

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

LOCAL BOARD UPDATE

TURN UP THE HEAT



- Health & beauty
- Do you know your dog?
- Events & updates
- Chocolate fudge pudding

INSIDE WHENUAPAI

Circulation is 10,500 print copies and 3371 opened and read email copies.

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

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

kumeuCOURIER/ July2015

Intro

This month's focus is on our wonderful community of Whenuapai. A big thank you to all those who contributed to this edition, and have shared their thoughts, tips and skills with us. We were lucky to receive a personal message from Base Auckland Commander, Group Captain Tim Walshe who explains the ins and outs of Airforce life on the Whenuapai base and their involvement with the community. Our local businesses thrive on support from the community and when that community is rural it is even more important to spread the word when you experience great service. Word of mouth advertising is one of the most effective ways to increase business, so do your part and let everyone know that we have a treasure trove of great businesses out in the NorWest region. A special mention to Corey Bertelson who is travelling to Utah to compete in Speed Week which is an annual event held at the iconic Bonneville Salt Flats in Utah, USA. This year will be the fifth year that Saltbrothers Racing has attended, best of luck Corey and the Team... Go the Kiwis!! As always, Stay safe – Be kind.

Sarah,
Editor.



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Questions and feedback:

Sarah Cartwright
P 021 250 7324
E sarahcartwright022@gmail.com
W kumeucourier.co.nz

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PHELAN'S LOCAL BOARD UPDATE JULY 2015

Your Local Board has been keen on encouraging community led projects for a few years and now Council is going to start supporting this over the coming years calling the initiative 'Empowering Communities'. We're already well on our way with a community grant round that was focused on pathways just being completed, which saw us support the following community initiatives...

Riverhead Residents & Ratepayers Association received \$20,000 towards a linking pathway on an unused paper road off Alexandra St. This will turn a bit of land from unmaintained mess into a pathway and gardens. The Huapai Domain Reserve Committee got \$22,000 towards a perimeter path, part of a \$150,000 Local Board funded project starting this year.

Muriwai Community Association received \$35,000 for a pathway on a strip of reserve land on Oaia Rd which will link the two ends of the Oaia Rd footpath to complete a loop around Muriwai.

These organisations will be looking for community help in getting the projects completed so keep an eye out in your local papers and Facebook pages for news. Further work on paths is taking place in Riverhead with two new footpaths being approved by the Board for construction

this year, one on Maude Street and the other along Great North Rd providing a link between new and old Riverhead.

Residents in Kumeu and Huapai will be heading into a series of public consultation meetings in a few months around planning for the future of this fast growing township, an announcement about this work and the steps taking place will be made shortly if not already, depending on when this goes to print. If you are having issues with getting community based projects off the ground and bogged down in bureaucracy, or need help with any issues to do with Council please get in touch with me and I will see what I can do to help... Phelan Pirrie email: phelan.pirrie@aucklandcouncil.govt.nz. Mobile: 021 837 167.

FOOTPATHS & FOUNTAINS

Footpaths, drinking fountains & basketball hoops...life at Muriwai. Living at Muriwai, the Muriwai Community Association (MCA) members share a passion for nurturing the well being of their community. For them, Muriwai is the place to be. They are a group of Muriwai people committed to working together for progress. Working for the community by the community creating a place called 'home' this is what makes communities.

kumeu **Courier**

Over the last 12 months, working closely with Local Board member and Muriwai resident Phelan Pirrie, they have improved local amenities and got action on footpaths. "The Muriwai Community Association works on local projects that enhance the everyday lives of Muriwai locals. It's great some of our projects such as the drinking fountain and basketball hoop down at the tennis courts are being well used", says Ron Hanley, President MCA. The skateboard ramp and facilities are well used down by the tennis courts. Working with the council and Phelan Pirrie, funding has been signed off to improve these facilities. More soon. Meeting with Council, Local board, MCA and local resident to discuss the improvement plans. The MCA meet regularly to share ideas, be informed on community happenings relating to the Local board, listen to the voice of the locals and take action to make Muriwai a better place. Be part of progress in the Muriwai community by becoming a member for only \$10 per year. Visit <http://www.muriwaicomunity.org> or email admin@muriwaicomunity.org for more information. The Muriwai Community Association annual general meeting will be held on Tuesday 14th July at 7:30pm at the Muriwai Surf Club and Community Centre. Please come and support your local Muriwai community.

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COMMUNITY NOTICE BOARD

SOLJANS 2015 WINTER WINE FAIR 10TH – 26TH JULY

What could be a more enchanting way to spend a Kiwi winter than luxuriating over a selection of Soljan's winter warmers at special wine fair prices? The annual Winter Wine Fair at Soljans Estate Winery in Kumeu runs from Friday 10th July to Sunday 26th July 2015. Our Estate to Premium range will be available from the Cellar Door. The desirable \$9.90 bin ends are back by popular demand alongside great price reductions on wines from recent vintages starting from \$13.00. Enjoy these discounts by making your own 6-pack or 12-pack of wines, whichever and however you like. Make time to look around the gift shop which has plenty of stunning goodies to offer. Selected gift items will be on special while stocks last. Keep yourself warm while browsing through our wide selection of wines with a free tasting of mulled wine, then buy a sachet to take home to make your own. Cellar Door hours: 9am – 5pm, 7 days. Café hours**: Monday - Friday: 10am – 3pm, Saturday, Sunday and public holidays: 9am – 3pm. 366 State Highway 16, Kumeu, phone: 09 412 5858. **Times subject to change.

SUPERVISED TRAINING IS HERE

Wanting that extra push to keep you in shape this winter? Kumeu Gym's latest training system Supervised Training is

now up and running - operating 6 days a week. Supervised Training (ST) is a training system involving our highly trained Personal Trainers who are in charge of the ST Clientele. As each client enters the gym they have the option of which routine they would like to participate in - Strength or Aerobic/Weight loss. At this point our trainer will customize the chosen routine to best suit your physical abilities, whilst you warm up and complete ST mobility procedures. The trainer will then take you through a customized routine to ensure you have a suitable technique. Get that extra motivation and drive that you are lacking in your workouts by having a professional push you in the right direction. Check out more details at www.kumeugym.co.nz. Contact Cam @ Kumeu Gym on 021 026 31437 or email camsmithtraining@gmail.com now to find out more about the Supervised Training Special Rate for July 2015.

TOUGH GUY & GAL CHALLENGE AT WOODHILL SANDS

If you want to get down and dirty and have a whole lot of fun, then these unique off-road running events are for you. The events are open to both male and female competitors who are 13 years of age and older. Challenge yourself on a course that



includes swamp crossings, a spiders web net climb, crawl under barb wire, beautiful native bush trails, tunnels, hurdles, a climbing frame not to mention, mud mud and more mud! Check out www.eventpromotions.co.nz for more details. Spectators welcome free of charge, hot food and espresso coffee. June 27th & 28th and July 4th & 5th.

DEANO'S HOUSE WASH

Winter Special 20% off - Soft house-washing and also commercial buildings, gutter cleaning, gutter guard, roof treatments, roof painting, spider treatments, water blasting decks, fences, concrete, rubbish removal and much, much more! Phone Dean on 021 149 7049 or Danni on 021 205 4013 or email: deanoshousewash08@gmail.com. Please feel free to phone, text or email for a no obligation quote.

UHY HAINES NORTON CHARTERED ACCOUNTANTS OPENS OFFICE IN KUMEU

Chartered accounting firm UHY Haines Norton is delighted to have recently opened an office in Kumeu. As the firm's third office – they have a head office in Henderson and a second branch in Helensville – the new branch is ideally located to provide support to the growing Kumeu community and surrounding districts. The practice works closely with clients, delivering quality accounting and taxation services with professionalism and friendliness. They also offer an extensive range of specialist services designed to add financial security and value to business, including profitability and performance improvement, auditing, risk assessment and reduction, business valuations and exit strategies. The office is run by Mark Foster, a Helensville local

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with a relatable, down-to-earth personality and in-depth accounting and business skills. Mark has a long family history in farming, and today he and his family also run a farming block in South Head, giving him first-hand experience of both the practical and financial aspects of the agricultural industry. Mark is ably supported by experienced team members Shirley, Arpita, Kala and Lynne. Please phone the team on 09 412 9853, or drop in and see them at 329A Main Road, Kumeu to discuss any of your financial needs. They would love to hear from you!

KUMEU ARTS CENTRE

'Connected' Exhibition By Julie Moselen, Mon 6 July – Sat 18th July 2015. Julie Moselen's latest solo exhibition 'Connected' explores the many connections of life. Through a range of mediums including painting and printmaking, Julie defines the physical and non-physical links between man, nature, the earth and the intangible forces that shape our world. This will be followed by our annual ceramic exhibition which opens on Friday 25th July 2015. School Holiday Classes - These school holidays we have 12 classes on offer, these include: Beading, Botanical Art, Henna Painting, Drawing and Painting, Painting and Printmaking, Card Making, Free Knitting Workshop, Clay, Art of Life Skills: both textiles and mixed media. Please see our website www.kumeuartscentre.co.nz for more info, or phone 09 412 6480 or email thetinshed@clear.net.nz.

NORWEST SENIORNET

Norwest SeniorNet's speaker on Monday 6th July at 10am at St Chads Hall – Oraha Road, will be Yvette Schrader from the Westpac Bank. Take the time to join us and find out all there is to learn about how the Bank can assist us with their latest programs. Our meetings are open to all. Simply being amongst others who have done our courses, sharing and discussing snippets of computer talk about what we know are just as important as what we learn from our Tutors (everyone learns in a different way so discussing it with others is great). Our June Seminar for Norwest SeniorNet was once again an enlightening morning at St Chad's Hall. The Guest Speaker was Jacquie Fisher who explained so elegantly how to open up "World War 1 History" sites, which makes the searching of our Ancestors and their service history so easy to uncover. Not many Men who returned from the War talked about the awful positions they were placed in, also the bravery that was called on from them all, when they had to follow orders to achieve the outcome that makes our living in New Zealand a great place to be. Entry fee is \$3.00. Tea – Coffee – Biscuit is provided to all. Raffles \$2 for 1 or \$5 for 3. Usually a great variety of prizes to choose from.



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BROWNIES AND GUIDES

The Brownies are currently working on the Colgate Reduce, Reuse and Recycle Challenge. To this end they are collecting all brands of used toothbrushes, tooth paste tubes, plastic wrapping, floss boxes etc. They have a collection box in New World, Kumeu and at St Chad's Church, Huapai. The Brownies also had an exciting night Geocaching for Treasures. As a community Service project they will be planting out 150 daffodil bulbs in public gardens in Huapai. The Guides spent a night at the new rest home in Kumeu, serving soup and making and serving pancakes to the residents. Any girls interested in joining Brownies should contact Alison Hucke 09 412 5821 or for Guides Cherie Ellis 09 411 8503 or Rangers Ann Miller 09 411 9337.



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SAFER COMMUNITIES

Kumeu may consider adopting a community development team which works towards creating a safer community for everyone in the greater area. This is through supporting community led initiatives, understanding community needs and working with local and regional organisations. This could focus on a wide range of initiatives including family violence, safety, community connectedness and graffiti prevention.

Neighbourhood Support aims to make our homes, streets, neighbourhoods and communities safer and a more caring place in which to live. Part of any initiative is neighbourhood support groups which enable people to share information, ideas and insights. There are already groups within the area who welcome new members, as well as the option to encourage junior neighbourhood support programmes which are run out of schools.

Through the establishment of strong community networks and local connections, together our community can become more resilient in times of emergency, ensuring a safe environment for our children and those in need. Community development supports communities to develop preparedness plans and to be connected to their neighbours. For more information call 09 412 7756.

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

Firefighter Sky Tower Stair Challenge - On 23rd May 2015 5 members of the Waitakere Volunteer Fire Brigade joined the 750 firefighters from around NZ, Australia and the USA to brave the Sky Tower's 51 flights, 1103 steps while wearing 25kg of full firefighting gear and breathing apparatus to fundraise for Leukaemia and Blood Cancer NZ. The 5 team members were Stephen Bishop, Anthony Hellyer, Wendy Paltridge, Jamie Shaw and William Grigg. The total funds raised for Leukaemia and Blood Cancer NZ has exceeded \$1 Million. We have responded to a few chimney fires already this winter. It is important that chimneys are cleaned yearly. This may also be a requirement of your insurance so please check with them. Remember if you call 111 for our assistance please have someone at the gate which is preferably unlocked to signal where the house is, especially on rural roads, and the family are outside at the safe meeting point.



