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Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

RESPONSIBLE FISHING

- Pet tips & advice
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- Property market report

NEW PRINCIPAL KEEN ON COMMUNITY INPUT

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

July 2018

Intro

Welcome to our July edition! Winter is here, and with the colder weather and shorter days we all need fun, free indoor activities! Kumeu Library has some great events for both children and adults coming up over the winter. For adults, they have a winter craft series: come and create, craft and socialise on Saturday afternoons from 2.00 to 4.30pm. Sessions will alternate between learning a new craft and bringing your own project to work on. The first project on Saturday 30 June is crocheting granny squares, which will be joined to form a blanket to be donated to "Give a Kid a Blanket". They can supply you with a yarn and hook kit for \$4.00, or you can bring your own DK wool and 4mm crochet hook. Dates for the Winter Craft Series: 30 June, 14 July, 4 August, 18 August, 1 September, and 15 September. And Kumeu Library is running fun, free events for children every day during the July school holidays. Their theme is "Building Heroes", and every day there is a different activity based around the theme. These activities take place at 10.30am every day, except for Thursday 19 July when they have an extra special Super Heroes event at 6.15pm. Bring a torch and a soft toy, and find out what happens when the library lights go out. To keep up with all Kumeu Library's events and news, follow them on Facebook (www.facebook.com/kumeulibrary).

This July the Kumeu Arts centre have an exciting exhibition by multifaceted artist and designer Samantha Stokes. 'A Song of Land and Sea' promises to be 'a rich exhibition experience celebrating the wildness and beauty of our native animals and landscapes'. Samantha will display large, digitally created works and share her process in video content. Creative Matters will hold workshops for Children to accompany 'A Song of Land and Sea', along with other fun topics during the school holidays. Then starting on July 23rd they have an exhibition of drawings produced by their members'. Drawing equipment will be available in the gallery for the duration of the exhibition. Or, why not come and celebrate Matariki with experienced fibre artist and educator Ruth Woodbury to create beautiful woven flowers on Sunday July 1st. So come along and discover Kumeu Arts Centre - 'the hidden gem' in your community www.kumeuartscentre.

Soljans Estate annual winter wine fair is coming up, and they will be offering a variety of great wines at even greater prices. From the 6th till the 22nd of July they will be holding their biggest annual wine sale, showcasing some of their library wines and presenting some exclusive case deals along with end of line bin ends only available in their cellar door during the Winter Wine Fair. In addition to the wine show, Soljans Café is open 7 days a week, now serving their warming winter menu, perfect for these cold winter days. Relax by the fire and enjoy your time at Soljans. To reserve a table for a warm winter get together call 09 412 2680.

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

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PEOPLE & PLACES

NEW PRINCIPAL KEEN ON COMMUNITY INPUT

Stories by Geoff Dobson.

It's a long way from Thunder Bay to Huapai – 13,372km in fact.

And new Matua Ngaru School principal Diana Wilkes has certainly travelled a roundabout route to get here.

Hailing from Thunder Bay at the tip of Lake Superior in north-western Ontario, Canada, Diana has visited nearly 55 countries and is here because she met Kiwi husband Crispin Lockwood when both were teaching in South Korea.

Her story is as interesting as the history behind the Gilbransen Road full primary school's name, derived from a Ngati Whatua chief's vision of a great wave coming up the Kaipara River.

The chief saw changes happening to his iwi's riverside land and climbed nearby Pukeatua Mountain seeking guidance.

His vision prompted the village to move beside a track cleared in preparation for future changes – the track later becoming the northern railway line and its road crossing Matua Road.

The school's full name, Te Kura Tuatahi o Matua Ngaru, refers to that vision and the "wave of change", of which Diana is a part.

With a Master's in Educational Technology from the University



of British Columbia, plus a science degree, she first worked at a full primary school in a native Indian reservation north of Thunder Bay.

Diana then taught English in Korea for three years, where, after meeting and marrying fellow teacher Crispin, she travelled with him to Auckland. Crispin taught at Glenfield College and Diana at Murray's Bay Intermediate before journeying to the Middle East where she worked as a science, information and communications technology advisor.

Both worked for Auckland-based Cognition Education, involved with education reform worldwide.

After a year in Kuwait, the couple travelled extensively.

Returning here, Crispin took up an education advisory role with Microsoft.

Diana was the Northern Assistant Regional Team Leader for Learning with Digital Technologies with Te Toi Tupu for 2.5 years, supporting more than 100 schools.

She became Ormiston Primary School foundation deputy principal in 2015 and has borrowed heavily on her experiences to bring the wave of change to Matua Ngaru School.

Embracing culture, local iwi and community collaboration, Matua Ngaru opens in February with an emphasis on adaptability.

Schooling used to be the "three Rs" (reading, writing and arithmetic), but Matua Ngaru has the "four Cs" as its cornerstone.

These are collaborative (where pupils discover, create and direct their learning – connecting with whanau and experts in exploring their individual and collective identities), curious - using immersive and self-directed learning, creative and communicative (sharing learning).

Learning is in an open plan forum known as "kainga" (meaning home or quarters) or "habitats".

School kainga or houses will be named after the sperm whale, octopus, Maui dolphin and hammerhead shark - well known in this area.

Interest is strong, with 39 enrolments taken on the day pre-en-



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enrolment forms were distributed.

Diana says the Ministry of Education has funded the school to start with 176 pupils up to Year 8, with about 10 staff initially. It's later expected to rise to 560 and eventually around 700.

The school incorporates a satellite of the Arohanui Special School and is likely to join the Kahui Ako (Community of Learning) which comprises eight primary schools and one secondary. Before moving to the school in January, Diana and staff in senior roles are based at Huapai District School, working with its principal John Petrie.

Diana says it's a partnership which will continue.

She says 2019 will be an exciting year with the new school opening and Huapai District School celebrating 100 years.

Matua Ngaru is developed under a public-private partnership, which means Diana doesn't have to spend valuable time on property aspects.

Diana and her team, including iwi representatives, have been in close communication with the community. A public consultation day on June 7 attracted more than 100 people.

Feedback is sought on the school, including a likely uniform.

"It's still early days yet," says Diana who's keen to take on board the community's views.

Diana says a flexible working environment still means "teachers will teach".

The leadership team includes deputy principals - aka 'associate leaders of learning' Kirstin Anderson-McGhie and Wendy Ness, lead learning coaches Michael Davidson and Heike Micheel, and office administrator Amanda Culverwell.

"Our school curriculum will be grounded in the New Zealand curriculum and framed around both the 4Cs and 'adaptive expertise' - developed through guided learning, action learning and experiential learning," Diana says.

"For us it's about building confidence in the community that we're still educators and hiring the best learning coaches (teachers) New Zealand has to offer."

She's unsure whether the school will have a full PTA model.

While a school pool is unlikely, it will have a multipurpose hall and two playgrounds, including one for Arohanui pupils.

Two sports fields, basketball and netball courts, and use of the adjoining Huapai Reserve, provide activity space.

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

Enrolments begin in Term 3 and a pre-enrolment form is available on the temporary school website sites.google.com/matua-ngaru.school.nz/ebot/home and Facebook page.

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

Diana commutes from Birkdale and, with Crispin, is eventually considering moving to the area.

Both enjoy motorcycling, scuba diving, snorkelling and travel-

ling.

MURIWAI TO CEMENT LIFESAVING TIES WITH UGANDA

A first mission to help save lives in Uganda is bringing further commitment from the Muriwai Beach Volunteer Lifeguard Service.

Club lifeguard leader Tim Jago spent several weeks

there in April and May, setting up water safety programmes.

He's heading back with a team in late October to expand on the work.

Tim hopes to take two or more other west coast lifeguards with him to help with training.

Uganda has the sixth highest drowning toll in the world with more than 8000 water related deaths annually just around its lakes - including the second largest lake in the world, Lake Victoria.

Many of them are in the Buvuma Islands district where Tim's team will provide an outreach programme for 100 adults and 300 children.

"The Buvuma Islands are similar to our Bay of Islands or Marlborough Sounds, except they're surrounded by freshwater," Tim says. "There's more than 50 islands and about 100,000 people live there with up to three drownings a week."

Tim says none of the 110 police there can swim, and they have to hire a private boat to get to a drowning scene "which can take a day or two".

Most Ugandans are not good swimmers and are scared of the water, and few know basic resuscitation, he says.

He says what started as a request from Swim Safe Uganda to help train a group of aspiring lifeguards became an intense five weeks - three of them abroad and the rest spent in preparation and then responding to later requests and working towards the next trip.

The October to early November mission involves much more training and education.

"We're doubling the effort from the pilot programme," Tim says.

"Next time we'll do 40 or 50 sessions."

Tim says initially he had little idea what Swim Safe Uganda was or did.

"Yes, some can swim, a few very well - but there's no other training that I've seen."

Of the 22 lifeguards Tim met, only one had formal training, and when he asked who could do cardiopulmonary resuscitation (CPR) only two hands went up. When it came to how to rescue a pool patient, Tim says he met "a wall of blank looks".

