

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

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

A LIFETIME OF GOLF

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

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

Contact Sarah Brightwell on 021 250 7324 or [sarahbrightwell022@gmail.com](mailto:sarahbrightwell022@gmail.com)

July 2017

# Intro

July already? Oh how time flies. Welcome to our July edition and another bumper issue filled with interesting people doing great things in our community. Amanda Porteous and her husband Aaron are just one couple doing their part to help out those in need – particularly those of the furry or feathered kind. The Huapai couple care for and foster out all manner of creatures that have fallen on hard times or are no longer wanted, whether from homes, farms, pet shops or wherever. The rescue service started in Sandringham in 1998, the couple leasing properties throughout Auckland to house animals in their care, later moving to Waiuku for more space and they're seeking volunteers and foster homes. Money for all the work and care comes from their own pocket, but costs keep rising so Animals Best Friend has been fundraising and finding other ways to provide for their charges, like exchanging their labour or bartering for animal food and goods. Fundraisers include a Bowling For Your Best Friend on July 15 at Tenpin Bowling Westgate, 3.30pm-6.30pm. Movie nights and other ventures have been held, and plans include a stand at the Armageddon Expo during Labour Weekend. The fundraising allows them to build runs, obtain bedding, food, and to meet vets' bills. Animals Best Friend, a non-profit organisation open 24 hours, is on Facebook, Instagram and now has a web page. Any donations are welcome and can be sent to Animals Best Friend NZ Rescue, 06-0254-0483268-01, or email [animalsbestfriendnzrescue@gmail.com](mailto:animalsbestfriendnzrescue@gmail.com) for more. Hats off also to Karen Newborn the Waimauku milliner and artist who makes hand-made hats for almost every occasion under her "iamaHat" business. Karen and actor husband Edward moved from Blockhouse Bay about nine months ago for the country lifestyle. Karen has more than 90 different hat shaped blocks, many now museum pieces. That's allowed her to replicate old hats for filming and Pop-up Globe Shakespearian productions, in which Edward was acting. Karen makes all sorts of hats for women and men, often using vintage machinery and wooden or aluminium hat blocks. They range from popular sun hats and men's white fedoras to wedding attire and one-off Melbourne Cup artistic creations. Her hats are sold on line, to order or through markets like the Kumeu Farmer's Market. Since moving to Waimauku, Karen went into hat making full-time. Next time you see a hat you like, ask if it was made by Karen – or get her to make it. Visit [www.imahat.co.nz](http://www.imahat.co.nz) for more info.

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

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# kumeu Courier

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Cover photo: Malcolm Cooper

Print run is 10,000 copies through Treehouse Print  
Email database is managed by Sublime NZ



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## A LIFETIME OF GOLF

By Geoff Dobson

Malcolm Cooper has spent a lifetime in golf – and that's not just playing it either.

An outstanding golfer in younger days, Malcolm has devoted nearly 40 years of voluntary work to the Muriwai Golf Club alone.

The 81-year-old has been – and still is – a driving force behind the Muriwai club and the North Harbour Golf Association, honoured as a life member of both.

Further honour has come with Malcolm receiving the inaugural Mike Pero Real Estate Kumeu Award for Outstanding Contribution to Muriwai Golf from the agency's brand owner Graham McIntyre.

The new annual award is for those who have served their community well.

"It was a bit of a bolt from the blue," a surprised Malcolm says. He can add that to his 2002 North Harbour Sporting Excellence Award for services to sport and a 2002 Sporting Goods Industry Association trophy for services to the betterment of sport.

Malcolm's spent countless hours involved in golf administration, has held many committee and officer positions while also being a selector and team manager – particularly for the North Harbour Masters' team.

One of his more recent efforts was helping with the Masters World Games golf at Muriwai.

Malcolm took up golf at 14 while growing up in Wellington. He won the under-21 Wellington junior championship. A Manor Park member, he was good enough to make the 1959 New Zealand Open at Paraparaumu, then known as the NZ Golf Championships when amateurs played alongside professionals. Others there were Sir Bob Charles (they're the same age and regularly socialise) and Australian professionals Kel Nagle and Peter Thomson.

Malcolm became involved in golf administration at the age of 19, and his work in the sporting goods industry led him to Auckland in 1978 where he joined the Muriwai club. "I was looking for a good golf course and it was a particularly wet season. A friend suggested Muriwai (the sand course wasn't so badly affected) and I fell in love with the place."

He joined the Muriwai committee in 1980 and has been on the management board ever since, now club president after first being elected in 1990-91, then again from 1997.

A highlight for Malcolm is winning extra land from the former Auckland Regional Council after protracted negotiations throughout the 1990s to extend the Muriwai course. It was rapidly losing most of its first nine holes to erosion.

Then manager Ray Barnett, Malcolm and the club's solicitor were at the forefront of the negotiations. Most of the club's land was held in perpetuity, but the council didn't want to provide the same forever deal, finally settling on a 99-year lease for the additional property.

"People don't realise now just how significant that was," Malcolm says.

He's delighted Muriwai is now a world class 18-hole links course which hosts a number of big tournaments.

One is, appropriately, the Bob Charles Tour. Greg Norman also visited in December 2012, joining his former caddy Steve Williams of Huapai and guests for a charity tournament.

Malcolm used to play alongside Steve William's dad.

Now retired, Malcolm remains involved in golf administration and does odd jobs at Muriwai with friend Bob Hunter. He continues playing, twice a week when he can, walking the eight kilometre course.

Wife Loxi plays golf too, but none of their four boys appear as interested.

Fewer younger volunteers are available these days either, but Malcolm intends carrying on.



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# PEOPLE & PLACES

## LONG COMMUNITY SERVICE



Rona Attwood has been a Kumeu Women's Institute member for 60 years. That's typical of her and husband Graham's community outlook.

The Huapai couple, pictured, hasn't let retirement slow them either.

Both remain active in various causes – Rona in the Institute (up until 2004 known at the Country Women's Institute), and the Kumeu Blend Choir – for 48 years.

Graham is Nor-west Community Patrol Trust chairman – the 40 volunteers covering from Muriwai Beach and Woodhill to Riverhead and Taupaki.

The Attwoods are members of Friendship New Zealand Incorporated (FNZI), formerly known as Probus New Zealand - a seniors' social organisation.

Graham remains president of the Auckland Chrysanthemum and Dahlia Society after 15 years and is a keen grower, while Rona helps arrange the flowers for competitions country-wide. She was a Girls' Brigade leader for 10 years too.

Both are in the Riverhead Family Church, where Rona is an elder. Coincidentally, Rona and Graham first met at Bible Class in 1957, getting married two years later.

Rona left Avondale College following her mother's death to help look after four younger siblings. Her dad owned a Huapai sawmill then.

"A friend decided I needed an outing and we went to the Women's Institute meeting in the old Kumeu hall," Rona recalls.

Membership was very strong then. It still is, especially compared with many service organisations struggling to attract younger members because of demands on spare time.

The Kumeu Women's Institute has about 20 members, meeting every first Wednesday of the month in the Kumeu Community

Hall, 11am-2pm.

They bring a plate for lunch, have a short business discussion and hear a guest speaker.

The New Zealand Federation of Women's Institutes remains the largest women's organisation in the country.

It offers friendship and fun, travel and walking groups, encourages local community involvement and leadership, teaches and shares homemaking skills, and provides opportunities for choral, drama, floral art, and all types of handcraft and writing.

Its aim is to help others, usually on a two-year project theme.

The latest sees the various Institutes (eight under the Auckland West Federation) select a community organisation where there's a need. Nationally they raised \$110,000 for Kidney Kids NZ summer camps.

Rona, who just received her 60-year badge, held most offices within the Kumeu Women's Institute, including treasurer, president and secretary "a few times".

She took up singing with its choir, later becoming Kumeu Blend and placing well in many choral competitions.

Rona enjoys mixing with others. "I've made a lot of good friends there."

The Institute allows you to "broaden your horizons" and provides various skills, Rona says.

"I learned from competitions like drama. I never thought I would be on the stage, but I've had lots of fun."

Graham's mum and grandmother were in the institute too, and he was a mill manager for Western ITM predecessor Anderson O'Leary for 28 years.

But Rona worries that few women under 30 are now joining. She believes that's because many have big mortgages and heavy demands on their time.

She says the Institute and other service organisations must adapt or risk folding as members age.

That's perhaps illustrated by what Rona and Graham see in their three children and five grandchildren, who won't have the same level of interest in joining such groups.

Ones like the Institute grew out of war and depression times when people banded together to help one another overcome adversity.

Times have changed, and nowhere is that more evident than around Kumeu-Huapai with rapidly increasing development.

In fact, the Attwoods moved to their current home in a quiet cul-de-sac about 16 years ago because the traffic outside their main road home was becoming too much.

They've resided in and been actively involved in this area nearly all their lives, and have no intention of letting up or leaving. Contact Rona on 09 412 9435 for institute information.

## ANIMALS' BEST FRIENDS

Amanda Porteous has been looking after animals since she was eight.

She's followed her family's love of them in establishing Animals Best Friend NZ with husband Aaron.

The Huapai couple care for and foster out all manner of creatures that have fallen on hard times or are no longer wanted, whether from homes, farms, pet shops or wherever.

They are pictured with horse Missy and puppy Mochaccino.

Aaron, a former dairy farm worker who now does Auckland parks maintenance, and Amanda – whose animal training has come on the job in catteries, kennels and the like – will even help those struggling to look after their pets.

Not surprising given that Amanda's mum Susan often took in human strays too, helping get them on the right track, while



volunteering with the Salvation Army. The rescue service started in Sandringham in 1998, the couple leasing properties throughout Auckland to house animals in their care, later moving to Waiuku for more space. "We were one of the biggest animal rescue and shelter places in New Zealand," Amanda says. They were taking in huge numbers – not just dogs and cats but horses, birds, cows, sheep, guinea pigs and fish. "For years we were front-runners in this field," Amanda says. "But we were doing so much work behind the scenes helping other places out by looking after a lot of animals that we took a back-seat ourselves for a long time." Amanda says they're back up and running at a Huapai farm, "starting all over again". And they're seeking volunteers and foster homes as a result. Money for all the work and care comes from their own pocket, but costs keep rising. Animals Best Friend has been fundraising and finding other ways to provide for their charges, like exchanging their labour or bartering for animal food and goods. "We need hay bales, so will do work to get them," Amanda says. Fundraisers include a Bowling for Your Best Friend on July 15 at Tenpin Bowling Westgate, 3.30pm-6.30pm. Movie nights and other ventures have been held, and plans include a stand at the Armageddon Expo during Labour Weekend. Amanda's selling Tupperware, and quails' eggs from birds in their care. The fundraising allows them to build runs, obtain bedding, food, and to meet vets' bills. It started when a vet's \$8000 bill arrived for three horses. Amanda says they were just getting on top financially until that happened. They also had three truckloads of animal equipment stolen while in Waiuku. Amanda and her crew run de-sexing drives, offer pet microchip-



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ping and vaccinations, help some elderly people get their pets to the vet, and provide health care support for pets belonging to low income families.

Animals Best Friend now has in its care (or in foster care) 28 horses, 15 dogs, 18 cats and four kittens, 32 chickens (including some rare heritage breeds), 16 roosters, 20 ducks of varying breeds, six cows, 45 sheep, six goats, six fish, 12 birds (along with three hawks, two moreporks plus 20 other birds in an aviary), three hedgehogs and more.

Aaron and Amanda don't stop once an animal is adopted out. They follow up to ensure food and animal personal care items are available too, providing "pet packs".

Every animal has a name, but looking after so many often sees Amanda and Aaron on the go from early morning until well after dark.

They don't have children, saying looking after animals is their passion. "Everything has a purpose in life," Amanda says. "We're trying to make the world just that little bit nicer."

Animals Best Friend, a non-profit organisation open 24 hours, is on Facebook, Instagram and now has a web page.

Any donations are welcome and can be sent to Animals Best Friend NZ Rescue, 06-0254-0483268-01, or email [animalsbestfriendnzrescue@gmail.com](mailto:animalsbestfriendnzrescue@gmail.com) for more.

Amanda's favourite saying is: The day God created animals He sat down and smiled. "It is how I feel and it's what I say to everyone."

## HAND-MADE HATS A HIT

You can take your hat off to Karen Newborn – then put one of hers on.

The Waimauku milliner and artist makes hand-made hats for almost every occasion under her "iamaHat" business.

Karen and actor husband Edward moved from Blockhouse Bay about nine months ago for the country lifestyle.

Their Taylor Road barn and other outbuildings suit Karen's hat making.

Karen makes all sorts of hats for women and men, often using vintage machinery and wooden or aluminium hat blocks.

They range from popular sun hats and men's white fedoras to wedding attire and one-off Melbourne Cup artistic creations.

The hats have personality, so her wool felt cloche hats in certain styles are named "Jean Batten", "Katherine Mansfield" and "Rita Angus" after iconic New Zealand women.

Karen has more than 90 different hat shaped blocks, many now museum pieces. That's allowed her to replicate old hats for filming and Pop-up Globe Shakespearian productions, in which Edward was acting.

About 60 wooden blocks date back to the 1940s or even 1910. Felt, straw or a Japanese yarn combining paper and cotton are imported in raw hat form. The felt is steamed and moulded into shape, while straw hats are first covered in a glue and water mix and dried to stiffen the fabric.

Four hat moulding machines with hydraulic presses, or the wood hat blocks, produce the required shape and style. Wire may be inserted to keep the hat or its brim in shape.

Karen can produce around 15 basic hats daily.

She likes the art deco style of the 1950s, and that resonates with many customers.

Women love the small brimmed, close-fitting cloche sun hat. It's her biggest seller, followed by the "floppies" - sun hats with bigger brims, ideal for the beach or gardening.

Men prefer fedora or trilby shapes. White fedoras with hat bands are especially popular with golfers and for outdoor functions.

"A lot of men can't get the size they need because most sun hats come from China and have smaller head sizes," Karen says of her larger men's headgear.

Her hats are sold on line, to order or through markets like the Kumeu Farmer's Market.

They can fetch around \$60 for a felt hat to \$200 plus for a special creation.

She's been working with tulle – a ballet dress style fabric with hand felted wool to create hats which hold their shape even after being squashed in a suitcase.

Karen does felting and makes fascinators too.

It all started when Karen (nee Hall) attended Henderson High School, wanting to be an artist. Her parents suggested an office job.

She did that, and a variety of other work, often travelling. Frequently based in the United Kingdom, Karen worked in a big Scottish manor house with curtain making among her duties.

She attended the Pitlochry Festival Theatre there where she met Edward. Karen returned home and Edward followed, with marriage and two children resulting.