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AREA PROPERTY STATS

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

| Address | Max | Median | Minimum | Most Recent Sale |
|---------------------------|--------------|--------------|--------------|------------------|
| COATESVILLE | | | | |
| Lifestyle | \$ 4,050,000 | \$ 2,618,000 | \$ 1,282,000 | \$ 1,282,000 |
| HERALD ISLAND | | | | |
| Residential | \$ 4,397,000 | \$ 2,039,000 | \$ 1,160,000 | \$ 1,160,000 |
| HOBSONVILLE | | | | |
| Residential | \$ 2,680,000 | \$ 1,667,000 | \$ 830,000 | \$ 830,000 |
| HUAPAI - KUMEU | | | | |
| Residential | \$ 1,300,000 | \$ 928,000 | \$ 850,000 | \$ 1,300,000 |
| Lifestyle | \$ 4,300,000 | \$ 1,225,000 | \$ 756,000 | \$ 756,000 |
| MURIWAI | | | | |
| Residential | \$ 1,800,000 | \$ 880,000 | \$ 450,000 | \$ 595,000 |
| RIVERHEAD | | | | |
| Residential | \$ 1,630,000 | \$ 825,000 | \$ 748,000 | \$ 765,000 |
| TAUPAKI | | | | |
| Lifestyle | \$ 1,550,000 | \$ 1,420,000 | \$ 735,000 | \$ 735,000 |
| WAIMAUKU | | | | |
| Residential | \$ 1,790,000 | \$ 1,050,000 | \$ 500,000 | \$ 890,000 |
| Lifestyle | \$ 2,300,000 | \$ 1,573,000 | \$ 1,350,000 | \$ 2,000,000 |
| WAITAKERE TOWNSHIP | | | | |
| Residential | \$ 1,030,000 | \$ 750,000 | \$ 550,000 | \$ 575,000 |
| WESTHARBOUR | | | | |
| Residential | \$ 1,575,000 | \$ 1,100,000 | \$ 600,000 | \$ 955,000 |
| WHENUAPAI | | | | |
| Residential | \$ 3,000,000 | \$ 910,000 | \$ 810,000 | \$ 949,000 |

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

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MONEY MATTERS

The Reserve Bank surprised most of us with a recent cut in the Official Cash Rate, which sent interest rates into a downward motion. Most market commentators are now predicting at least one more cut this year with the possibility of two. If your fixed interest rate is about to mature or you are on the floating rate there are a couple of options worth considering:

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IN BRIEF

UPDATES:EVENTS

WORKING AT WOODHILL SANDS

Monthly memberships are proving popular at Woodhill Sands as the months get wetter. Many Rodney riders find this time of the year difficult to work horses and are often restricted to road riding or travelling off their properties in search of dry ground. Recognising this Woodhill Sands offers a \$50 per month (one rider and horse package) for riders to come and train on the grounds during non-competition days. Not only do the riders get access to dressage arenas and Show Jumps but large all weather surfaces to work on winter fitness. Woodhill Sands, as well as running their popular winter series competitions, holds training days on weekends, these vary between dressage, cross country and Show Jumping, for those wanting to use the grounds for training more casually. Cost varies from \$30 - \$15 depending on what equipment is on offer. Go to www.woodhillsands.co.nz for more details.



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ROCKING ALONG AT THE RIVERHEAD

It's meant to be the quiet time of the year but we seem to be as busy as ever, with loads of interesting things in the pipeline. If you want to get your social club together for a Mid-winter party give us a call today. If you have a big team of over 70, you can do it exclusively with The Boat House all to yourselves or for smaller groups we have some available dates for shared evenings.

We are very proud to be supporting the West Auckland Hospice who will be raising funds with a fun night of frivolity.... they are putting on a 'Barn Dance' here in The Boat House. Tickets are only \$20pp and a light supper will be provided. Get dressed in your best barn getup and dance the night away to the Brewster Brother's Band. 18th July, 7.30pm till late.

R18. Tickets are available from The Riverhead or email laura@theriverhead.co.nz today.

'The Great Riverhead Gatsby Party' will be the glam night of the year on 1st August in The Boat House. Tickets only \$20pp will get you supper and a night to remember. This will be a fair dinkum Bootleggers & Flappers Bash. Tickets are available from The Riverhead or on eventfinder. Then we have our regular Winter Deals: check out our advert in this publication.

THE GALLERY CAFÉ OPENS FOR JAPANESE DINNER

The Gallery Sushi and Café welcome you to come try their new café menu! Located in the heart of Huapai, The Gallery is your new local for any meal of the week. Hearty breakfasts, light and tasty dishes as well as authentic Japanese cuisine, be prepared to be spoiled for choice. Dine in and enjoy photography by Head Chef and award winning photographer Charlie or take your meal away if you prefer a quiet night in. Open on the evenings 4 nights of the week, BYO functions are also welcome! Bookings not essential, phone 09 412 8983 for more information.

AUCKLAND POULTRY AND PIGEON ASSOCIATION 91ST ANNUAL WINTER SHOW

Venue: Gate 2, Kumeu Showgrounds, Access Road, Kumeu. Date: 4th & 5th July. Entry is \$5 and Children are FREE. Sausage sizzle and refreshments available. There will also be Chickens for sale and poultry care products for sale. The show is an exhibition of many different breeds of heritage poultry and pigeons. (Open to the public after the Judging) Saturday 12pm - 5pm, Sunday 9am - 1pm.

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EXPRESSIONS OF INTEREST

The Helensville District Health Trust Board is currently taking expressions of interest from people in our community for Trustee positions. Community Trustees are for a 1 year period and Appointed Trustees for a fixed term. Our Board is made up of people who have relevant business experience and a genuine interest in the health and wellbeing of Helensville and the wider South Kaipara community which it serves. Governance experience would be a benefit. With a vision to be the 'healthiest rural community in New Zealand' the Helensville District Health Trust effects real change via its business units and social enterprises including the Helensville Birth Centre, the Kaipara Medical Centre and Te Whare Oranga o Parakai. If you'd like to find out more please contact Chairman Dianne Kidd by emailing admin@helensvillehealth.co.nz or calling 09 420 7878. New Trustees will be appointed at our next AGM in October 2015. To find out more go to www.helensvilledistricthealthtrust.co.nz.

KUMEU WINE COUNTRY BROCHURE ADVERTISING RENEWAL

The successful marketing brand 'Kumeu Wine Country' have just started working on the 2015/2016 brochure, we plan to have the new copy printed by mid-August ready for another busy spring/summer season. Over the last two years 20,000 copies of the KWC brochure have been put out for circulation around Auckland, via local businesses, Jasons and the Auckland Isites. Pick up a copy from one of the wineries if you would like to see the present example. Being an advertiser in the brochure also gives your business a listing on the new Kumeu Wine Country website which means great value for money! Please email Kylie Bradley for information on advertising, rates and options available. Email: kyliekwc@xtra.co.nz or Ph: 021 524 505 www.kumeuwinecountry.co.nz.

USED TO PLAY BRIDGE ?

Well why not join us and start again. You know you've missed playing. Just cos it's cold outside that's no reason to hibernate, come to our warm club rooms! We are a nice social friendly Bridge Club who would love to see you. Play is Monday & Wednesday evenings starting at 7-30 till 10-30pm, and Tuesday & Friday morning at 11 - 2-30. If you need a refresher first, come to Easy Going Bridge on Thursday. Come along meet some new friends and get the little grey cells flexing. Bridge is a great card game that keeps your mind active no matter what your age. For young and old, bridge can be a great way to spend time with others and enjoy a good game of cards. The Waitemata Bridge Club is situated in Covil Park at the end of Covil Avenue, Te Atatu just off SH16. So why not pop along and give us a go. **GO ON YOU KNOW YOU WANT TO PLAY AGAIN! WHAT HAVE YOU GOT TO LOSE!!** It's a great challenge!!! Next Lessons start

at the Waitemata Bridge Club in September, date to be advised. Ring Denise 027 286 4396 or email us at waitematabc@xtra.co.nz. Visit our web site at www.bridgewaitemata.co.nz.

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ORCHESTRA IN THE WEST

Orchestra in the West: Plans are afoot to form an amateur orchestra in the West of Auckland. Interested players of orchestral instruments get in touch with Pauline, 09 813 5688, rigbypr@hotmail.com.

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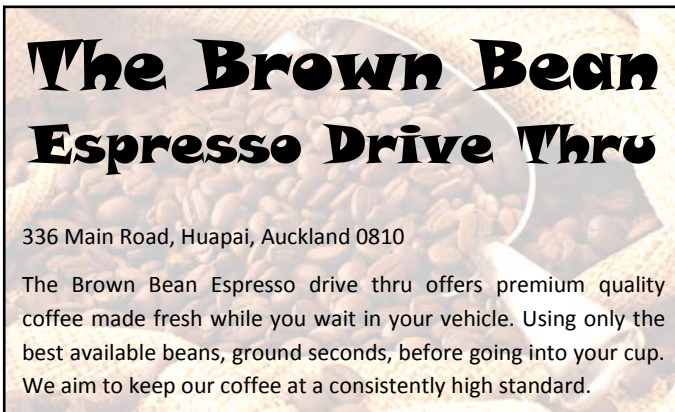
Design | Curtains | Blinds | Fabrics | Rods & Tracks | Installation

Kumeu Huapai
PANELBEATERS



PHILIP GRIMMER
Ph/Fax: 09-412 8054
Mobile: 027-498 7727
Email: khp@xtra.co.nz
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280 Main Road, Kumeu, SH 16

The Brown Bean Espresso Drive Thru



336 Main Road, Huapai, Auckland 0810

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

Special thanks

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

| | |
|------------------|-------------------|
| Carriages Cafe | Boric Food Market |
| Countdown | The Warehouse |
| Freshchoice | Mitre 10 Mega |
| Jacks Dairy | Kauri Gum Store |
| Kumeu Post Shop | |
| New World Kumeu | |
| Top Shop Muriwai | |

SALTBROTHERS STRIKE AGAIN

Local Muriwai Plumber and speedster extraordinaire Corey Bertelson is once again off to Utah Speed week to try and break another world record. Speed Week starts on the 7th of August with the first day set aside for tech inspection. This is where they find out if



the bikes are all up to the precise specs required to race. This year he is taking two bikes, the Honda 250cc which is the bike Corey has broken 5 world records on and a Yamaha 350cc which he has spent the last 2 years getting ready. The 350 has gone well in testing but it's all about how well it goes on the salt.

Speed Week is an annual event held at the iconic Bonneville Salt Flats in Utah, USA and this year will be the fifth year that Saltbrothers Racing has attended.

After they get the tech inspection out of the way racing begins and continues over the remainder of the week. If they complete a qualifying run they are required to do a backup run to secure the record. The new record is taken from the average of the two qualifying runs.

The days are long and hot with adjustments constantly being made to the bike to get it running to suit the conditions. They have a tight team in Saltbrothers Racing – Corey's brother Mikey, his girlfriend Carolyn and Corey all pitch in to get the bike tuned just right in-between each run.

Just being able to get to go and race at Bonneville is a massive commitment, both for Corey's team and the amazing sponsors that support their attempts at new world records. This year they are proud to have Harcourts backing them, along with longtime supporters Hideaway and RMC Water Valves. There are also a long list of others that help to get them there – Corey says they could not do this without their continued belief and support so a huge thank you to all.

TROUBLED TEEN? TRY EQUINE ASSISTED PSYCHOTHERAPY

The missing piece in helping young people manage their feelings, build emotional resilience, resolve conflicts, communicate effectively and cope with life stress just might be A HORSE! Equine Assisted Psychotherapy is an experience based therapy. By interacting with horses then processing the thoughts and feelings that come up participants learn about themselves and



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their world. It is a powerful and effective approach that can help individuals, families and groups. People say they like EAP because of the here-and-now focus and the lesser role of talking. It feels less intimidating than a face to face consultation.



The presence of a large animal is comforting, or exciting. They like being outside in nature and moving around. It can be fun! Anxiety is a huge problem for our young people today and left unattended it interferes with development and leads to underachievement. EAP can help them become happy and resilient no matter what challenges life throws their way. Strained family relationships can be strengthened and attachments secured. To help your young person become all that they can be, please call me to discuss the possibilities. Sarah Hamilton 021 477 523 or email equitherapy@slingshot.co.nz.

Parakai Springs swim school

ALL AGES

Contact Us: **09 420 8998**
swimschool@parakaisprings.co.nz

TASTY FUNDRAISER A HIT WITH THE KIDS

Parents from Waitakere Primary School wanted a fundraising project that would celebrate the diversity of their area yet also generate enough income for a much needed shade sail. The team decided upon a recipe book that would be filled with family favourites yet also be a stunning visual record and keepsake for generations to come. Students were invited to submit a recipe, over 200 were tested, styled and photographed. Waitakere Primary is blessed with zoning which encompasses the historic Waitakere Township, the Waitakere ranges, their rural/agricultural foothills and Bethells beach and the book is filled with professional images showcasing this. Mike Allen, chairperson of the BOT summed up the book as follows "It represents some of the most popular recipes of some of the world's greatest food critics - our children." 'Waitakere on a Plate' is available (\$25) from Waitakere Primary School office or via www.facebook.com/WPSCookBook.



\$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

Budgets are tight, and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. Email sarahcartwright022@gmail.com.

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PO Box 133, Kumeu 0841 Auckland

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P 09 412 9602
M 027 632 0421
F 09 412 9603
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Symmetryinmotion Pilates & Ponies - Sore neck, back or shoulder pain? Pilates can help! Modern Equipment Pilates targets the weak muscles while stretching the tight, helping to creating a strong balanced body and reduce pain. Individual sessions whilst training in a small group. \$25 per person, \$40 for two sessions per week, \$50 for three. Private session \$70. Session duration is an hour. Email Freya at: symmetryinmotion@hotmail.com or phone 027 866 2500.

Is your House looking a little dirty? Mould starting to take over??? Deck like an ice rink? Roof covered in Lichen? BELLA VISTA PROPERTY SERVICES are running great specials; your Spoutings need an annual clean, washing your house is simply going to prolong the paint, treating your decks, paths etc is going to save a visit to the doctor - all have great advantages. 022 036 7481.

