Open plan alfresco through the East and West delivers an aspect that takes you into the environment which you might think that you are in a resort or an exclusive spa. Offering four bedrooms, two bathrooms, laundry and double garage. The kitchen, dining and lounge is integrated with expansive sliders to open up the indoors to the outdoors. An easy care section, planted for pockets of colour and richness of grass and bush tones. The construction is big-brick and Decramastic tile, enhanced by shist features, planters and fish pond.

[www.mikepero.com/RX1713683](http://www.mikepero.com/RX1713683)



**Graham McIntyre**  
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[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## HELENSVILLE LIFESTYLE PROPERTY ON 1.8 HECTARES

3 2 2

By Negotiation

### 707B Inland Road, Helensville By Negotiation

Private, sun-soaked property in a quiet glade South East of Helensville Township. Offering the perfect retreat for a family to create the good-life, with ample space for gardens to complement the already impressive orchard. An impressive open plan entertainer's home that provides space and harmony with alfresco access to patio and a view over the land. Three bedrooms, plus an office or second lounge with bathroom and ensuite. An impressive styled home allowing lifestyle living at its best, uncluttered and unfettered the home is sheltered from the prevailing SW wind and enjoys all day sunshine. A double garage and barn storage completes the offer. Four paddocks, fenced, water to troughs, a character barn and an all season propagation house deliver a lifestyle option.

[www.mikepero.com/RX1732363](http://www.mikepero.com/RX1732363)



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## BUILD YOUR DREAM HOME WAIMAUKU

By Negotiation

### 908 Old North Road, Waimauku By Negotiation

Often sought but seldom found, this flat easily accessed 1.7 hectare site ticks the boxes for the lifestyle buyer that seeks a flat no nonsense property to create a piece of magic. It features: 1.76 hectares, No building covenants. Down a private ROW, Fenced, Flat site, In a rural glade with shelter belt trees to the south west. A short drive to Kumeu and Waimauku shopping centres, transport links and schools. The CV on this property is \$760,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1571757](http://www.mikepero.com/RX1571757)



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## BIG BARN, BIGGER VIEW, 3 ACRES - CLOSE TO HELENSVILLE

2 1

Asking Price \$1,095,000

### 1742 South Head Road, Shelly Beach Asking Price \$1,095,000

The views arc from the North-West to the East taking in the very best of the Kaipara Harbour and the moody blues that shadow the clouds. Rolling pasture cuts through briefly but make this an inspiring picture. American style barn at 8mtrs x 12mtrs. A fully renovated and immaculately presented two bedroom cottage adorns the property offering open plan living in a sheltered glade whilst still retaining a commanding view. Locally there are many activities and facilities that support lifestyle living. Close to primary school, Shelly Beach café and boat ramp and a short drive to Helensville. Unsurprising that South Head and surrounds are being discovered more and more with good proximity to the CBD.

[www.mikepero.com/RX1762863](http://www.mikepero.com/RX1762863)



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## NO COVENANTS 2 ACRES - TAUPAKI

By Negotiation

### Lot 2 Taupaki Road, Taupaki By Negotiation

Well presented, North facing, elevated lifestyle section with boundary to a riparian strip. The land has an established access way off Taupaki Road. Gentle sloping with House site options that can make the most of the valley views and the sunshine. A short distance from Kumeu (city side) and North West Mall/ Westgate, the property is a short drive from the North Western Motorway. 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](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1732517](http://www.mikepero.com/RX1732517)



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# HOME & GARDEN

## LASER WHENUAPAI - YOUR PLUMBING, ROOFING & DRAINAGE EXPERTS IN WEST AUCKLAND

Introducing Laser Plumbing & Roofing, your local plumbing company based in Whenuapai.

Committed to serving their local community, families and businesses with great service at reasonable rates, the team at Laser has over 25

years of experience in providing quality roofing/plumbing services to West Auckland and beyond.

Specialists in hot water systems, plumbing maintenance, repairs and installations, roofing and gutters, Laser Whenuapai also offer a state-of-the-art drainage unblocking service. In addition to these services, it also has 24 hour service available for any plumbing emergencies - as these can come at any time.

The key to Laser's success over the years has been their excellent staff, and the current team is no exception. All staff are trained to the highest standard, with Laser Whenuapai director Solomon Barnes saying that every member is either qualified or studying towards a certificate in their chosen field.

So, why choose Laser Whenuapai?

Not only has the company been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally



Dependable Guarantee', the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai. The team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Whether needed for large commercial projects or smaller residential fix-ups, they can provide a complete solution to any water system, roofing or drainage issues.

For all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking, contact Laser Whenuapai at 09 417 0110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz) Open five days a week from 7am-4:30pm, Laser Plumbing & Roofing is located at Unit 4, 3 Northside Drive, Whenuapai. Visit their website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## KUMEU GARDEN HUB

The monarch butterfly have arrived at last and the caterpillars are hungry!

Huge huge swan plants available in store now! (Several grades/prices available) Sprayfree....!

Let us know if your kindy needs a free one.

Caterpillars also available on request.



## FIXY

At this time of year we understand you would rather be out and enjoying the sunshine, not working in it. To get the house in order we have the solution.

To all those repairs that need to be fixed, to the final touches on the renovation, and to the tricky jobs that are best solved by the experts. Fixy was born from a desire to help people with fixing, repairing and creating solutions so, they can get on with the fun stuff.

We provide the technical skill and expertise. All our technicians are trained, qualified and have police and Ministry of Justice clearance. We have comprehensive Health and Safety Policy's and full public Liability insurance.

Owner Sean Doherty has been in the construction and Landscape industry for over 20 years in New Zealand, Australia and



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## 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 chaturum*). 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 vet's 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, this can change due to climatic conditions. Last year, 2018, the spore count was low in January then started to climb through February as conditions that were perfect for fungus growth occurred. By March the spore count had climbed to the highest level of any district in Northland. There was stock loss in the district.

The only way to prevent stock loss 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](mailto:lyndsay.kerr@mikepero.com) or 027 554 420, if I don't know the answer I know somebody who will.

## WESTERN ITM – YOUR LIFESTYLE PROPERTY SUPPLIES SPECIALIST

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## TANK WATER SMELL LIKE DEAD RATS?

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## WAIMAUKU GARDEN GROUP

Welcome to 2019.

Soljans Christmas Buffet rounded off 2018 nicely, so I hope

you're all ready for another enjoyable year.

Our committee have organised a great start to the year taking us up to Easter.

On February 21 we are visiting Landsend in Oratia and Mincher in Coatesville.

Come March 21 we travel to East Auckland. This trip includes visits to Pandora Gardens, Photina Gardens and Howick Historical Village.

Just before Easter on the 19 April we head to Birkenhead. Chelsea Sugar Works and FernGlen Gardens.

Sounds exciting doesn't it?

We'd love to have you join us. Our trips are always on the 3rd Thursday of the month and we meet at the Huapai Domain at 9am.

Contacts: Judy 027 272 9994 Diana 027 478 8928 Althea 021 123 6448 Bette 021 145 1854 Jan 021 108 7925.