She took night classes in art, learned desktop publishing and did graphic design.

Karen developed her painting, did a few commission works and held some successful exhibitions.

Planning to teach, she studied English language teaching and did workplace literacy, helping struggling employees with language and numeracy.

Back in the UK, Karen studied for two years under milliner Sue Dewhurst who made hats for rock stars, the Harry Potter series and for the Queen Mother.

Karen also took a millinery course with Noel Stewart, returning here in about 2007 and doing a master's degree in adult literacy and numeracy.

Moving to Waimauku, Karen went into hat making full-time.

Next time you see a hat you like, ask if it was made by Karen – or get her to make it. Visit [www.imahat.co.nz](http://www.imahat.co.nz) for more.



# SAFER COMMUNITIES

On Saturday 1 July 2017 urban and rural fire services will be amalgamated into one organisation - Fire and Emergency New Zealand. This will be the most significant change in the past 70 years and while the fire trucks will still go out the door whenever someone requires help we will get some much need support that will include:

- Greater co-ordination within and between fire services, and more consistent leadership at operational and management levels.
- Greater consistency of investment decisions, based on the risk in an area, rather than who delivers the service.
- A more cohesive culture across urban and rural areas and also among volunteer and paid firefighters.
- Formalising the relationship between FENZ and volunteers, but with continued local leadership to better engage and retain volunteers, and support and recognise their work.
- A reliable funding mechanism (the fire levy) to fund both urban and rural fire services. This will remove the complicated and inconsistent funding arrangements for rural fire services.

Over time the fire stations, fire trucks and uniforms will be rebranded as shown below. This is an exciting time for us all.

The Waitakere Fire Brigade will be open for inspection from 2pm to 4pm on Saturday 1 July. Come down to 10 Township Road, Waitakere Township to get involved. Try on the protective clothing and breathing apparatus. Drag the hose and dummy. Fire engine ride. See the new specialist tanker. Guided tour of the station. Discuss FENZ and what it will deliver.

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# COMMUNITY NEWS

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I love teaching complete beginners and intermediate students the 'tricks of the trade' at my weekly Friday morning classes at Kumeu Art Centre. I occasionally run weekend workshops too, so why don't you come along and have a go.

Interested? Contact me, Lesley Alexander on 021 161 7070 or email me at esley.alexander.smith@gmail.com.



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-Amazing castle we hired, extremely accommodating with last min changes due to weather, friendly people who interacted well with the children when taking down, ensured high level safety for the children. Best price I could find and would more than happily use again and recommend. See u at the next birthday party. Thanks muchly

Contact Kumeu Bouncy Castles on 021 119 2573 to book a bouncy castle for your next event.



## JULY AT KUMEU ARTS CENTRE

July 3rd – 15th. Paintings by Michelle Demblon.

Muriwai based painter Michelle was born in Zimbabwe and moved to New Zealand at the age of fourteen. Michelle says that

"I take an expressionist approach to exploring landscape, atmospheric natural elements and movement such as dance and the flight of birds, often hinting at the subjects and relying on emotion to reveal the soul of my work. I let intuition lead my practice, and in my current body of work I hope to portray free spiritedness and the 'inner child' all of which Muriwai beach bring forth in me."

July 17th – 29th. 'Get Fired' Ceramics exhibition.

With a range of work on display from their talented members this annual ceramic exhibition always has lots to offer visitors.

Holiday Programme - Kumeu Arts Centre will have some exciting new classes during the July school holidays. Be sure to check out their website for listings.

Kumeu Live – This regular night of live music, featuring some amazing acts for \$20, is the best kept secret in Kumeu.

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



## THE ANNUAL KUMEU BRASS FREE CONCERT

Yet another "Gold Coin Donation" concert by Kumeu Brass Inc. in the Kumeu Community Hall was a great success and looks set to become a popular annual event. Funds raised once again went towards Huapai District School making a two-year total of well over \$1000 towards their playground and new musical instru-

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ments.  
The band's three entities, Evolution Brass, Kumeu Brass and Kumeu Vintage Brass all delighted the large audience with a mix of light classical and popular music. The Huapai District School's choir conducted by Renee Cosio and their dance troupe trained by Stacey Wheeler displayed enormous enthusiasm as well as the talent so obviously prevalent in the community to their large and appreciative audience.

Thank you to Mark Close and Graeme Gillies (musical directors of Kumeu Brass Inc.) and to Andrew Barber, committee member of Huapai District School. A big vote of thanks also goes to the Hall Committee for their generous consideration.



## IT'S STAY-CATION TIME AT KUMEU LIBRARY

It's winter, and we're all trying to keep warm and dry, and dreaming of visiting sunnier places. Not all of us will manage to escape the weather and travel, but for those of us who are staying put over winter, Kumeu Library has everything you need to have your very own stay-cation – for an armchair traveller, imagination is the only limit.

Kumeu Library has loads of information to help you plan a trip, whether it is real or imaginary. We have travel guides, histories, and biographies that will take you around the world in multiple formats: books, eBooks, DVDs, and magazines. And if it's fictional places you want to visit, we can help you there too – travel in a story to anywhere in the world, travel in time, travel in space, or travel to fantastical imaginary worlds. We have books, eBooks, audiobooks, and eAudiobooks to

fire your imagination and take you anywhere you want to go in your mind.

You could put yourself in another world by immersing yourself in a DVD – watch a movie or binge-watch that TV series you've always been meaning to watch! Kumeu Library is warm, and open six days a week from 9.00am to 5.00pm – come and visit us and check out our stay-cation display for all your armchair travel needs. Follow us on Facebook to keep up with library events and news – [www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary).

## KUMEU BLEND CHOIR



The choir presented its first concert of the 2017 season on Sunday 18th June at St Chads Church in Huapai. We sang works ranging from 16th century, through Beethoven, Bruckner and Verdi, to modern music, sometimes with modern settings of ancient lyrics.

We were joined for some of the music by 'In Voice' – a new choir founded by our musical director Margaret Lindsay.

As usual, our concert was followed by an excellent tea provided by the members.

We now start working towards our next concert in August.

Kumeu Blend is a friendly, un-auditioned choir. We sing a wide variety of music from classical choral through to music from shows and modern works. Some is challenging but all is fun. You don't need to read music to join the choir although it helps if you do. Feel free to drop in to St Chads Church, Huapai, at 7:30 any Monday evening, so if you would like to join us please contact Christine Smith on 09 412 8939 email [g.c.smith@xtra.co.nz](mailto:g.c.smith@xtra.co.nz) or Margaret Lindsay on 09 849 8070 email

[Margaret@lindsays.co.nz](mailto:Margaret@lindsays.co.nz).

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## FUND RAISING SPECIAL

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## WEBSITE SPEED IS BECOMING A MORE IMPORTANT RANKING FACTOR IN THE GOOGLE SEARCH RANKINGS

Speed is also important for User Experience as well as the speed in indexing content on your website as the Google crawler crawls through your website. I work



on 5 factors for SEO improvements and speed is one of them. The Google Speed Test website is a good one to get an indication of the mobile and desktop speeds of your website. The tester shows the speed of the following and offers suggestions for improvements: Reduce server response time, reduce image sizes, minify CSS stylesheets & JavaScripts, leverage website browser caching.

In the WordPress world there are some good 5 star plugins that can help with improving website speed. These are: WP Optimize (good overall optimisation plugin for speed), WP Smush It (good image optimisation plugin). WP Fastest Cache (good caching plugin).

Point to note is there are many other plugins out there and I have only recommended 5 star Plugins that I would use myself. You need to seek professional advice with which one to use for your situation. For non WordPress websites you should research your specific CMS Support and Forum websites for articles on improving website speed.

For more information on any of the WordPress Plugins please contact David at Website Optimisers - [www.websiteoptimisers.net](http://www.websiteoptimisers.net).

## J3 BLACK – KUMEU RUGBY

Fundraising is well under way for this group of 8-12 year olds who are proud to be representing Kumeu Rugby Club at the Global Games to be held in September this year in Taupo.

We have been overwhelmed with community support towards our fundraising efforts. A big thank you to those businesses that have donated and also to those that have contributed products towards our raffle prize. The team are full swing into selling tickets, with the prize draw to be held September 2, 2017.

Raffle tickets can be purchased at Mike Pero offices in Kumeu



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and Hobsonville, \$20 per ticket with over \$8500 worth of prizes to be won. The main prize draw is a fully registered trailer packed with bucket loads of goodies valued at over \$6,000, there is also second and third prizes to be won. This prize could make someone's Father's Day extra special, so make sure you get your tickets today!

## LEARN THROUGH PLAY TO BE READY FOR SCHOOL

All parents want their precious child to start their school journey well prepared.

However, there is often confusion about what being 'school ready' actually looks like.

Essentially, school readiness means that children should be able to manage themselves and their belongings



in the school environment. Ideally, a new entrant should be able to sit quietly on the mat, listen to stories, follow instructions from the teacher, raise a hand to ask a question, wash their hands, sit and eat their lunch, identify and pack belongings in their bag and carry it, put on shoes / jersey/ hat and so on.

Most new entrant teachers agree that lack of these skills hinder efforts to push on with the academic learning journey.

Self-management, together with a well-developed sense of curiosity and love of learning are vastly more important than being able to write a few words, count or know the colours.

Latest research into learning has found children's brain development happens through play. Play provides the foundations that will set them up for the rest of their life. Self-initiated play is creative, it helps children imagine and innovate.

Kereru Kindy and Childcare's learning curriculum supports child-initiated learning through play.

To find out more, call Hayley at 09 412 2624 or call in and visit us at 10 Oraha Road, Huapai. [www.kerelukindy.co.nz](http://www.kerelukindy.co.nz)

## NEW ZEALAND FIRST PUBLIC MEETING - KUMEU

New Zealand First leader the Rt Hon Winston Peters will be having a public meeting in Kumeu to talk about the issues around transport and lack of infrastructure in the Helensville electorate plus New Zealand First's aims and direction leading up to the election.

Kumeu Community Hall, 35 Access Rd, Kumeu, Sunday July 2nd 2017 - 1.30pm to 2.30pm.

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# IN BRIEF

## UPDATES:EVENTS

### SENIORNET KUMEU INC.

At our June meeting the members and guests were treated to a presentation on "Internet Banking", provided by the Westpac Bank.

The local Westpac Manager, Claudia McGhie and her assistant Cinda were present to answer the members' questions. The feedback after the meeting clearly indicated that our members enjoyed the session and many of their concerns about the security aspects of "online" banking had been addressed and they felt much more confident about using internet banking.

Many of our monthly meetings have guest speakers and we always try to cover subjects of most interest to our members.

SeniorNet Kumeu Inc. is dedicated to helping people who want to keep up with today's technology, who either don't how to use a computer, smartphone, or tablet or simply want to improve their skills. We are a friendly and informal club with tutors who teach at a pace that suits our members

Membership costs just \$20.00 a year. Our monthly meetings cost just \$3.00, which includes a break for free drinks and cakes when members can chat and get to know each other better. The meetings are open to non-members who want to visit and find out what our friendly and informal club is all about.

So join in the fun and learn how to do the things that you would like to do. In our small, friendly and stress-free classes, you'll gain the skills and confidence you need to get the most out of information

technology

Our monthly meetings are held on the first Wednesday of each month (next one July 5th) at St Chads Church Hall in Huapai starting at 10.00am. For more information please contact Brian Lacey on 022 183 1811 brian@lacey.nz or Nigel Dempster at nigeldem@outlook.com.

### WOODSIDE COMMUNITY GARDEN



Woodside Community Garden is located in Woodside Reserve at 28 Woodside Road, Massey. The garden is communal; we all work together. It's completely volunteer-run under the umbrella of the Riverpark Action Group, a local community group. Working bees are held on the last Saturday of each month but volunteers also come at other times; Saturday mornings are very popular! Benefits include learning about gardening as well as physical activity, healthy eating (the produce) and the all-important social interaction, a lot of talking goes on. It's a great way to get to know people in your community. We run workshops from time to time like the fruit tree pruning workshop, held on Sunday 11 June. The garden is located adjacent to the Lower Swanson Stream and there is a Trees for Babies orchard

alongside. More volunteers are always welcome! Contact rag.riverpark@gmail.com and/or check out our garden website woodsidcommunitygarden.wordpress.com.

### FOOD AND WINE IN HOBART



Carolyn Hedley was recently in Hobart exploring wine and food in this region. We were only there for a couple of days on a flying visit. This is a lovely city, quite cold as it is on the same latitude as Christchurch but there is lots of history here and lots of lovely old buildings. Explore further outside of the city and you will discover gorgeous food and wine. We went to a chocolate and cheese factory which also has a café and specialises in food from the paddock to the plate. We could watch them making the chocolate (yum) which of course I had to purchase. We went across the road to a Winery and did some wine tasting which is where this photo was taken, it is spectacular scenery. We also went to the MONA art gallery a lovely ferry ride from downtown, this is a must do for visitors to Hobart. You need to allow at least a couple of hours, but you can spend a day and have lunch and more wine tasting. There are lovely restaurants to discover as well and we only went to two which were fabulous. Tasmania is popular with people

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that want to self drive but there are also tours if you don't want to drive yourself. To find out more contact Carolyn.hedley@helloworld.co.nz or phone 09 416 1799. Helloworld Hobsonville, Hobson Centre, 124 Hobsonville Road.

## PURE ALLIES NZ



Do you know, that in winter the sun still produces some damaging rays? It's still beneficial to wear a face cream with a small sunscreen factor. Especially if you're out walking the dogs or taking kids to and from school and generally working outside.

Here at Pure Allies we make a lovely day moisturiser with sun protection for all skin types. Purely natural of course. And don't forget the lovely chamomile and lavender night creams or serums. pureallies@gmail or Facebook Pure Allies NZ.

## CELEBRATE YOUR FRIENDSHIP

Do you have a dear friend that you just don't get to see as much as you'd like, a friend who always seems to be there to help when you need it most, or a friend whose birthday is coming up?

Well, International Friendship Day is coming (Sunday 30th July) and what better way to show your friend you care than with a piece of jewellery made especially for them.

Choose from our range, or design your own piece that represents your connection. A popular friendship item from our "Messages" range is our hand sawn Sterling Silver Star pendant, boxed with

a message card with the quote "Good friends are like stars, you don't always see them but you know they are always there".

Pendant styles and quote cards can be personalised to your needs.

So feel free to email me at jo@precioussimprints.co.nz to discuss your requirements today.