Hi everyone, just letting you know we have music, movement and sensory classes for babies and toddlers (0-3years) starting in Term 3 in Henderson, Browns Bay and Point Chevalier...Book now to secure a spot as classes are filling up quickly. www.thinkplaylove.co.nz.

Thursday July 2nd Muriwai Kids Rock will take place right before the regular Open Mic Night from 5-7 pm. Anyone 6 to 14-ish can come and have a jam. Contact Kirsty at kirsty-cooke@xtra.co.nz to register. (The bar will not be open during Muriwai Kids Rock).

Adults Henna Painting with Rama Goyal. Explore the wonderful world of Henna body art in this fun, hands-on workshop. Learn to draw mandala's and other traditional patterns, and then apply them on your skin for beautiful, all natural, temporary tattoos. When: Tuesday 21st July 2015, 7pm - 9pm. Cost: \$30 per person. Bookings: email: ramapriya@slingshot.co.nz or 021-172-3255 at Kumeu Arts Centre.

My name is Billie and I am available as either a babysitter or nanny during both weekdays and weekends. I am 19 years old and currently back in Auckland for the next few months visiting family on break from my usual job as a travel agent in Melbourne. I have plenty of experience with both children and babies and can cook anything to your requirements. Also happy to do cleaning etc. too if needed. I

enjoy getting creative with the kids painting, drawing, baking etc. My mobile is 021 074 3094. Feel free to ask any questions and I look forward to hearing from you.

Hello! I'm Gabriella and I'm 18.5 years old. I'm looking for some casual work Nannying and babysitting. As of now I am free all hours. I can cook and have a restricted license and a car. Please pm me or txt me on 0211031696 if you are interested. I have lots of babysitting/ Nannying experience and am great with kids. I have been babysitting for 4.5 years now.

Mondrian inspired tissue paintings. Sage and Stan have loved our workshops so much we have decided to start a new workshop next term especially for their age group! Explore Art workshops for 4 - 7 year olds, Monday 4 - 5 pm at the surf club in Muriwai.



CAUTION! Speed limit through Riverhead has been lowered to 50kph, not all signs have been altered but approaching Riverhead from the Albany end the signs have been changed.

Just letting you know I've launched a new pet minding service - horses, and lifestyle block animals too! If you travel frequently for business, I also have a frequent flyer service. Register once, a free initial orientation visit, and never have to book again, just phone, text or email when you need a pet minder/someone to check on the house/animals. <https://www.facebook.com/callthepetminder> or 09-833 6743.

A huge thank you to the amazing Riverhead community for voting for Parent Aid recently in Good in the Hood! We've just attended a wonderful celebration and found out that we've received \$795 thanks to your votes!! Thank you to every one of you who voted for us. Not only that, but we also found out that the wonderful people at Z Riverhead chose Parent Aid for the 'Double Up' which means that we came away with nearly \$1600!! We are

stoked! Thank you for all of your support. It is very much appreciated. Remember to give us a call if you need us 0800 222 402 or email: hello@parentaidnorthwest.org.nz. [http://www.parentaidnorthwest.org.nz/](http://www.parentaidnorthwest.org.nz)

We are a new local business who specialise in decks, fences, retaining, concrete paths & drives, outdoor areas. Please give us a call for a free quote. Leon Bathurst - Born to Build - 022 043 1443.

Hey guys I'm a local Albany boy just starting out on my own as a Locksmith. After 15 years I'm ready for the next step so check out our new website 0800 334122 info@locksmart.co.nz <http://www.locksmart.co.nz/>.

Hi folks, if anyone's kids are nagging for a pony but you don't want the commitment just yet, our delightful, safe pony is available for a beginner/advanced beginner child for a weekly or fortnightly lesson now her last pupil has got a pony of her own. Suitable for children under 12yrs. Experienced teen coach (not me, I don't have the patience) based Henderson Valley. \$25 lesson. We don't do this for profit & she is a family pony not a "riding school" pony so only available for 1-2 keen children maximum. Please feel free to join our pony training page "Pony Rider Boutique" if you want to know more about ponies or PM me if wanting riding lesson info.

Dry Pine Firewood for Sale - \$70 per cubic metre. Pick up is from Waitakere Township area. Please PM me if interested. This is part of our fundraising for my daughter who has recently been selected to travel to Australia with Northern Football Federation.

Haircuts \$18.00, Koraha Road Kumeu - 30 years' experience. Text Lisa 027 313 1928.

Posting on behalf of Coatesville Womens Institute. HELP NEED CLEAN DACRON FILLING. Does anyone have or would be able to donate Dacron filling please let me know! The CWI make hospital dolls for children at Starship Hospital every year so that the Dr's can draw on the doll to show the children what their operation will involve and then children get to take them home afterwards. They have been doing this for many years and use gifted supplies or fundraise to get the materials to make them however they are having trouble getting clean Dacron filling and it has become expensive to buy so any help would be greatly appreciated. Thank you in advance for helping us help sick children.

New business venture operating in Kumeu catering for animal health and nutrition please check out the link <https://www.facebook.com/UrbanCountryKumeu>.

PROPERTY

NEWS & ADVICE

REAL ESTATE CHANGE LEADERS

In many industries it takes a change leader to create better competition and deliver a very different market experience. In many industries this can be as different as night and day, or it may be a more subtle experience, yet just as dramatically different in the end result. In many instances competition likes to confuse the client by confusing the price of service or making the price the same to avoid the discussion about service delivery difference, marketing look and feel and database activity. We always ask our clients "If we weren't here what would our competitors be charging you". If our competitors were looking after clients maybe they would be openly offering 2.95% up to \$390,000 and 1.95% thereafter plus GST, plus a base fee of \$490 plus GST.

Our position as highlighted in the Deloitte Fast 50 (showcasing the fastest 50 growth companies in New Zealand) is that Mike Pero Real Estate Limited is a change leader in a number of ways:

- Price (you may save \$2,000 to \$5,000) on a comparable real estate service
- Service (the person that you list with, you sell with)
- Decisions are made (the business owner is involved in your experience)
- You will receive a comprehensive and free advertising and marketing plan including magazine and TV exposure
- Regular information updates showcasing the progress of a sale
- Local office located at 327 Main Road, Huapai.

If you are considering a move and would like to discuss the best approach and

marketing progression, simply call us on 0800 900 700

AT HOME STAGING LIMITED

Winter is a tough old season, it's cold, wet and windy and everyone tends to feel a little low. However, here are some simple and cost effective ways of transforming the way you feel in your home to give you those lovely little lifts.

Living Room - Flowers are wonderful mood boosters.

Bathroom - Brightly coloured towels that compliment your interior help to give your bathroom an uplifting feeling, along with a vase and single stem or a lovely small plant.

Bedroom - Simply adding a new cushion to your bed can transform the look and feel of your bedroom in an instant. A beautiful blend of fabrics will add a touch of opulence at very little cost.

Extras - Limit your décor to a few key pieces arranged as a focal point. Group collections that you may have by theme and colour for an impressive display.

A collection of white candles different sizes and shapes grouped together on a tray is a beautiful sight during the day and in the evening. Declutter!! - Winter is a perfect time to work room by room clearing out all that clutter. If you haven't used or looked at something for the last two years, GET RID OF IT!

Call Anna or Tracey on 021 136 3750 or 029 200 9011 or email: athomestaging@xtra.co.nz Or visit our website www.athomestaging.nz.

TAKING ADVANTAGE OF THE WINTER PROPERTY MARKET

With the cooler months of winter having arrived, the property market also has a tendency to



cool off - with some sellers tempted to hold off until spring and summer to sell their property. However, there are some distinct advantages to selling your home during the winter months. There are generally fewer listings on the market during winter and this can open your home to greater exposure. A lack of listings can also result in increased buyer competition. The colder conditions should filter out any tyre-kickers or nosy neighbours - instead attracting those who are serious buyers with the intention of making a purchase. Here are some great ways to maximize the viewing potential of your home during the winter months.

Heating - By selling your home at the coldest time of year, you have the opportunity to showcase all of your winter warmers and demonstrate that they are working and ready for the purchaser to use. Buyers will ask themselves if it felt cold while looking through the house and they'll look for functioning hot water and heating systems. Heating is of particular appeal if you are selling an older house and it can be a pivotal factor when a buyer looks to make their home-buying decision.

Lighting - Winter brings colder temperatures, shorter days and less natural light. A lot of people who are thinking about attending an open home will often drive past the property in the evening and nothing looks better than a house lit up at night time. Therefore it's a good idea to set timers up for those night-time drivers.



David Lloyd
Director

David Lloyd Mortgages Ltd
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HOME AND INCOME = 2 HOMES TE ATATU STH

4 2 2

By Negotiation

7 Mickle Street, Te Atatu South By Negotiation

A character, extended bungalow with stand-alone minor dwelling offering options for an extended family, investor or family with income added. Sunny and spacious the home offers three bedrooms and a rumpus or fourth room/study in the main dwelling, two bathrooms and double garage, while the minor dwelling is two bedrooms, north facing with efficient kitchen and bathroom. Some options for further development and value add. Set on over 1100 square meters the property is fully fenced with good lawn and established plantings. Located in a quiet cul-de-sac. Minutes to the North Western motorway, schools and shops. The CV on this property is \$930,000. 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.

www.mikepero.com/RX365072



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



THE BEST OF BRICK - MASSEY

3 2 2

By Negotiation

450 Don Buck Road, Massey By Negotiation

Come in and park at the front of the double garage and take a walk through the garden in the double garage and wander through a small garden are to the front door of this solid brick home with wooden windows, polished wooden floors with freshly painted walls inside. Modern kitchen with dining flowing to the lounge, take step into the conservatory and bask in the sun or onto decking with views. 3 Bedrooms upstairs plus a study nook / office space. Lovely light and clean white bathroom with bath and separate shower in white and lovely old glass window here. Take a walk downstairs to the rumpus room, laundry, shower and separate toilet. The CV on this property is \$510,000. We are happy to supply a list of the last 12 months of transactions in this area, email the agent for more details.

www.mikepero.com/RX364981



Joanne O'Brien
027 683 3366
09 412 9602

joanne.obrien@mikepero.com



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



WEST HARBOUR - PRIVATE - CLOSE TO WESTGATE 3 1 1

By Negotiation

3/26 Midgley Road, West Harbour
By Negotiation

Elevated, cul-de-sac location, minutes to Westgate. This well presented f/c weatherboard system home delivers a unique, quiet home with a tranquil outlook offering three bedrooms, open plan living and alfresco entertaining to the North West. Ample grounds (approx. 400 sqm) with a park boundary, the grounds are fully fenced with feature plantings and the convenience of a single garage and an open carport. As a family home or investment, make the most of this central location, buy a slice of paradise. Vendors say you will purchase this home just for the great neighbours. The CV on this property is \$435,000. We are happy to supply a list of the last 12 months of transactions in this area, Please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX380387



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027 683 3366
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OFFERS OVER \$1,095,000 REQUESTED - ROYAL OAK

3 2

Enquiries Over \$1,095,000

10A Epworth Avenue, Royal Oak Enquiries Over \$1,095,000

Picturesque and well poised this 1920's character bungalow is "as beautiful on the inside" as the outside eludes too. An exceptional home boasting three bedrooms, two bathrooms, extensive native wooden flooring and feature woodwork. Extensive sunshine filled rooms and private decking delivers a home that will win your heart and make your feelings sing. Easy covered parking off a cul-de-sac location, quiet and peaceful yet close to Royal Oak Primary School, parks, shopping and transport links. Make a date with destiny, buy your own slice of heaven. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX373573



Graham McIntyre
027 632 0421
09 412 9602

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CLOSE TO WESTGATE, CLOSE TO HENDERSON

3 2 1

Enquiries Over \$579,000

56 Garton Drive, Massey Enquiries Over \$579,000

A well presented, elevated, family home with extensive views to Auckland City and Rangitoto. Set on a corner site, the home has a double garage and workshop underneath with easy care living upstairs, featuring three generous bedrooms. Extensive decking and established plantings make this home an absolute treat. Close to Massey, Henderson and Westgate with choice of schools, parks, shopping and transport links. As a home or investment it is worthy of a look.

www.mikepero.com/RX374769



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



Joanne O'Brien
027 683 3366
09 412 9602

joanne.obrien@mikepero.com

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ELEVATED ENTERTAINERS ESTATE - 1500SQM WAIMAUKU



By Negotiation

89 Freshfields Road, Waimauku By Negotiation

Large flat playground with rural views this 258sqm home provides 4 bedrooms (5th bedroom is an option), 2 large impressive lounges with a vast open space designer kitchen/dining entertaining area with alfresco to large decking. This architecturally inspired house is clad in a combination of cedar weatherboard with copper finishing's and built to last titan board. Unique acid-stained concrete floors, with underfloor heating provides a fantastic contrast to the white walls, ready to dress to impress to your own style and taste. The CV on this property is \$1,100,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX345667