Further questioning revealed most became lifeguards because





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they needed a job, some moving from pool construction and even pool maintenance to the task.

"One or two were high school or university swim coaches, so they became lifeguards as well."

Tim says it's important the Ugandans learn swim survival, CPR and other skills which can be passed on, so the next generations are taught the proper methods.

Tim says with top police and government people meeting him on his visit, the incentive and support is there. "It will take about two generations of Ugandans to get comfortable about swimming and to have the appropriate skills," he says.

He says it could take at least ten years for Uganda to become self-sufficient in lifeguarding and water rescues.

Agreements or memorandums of understanding (MoU) have or are being signed among the various parties to further water safety training and education there, with New Zealand set to play a major role.

"We've got their government and council support to proceed," Tim says.

The first day Tim was there, a Ugandan health representative met him and stayed on for seven days. Two assistant inspector generals with the police also attended meetings and sessions. Representatives from the World Health Organisation – which is initiating a drowning and injury prevention programme, education ministry and Scouting also took notice.

"Scouting there has 2.5 million kids and they're well supported," Tim says. One of the people he met was the Scout's chief executive officer.

Another surprise for Tim was learning that the average Ugandan's life expectancy is around 59, compared with about 81 in New Zealand.

So what was supposed to be a fact finding mission turned into about 16 days of non-stop work, Tim says.

For five days he helped teach 22 people, accrediting eight pool lifeguards, eight open water lifeguards, four community first responders/educators, and two instructors.

They're pictured with Tim, top right, along with WHO, police and Scout representatives.

Tim says much would have been impossible without the support of groups like Waimauku Lions and Kumeu Rotary, Surf Life Saving Northern Region, the Muriwai Volunteer Lifeguard Service, and generous donations from many fellow lifeguards and friends.

He says fundraising, which included a Givealittle page, met his airfares, travel insurance and accommodation costs, but more is now needed for the return trip.

"I came home utterly exhausted but truly inspired by the Swim Safe Uganda team, the powerful network of stakeholders they are surrounding themselves with, and the fantastic people I got to work and socialise with," Tim says.

He says there is more New Zealand-Uganda collaboration to come, and the opportunity for several emerging lifeguard lead-

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"But more about that later."

To support the next lifeguards' visit to Uganda contact Tim on tim@promotion.co.nz or phone 022 620 2118.

STORM LESSONS FOR ALL

April's storm has long gone but the winds of debate around it are still blowing.

"This was the biggest power outage in New Zealand's history," Auckland Emergency Management director John Dragicevich told about 30 people at a meeting of key stakeholders called on June 8 by Helensville MP Chris Penk.

More than 180,000 electricity customers were without power at the storm's height on April 10. Wind levels were the big surprise, gusts of up to 213km/h recorded at the Manukau Heads, snapping and uprooting trees.

About 120,000 customers had power restored within the first 16 hours, but in some parts of the north-west and west people did not get their power back for 10 to 12 days

The meeting, which included ratepayer, police, power company, welfare and local board representatives, covered lessons learned from the storm and discussed ways of avoiding or mitigating any similar problems in future.

Issues centred around power supply – including maintenance of trees and lines, communications and essential services such as water, toilet facilities and medical needs.

On the latter, Radius Taupaki Gables rest home facility manager Laurel Winwood told the meeting the storm was "huge" for them.

"If we hadn't got the last generator in Auckland we would have been evacuated by the district health board," she says.

Laurel says they had vulnerable people both in their facility and in the local community affected by the power cut. The generator was in use shortly after the power failed, but electricity wasn't restored until nearly 12 days later, she says.

While Taupaki Gables has a "robust" disaster plan which ran very well, little feedback was available about power supply, Laurel says, adding that communication with power suppliers was difficult.

The meeting heard that one of the issues was a lack of information, that some agencies did not supply the information needed to make informed decisions.

Chris Penk says that may require legislation changes through the Government to ensure all information is readily available in an emergency.

Even declaring a civil defence emergency may be insufficient at present to obtain some of the necessary information, the meeting heard.

A Vector representative told the meeting its outage app was overloaded during the power cuts, but has since been reinstated.

That prompted Rodney Local Board deputy chairman and Murirai fire brigade station officer Phelan Pirrie to say the app was academic in his area as cell phone coverage was also out at the time.

He says brigade members had to door-knock to see how people were faring, something other communities like Taupaki also undertook.

The Waitakere fire station was opened for hot water, showers, cell phone charging and other relief following the storm. The meeting also acknowledged others – churches, gyms and cafes among them – that opened their doors to the public in similarly

generous fashion.

While some of the talk covered the risk of tree branches overhanging power lines - particularly around tree ownership and who should do or pay for the work, most at the meeting were more concerned about communication during such storms.

All were keen to ensure full information and better communication are available during any future storms and disasters.

AUTHOR URGES RECORDING OF FAMILY HISTORY

Everyone should record family and life events.

That's the advice from historian Deborah Dunsford during a talk to about 25 people at the NorWest Heritage Society's May public meeting in the Kumeu Cricket Club.

The author of "Doing It Themselves," a history of Kumeu, Huapai and Taupaki, published in 2002, Deborah shared her interesting recollections of meeting families who helped with research and stories for the book. It reminded those attending how very important it is to preserve our heritage, photographs and records of our families, life events and surrounding environment.

Deborah agreed with a constructive project for children and grandparents alike to engage and record details from the past. She says written or even verbal descriptions of what life was like should be passed on to children and grandchildren, especially when grandparents were the same age as their grandchildren are now.

With the availability of technology nowadays, it is easy to record these valuable conversations, digitise photos and store documented records.

Major events can be included as well. Show and explain old photographs, family heirlooms and other items which can help prompt memories.

"Share those stories," Deborah says, adding that it's essential to provide dates and names of people in photos. And she urges people to do it now, rather than wait until the time seems more convenient.

This project is encouraged and supported by Huapai District School and parents. The school will be celebrating its centenary early next year.

Some long-standing families in the area, including Nobilo, Jelas and more, have their own books and recordings.

Bunty Condon of the NorWest Heritage Society, pictured left, presented Deborah with a thank-you gift, courtesy of Waimarie Wines which also offered wine tasting after the talk. Afternoon tea was provided for everyone by NorWest Heritage as well.

Special thanks were extended to Stephen Nobilo of Waimarie Wines and the Kumeu Cricket Club.

The NorWest Heritage Society's next general meeting is on July 18, 2pm, Kumeu Cricket Club, Huapai Reserve. All welcome. Afternoon tea will be available.

The NorWest Heritage Society welcomes enquiries and new members.

Its objective is to establish a museum to preserve and display the heritage of the districts. Can you help? Would you like to be part of this interesting project?

Contact Bunty Condon on 027 440 0044, 09 412 9451, email buntycondon@xtra.co.nz for more information.

Visit and contribute to the society's Facebook Page: Heritage Society Inc.



SAFER COMMUNITIES

On 11 June 2018 Waitakere Fire Station promoted Wendy Paltridge to the rank of senior fire fighter. This is a great achievement for Wendy and the station as senior fire fighters are an integral link between the officers and fire fighter.

Waitakere Fire Station has worked hard to ensure the diversity of the station represents the community it serves. We now have an age range from 16 to 50 years plus, along with having 40% women fire fighters.

The link below will take you to the Fire and Emergency New Zealand section on keeping your house fire safe. Checklists for reviewing fire safety, tips for creating an escape plan, things to look for both inside and outside the home, and information on smoke alarms and other fire safety devices. It is well worth a look! fireandemergency.nz/at-home/

Interested in volunteering for Fire and Emergency New Zealand? We'd love to have you join us one of the local stations!

Volunteering at your local Fire Station is probably different from what you think.

You must be 16 years of age or over to be a volunteer. Almost anybody can join a Fire Station, male or female, young or old, those looking for adventure or those wanting to contribute to their community. Go to fireandemergency.nz/volunteering/with-us/ to find out more.

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COMMUNITY NEWS

KAUKAPAKAPA VILLAGE MARKET



Sunday 15 July 8.30am to 1pm. This lively village market hosts a wide selection of quality stalls with everything from locally hand-made crafts, fresh fruit & vegetables, plants, jewellery & preserves to pre-loved treasures, books and collectibles and so much more. Bring the kids along for free face painting and craft table. Enjoy live music from Mike Lea & Mary-Anne - a great place to meet up with friends and relax with a coffee and a tasty Sunday morning treat. There is always something fresh to experience with different musicians, entertainment and new stall holders joining the market each month. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.