## KAUKAPAKAPA VILLAGE MARKET



Sunday 16 July 8.30am to 1pm. There's always plenty to see with a great selection of quality stalls, local crafts & produce, plants, collectibles and car boot, fresh coffee and tasty treats from the market café, raffles, Helensville Lions sausage sizzle and book fair plus much more. New stalls are joining us each month so there's always something fresh to experience. This month we have live music from Jessica on the piano from 10am to 12pm plus have your car washed by the Kaukapakapa Scouts - a great morning out for the family.

For more information contact Sarah 027

483 1542 or email sarah1@maxnet.co.nz  
Kaukapakapa Village Market - 947 Kaipara Coast Highway, SH 16, Kaukapakapa.  
www.facebook.com/kaukapakapavillagemarket.

## HISTORIC KAUKAPAKAPA LIBRARY

Historic Kaukapakapa Library hosts author Janice McMurdo - Sunday 16th July 10am to 1pm.

Meet Helensville author Janice McMurdo, whose first novella "The Bird's Nest", is a fast moving story about a war-damaged man looking for a new start after serving in Korea in the early 1950's.

Set on the South Head Peninsula and based around a memory from Janice's childhood, the book is an intriguing mix of fact and fiction, man-made entanglement and emotional healing.

A "must read" from beginning to end, "The Bird's Nest" is hard to put down once you get started.

For more information contact Megan 021 959 017 or email threehorses@xtra.co.nz.



## \$75 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahbrightwell022@gmail.com.

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# PROPERTY

## NEWS & ADVICE

### MARKET REPORT WITH GRAHAM

Auckland's housing market will provide little relief for first home-buyers nor investors amid an estimated 40,000 property shortfall which seems unlikely to be realised given a flat line by mortgage providers.

Diverting investors into building new properties was the Reserve Bank's key to alleviating the city's shortage of affordable homes but restrictions in lending and in offshore fund draw-downs for buyers has seen a significant hand brake applied to purchasing.

Auckland still needs over 40,000 new houses however demand has been largely from property migrators rather than investor buyers which has impacted directly on buyer demand and funding mis-alignment.

The Reserve Bank loan-to-value restrictions have been slowing the market for some time and possible rising interest rates in 2018 will consolidate that slowdown and reduce price pressure by scaring some out of the market. Property investors have represented between a quarter and almost half of the market and the removal of this group from the market has had a direct and significant impact on the Auckland market.

Further to this, mortgage providers will need to show flexibility to allow buyers choice and confidence to invest. Let's consider the sales. Coatesville lifestyle \$2,625,000. Helensville residential \$585,000 to \$845,000. Helensville lifestyle \$1,059,000 to \$1,225,000. Parakai residential \$459,000 to \$790,000. Huapai-Kumeu

residential \$970,000 to \$1,240,000. Huapai-Kumeu lifestyle \$1,508,000 to \$2,235,000. Riverhead residential \$740,000 to \$1,620,000. Taupaki lifestyle \$1,200,000 to \$2,200,000. Waimauku lifestyle \$915,000 to \$2,550,000. Waitakere residential \$720,000 to \$850,000. Waitakere lifestyle \$1,570,000 to \$1,685,000. Whenuapai lifestyle \$1,300,000 to \$12,200,000.

So whatever you decide and when you decide, it costs nothing to give us a call, or get us around, for a discussion about how we support you through the marketing and decision making process associated with selling your home or investment. Great thing with Mike Pero Real Estate is that you could save thousands in commissions and receive our complimentary multi-media marketing package including TV and magazine exposure at no cost to you. Give me a call directly on 0800 900 700 or go to [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz). Licensed REAA (2008).

### FIRST HOME BUYERS READY, READY SET GO?

We'll talk about a change of pace, the Auckland property market has definitely changed down a gear!

A mixture of LVR (Loan to Value) restrictions, bank criteria, higher interest rates and election concerns, has stopped the market in its tracks. For how long is a matter of debate.

Regardless of how long this takes to pan out, first Home Buyers (FHBs) could get a chance to enter the market with less

competition.

Most FHBs have less than 20% deposits, with banks rationing their lending to the "best dressed".

Below are the five Cs that lenders will look at when assessing your application.

**Character** - When banks evaluate character, they look at stability — for example, how long you've lived at your current address, how long you've been in your current job, and whether you have a good record of paying your bills on time and in full. Watch out for defaults or unarranged overdraft fees, this could be an indication that you are living beyond your income.

**Capacity** - The bank will need to consider all your debts and expenses when determining your ability to repay a home loan. Not many people know, but some banks use 7.85% in their calculations to see if you have enough income. In an ideal world your rent plus savings each month, should equal the new mortgage repayments.

**Capital** - Capital refers to your net worth — the value of your assets minus your liabilities. In simple terms, how much you own (for example, car, real estate, cash, and investments) minus how much you owe. So for a FHB try and keep your debts low to maximise your net worth.

**Collateral** - Collateral refers to any asset of a borrower that a lender has a right to take ownership of and use to pay the debt if the borrower is unable to make the loan payments as agreed.

For a FHB, Collateral, this could include savings in the bank, Kiwi Saver, Government grants, family gifts or guarantees.

**Conditions** - Lenders consider a number of outside circumstances that may affect the borrower's financial situation and ability to repay, for example what's happening in the local economy. If the borrower is a business, the lender may evaluate the financial health of the borrower's industry, their local market, and competition.

Some lenders develop their own loan decision "scorecards" using aspects of the 5 C's and other factors.

For further details feel free to contact

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## HOME STAGING IS WORTH CONSIDERING



There are many things that you can do to prepare your home for sale such as tidying the garden, decluttering, spring cleaning, and carrying out repairs and maintenance.

However, these days the expectations of buyers are very high and if you want to sell your home quickly and for the maximum price, you need to make sure that your home looks great and appeals to the right buyers – remember you only get one chance to do it right!

Home Staging can help to prepare and showcase your home properly for sale, and it is not just for the high-end properties, any property can benefit from quality staging.

So, what exactly does a home stager do, and how can home staging help to sell your home?

What does a home stager do? Home stagers are similar to interior decorators, except that they are not focused on creating a home that suits your personal taste, instead they are skilled at creating the right first impression of your home. They will work out the right look for your house as a whole, as well as room by room, so that your home appeals to a broad range of tastes and is perfectly positioned for the type of buyer that will

be most attracted to your property. They may suggest a full staging of your home or simply to replace the odd piece of furniture, and to rearrange the layout, with the focus more on decluttering and assessing what works and doesn't work. They may even recommend repairs and help add finishing touches before photos are taken or for open home showings. There are many good reasons why staging your home can help sell your home, including:

**Make your home easier to sell -** Home Stagers will help make your home look its best in photos, and photos are the best way to market a home.

**Whether the photos are online, in print, or on TV, if your property looks great in the photos, it will attract more buyers to ask for information, and to come along to the open homes, and that creates the buzz you need to get the best price.**

**Stand out from the competition -** Home Staging will help differentiate your home from other homes for sale in your local area or within a similar price range.

**When a staged home looks great and is move in ready, home buyers will be impressed and competing homes will pale by comparison.**

**Sell faster and for a higher price -** Presenting your home at its very best will attract more viewers to your open homes. The more people through the door and the greater the buzz, the better and the more likely you are to get an offer and the best price.

**Save you money -** Yes, a home staged right could help you save money on expensive renovations like removing walls, painting rooms or installing new carpet. A staged home, using artwork and floor coverings can freshen up a tired space, and by putting in the right scale furniture you can maximise space and demarcate specific areas.

Your Real Estate agent will help to guide you. If you do decide to hire a home stager, make sure that you shop around and get quotes, as there are plenty of companies providing this service and they all have different options available. It is also

important to check out their portfolio of work beforehand, as every home stager has a different style and different furniture available for hire.

A partial stage could cost as little as \$1,000, but the average tends to be around \$3,000 to \$4,000. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

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Precision Roofing provides complete tile restoration which can include; a full cement re-point, the replacement of any broken or damaged tiles, and a roof paint.

By choosing tile restoration you will prolong the life span of your roof, and it will look great too. We will ensure that your tile roof is leak free. Tile restoration can usually take between 1-3 days, depending on the roof size.

The team at Precision Roofing also provide professional advice and repairs for tile roofs.

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# AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	1,400,000	1.9HA	196M2	2,625,000
Helensville	335,000	2024M2	69M2	845,000
	355,000	3663M2	89M2	585,000
	425,000	970M2	150M2	660,000
	355,000	422M2	80M2	600,000
	475,000	507M2	156M2	695,000
	720,000	2.5HA	140M2	1,225,000
	750,000	2.4HA	127M2	1,059,500
Huapai	370,000	590M2	206M2	1,070,000
	900,000	700M2	251M2	1,240,000
	380,000	743M2	197M2	970,000
	900,000	1500M2	255M2	1,058,000
Kumeu	1,475,000	4.1HA	227M2	2,235,000
	900,000	1HA	149M2	1,508,000
Muriwai	590,000	1000M2	150M2	965,000
Parakai	445,000	5691M2	80M2	790,000
	225,000	4046M2	70M2	459,000
Riverhead	600,000	803M2	63M2	740,000
	1,000,000	2086M2	259M2	1,620,000
	960,000	601M2	64M2	1,310,000
Taupaki	980,000	5HA	90M2	1,800,000
	1,000,000	4.1HA	221M2	2,200,000
	850,000	1HA	130M2	1,200,000
Waimauku	730,000	18502M2	260M2	915,000
	1,425,000	10.5HA	116M2	2,550,000
	910,000	1HA	306M2	1,540,000
Waitakere	540,000	883M2	135M2	720,000
	530,000	899M2	120M2	769,000
	760,000	4.5HA	91M2	850,000
	720,000	4.8HA	168M2	1,570,000
	970,000	1.5HA	901M2	1,685,500
Whenuapai	890,000	830M2	310M2	1,300,000
	2,825,000	3.4HA	234M2	8,500,000
	2,900,000	4.1HA	329M2	12,200,000

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then 1.95%  
thereafter"**

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Phone

**0800 900 700**

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

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REAL ESTATE

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**NEW PRODUCT**

**\$298**

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Glass Panel Heater 1500W Black  
297093



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**\$69<sup>87</sup>**

**Browns**  
Gutter Whiskers 12M Pack  
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**\$115**

**Bailey**  
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177336



**\$99<sup>84</sup>**

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18V Li-Ion Drill Driver + 1.5Ah Battery  
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**\$149**

**Jobmate**  
Petrol Chainsaw 45cc  
300763



**\$127**

EACH  
**Jobmate**  
Heavy Duty Toolcase 60L  
238084



**WAS \$180**

## SAFE & SECURE

**\$9<sup>99</sup>**

**Warrior**  
Smoke Alarm 10 Year Photoelectric Hush  
169529



**\$24<sup>98</sup>**

**Orbit**  
Eco-lux Power Failure Night Light LED  
283928



**EXCLUSIVE**

**\$3<sup>97</sup>**

**Draught Boss**  
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106938



**\$5<sup>92</sup>**

**Intruder**  
The Better Mouse Trap  
138859



**\$4<sup>78</sup>**

**Kiwicare**  
No Rats & Mice One Feed Blocks 80g  
300513



## GARDEN JOBS

**\$4<sup>86</sup>**

pair  
**Gardening Gloves**  
201103



**\$24<sup>96</sup>**

pair  
**Bata**  
Handyman Gumboots  
232569



**\$9<sup>97</sup>**

**Zealandia**  
Strawberry 6pk  
181646



**\$11<sup>87</sup>**

**Tui**  
Strawberry Mix 30L  
112765



**\$19<sup>98</sup>**

**Tui**  
Pea Straw 90L  
229216



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REFURBISHED 4 ROOMS, PRIVACY ON 2600SQM IN WAITAKERE TOWNSHIP

3 2 1

By Negotiation

**2A Northfield Road, Waitakere**  
By Negotiation

A beautifully presented, 2600sqm with a fully refurbished and modernised three bedroom plus sleepout home. A new kitchen, bathroom and laundry certainly delivers the oohh aaaah factor. Open plan living and entertaining out to alfresco decking with a distinctly private and serene backdrop. The home enjoys an easy-living style including a study nook, a large sleepout and double garage with ample storage. Good transport links including train from Swansong and School bus close to drive. Seeking some semi-rural space and peace, then forget Titirangi and Waitarua, this property may be just the ticket. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1092569](http://www.mikepero.com/RX1092569)



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09 412 9602

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



MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

**25 Buttercup Place, Waimauku**  
By Negotiation

Open plan living, with expansive decking and alfresco leading on to partially fenced lawn areas, perfect for the pets or children. The home has a formal entrance opening to two lounges, dining and kitchen. Three generous bedrooms and a study nook with complementary bathroom and ensuite. The home has the added benefit of internal accessed double garage with exclusive drive off a quite cul-de-sac street. Close to Waimauku School, convenience shopping, parks and transport links. The CV on this property is \$780,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX952890](http://www.mikepero.com/RX952890)



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

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**AFFORDABLE, SUNNY, SEMI-RURAL LIVING - WAITAKERE**

3 1 1

**By Negotiation**

**29 Bethells Road, Waitakere**  
By Negotiation

This spacious sun drenched family home offers significant value to a family wanting the very best of fun, function and features. A home that gets all day sun, with large open plan lounge and dining linking seamlessly to elevated decking with rural views. Three bedrooms, fully renovated bathroom upstairs and a workshop, study or office with carport and garage downstairs. Internal access makes this house function well and provides options for a growing family. Set upon 1014 square meters the land is fenced and has secure parking for a boat, trailer or motorhome, plus raised bed gardens. A stone throw to Waitakere Primary School and neighbouring parks the home delivers space in a location that is easy to get to convenience shopping, transport links, walking tracks and wide open spaces.

[www.mikepero.com/RX1116908](http://www.mikepero.com/RX1116908)



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

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



**THE ENTERTAINER**

3 2 2

**Asking Price \$1,150,000**

**52 Great North Road, Riverhead**  
Asking Price \$1,150,000

It has great indoor outdoor flow to the covered outdoor entertainment area with commanding views of the Coatesville Riverhead Forest and overlooks the solar heated pool area which incorporates a spa in a cabana. The designer kitchen is a gourmet delight and features a butler's pantry and granite benchtops, which are also repeated in the pantry, bathrooms and laundry. Downstairs there is a large rumpus room which looks out over the beautifully established garden. The lounge and rumpus are wired for home theatre. There are three bedrooms, two bathrooms and an office and internal access to the large double garage. This fully fenced 1011 square meter section has great privacy and the added security of double iron gates. There is a garden shed and a cute playhouse for the kids.