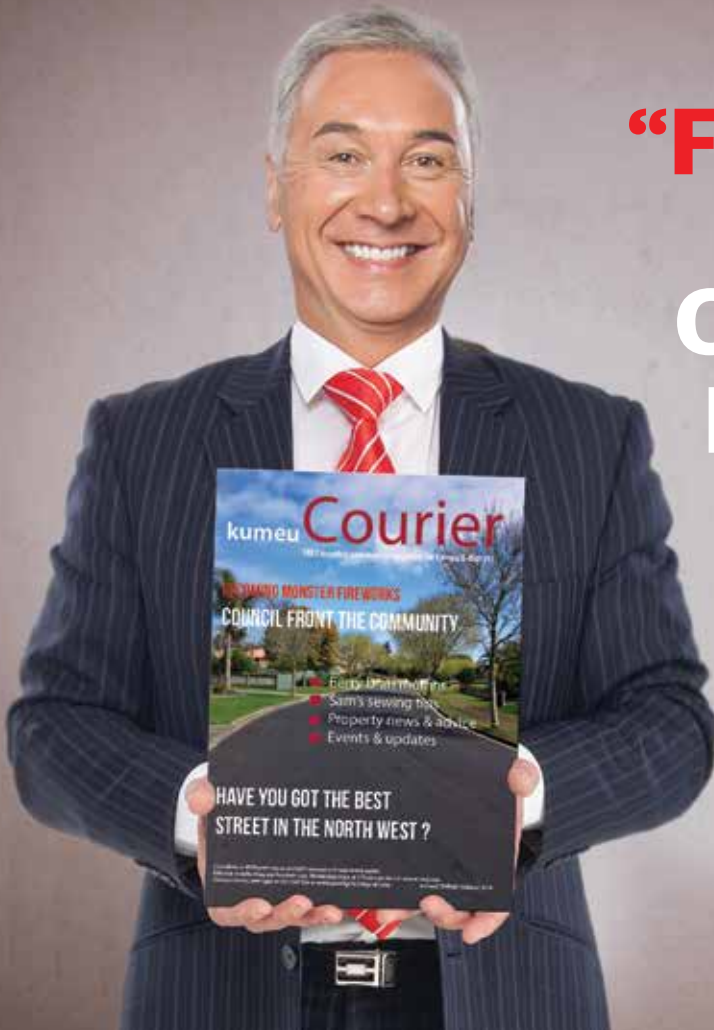
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CLOSE TO TITIRANGI, CLOSER TO SWANSON

6 3

Enquiries Over \$779,000

188 Mountain Road, Swanson
Enquiries Over \$779,000

The home enjoys plenty of alfresco living with outdoor decks, providing for great barbecues and outdoor entertaining. This is a very special home and haven, come enjoy the bush canopy views and space. The first level you will find bedroom, entertainment room, bathroom and laundry. The second level is the kitchen, dining and lounge area, plus more bedrooms. Level three finds the master bedroom with en-suite, another living area that flows to a sunny deck. Come sit, relax, absorb the sun, listen to the birds, take in the beautiful views and enjoy the tree top views overlooking the bush canopy.



Joanne O'Brien
027 683 3366
09 412 9602

Graham McIntyre
027 632 0421
09 412 9602

joanne.obrien@mikepero.com

graham.mcintyre@mikepero.com

www.mikepero.com/RX325039



WAITAKERE TOWNSHIP - CLASSIC CHARACTER HOME

4 2 1

By Negotiation

114 McEntee Road, Waitakere
By Negotiation

Set on 857 square meters, this classic 1970's bungalow with fully fenced yard boasts value and character. Some DIY options and alfresco alterations possible to suit your individuality. The home is four bedrooms, includes open plan living and open plan games room. A separate double garage and garden shed. The property is family friendly and has extensive semi-rural views. Close to Waitakere Primary School, transport links, convenience shopping, parks and RSA. The CV on this property is \$500,000. 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.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX332842



MURIWAI BEACH BONANZA - DO UP

5 1 2

By Negotiation

1 Domain Crescent, Muriwai
By Negotiation

Multi-level beach home with many rooms and opportunity for the large or extended family, offering 280sqm of home over three levels. Sunshine is plentiful with generous alfresco living to the North West and North East. The home offers 4 bedrooms, two lounges, two bathrooms and double garage. Set on 809sqm of land peppered with established trees. Some options for development and cosmetic improvement to add value. Minutes to surf, parks, convenience shopping and café. The CV on this property is \$790,000. 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.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

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LAND IN CONSTABLE ROAD - MURIWAI

By Negotiation

165 Constable Road, Muriwai By Negotiation

Elevated and inspiring land with 3 commanding views: Tasman Ocean and Oaia Island, Bethells (Te Henga) valley to sea, and inland rolling farmland and bush reserves. The land has multiple flat house sites, native flax planting started on slopes. Sunny, sheltered lower valley accessible by 4x4 vehicle. Suitable for a horse or two and a sheep or three. Fenced and gated. Power and telco at the road. Tank and troughs on site. Easy access, great neighbours, ready for building. 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.



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

www.mikepero.com/RX331147

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Our fees are 2.95% up to \$390,000 thereafter 1.95% + admin fee + gst.

Most other brands charge up to and around 4%*.

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*Rates, fees, terms & conditions may vary between brands, branches and specific transactions.



LAND AT 1600 SQM

Enquiries Over \$395,000

Lot 2 Cane Road, Waimauku
Enquiries Over \$395,000

Attention all Kumeu and Riverhead Land buyers. 1600 sqm site in Waimauku offering rural views and a flat building site. Excellent proposition for the large family home. The section is in a quiet cul-de-sac location, cane road in Waimauku. Close to School, Shopping Parks and Transport links. Well worth a look.

Property Details
Land Area: 1600 M2

www.mikepero.com/RX313482



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

Introducing Joanne O'Brien

Jo comes from a background in business management, administration and accounting. She has run her own successful Health & Wellness Consultancy business for the last 9 years.

Jo has just completed the last 12 months in Property Management as a Letting Specialist and is now ready to sell you your next home.

Jo is a motivated and positive person with high energy, she is warm, friendly and approachable, a person with heart, she connects well with people from all walks of life.

Helping people is paramount to Jo, so give her a call so she can deliver great service to you.



Joanne O'Brien

027 683 3366

joanne.obrien@mikepero.com

HEALTH AND BEAUTY

COLOUR CONSULTATIONS

Colour Consultations are designed to create confidence in communicating the total you. Prior to a Colour & Wardrobe Consultation, ask yourself: Do you lack direction and confidence in purchasing your clothes? Do you have clothes in your wardrobe that you never wore? Buy an item "on sale" only to bring it home and find it was no bargain at all? Lack the knowledge of which colour give you that natural and healthy looking appearance? Once you have been "Colour Coded" wearing the shades in your personal palette not only make you look better, but also make you feel better. The genes that determine your skin tone, hair colour and eye colour also determine what "colours" suit you best. The skin you have inherited will not change, it will darken with a tan, or it will fade as you age. Remember:- In your wrong colours you can look pale and plain, but in your "right" colours you will look alive and vibrant. Wrong colours will detract, while the right colours will bring out the best in you. Begin a new chapter in your life and most of all enjoy and have fun with your colours – be an individual ! Phone Joanne O'Brien on 027 683 3366, Colour & Wardrobe Consultant

THE TO DO LIST IS GETTING LONGER

So the to do list is growing and half of it doesn't get completed, let alone looked

at. You are having conversations with people confirming how busy you are and how time is just flying by. It's hard to feel like you're getting ahead because things are constantly popping up each day. Each thing gets completed so we can get on and complete the next thing - and are we enjoying any of it? Most of us seem to float in and out of some version of the feelings described above. At worst we get in and out of the car in a flying hurry just to post a letter - like running to the post box is going to help. What is being rushed, busy and stressed telling us about how we are being at the moment? What do we need to know about ourselves? It's not all the things in our lives making us busy, it is our reaction to them. As soon as you notice you're not completing the to do list or perhaps avoiding it altogether, it's time to look at who you're really being at the moment. Or when we start not calling or texting people back, or being forgetful, or sitting on the couch when there's work to be done, or running around doing a million things but doing none of the things that would really make a difference right now... THERE IS ANOTHER REASON! You are not lazy; lacking organisation or motivation (you're actually capable of accomplishing huge things) these things are symptoms of something else - HOW YOU ARE REALLY BEING. What are you really feeling when you say I'll make my calls after I do the dishes. Who are you really being?

In any given moment you are being a feeling. In that moment that feeling will rule your life and give you more of the

same. You are either being the guy feeling daunted by the next step or you're being relaxed about your future (the daunted guy doesn't complete things). You're either being the guy fearful of end of month or you're calmly making the squeaky-wheel calls (the fearful guy doesn't get paid). You're either being the gal feeling undervalued and not feeling approved of, or you're being your strength and smiling with your head held high (the gal feeling undervalued seems to get treated that way). You and your thoughts and feelings are not a fluke. You are something absolutely fundamental to what happens in your life tomorrow and you have a choice. The trouble is, "when faced with an alligator we forget we are there to drain the swamp". We don't remember to be another 'feeling'. We mostly go about believing the ones we experience. We just carry on with the mask that doesn't serve us, mostly out of habit. How I can assist you reach your goals: in a session I look at what a person might really believe. What we hold to be true deep down will keep showing up in situations in our lives. I help clients view themselves without distortion and recognise who they really are. I give clients tools to keep remembering to BE the person they choose - so the to-do list gets done with a smile! anna@thinkyourbest.co.nz / 021 555 658.

HELP FOR ANXIETY AND DEPRESSION

Do you or someone you know suffer from anxiety or depression? These conditions can be debilitating and affect your overall quality of life and those around you. There are many things that can be done to strengthen the nervous system and support these conditions. Diet, lifestyle changes and herbal medicine can all be used to achieve this. Make the most out of your life by supporting your nervous system the best you can. Take an integrative approach to your health care and



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kumeu**Courier**

Please contact Tina Gao, School of Optometry: 027 277 0973 or 09 373 7599 extension: 85731 Email: t.gao@auckland.ac.nz

THE ABSOLUTELY FABULOUS FASHION SHOW

A fun, fabulous and fashionable night to remember on Saturday 1st August, hosted by 'Comedienne of the Decade' Michele A'Court. See local celebrities and personalities strut their stuff for a cause, modelling designer fashion sourced from Hospice West Auckland's legendary Hospice Shops. The evening includes a Designer Clothes Sale, featuring recycled fashion and garments seen on the catwalk available for purchase exclusively to ticket holders at op shop prices. A range of exciting, one-of-a-kind auction items, as well as canapés, a complimentary drink and half-time live entertainment are all included in the ticket price. Gather your friends and book your tickets today. The Absolutely Fabulous Fashion Show is proudly sponsored by Douglas, and presented by Hospice West Auckland in partnership with business networking organisation BNI New Zealand. All proceeds from the event go to Hospice West Auckland who provide free palliative care and support to patients and families living with terminal and life-limiting illness. For tickets and more info visit www.abfabfashionshow.co.nz or phone: 09 361 1000.



COMPUTER GAMES HELP EYES?

For Eyes Optometrists in the Kumeu Village are calling on amblyopes to help Auckland University with a study on vision development. Amblyopia (lazy eye) is characterised by good vision in one eye and blurry vision in the other, even with glasses or contact lenses. (You may have had patching, eye drops, glasses and/or eye surgery in childhood). Once thought untreatable after the age of 7, the BRAVO clinical study is investigating a new way of treating amblyopia using a videogame that helps the two eyes to work together. The study requires playing a video-game on an iPod touch device for 1-2 hours per day over 6 weeks at home. iPods will be loaned to you by the trial. The study also requires 5 visits to the University clinic over a period of 24 weeks.



WHY CHIROPRACTIC CARE?

What we do seems to have more to do with WHY we do it than anything else. Our patients tell us they feel better, feel more alert, have more energy, think clearer, are happier and are more vital in their approach to their health and to their lives in general. Chiropractic is a natural form of health care that focuses on the function of the spine and the nervous system. Chiropractic is about life and function. It makes sense that if our body is functioning well, we will be healthier and living as close to our full potential as possible. The nervous system (brain, spinal cord and nerves) controls and coordinates all the functions of the body. The spine also protects the spinal cord whilst being flexible enough to allow us to move freely. Any type of stress on the body, whether it is physical, chemical or emotional, can cause the vertebrae (spinal bones) to lock up and lose their free movement. When this happens pressure may be placed on the delicate nerves, leading to a decrease in the communication between the brain and the different parts of the body. This means that your body will not function at its best and is therefore unable to be as healthy as it could be. Our Chiropractors correct these spinal problems, with varying techniques and can help anyone from new born babies to the elderly improve the performance of their body naturally. It's not just for sore backs and necks. Many families choose Chiropractic care as their primary route towards maintaining better health and wellness, naturally. Give Kumeu Chiropractic a call. Phone: 09 412 5536 for an appointment.

GORGEOUS GUMBOOTS FOR STYLISH WOMEN

Life is busy, and it doesn't stop when the rain starts! You still have to walk the dog, be the sports practice sideline support, feed the chooks, or do the garden. Now you can do life with style, whatever the weather, in a gorgeous pair of gumboots from The Gumboot Boutique. With 14 styles to choose from, there's something to appeal to everyone. Choose a colour-co-ordinated umbrella or toasty gumboot socks to match. A gift voucher is perfect for the lady who likes to be pretty and practical. Best of all, you can order online and have your purchase delivered to your door! Our comprehensive size charts make it easy to work out your size and we offer free shipping within New Zealand. www.GumbootBoutique.com.