AUTUMN BOOK FAIR 2018

The Autumn Book Fair, held in May, raised \$8,958 an increase on last year, and an excellent result. We hope that our customers are pleased with their purchases and have many hours of enjoyable reading ahead. We would like to thank all those who donated books, without you there would be no Book Fair. The Club would

also like to thank the wider Helensville community, putting together a book fair is a team effort and we would not be able to cope without the assistance we receive from our community. We especially appreciated the help we received from the students of Kaipara College, whose energy was contagious, the members of the Helensville Tennis Club who's fitness level far exceeded ours, South Kaipara Youth who assisted in packing up and cleaning and most importantly the partners, friends and relatives of Club members who were present throughout the weekend. We also wish to thank members of the Rodney Local Board for their help, Copy & Print for letting us use their shop as a drop off point and the Kaipara Men's Trust for providing us with storage. All the funds raised go into the Lions Club of Helensville Charitable Trust Account and will be used in our community to assist those members or organisations in need of support, as well as into community projects such as the Riverside Walkway and exercise stations on the presently under construction Fitness Track around Rautawhiri Park. The books left over are re-sorted with damaged or unsaleable books going to the Helensville Recycle Centre. Other books are sold at the Lions book stall at the Kaukapakapa Market, which is held on the third Sunday of each month, and at other events run by the Lions Club of Helensville throughout the year. The next Book Fair is our Christmas Book Fair which will be held on the last weekend of November, Saturday 24th and Sunday 25th 2018, in the Helensville War Memorial Hall. As a service to the community the Helensville Lions

will accept books throughout the year. Small amounts can be left at Copy & Print, Commercial Road, Helensville, otherwise contact Chris at 420 8527 or any other member of the Lions Club of Helensville.

MEET OUR NEW TRAVEL BROKER



After a short break from the travel industry, our new Travel Broker Jason Mackenzie has decided to join our YOU Travel Westgate family. Jason has spent nearly 20 years in the travel industry, both here in New Zealand and North America. He has worked as a travel agent and sales manager for a large touring company, also he has extensive experience with wholesale operators. As a travel broker, Jason is available to work outside the standard Monday to Friday; 9am – 5pm hours. His hours are usually from 4pm-8pm and anytime on weekends, if you are in the Kumeu and Taupaki area. Jason is happy to make a home appointments to help you make your travel dreams come true. Jason is working on some amazing group packages for 2019 and is looking to create travel for everyone, Ladies Getaway, Naturalism, LGBT, Sports etc, as well as the usual honeymoon, family travel, cruises. Feel free to contact Jason jas-onm@youtravel.co.nz or 027 637 0454, all messages will be returned within 24hrs.

PSYCHEDELIC COUNTRY MUSIC COMES TO KUMEU

Bernie Griffen and The Thin Men play at Kumeu Arts Centre, 7.30 PM Friday June 15. Supported by Will Saunders. Tickets

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\$20, unwaged \$15, pre-sales from Eventfinder. Bernie Griffen has won plenty of followers with his moody, emotive brand of folk-country music. He is bringing his Southern Gothic band The Thin Men to Kumeu Arts Centre on Friday June 15 as part of a national tour to launch his new album, *Doors Wide Open*. The single 'My Brain Exploded' from Bernie's third album, is a self-portrait, he says: "I've given up the H, now just struggling with the ADD, it drives me crazy!" 'My Brain Exploded' is a jaunty exploration of scrambled thinking and relationship negotiation, set to a Latin rhythm. It's a testament to both his own sense of imperfection and to his long-standing relationship with Kirsten Warner, emerging member of his band The Thin Men. The video of the song features one of New Zealand's most acclaimed dancers and choreographers, Arts Laureate Michael Parmenter in a new role – dancing tango with partner Diana Bain. Bernie is the long-standing host of the Americana show *Border Radio* on alternative station 95 bFM specialising in blues, folk, country and roots music. He is a well-known figure in the New Zealand music industry. His album have been getting a great deal of media attention. "Doors Wide Open" is very much a shared album this time with collaborator Kirsten Warner singing as many songs as Griffen. Together, his world-worn voice and her fragility create two memorable parts rather than lead and backing harmony. Griffen and Warner recorded the 10 songs during an emergency stopover in Australia when Bernie Griffen got sick en route to a European tour. The album's big ballad 'I Fell Out of the Sky' draws on that life-and-death experience. In Melbourne they joined the Brunswick Old Time String Orchestra and a network of community musicians. They were lucky enough to be introduced to virtuoso mandolin player Luke Plumb from Celtic superband Shooglenifty who produced and played various string instruments on the album. Bernie is supported by the rhythm section, Kirsten Warner on rhythm guitar and vocals, drummer Chris

Kemp (Kendall Elise band) and bluegrass bass player Garry Trotman (The Remarkables, Wire & Wood).

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The NZ designed & created No Drippity IceBlock Buddy, now brings you reusable straws! These straws are slightly bigger than regular straws – so are perfect for any thickness drink. You can cut them to size! To fit any member of the family! If you want to use straws, please use something that can be reused or recycled when you are done with it. The earth is begging us to make a change & No Drippity is doing our hardest to help. Time to stop using one use plastic straws, that are starting to find their way to our very own NZ beaches. Gosh we are really screwing up the planet, huh? If everyone makes a small change today, that small change will have epic results in years to come! www.nodrippity.co.nz/reusable-straws.

GREY POWER WAITAKERE

Grey Power is an advocacy group for over 50s in our community. Grey Power Waitakere Association announces an opportunity for our Northern members to attend a General Meeting without having to travel any great distance. The meeting will be on Wednesday 15th August 2018, 3.00 pm to 5.00 pm at the Waimauku RSA, cnr State Highway 16 and Muriwai Rd. This has been selected to coincide with the opening time of the RSA evening session so people can have option to stay on and have a meal (at own cost) if they desire. Come and bring your queries and concerns on what you would like Grey Power to advocate on. This is your time to have your say! Bring a friend or prospective new member. Afternoon tea will be

provided. Please phone our Waitakere Grey Power Office on 838 5207 to confirm your attendance as this is a trial for future meetings. Mate Marinovich, President Waitakere Grey Power Association Office 247 Edmonton Rd Te Atatu South. Phone 09 838 5207.

THE MOBILE CAR SPECIALISTS



Try this test next time you wash your car... Once clean, run your fingers gently over the paint surfaces. Does it feel gritty? Can you feel small bumps that are attached to the clear coat? Most likely – YES. What does this mean? Your car's clear coat has contaminants that have lodged and etched themselves to it. Airborne contaminants like metal filings, paint overspray, acid rain & hard water spotting. With all the road and building construction going on around Auckland it's not surprising these paint damaging pollutants are being found on almost every car. If left unchecked – unremoved, these tiny metal shards oxidise, rust and break down the integrity of your clear coat, leaving your vehicle's paint in a big mess that only a full (expensive) re-spray will rectify. Our contaminant removal service dislodges these invaders leaving your car's paint smooth to the touch, while drastically minimising the long-term risk of paint failure. Prices range from \$100 - \$150 +gst depending on the size of vehicle. Our other services include: Dent removal – small to large. Yellow / foggy headlight restoration. Deep clear coat scratch removal. Ceramic coating paint protection. Signwriting removal. High quality paint correction / cut and polish. We are a fully mobile operation,

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INVERSION NZ

For the first eight or so years, Inversion NZ promoted the Tee-ter Hang-Ups at home and agricultural shows throughout the country. Three years ago they started experimenting organising their own expos, the reason for this was that most people with long term back issues struggled walking through crowds as well as standing around waiting for a treatment. Their Back Pain Expo's have been a great success, with free entry, easy parking and comfy chairs, so people can sit and relax while waiting for a treatment, all make life a lot easier for anyone with back pain, also people get the chance to see how they work as well as watch other long term back pain sufferers getting treated and how it works for them. Phone 0800 62 62 83 or visit www.inversionnz.co.nz.

PENDANTS MADE WITH FINGERPRINTS OF THE ONES YOU LOVE

Sterling silver comes in many forms. Plate, sheet, strip, wire and even clay, and it is Silver clay that allows me to create pendants with your children's, partner's, parent's or even grandparent's fingerprints on them! Imagine wearing a piece of jewellery that has been touched by the ones you love. Not a copy or a mould, but the exact piece they touched. Capturing their unique print for you to treasure forever. To create a pendant we roll out the clay, press



your loved one's finger into the clay and then cut the clay to the shape you desire. Once dried the pendant is sanded by hand and then fired. During the firing process the clay burns away and the Silver fuses together creating a gorgeous Sterling Silver pendant that was created out of the very piece of material that was touched by your loved one. Email me at jo@precious-imprints.co.nz to book an appointment to create your pendant today.

KARATE CLASSES IN TAUPAKI

Taupaki Dojo is a long established family friendly place to learn traditional Okinawan Goju Ryu Karate under the guidance of Sensei Bryan Williams, 5th dan black belt and accredited Jundokan instructor. Emphasis is placed on self defence, building strength, co-ordination, endurance and flexibility which drastically improve fitness and confidence levels. Goju Ryu can be practised by anyone, regardless of build, gender, age, athletic ability and whatever your physical condition. We offer a 2 week free trial so why not come along and try it out? Tuesday & Thursday at Taupaki Hall - Taupaki Rd . Junior (7 +) 6 - 7pm and Senior (13+) 7 - 8.30pm. Phone Julia 09 412 9768 or julia@bwainsolvency.co.nz. www.taupakikarate.co.nz.