## LIVESTOCK REPORT

The first Saturday sale of 2019 at Pukekohe was well supported by a great bench of keen buyers, with recent good grass growth encouraging strong bidding on all classes of cattle. Cattle prices at this time of the year are weather dependent, any sign of dry weather generally sees significant schedule drops, and farmers closing their wallets! It always seems a good idea to sell while demand is high.

Cattle	Lowest	Highest
Medium x-bred 2-year steers	\$1,600	\$1,690
Medium x-bred 15-month steers	\$890	\$965
Very small x-bred yearling steers	\$590	\$750
Best weaner steers	\$580	\$670
Small/medium x-bred steers	\$405	\$530
Prime heifers	\$1,300	\$1,720

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\*Prices shown in NZ dollars excl GST valid only through 31st January, 2019. Price includes pre-delivery, freight, assembly or dealer charges. †Valid on 1-4 Family Compact Utility Tractors. Conditions apply. 6 year/2000 hours (whichever comes first). Entry form must be filled out in person at the mentioned events, winner will be drawn at random and contacted personally. Images used are for illustrative purposes only and may show features or attachments not included in the price. Products, specifications and availability are subject to change without notice.

Medium 18-month heifers	\$850	\$1,100
Weaner heifers	\$530	\$645
Very small heifers	\$300	\$470
Boner cows	\$560	\$920
Cows & calves	\$1,380	
Bulls	\$2,000	
Sheep		
Fat lambs	\$135	\$146
Store lambs	\$86	\$134
Ewes	\$89	\$179
Hoggets	\$136	
Pigs		
Weaners	\$144	\$146
Sow	\$185	
Porkers	\$158	
Boar	\$185	

### MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Fri 1 Feb	-	02:17	08:29	14:51	20:53
Sat 2 Feb	-	03:14	09:25	15:44	21:45
Sun 3 Feb	-	04:04	10:12	16:30	22:31
Mon 4 Feb	-	04:47	10:52	17:10	23:11
Tue 5 Feb	-	05:26	11:29	17:48	23:46
Wed 6 Feb	-	06:01	12:02	18:23	-
Thu 7 Feb	00:19	06:35	12:33	18:56	-
Fri 8 Feb	00:51	07:08	13:05	19:30	-
Sat 9 Feb	01:24	07:42	13:38	20:05	-
Sun 10 Feb	01:59	08:18	14:14	20:42	-
Mon 11 Feb	02:36	08:56	14:54	21:23	-
Tue 12 Feb	03:19	09:41	15:40	22:10	-
Wed 13 Feb	04:09	10:33	16:33	23:06	-
Thu 14 Feb	05:08	11:38	17:36	-	-
Fri 15 Feb	-	00:12	06:19	12:54	18:48
Sat 16 Feb	-	01:27	07:37	14:09	20:05
Sun 17 Feb	-	02:39	08:49	15:16	21:16
Mon 18 Feb	-	03:41	09:51	16:13	22:16
Tue 19 Feb	-	04:36	10:44	17:05	23:09
Wed 20 Feb	-	05:26	11:33	17:53	23:57
Thu 21 Feb	-	06:13	12:19	18:40	-
Fri 22 Feb	00:43	06:58	13:03	19:25	-
Sat 23 Feb	01:27	07:43	13:47	20:09	-
Sun 24 Feb	02:10	08:27	14:30	20:54	-
Mon 25 Feb	02:54	09:13	15:15	21:41	-
Tue 26 Feb	03:41	10:03	16:04	22:32	-
Wed 27 Feb	04:35	11:00	17:00	23:30	-
Thu 28 Feb	05:39	12:08	18:09	-	-

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

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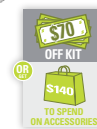


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# Central's Tips

## February 2019



It's summer and the veggie garden should be producing bumper crops - make sure you keep it watered and those pests under control! It's time to start thinking about planting out autumn seedlings like broccoli and cabbages and managing weeds on the lawn.



### Plant autumn veggies

Now's the time to start planting autumn veggies seeds like broccoli, cabbage, bok choy and cauliflower - they thrive in the cooler weather of the coming months.

### In the Veggie Patch

- **Watering** is your biggest ally in keeping the vegetable garden productive. Saving grey water from washing, showering and laundry activities helps keep potted edibles from wilting
- **Sow seeds of autumn vegetables in trays.** Broccoli, cabbages, bok choy and cauliflower are worth growing once the weather turns cooler
- Try using **organic pest deterrents** over your edibles to limit the damage done by green looper caterpillars whitefly, aphids etc - it's a safe option, just wash them well if your sprays are made from garlic, chilli or soap



### Save grey water for your plants

Conserve water and help your plants. Saving grey water from washing, showering and laundry gets easy once you get into a routine and your plants will love it.

### The rest of the Garden

- **Appreciating shade** - during the hot summer months the shady areas of the garden become great relaxing spaces. Plant a mix of lush foliage interspersed with shade lovers that produce bright flowers such as impatiens, alstroemerias and begonias
- Spend a few relaxing hours on your lawn with a fork, trowel or daisy grubber, digging out entrenched weeds - **an organic means of lawn weed control**
- **Controlling rust** on the leaves of roses and other ornamentals - rust pustules are the bright orange spots on the backs of leaves and they quickly spread - causing leaf drop. This disease spreads rapidly in the coming months, so a preventative spray each month from now until winter can help. A natural fungicide like copper will help, but clean up all infected foliage
- **Deadhead and liquid feed all flowering plants** to refresh their look and encourage new growth



## Project for February

### Pebble your way to a tidy garden

Summer is a great time to create a decorative path or pebbled area using our great range of stones. A project that can be easily done in an afternoon.

See our great range here: <https://centrallandscapes/collections/decorative-pebbles-stones>

See our tips in our Using Pebbles in your Garden Video on our Youtube channel.





# Pebbled gardens rock!

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# BUILD

## NEW

### MADDREN HOMES

It's been another excellent year for Maddren Homes and we couldn't have done it without our fantastic subbies.

The winners of the 2018 Subbie of the Year awards go to:

**First Place:** Alistair Watt Architectural

Congrats to big (MegaWatt) Al and his awesome team. We can't thank you enough for constantly delivering exciting designs and high quality plans and details, and at very short notice sometimes as well. Thanks again, we appreciate you all.

**Second Place:** Formation Earthworks

Wayne and Andre - the expertise and advice you provide us is outstanding. Everyone in our trade knows how difficult earth-



works can be, but you guys and your amazing operators make it look easy. Thank you.

To our Subbies of the Year and TOM winners on 2018 and every other tradesperson that's involved in crafting any one of Maddren's houses we hope you had a good rest over Xmas because 2019 is definitely going to be a busy one.

Tradie of the month (TOM) will kick off again next month. Thanks again to ITM Western for all the support you have given us over the years and we're looking forward to developing our relationship in 2019.

### G.J. GARDNER HOMES

G.J. Gardner Homes are delighted to announce they have a brand new show home located in the Huapai Triangle. Named The Nobile after the Nobile family who are renowned for producing great local wines on this spot. We are proud to introduce this stunning show home for family living designed for all day sun it offers 2 family living areas, 4 bedrooms and 2 bathrooms.