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REGULAR AREA COLUMNISTS

WEBSITES FOR CLUBS AND SCHOOLS

The team at Utopia have been creating websites for a wide range of businesses and organisations throughout

the Norwest region. Many of these are schools, clubs and not-for-profit organisations with a board or committee managing a tight budget. Utopia can work with these groups to create a simple information based website or a more specialised bespoke solution. For example, a mechanism to manage the members of a club that automatically sends out reminders and invoices for membership fees. When setup to take online payments the work required by a club secretary/treasurer is reduced. With over 18 years working with these types of organisations we are well prepared to assist any clubs or schools to get online. If you are part of a club or organisation and want to improve its online presence please contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

| School Calendar | |
|-----------------------------|--|
| CHECK BACK FOR MORE UPDATES | |
| Mon 01 Jun | Queens Birthday - No school |
| Tue 02 Jun | Eden Albert Rugby zone competition |
| Thu 04 Jun | Hearing and Vision testing |
| Fri 05 Jun | Art Exhibition Gate Opening |
| Sat 06 Jun | Art Exhibition |
| Sun 07 Jun | Art Exhibition |
| Tue 09 Jun | Fiji Meeting - Year 6 students and parents |
| Thu 11 Jun | Intermediate zone table tennis competition |
| Fri 12 Jun | School assembly 2.15 - hosted by Room 2 |

some unusual plants not often seen anywhere else. Did you know, we collect and rescue people's pre-loved plants? We collect the plants for free (some conditions apply) which saves you money. We give plants a new lease of life; what is one person's waste can very well be another person's Gold! If you want any plants picked up please do give us a call 09 412 7606 or you can email plantrescue@plantzero.co.nz. Here at the flower farm we can provide beautiful natural looking bouquets from freshly picked flowers for weddings, funerals, birthdays, corporate offices and all special occasions. You can email us at flowerfarm@plantzero.co.nz or give us a call on 09 412 7606.

ABERCOTHI EQUESTRIAN

We are now stocking Zilco covers from 3'3 3'6 3'9 for those small ponies. Same day or while you



wait cover repairs along with full laundry service on covers, bandages and saddle blankets. Always wanted: quality gear, apparel and saddles to sell on your behalf. We have a great selection of new riding jackets along with a great selection of quality secondhand jackets, jods, riding boots and everything horsey. Also the home of quality Goodwood canvas horse covers. We repair canvas and synthetic covers along with leather work, tent repairs and alterations – in fact we will give most things a good go. Always a friendly happy service with a smile. Located upstairs at Western ITM building. Contact Shelley 027 258 1805.

HOBSONVILLE POINT FARMERS MARKET

As the dark nights and winter begins to

settle in, it's worth remembering that Hobsonville Point Farmers is the only true indoor market in Auckland - rain dates don't apply here. Featuring local artisan producers and growers, live entertainment, delicious gourmet food, an indoor cafe and outdoor games area - with space to lounge, play, walk the dog and watch the world go by - relax in the atmosphere of our heritage, wharf side hangar trading every Saturday and Sunday 9-1pm. Grab a market tote bag (\$5 from our cash out counter), order your coffee (or freshly squeezed juice) and start shopping! So, make it a date! Come visit us at Hobsonville Point farmers market this weekend and soak up the ambiance, enjoy good times with family, friends and visitors, and kick back into weekend mode. There's plenty of parking, we're a dog friendly market (on lead, please) and offer award winning artisan foods and more. New to Hobsonville Point Farmers Market? Check out our website for location directions and market updates. www.hobsonvillepointfarmersmarket.com.



RETIRED BUT NOT TIRED OF LEARNING?

Join us the South Kaipara U3A at TE WHARE ORANGA O PARAKAI 'House of Wellbeing'. Dianne Kidd welcomes us to come to their place on Friday 3 July at 1pm, (at the old Parakai Tavern) next to the Parakai Hot Pools. Here you will be able to see this community project for yourself and hear what Dianne has to say about how it all came to be, what they offer at present and their aims for the future. Come and join us. Excellent afternoon tea will be provided. Gold coin entry. Next Meeting, 7 August at 1pm back at our usual venue, St Johns Ambulance Rooms, 7 Rata Street, Helensville. Further information contact Judy on 09 411 8322.

COUNTDOWN WESTGATE

I'm Paul Maxwell, Store Manager at Countdown Westgate North and I'm excited to lead the team that is bringing you the new store in the Northwest Town Centre development.

Due to open later this year, we'll be employing approximately 80 staff made up of both existing Countdown team members who are looking for a new challenge,

DON'T WORRY, BEE HAPPY

At Plant Zero Flower Farm (AKA Stems Roses Kumeu) we not only



grows Semi-Organic Cut Flowers, but also a range of 'Bee Friendly' Landscape Plants @ Wholesale prices. We are 'growing' our range daily and if there is anything that you cannot find at traditional garden centres then come and see us, we have

and further bolstered by some new faces to our business who are looking for an opportunity in the retail industry.

My aim is to empower my team to be able to deliver you top quality product at great prices with a friendly local feel to our service.

I'll keep you posted in the weeks to come with how we are getting on preparing our store for the thousands of great specials we will bring to you when the doors open, but for now thanks and I look forward to seeing you on opening day and being part of the Westgate Community.



PETERNALLY YOURS

Dignified Pet Loss Products - Pets come into our lives to teach us about love...they depart to teach us about loss. The FUREVER PET BED by Peternally Yours is a new product made of a leak proof material and zipped on two 2 sides for ease of transfer. There is extra room to insert your pet's favourite blanket or toy. You can take your pet home discreetly from the vet without worrying about any staining on the inside of a vehicle. You can write heartfelt messages onto your FUREVER PET BED to personalise it. The FUREVER PET BED gives you



the choice to bury or cremate your beloved pet in a dignified, compassionate manner. The FUREVER PET BED is available in five Sizes and is suitable for all types of pets from birds, cats, hamsters, mice, rabbits, reptiles and all dogs' from the tiniest to the largest breeds like Great Danes.

GREAT FEEDBACK FOR JOJO'S CHILDCARE

Finish this statement with one word, "Jojo's Childcare is ..." This is a question that I posed to a group of staff and parents today trying to get a gauge from them as to what they instantly think or feel when they think about Jojo's Childcare. Here are some of their responses... Fun, exciting, nurturing, unique, family, creative, amazing, challenging, fantastic, friendly, phenomenal, flexible, calm. Then there are always a few that one word isn't enough... one of a kind, buzzing with learning, peaceful and calm, perfect for our family. Every so often the question will be asked on a public forum, in a playgroup, or work place about daycares in the Kumeu area. With so many options to choose from we would like to thank all our families, extended families and supportive community for their positive feedback and recommendations. If you would like to know more about Jojo's Childcare and what we can provide for your precious children please give us a call 09 4125325 or pop in at any time to meet the team.



Our winter deals

Monday Night **Two for One Pizza's** Dine in only from 6pm in The Landing

Tuesday Night **The Riv's Ribs** All you can eat \$28pp from 6pm in The Landing

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! from 7.30pm in The Portage Bar

Thursday Night **Mum's Night Off!** Mum dines free with a group of 4 or more* Special conditions apply from 6pm in The Landing

Friday Night **Classic's Night** A walk down memory lane with a set menu of timeless favourites from 6pm in The Landing

Saturday Night **Party Night** The lights go low & the music ramps up Why go all the way to town? from 9pm in The Portage Bar

Sunday Afternoon **Sunday Live** Live music from 2-6pm Free entry most Sundays. Bring the family gates open at 12 to The Boat House

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SILVER FERN MEDICAL CENTRE

Free for Under-13s - Under the government's proposed new Free for Under-13s scheme, Silver Fern is planning for all children under 13 enrolled with our Practice to have free visits to our doctors and nurses. This will include prescription charges and also injuries covered by ACC. We will implement the Free for Under-13s as soon as the final negotiations between the DHB and PHO are concluded, perhaps as early as July 1st.



My child always seems always to have a cold! - We are now well into the season for the common cold. Many parents are surprised that on average a preschool child will get over six colds per year, each lasting an average of one to two weeks - so this means your child might have a lot of "cold" symptoms over the next few months!

Catching a cold - "Getting a chill" doesn't cause a cold. Rather cold viruses are transmitted by touching another person (the viruses survive on our hands for two hours) or by touching surfaces such as door handles (where the viruses can survive for up to a day). Young children in daycare seem to have more colds than children cared for at home - but don't worry - when these children start primary school, they generally catch fewer colds, presumably because they are already more immune.

How do I recognize a cold? - The cold usually starts one to two days after catching the virus and might include a stuffy nose, nasal discharge (this might be clear, yellow, or green), fever, sore throat, cough, irritability, and difficulty sleeping.

The first week will be the worst, but some children continue to have a blocked or runny nose and cough well after this. And it is not unusual to develop a second cold as the symptoms of the first cold are resolving - this can make it seem as if your child has a single cold that lasts for weeks or even months!

What can help?

- Try humidified air for nasal symptoms
- For infants, parents can try saline nose drops, followed by gentle bulb suction to temporarily remove nasal secretions. Older children may find a saline nose spray more helpful
- Honey for night-time cough in children older than 1 year
- Drink adequate fluid (but it is not necessary to drink extra fluid)
- If your child is uncomfortable because of fever, consider paracetamol (older than three months) or ibuprofen (older than six months). Do NOT give aspirin.
- Help your child wash their hands before and after eating and after coughing or sneezing

Do they need to stay home from daycare or school? Most children with colds do not need to stay home - it is very likely that they spread the virus before they developed cold symptoms.

Do contact your healthcare provider if you have any concerns. Remember seeing your doctor or nurse will shortly be free once the government's Free for Under-13s scheme is finalised.

THE ANTIQUE POSSUM

VINTAGE INDUSTRIAL ANTIQUES - OPENING HOURS: MON - TUES 9am-2pm, WED - SUN 10am-4pm. OR CALL : 021-328-338 FOR APPOINTMENT. Industrial Vintage Antiques a.k.a "The Drunk Possum" phone Jacky 021 328 338. 522 State Highway 16 I am up the drive way next to the Castle Vet, on the left before you enter Kumeu. Email: thedrunktopossum@hotmail.com or vis-

it our website: <http://www.thedrunkpossum.co.nz/> or Facebook: <https://www.facebook.com/pages/The-Drunk-Possum/292465147604460>.

CHERISH THE WORLD WE LIVE IN THIS JULY

Hooray for sheep: wool is non-allergenic, insulating, naturally pest free and can absorb up to 40 times its weight in oil. NZ wool was used in the clean of the 2010 BP Gulf of Mexico spill.

Hooray for worms: are you interested in composting but don't know where to start? The Compost Collective have the answer, their first workshop 24th June in New Lynn, see compostcollective.org.nz

Hooray for plankton: Muriwai Beach can be covered with an oily slick in winter, a thick green-brown layer of microorganisms. Our West Coast surf beaches host algae all year round, but it can be most obvious in winter, possibly because of the water turbulence. Grey and yellow-eyed mullet can be seen swimming and feeding on this nutritious detritus in the shallows. Algae on their own are hero microorganisms, being currently farmed for their oil, which has applications in the cosmetics and energy industries.

ABSOLUTE EQUINE

Absolute Equine was founded by us, Greg Smith and Tina Dolley, after we saw a gap in the market for effective therapeutic treatments for horses.

Our state of the art system is proven to work, as endorsed by many top riders, trainers and the general equestrian community – including Charlotte Dujardin and Carl Hester in the UK. To find out more visit our website www.absolute-equine.co.nz.

Greg has over 20 years' experience riding and competing horses, based in Auckland after three years of training with Carl and Charlotte in the UK. "I have noticed great benefits with the combi pro and use it as a preventative measure to ensure my horses are always prepared, supple and ready to work."

Tina is an active member of the equestrian community; she supports her daughter Lucarne in her equestrian pursuits, whose passion is dressage, and with Mzungu, 18 years old, is currently competing Level 6/7.

Phone Greg on 021 301 071 or Tina on 027 687 9818 to book!

TAKE THE KIDS TO FIJI

Great deals starting from 5 nights at \$1199 per adult, and kids at just \$299 per child up to 11 years old. Includes Return Airfares on Fiji Airways, return coach transfers, and 5 nights at Hideaway Resort & Spa on the Coral Coast in a Frangipani Bure. BONUS: Pure Fiji Gift Pack on arrival at Nadi Airport.

INCLUDES: buffet breakfast daily PLUS a FJ\$80 Resort Credit per Bure per stay PLUS: a complimentary welcome drink on arrival, nightly entertainment AND: up to 2 children under 12 years STAY, PLAY & EAT for FREE (conditions apply).

Book & pay by 6th July. Travel dates through to March 2016 but close outs apply for school holidays etc.

I have other deals available for Denarau Resorts, a huge selection of outer Island resorts, and many more on the Coral Coast – please just ask and I can email the flyer to you. All with the kids for \$299 deal!

Tanya Franklin, your local Travel Broker, 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday!