WE HAVE BEEN ENJOYING FOREST WALKS AND CREATIVITY WITH COLLAGE

"Creativity is as natural as sunshine and as vital as Nourishment."- Mary Ann F. Rohl. This month we have had the glue guns and collage materials out each day. The children's imaginations have been running wild and their creations have been truly impressive. From butterflies and spiders, to obstacle courses, and towers. They are never short of new ideas. "Bad weather always looks worse through a window."- Tom Lehrer. We have



been out and about exploring the local forest and the children have been having a blast. Looking for bugs, splashing in puddles and exploring all that nature provides for us. This fun continues when returning to Kindy and it is a great way for children to develop an appreciation for the natural world around them.



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- Relieve Neck Pain
- Relieve Muscle Tension
- Stimulate Blood And Lymph Flow
- Improve Posture
- Increase Flexibility



Frank Harwood (84) of Turangi using his Teeter, Frank has been Inverting for over eight years and has found it keeps him young

was something I had never heard of sorting it out for me in a very short period of time" It was then Dave decided to introduce Teeter into New Zealand and Inversion NZ was born.

Over the years INZ have helped thousands of people get some serious relief and have seen results in not only backs, but necks, hips, knees, posture, circulation and lots more.

"We have testimonials from people with over fifty years of back problems and even have them in a number of schools in New Zealand for their special needs children" he told me, "the blood to the brain helps these kids and the results are excellent" What this means for the aging population is that it helps maintain the health of the brain as we all get older.

Dave told me that he realised that, had he not tried the Teeter for himself he would still be suffering, "I would still be a miserable grumpy bugger, living with pain, that is why we do the shows, people need to try it for themselves" he told me "most people actually get off with the pain either gone or considerably less" he said "we let the tables do the talking"

After more than ten years in New Zealand, Teeter Hang-Ups have now gained a reputation for success with long-term sufferers of back pain. Inversion New Zealand was started by Dave and Nancy Hare, Dave had suffered over twenty years of back pain from Degenerated Discs and had basically given up and decided to just live with it. "To me surgery was never an option" he said "as long as I still could walk, there was hope".

Dave had tried everything; every time he was overseas he would search for anything that could possibly help. While on one of these overseas trips ten years ago, Dave discovered the Teeter Hang-Ups. "The first time I tried it, the pain disappeared and I was completely pain free for about 30 minutes, nothing had done that" he told me. Dave never believed it would fix him, "as specialists had told me it was irreversible, I now knew I had a place to go every time I wanted some serious relief".

To Dave's surprise the more he used the table the longer the pain stayed away, until after nearly three months he was completely pain free, "I couldn't believe it" he told me "I had spent large amounts of money on every form of treatment available and here

IT IS PURE LOGIC AS TO HOW THE TEETER TABLE WORKS

Discs: It uses gravity to apply traction, the traction gently opens the discs and as they open up they create suction, this suction draws fluid from the surrounding tissue back into the discs, re-hydrating them. This is the key! Discs do not have their own blood supply, they rely on transfer of fluid from the surrounding tissue to keep them healthy and hydrated and over the years as discs get thinner with age, they lose the ability to take on fluid (just like squeezing a sponge) and they start to de-hydrate.

De-Hydrated discs are less flexible, they are harder, more prone to injury, they interfere with nerve roots creating pain and ultimately the de-hydration causes degeneration. The Teeter Inversion table slowly and gently brings the hydration back into the discs, plumping them up. It separates the nerve roots far more effectively and returns quality of life

Muscles: A lot of pain is muscular, when muscles are stressed they become tight which restricts the flow of blood and lymph through the muscles so toxins build up, Co2 and Lactic Acid. Traction opens up the muscles, Rhythmic Traction, is a gentle rocking motion that stimulates circulation and encourages blood flow through the muscles, which clears the lactic acid into your lymph system where it stimulates lymph flow and deals with it. Most people with serious neck issues see a large improvement after only one treatment.

Posture: Poor posture is one of the major causes of pain and is a major contributor to the deterioration of the body with age. A difference in leg length causes most of the hip and knee issues, as they continue to place uneven loads on the joints; similar to the wheels out of alignment on your car.

Trying to correct posture is extremely difficult due to muscle memory, as it constantly pulls the muscles back to where they were. At a level of 40 degrees or more on the Teeter, the muscle groups open up and eventually come back into alignment, using the table daily, does not allow the muscle memory to pull them back out of alignment and slowly the muscles start to lose their memory and go with the flow, allowing the body to come back into correct posture. Then using the table once a day will ensure it is kept there.

This is pure logic, if a machine is out of alignment it does not last long, the only difference between the body and a machine is that the body is constantly repairing itself, however if the wear and tear on the body is greater than the body's ability to repair itself, it is a slow decline. The Teeter slowly brings the body out of its decline and allows the body to repair itself, resulting in a far healthier life.

If you are serious about investing in your health and really sorting your issues out, come see us at one of our local roadshows, you have nothing to lose and chances are, a lot to gain.

BACK or NECK PAIN?

Here in New Zealand,

Dr Gireh Kanji, one of the countries most respected Pain Specialists completed a PhD on how humans experience pain and then researched lower back pain, writing "Fix Your Back" and then spent a few years researching neck pain, headache and migraine and wrote "Fix Your Neck Pain, Headache & Migraine", both books are in most bookstores.



Dr Kanji discovered in the research that the disc is the most likely source of low back pain and Inversion showed the best results of all the trials conducted. Three studies showed a 60% reduction in pain and one showed a 75% reduction in surgery for people with disc prolapse.

Dr Kanji endorses Inversion as the best method to manage back pain, he has personally been using the Teeter Inversion tables for his own low back pain, has Teeter Inversion tables at both of his clinics in Wellington (The Sports and Pain Clinic) and has had such success that he is now conducting the largest study in the World on Inversion Therapy. In his own words, "these things are gold and inversion should be a first line treatment for low back pain".



*Dr Kanji does not receive royalties from the sale of Teeter Inversion Tables

VISIT US THIS WEEKEND FOR YOUR FREE TREATMENT OR COME SEE US AT ROTORUA NEXT MONTH

BROWNS BAY

St Anne's Hall
 Corner of Beach and Glencoe
 21 - 22 July 10am - 4pm

TE ATATU

Te Atatu Community Centre
 595 Te Atatu Road
 28 - 29 July 10am - 4pm

WARKWORTH

Old Masonic Hall
 3 Baxter Street
 11 - 12 August 10am - 4pm

SILVERDALE

St John's Ambulance Hall
 32 Silverdale Street
 18 - 19 August 10am - 4pm

IN BRIEF

UPDATES:EVENTS

PURE ALLIES NZ



Wow, the weather's been really cold, and we still have a few months of winter ahead. With the sudden cold weather, Pure Allies totally natural chest relief balms have been really popular to help ease coughs, sore throats and blocked noses. Our natural pain relief balms have also proven popular, with the cold weather, the aches and pains definitely seem to play up more, and the winter sports causing sprains and strains. All of our products are totally natural so are hand created by request. Everything can be customized to your requirements. Check us out on Facebook - Pure Allies NZ or pureallies@gmail.com.

KUMEU LIBRARY

Winter is here, and with the colder weather and shorter days we all need fun, free indoor activities! Kumeu Library has some great events for both children and adults coming up over the winter. For adults, we have a winter craft series: come and

create, craft and socialize with us on Saturday afternoons from 2.00 to 4.30pm. Sessions will alternate between learning a new craft and bringing your own project to work on. The first project on Saturday 30 June is crocheting granny squares, which will be joined to form a blanket to be donated to "Give a Kid a Blanket". We can supply you with a yarn and hook kit for \$4.00, or you can bring your own DK wool and 4mm crochet hook. Dates for the Winter Craft Series: 30 June, 14 July, 4 August, 18 August, 1 September, and 15 September. And Kumeu Library is running fun, free events for children every day during the July school holidays! Our theme is "Building Heroes", and every day there is a different activity based around the theme. These activities take place at 10.30am every day, except for Thursday 19 July when we have an extra special Super Heroes event at 6.15pm! Bring a torch and a soft toy, and find out what happens when the library lights go out! To keep up with all Kumeu Library's events and news, follow us on Facebook (www.facebook.com/kumeulibrary).