G.J.'s have operated in the local area for over 20 years and have a wealth of local building experience and knowledge. They are a committed team who have built a reputation that ensures all customers will re-

Beautiful home in wine country

**Key Features:**

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**Website:** [www.gjgardner.co.nz](http://www.gjgardner.co.nz)

**Phone:** 0800 42 45 46

**Address:** 31 Nobile Road, Huapai

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ceive excellent service, quality workmanship and quality product. The whole team in Rodney West understand that you are an individual and you have unique requirements when building a home.

By working together with you they can design and build a home that suits you, your lifestyle and your needs. Their experience and passion are a real asset for those preparing to build a new home.

Helensville, Kumeu, Riverhead, Coatesville are just some of the areas they build in the Rodney West District. Discover for yourself why more people trust G.J. Gardner to build their home than any other builder. Come and meet the team today at our two showhomes located at 31 Nobilo Road Huapai or 7 Grove Way Riverhead or the office at 1A Tapu Road, Huapai.

## SIGNATURE HOMES: MORE GREAT REASONS TO CONSIDER TILE

As trends change and flooring types fall in and out of favour, tile remain one of the most trusted flooring solutions over time. With the evolution of modern printing and manufacturing, tile will continue to stay in the forefront of technology to offer versatility and design. And along with looking great there are other benefits that tile, and a tile finish can add to your new home.



Healthy Home - In recent years, we've become more conscious of our health and that of our family members, and at Signature homes we are often asked about the sustainability and health impacts of the products we use and incorporate into our homes. Environmentally friendly, ceramic tile is manufactured using natural materials and does not retain toxic chemicals, odours, allergens or bacteria. It is fire-retardant and in the case of a house fire, will not emit toxic fumes. Because of the base nature of the product, clay, tiles contain none of the chemicals that have been in the media associated with other flooring products and associated health issues. Because tiles, by nature, are inorganic and have a hard-fired surface, they do not absorb dust mites and are completely inhospitable to bacteria, fungi and mould- a critical plus for those with allergies.

2019 Trends: When it comes to tiles, the Tile Warehouse are at the cutting edge of trends and design. According to their designers, the stand-out-trends for 2019 in tile and home design feature earthy, muted tones, geometric shapes and matt, powder-look surfaces.

For further information contact Signature Homes West Auckland or pop into our show room at 80 Main Road, Kumeu.

## \$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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HUAPAI SHOWHOME: 3 Podgora Ave (off Station Rd), Huapai | Open Wed-Sun 12-4pm

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# FOOD & BEVERAGE

## MEL'S BISCUITS

Crunchy, crumbly and not too sweet. Preparation time 15 mins. Cooking time 15 mins. Makes 18.

Ingredients:

220g / 1½ cups spelt or whole-meal flour

60g / ½ cup rolled oats or quick oats

1 tsp salt.

1 tsp baking powder

60g / heaped ¼ cup raw sugar

80g / packed ¼ cup + 2 tbsps solid coconut oil

5 - 8 tbsps milk or non-dairy milk

Extra flour for sprinkling

Pre-heat the oven to 190C and line a baking tray with parchment paper or a silicone mat. Add the oats to a food processor and process until they have a coarse flour-like consistency. Add the flour, salt, baking powder and sugar and pulse a few times to combine. Add the coconut oil and process until well-combined. Gradually add the milk, one tablespoon at a time until a smooth dough forms. It will start balling up and if you touch it, it will feel slightly tacky. You will usually use 7 tablespoons, but this will vary.

Dust your work surface with flour, then transfer the dough to the floured surface and lightly sprinkle with a little more flour.



Roll out until about 3mm thick. Cut into rounds and place on baking tray. Bake for 12 - 15 minutes or until just starting to turn golden brown on the edges and bottom. They will still feel very slightly soft in the middle if you push with a finger. As they cool they will firm up and go crisp. Place on a cooling rack and leave to cool completely. Store in an airtight container once completely cool.

Author Melanie McDonald. Follow my blog at [avirtualvegan.com](http://avirtualvegan.com).

## SOLJANS ESTATE VALENTINE'S DINNER

If you are looking for a romantic Valentine's Day dinner this year, Soljans is the perfect place for you to be. We are opening our doors once again for this special night and have crafted our best set menu yet! Designed



to be enjoyed by couples, this wine and dine experience can't be beaten. Relax in style in our Café which is transformed for the night into a world of luxury. We have been booked out for the past 7 years so get in quick before you miss out. Send us an email [cafe@soljans.co.nz](mailto:cafe@soljans.co.nz) or give us a call on 09 412 2680 to secure your spot, first tables available from 6:00pm.

We also have put together some stunning gift packs just in time for your loved one, pop on our website to get some great gift ideas. [www.soljans.co.nz](http://www.soljans.co.nz).

## LITTLE CREATURES BREWERY OPENING IN HOBSONVILLE POINT'S CATALINA BAY

Pioneering craft-beer brand Little Creatures will open its first New Zealand brewery at 3 Boundary Road on Hobsonville Point's Catalina Bay. Little Creatures will host a family-friendly carnival on



Waitangi Day, 6th February, from 11am. Free for the public and open to the whole family, the launch extravaganza will showcase entertainment from musicians like Sola Rosa Sound System and Josh Leys, mind-bending contortionists, mystical fortune tellers, wizardly face painters and much more.

Housed in a historic seaplane hangar, Little Creatures will quench thirsts with an extensive range of craft beers and three onsite dining options. Sunderland Hangar was built to house TEAL's giant seaplanes in 1939, and has undergone extensive refurbishment, retaining the hangar's original 9m tall doors. Lit-



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1404 Coatesville - Riverhead Highway, Auckland

[www.boricfoodmarket.co.nz](http://www.boricfoodmarket.co.nz)





tle Creatures was originally brewed in Australia in 2000 and has since grown to the most successful craft brewery in Australia and is now brewed in Melbourne, Hong Kong, Singapore and with NZ, San Francisco and London venues opening soon.

Little Creatures' menu features wood fired pizzas, snacks, shared plates and hearty meals, with two additional dining venues inside the brewery - Salty's, serving up premium seafood dishes, and Kittyhawk, a café bistro, offering an all-day dining menu, coffee and extensive range of fine wine and cocktails in an intimate environment. Little Creatures is part of the Craft Beverage portfolio of the NZ brewery Lion.

## BEER YOGA

Get bendy in Hallertau brewery with a beer. Hallertau now host regular yoga sessions under the expert guidance of Erika Rodriguez from Same Sun Yoga. Soften the space between your eyebrows, savour the flavor lingering on your tongue. Beer yoga, for yogis and beer lovers alike. All levels welcome, next session is Wed 6th Feb at 6.15pm. It's BYO mat or towel and costs \$10 or \$15 with a beer.



## THE COFFEE CLUB RESPONDS TO GROWING DEMAND FOR GLUTEN FREE OPTIONS

Gluten free customers can indulge in smashed avocado, nachos, eggs Benedict, chocolate muffins and more.

According to The Coffee Club Hobsonville, there has been a steady increase in the number of customers asking for gluten free meals over the past year. However, many gluten free Kiwis are still surprised when they realise just how many dishes they can order from a café menu.

Greg and Rebecca Bauarschi, owners of The Coffee Club Hobsonville have responded to demand by making gluten free options as accessible as possible for their customers.