[www.mikepero.com/RX1168747](http://www.mikepero.com/RX1168747)



**Lyndsay Kerr**  
027 554 4240  
09 412 9602

[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)



**AFFORDABLE, ELEVATED, SUNNY HOME IN WAITAKERE TOWNSHIP** 2 2 1

**By Negotiation**

**57 Waitakere Road, Waitakere**  
By Negotiation

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$540,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1154898](http://www.mikepero.com/RX1154898)



**Graham McIntyre**  
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**MASSEY - FULLY REFURBISHED 4 ROOM - MOVE IN TOMORROW.** 3 1 1

**By Negotiation**

**72 Gallony Avenue, Massey**  
By Negotiation

Set on 474 square meters overlooking Emerald Valley Park, this fully refurbished three bedroom plus sleepout/office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook, peace and quiet and easy living over one level. The CV on this property is \$410,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1118896](http://www.mikepero.com/RX1118896)



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**5 BDRMS + MINOR DWELLING ON 1 ACRE**

7 2 3

**Set Date of Sale**

**73 Waitakere Road, Waitakere**

**Set Date of Sale - 5pm, Monday 17th July 2017 (unless brought forward).**

Future proof your family living with this tranquil 1 acre property that provides a comfortable 5 bedroom family home, rental income plus work-from-home premises. Open-plan kitchen and living areas form the heart of the home while alfresco entertaining options are plenty with a weatherproof outdoor living and spa area. A separate consented 2-bedroom minor dwelling with additional studio + double garage + workshop (complete with bathroom) provides even more value! Space for kids to roam and close to world-class west coast beaches whilst only minutes from town amenities and transport links. Vendors need this property sold, contact me now to view.



**Steve Cotter**  
021 171 3941

steve.cotter@mikepero.com

[www.mikepero.com/RX1171722](http://www.mikepero.com/RX1171722)



**AFFORDABLE LIVING IN WAITAKERE TOWNSHIP**

4 2 1

**By Negotiation**

**114 McEntee Road, Waitakere**

**By Negotiation**

The family can have their cake and eat it too, space, sanity and super-sized. Four bedrooms, two living rooms, delivering easy split living space making the adult and the kids-zone effective and workable. A traditional bungalow with clinker-brick over weatherboard, offering low maintenance living on 857 square meters (more or less) of lawn with improvements. An independent double garage and wood-shed ticks the boxes for a happy, warm and desirable home. Close to Waitakere Primary School, Bus link to Swanson Rail, 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**  
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graham.mcintyre@mikepero.com

[www.mikepero.com/RX1176091](http://www.mikepero.com/RX1176091)



## AFFORDABLE LAND - WATER SPRINGS - WAIMAUKU

3 3 1

By Negotiation

### 122 McPike Road, Waimauku By Negotiation

This three bedroom cottage, with office, workshop and chiller room has character and personality that is sure to impress, with kitchen and bathroom that could be developed to add value, or invest in a brand new build subject to consent on the proposed house site further up the hill. 7 hectares of flowing grasslands and established plantings for shelter and orchard ensure a lifestyle that can deliver plentiful reward for a creative couple. Bring your cheque book and imagination, our vendors are ready to seize another opportunity. The land has several natural springs which provide opportunity for horticulture. The CV on this property is \$910,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1037756](http://www.mikepero.com/RX1037756)



**Graham McIntyre**  
027 632 0421

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



## ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

By Negotiation

### 132 Hinau Road, Waimauku By Negotiation

This hilltop bungalow offers generous space from the large high stud shed through to almost ½ an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1034803](http://www.mikepero.com/RX1034803)



**Graham McIntyre**  
027 632 0421

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



## THE SMELLS ARE BEAUTIFUL - VIEWS AMAZING

4 1

By Negotiation

### 183 School Road, Waimauku By Negotiation

From this elevated alfresco home you immediately get a sensory lift. The smell of freshness, and the bush framed northerly view is breath-taking. The quiet is splintered occasionally by wood pigeons and Tui's that makes this home a sanctuary. A beautiful eclectic home in concrete stucco and weatherboard. Wonderful character is displayed with lead-light windows and polished floors delivering old-world charm and grace. Like many period-homes the rooms are slightly smaller but plenty of them, separate lounge, open plan kitchen and dining room. Single garage and storage underneath. Set in a landscape of pasture and native bush with a short drive to Waimauku School, Shops and Reserve. Muriwai Beach and walks at your doorstep.

[www.mikepero.com/RX1158063](http://www.mikepero.com/RX1158063)



**Graham McIntyre**  
027 632 0421

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



## HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

### 525 Kiwitahi Road, Helensville By Negotiation

High on the ridgeline, a harmony home which delivers commanding 180 degree views over rolling landscape through to the Kaipara Harbour. The views will certainly impress while the grounds have been developed to be easy care and hold character in large stone and driftwood. Set over 1.9 hectares of pasture suitable for horse, cow or sheep, the home looks down over the land. The home has lounge room, family room opening onto alfresco decking to the north and south, three bedrooms (master with walk-in and en-suite) off a central hallway and bathroom and an en-suite. An internal access double garage for the tools and toys compliments this outstanding lifestyle home. Opportunity here for some improvements, while the view and the aspect doesn't look like changing any time soon.

[www.mikepero.com/RX1065529](http://www.mikepero.com/RX1065529)



**Graham McIntyre**  
027 632 0421

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

# HOME & GARDEN

## CAMELLIAS FOR YOUR GARDEN

It is hard not to notice the flowering camellias in gardens at the moment. These are the early blooming camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter. Camellias are remarkably tolerant and adaptable. Fantastic for hedging, screening, background planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November.

Awa Nursery currently has a huge range of camellias in many different colours. We have camellia sasanquas (an early flowering variety approximately March), camellia japonica and camellia reticulate hybrids, which flower from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it's best to feed when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface so it is important to keep them cool in the heat of summer with a layer of mulch. If possible plant with protection from the afternoon sun. You can buy a specialised acid fertiliser to feed your camellias which will help them to stay healthy and keep the foliage a deep glossy green. You can pick up some fertiliser along with your Camellias at Awa Nursery. Come and see us at Awa Nursery. Phone 09 411 8712 or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

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## HOW DO YOU DEAL WITH A DRIVEWAY THAT HAS BEEN OVERTAKEN BY WEEDS?

The owners wanted a tidy, formal and low maintenance country driveway leading into their rural property...

The first stage was to clear everything out with the digger before we could visualise what might be.

The owners were wanting a stone retainer wall and plantings along the length of the driveway.

It is often impossible to plan projects such as this from the outset as we had no idea of what we would discover under the ivy. Once the area was cleared, it became apparent that the existing retainer fence would need to be replaced. Black matting was used as a weed barrier under heavy loads of mulch for the planting area. The placement of the rocks to retain the bank was important so that they were very stable and looked natural. The Tatonka truck made it possible to place such large rocks and heavy loads of mulch very quickly.

The outcome, a natural looking low maintenance driveway, and very happy clients. To view more on this project [www.sustainablelandscapes.co.nz/low-maintenance-country-drive/](http://www.sustainablelandscapes.co.nz/low-maintenance-country-drive/) or talk to us, 027 543 0288.



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

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

Committed to serving their local community, western families and businesses with great service at reasonable rates, the team at Laser has over 25 years' experience in providing quality roofing/plumbing services to Western Auckland and beyond.

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

Not only has Laser Whenuapai been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

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



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tems.

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

For all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking, contact Laser Whenuapai at 09 417 0110. Open five days a week from 7am-5pm, Laser Plumbing & Roofing is located at 45 Brigham Creek Road, Whenuapai. Visit their website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## KUMEU GARDEN HUB

It may be cold outside but still plenty to do in the garden. So wrap up warm and enjoy the fresh air. Time to prune your roses. Remember to remove dead diseased and dying material with good sharp clean secateurs. Cut above an outward facing bud. Check YouTube for valuable tutorials. Come and check out our new rose delivery. Lots of colours and perfume to choose from. We also have our barefoot fruit trees arriving any day. Planting now will ensure trees get their roots down before the dry summer. Apples, pears, plums etc. Not too late to plant your garlic, try the elephant variety for large bulbs but milder flavour. Top up your pots with colour or purchase a ready to go pot. Don't forget to call at the gift store for reasonable gifts and home-ware. Check out our Facebook page for updates and specials.

## CHEMWASH

Eric Fleming is a licensed Chemwash agent (Chemwash is not a Franchise operation). As a Chemwash licensed agent, Eric along with his team provide an effective, low pressure, exterior cleaning system. All licensed agents (owners) have passed a series of stringent conditions and checks which includes police checks and being vetted. Chemwash is fully insured with the following policies – Public Liability, Statutory Fine Liability and Employers Liability. All Chemwash employees (we don't use contractors) undergo ongoing internal and external training in order to maintain a safe and healthy environment for themselves, our customers and the wider community. All Chemwash operators are NZQA certified in height and fall arrest systems, chemical handling and first aid. Our objective is to provide a quality service at a fair price by adopting a variety of up to date cleaning options and using the most appropriate equipment and chemicals available to the industry.





Chris Ridley 021 488 274 or [chris@streamlineelectrical.nz](mailto:chris@streamlineelectrical.nz)

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## FOREST FURNITURE

Forest Furniture is proud to introduce their new style LUND. This was named after the beautiful Swedish Town which brings a modern but comfortable tone to your home.



Along with LUND Forest Furniture has introduced two new colours - Ivory and Asphalt. Ivory is a pearly cream wash look, Asphalt brings a monochromatic look. Both show off the beautiful timber grain whether it is used on Kauri, Rimu or Oak. These colours can be used alone or contrast them with each other or our other stains (Fudge, Coco or Natural) to give a stunning look which makes any piece a feature of the room.

Come in store today and give this new dining setting a try. Bring in the advert and receive 20% off your purchase. D9 Lifestyle, Maki Street, Westgate or visit our website [www.forestfurniture.co.nz](http://www.forestfurniture.co.nz) phone 09 216 7674. Remember all furniture is solid timber, NZ made, with a 10year warranty.

## CONTRACTS FOR BUILDING WORK SHOULD NOW BE IN WRITING

The building act and regulations now require a written contract for any building work in excess of \$30,000. Commonly, the franchise builders have endeavoured to make standardised agreements. However, alterations carried out by non-franchise builders may require a customised arrangement. The things



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 \*First purchase with Forest Furniture 2013 Ltd.

which are essential include a description of the building work by reference to a set of plans and specifications signed by all the parties. This allows you to hold the builder to your arrangement by reference to a document signed by you both. Other factors include the start and completion date, how variations to the plan are made, the size and frequency of progress payments which should always reflect the actual amount of building work achieved and the dispute resolution process. This is something that you should check with your lawyers before you proceed. We recommend that you make the builder responsible for getting the code compliance certificate at the end - and that the final progress payment should be based on achievement of that code compliance certificate. Luke Kemp - Kemp Solicitors phone 09 412 6000 or email [luke@kempolicitors.co.nz](mailto:luke@kempolicitors.co.nz).

## ESTABLISHING A LIFESTYLE BLOCK

Once you have made the decision to move out of the suburbs and build a rural lifestyle you will probably never look back. Having made that decision over twenty years ago I have no regrets whatsoever. The planning and purchase of the right block was an exciting time for both my partner and I. One of the first things you need to think about is what do you want to do with the land, do you want privacy and space, do you want somewhere for your horse or would you like to graze stock or indulge in horticultural pursuits.

These activities require differing amounts of land and different types of land. This is where the advice from friends who have made the move or a rural real estate specialist is vital. Getting the right land from the start will make your lifestyle journey a lot easier. Do you want flat land that is easy to work or do you want land with elevated views from which that glass of wine in the

evening on the deck makes all that work so worthwhile. Different animals are more suited to particular types of terrain. For instance horses are more suited to flatish, well drained land whereas sheep, goats and alpaca don't mind sloping land at all and chooks can live anywhere you can establish a good secure chook house. The size of the block is critical should wish to run a number of animals, it is worthwhile consulting your local rural outlets to get a feel for stocking rates in your chosen district. The folk who run these businesses are always helpful and a great source of local knowledge. Stocking rates can change due to the season or to what breed of animal you are grazing. For instance grazing a few sheep for meat requires less land than say breeding ewes which require a higher food intake to raise their offspring.

Should you require any additional information or have any question please give me a call or send me an email. If I am unable to answer the question, I probably know somebody who can. I have a wide range of farmers, breeders, vets and builders to draw from. Lyndsay Kerr - Mike Pero Real Estate Kumeu 027 554 4240 or [lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com) - Licensed REAA (2008).

## LIVESTOCK REPORT

Saturday's cattle market was full to overflowing, as vendors unloaded large numbers of cattle before the real wet sets in. Prices were very good, especially for the better finished killable cattle, and any quality young stock was in great demand. Best prime steers made to \$2,040, medium heifers to \$1,420, cows \$1,510 and bulls \$1,490. It is expected killable cattle numbers will start easing off anytime now, this generally leads to a strengthening prime market as we move into the winter. Plainer quality store

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cattle can become much more difficult to sell however.

Best prime steers	\$1,440 to \$2,040
Other good 2 year steers	\$1,210 to \$1,410
Medium rising 1 year steers	\$760 to \$80
Small x bred steers	\$575 to \$670
Medium prime heifers	\$1,260 to \$1,420
Lighter heifers	\$945 to \$1,090
Medium 18 month heifers	\$720 to \$830
Medium rising 1 year heifers	\$610 to \$715
Small heifers	\$560 to \$590
Boner cows	\$800 to \$1,510
Light cows	\$325 to \$720
Bulls	\$1,240 to \$1,490
Fat lambs	\$118 to \$137
Store lambs	\$62
Rams	\$19 to \$50
Beef bulls	\$400
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Store	\$46 to \$50
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Hi I'm Scott, the owner/operator of SPS Plumbing Services. I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying plumber with 11 years' experience. I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in West Auckland and will work in the greater Auckland area. I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - Full bathroom renovations. (I can organise the whole job including all other trades from start to finish), kitchens, toilets, solar heating, water mains, hot water cylinders, burst pipes, spouting and dishwasher and washing machine installation. Scott Sutherland - Certifying Plumber, phone 027 430 0251 / 09 832 7267 - [www.nocowboys.co.nz/businesses/sps-plumbing-services](http://www.nocowboys.co.nz/businesses/sps-plumbing-services).

## \$75 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at [sarahbrightwell022@gmail.com](mailto:sarahbrightwell022@gmail.com).