UKE N' LEARN

UKE N' Learn is a Ukulele tuition group set up by local resident Lynn Walters to encourage and teach those who aspire to become competent, confident players and to foster the pleasure and mental rewards that playing music brings. The Ukulele is perfect for young and mature alike to begin their musical journey and your teachers, Lynn and Rob are professional musicians/teachers with a combined 80years experience "We believe in

teaching the basics thoroughly and our preference is that you learn to play by ear, enabling the ability to play a wide spectrum of music." UKE N' Learn takes students from beginners to advanced – ages 10 and up. UKE N' Learn hold Monthly meetings at Riverhead Montessori the last Sunday of every month 10am to 1pm. The cost is \$45 per month for the first session then a discount each time after that. This gives access not only to the physical classes but the online Facebook page where there are further resources and information. To achieve the results you desire we encourage you to make the commitment to attend every month. Lynn also teaches a group every Friday Morning 10.30 am for details for both UKE N' Learn and Friday Ukes please Email: lynnwmusic@gmail.com.

SPANISH AND FRENCH LANGUAGE CLASSES IN KUMEU



Have you always wanted to learn French or Spanish but never got around to enrolling into that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. The good news is, no matter how old you are, you can discover your love for language at ABC Language Tuition. The school is run by Patsy Sackx, who moved to NZ in 2000 with her husband and 2 daughters. ABC Language Tuition offers after school language classes in several primary schools in the area. Patsy and her language tutors have a passion for language, which they pass on to the students. ABC Language Tuition offers French and Spanish adult classes in Kumeu. Spanish adult class is on Thurs-

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day evening from 7.30 to 9 pm – New to start in term 3 is a French evening class on Wednesday from 7.30 to 9 pm. On Wednesday ABC Language Tuition also offers a beginners class from 1pm to 2.15 and a more advanced class from 11 am to 12.15 pm. Enrol now for term 3, email: info@abclanguage.co.nz.

JULY AT KUMEU ARTS CENTRE



This July we have an exciting exhibition by multifaceted artist and designer Samantha Stokes. 'A Song of Land and Sea' promises to be 'a rich exhibition experience celebrating the wildness and beauty of our native animals and landscapes'. Samantha will display large, digitally created works and share her process in video content. Creative Matters will hold workshops for Children to accompany 'A Song of Land and Sea', along with other fun topics during the school holidays. Then starting on July, the 23rd we have an exhibition of drawings produced by our members'. Drawing equipment will be available in the gallery for the duration of the exhibition. Or, why not come and celebrate Matariki with experienced fibre artist and educator Ruth Woodbury to create beautiful woven flowers on Sunday July 1st. So come along and discover Kumeu Arts Centre - 'the hidden gem' in your community. www.kumeuartscentre.co.nz. Fantail Image by Samantha Stokes.

SENIORNET KUMEU INC.

Internet Banking is an absolute boon for those "Seniors" that use it. The ability to check your accounts, transfer funds, pay bills and much much more, all from the

comfort of your own home is a huge convenience and great time saver. If you would like to do these things but feel "It's too late for me to start learning about this stuff" Think again!! At Senionet Kumeu our members have fun learning how to get the most from their Computers, Smartphones, iPads, etc. Why not join our friendly and relaxed club with tutors who teach what you need at a pace that suits you. At our meeting in May, Justine Mason from the Westpac Bank gave an excellent presentation on the subject of Internet Banking, which generated a great deal of interest and a lively Q & A session followed. So remember, it's never too late to 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. If you would like to join our friendly and informal club, just come along to our next meeting on July 4th at 10am at the Norwest Soccer Club Huapai or contact: Brian Lacey on 022 183 1811 or brian@lacey.nz.

AFFORDABLE WEDDING PACKAGES

Ever dreamed of a wedding that is affordable yet elegant? If so, then The Collective Knot's package weddings/elopements would be perfect for you! On our event days we offer four booking times over the course of the day. During your two hour event, we will provide you with a beautiful ceremony and professional photos of you and your guests at a beautiful setting. These events have everything covered from venue, celebrant, planner, photographer, cake, nibbles etc. We have three packages available from \$1999 but we can provide you with a bespoke package that suits your specific requirements. Our events are sophisticated and intimate and provide couples in love with an easy and affordable wedding or elopement. Get it touch now if you are interested in our weddings on 28 July, 18

August and 8 September – thecollectiveknot@gmail.com; 027 200 4312.

KUMEU BOUNCY CASTLES

Winter is here but there are still many opportunities to host a party with a bouncy castle so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, school events, etc. Amazing Face Painter and Entertainers - Pirate, Fairy, Clown, Magician and Balloon Twister! Remember to ask us about local community halls for hire so that you don't need to worry about the weather! Link on our website with the venues available. All of our bouncy castle hire prices include local delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. No cancellation fee! Contact Cindy 021 1192 573 or email kumeubouncycastle@gmail.com.

DIVE ON IN TO SWIMMING LESSONS AT HILTON BROWN

We are open for lessons and loving getting to meet all our lovely customers and their children from the Hobsonville area and further afield! We offer a FREE trial lesson for all new customers so please give us a call on 09 666 0240 to book in now, or you can book online via our website at www.hiltonbrownswimming.co.nz. Hilton Brown Swimming staff are all highly trained and cater for all ages of swimmers, from babies through to adults. Every instructor has gone through comprehensive training to teach correct technique while ensuring children progress and have fun. Our unique teaching methods are the result of years of experience – we know what works. Our aim is for your children to become safer and more confident in and around the water – giving them swimming lessons for life. This stunning new learn to swim facility is located at 5 Rawiri Place, Hobsonville.

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PROPERTY

NEWS & ADVICE

PROPERTY MARKET REPORT

Kiwibank and HSBC are two of the latest movers and shakers to reduce the interest rates on fixed mortgages offering 4.35% and 3.85% respectively on specific terms. It is a move that many within the mortgage profession have signaled as more proof that prices and demand has levelled and mortgage lenders are jostling for business. In addition we have noticed an upsurge in calls, emails and open home attendance with some signals being very positive. Last month we saw a record number of sales in Hobsonville peeking at 81 over the last month. Which ever way you wish to cut the cake, we have active buyers and sellers and although it may rain and the streams may be full, it is often said to be the very best time to buy. If a property looks good over Winter it will look fantastic over Summer. Also there are often fewer properties for sale over the Winter period forcing buyers to consider less options. What ever your thoughts, here are the sales results over the last month. Coatesville 1,500,000 to \$4,250,000. Helensville Residential \$620,000 to \$960,000. Helensville Lifestyle \$1,180,000 to \$1,340,000. Huapai Residential \$659,000 to \$860,000. Kumeu Lifestyle \$1,550,000 to \$2,350,000. Riverhead Residential \$860,000 to \$1,140,000. Waimauku Residential \$922,500 to \$1,390,000. Waitakere \$760,000 to \$1,300,000. Whenuapai Residential \$855,000 to \$1,387,500. If you are seeking an opinion, thinking about improvements or change, I would suggest a no-obligation chat with me that will provide some clarity on potential

gains, market changes and values that are at play in your street and area. Likewise, before you go to market, have a chat with a few highly educated real estate professionals about the best process, marketing support and relationship that will deliver the best return on your asset. It may well save you thousands, make you thousands and deliver a much more enjoyable experience. Call me today on 0800 900 700, text 027 632 0421 or view www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

HELP YOUR CHILDREN BUY A HOUSE

If you're thinking about helping your kids get on the property ladder, here's everything you need to know. As house prices across the country continue to head skywards, many parents are giving their children a hand to help them get on the property ladder. In some parts of the country, deposit sizes can be around the \$100,000 mark – so it's no wonder parents want to help. If you're thinking about helping your kids buy property, here are a few options to consider: Gifting them a deposit - Gifting your children enough money for a deposit is the obvious option for many parents. However, unless you have tens of thousands of dollars lying around – finding the money can be tricky. For many parents, this means either selling existing investments like shares, or redrawing on the mortgage. Most banks will accept gifted deposits; however, they require a portion of the deposit to be 'genuine savings'. This means

at least five per cent of the deposit needs to have been in your child's bank account for a minimum of three months before the purchase. So you can't gift your children the entire deposit – they'll have to provide some of it themselves. Lending them a deposit - Not all deposits have to be gifts – some parents want to loan the deposit to their kids and then have it paid back over time. This is also a popular option for parents who want to protect the deposit because the child is in a relationship with another person who also intends to live in the property after settlement. For loaned deposits, the lender will require a written letter from a lawyer outlining the deposit is loaned - and the amount of any repayments that need to be made. The lender will then factor in these repayments when calculating whether your child can service the loan. How big does the deposit have to be? If you are thinking about gifting or lending your kids a deposit, you'll probably want to know how much it needs to be. Most lenders will require a deposit that is no less than 20 per cent of the price paid for the property. Some banks will lend when the deposit is less than 20 per cent, but they can only do this for 10 per cent of their total portfolio. Some non-bank lenders offer low deposit loans, and this can relieve the pressure of pulling together larger deposits. However, loans that are more than 80 per cent of the property value may incur additional fees and/or a higher rate. So, if you can afford to lend your children a bigger deposit – it might save them money. Acting as guarantor - Signing as a guarantor means putting up equity in your own property as a security for your child's loan. In the event where the child can no longer meet the repayment requirements, a guarantor is also legally responsible for paying back the entire loan in full. The issue many parents come up against in the role of guarantor is they struggle to pass the stringent stress testing of the banks. When a loan backed by a guarantor is processed, the lender must not only test that the owners of the home can meet the repayment re-



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quirements in a number of different situations, but also that the guarantor can as well. For this reason, guarantor loans are less popular. Buying the house together - Instead of being a guarantor, some parents choose to buy the house in joint names with their children. This allows you to combine equity in your current home with any savings your kids have to make up the deposit, and, because your joint owners, the serviceability testing is done on all the owners collectively. However, because this option means that parents remain jointly and severally liable for the full debt, this option isn't always popular for those parents keen to see their kids stand on their own two feet sooner than later. For further details or feedback feel free to contact Ivan 027 577 5995 or email ivan.urlich@mikepero.co.nz. Ivan Urlich is a registered Financial Advisor specialising in Mortgages, his disclosure statement is available free of charge on request.