"We have a loyal following of customers that come in and order gluten free meals on a regular basis," says Greg. "Since we opened the café in early 2016, we've noticed the demand for gluten free options increasing so have tried our best to offer a



menu that is all-inclusive.

"Customers often ask for gluten free because they're dealing with celiac disease – having that option available means that friends and families can continue to eat together, even if one of them can't eat gluten," he adds. "Other people simply enjoy the health benefits of eating gluten free. We make sure that gluten free menu items are light, fresh and tasty, meaning that anyone can enjoy them, whether they have a health condition or want to avoid gluten for another reason."

There are a variety of gluten free meals available at the café from our menu and sweet treats that can be purchased from the cabinet.

All gluten free options are clearly labelled on the menu at The Coffee Club Hobsonville (look for the GF symbol). Staff are also happy to make a customer's choice of meal gluten free if they can. Customers are encouraged to ask the team if there is anything on the menu that they would like to eat as a gluten free dish.

Along with the gluten free meals, The Coffee Club Hobsonville has recently expanded its range of vegan and vegetarian options. A number of drinks and dishes are also dairy free.

"Meeting the needs of our customers is of the utmost importance to us," says Greg. "We want anyone dining with us to have a great experience and not to miss out just because they need to stick to a restricted diet."

The Coffee Club New Zealand is one of the country's largest and fastest growing café brands with more than 60 stores across the North and South Islands.

The Coffee Club stores can be found throughout both the North and South Islands. For more information visit [thecoffeeclub.co.nz](http://thecoffeeclub.co.nz).

## AWARD WINNING CHUTNEYS AT COUNTDOWN

The NoShortcuts range of gourmet chutney, pickle and relish is now being stocked by select Countdown stores. In the western suburbs you'll find them at Countdown in



Hobsonville as well as long time stockist, Organics Out West in Glen Eden. If you would like to see us in your local store, let us know who they are or simply go in and ask them to stock us!

Owner Mary Brons says "we're thrilled Countdown have chosen NoShortcuts as a high quality range, offering their customers a truly natural product that has no artificial colours, flavours or preservatives added and is handmade - just like mum made. We had a great 2018, winning a NZ Food Award and being placed as a finalist in the Artisan Food Awards - so we're looking forward to continuing creating great products and achieving even better things in 2019."

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# PETS

## TIPS & ADVICE

### ACCEPT THE BLAME!

Most people's immediate thoughts are probably along the lines of 'What a naughty dog!'

In this incident that is not the case, I am completely to blame.

We had been sent a bag of Good Noze dog treats to try (check them out, dogs find them irresistible... picture proof above). Now, to get good photos of Kai I love to just get him to interact with an object and see what he chooses to do with it. To start with



I will mark and reward any interaction with the object, in this case the bag. He was getting rewarded for pawing at it, sniffing it, trying to pick it up, even poking his head in the bag. This bag is amazing to Kai.

After a little while of having fun taking photos, my phone goes off with a reminder I need to be at the physio in 10 minutes. Quick run around getting ready and I'm out the door. Turns out, I was in a bit too much of a rush and forgot to put the bag away! So an hour later I get home to it being shredded.

I set Kai up to fail. I am to blame for this. He had been told how good he was over and over again for interacting with the bag, of course he's going to keep doing it. Plus, it was self-rewarding as there was yummy stuff inside!

It's like someone giving me a box of chocolate, of course I'm

going to eat it.

This can be transferred to many situations. Your dog has an accident in the house. Did you give them the opportunity to go outside? Were they left to long? Have they actually been taught where it is appropriate to toilet yet? Your dog chews your shoe. If you knew it was likely to happen, why did they have access to the shoe? Has the dog got suitable things to chew instead? Has the dog been rewarded for chewing the right thing?

Whenever your dog has been 'naughty' stop and think, am I actually the reason this has happened? Am I to blame?

Laura McHugh (Laura Purkis), Constructive Canines.

### CAT LOVERS URGENTLY NEEDED

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at [thenzcatfoundation.org.nz](http://thenzcatfoundation.org.nz).

Phone 09 412 2636 or 021 929 999 for further information.



### HOW TO CHOOSE GOOD RAW FOOD PRODUCTS



Raw-feeding pet owners can now source products from a range of places: the butcher, the supermarket, large pet stores, and specialist raw-food stores.

Not all raw foods are equal though! Here are a few tips to help you source the best product...

**Origin** - NZ is an agricultural country, with a ready supply of pest species too. There is no need to buy imported product. Herbivores that are raised on grains (the dominant model in the US) produce meat that is much higher in omega-6 fatty acids than our grass-fed herbivores, and thus is more inflammatory to those who eat it.

**Composition** - Beware all-meat products - these are not a complete diet! A raw diet should include bones, joints, organs, and meat.

**Raw Meaty Bones** - Bones must be the right size and shape, so that your pet can happily tackle them, but is not at risk of swal-

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lowing them whole. They should be meaty. Avoid large, dense bones (like cannon bones). NEVER feed cooked bones. Supervise your dog while they are eating their bones. Check that the bones do not have splintered or sharp edges.

Ingredients - Ideally, dogs and cats should be able to get everything they need from a high quality diet of raw meat, bones and organs from varied prey sources. Avoid products with inflammatory seed oils (sunflower, canola etc), grains, starchy vegetables, and dairy products.

Aim to feed your pet 'food,' not 'ingredients!'

Additives - The addition of preservatives to raw pet foods is concerning. It is an unregulated practice in New Zealand, despite an abundance of evidence in Veterinary journals to show that can be very dangerous.

With 9 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](http://www.rawessentials.co.nz) or follow their Facebook for weekly specials.

## KANIKA PARK CAT RETREAT

Stage 2 was completed on the due date and we are over the moon with how everything went over the Christmas and New Year break. The long stay and large family rooms were a huge hit, with every new room having a beautiful view over the property.

We look forward to the coming year and wish everyone a happy and prosperous New Year. Please do not hesitate to contact us for a viewing or if you have any questions. Phone 09 411 5326 or 027 550 1406, email [info@kanikapark.nz](mailto:info@kanikapark.nz) or visit [www.kanikapark.nz](http://www.kanikapark.nz).



## \$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](mailto:sarahbrightwell022@gmail.com).



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# HEALTH AND BEAUTY

## PINC AND STEEL CANCER REHAB

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapist Laura who is here to support, guide and rehabilitate people through every stage of their treatment and recovery.



The PINC and STEEL rehabilitation programs are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

Various sources of funding are available for those with different cancer types. Bowel Cancer Foundation Trust are now providing all bowel cancer patients with 4 sessions of physio. There is a welfare grant available from Prostate Cancer Foundation for up to \$500 and we have strong links with the Breast Cancer Foundation.

For information on applying for funding or to find out more about physiotherapy and cancer please contact Laura at NorthWest Physio+ on: [laura@nwphysioplus.co.nz](mailto:laura@nwphysioplus.co.nz) or 09 412 2945.

## WHAT YOUR EYES CAN TELL YOU ABOUT YOUR HEALTH

The final in our series continues as Natasha Herz, M.D.\*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist.



Today's tip: You're straining your eyes.