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Current fees from April 2014

Babies 3 months – 3 years old

| | Day rate | 2 Days min | 3 Days | 4 Days | 5 Days FULL TIME | Includes Milk and meals |
|----------------------------|----------|------------|--------|--------|------------------|---------------------------------------|
| 6 hrs Between 8-4 | 36 | 72 | 108 | 144 | 180 | Morning tea Lunch Afternoon tea |
| 6-8 hours | 42 | 84 | 126 | 168 | 210 | Morning tea Lunch Afternoon tea |
| FULL DAY 8 + hrs 7am – 6pm | 50 | 100 | 150 | 200 | 250 | Morning tea Lunch Afternoon tea |

3 & 4 year olds

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

*Sibling Special: Why not have time out for 4 HOURS? Available when attending with an older brother/sister, and only when spaces are available.

| *Session times 8.00-12.00am or 12.30-4.30pm | Day Rate | 2 Days min 4HOURS | 3 Days 4HOURS | 4 Days 4HOURS | 5 Days 4HOURS | Walk and Incline |
|---|----------|-------------------|---------------|---------------|---------------|-------------------|
| *0-2 yrs | 20 | \$40 | \$60 | \$80 | \$100 | No Lunch provided |
| *2-3 yrs | 24 | \$48 | \$72 | \$96 | \$120 | No Lunch provided |

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



Waimauku Kindergarten
Northern Auckland Kindergarten Association

18 Freshfields Road,
Waimauku, Auckland 0842
Ph: 09 411 8890 Fax: 09 411 5200
waimauku@naka.co.nz

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

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

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

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

CHOCOLATE FUDGE — SELF SAUCING PUDDING

1 cup flour
½ cup milk
1 tsp baking powder
2 Tbsp melted butter
2 Tbsp cocoa
¾ cup sugar
1 tsp vanilla essence
½ tsp salt
1 egg



Sift flour, salt, baking powder, sugar and cocoa together. Combine lightly beaten egg, melted butter, vanilla and milk together and add to the dry mixture. Mix until smooth and pour into medium size casserole dish.

Sauce:

Combine ¾ cup brown sugar and ¼ cup cocoa together and sprinkle over the top of the mixture. Pour over 1 ¾ cup of hot water. Bake 50 mins - 175°C. Sprinkle with icing sugar and serve with ice-cream or whipped cream. Note : This recipe is great doubled for a large casserole dish or even tripled for a roasting dish size.

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email: info@paulajanecakes.co.nz or website paulajanecakes.co.nz



LIVESTOCK REPORT

Some exceptional quality prime cattle were on offer at Pukekohe and buyers were very enthusiastic! Steers sold to \$2,110, heifers \$1,750, cows \$1,220 and bulls \$1,740. As the winter gets more miserable, the upside is that prices generally improve dramatically and the falling dollar will only be good news for farmers at least! Far fewer numbers of young stock came forward after a difficult week previously, and prices rose accordingly with vendors generally very pleased. Such a strong all round sale was very pleasing as this auction coincided with the Fieldays and the auction crowd was far fewer than a normal week. It is expected numbers of killable cattle will ease as much early winter selling has been done, this will see demand for good cattle only get better from about now on.

CATTLE

| | |
|----------------------------|--------------------|
| Best steers | \$1,390 to \$2,110 |
| Other steers | \$1,080 to \$1,180 |
| Medium 15 month steers | \$950 |
| Very light yearling steers | \$660 to \$765 |
| Medium weaner steers | \$400 to \$540 |
| Prime heifers | \$1,440 to \$1,750 |
| Other good heifers | \$1,100 to \$1,350 |
| Medium 15 month heifers | \$900 to \$1,000 |
| Medium weaner heifers | \$400 to \$500 |
| Boner cows | \$840 to \$1,220 |
| Light cows | \$495 to \$750 |
| Bulls | \$1,420 to \$1,740 |

SHEEP

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CAN I HAVE A WOOD FIRE – YES!

Nothing beats the hypnotic effect of dancing flames as a wood fire burns on a winter evening. Mis-reporting in the news suggests fires are to be banned, but this is NOT the case. See us Grasslands in Kumeu for a selection of quality ECO approved New Zealand made wood fires to suit all homes. These fires are clean burning, very efficient and already meet the toughest NZ clean air regulations. To make life easy, we will organise the whole job for you, prepare the permit application & arrange installation. You can choose your hearth style, size of fire and we do the rest. With the proven reputation of Masport & Metro wood fires, you can look forward to warm winter evenings. Grasslands Kumeu – 20 Shamrock Drive, Kumeu. Phone: 09 412 7880 or www.grasslands.co.nz.

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Budgets are tight, and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahcartwright022@gmail.com.

TURN UP THE HEAT!

Winter is truly upon us and it is cold! The snow is falling in the South, the nights are dark. It's time to think about keeping your family warm and no better way to do it than a solid fuel wood fire creating a warm, healthy and comfortable home. KPL has a wide range of New Zealand made stylish and affordable wood burners, multi-fuel burners and cookers in store. Members of the Home Heating Association, we will supply, install and repair. There is nothing better than sitting in the warmth of a wood burner slowly burning away as you relax into your Winter's night. Do away with costly electric heaters and sit back and relax watching the flames flicker away as you cosy into the couch in a warm, dry, healthy house. Call into our showroom, check out our wide range of wood burners and chat to our knowledgeable staff about woodfires, wetbacks and radiators, the smart way of heating your family home and water. 156 Main Road, Kumeu - phone: 09 412 9108.



COUNTRY BEARS HEADS OUTDOORS

I would like to introduce you to the new concept in early childhood education. I say a new concept, however it is steeped in the oldest educational resources we have, nature.

It is well documented that issues surrounding health can be "alleviated if the person has access to relaxing, nourishing green space and exercise" (Cummings, 2012, p.4) and I for one agree with this. I feel better when I am in a natural environment, surrounded by green trees, in wide open spaces, under a big open sky and it is for this reason, among many others, why I love my role teaching at the Baby Bears Centre at Country Bears in Kumeu. I get to introduce very young children to the delights that nature has every day. We are at a time when society as a whole is asking questions about the environment and what we can do for the future; I ask what effect does a disconnection from nature have for children and how can having a healthy connection to Papatūānuku affect the environment and the children as they develop and grow into healthy capable learners? Michael Mann in 2013 explained how "we must gradually introduce our children to the natural world and the environment, and the threats to it that currently exist because of what we are doing. But we must pro-



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vide hope and optimism, and make sure they can envision a brighter future”

A relevant and interesting approach is the Forest School approach. Forest School is a concept that originated in Sweden in the 1950's to reintroduce nature to children. The concept spread through Scandinavia. Forest Schools not only give urban children a chance to reconnect with nature, they give children a safe space to “develop their own ideas, make decisions, solve problems and take risks” (Cummings, A, 2010, p.1). The philosophy of Forest Schools is steeped in the constructivist approach to learning, which follows a child-led curriculum, giving the children a hands-on approach to learning.

When children are given the opportunity to connect to nature they are able to test out their theories about the natural world whilst in natural forest environments. A child-led curriculum allows the children to develop independence, develop and expand their self-esteem in a positive manner, and learn about team work, whilst also strengthening social skills.

Whilst in nature, children's bodies develop stamina and all five senses are enhanced. They are free to touch everything, gaining an understanding of different textures, smelling the trees, water, mud, leaves, moss, and ferns. The children are being stimulated in every sense of the word (Cummings, 2010).

McKinney (2012) explains that cultures “fuelled by capitalism have greatly severed connections to nature” (p.2) and often urban or suburban families and parents have trouble imagining a Forest School and its benefits. In Scandinavia, however, where there are legal rights and cultural traditions built around being outdoors, “Friluftsliv” or an “open air life” is a way of life, the Forest School concept is an easy concept to adopt. In New Zealand however there is no policy in place that ensures children spend quality time immersed within fully natural outdoor spaces. Often New Zealand is seen from the past, as a country of barefoot and jandles, a culture of beach, bush and camping, yet with more and more parents working longer and longer hours, more of our young children are attending childcare centres and ones that ensure a connection to the nature outdoor spaces are vital for their healthy growth and development.

Cummings (2010) also describes how beneficial Forest School's are for children, reminding us that children need to take risks to develop and grow. Mairs (2000) states (as cited in Cummings, 2010) “A risk is a challenge a child can see and chooses to undertake or not. Eliminating risk leads to a child's inability to assess danger” (p.2). McKinney (2012) agrees with Cummings and highlights the role of adults in risk management. “Exploring may pose risks, but experienced and trained caregivers/practitioners control harms and mitigate risks in order to maximize learning” (McKinney, 2012, p.4).

Cummings (2010) also highlights the many aspects of the child's development that Forest Schools aim to assist with: “Self-awareness, self-regulation, intrinsic motivation, empathy, social skills and communication skills, independence, positive mental attitudes, good healthy self-esteem and confidence” (Cummings, 2012, p.2).

With its foundation in self-directed learning within an ever changing organic curriculum, the discoveries that the children make of the world around them is the learning. Forest Schools allow children the freedom to “develop at their own speed and in their own time” (Gautreau, 2012, p.2). At its centre the learning is immersed in personal, social and emotional development, the development of communication, language and literacy and science, nature and mathematical development, with everyday exploration, investigation and testing out theories to help understand the world (Davis and Waite, 2005).

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to experience vigorous exercise amongst large trees and long grass. Exercise keeps their bodies healthy and their minds balanced — there are no couch potatoes here!

We give dogs the opportunity to experience a 'runners high', yes dogs get a high from running just as you do. They can enjoy a roll in whatever smell they come across and have the chance to socialise with other 'like minded' energetic dogs. The teams are kept to a maximum of five dogs in the forest at any time and they have the opportunity to explore over 50 acres of forest at his/her pace in a natural terrain environment that is provided. There is someone with them at all times in the forest but for extra safety all dogs have gps collars.



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FOOD — THE FORGOTTEN MEDICINE

A wise man once said "Let food be thy medicine."

Over the last 60 years food has changed enormously. A mere handful of companies now produce the lion-share of food (for pets and people), and ship it around the globe. Profits are maximised by using cheap ingredients, and preservatives to increase shelf-life. To make up for the inevitable inferior



taste, an array of artificial additives and flavourings are added. The paucity of nutrients present in cheap ingredients are further stripped by processing, and replaced by synthetic vitamins and minerals. Chronic ill health is now normal and common. Is there a connection? What do you think?

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DO YOU KNOW YOUR DOG?

Can you tell the subtle signs that your dog is afraid or stressed?

Most of us would say YES. But – last year 12,714 people reported dog bites. 20% of these are children under the age of 14. They estimate only 39% of bites are reported, whether it is because they don't require medical assistance or they don't want to fill out the paperwork. Over 70% of bites are from the family dog or friends' dogs. Labradors are top of the list. Is this because they are the most common breed or is it because we assume they are "great with

HAPPY FACE!

STRESSED FACE!



kids"? Any person who owns a dog, is looking at getting a dog, have friends who have a dog and anyone with children should look at learning the basics of Canine Body Language. Not only will it make for a safer environment for your family but also a happier environment for your dogs. For further information - PET First Aid & Training (NZ) Ltd – 09 969 3007. 0508 PET FIRST. www.petfat.co.nz - info@petfat.co.nz

WHAT! NO WALK?

Often dogs recovering from injury or surgery require restricted exercise. An aging dog's physical capabilities change and may also benefit from a shift in emphasis to low impact activities and exercises. As a Canine Fitness Coach I am able to provide you with low impact exercises that are suited to your dog's needs.



Along side your dog's physical requirements, it is important to support the mental and psychological needs of your dog. Mental stimulation can include food toys; interactive games; scent games; teaching simple trick behaviours and chew items such as pig's ears or rawhide chews. Psychological support may be in the form of social interactions (human or a calm doggy friend), a ride in the car or relaxing with you in the garden or at a quiet park. Do not under-estimate the benefits your dog gets from a simple change of scenery.

Lifestyle changes, such as using a ramp if your dog is unable to jump into the car, may be required. Minimising slippery floor surfaces by strategically placing a few inexpensive mats around your home can also be of benefit.

Contact me on tania@pawsitivelifestyles.co.nz for your Canine Mental Stimulation Guide.

Tania Evans DipAnPhys, Canine Fitness Coach, visit our website: www.pawsitivelifestyles.co.nz.

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WHENUAPAI

FROM THE DESK OF THE BASE AUCKLAND COMMANDER, GROUP CAPTAIN TIM WALSH



Engaging with the Whenuapai and wider West Auckland communities is important for the Air Force because we have 1400 personnel working at our Base, and most of them live in neighbourhoods close by. We regularly host schools, charities and clubs on Base and this is something we really like to do. Lots of people know of Base Auckland but not many have actually been inside the wire and had a look around, so when we can host groups we try to give them a great Air Force experience. I think Air Force people are well embedded within the West Auckland and wider community; they belong to sports clubs, are representatives on school boards, take part in local activities and support local businesses. As Base Commander I'm proud of the way Air Force personnel interact with their community. Base Auckland is incredibly busy. We're home to the Air Force's larger fixed wing fleets, that's our C-130 Hercules, Boeing 757s and P-3K2 Orion fleets, as well as our naval helicopter squadron who fly the Seasprites. The Hercules aircraft fly almost every day on missions both here in New Zealand and overseas. The Hercules was the first aircraft on the ground in Vanuatu after Cyclone Pam delivering emergency provisions to survivors. The Hercules also recently celebrated 50 years of service with the Air Force, which is a great milestone. Our Navy helicopter fleet are in the process of transitioning from the older model Seasprite aircraft to the new model Seasprite. These are helicopters that embark on Navy ships and conduct maritime surveillance. Currently we have a Seasprite and crew deployed with HMNZS TE KAHA, which is part of the Combined Maritime Forces fleet carrying out maritime security operations in the Gulfs of Oman and Aden and the Indian Ocean region. At the same time we're approaching the twelve month mark on our P-3K2 Orion deployment to the Middle East to support anti-piracy initiatives as part of a combined multi-national taskforce. Just last week our Orion operated alongside TE KAHA in the region. The work the Defence Force is doing is making an important contribution in support of our partners. A lot of new infrastructure is going up

on Base this year. One of the most noticeable is the new No.6 Squadron facility, which you can see from the road by the main entrance to the Base. This facility will house the new helicopters and our flying training simulator. We're also building a new aviation medicine unit, a new gym and a 25m shooting range. Many of our on Base accommodation blocks are 1930s-style, so we are looking to upgrade these as well. It will be great to have new modern facilities for our personnel who live in barracks. 2015 is another busy year of the Air Force and I'm pleased with how well supported we are in the local community.