WHAT DOES "FEE SIMPLE" MEAN ON A PROPERTY TITLE?



By Wade Hansen, Smith and Partners Lawyers. Fee simple is often referred to as "an estate in fee simple" or "freehold". (Freehold not to be confused with having no mortgage). A fee simple title is considered to be the title that has the greatest benefit to the owner in respect of enjoyment and use. The advantages

of fee simple is that you own the whole of the land and are able to make any additions or alterations to your property (subject of course to Council bylaws and consent requirements) without having to get the consent of neighbouring property owner(s) unlike a cross lease title and unit title. A fee simple title CAN have restrictions in the form of registered interests - such as covenants, easements, etc. An example of a legal description to a fee simple title is, 1234 square metres more or less being Lot 1 on Deposited Plan 12345. If you have any questions regarding the above, or wish to seek advice regarding buying residential property, please contact property lawyer Wade Hansen by phone on 09 837 6885 or email wade.hansen@smithpartners.co.nz.

WINTER MAINTENANCE AND REPAIR TIPS



High winds and heavy rain can be very destructive when it comes to residential & commercial property. High winds that accompany rainstorms or hail can be a leading factor of roof deterioration.

One thing you can do to mitigate this kind of damage is to schedule a roof inspection for your home soon after episodes of high winds. Roofing repairs related to high wind damage are among the most common types of roofing repair you will encounter as a homeowner. Wind damaged is caused by negative air pressure providing uplifting forces around the perimeter of the roof and on the flashings. It may take more than one high wind event to create visible signs

of damage, as these effects are cumulative. In a rain storm, rain driven by strong winds can enter a home from any open site, such as soffit vents and gable ends, as well as through improperly sealed windows & doors. Within a few days mildew and mould may develop leading to serious problems. Another less common problem is hail. Depending on the size of the hail stones and the strength of the accompanying winds, shingles and flashings may be severely damaged. Signs of damage include missing granules and cracks in shingles as well as dents in flashings, metal vents and metal in roof valleys. If the storm produces hail, check for roof and siding damage. Hail damaged commonly comes in the forms of dimples, made by smaller chunks of hail that pound the outer layer of shingles. After a storm you must act quickly to prevent problems from worsening over time. It is important to make a thorough inspection of your roof before damage leads to bigger problems. Avoid getting on the roof, use binoculars or if necessary a ladder but again stay off the roof. Here are some tips - Examine your roof carefully and note any missing, damaged or loose tabs or shingles. These are a sure sign of wind damage. Look for cracks in shingles and areas where the shingles have buckled or curled. Are there any areas where substantial amounts of granules are missing from shingles? Have any roofing nails been pulled up thereby causing shingles to loosen and nail punch through? Inspect multi-level roofs at intersections with walls to ensure nothing has opened where water can seep in. Separation of flashings from chimneys, vents, skylights and attic fans might be too small to see but still lead to interior water damage. Check in the attic around these areas for signs of leakage. Inspect interior ceilings for tell-tale discoloration or bubbles in the all boards. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.



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AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	2,208,750	4.6HA	104M2	2,300,000
	1,575,000	1.3HA	128M2	1,510,000
	3,125,000	3.6HA	330M2	3,200,000
	4,450,000	2HA	532M2	4,250,000
	1,575,000	2.5HA	204m2	1,500,000
	4,000,000	1HA	409M2	4,000,000
	1,925,000	1.4HA	315M2	1,840,000
Helensville	830,000	676M2	157M2	775,000
	785,000	675M2	180M2	690,000
	670,000	603M2	125M2	711,000
	990,000	1325M2	206M2	960,000
	720,000	679M2	151M2	735,000
	780,000	600M2	199M2	785,000
	630,000	2227M2	161M2	620,000
	730,000	523M2	152M2	690,000
	1,375,000	4.4HA	171M2	1,340,000
	850,000	1.5HA	123M2	1,180,000
Huapai	560,000	779M2	216M2	860,000
	860,000	809M2	134M2	725,000
	2,725,000	10HA	84M2	3,750,000
Kumeu	980,000	420M2	210M2	960,000
	1,900,000	1HA	300M2	1,550,000
	2,300,000	1HA	380M2	2,350,000
	1,375,000	2.1HA	138M2	1,550,000
Riverhead	1,025,000	809M2	190M2	860,000
	1,050,000	541M2	187M2	1,140,000
	960,000	809M2	123M2	950,000
	1,200,000	601M2	210M2	1,140,000
Waimauku	1,575,000	1501M2	258M2	1,330,000
	810,000	1500M2	240M2	1,030,000
	1,250,000	1520M2	248M2	1,390,000
	920,000	4551M2	118M2	940,000
Waitakere	715,000	809M2	140M2	760,000
	1,150,000	5.7HA	150M2	1,300,000
	1,050,000	4.1HA	138M2	1,027,000
Whenuapai	730,000	922M2	197M2	950,000
	1,450,000	430M2	287M2	1,115,000
	980,000	1135M2	123M2	860,000
	1,325,000	430M2	274M2	1,128,000
	1,150,000	330M2	259M2	1,160,000
	950,000	809M2	95M2	855,000
	1,125,000	330M2	219M2	1,057,000
	1,075,000	1351M2	154M2	1,387,500
	1,100,000	301M2	230M2	1,060,000

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Graham McIntyre
Brand & Territory Owner

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

Mike Pero
REAL ESTATE

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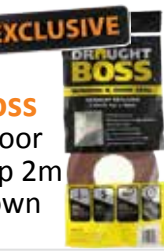
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ELEVATED AND WELL PRESENTED 4 2 2 **By Negotiation**

19 Zefiro Drive, Massey
By Negotiation

Three generous bedrooms upstairs and a bedroom or rumpus downstairs. On a fully fenced, easy care, landscaped section this home offers some great options. Open plan expansive entertainers kitchen, lounge and dining with hallway access to bedrooms and bathrooms. Elevated home over two levels with north facing decking upstairs and patio downstairs.

www.mikepero.com/RX1505411



Graham McIntyre
027 632 0421



ELEGANT, COMFORTABLE, MODERN LIVING 3 2 2 **By Negotiation**

33 Rangihina Road, Hobsonville Point
By Negotiation

Downstairs is open plan living and entertaining with generous open spaces integrating lounge, dining and kitchen. The lounge opens to the north, linking to an attractive sheltered easy care garden with oodles of sunshine. Upstairs is all about restful private spaces, reading nook, 3 double bedrooms, main bathroom and ensuite along with pleasant views and generous sunshine.

www.mikepero.com/RX1462027



Graham McIntyre
027 632 0421



2 FOR THE PRICE OF 1- EXTENDED FAMILY 6 2 3 **By Negotiation**

11 San Pedro Place, Henderson
By Negotiation

The home boasts six bedrooms, two lounges and three bathrooms over two levels with an internal access double garage. You will be genuinely impressed with the thought that has gone into the layout that separates the bedrooms and maximises the open style alfresco linking inside with outside, clever, fun and very functional.

www.mikepero.com/RX1360146



Graham McIntyre
027 632 0421



FAMILY ON 4,295SQM 3 2 2 **By Negotiation**

21 Buttercup Place, Waimauku
By Negotiation

This majestic Queenslander style character brick home stands in easy care grounds, down a private right of way. Featuring a wide formal entrance, an office, 3 double bedrooms (master with ensuite), a formal lounge plus a combined family room/dining adjacent to the kitchen. Open plan living area, spacious and light with access to an extended wrap around verandah.

www.mikepero.com/RX1286702



Graham McIntyre
027 632 0421



BRICK AND TILE ON 2403SQM 4 2 2 **By Negotiation**

14 McEntee Road, Waitakere

By Negotiation

Elevated views over the valleys and green fields of Waitakere Township with over half an acre of land. Constructed of beautiful big brick and concrete tile roof. A spacious four bedroom home with two living areas, two bathrooms, separate laundry and oodles of storage is an outstanding family friendly layout with separation and integration when and where you want it.