Broken blood vessels may look alarming, but for the most part they're simply an indication that your eyes are working overtime. "It most likely is caused by coughing or straining," Herz ex-

plains. "Even though it looks blood-red and terrible, it is harmless and not indicative of any eye disease."

Visit Matthew and Molly Whittington at For Eyes in the Kumeu Village for professional eye examinations and advice. Their years of experience and advanced, modern equipment mean you'll get the best care for your precious eyes. Phone 09 412 8172.

(\*Acknowledgement: M. Bonner, Marie Claire).

## FRACTURE OF THE DISTAL RADIUS AND/OR ULNA

This is a break of the bones just above the wrist, usually following a fall. You will have been placed in a cast for six weeks to immobilise your injury and allow healing. During this time your muscles will become stiff and weak. A hand therapist can help to facilitate a timely recovery from your injury.



While in your cast: Check your cast to ensure that it is in a good position. Finger exercises. Nerve glide exercises. Movement of unaffected joints. Once your cast has been removed, hand therapists can help you with: Splinting to protect your injury whilst you regain movement and strength. Range of movement exercises. Strengthening exercises. Advise on safe return to work and sport. Come and see us today at the Hand Institute! 321 Main Road, Huapai Phone: 09 412 8558. [www.handinstitute.co.nz](http://www.handinstitute.co.nz).

## DETERMINATION IS THE WINNER

Heart Saver's Managing Director, Mike Mander, is an inspiration to us all and living proof that you can do anything you set your mind to, you just need the will power and determination to get on with it.



After a health scare and some confronting options, he has worked incredibly hard to lose 37kg in just 9 months to turn his life around. He started with little goals, which quickly turned into three major milestones - Ironman competitions.

Mike, ticked off his first Half Iron Man 70.3 in Taupo just before Christmas and last week he competed in the Mount Festival Half Iron Man with an amazing time of 5:56:04, knocking 15 minutes off his Taupo time. Now the prep is on for his grand finale, with the full Ironman 140.6 in Taupo, in March 2019.

### Take Your Eyes to For Eyes!

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## STUDIO SIXTEEN *Pilates*

Looking for reformer pilates without that clinical feel?  
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in Waimauku Village!

Bookings essential via the MindBody App or on our website

Mike's family, friends and his team at Heart Saver are so very proud of his achievements, considering less than a year ago, Mike couldn't run for more than 35 seconds on a treadmill! This is the proof that determination is the winner.

Well done so far Mike, we are all behind you and can't wait to see your results from the full Ironman.

You can read Mike's journey that was published in the New Zealand Herald on the 8th December 2018 – it is a great read. Click here to read the full story: [www.nzherald.co.nz/sport/news/article.cfm?c\\_id=4&objectid=12173331&goal=0\\_e24bbb3be2-e3f2e534e3-&mc\\_cid=e3f2e534e3&mc\\_eid=%5bUNIQUID%5d](http://www.nzherald.co.nz/sport/news/article.cfm?c_id=4&objectid=12173331&goal=0_e24bbb3be2-e3f2e534e3-&mc_cid=e3f2e534e3&mc_eid=%5bUNIQUID%5d).

## SHOE TALK'S TIPS FOR GIVING YOURSELF A HOME MASSAGE

Step one is to soak your feet for 15 minutes in warm water and Epsom salts to relax your muscles and warm them up before you massage them. This is an important step as massaging cold muscles can cause muscle strain and discomfort.



Dry your feet up and then prop one foot on top of your other leg with the sole turned in towards you

Spread a nice moisturising cream or massage oil onto your foot. With your thumbs massage in a deep circulation motion starting just behind your toes and working towards your heel. Do small areas at a time.

Then turn your foot over and massage the top of your foot with the same slow, circular motion.

Now it time to turn your attention to your little tootsies. Give each toe a slow, gentle tug and then wiggle it gently from side to side.

Repeat process with other foot. Please note if you have an area in your foot that aches and is sore it is properly being cause by a muscle knot so before you massage the area, press down firmly on the area with your thumbs and hold for several seconds and then release.

## HAVE YOU EVER TRIED CHIROPRACTIC CARE?

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Who can benefit?

Everyone can benefit from Chiropractic Care. From newborns to the elderly, as long as you have a spine and it is functioning at its best, your body has a better chance to heal itself and stay healthy.

If you are interested, call us now for an appointment at Kumeu Chiropractic. Phone 09 412 5536, 8 Shamrock Drive, Kumeu, or email: [admin@kumeuchiropractic.co.nz](mailto:admin@kumeuchiropractic.co.nz).

## FREE DENTAL CARE FOR OUR KIWI TEENS

A Big Hello to our teen community members and their lovely parents! I am Fernanda, one of the three Oral Health Therapists at Kumeu Dental.

I often find that our adolescence patients and their parents are not aware of the great, comprehensive free dental service available to them until it is too late.

Our teens are entitled to an annual examination, which includes X-rays and hygiene. Any filings and some of the more complex work required is also covered. However, at Kumeu Dental we can provide an additional orthodontic and wisdom teeth assessment, also free of charge (if it is in the same visit) and refer to one of our dentists if necessary.

We like our patients to have consistency of care and typically they will see the same therapist over the years, creating a trusting relationship, educating and guiding young kiwis to develop healthy habits of better oral hygiene. Give us a call on 09 412 9507 to enrol and start your journey of healthy teeth for life.

## NEED SOME HELP WITH YOUR RESOLUTIONS?

The New Year is a great time to stop and think about our goals and aspirations in life. Many of us set New Year's resolutions such as to get fit, lose weight, eat healthier, or even just to be kinder and more loving to family and friends. By the time February rolls around, the initial excitement may have dwindled, and you may be faced with barriers to success. For example,

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maybe your goal was to get fit, but your knees start aching. Or you wanted to be more kind and loving, but the stress of being back at work is causing you to be tired and snappy.

This is the moment that separates champions from the pack. You can view your sore knees or stress as reasons to give up. Or you can breathe slowly and deeply, get some support or coaching and focus on achieving your goals. Here are a couple of my own practical DIY hints to support your new year's resolutions. Sore Knees:

If you are struggling with sore knees, then I can empathise with you. I love running and I used to be an obsessive marathon runner. Now, if I get my weekly mileage up too high, my knees get sore. To keep my love affair with running alive I take a lot of joint restorative nutrients to supplement my low inflammatory diet. Plus, I take 2 or 3 days off each week. I also do lots of yoga to keep my joints flexible. This is me play-ing the "long game" so I can still be enjoying my jogs on the beach well into my later years.

Tired and Snappy:

Modern day stresses are hard to avoid, but we can improve our mental resilience. This means you can deal with family, work, traffic, and exercise commitments and still feel you have the energy and peace-of-mind to be kind and loving.

There are many nutrients that support mental resilience. Therefore, a good diet is critical. Fish oils and magnesium would be high on my list key supplements to support mental resilience. And of course, yoga and breathing work like magic too!

If you would like some personal health coaching including your very own nutrition medicine plan based on your goals and your current health and medications (if any), then pop in and talk to our team at Massey Unichem Pharmacy, 396 Don Buck Road. Or make an appointment for a one-on-one consultation with Martin 09 833 7239.