CATCHING UP WITH MARTIN (LONG TIME WHENUAPAI RESIDENT)



Whenuapai is changing, the number of investors and land bankers coming into the area is increasing the rate of development. I have lived in Whenuapai most of my life, love the airbase. Dad was in the airforce, the RNZAF events and the links with City life but the best of Rural life. I remember thinking it was so funny living on gravel roads yet so close to the city centre. Whenuapai will completely change with the increase in residential Dwellings; it is good that the airbase is staying and provides stability for the area. It the rock that will always be. I would like to see investment in wider footpaths, cycle tracks, walking areas and street lighting. Because Whenuapai is a blank canvas Council can do some great things to encourage the community to walk, run and enjoy the environment. They can really make a difference but it must be done right. I hope that the density is not too great as it will cause some major issues. The Westgate development is very interesting; to see the creation of a new city so close and the links to West Harbour, Hobsonville, and Kumeu. This place is so close to all other areas. Through the development in the area I would like to see some rural elements retained. It is important to plan for cycleways through rural land and different outlooks. Make it interesting and unique, encourage a change to different transport and lifestyle. Walking options to entertainment and experiences rather than a reliance on cars. I am moving soon and will miss Whenuapai. I love the sound of the Hercules overhead and I will really miss that.

WHENUAPAI AIRBASE

In 1937 land was purchased by the Crown at Whenuapai to construct an aerodrome able to take heavy aircraft. This was to complement the lighter facility used for seaplanes already in existence at Hobsonville. The Whenuapai project had been a valuable source of wages for many locals through this time. Reber's transport was the main contractor to carry supplies in the area with much sand and cement carted from Kumeu Rail siding. Once the war began, activity at Whenuapai increased with 37,000 air passengers and 4,000,000 pounds of freight passing through Whenuapai between February 1943 and September 1945. Whenuapai was at the centre of New Zealand's military organisation, and attention was given to protecting the airbase from possible Japanese attack. One protective strategy was to surround the aerodrome with dummy aircraft and also establish an alternate aerodrome near Whenuapai that would act as a decoy in any attack. Kumeu was chosen as the ideal site lying next to the railway line between Taupaki and Cemetery Roads. Problems around access, rough ground, kauri stumps and surface compaction were overcome with significant works including 4000 nine inch field tiles being laid upon scoria overlaid with turf. Up to ten imitation Hudson aircraft replicas were positioned at the site and the airstrip was in use by a fleet of trainer Tiger moths conducting regular flights in the area. In the 1940's the Air Training Cadets were started in the area and stimulated much interest in flight. One of the most memorable misadventures occurred in June 1942 when a USAAF B17 Flying Fortress aircraft crashed shortly after take off close to the main highway at Brighams Creek close to the home of George Sinton. No one on the ground was injured but all 11 airmen on board died. The explosion was heard in Auckland City and many people thought that the Japanese were attacking.



THE MILK BAR - WHENUAPAI



The Milk Bar is a unique experience of good food, good humour and great smells. "I wanted to take the community back in time to the country milk bar and we have a lot of locals that come in and enjoy the atmosphere delivering a lot of laughs and gig-

gles" says Erin Pusich, Owner and Founder of The Milk Bar. Offering a host of treats and comfort foods and homemade kiwi food, all made on premises and a lot of feedback is about good old fashioned foods, the quality, we use real ingredients including butter to give a goodness to our foods. Feedback has always been strong and positive, "don't change anything". The staff are always enthusiastic, friendly, bring out new ideas and very receptive to what clients want including a very positive customer experience. But with that our clients are changing, we are getting our regulars and we get the development contractors and in-transit stop and shop clients. Our offer is uniquely different and wholesome as is our customer service which brings a smile to the lips and a twinkle to the eye. Just pop in and you'll smell the goodness, it is a place you can just sniff to enjoy. The Milk Bar is open Monday to Saturday through winter and seven days through summer from 6.30am to 6.30pm. Phone orders and out-catering is available by phone on 09 416 9356 or email pusich@xtra.co.nz.

WHENUAPAI MOWERS AND CHAINSAWS



Jim Bolton - I have been in business for 25 years in the community and love it. The women drop in and always say "dads garage smells like this shop" and many people come in and share their life stories. We have people coming in from Westgate to South Head and in-between. We have been a Stihl dealership for 22 years, because it is the biggest brand in the industry, well recognised and well respected, it is quality and easy to sell. We cut our teeth in the forestry sector but with mechanization this part of our business has declined a little, being replaced by arborists and life-stylers. We keep busy with mower and small engine repairs but we are a little concerned with the demise of the 1/4 acre section, being replaced with townhouse development. Intensified housing means a reduction in the need for chainsaws, mowers, blowers and scrub bars. The lifestyle market is crucial for us and our future. I wake up in the morning eager to get in to see Michael who has opened up early, it really is a mix of people, stories, and community that make our clients special and ensures the work comes back to us through word of mouth. We are the best in our industry for servicing and are open six days a week and ready to help. Call us on 09 416 8714 or email whenuapaimowers@pl.net.

SHREE SUPERETE - WHENUAPAI



The lotto and post store located opposite Western ITM is the original dairy in the Whenuapai Village that was a 4 square back in the 50's and then developed with Post and then Lotto to ensure the community was well serviced. The last 20 years has been more or less the same but we have noticed a change with a number of rural and lifestyle owners moving out of the area. The RNZAF Whenuapai airbase has seen changes which also influences the community. We are undecided on how we feel about the development in the area, we will miss our regulars as they move to get away from urban sprawl. We love that it is so close to everything but it has a real rural environment, a country feel that everyone loves. We want to see park lands, green spaces, a mix of what we have, but with pockets of intensity would be good. This is a real people business and I look forward to catching up with clients through the day. There are really good people in this area and we are really lucky to be part of such a great community. Email s.bhuthadia@gmail.com.

ANDERSON AND OLEARY LTD EST 1943



The only sawmill left in Auckland today, the mill started in 1943 by Andrew Anderson, his son Neil and Timothy O'leary was about cutting firewood from farms in the Whenuapai and Kumeu areas. In the early 1950's the company moved into earthmoving and was involved in forming many of the local parks and developments including triangle road and Poremoremo interchanges. The hardware store opened in 1977 and has had several names and now is under the ITM banner as Western ITM. The company is one of the larger employers with 79 staff on site in Whenuapai and 128 over the whole companies activities in the district. The company is still family owned and operated by the Anderson Family today. The company has always had a

close relationship with the Air base on the sports field, wings and wheels, a real collaboration between business, community and the airbase, The first Wings and Wheels was in 1992 and was a big event on the Auckland air and motorsport-calendar. Another local event that Anderson and O'Leary was responsible for establishing is the Whenuapai 1/2 Marathon as it is known today. This was started by Bruce Anderson in 1987 in collaboration with the Massey Harriers,(a running club), a popular event that is still well supported today.



As a sawmill with dry kiln facilities we have called upon the fire services of the airbase to extinguish fires or cool down embers which has helped tremendously. One of the things that Andrew Anderson started in 1987 was the Massey Harriers, (a running club) based next to the Massey Rugby Club which remains active today, with a yearly competition being the 1/2 marathon through the area. Whenuapai is embarking on more intensive housing, but with that it is good to see the identity remain with the village. People are recognising the unique aspect of the village and the community. With growth we need to maintain some of the unique aspects, retain the green fields, local flavour and identity. Recently we had a footpath put in which has connected the area and allowed people to get out and walk and enjoy the area more. We have fast narrow roads and it was not safe to walk or bike on the roads. Footpaths bring us together as a community and allow us to feel a lot safer. The school is an important part of the community and should be encouraged to grow in order to support local families. Change will come, pressures will come with that change with the airbase as more people come into the area delivering more expectations and therefore a larger voice for change. We have to develop our operation to ensure we are competitive and grow to meet clients' needs. We are in a great area that is not fully affected by traffic congestion. The company for decades has had a staff slogan "no cars or bus when you work for us" as all staff are picked up and transported home. This is a major part of the culture of the company caring for its staff and providing good service. We celebrate the positive and we look forward to looking after the staff, the community and our clients, and we welcome change and better choices for all the stakeholders and ensure all areas remain positive and rewarded. Email dawnem@westernitm.co.nz.



WHENUAPAI SCHOOL - LIVING IS STRIVING

It all began in 1957 when the Waitemata City Council decided to build a new school. Whenuapai School was to be located on Kennedy Road in Kumeu. The property was just about to be bought by the council when someone pointed out that the school should be situated in central Whenuapai near the Airbase. The Whenuapai Poultry Farm owned by the Andersons was sold to the council and preparations for the school began. It started with just 3 permanent classes which are now rooms 8, 9 and 10. The founding principal of the school was Mr Mcrae, whose wife was also on the staff. They lived close by in the school house on the corner of Totara Rd. The first school committee had many battles in the first couple of years getting classrooms for the already burgeoning school, getting a pedestrian crossing outside the school and having a telephone installed. But from small things big things grow, and 50 years on Whenuapai School has grown and blossomed on those foundations laid in 1957. Whenuapai School is a state, co-educational full primary school with students from Year 0 (5 years of age) to Year 8 (12-13 years of age). Students leaving Whenuapai School at the end of Year 8 usually go to either Massey High School or Westlake Boys or Girls High School. Enrolment Zone Whenuapai School is required by the Ministry of Education to have an identified enrolment zone. The zone is: All of Herald Island and Whenuapai Village. Brigham's Creek Road from Highway 16 to Kauri Road including Trig Road and side roads. Highway 16 from the Massey roundabout to the turn off to the Coatesville / Riverhead Highway. All children living in this zone have a right to attend our School. A bus service runs before and afterschool to Whenuapai Village and Herald Island. Depending on factors such as the school roll, out of zone enrolments may be considered. Phone 09 416 8779

kumeu Courier

THE WHENUAPAI BUS COMPANY

This company began its operations in the area north-west of Auckland city in March 1946, but its origins can be found in a series of events spread over the previous decade. In the 1930's Whenuapai and Hobsonville were largely farming areas, and transport was provided by a service car making one return trip per day between Helensville, about 25 km to the north, and Auckland. The timetable of this service was rather inconvenient for the farmers of the area. In 1935 the licence for the run was taken over by the Auckland Bus Company (ABC), a company well known in west Auckland for the sometimes eccentric behaviour of its proprietor, Mr Robert McCrae. The ABC service ran to the same inconvenient timetable as its predecessor, but in the late 1930's activity at the Hobsonville Air Base increased considerably, and the ABC instituted a service to and from Hobsonville. Because the large number of Air Force and Public Works employees in the area were given priority on the buses the settlers of the area derived little benefit from this service, even after the timetable was extended in 1940. Bus operations commenced on 11 March 1946, with immediate benefit to the residents of the district. Secondary school children, who had previously had to make their 11 mile way to Avondale as best they could, were now able to travel directly by bus, with a saving of at least an hour a day in travelling time. Workers travelling in to Auckland city made similar savings of time. Late in 1946 the company was offered 3 acres of land on the Main North Road (now SH 16) at Brigham's Creek.

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COFFEE CAN

Coffee Can began after I had purchased a Nespresso machine, and enjoyed the no fuss capsule system for my morning coffee. I wanted to taste fresh New Zealand roasted coffee in the capsule. New Zealand is such a coffee society. We have tremendously talented roasters. I thought it would be great to have fresh NZ roasted coffee in the convenience of a capsule. That began my journey which culminated in importing a packaging machine and bpa free capsules. We are based in Whenuapai and offer freshly roasted coffee in Nespresso compatible capsules. Our capsules are competitively priced. Our business is direct to the public with online sales at www.coffeecan.nz. We intend to grow the selection of roasts we offer. Since we are a small business we can also offer the service of packaging coffee for organisations or boutique roasters. All enquiries please email info@coffeecan.nz.



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Hi! I'm Lilli from THE GARDEN SHED STUDIO located in Massey, West Auckland. I have a passion for Decoupage – an art form that allows one to create magnificent art without raising a paintbrush! I'm very lucky to have a studio in the garden and it's there that I create my Designer Watering Cans, French Water Pitchers, Trays, Bottles and Plates which I sell as Gifts, Raffle Prizes etc. I have such a lovely time, that I'm compelled to share my

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space and so every month around about the second weekend, I open up the studio and hold CREATIVE ESCAPE workshops. CREATIVE ESCAPE is all about YOU having time for yourself to indulge your whims and have lots of fun creating your own unique masterpiece. Come share and learn with me. CREATIVE ESCAPE – July 12th 10.30-2.30 \$80 Everything supplied. Book now 027 458 3691.

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- Contact: Cecilia – 0274 311 877 Email: thedoggerynz@gmail.com; Web: www.thedoggerynz.co.nz.

\$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

Budgets are tight, and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahcartwright022@gmail.com.

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TRADE TIPS & ADVICE

NEED BUILDING CONSENT?