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# BUILD

## NEW

### CHANGES IN THE LANDSCAPE

Demand for housing continues to rise in Auckland, and as a result, changes in our landscape are occurring. Like it or not we are experiencing exponential growth in this area. Which is both exciting and unnerving as we watch change emerge around us. On a positive note we are seeing some amazing developments and plans to counteract the housing demand. Developments are well planned and address community needs. An example of this is the Huapai Triangle by Cabra Developments. This purpose built environment, loosely modelled on similar proposals such as the successful Hobsonville Point is set to create the standard of future proposals. The Huapai Triangle will have all your bases covered; offering stand-alone homes, terraced houses and affordable homes on manageable sites. Set amidst a rural backdrop, this new offering has been thoughtfully considered. With close proximity to fabulous schools, cafes/restau-



rant and amenities. Not to mention the idyllic lifestyle; Muriwai beach, golf course, walking tracks, horse adventures and more. Come and explore your options with us at Signature Homes. The options are vast; design and build your home from scratch, use a pre-designed plan with your personal tweaks or explore our gorgeous architecturally designed terraced homes. We will guide you through the offerings and ensure that your needs are catered for within your given timeframe and budget. Enquire today. Phone 09 411 5357 - 0800 020 600.

### VOTED NZ'S MOST TRUSTED BUILDER

G.J. Gardner Homes are proud to once again have been voted New Zealand's Most Trusted Home Builder in the 2017 Reader's Digest Trusted Brands Survey. With a long-established reputation of 17 years, the Reader's Digest survey seeks to identify which brands New Zealanders trust the most, and to provide an objective and reliable reference for consumers throughout the country. Our vision statement is to have every customer recommend us to their closest friend; winning this award in the highly competitive home builder category demonstrates our commitment to living these values and we're very proud of the recognition. With winter well and truly here, now is a great time to come in and see us at our new Riverhead Showhome to talk about how we can help and inspire you to get the home of your dreams. G.J. Gardner Showhome - 7 Grove Way, Riverhead. Open 12 - 4pm, 7 days.



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## YOUR RURAL SUPPLIES SPECIALIST

At Western ITM in Kumeu we stock a comprehensive range of urban and farm fencing that can add so much value to your rural/life-style property. Fencing not only provides you and your animals with security and privacy, it can also provide shelter from the elements. Just some of the vast range we carry in stock are: Wire and Batten Fencing – Wire and batten fences usually consist of seven or eight wires, using 2.5mm hi-tensile. The posts can be number one or two, which relates to the diameter of the post. Posts are usually spaced at 4.5m with five battens per space. Posts, Strainers and Timber Fencing - Post and rail fencing is a popular option for lifestyle blocks and equestrian facilities, often used for driveways, road frontages and tree surrounds. Gates – Our stores stock an assortment of wooden and galvanised farm gates which are available in a variety of lengths and styles. A full range of quality gate hardware is available instore. Chain Fencing and Hex Netting - Offering transparent design, our range of chain link fencing is suitable for boundary separation, pet enclosures and animal compounds. Electric Fencing – We stock a comprehensive range of the Gallagher Electric Fencing System, with mains power and solar options and we also stock a wide range of Strainrite fencing tools and equipment. Water Troughs – Rectangular and round troughs available. These come complete with a built in covered ball float. Light weight, easy to handle and available in a variety of sizes. PurePine Shavings are dust free, dry, natural and hygienic and come in easy to handle (19kg) water resistant plastic bales.



These shavings are ideal for domestic animal bedding, commercial stables and farms – just \$26.00 incl GST per bale. For further advice or information visit us in store today. Western ITM Kumeu, 154 Main Road, Kumeu – phone 09 412 8148.

## TRADIE OF THE MONTH

Maddren Homes would like to congratulate Nick Brown of Energy Recovery Systems (ERS) for being our June Tradie of the Month. Nick and his team continually provide the very best service and quality to our clients when it comes to heat pumps and air conditioning units. They are meticulous when working with our clients, providing them with professional advice to achieve efficient and economical solutions to run their homes. Nick is extremely passionate about the business and industry in general and this is reflected in the service and quality we are provided on a daily basis. So on behalf of all the team at Maddren Homes we would just like to say a big thank you to Nick and his team for the all the hard work and effort you put in - it certainly is appreciated. We would also like to thank the team at Western ITM who continually support the Maddren Homes Tradie of the Month with their gift voucher.



**NEW OPPORTUNITIES:**  
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# PETS

## TIPS & ADVICE

### THE NEWEST RULE OF DOG SAFETY FOR CHILDREN

Last month we introduced you to the first Golden Rule: always ask before you touch a dog. This time we talk about the second golden rule: where to touch a dog. After asking the owner and receiving confirmation that



it okay to touch the dog then you need to make sure that you and your children only touch the dog on the back and the sides. Why? Where to touch a dog has changed over the years. Before, and during, the 90s we just patted a dog on the top of the head. In the late 90s studies stated that the best place to touch a dog was the chin and chest. Since then, more recent studies done in Germany in 2013 show dogs find being touched anywhere on the head very stressful. So it is now recommended that the best place to touch a dog is only on the dog's back and the sides. (Some programmes call it from collar to tail)

Even without the 'studies', and when you think logically about where you are asking your child to put their face when touching a dog, do you think it is safer for the child to have their face in the dog's face or standing to the side of the dog?

If (as in the picture) the dog was to get annoyed/frightened, the child's face is directly in front of the dog's escape path. If the dog bites to get away it is going to be the child's face that gets bitten. Did you know that ACC statistics show that 80% of bites to children are to the face and head? It is time to look at what we are teaching our children and updating it to a less risky way. When touching a dog on the back and sides the child is not in the dog's way, if the dog gets scared or irritated, the dog has the ability and freedom to move forward and out of the situation.

Sometime there are circumstances that result in the owner requesting that the dog be touched in certain areas other than the side and back, this could be due to a medical issue or dog's personal preference. But you also need to recognise that sometimes even if the owner says it's ok, the dog may not want to be touched and you will need to move away from the dog.

For more information on Canine Body Language contact Kids Safe with Dogs Charitable Trust on 09 969 3007 or go to the

website [www.kidssafewithdogs.co.nz](http://www.kidssafewithdogs.co.nz).

### KANIKA PARK

For most of us Xmas seems a while away, but by now most boarding facilities will be booked out for Xmas.

We also know that not everyone has the luxury of planning their holiday months in advance and there will always be people at the last minute looking for a place for their cat to stay. But as a cat owner, it's your responsibility to decide if a boarding facility is of the standard you are happy with.



So, if you find yourself looking around for that purr-fect place for your cat to stay, here's a few things to take into consideration:

1. Meet the owners & staff: Make sure you feel completely comfortable and at ease with the whole setup. Discuss any special needs your cat may have; diet, medication, attention, grooming etc.
2. Size & design: What is provided in each suite and are they spacious, sunny, quiet, temperature controlled? Is it individual or communal living? Indoors or indoor/outdoor?
3. Security: Does the owner/manager live on site? You should not assume that they do.
4. Know where your cat will stay: Make sure you can take your cat to their suite and help them settle in. If you are asked to leave your cat at reception – this should be of concern to you. And when you come to collect your cat, if they are waiting for you in reception – again this should be of concern to you.

Also remember that while you are away, if you do not feel 100% happy where your cat may be staying, arrange for a friend or family member to go visit your cat.

Kanika Park Cat Retreat is not your usual cattery, we are a family owned boutique luxury country retreat for cats, set in the heart of our 10 acre Waimauku property. Find us on Facebook or contact us on 09 411 5326 / 027 550 1406.

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sense approach to Dog and Puppy Training that works, empowers you and relaxes your dog. The focus is on the relationship between you and your dog and how you can build more respect, trust and understanding. Book a free phone consultation online at [www.thek9way.co.nz](http://www.thek9way.co.nz) or call us now on 021 239 0635. We speak dog, let us teach you to do the same!

## RAW ESSENTIALS

At Raw Essentials, we feed cats and dogs on a species-appropriate diet of NZ-grown poultry, veal, lamb, fish, venison, and wild prey. Possum are New Zealand's most damaging pest species; they devastate native forests, chewing through over 20,000 tonnes of foliage each night. They impact our dairy industry through the spread of tuberculosis, and they eat the chicks and eggs of endangered native birds. Over \$100 million is spent each year on possum control. Our NZFSA-licensed hunters play an important role in keeping numbers down. Rather than waste the carcasses, we are able to utilise them as a nutrient-dense food for cats and dogs. The fur is removed and used in local and international markets. Our possum is sourced from TB-free areas, and inspected at an MPI-approved processing plant. These wild, free-ranging animals are living off our rich local flora, which makes them an incredibly nutritious food for cats and dogs. They really are the ultimate food for our pets!



## TIPS ON HIRING A DOG WALKER

There's been some recent conversation, less than positive, on a local community Facebook page about professional dog walkers who bring their sizable packs with one handler to Muriwai beaches and forestry in the area. So I thought I'd ask the question, what do you know about your dog walker? Here's just a few things to consider before hiring a dog walker: How long have they been walking dogs? What is their dog experience? Will the same person walk your dog every day? Consistency is good for your dog. How long are the walks? Not including pick up/drop off? The dog walker might go on 4 hour hikes which might be too much for your older slower dog. Or they might only go for a 30 minute park walk which mightn't be



enough. Where do they walk? You might not want your white fluffy dog going through mud at the forest and returning home dirty. Are walks off leash? Does this suit you and your dog? How many dogs are walked together? How are they transported? 15 dogs in the back of a tiny hatchback mightn't be a good idea. Have they ever lost a dog? How do they handle issues within the group? What kind of questions do they ask you about your dog? Is there a written agreement? Are they a registered company? Do they have pet first aid knowledge/certification? Finding a dog walker to suit your dog's best interested isn't a one size fits all. Do some homework, ask the right questions and ask dog owner friends for recommendations. Once engaged with a dog walker what do you notice about your dog's behaviour? Has it changed for the better? How does your dog respond to your walker?

Muriwai's local dog walker is Lisa at Country Pets. See Country Pets on Facebook for further information or contact Lisa on 027 380 0265.

## CAT LOVERS URGENTLY NEEDED

Volunteers - reliable adults are urgently needed to assist with cleaning duties and feeding, at a cat rescue shelter in Huapai. Phone Carolyn 021 1436 815.



## \$75 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at [sarahbrightwell022@gmail.com](mailto:sarahbrightwell022@gmail.com).

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# FOOD & BEVERAGE

## NEW BEER

Flemish Giant Tripel is the latest release from Hallertau Brewery. This Belgian style strong golden Pale Ale weighs in at a hefty 8.5%. Steve the brewer describes it as having the sweet aroma of banana bread, spices and ripe fruit. On the pallet a generous dose of citrus and pineapple, with a rich caramelised malt back bone. It's named after the out size Flemish Giant Rabbit with label illustration by Otis Frizzell. Available on tap and 500ml bottle.



## SOLJANS ESTATE WINERY

Soljans Estate Winery is holding its annual Winter Wine Fair from 7th - 23rd July 2017. It is the perfect time to pick up some remarkable deals on Soljans award winning wines. There will be the case specials, super winter specials and the desirable \$9.90 bin ends. Check out the "RED STAR SALE" items at the gift shop for your early Christmas shopping. Don't forget to sample the mulled wine, definitely a perfect drink in the cold winter. Following on, indulge yourself with delicate wine and food at the

  
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award-winning Winery Café for brunches/lunches. Soljans Winery café has won repeatedly the Beef and Lamb Award in the country and Trip Advisor's 'Certificate of Excellence'. If you have any questions regarding the Soljans Winter Wine Fair, please contact our Cellar Door on 09 412 5858 or the café on 09 412 2680 to reserve a table.

## PEKO PEKO JAPANESE TAKEAWAY

After over 2 months researching and lots of trials, we are finally using eco-friendly packaging. It's a big change for us and it wasn't easy to decide but finally we made it. Our eco-friendly packaging is made from recycled materials, also lined with plastic made from plants and commercially compostable. We are very pleased to work with New Zealand and Australian companies for this change. It maybe not the perfect solution but we believe that little things would help to our precious environment. Hope you like our new packaging too. Thank you for your continuing support :) Please check our Facebook page for the latest updates. We are a little food truck located at Passion Produce vegetable shop's car park on 92 Hobsonville Rd. Open lunch Tuesday to Thursday 11:30-1:30pm, dinner Tuesday to Sunday 4:30pm to 8pm. Phone order recommended. 022 431 3462.



## THE HERBALIST CRAFT BEER

With the rise in craft breweries, the New Zealand beer category has become a far more interesting scene than it was ten years ago. Rather than the old criteria 'wet, cold and thirst quenching' modern consumers are looking for different hop varieties, malt complexities and interesting flavour profiles. Enter The Herbalist a small local Kumeu based (West Auckland) business run and operated by Rebecca and her husband Grant. Brewing is not new to this family, Rebecca's grandmother home brewed regularly in her old manual washing machine bowl well into her seventies. This husband and wife team have developed a tasty range of the below craft beers incorporating their collective craft beer brewing skills and Rebecca's extensive knowledge of herbs being a qualified Herbalist. Manuka Ale, 5.4% - This highly refreshing ale is finely infused



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with manuka leaves, fennel seeds and burdock root. Rosemary and Liquorice Ale, 5.4% - Infused with a hint of rosemary and liquorice to excite the taste buds and pair to lots of foods. Nettle & Bilberry Lager, 5.3% - Well balanced and layered with subtle and interesting flavours.

Local stockists: Fresh Choice Waimauku, The Bottle-O Huapai, Black Bull Liquor Kumeu, Boric Food Market, Soljans Estate, Hobsonville Kitchen, 4 Square Parakai NEW select West Liquor stores (The Trusts). Visit [www.theherbalist.co.nz](http://www.theherbalist.co.nz); [facebook.com/theherbalistcraftbeer](https://facebook.com/theherbalistcraftbeer).

## THE GALLERY CAFÉ

Café menu but we also have the option of Japanese meals for lunch and dinner to give you the ultimate cultural experience within your meal. Our community is continuously growing and so is our menu to satisfy our customers and keep things exciting for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chef has previously done photography for National Geographic and has some of his work on display for locals to come view and even purchase. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Pop online to our Facebook page ([www.facebook.com/thegalleryjapaneseandcafe](https://www.facebook.com/thegalleryjapaneseandcafe)) too find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.



## EARTHBOUND HONEY

Earthbound Honey was established in 2006 by Terry and Karlene Shaw-Toomey. Their emphasis is on the quality of the raw, organic honey that they produce, rather than the quantity. This also extends to their harvesting and packaging processes. Earthbound Honey produces a premium range of local raw organic honey, collected exclusively by their bees from the coastal pohutukawa groves, dense manuka forests and wildflower pastures of their beautiful valley. They also produce a range of honey vinegars and handmade salves, balms and candles made with their beeswax.

Earthbound Honey is an organic artisan beekeeping business based in the pristine Bethells Valley, North West of Auckland – with its bee hives positioned all the way to the edge of the wild west coast and beyond.