## SUNGLASSES — PROTECT YOUR EYES

Summer continues and, as always, we want you to focus on protecting your eyes from harmful sun light.

Are your sunglasses working for you? Do you still squint with them on? Are your eyes tired, even though you have been wearing sunglasses? We encourage everyone to look at wearing polarised sunglasses, thus cutting out the harshest rays. Polarised lenses in your prescription are also readily available now and will possibly fit into a frame you already have. If not, we have a large range of sunglasses from a strong budget range to high fashion.

We also stock the world's best polarised lenses and frames from



Maui Jim. You may not have heard of Maui Jim, but we can guarantee that once you are wearing these amazing lenses, you will never wear anything else! Come in to Hobsonville Optometrists, 413A Hobsonville Rd and try some on. Monday to Friday 9am to 5.30pm and Saturdays till 3pm.

## OSTEOPATHY IS NOW AT TOP NOTCH

Top Notch Massage has now rebranded to Top Notch Bodyworks - we are very excited to now have Osteopathy services as part of our business! Our experienced



osteopaths Marshall Gabin and David Liddiard can be found at our Massey clinic. If you need osteopathic treatment, massage or a combination of both, we look forward to exceeding your expectations. We can help with many problems including headaches, neck, back, muscle, joint pain, arthritis, pregnancy, occupational overuse and stress. Top Notch can now also process ACC claims for accidents and sports injuries - and you don't require a referral from your GP to see us. Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. David has worked with a multitude of sports teams and assisted at the Rio Olympics. We also can treat abdominal issues such as bloating, constipation and pain or discomfort. Both Marshall and David are ACC registered and of course, we still have our qualified therapists in therapeutic, sports and relaxation massage. So if you need an osteo treatment or just a relaxing massage, give our team a call on 09 212 8753 or 021 181 8380. To celebrate we are offering \$10 off your first treatment with Top Notch.

## WHY PRACTICE YOGA EARLY IN THE MORNING?


Starting your day with a yoga practice will warm up your digestive system and help nutrients move more easily through the body, causing your body to metabolise carbs and fats quicker.



An hour of conscious breathing and mindful movement will help shake the sleep from your eyes, and will focus your energies for the day.

Start your day on the right foot, or left, depending which tree pose you're about to do.

If you're already a dedicated morning yogi then you'll be excited to hear that Kanuka Yoga Space, Hobsonville's new yoga studio, has 6.30AM classes on Tuesdays and Thursdays. If you like to sleep in, they offer 3-4 classes throughout the day, 7 days



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a week. Check out the schedule at [www.kanukayoga.co.nz](http://www.kanukayoga.co.nz) and easily book online.

## ZUMBA WITH FLEUR

Zumba has arrived at Hobsonville Point. Fleur is running classes at Hobsonville Point Secondary School on Tuesdays at 7.00pm and Thursdays at 6.30pm. Your first class is free, then \$5 casual rates, or five classes for \$20. Concession rates are available. We start with a warm-up, then it's into 50 minutes of straight Zumba dancing. Zumba is fun! Come and give it a try. Please follow 'Zumba with Fleur' on Facebook for more information and class updates.



## FOLLOW THIS MANTRA TO FEEL BETTER

The New Year often brings about resolutions to get fit and healthy. One key to improving how you feel, is simply moving more. Our lives are often sedentary these days and this is where this mantra is useful. What is it you may ask? Well the mantra to follow is: "I am going to move more things, more often". This is simply a mantra to try and include more movement into your day. This includes regular exercise, like gym work, but more importantly should be included in your normal 9-5 day. This could be, taking the stairs and not the lift, walking during your lunch break, standing up regularly from your desk etc. I know that if you follow this mantra and try adding more movement to your day, you will feel, move and function better. [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz) Shop 1, 10 Greenhithe Road. Phone 09 413 5312.


## A RESOLUTION REVOLUTION

So here we are in February. Did you make any New Year resolutions? How's it going with them? If you did, the chances are that one month down the line you're starting to revolt against those resolutions.

Many of us find that the New Year is a chance to reflect back on the year we've just left and make changes. But then life goes on and our enthusiasm starts to fade.

Four weeks into any lifestyle change is when our motivation really starts to flag. Here are a few tips on how to set goals and make changes that really will last.

First is knowing to set goals that are realistic. Be honest with yourself and set goals that you want to achieve, rather than you think you should achieve. Break big goals into mini-goals to



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make your success more likely.

Take time to sit and reflect each week on how you're going with those goals. Think about whether there are any barriers getting in the way of what you're doing, and how you can negotiate those barriers.

Enlist help. Whether its friends, family or a health or wellness professional, get someone on board to help support, guide or motivate you.

Remember that even little changes towards a healthier you start with how you're feeling about what you're doing. Set yourself up to be positive about these resolutions and it'll help you succeed in the long run.

Katrina Pace is a freelance health and wellness writer and Healthy Food Guide Dietitian [www.wordsforwellness.com](http://www.wordsforwellness.com).

## CAN'T MAKE IT IN DURING THE WEEK?

Westgate Optometrists are open every Saturday from 9:00am-2:00pm for all of your eye care needs. Eye examinations can help you discover vision problems that may need attention. Some eye disorders are silent and can only be treated if detected early; a thorough eye examination is therefore recommended at least once every two years for everyone – even if you are not experiencing any difficulties. Make an appointment via our website: [www.westopt.nz](http://www.westopt.nz), Phone us on: 09 831 0202 or simply stop by for a chat with our friendly team. Located at 1/7 Maki Street, Westgate Shopping Centre. Around the corner from Robert Harris Café and opposite ANZ Bank.




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# AREA COLUMNISTS

## CHANGE YOUR HABITUAL THINKING AND CREATE NEW STUFF

Being angry or jealous or even sad are perspectives we have. It's a way of looking at something and then reacting in line with our thoughts about it. Three other people might have been subject to the same rude person or situation but not had the same reaction. Some get extremely angry, some seem to be able to be calmer when dealing with it. Why? Because of our unique set of perceptions about ourselves. Throughout our younger years we took on ways of seeing and feeling and it's a damn hard habit to break. Our personal emotions are telling us about ourselves. They are an amazing, short cut way to learn about ourselves. Take jealousy. A woman unsure of herself or struggling with self-image will probably get jealous more than someone who feels stronger in this area. Her partner does not have to do very much for her to be upset. She will see everything in her relationship through the filter of 'I'm not enough'. She's always on the lookout for situations that confirm she is not enough. Being with a person like this can be difficult. But the funny catch is, usually a person like this, will attract someone with a similar self-perspective. The world tends to give us people and situations in alignment with us. We don't get what we want, we get what we are being. When your being 'not good enough' we will end up with a partner that reflects this. It can be a blind spot. Life is the way it is because of our unique set of feelings about self. Your neighbour is not scared of the same things you are. Their life looks different because they believe different things

about themselves. Some of our perspectives will be moving us forward, helping us. But some of our perspectives will be stopping us in our tracks. The biggest thing we can do for ourselves in 2019 is to try to take the blindfold off and attempt to see our own worries. They are only one way of looking at a situation. Our worries have stopped us from seeing the 10 other options that are always available to us. I think self-perspective is more important than setting goals. Most goals don't get fulfilled because we haven't worked on the part of us that's scared.