www.mikepero.com/RX1425082



Graham McIntyre
027 632 0421



BRICK AND TILE ON 1/4 ACRE 3 1 1 **Offers Over \$839,000**

18 Trigg Road, Huapai

Offers Over \$839,000

Picturesque brick bungalow boasting three rooms, bathroom, open plan kitchen, lounge, dining with decking to the front and back delivering excellent indoor- outdoor flow. A stand-alone single garage and workshop for storage or man-caving. 1019sqm section, fully fenced and peppered with fruit trees and a chicken run for the good-life.

www.mikepero.com/RX1417919



Graham McIntyre
027 632 0421



POTENTIAL, POSITION AND PERSONALITY 2 1 1 **Offers Over \$789,000**

46 Oraha Road, Kumeu

Offers Over \$789,000

Often sought, seldom found, this character filled stucco bungalow offering an honest and genuine two bedroom, one bathroom home with separate kitchen, dining room and lounge leading to westerly decking. Rustic storage outbuilding and ROW access top and bottom, the door is open to explore development options given the large section size.

www.mikepero.com/RX1470382



Graham McIntyre
027 632 0421



NORTH FACING WITH VALLEY VIEWS 3 1 **By Negotiation**

1143 Scenic Drive, Swanson

By Negotiation

This generous three bedroom refurbished home delivers comfortable living, easy care section, great neighbours and views as far as the eye can see. North facing, the home is elevated and provides an excellent open plan family kitchen, lounge and dining with sunroom and wrap around decking. The wow factor is certainly the view but behind this view is some excellent value and options to further develop.

www.mikepero.com/RX1510406



Graham McIntyre
027 632 0421



SUPERIOR BUILD, SPACIOUS LIVING 3 2 2 **By Negotiation**

16 Harvard Street, Hobsonville Point
By Negotiation

Ground level offers an open plan well-appointed designer kitchen and two living areas. Upstairs is the large master with ensuite, two additional double bedrooms and bathroom, all boasting loads of light and a lovely outlook. Double tandem garage, guest bathroom, four heat pumps and plenty of additional storage make living here a breeze.

www.mikepero.com/RX1522096



Cherry Kingsley-Smith
021 888 824



SOLID CONCRETE CONSTRUCTION 3 2 2 **Set Date of Sale**

11K Clearwater Cove, West Harbour

Set Date of Sale - 5pm, Wednesday 18th July (unless sold prior).

Entertaining will be a breeze in the well-appointed kitchen, open plan dining, guest bathroom and two lounges - all leading out from their own patios. Spacious master bedroom with ensuite. Upstairs a third lounge opens out to the sea and takes centre stage. Two additional double bedrooms and bathroom complete this space - perfect for extended family and guests.

www.mikepero.com/RX1522081



Cherry Kingsley-Smith
021 888 824



SUNSHINE, VIEWS AND TWO PARKS 2 2 **Asking Price \$697,000**

301A/160 Hobsonville Point Road, Hobsonville
Asking Price \$697,000

Stunning views, two double bedrooms, two bathrooms, a bath, two car-parks, your own storage locker, access to a bike room and extensive quality chattels. Enjoy the sunny North facing aspect, corner windows, alfresco dining on the covered deck and wide views across the park through to the Inner Harbour.

www.mikepero.com/RX1431549



Cherry Kingsley-Smith
021 888 824



HOME, VIEWS ON 1092M2 4 2 1 **By Negotiation**

77 Royal Road, Massey
By Negotiation

Positioned on a massive 1092m2 of land stands a solid four bedroom 1960's weatherboard home on concrete block, with tandem garage, rumpus, storage and oodles of extra parking. Enjoy the amazing views from the spacious open plan kitchen, dining and master bedroom deck. A relaxing lounge with wood fire and French doors leads to extensive outdoor decks.

www.mikepero.com/RX1399738



Cherry Kingsley-Smith
021 888 824



RENOVATE · REBUILD · DIY · WAIMAUKU

4 1

Offers Over \$729,000

236 Kiwitahi Road, Helensville
Offers Over \$729,000

This character filled open plan bungalow with wrap around decking enjoying expansive views through the Waimauku valley. The home has four general rooms that can be developed further with a functional kitchen and bathroom. Large lawn areas with established plantings for shelter and shade covering an impressive 6109sqm (1.5 acres).



Graham McIntyre
027 632 0421

www.mikepero.com/RX1369936



PICTURE THIS, A NEW HOME ON 48 HECTARES

By Negotiation

1295 Old North Road, Waimauku
By Negotiation

Elevated land, no power lines, rural outlook. Seldom found - amazing rolling grazing land with bush glades, multiple house sites, and an uncompromised rural valley view. If you are searching for tranquillity and an environment to create your very own ponderosa, with a mixed compliment of around 24 hectares of grazing and the same in covenanted bush including tea tree.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1326808



EXTENSIVE PANORAMIC VIEWS

Offers Over \$784,000

731A Ridge Road, Riverhead
Offers Over \$784,000

Elevated mixed pasture and bush in an upmarket and established development. One of the last sections available. Options here to capture the view, create a little paradise and enjoy. 2.3943 ha (approx 5.6 acres) of land in an established country lane. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1055369



AFFORDABLE SECTION - CLEARED BUILDING SITE

Offers Over \$419,000

747 Scenic Drive, Henderson Valley
Offers Over \$419,000

This flat circa 1600 sqm section boasts a flat, cleared building site with plenty of potential and possibility, delivering an opportunity to create a footprint of peace, tranquillity and sustainability. Elevated and generous sunshine envelopes the section which currently has an old derelict work-shed on site. Value has been added to this property by an architecturally design house.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1449850



CLOSE TO EVERYTHING 3 1 1 **\$540,000**

2A Parakai Avenue, Parakai
\$540,000

This private three bedroom bungalow is close to everything, across the road from the shops an easy walk to school, surrounded by the various hot springs and pools Parakai is famous for and just down the road from the park. This weatherboard bungalow has good indoor/outdoor flow with a great deck off the large lounge room. There is a large single car garage.

www.mikepero.com/RX1401169



Lydsay Kerr
027 554 4240



THE KIWI DREAM 4 2 1 **\$995,000**

289 Motutara Road, Muriwai
\$995,000

Four bedroom home on quarter of an acre (1037m2) with the beach a ten minute stroll down the road. This beautifully built character home has extensive use of Kauri and other quality timbers. A modern kitchen is complimented by a pristine Shacklock range with a wetback. The formal lounge overlooks the lovely gardens. The master bedroom is a spacious light filled room.

www.mikepero.com/RX1332459



Lydsay Kerr
027 554 4240



THE PERFECT LIFESTYLE PROPERTY 4 2 2 **\$1,298,000**

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

This is the most sought after lifestyle property, 1.9HA (5 acres approx.) nestled in a quite rural cul-de-sac in the Ararimu Valley. Spacious four bedroom, two bathroom brick home with internal access to a large double garage. A double bi-fold door opens onto a concrete courtyard, from the large kitchen/family room area. Land is easy to moderate contour and enjoys a pleasant rural outlook.

www.mikepero.com/RX1323109



Lydsay Kerr
027 554 4240



SELLING, SELLING..... 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. Independent double garage.

www.mikepero.com/RX1154898



Graham McIntyre
027 632 0421

RURAL NEWS

DEXTER - A GREAT LIFESTYLE BLOCK ANIMAL

Another favourite lifestyle block animal of mine is the Dexter a great all rounder. I first came across this breed many years ago when my uncle purchased a Dexter bull to service his Hereford heifers who struggle with excessive calf size at their initial calving. This was a great solution. They are now one of the more interesting of New Zealand's minority breeds of cattle; the smallest and also one of the oldest breeds of British cattle. The Dexter evolved from the native Irish cattle, and although the characteristics of the breed were described from the 1700s, they were not recognized as an identifiable breed until the 1870s. The first Dexters were imported into New Zealand in 1904.



They are undoubtedly two of the purest remaining lines of British cattle – the ancient Celtic breed from which they descend is known to have occurred in Ireland at least as early as the Neolithic (New Stone Age) which began in Britain some 5000 years ago.

The Dexter is a dual-purpose breed suited to both meat and milk production. They may be black, red or dun coloured (although black is the most common), and naturally horned although many are polled. Relatively short-legged and solidly built, Dexters nevertheless have a grace all of their own. Pure-bred cows ideally average around 100 centimetres (40 inches) in height, with the bulls some 5 centimetres (2 inches) taller. By comparison, the common Friesian is 135 centimetres and 150 centimetres respectively.

As a breed they have great advantages for the small farmer. They are quiet and easy to handle, requiring less in the way of fencing and yards than larger animals. They are fine milkers and produce excellent beef providing smaller cuts. Dexters are easy to get in-calf, and calve easily; they can also be used for multiple suckling. And on top of all this, as lightweights they are better for the land, especially under wet conditions, as we are experiencing currently.

There are a number of breeders in this region, for more information go to the Dexter Cattle Society of New Zealand, www.dexter-cattle.co.nz.