Renovating the shower - generally, house maintenance work does not require a building consent. The Building Act 2004 also provides for a list of things for which a building consent is not required - including cluding replacing bathroom fixtures. However, the departmental guideline indicates a building consent is required when removing an existing shower tray and replacing it with a waterproof liner covered by tiles.

Work of this nature adds value to your house and will also help sell the house given that a bathroom zone, like a kitchen zone, is an essential working part and feature of almost any home. However, doing such work without a building consent becomes a risk if you sell because you, in a standard agreement, warrant that any work you carried out on the house was done in accordance with a building consent and that a code compliance certificate was issued. We recommend that you seek legal advice if you have any doubt about the shower renovation work or are purchasing a house with a renovated bathroom. Luke Kemp - Kemp Barristers & Solicitors - 25 Oraha Road, Kumeu. Phone: 09 412 6000 or email: luke@kempsolicitors.co.nz.

UPDATE FROM WESTGATE WAREHOUSE

Westgate Warehouse have been raising money in store through the sales of

plastic bags. The money they raise is aimed at providing support to youth and young families on specific projects community groups or schools are undertaking in our community. The 1st cheque presentation was a cheque for \$1021 donated to Colwill school at their assembly on Wednesday 13th May. The money raised is going towards a scooter stand. Presenting the cheque is Mark Dooley Store Manager, Yvonne Growden and Noue Price from The Westgate Warehouse to Zoe Ngamotu and Paula Were. TThe second cheque presentation was to The Piha SLSC Nippers Club for \$1562 donated towards the purchase of paddle boards. The money for both groups was raised over a six month period by Westgate Warehouse.



\$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

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4 EASY WAYS TO BREATHE LIFE INTO YOUR DINING ROOM

I dare you to think outside the square and take a risk! Go on, you know you want to. The most successful interiors are always those that have pushed the boundaries and therefore are fresh and unique. So with that said, here are my four ultimate tips for revitalising your dining room - happy renovating!

Paint your walls dark! - Deep moody walls softened with warm furnishings such as a wooden table, feature leather chairs and a sprinkling of metallic accessories balance each other out and create a wonderfully relaxed and cosy dining atmosphere. Resene's 'Fuscous Grey' and 'Regatta' (a deep blue) are some of my favourites for achieving this look.

Deep colours add a touch of elegance to a space, making it perfect for dining rooms and living rooms. Remember, never select colours based on a paint swatch. Paint a large patch (three coats) on your wall, it will give you a much better idea of what it's REALLY going to look like in your space, giving you the opportunity to back pedal if need be!

Add flowers or plants - Magic happens when you add greenery! It's amazing really how much it can change a room. Whether it's flowers or plants, whether they're real or faux, hanging, or on a table, your space will immediately come alive. A pop of vibrant green or a bouquet of colour is just what the doctor ordered on a dreary winter's day! I love!

Add Texture - When you look around, do you see plenty of interesting textures in your space? Or are most of your surfaces smooth? Wallpaper is a tried and true way to add texture to your space. I love adding natural textures and colours through the use of wall panel veneers that mimic roughcast concrete, various stone and brick. These panels are easily installed and produce a timeless look.

Cladding walls in painted pressed tin panels or rough sawn reclaimed timber, or using a speciality paint such as Porters

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Paints 'Fresco' or 'Liquid Zinc' are also great ways to add texture and give your space that wow factor!

Incorporate furnishings that have a combination of different textures and finishes; shiny, matte, rough, smooth, patterned, plain etc. Simply continue layering until you feel the room has enough and feels like home – voilà!

Feature pendant lights - One piddly light over your dining table just won't do. One of the easiest tricks in the book is to place over your table either a group of small to medium pendants or one supersized pendant. This instantly makes your dining room more cosy and impressive. Get creative by turning just about anything into a light; a vintage bucket, vase etc. Chelsea Lighting in Glenfield will be able to help you with this.

If you'd like to see more of my Interior Design Tips and to keep up to date with what is happening in the exciting world of interiors, be sure to visit and LIKE my Lou Brown Design Facebook page and sign up to my free monthly newsletter below.

Hayley - Anne Brown, phone: 021 814 329, www.facebook.com/loubrowndesign or visit our website: www.loubrown.co.nz.

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South Kaipara Food Revolution Harvest Markets On the last Sunday of every month - rain or shine!

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Smashing Promotions recently organised new free netball uniforms for Parakai School. Organising 8 local Businesses to generously outlay \$500 each. It was a win win, free uniforms for the kids, great brand exposure for the businesses. If you are a business wanting to sponsor and showcase your name in the community, whilst supporting local kids or are a team requiring sponsorship, contact Mark@smashingpromotions.co.nz and make it happen. Phone 09 412 6235 for a smashing promotional idea and monthly special.

PARAKAI SWIM SCHOOL

Parakai Swim School Supporting our Community to Swim. It is important to us that as many children as possible in our community learn to swim.



Water Safety New Zealand recommend that all children learn to swim at least 200 metres to survive and be water safe. Unfortunately New Zealand has one of the highest drowning rates in the developed world and changes to the school curriculum means that not all children have access to swimming lessons anymore. At Parakai Springs Swim School our aim is to offer quality lessons at affordable prices.

After a cracking summer season where we supplied over 1200 local children with swim lessons. 700 of these children's lessons were supply in conjunction with the Greater Auckland Action plan and Water Safety New Zealand who fund 10 free lessons for all children years 1 to 8 who attend schools that are decile 6 or lower.

We are now looking forward to our School Holiday Fast 5 pro-

gram from 13th -17th July. Children are booked in for five, 30 minute lessons between 8.30 and 10.30am every day, times depend on their current swimming ability. This kind of intensive swimming program helps to boosts children swimming skills as they come every day and stamina and skills build quickly. Being a winter term our Fast 5 lessons for children swimming less than 15mtrs are being held in the indoor pool as it is more sheltered and those swimming further are in our warm outdoor pool heated to between 28 – 30 c.

Keep your children practicing their safety skills and keep them swimming year round. Children who swim year round progress faster and stay water safe, as swimming skills don't get rusty over the cooler months. Book your spot now for Term 3 by emailing us at swimschool@parakaisprings.co.nz or call us on 420 8998. We are planning our first in house swim meet at the end of the term, there will be prizes and ribbons for the those who place in the races and something for everyone that enters. We are hoping all our children and their families will be as excited about our first swim meet as our teachers are.

Check out our Facebook page to keep up to date with term dates and all the fun going on at the pools.

We offer discounts for siblings and children who swim more than once a week. All children who pay for their term lessons in advance receive a Splash and Dash card which allows them to come practice their swimming during the week at a discounted rate.

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HOW LOVE IS EXPRESSED

I was recently at a funeral where relatives of the deceased commented that they had tried to love him, but the love was not reciprocated. As with many things in life, we expect other people to operate and to think the same way we do. People really are different. Expressing love is a prime example. Each of us has a way that we express love for a family member and if that person doesn't express their love in a way that we are used to, sometimes we just don't recognise it for what it really is.

One of the great things about life is that we cannot change the past, but we can change the way that we relate to it. Imagine if we didn't have to wait for a funeral to get the insights.

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MAINTENANCE

Clean Up (Get your garden back to the way it once looked)
Full Property Maintenance • Weeding • Pruning
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Lawn Creation • Water Blasting
Create a Maintenance Plan - Weekly, fortnight, monthly, whatever works best for you!

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Naturally made in New Zealand, this Premium Dry Kibble is a complete meal approved by Massey University meeting International A.F.F.C.O standards.

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MURIWAI TIDE CHART

| Date | High | Low | High | Low | High |
|------------|-------|-------|-------|-------|-------|
| Wed 01 Jul | - | 03:13 | 09:10 | 15:34 | 21:38 |
| Thu 02 Jul | - | 04:00 | 09:58 | 16:20 | 22:23 |
| Fri 03 Jul | - | 04:46 | 10:45 | 17:06 | 23:07 |
| Sat 04 Jul | - | 05:32 | 11:31 | 17:51 | 23:52 |
| Sun 05 Jul | - | 06:18 | 12:17 | 18:37 | - |
| Mon 06 Jul | 00:38 | 07:05 | 13:05 | 19:25 | - |
| Tue 07 Jul | 01:26 | 07:54 | 13:54 | 20:15 | - |
| Wed 08 Jul | 02:17 | 08:46 | 14:48 | 21:09 | - |
| Thu 09 Jul | 03:12 | 09:41 | 15:46 | 22:08 | - |
| Fri 10 Jul | 04:12 | 10:40 | 16:49 | 23:12 | - |
| Sat 11 Jul | 05:15 | 11:43 | 17:55 | - | - |
| Sun 12 Jul | - | 00:18 | 06:21 | 12:46 | 19:01 |
| Mon 13 Jul | - | 01:22 | 07:25 | 13:48 | 20:02 |
| Tue 14 Jul | - | 02:21 | 08:24 | 14:44 | 20:55 |
| Wed 15 Jul | - | 03:13 | 09:16 | 15:34 | 21:42 |
| Thu 16 Jul | - | 04:00 | 10:02 | 16:19 | 22:24 |
| Fri 17 Jul | - | 04:44 | 10:43 | 17:00 | 23:02 |
| Sat 18 Jul | - | 05:24 | 11:21 | 17:38 | 23:38 |
| Sun 19 Jul | - | 06:01 | 11:56 | 18:14 | - |
| Mon 20 Jul | 00:11 | 06:38 | 12:30 | 18:49 | - |
| Tue 21 Jul | 00:44 | 07:13 | 13:04 | 19:24 | - |
| Wed 22 Jul | 01:19 | 07:50 | 13:42 | 20:01 | - |
| Thu 23 Jul | 01:59 | 08:29 | 14:25 | 20:43 | - |
| Fri 24 Jul | 02:44 | 09:14 | 15:14 | 21:33 | - |
| Sat 25 Jul | 03:36 | 10:06 | 16:11 | 22:33 | - |
| Sun 26 Jul | 04:35 | 11:06 | 17:15 | 23:41 | - |
| Mon 27 Jul | 05:39 | 12:12 | 18:22 | - | - |
| Tue 28 Jul | - | 00:50 | 06:46 | 13:18 | 19:27 |
| Wed 29 Jul | - | 01:53 | 07:50 | 14:18 | 20:24 |
| Thu 30 Jul | - | 02:48 | 08:48 | 15:11 | 21:15 |
| Fri 31 Jul | - | 03:39 | 09:39 | 16:00 | 22:03 |

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

TALK TO THE EDITOR?



We like to hear your comments and suggestions and we are happy to publish these in Kumeu Courier. All you need to do is go to the Kumeu Courier Facebook page and submit to us or email sarahcartwright022@gmail.com or glms@xtra.co.nz. It has never been easier to have your say in our community, create a following and initiate change. It starts today, email or Facebook us.

MURIWAI GOLF - ALL SEASONS

The Muriwai Golf Links is a true links course offering all year round golf, dry underfoot in the winter & irrigated fairways for great summer conditions. The club offers 18-hole championship golf links along with multiple practice areas: putting green, short game driving range, which includes chipping green & practice bunkers complimented by a full length driving range. The club operates a Golf Shop, 7-day café & full bar facilities. The club lounge is available for hosting corporate events, weddings & private functions with corporate tournaments a speciality. View <http://www.muriwaigolfclub.co.nz>.

Blades

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Spa Di Vine

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relax@spadivine.co.nz
www.spadivine.co.nz

*** Café ***
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Sunday from 9am
Ph Café 411 8086

*** Dairy * Takeaways ***
*** Gift Shop * Accommodation ***
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189 Motutara Road, Muriwai Beach

issues with drainage... the solution is kaneage

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GET YOUR HEATING SORTED FOR WINTER

HOW MANY WATTS ARE NEEDED TO WARM A ROOM?

Older non-insulated houses will require approximately 150 Watts per m² of energy for heating.

Houses insulated to NZ Building Code requirements will require around 120 Watts per m². For example, a 15m² room in an uninsulated house will require a 2250 Watt or 2.3kW (150 15m²) heater; if the room is insulated, an 1800 Watt or 1.8kW (120 x 15m²) heater is required.

Celsius

Radiant Heater 2.2kW

- 3 Heat settings
- Thermostat
- Tilt safety switch

\$89⁹⁸



158857

NEW PRODUCT - Dimplex

Convactor Heater 2.0kW

- 2 Heat settings
- 24 hour timer and turbo fan
- Fast heat up

\$99⁹⁸



237831

Goldair

Radiant Heater 1.8kW

- 2 Heat settings
- Tilt safety switch
- Carry handle

\$99⁹⁸



224296

DeLonghi

Convactor Heater 2.4kW

- 3 Heat settings
- Thermostat
- Wall mountable

\$127



100947

DeLonghi

Convection Heater 2.4kW

- 24 hour timer
- Double fan
- Wall mountable

\$209



178845

EXCLUSIVE

\$29⁹⁸



EXCLUSIVE - Number 8 Convection Heater 2.0kW

- 3 Heat settings
 - Energy efficient thermostat
 - Overheat protection
- 242261

NEW PRODUCT

\$119



NEW PRODUCT - Kent Micathermic Heater 1.5kW

- 3 Heat settings
 - Energy efficient thermostat
 - Wall mountable
- 242057

NEW PRODUCT

\$149



NEW PRODUCT - Kent Micathermic Heater 2.0kW

- 3 Heat settings
 - Energy efficient thermostat
 - Wall mountable
- 242058

Products shown are available at Mitre 10 Mega Westgate. Subject to availability and while stocks last.

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