We are consumed with 'what people think, I can't make that phone call, Mum or Dad won't agree, what if I lose all my money, what if I lose my relationship'. All limited, unimaginative thinking. Its powerfully visualising outcomes we don't want.

I think it takes practice, but our brains are amazing things that will come to the party when asked. Attempt to catch yourself believing something that doesn't have to be real. Any time you feel angry, offended, worried – these are all emotions letting you know there's another way to see it. Attempt to separate yourself from your worry. I like to say 'look at me being worried'. It seems to help not make it personal, like I don't have to own it. This makes room for all the other answers out there waiting to help make my life work out. This is how I help clients. Together we create a totally new set of ways of thinking about your life. It gets recorded and your homework is to listen and listen. It's like goal setting, but more 'emotional re-setting'. To book in a session please call Anna. 021 555 658. I'm happy to chat about what I do.

## CIRCUMNAVIGATE AUSTRALIA BY CRUISE AND RAIL

Cruise departs 15 Oct 2019

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## CELEBRATION OF CULTURES AND GROWTH IN OUR COMMUNITY

At Country Bears we are recognising our fast-changing community, not only in population growth, but also in the increase of different cultures. As the new year begins, we see a lot of new families moving into the area and also looking for childcare options for their child/ren. For some of these new families, the children are experiencing a lot of change, so Country Bears places the child in the centre of everything we do, ensuring that their emotional well-being is nurtured throughout.



Regular visits to the centre prior to starting will help to build relationships with the new environment and the teachers. This

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

Our New Zealand Curriculum Te Whāriki recognises a bi-cultural education. If we are able to view New Zealand as a bi-cultural country, we are able to accept and understand that New Zealand has diverse multi-cultural communities.

Children from a very early age are able to learn and understand languages and the difference between them. Even though they may themselves not be able to communicate verbally, their understanding of the languages are there. We often see with bi-lingual children the understanding comes really early on, and then the verbal communication in both languages follows shortly afterwards. The old saying "children are like sponges" is very appropriate in this instance.

With new subdivisions being developed faster than our roads can cope with, new centres with differing philosophies are also being built, and it is great that parents have a choice as to where they can send their children. We recommend visiting a number of Centres so that parents can see the differences in each Centre's unique environment.

There is no place like home, but we like to think that we are the next best thing. Pop in and see us, at our beautiful rural based centre with lots of open areas for outdoor exploring. If you would like to visit our wonderful Centre, designed to provide children space and time to develop at their own individual pace, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: [www.facebook.com/cbearsecc](http://www.facebook.com/cbearsecc). Country Bears Early Childhood Centre, 79 Ora-





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## GOLF AT REDWOOD PARK DELIVERS MANY BENEFITS

Golf lessons for beginners, for both adults and children, starts at Redwood Park Golf Club, Swanson, on Sunday 10th February. Golf is played by many people from all walks of life. The diversity found at our golf club increases social networks and provides a broader view of our community.

Spending time outdoors, walking and being active develops good exercise habits and improves breathing and the heart rate. Conditioning for golf improves the strength of core muscles that support the spine, improves flexibility and allows players to improve their fitness.

Golf is an active game and is less injury prone than other contact sports. For young players, there is not the pressure of performing as part of a team sport, with parents screaming on the sideline.

Golf has a rich tradition of etiquette which lives on today. Playing golf teaches young people how to behave towards others and imparts values such as honesty and strength during adversity.

Golf challenges the player towards constant self-improvement. Players analyse what they did well and what has to change to improve. It encourages a positive outlook. Learning from your mistakes and overcoming obstacles improves a player's self-awareness and control.

The coaching programme is taken by qualified golf coaches. Golf clubs are not required, and players may wear comfortable casual clothing and sport shoes.

The adult clinics start at 9am on Sundays, and cost \$120 for 6 weeks of 1 hour lessons. At the conclusion of the coaching programme, members will host you on the course to familiarise you with aspects of the game. This also includes two months of complimentary membership to build your confidence.

The juniors begin at 10am on Sunday 10th February, with the cost being \$120 per school term, for 8 weeks. It also includes a practice session with Club volunteers on Monday's at 4pm.

For more information on the coaching programme for adults and juniors, please contact Redwood Park Golf Park, Swanson; phone 09 833 8253; [manager@redwoodparkgolf.co.nz](mailto:manager@redwoodparkgolf.co.nz).

## PHELAN'S LOCAL BOARD UPDATE

We face a serious problem with road maintenance in Rodney.

I remember attending a briefing from Auckland Transport in 2013 where a graph going out a decade showed an issue with road maintenance funding. Political pressure to keep rates at 2.5% meant Councillors and the Mayor were expecting AT to sweat assets longer and defer spending. Keeping rates low was conveniently aligned with electoral terms so the tough decision about more funding was put off beyond the next election.

AT warned that deferring maintenance meant it became more expensive long term. Costs were increasing and many roads would be in a worse state the longer they were ignored. More money would need to be allocated in the future to make up for asset sweating today.

This situation isn't unusual. In the USA political pressure to keep taxes low has seen significant failure in infrastructure with bridges collapsing after maintenance budgets were cut.

There is a factor now coming into play that wasn't talked about in 2013. Population growth and the accompanying building of

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houses. This means more demands for materials from quarries, forestry, landfills and clean fills to deal with the soil taken from building sites.

These activities are now destroying roads that were never designed to take traffic from these industries. The occasional milk tanker on an unsealed rural road is one thing, but 80 trucks a day for three years, not.

Anyone who has had the misfortune to live on a road that has a clean fill appear will know exactly what I am talking about.

AT has to make tough decisions with its road maintenance budget. When you're sweating an asset and unplanned issues like a clean fill come along that means something else misses out.

After decades of asset sweating by Rodney District Council, many of our roads need serious rehabilitation work done but with money being diverted to unplanned maintenance this isn't happening.

A solution?

We can't change the Resource Management Act and we need these industries, but ratepayers can't be expected to pick up the tab for commercial activities that are destroying our roads.

The industry claims it is providing funding through Road User Charges. Auckland Transport does receive subsidies back through Government, but when a road like Nixon Road in Taupaki requires \$2 million of repair work done, those subsidies are a tiny drop in the ocean.

AT maintenance managers are hugely frustrated but powerless to do anything. They have, in my opinion, done an excellent job of spinning out a tight budget and trying to be innovative in getting some regular work done while coping with the growing list of roads being ruined by these activities; 25 so far and rising. The cold hard reality is that AT staff are fighting a losing battle. More money needs to be found and quickly I proposed a solution that is being done elsewhere in New Zealand.

A targeted rate on (only) the properties where these activities take place. The landowner could then pass this cost onto the operator, or if the landowner is the operator, then it's a tax deductible business expense.

The rates collected would then be allocated straight back to road maintenance in Rodney (not anywhere else in Auckland). Raising a few million dollars a year would allow AT to deal with the effects of damage from these industries and make sure the rest of its budget could go back to being used for the regular road maintenance program.

So to be clear, this isn't a targeted rate on all property owners in Rodney, only those who have a business on them in one of those industries. It's called 'user pays'.

So why isn't this going into the Annual Plan in February for initial consultation as I and some of the other members of the Local Board wanted?