You can find Terry and Karlene every Saturday and Sunday at

*Come and check out our new*  
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their Earthbound Honey stall at the Hobsonville Point Farmers Market from 9 to 1 located at Catalina Bay in Hobsonville Point. [www.earthboundhoney.co.nz](http://www.earthboundhoney.co.nz), Call 09 810 8449 Ext 1.

## NOSHORTCUTS PIZZA

Using thin style pita bread as a base, spread NoShortcuts Thai Tomato, mushrooms and cheese. Bake for 10 mins at 200 degrees. Sprinkle with salt flakes and rocket.

Keep up at Noshortcutsnz on Facebook or noshortcutshutneys on Instagram.



## THE TASTING SHED

The last 12 months have been huge for The Tasting Shed team, with several awards under our belts, some fabulous events, birthday celebrations and weddings, plus our wonderful local and city dining customers. We appreciate your continued support going into the 7th year of our restaurant dream. As usual, we will be closing for a month from Sunday the 3rd of July and re-opening on Wednesday the 2nd of August to give our awesome kitchen and front of house teams a well-earned break over the winter. We look forward to serving you once we reopen in August for what is already looking to be a very busy festive summer 2017/2018. Thanks again, and stay safe on our roads during the cold and frosty months. Best wishes, Jo & Ganesh Raj Phone 09 412 6454 [www.thetastingshed.co.nz](http://www.thetastingshed.co.nz).



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## THE FIREPLACE, KUMEU LAUNCHES NEW WINTER MENU

The Fireplace in Kumeu continues to attract fans from far and wide as it launches into its new winter menu. This menu will focus on hearty dishes, almost comfort food, but with the flair and thoughtful presentation that has always been a hallmark of The Fireplace Restaurant.



The Fireplace has always been the heart of the Kumeu food offering, bringing together a combination of classic flavours with unexpected textures and taste sensations. The dining experience is an ongoing and intriguing journey, offering twists and turns, inviting you to revisit familiar territory while tempting you to explore new destinations. With this in mind, their team of chefs have incorporated seasonal produce into dishes that we all crave during the colder months. Many of the ingredients used in the dishes are organically grown or free range, promoting local fresh produce and sustainability within the area.

The early riser menu will be served from Friday – Sunday 10am -3pm offering big breakfast, eggs bene, corn fritters, pancakes, burgers, fish n chips along with our lunch specials & lite bites menu.

At dinner we have a variety of steaks from the grill, a selection of burgers, and our regular specialties like butter chicken, peccan chicken schnitzel, pork ribs basted in our sticky bourbon sauce, pie of the day, pasta and much more. Check our menus on line: [www.thefireplace.net.nz/menus](http://www.thefireplace.net.nz/menus)

The bar is open 7 days and there is a delectable bar menu to satisfy any appetite with sharing platters and lite bites on offer. As would be expected from a restaurant located in the wine country, at The Fireplace we offer a full range of wines and have just added Heineken on Tap along with Monteith's original and Export Gold.

The Fireplace is located at 64 Main Rd, Kumeu. Phone 09 412 6447. Visit [www.thefireplace.net.nz](http://www.thefireplace.net.nz) for more information. Open Monday - Thursday from 12 noon to late & Fri-Sun 10.00am to late.

## RHUBARB CINNAMON CAKE

50g Butter (softened but not melted), 1 ¼ cups firmly packed Brown Sugar, 1 tsp Vanilla Essence, 1/3 cup Sour Cream, 1 Tablespoon Milk, 2 Eggs, 1 ¾ cups sifted Plain Flour, ½ teaspoon Baking Soda, 1 teaspoon Cinnamon, 300g (3 large stalks) rhubarb cut into 1 cm pieces.

Topping: (mix together), 2 tablespoons raw sugar and ¼ teaspoon cinnamon.

Heat oven to 160 degrees. Grease and lightly dust with flour a 20 cm spring form cake tin.

Beat together the softened butter, sugar and vanilla essence in a bowl until pale.

Beat in sour cream and milk and then add eggs one at a time. Stir in sifted dry ingredients and then add rhubarb. Spoon mixture into the prepared cake tin and sprinkle with the topping ingredients.

Bake for approx. 1 hour 15 mins or until a skewer inserted into the cake comes out clean. Cool in tin for 15 mins before removing to a wire rack to cool completely.



**ePACK** have moved to our new bigger facility at 5 Wookey Lane, Kumeu and we look forward to working with local businesses and the public from our new home.

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# AN UPDATE FROM

JULY '17

# NorthWest COUNTRY

## A MESSAGE FROM NWDBA CHAIR TONY FORLONG



The North West District Business Association is now entering its fourth year operating as a Business Improvement District. While the last three years have been challenging as we have worked to bring together six different townships under one umbrella,

I believe we can look back with pride at what we have achieved.

We launched the North West Country brand and released three of our own videos showcasing a range of activities and destinations across the BID area, developed a website, created six cluster brochures and ramped up our Facebook campaign with great results, all designed to attract visitors to our area and encourage them to come and see the great things we have to offer.

We've worked closely with Council and key stakeholders to ensure our views are heard on important matters. Connecting and celebrating our local businesses has also been a key aim which we have done through our regular newsletters, a business directory which was distributed to local residents, various networking events and our recent North West Business Awards.

We look forward to achieving even more over the next year as we work to promote North West Country.

## IN STORE BROADCASTING

You may have noticed we are currently installing in store broadcasting monitors in a number of businesses around the North West!

The advertising platform includes community and business messages, local events and live feeds (including news & traffic).

This is a fantastic way to support our local community and keep local businesses connected by staying in the know for local events, fundraisers and charities.

The Business Association does not make any money from this - we are simply partnering with Chameleon TV to offer local businesses this excellent opportunity to promote themselves further.

If you are a business interested in advertising on the in store broadcasting platform email Jenny Murray for more information, at: [info@northwestbusiness.co.nz](mailto:info@northwestbusiness.co.nz).



## WHAT IS NWDBA, AND WHAT DO WE DO?

The North West District Business Association (NWDBA) is responsible for leading the Business Improvement District (BID) programme for the North West area, in partnership with the Rodney Local Board. We both share an interest in the local area, and goals that include economic prosperity, community identity and pride.

Specifically, our main objectives are:

- Promoting the North West District as a appealing destination for visitors.
- To encourage and support a sustainable level of wealth and economy.
- Provide access to support, advice and services that allows for growth and retention of businesses.
- Demonstrate that our area is a forward thinking community,

worthy of investment and encouraging of appropriate new development.

- To represent the business community on government and council issues.
- To be a collective and representative voice for businesses in the district.
- Support and encourage new ideas and initiatives conducive to sustainable business and community growth.

The NWDBA receives funding from the business community, through a targeted rate applied and collected by Council, then given to the NWDBA to complete projects, activities and programmes that fit into and achieve the above objectives. BID boundary maps are available on our website, and if you would like more information about this please visit our website and get in touch.

[WWW.NORTHWESTCOUNTRY.CO.NZ](http://WWW.NORTHWESTCOUNTRY.CO.NZ)

# HEALTH AND BEAUTY

## THE EFFECTS OF AN ADJUSTMENT

Dr Heidi Haavik is a Chiropractor and PhD Neurophysiologist. She also is the head of research at the New Zealand College of Chiropractic. She and her team are studying the multiple effects Chiropractic care has on millions of patients. Check out how she explains how chiropractic works:

- A chiropractor checks your spine for joint dysfunction: a part of your spine that is not moving or functioning normally. This is called a subluxation and it interferes with normal brain function.
  - Our brain continuously monitors and integrates sensory information from around the body to accurately perform movements. This integration of sensory information to perform motor commands is known as sensorimotor integration.
  - Spinal function impacts communication between the brain, the body and the environment. It can have an impact on how accurately the brain is able to perceive what is going on and respond.
  - If spinal segments are moving too much this causes background noise for the brain. If they don't move enough, the brain doesn't get adequate information about what's happening in the spine.
  - A chiropractor gently adjusts dysfunctional spinal segments to restore appropriate spinal movement. For the brain, this is like rebooting a computer.
  - This clears up communication between the brain and the body, leading to better function, less accidents and a healthier you.
- Call us on 09 412 5536 at Kumeu Chiropractic, to see how an adjustment could help you.



## WELL THE WEATHER IS GETTING COLDER

Sometimes it is easier to just stay inside and keep warm. I am one of those people who love summer, and was never keen on

winter. But then I changed my perception of winter. I started thinking beyond winter and wondering what I would like to be doing in the next summer. So then I started planting seeds. What did I need to do now that would enable me to have any even better summer? Winter is now a time for regrouping my ideas and challenging my goals. It is a time for me to study and to think what I need to do know for when summer rolls around. What could you be putting into place now that will make your summer even better? Be sure to check out my new courses [lifesuccesscoach.coursegenius.com](http://lifesuccesscoach.coursegenius.com). Kim McNamara Hypnotherapist/ Life Coach [www.lifesuccesscoach.co.nz](http://www.lifesuccesscoach.co.nz). Phone 027 978 5970.

## MY MISSION IS SIMPLY THIS

To help busy woman like you to: Feel better about your health and fitness. Be able to look in the mirror and love your reflection. Wear the clothes you love and look amazing in them. Wake up feeling energised to take on your busy day. Know that you are amazing in everything you are and do. And be a positive role model for the loved ones in your life.

Wither it be one on one personalised sessions or our private group sessions, you will find our boutique studio the perfect place for simply fitness for your busy life.

\$7 for 7 Days Unlimited Private Group Fitness - contact Melissa 021 798 435 or [info@benefityou.co.nz](mailto:info@benefityou.co.nz) to get started.

"Pretty stoked with the results especially as I have made quite small changes to my weekly routine. Thanks for your help Mel!" - Christie M (lost 18cms & each session she shows up stronger, fitter & more determined - love it!)

Want to know more or ready to get started on your own results? Check out [www.benefityou.co.nz](http://www.benefityou.co.nz) or call Melissa 021 798 435 who is more than happy to chat.



## GREAT CONTACT LENS DEAL AT FOR EYES OPTOMETRISTS

Come and visit For Eyes in the Kumeu Village before 14 July, book in a standard eye test with us to organise a free trial of the world-class BAUSCH+LOMB lenses - and you'll receive a free world-class



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sunscreen. T&C's: If your trial is successful, For Eyes can advise you how to order your BAUSCH+LOMB lenses via the SPARKLE app to receive up to \$160 free contact lenses. An additional contact lens fitting fee will be charged which includes training for handling and fitting of the lenses.

## DENTURES - THE NOT SO AWFUL TRUTH

The thought of getting dentures, either a full set or a partial can quite often be a daunting experience especially if it is your first time. Back in the "murder house" days, a lot of people have been traumatised to the point of doing anything to avoid a dental chair; there is this immediate association of painful injections or the uncomfortable feeling of almost choking whilst having your impression taken. The perception of what is involved compared to what we actually end up doing is a lot simpler and straight forward. A lot of patients say 'I wish I'd done it sooner, it was a lot easier than I thought it would be'.



The process and techniques for making dentures have been refined greatly over the decades allowing the process to be stress free and completed much faster with better fits, better chewing ability, all with deceptively natural smiles. Come in and see Mark the Clinical Technician for a free consultation. He will be able to put together a treatment plan for you during which you can ask any questions or talk about any concerns you may have. Call through to the friendly team at DT Denture Clinic, 09 416 5072 67 Brigham Creek Road, Whenuapai.

## SHOE TALK'S THOUGHT ON 'SHOULD YOU WEAR THE SAME SHOES EVERY DAY?'

So is it fact or fiction than wearing the same pair of shoes every day is not the best idea for both your body and the shoes?

- As much as all like to pretend we don't sweat, it's not true and what absorbs this sweat? Our shoes. Sweat contains salt and this will break down the insides of your footwear a lot faster if it is not getting a chance to dry out properly between wears.
- Wearing the same shoes everyday will also increase your chance of a fungal infection.
- Shoes will last longer if they are not being used every day, not only do they have a chance to dry out between wears it also gives a chance for the padded foot beds and other comfort features to revert.
- Different shoes hit on different pressure points. So not wearing the same shoes everyday means different pressure points are

**Shoe Talk**™ we talk shoes

Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Every-thing from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936  
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www.shoetalk.co.nz

activated and also different muscles used in the body.

• For the ladies - don't wear the same heel height everyday this will stop things like your tendons and calf muscles shortening. So yes it's true, don't wear the same pair of shoes every day and the shoes will last longer and your feet and body will also be happier.

## HIBERNATING HUMANS - WHY WHILING AWAY WINTER JUST DOESN'T WORK FOR US

We all know the basics of the bear's survival tradition of hibernation. They eat as much food as possible throughout the summer months to build a layer of body fat to sustain them through a winter spent sheltering from the elements



indoors. Unfortunately it's not just grumpy and frumpy bears that are partial to hibernation. Humans also tend to shirk exercise in favour of a spot on the couch next to the fire during the winter months... but there's one major difference... unlike bears, we keep eating! And it's usually good old comfort food that we're piling into our bellies... pies and puds, roast chicken and curries.

I'm going to get all "personal trainer" on you for just a moment (sorry it's in my DNA)... and I'm going to hit you with this thought: 'summer bodies are created in winter'.

By employing some very simple exercise and nutrition tactics through the winter months you can come out of your cave in spring feeling energetic, lean and healthy without that 'shiver' running down your spine at the thought of your first day at the beach.

I offer a no obligation free consultation to discuss any of your health and fitness goals and would love to help you put an exercise and nutrition plan in place this winter so you can avoid being a 'grumpy frumpy bear' when the sun comes out again.

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Peter Bristow – 6 Pack Dad, phone 027 359 0976, email peter@b3training.com or visit www.b3training.com.

## REFORMER PILATES

If you are familiar with Mat Pilates you will discover that Reformer Pilates is quite different. Using a 'reformer machine,' resistance is added to Pilates exercises via the use



of springs, which form part of the machine and is generally more dynamic and intense than mat based Pilates.

One of the best things about the reformer is its versatility. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the foot bar, perched on the foot bar, perched on the shoulder blocks, with additional equipment, upside down, sideways and all kinds of variations. With just one relatively sleek piece of equipment the reformer can train many parts and dynamics of the body. Exercises promote length, strength, flexibility and balance and there are many reformer exercises for first-time beginners and also exercises that challenge more advanced practitioners.

We are currently offering free introductory classes. Contact us at NorthWest Physio+ on 09 412 2945 or see our website www.northwestphysioplus.co.nz.

## NEW STOCK IN STORE

We are excited! Amazing handmade animal heads have arrived from Spain. Fabulous in a child's room or as a gift for your man-child. Elegant leather goods are now taking pride of place in store. From France - the latest spectacles with clip-ons of every colour and design that make you look like you have a thousand different pairs when it is just a front. Visit Hobsonville Optometrists - Glasses and Gifts. 413A Hobsonville Road. Mon to Fri 9am - 5.30pm and Saturdays till 3.30pm.



## WESTGATE MEDICAL CENTRE

It's winter cold and flu season. Please remember that your best protection is good hygiene – handwashing is the first line of defence. Staying fit, eating well and staying hydrated will all help

as well. Some bugs will get past all your best efforts and Westgate Medical Centre are pleased to remind people that we are offering flu vaccines. Some people will be eligible for a free flu vaccine, just pop into the surgery and discuss it with the nurses. We are also offering Immigration Medicals Monday to Friday. These can often be done on the same day, but for your choice of time please contact the practice to make an appointment. Westgate Medical Centre - www.wgmc.co.nz.

## STRENGTH IS EVERYTHING

Gel Polish usually adds enough extra strength to natural nails for most people however there are some who still struggle with strength and experience frequent breakages.

Good news for you there is a new product out now that can be added to your Gel

Manicure service to give that extra strength needed.

It is in between a gel and acrylic. So stronger than Gel alone but not as thick or quite as strong as Acrylic nails.

It is a quick, odourless product that is applied to your natural nails prior to the Gel Polish and soaks off with the polish at the time of removal. For more information please contact Larissa at The Polish Room, 027 407 2264 or facebook.com/thepolishroom.



## TRIGGER FINGER

What is Trigger finger?

- Trigger finger affects tendons to your fingers or thumb, causing catching and pain with movement
- The tendons that bend your fingers glide through a tunnel called the tendon sheath
- The tendon or sheath becomes inflamed and swollen, causing catching and pain with movement


• Trigger finger is more prevalent in women; 40 to 60 year olds; occurs more frequently after activities that strain the hand e.g. forceful gripping and is associated with certain medical conditions e.g. diabetes

Treatment:

- Splinting to rest the tendon for about six weeks

Trigger Finger






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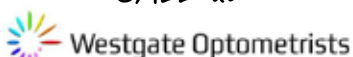
- Avoid aggravating activities while your finger heals e.g. applying pressure to the area by massaging or holding objects firmly; over exercising, repetitive gripping and avoiding contact with vibration
  - A referral may be done to the doctor for further assessment
  - Non steroidal anti inflammatories (NSAIDS) may help with pain
- Hand Institute, 8 Shamrock drive, Kumeu - phone 09 412 8558 or email [mandy@handinstitute.co.nz](mailto:mandy@handinstitute.co.nz).

## MAKE A SPECTACLE OF YOURSELF WITH OUR FRAME SALE

Whether you're noticing a change in vision and think you may need glasses, or if you just want to update your look, now is the perfect time. Receive 50% selected end-of-line frames when you purchase a complete pair of glasses at Westgate Optometrists. Stocks are strictly limited so visit us today to check out these stylish frame selections for yourself, or phone us to arrange a comprehensive eye examination with our optometrists. Offer valid until 31st July or while stocks last. Phone 09 8310202 or visit [www.westopt.nz](http://www.westopt.nz).



SALE at



## SMART PERSONAL TRAINING – KUMEU GYM

“Five Week Winter Transformation Challenge”

With winter here the cold weather has set in, motivation is dwindling and we are setting into hibernation mode, which equals comfort food, lack of exercise and the dreaded winter coat... weight gain! We have created a unique 5 week winter challenge to keep you active, fit and healthy in these times of need.

This 5 Week Weight Loss Challenge is designed to lose unwanted body fat fast and healthily as well as build strength, fitness and confidence.

SMART Personal Training will be the exercise platform in which we physically train and coach all the participants of the challenge to make sure they are getting the best exercise and nutritional information available.

Win the Transformation Challenge and win a Winter Weekend Escape for Two.

To keep motivation and results flowing we will have mini challenges and prizes throughout the five weeks.

Click here or go to [www.kumeugym.co.nz/winter-challenge](http://www.kumeugym.co.nz/winter-challenge) for all the information you will need on the challenge, what's included, what SMART Personal Training involves and how to register.

Challenge start and finish dates: Saturday 29 July to Saturday

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2 September. Get in early Pre-Registration Discount Closes 15 July. Summer bodies are built in winter!

## SECOND CHANCE MIRACLE LEAD TO GETTING PHYSICAL

“I survived a major heart attack - and against all odds - lived through one hour of ambulance worker’s CRP. My doctor later diagnosed me with Coronary Artery Spasm. Then earlier this year I was diagnosed as being borderline diabetic. But after I learned about Club Physical’s 12 week Transformation, it changed my life completely.”



Pulo was the Winner of this year’s Resolution Transformation, trained by Twissteen. He reduced his body fat nearly 11%, his fitness soared and he reduced his weight 12 kilos.

Club Physical’s next Transformation programme is starting soon - call Kathy at Te Atatu 09 414 3976 or Ilse at Birkenhead 09 414 3972.

## MYTH BUSTING – LACTIC ACID IS NOT A ‘TOXIN’, IT’S A MUSCLE FUEL

Ever been told “massage will help flush out your lactic acid build up in your muscles”. Well I am here to tell you that, this statement should have left our mouths years ago and in fact we should all think of lactic acid as our ‘back up’ fuel source.

If we look at basic physiology, massage is unable to squeeze out the lactic acid from our muscles because lactic acid is recycled

Alex Aubone

BDS

☎ 09 281 5005

📍 3 B Matua Rd. Huapai

✉ [info@adent.co.nz](mailto:info@adent.co.nz)

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within our bodies as part of an important energy process called glycolysis.

Let's use an example. If you give your friend a race to say, the car. Due the speed you ran, your muscles were screaming out for oxygen to help keep up with the demand, but because your body could not replace the oxygen fast enough – lactic acid was produced. What occurred at a cellular level was due to the lack of oxygen during the sprint, a chemical called pyruvic acid was converted into lactic acid to provide you with the energy to get you there quickly. When the sprint ended, you would have found your body trying to get as much oxygen in as possible. Once the oxygen becomes replenished then your breathing slows down and any lactic acid in the blood which was not used for energy is then converted back to pyruvic acid in the muscles or liver to be used again. So, you can see that lactic acid does not linger in our muscles; rather it gets recycled to continue supporting our body's energy requirements as we need it.

## BUNIONS

Do you suffer from painful bunions? Or have pain in your big toe joint but not sure why? Can't figure out how to relieve your pain? Or daunted by surgery? We may be able to help you!

What is a bunion? Bunions, clinically referred to as a Hallux Abducto Valgus deformity, are defined by the movement of the big toe moving towards the smaller toes, this can be accompanied by enlargement of the joint or rotation of the big toe. Very severe cases can result in the second toe becoming involved and possibly becoming clawed in alignment. Bunions are not always painful, some people have very severe deformities and no pain.

How do they occur? Hallux Abducto valgus is believed to be caused by instability in the big toe joint. This can occur for a number of reasons - very mobile joints of the feet, flat feet/

overpronation, poor footwear, age, arthritic conditions, previous trauma to the area. Women are more afflicted with bunions than men and they tend to run in families.

Treatment options - Many people believe surgery is the only option for bunion treatment, however, depending on the stage and severity of your bunion there are many ways to reduce pain prior to opting for

surgery. The sooner you implement conservative measures, the better your results and comfort are likely to be. Treatment is revolved around creating stability for the big toe joint, this is achieved first through changes in footwear and orthotic devices, then through addressing weaknesses in the muscles of the foot through strengthening exercises. In some cases, mobilisation of the surrounding foot joints is indicated to decrease pressure on the big toe joint.

If you are concerned about your bunions or have pain in your forefoot but you're not quite sure what it is, why don't you give us a call at Hobsonville Podiatry - 09 390 4184.

## HOW IS YOUR NON-EXERCISE MOVEMENT?

Have you heard of Non-Exercise movement? Simply put, this is all of the movement you do that is not associated with traditional exercise, like going to the gym, playing sports etc. Unfortunately our lifestyles have become more and more sedentary and this



is not good for our overall health. Even if you exercise 3-4 times a week, it still may not be enough to counteract the negative effects of a predominantly sedentary life. Adding in some non-exercise movement to your day can do wonders for your body. It can even help you lose weight through NEAT (Non-Exercise Activity Thermogenesis). To find out more about this and learn 28 ways to add some movement into your day, visit our blog page on the website [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz), your body will thank you for it. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

## HAND EXAMINATION

It is often said that a doctor should start to evaluate a patient as they enter the consult room. Indeed, I suspect even on a subconscious level this behaviour is true for most doctors. One can tell a lot about a patient before they speak: their age, whether they have a smile on their face, or whether they are stressed or in pain.

One of the first things I was taught at medical school when examining a patient was to start with the hands. There is a huge

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amount of information found in a patient's hands. I thought the examples below may be of interest.

**Cigarette stains.** Yellow nicotine stains on the tips of the fingers-usually the index and middle fingers. This is a sign that a patient has smoked for many years and therefore has obvious long term health implications.

**Nail changes.** Believe it or not, there are hundreds of medical conditions which cause changes to the nail structure. Entire text books have been devoted to the study of nails. Examples include small pits in the nails which appear in patients with the skin disease psoriasis; Beau's lines-horizontal ridges which may form in the nails when a patient has been subjected to malnutrition or been treated with chemotherapy. Fungal nail infections cause the nails to turn yellow. These infections are usually harmless but can be unsightly and can take many months to treat.

**Finger clubbing** is always talked about in medical school but in fact is rarely seen. The reason why it is drummed into medical students is because it can be caused by so many medical conditions: liver disease, respiratory conditions and heart problems to name but a few. Finger clubbing is when the end of the fingers and nails turn club-shaped. It can in fact be present from birth with no specific cause. I myself have only seen a handful of cases in my entire medical career.

**Palmar erythema** is a redness which develops on the palms. This is usually pain-free and can be caused by many things such as liver disease, an overactive thyroid or a normal pregnancy.

A fine tremor of the hands can be caused by both anxiety and an overactive thyroid. Often if you feel the radial pulse of a patient with these conditions (the pulse in the wrist), it will be raised (over one hundred beats per minute).

I could write for hours about the examination of a patient's hands. I look at my own nails and roll my eyes as I have the typical nails of a nail biter!

So when you next see your doctor, although there is only a limited amount of time you can spend in the consultation room there is a lot more going on than meets the eye. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

## HOW DID GEOPATHIC STRESS AFFECT US?

Testimonial from Kimberley; Recently we moved into our new home, but while much larger, the energy didn't feel quite right. My husband and children weren't sleeping, and it wasn't supporting me working at home. All of us were getting edgy, which is probably because we were used to a home that felt warm and nurturing, whereas our new one felt lacking in support, disharmonious and out of alignment. A quick call to Nicky (on the recommendation of a friend) saved us! Warm, caring and totally professional, within a week Nicky had us sorted. Now my friends regularly comment on coming over what a lovely energy our

home has. Thank-you Nicky, I'll be continuing to recommend you to friends and family. Make sure your home is warm and welcoming and it is not causing you any health issues. Clear Energy Homes [www.clearenergyhomes.com](http://www.clearenergyhomes.com) Nicky 021 545 299.

## GETTING FREQUENT HEADACHES? HAVE YOU CHECKED YOUR BLOOD PRESSURE?

There are plenty of reasons why people get headaches. Most of the headaches are benign and are classified as tension type headaches. There also migraines and cluster type headaches. Not dangerous either, albeit often disabling. There are other ones though, that could be more serious. In our clinic we regularly pick up a headache that is related to increased blood pressure. Blood pressure of 120 mm top and 80 mm bottom is considered ideal for most people. When it raises over 140 (top) or 90 (bottom) it is called hypertension and needs attention. Medical science believes that hypertension doesn't cause a headache (until the pressure is raised very high). In our clinic, however, we often notice increased muscle tension in the neck and stiffness in the cervical spine that could be related to the increased blood pressure and thus contributing to the headache. If left untreated the increased blood pressure may increase the risk of heart attacks and strokes, especially as we get older. At the Family Osteopathic Clinic we can check your blood pressure and find out whether your headache might be caused by the tight neck muscles or stiff vertebrae. Osteopathic manipulation can gently help to release the tension and mobilise the stiff joints. You can see us at 39 Hobsonville Rd. For an appointment call 09 416 0097.

## PAMPER EXPERIENCES FOR TWO AT SPA DI VINE

Want to do something pampering and relaxing with a friend, sister, mum, partner? Just book a spa escape for two at Spa Di Vine.

The Friends Escape is a shared experience which includes soaking in the spa with a glass of bubbly or juice, side by side back massages, facials, hand massages and lovely refreshments afterwards – just \$389 for two. The friendly team at Spa Di Vine can also advise and even tailor make a package, according to your wishes. Phone Spa Di Vine on 09 411 5290 or email [relax@spadivine.co.nz](mailto:relax@spadivine.co.nz) to book. Spa Di Vine, open by appointment, 12 Taylor Road, Waimauku, [www.spadivine.co.nz](http://www.spadivine.co.nz).



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# AREA COLUMNISTS

## PLAN AHEAD & ESCAPE FOR THE SCHOOL HOLIDAY 2018

Please see a choice of 3 cruises all departing in the April school holidays ex Sydney, round trip, as below:

Quotes are in NZD for a family of 4, based in 2 adults & kids 11 & under, and are subject to availability at the time of booking.

I can of course quote on your individual family scenario - just advise and I will e-cost accordingly.

7 nights on Royal Caribbean's Explorer of the Seas departs Sydney on 15 April 2018 to 2 ports, Lifou Island & Noumea, New Caledonia, from NZD \$ 6529 for an Inside cabin (no window) for 2 adults & 2 kids in a quad share cabin.

5 star - family fun - slides, ice skating rink, Flowrider (12m surf simulator), rock climbing walls, minigolf, pools, poolside movies etc.

8 nights on P&O's Pacific Eden, departs Sydney on 16 April 2018 to 3 ports, Noumea, Mare & Isle de Pines, from NZD \$ 4829 for an Inside cabin (no window) or from NZD \$ 5459 for an Oceanview cabin for 2 adults & 2 kids in a quad share cabin.

BONUS: Includes a FREE Drinks package (house wine/beer/soft drinks) AND a AUD\$150 cabin credit and free wifi. Wow! Amazing bonuses for a GREAT price.

8 nights on Carnival's Spirit, departs Sydney on 21 April 2018 to 3 ports, Noumea, Mare & Isle de Pines, from NZD \$ 4349 for an 'inside' (no window) or from NZD \$ 4539 for an Oceanview cabin, or NZD \$ 5129 for a Balcony, this is still for 2 adults & 2 kids in

a quad share cabin.