We couldn't get consensus around the table on the Local Board to have it included in consultation material as there was some

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very loud and angry opposition from some Board members. Had we reached agreement we could have gauged support, had a discussion about it publicly, and used this feedback to get further technical work done on a rating proposal for the 2020 Annual Budget process for implementation from July 2020. So where to from here?

Sadly for the residents of Rodney we are now facing a crisis. Things will get worse as these activities spread across the ward and more money is diverted away from regular maintenance. These businesses will continue to externalise their costs onto you and I both in terms of our rates being spent on fixing up their mess and also because we have to drive over poorly maintained roads.

I haven't seen any alternative suggestions from the Board members who were against this apart from demanding more money, which means something else doesn't get funded, and that will have a group equally committed to ensuring their funding isn't lost.

Ask Government for more money to subsidise roads? sure, how long would that take, a year or two of haggling? and again, it means money not spent elsewhere. Other Councils have realised this option simply delays a quick solution, they have got on with rating the activity.

Something to think about in October. No one likes paying more rates but equally businesses shouldn't be able to externalise their costs when they reach the level of say, Nixon Road, nor should important road maintenance needed elsewhere suffer because of these activities.

We need more money and the obvious solution is to do what other Councils are doing at set targeted rates on these industries.

Phelan Pirrie. Deputy Chair, Rodney Local Board. Email: phelan.pirrie@aucklandcouncil.govt.nz.

## KUMEU CHILDREN'S ART CLUB

2019 will see a slightly different format to the 8 week term at Kumeu Children's Art Club in order for the children to develop



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their individual artistic voice. The new format will give children 2 weeks of drawing, 2 weeks of clay and 2 weeks of painting as well as 2 weeks to try a new process or technique.

Each child will be given a sketch book to work in so that progress can be tracked and a record of artwork kept and treasured. Term 1 2019 will be inspired by the great Leonardo Da Vinci. Children will learn about his life as an artist, develop their own drawing skills based on his discoveries of proportion, study his painting style as well as create their own Automaton based on his inventions. All the while the focus will be on their own personal expression, using what they have learnt and applying it to their own subject matter of choice. For more information or to make a booking please contact Julie 0212083714 juliemoselen@xtra.co.nz.

## A GOOD WALK UNSPOILT

Huapai Golf Club welcomes golfers to experience the joy and passion of playing golf in the heart of the Kumeu and Huapai wine growing region. The beautiful rural setting in the upper reaches of the



Waitemata Harbour offer an easy to walk, mainly flat 6000 metre championship golf course. With its pristine, contoured fairways, majestic mature trees, captivating water views and magnificent greens, the course will impress golfers of all abilities. With floor to ceiling windows and stunning course views, the modern Clubhouse café and bar offer comfortable and relaxing surroundings to unwind after a game or just to drop-in for a drink and a bite to eat. The café and bar are open every day, non-members are always welcome. For more information visit [www.huapaigolf.co.nz](http://www.huapaigolf.co.nz).

## THE MYTH OF "FALLING BEHIND" IN PRESCHOOL

Imagine a father coaxing his five month old on the mechanics of walking. Or how about a mum teaching vowels to her 3 month old infant. You would say that they were wasting their time – right? It's obvious that these things are clearly outside of their developmental abilities. But imagine these parents feared that their children were "falling behind". When we, as educators, are asked for advice regarding "school readiness" what parents are often referring to is reading and writing.



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want their children to be a literate member of society, we need to convey that reading and writing are formal learning behaviours best left until school (or for some children until 7 years of age).

Some children's brains (typically the oldest child and/or girls) may have brain pathways mature enough to be intrinsically motivated to read and write before seven, for others they are simply just too young.

As Nathan Mikaere-Wallis, researcher and educator, states: "Pushing 3 to 7 year olds towards early reading, writing or maths will not improve their long-term chances of success".

At New Shoots we agree with Mikaere-Wallis and believe that the focus for early child-hood needs to be on fostering positive emotional and social skills. This is not to say that literacy and numeracy are not a part of the curriculum, it just means that we don't formally instruct children through skill and drill activities i.e. worksheets. Rather, we foster literacy and numeracy through a range of playful experiences, interactions, and provocations. Written by Kelly Warren for New Shoots Early Childhood Centres. Westgate: 1 Kawakawa Place 09 869 3977. Hobsonville: 102 Hobsonville Road 09 869 3997. Whenuapai: 1-9 Maramara Road 09 869 6050. [www.newshoots.co.nz](http://www.newshoots.co.nz).

## NEW FACILITY MANAGER AT CRAIGWEIL HOUSE

David Halewood is the new facility manager at care rest home Craigweil House in Parakai which services the Helensville-Kumeu area. His goal there is to ensure families can be confident that their loved ones get the "best care possible – ideally exceeding their expectations".

A Helensville resident for more than 13 years, David is a firm believer in giving back to the local community.

He has a comprehensive nursing background, training in the United Kingdom in 1993 and working in general medicine and district nursing. David and his family came to New Zealand in 2003 and he worked in the North Shore Hospital acute and emergency medicine division, as a nurse educator for Asthma Auckland and as a facility manager at rest homes in Devonport, Titirangi and Northcote. "Care of the elderly is my passion – also the building and training of great care teams," David says. "I believe that fantastic care is delivered by enthusiastic, trained and competent staff."

A Careerforce assessor for the past 10 years, David says he gets a great kick from developing and training care workforces to deliver exceptional care.

As Craigweil House is home to many residents, David says it is his and the owner's mission to ensure their home has a safe and happy environment.

"They already have a great team of professionals here at Craig-



weil – I feel privileged to have been welcomed in to help lead their team."

## COUNCILLOR'S CORNER

By Greg Sayers, Auckland Councillor for Rodney. Auckland Mayor Phil Goff has released details of the Auckland Council's proposed spending plan for 2019 to 2020.

He has dubbed it his "deliver-it" budget. The mayor is seeking public feedback on it.

The budget includes a promise all Auckland Council staff will have their wages increased to the "living wage" and operational savings will be made of \$23 million to achieve a 4% savings for the term. The term being the three-year election term, which equates to average savings of 1.3% a year.

Alarm bells should be ringing for ratepayers because at election time the mayor promised to make between 3% to 6% savings a year, and a savings target of 1.3% is well below that promise.

Furthermore, like former mayor Len Brown, Phil Goff does not seem capable of delivering to a budget. The mayor's track record shows the council has only delivered 0.3% in savings, so in general Aucklanders have little faith if the mayor's promised savings will ever be delivered.

The Auckland Council's debt has increased to \$12.6 billion, which was a 9.3% increase against a budgeted increase of 5.5%. As a result, the council is spending \$472 million financing its debt, which is \$7 million over budget.

The Auckland Council's day-to-day operating expenses are \$3.88 billion, which is \$77 million over budget.

The total number of staff have increased to 10,259 - up 196 from last year - with those on salaries of over \$100,000 increasing by 223 to 2473. Staff costs were \$2 million over budget.

These inconvenient trends have not been addressed in the latest budget. Regrettably for Auckland, the current political leadership seems incapable of delivering on cost control and providing the efficiencies ratepayers expect from the council.

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