4 star - family fun - slides, rock climbing walls, minigolf, pools, poolside movies etc. Well priced for 8 nights & 3 ports.

Note that these ships all have several ages of Kids clubs & Teens clubs to cover all ages. The teen clubs are really just safe hang out areas with video games, dance floor area, non-alcoholic bar, lazy lounge etc.

All meals, evening entertainment/shows & most activities are included on board. Some surcharges will apply for some activities

Auckland/Sydney/Auckland Flights are additional.

Please contact me: Tanya Franklin, your local Travel Broker, a member of helloworld, on 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday! Please take a moment to check out my website to find out what the current deals are: [www.thetravelbrokers.co.nz/tanyafranklin/aboutme](http://www.thetravelbrokers.co.nz/tanyafranklin/aboutme).

## E-PACK IS PACKING UP OUR OWN STUFF AND WE ARE ON THE MOVE

18 months after setting up in business e-pack is moving to our new facility at 5b Wookey Lane, Kumeu on the 1st July

Since we started we have had huge support from the local community shipping everything from saddles to car parts, chairs and cakes. Thank you.

In May this year Kathy and Mike and the team were really humbled to have won a Highly Commended award in the North West business awards and are nominated for the Westpac awards.

Since then the company has taken on several new large companies to do their fulfilment work for them so we need more space to grow into.

e-pack works with online sellers by receiving their products, storing them and then shipping out as they sell online to customers around New Zealand and the world, this saves business time and money and allows the owners to focus on their business growth launching new products and working on their business not in it.

With over 2000 shipments leaving e-pack every week we benefit from discounted rates from the courier companies and these we pass on to our customers, whether you are a business or a local.

We ship everything from a DLE size track pack to a pallet size item, we can pack and wrap pretty much anything.

We will be the same old e-pack but with better facilities we can provide even better service levels and support the locals even more. Our business goal is still to support small to medium businesses in the area be as great as they can be

We will be opening our new Islands Direct outlet store in August with a range of products from books and DVD's to home-



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ware, clothes and bedding, all brand new and all at prices as much as 80% less than RRP To check out some of the items look us up on trade me as we have nearly 2000 positive feedbacks from happy customers.

If you have an online business in the area come and talk to us about how we can bring value to your business, it costs nothing! If you sell on trade me and need a way to ship what you sell we are always happy to quote you before you list your items. e-pack - making shipping easier from the northwest.

## HAPPY HEARTS

During May Sports4Tots ran a super cool bunch of fast paced games with the 3 and 4 year olds at Happy Hearts – Riverhead Early Learning Centre. Everyone was quite excited to give Coach Lee's games a go. He made them exciting by telling stories or



linking the actions to animals. We all bounced like kangaroos to kick cones over with both our feet at the same time, working on our core strength. We caught mice (tennis balls) in our traps (cones) improving our hand eye coordination and accuracy. We were in flocks of birds and had to collect the correct coloured eggs (mini bean bags) and return them to our nests (hula hoop), this game used matching colours and teamwork.

It is important for young children to learn confidence and how to play well with others. The games we played were non-competitive and designed to provide everyone with the opportunity to participate at their own ability/skill level as well as providing foundation skills for the athletes of the future. Through enjoyment children learn to love sport providing a spring board into future sports participation. We learnt about sportsmanship and how it's nice to help our friends.

At the end of the session Coach Lee gave us all a stamp for being "good sports", for listening well and for having fun with him. All the children who participated came away with a smile on their face and a good attitude towards physical activity. There were lots of laughs and a great afternoon was had by all.

## ACCOMMODATION AT BETHELLS BEACH

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sand dunes and the sea. We have recently added a luxurious Queen size tilt down bed in the lounge. Cleverly designed, this readymade bed tilts up to reveal the normal sofa underneath and enables us to better cater for 3-4 people.

We offer an environmentally-conscious yet luxurious escape, and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat. Explore the bush walk with its bridges, board walk and stream. Walk or take the 10 minute drive to the beach or Lake Wainamu. Enjoy our late departure policy after visiting the glow worms in the evening.

We offer assistance to guests walking the Hillary Trail, and co-operate with another B&B at Karekare. We are great at tailoring what we can offer to suit individual needs. Just let us know how we can help.

For further information, please contact Lyn and Alan 09 8109 584, 021 155 7443, bushsandandsea@gmail.com or www.bushsandandsea.co.nz.

## DELIBERATE LIVING

A context that I work in and live my life by; that everything in your life bar nothing, your friends, your living environment, your car, job, your body and your health, is a direct reflection of current thinking. They're all examples of our beliefs and perceptions and emotions. (Yes, even illness). Unconsciously or consciously we are creating our world. It's like things are coming at you at the 'level' you are at. Our lives are transparent really, as everything in them equals how we are thinking and feeling and being and it's very hard to suddenly outgrow or become more than our beliefs about self.

I believe in expansion. I believe we were put here to create and

to express. I believe we don't ask 'what do I want' enough. I think we deserve to express and expand in every area of our lives. We deserve a better everything because we exist and for the simple fact that it's a joyful thing to do.

How would the wisest version of you think? A different level of thinking costs nothing and gives us a lot more power. Few of us are practiced in this. We hold all the power and don't realise it. We let habit and emotion rule us. Most of us know what we don't want. We hold more conversations in the name of 'what we don't want' than what we do. The news every night affirms to us what we don't want. Headlines in the paper, statistics and fear about the latest cancers and obesity – messages in our society don't help. Psychologists say that the majority of our thoughts are moving us away from what we want. They are not in line with healing, with a better body, with health, with the money we want, with solution! We just don't understand what types of thoughts move us in the direction of happy. And from what science and physics are telling us, we better get on board with this idea as our thoughts are communicating with every cell in our bodies – affirming every thought and emotion we feel.

Changing our beliefs and thoughts is easier than you think. After all – believing that it's hard is only a belief. It's about getting another emotion going – one that you go to more often than the old one. Our lives and bodies are responding to our emotions. I call it our way of 'being'. In every moment of every day you are 'being' something. You're either being equal to what you want or you're being equal to not having it. There are two subjects to every subject – having it and not having it. Finding the emotion in line with already having that thing is a great place to start. Because all of this is just words, it's just good dinner conversation until you actually do it! Finding the sweet spot of emotion and holding it is amazing. Do it for what you're creating but also do it for the joy it brings in that moment. This



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## NATURE'S EXPLORERS KINDERGARTEN: OUR CHILDREN HAVE A PASSION FOR LEARNING

Our environment is set up to provide opportunities for children to learn at their own pace and be a part of the everyday planning of activities. We have many areas at Kindy where children can sit down alongside friends or teachers and take part in pre literacy skills preparing for school.



If this is something you feel you would like for your child pop in and see us at: 1 Maude Street Riverhead or give us a call on 09 412 8800.

## EDUCATION FOCUS: WHY TEACHING IN SMALL GROUPS IS SUCCESSFUL

Many schools and tuition centres use small group teaching because:

- A shared sense of purpose is contagious. Children work better when others around them are focused, active and proud of what they are achieving. Children focus better in small groups.
- Children need to become independent learners. They will achieve this faster and more effectively if they are shown how to do it and then do it on their own. In a small group situation, the teacher can more easily monitor their progress.
- It is less threatening and therefore better for learning when children are given more space and time to process new learning.
- In a small group, children can more easily model the positive learning behaviours of others.
- Children will then move more confidently from a small group setting to the larger classroom group.

For more information on the benefits of small group teaching, contact Lynne or Roy at the Kip McGrath Education Centre Westgate. Phone 09 831 0272.

## PHELAN'S RODNEY LOCAL BOARD UPDATE

During the recent consultation meetings the Local Board held on our draft plan one of the issues I frequently came across was

people frustrated by the perception that they get nothing for their rates and yet we were asking for them to support a Rodney Targeted Rate for transport initiatives.

Explaining council finances and how your rates are spent is not something that can be done in a few minutes and indeed I've noticed people's eyes glaze over quickly when I've attempted to do this at public meetings.

Council spending and management of your rates is an important issue that deserves an explanation, even if it can't be done in a politically convenient media-friendly 30 second soundbite. Over the next few months I'll attempt to explain how Council operates and what you get for your rates. The intention is to explain how it works, not defend it, no system of government is perfect, we can always do better and Auckland Council is no exception.

The reality is that unless you're planning to live like a hermit on your property the moment you step out the front gate you're going to be using the infrastructure and services your rates pay for, more on that later.

Taking a step back it's important to understand the difference between Central Government finances and Local Council finances because many people think they're virtually the same thing.

Central government levies taxes at set levels, GST and income tax are at fixed rates. It collects the income and develops budgets to spend that money. If the tax take is higher than the expenditure, then they run a surplus which can be used to pay down debt or, as we have seen recently, cut taxes and distribute more of that money to areas of need. If the economy is doing well, companies do well, pay rates go up, more people are employed, they spend more money, and therefore company tax, PAYE and GST payments to government go up as well. Recently the finance minister noted that Auckland Council needs to operate like Government, run surpluses and pay down debt so it has more money for infrastructure. I'm sure he didn't mean that as he would know how council finances work.

Council operates completely differently. Every year the Mayor and Councillors develop a draft budget that is usually based around political promises around the level of rates increase. The Mayor promised a rates increase no more than 2.5%. A budget was prepared, sent out to public consultation and has just been approved. Council then takes that budget and shares it out across rateable properties across Auckland based on the value of each property. By law this is a process all councils are required to go through every year, seeking public approval of its annual budget.

Council doesn't get to run a surplus unless it can make savings in the budget it proposed, and this will be done by cutting costs in the form of staff reductions and services it carries out, something that in council-speak are called 'efficiency gains'.

It's important to point out that when a Mayor and Councillors talk about "2.5% rates increase" this doesn't mean that every-

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one gets a 2.5% increase on what they paid last year, if their property value went up significantly they may end up paying more because the calculation is based on property value not the services we use or the number of people using the property. Rural properties pay a lower level of rates, 80%, than an urban ratepayer, businesses pay slightly more. Whether rates are a fair form tax or a suitable way of financing a council in a city growing at Auckland's rate is open to debate, however this is the only way Council has been given to raise funds apart from fees and borrowing.

Next month I'll explain how money is allocated and spent, and the following month drill down into local detail on what we're getting in Rodney for our rates.

Questions, comments or need help on an issue? Email me at [phelan.pirie@aucklandcouncil.govt.nz](mailto:phelan.pirie@aucklandcouncil.govt.nz) or message me at [m.me/phelanpirrie](https://www.facebook.com/m.me/phelanpirrie). Phelan Pirrie, Deputy Chair, Rodney Local Board.

## KUMEU COMMUNITY – WHAT'S REALLY IMPORTANT FOR OUR YOUNG CHILDREN?

At Country Bears we are very aware of the extent to which the community is growing with an increase of new early childhood centres. We have always endeavoured to retain our innovative edge and remain true to our core values. To provide the very best start for the children of our community and to do this in a way that promotes respect, initiative and confidence, in a natural outdoor environment.



More recently we have revisited our own beliefs, the original reasons for doing what we do. We believe that over the 24 years since our opening, social changes have had a dramatic influence on our young children; we need to return to some of the simple values that can be lacking and avoid the commercial traps. We are fortunate enough, here in Kumeu, to live in an area rich in space and sense of community; these are critical ingredients that we feel should be treasured and need to be preserved. At Country Bears we provide an outdoor experience for children to build a foundation for a love of learning through discovery of the wonders of nature. Our emphasis is on nature as a vast and wonderful classroom, encouraging empathy and respect to all living things through relationships and connections to Papatuaanuku (Mother Earth).

We want our children to learn a love of the outdoors, appreciate and respect our environment and the lessons that nature provides. Being set amongst the trees, open spaces, ponds and waterways, we are privileged to be able to promote respect, trust and a sense of exploration through creative and inspiring natural experiences.

Children are challenged to learn together and collaborate, then as individuals, to question, to explore and foster an appreciation for nature. They need to learn to evaluate a given situation, take a risk, and make a few mistakes. This will enhance their physical confidence, emotional intelligence and develop strong relationships. Our wish is to develop confident young children with an enthusiasm to learn and to share their love of play and exploration.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: [www.facebook.com/cbearsecc](http://www.facebook.com/cbearsecc). Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu 09 412 8055.





Remember adventuring everyday in a diverse natural environment, immersed in nature; playing confidently amongst the trees, paddocks, vege gardens & treehuts?  
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### MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Sat 1 Jul	03:15	09:40	15:46	22:02	-
Sun 2 Jul	04:10	10:36	16:42	23:02	-
Mon 3 Jul	05:07	11:33	17:41	-	-
Tue 4 Jul	-	00:04	06:04	12:31	18:40
Wed 5 Jul	-	01:03	07:01	13:27	19:35
Thu 6 Jul	-	01:57	07:54	14:18	20:24
Fri 7 Jul	-	02:45	08:41	15:03	21:08
Sat 8 Jul	-	03:28	09:24	15:44	21:47
Sun 9 Jul	-	04:07	10:03	16:22	22:24
Mon 10 Jul	-	04:45	10:41	17:00	22:59
Tue 11 Jul	-	05:22	11:17	17:37	23:35
Wed 12 Jul	-	06:00	11:55	18:15	-
Thu 13 Jul	00:13	06:39	12:34	18:54	-
Fri 14 Jul	00:52	07:20	13:16	19:37	-
Sat 15 Jul	01:35	08:05	14:01	20:23	-
Sun 16 Jul	02:23	08:54	14:52	21:16	-
Mon 17 Jul	03:16	09:48	15:49	22:16	-
Tue 18 Jul	04:15	10:49	16:53	23:23	-
Wed 19 Jul	05:20	11:55	18:01	-	-
Thu 20 Jul	-	00:32	06:28	13:02	19:11
Fri 21 Jul	-	01:39	07:37	14:07	20:16
Sat 22 Jul	-	02:40	08:41	15:05	21:14
Sun 3 Jul	-	03:36	09:38	15:58	22:06
Mon 24 Jul	-	04:27	10:30	16:47	22:54
Tue 25 Jul	-	05:14	11:18	17:34	23:40
Wed 26 Jul	-	06:00	12:03	18:18	-
Thu 27 Jul	00:23	06:45	12:46	19:01	-
Fri 28 Jul	01:05	07:28	13:28	19:44	-
Sat 29 Jul	01:47	08:12	14:12	20:29	-
Sun 30 Jul	02:31	08:58	14:58	21:17	-
Mon 31 Jul	03:18	09:48	15:50	22:13	-

Source: LINZ

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

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

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**WHERE:** In store at helloworld Hobsonville

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