If you require any further information on this breed or have any other questions on lifestyle block management please give me a call on 09 411 7854 or 027 5544240, if I can't answer the question I will know somebody who does.

Lyndsay Kerr your local Mike Pero Real Estate Lifestyle Specialist.

LIVESTOCK REPORT

A large yarding of quality cattle sold very well on Saturday at Pukekohe. Killable cattle numbers doubled on previous weeks and despite an air of pessimism, pre-auction, prices were as

strong as ever, if not better than ever! Best steers sold well to \$1,960 and heifers to \$1,710. Young cattle continue along recent strong trends as farmers restock after selling heavy cattle pre-winter.

Cattle	Lowest Price	Highest Price
Best prime steers	\$1,600	\$1,960
Other good steers	\$1,270	\$1,440
Light x bred steers	\$930	\$1,150
Medium weaner steers	\$400	\$645
Prime heifers	\$1,280	\$1,710
Light store	\$840	\$1,030
Weaner heifers	\$460	\$640
Boner cows	\$690	\$950
Sheep		
Store lambs	\$79	\$96
Hoggets	\$130	
Ewes	\$100	\$139
Rams	\$89	\$103
Pigs		
Store	\$135	
Sows	\$130	

REDUCING THE COSTS OF RESOURCE CONSENTS

Resource consents can be expensive and time consuming - there are no two ways about it. To reduce the costs of consultants' fees, you'll probably want to shop around and engage the lowest priced specialists. But managing multiple specialists are where some of the biggest "hidden costs" actually come from.



A Planner's role is to write the resource consent applications and this can involve identifying all of the specialist reports that Council wants. Then they must coordinate with the specialists and make sure they are all aware of what the other specialist is doing so that their reports all say the same thing.

Some of the biggest costs associated with resource consents can be in the time delays associated with multiple specialists making multiple changes to their reports. We have seen projects where the architect is separate from the engineer, and if the owner asks for a slight change to the house this can mean a whole new re-design for engineering. If the two specialists don't talk this can waste time and money, and each design change you ask for can set you back up to 6 weeks.

At Thomas Consultants we have all the specialists under one roof, making design changes hassle free with quick turnarounds. So talk to the team at Thomas Consultants to save you time and money. 09 836 1804.

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

HOME & GARDEN

HEALTH AND SAFETY

Do you report your injuries? Does your workplace have an accident register and a risk/hazard register? Remember a basic rule of health and safety is that all accidents and incidents need to be reported and recorded. The risk/hazard register should be available for all staff to read. In most industries slips, trips and falls, carrying heavy loads, lifting and standing for long periods of times can all lead to injury. Do you have an item in the risk and hazard register that deals with slips and trips? Controls may be cleaning up slips promptly or buffing the floors so that they are not over slippery. Diseases, such as mumps, chicken pox, or the flu, are spread through the air when infected people cough, sneeze or speak and is a common risk for people working in a retail environment. If you work in retail have you checked your risk register to see if the above items are mentioned? If they are that is good, if not ensure that they are added to the register with an action or control to help minimise the possibility of catching the flu. In the case of the flu and action would be that all staff wash their hands regularly. You can put signs on the mirrors in the wash room to remind staff about the need to wash their hands. Lone workers can be prone to confrontation, in retail, in construction and the service industries. Controls may be that you report the reason for your visit, and you perhaps advise a third party. Record the timeframe from start to end that someone is likely to be alone. Just as important is that all the risks and hazards should be rated to record the likelihood of an occurrence and the consequence of an event. Se-

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curo clients have access to 205 common risks and hazards listed on their website, to help prepare a risk/hazard register. John Riddell, Securo Health and Safety Consultant, securo4@securo.co.nz or go to our webpage, www.securo.co.nz.

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Meet Nathan.... Nathan is one of our experienced maintenance plumbers and can assist with all your plumbing needs! Do you have problems with blocked or leaking toilets and drains,



hot water systems, leaking taps or burst pipes? Or do you want new installations, refurbishments or gas installation? Whatever your needs, one of our great team of plumbers, like Nathan, is here to help you with this and much more! At Laser Plumbing Whenuapai, we are committed to servicing our local community families and businesses with great service at reasonable rates....and we are here to help 24 hours a day, 7 days a week and offer an emergency service! No matter the time of the day or night, you can call us! Laser Plumbing Whenuapai has been trading since 1985 – so choosing us means choosing a solid, reliable and experienced company that you can depend on. As part of our 'Totally Dependable Guarantee', we stand by all our jobs by offering warranties, and always use quality New Zealand made products. Contact Laser Plumbing Whenuapai on 09 417 0110 or email us on whenuapai.laserplumbing.co.nz. We are open five days a week from 7am- 4:30pm and are located at Unit 4, 3 Northside Drive, Whenuapai.

RHODODENDRONS AT AWA NURSERY

Awa Nursery currently has an abundance of Rhododendrons and the variety of colours is fantastic. There are many an avid Rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some of these to their garden. A



Rhododendron bush is very attractive, especially when in full bloom and hard not to miss in the landscape. We have large and small varieties in stock to suit any garden situation. Rhododendrons do well with direct light for at least part of the day and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The Rhododendron



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has shallow root systems and need moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provides nourishment, and limits weed growth. Prune your Rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the many varieties or call in and see us at Awa Nursery and pick up your favourite coloured Rhododendron. Awa Nursery phone 09 411 8712 or visit www.awanursery.co.nz.

MOVING TO A RETIREMENT VILLAGE?

As baby boomers hit retirement age and beyond, a retirement village can appeal for many reasons. Some are searching for companionship while others have experienced a health event which drives them to leave their own home. Regardless of the reason for deciding to move into a retirement village, the law says you must get 'wisdom' advice from a lawyer. The costs of doing so can be significant. Your lawyer must review a raft of documents and consider your particular circumstances to ensure you understand the effects and implications of moving into the retirement village. It can be a surprise to discover the financial implications of moving into a village. Unlike your own home where you get legal title to the property, you do not own your apartment or unit. You merely purchase the right to occupy it for the rest of your life. In fact, we have heard the move to a retirement village described as being the worst financial investment you will make but we have also heard that it is an investment in lifestyle. Nobody should move into a retirement village to make money. Generally you must make the move for lifestyle reasons and be aware of the financial risks. Some villages offer a 90 day guarantee so if you discover it is not for you,

you can leave the village and get back all your money. None of our clients have used the 90 day guarantee to leave a village but it can be a great comfort when you enter. Regardless of your reasons, choose a lawyer that you trust to explain your agreement in plain English. Each village is different and each would-be resident has their own unique set of circumstances. The law says your lawyer must ensure that the move is 'wise' taking into account those unique circumstances. Henderson Reeves offers a mobile service so we can come to you in the comfort of your own home if you prefer.

WAIMAUKU GARDEN CLUB

Overcast day, threat of a shower..... a sensible shoes and brolie day. We're off this time to Waitoki to DD's for a delicious morning tea after which we will travel up to the Award-winning Kaipara Coast Sculpture Gardens on SH 16. What a treat was instore for us! Imagine the smell of damp foliage and undergrowth, crunchy gravel, trees showing their patterned bark, leaves hanging with rain crystals and merged in amongst this, magnificent and different sculptures including some local works. Something for everyone. After the stroll we were able to wander around the Garden Centre itself, well worthwhile. A must see. Historical Mataia Homestead is our next place of interest, as well as an old style garden with flowers I remember in my grandmother's garden. A mother and daughter team were our hostesses having a family link to this well restored historical homestead. There is even a link to the Clark Family of Hobsonville. We were treated to a plated lunch plus coffee or tea after which we were free to wonder within the homestead or out into the garden. To finish our outing we visited The Swiss Bliss Chocolate Kitchen Shop. Remember 19 July we are off to the City,

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August 16 a local trip. We have fun, come and join us. Althea 021 123 6448, Bette 021 145 1854, Diana 027 478 8928, Jan 021 108 7925, Judith 027 272 9994.

PROTECT YOURSELF FROM THE COSTS OF IRD AUDIT ACTIVITIES

IRD has increased its focus on auditing SME businesses and this shows no sign of abating. Property developers and the hospitality industry in particular seem to be at the top of IRD's hit list, but no one is immune – even individuals and businesses with perfect accounting records are being subjected to audit activity. PAYE, GST, Income Tax and FBT are all areas that can fall under scrutiny. Even a cursory review of your lodged returns by IRD can incur significant costs. The good news is that UHY Haines Norton offers clients protection from any unplanned professional fees resulting from audit activity with Audit Shield insurance. The Audit Shield Master Policy provides for the payment of professional fees incurred in the event that you are selected for an audit, investigation or review by IRD. It covers relevant professional fees up to a prescribed limited if you are required to respond to audit activity, and the cost of the policy is tax deductible if you are in business or self-employed. To find out more about our Audit Shield insurance or any accounting and taxation issues, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

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At Western ITM Kumeu you'll find everything you need to create, repair and maintain your property. Drainage... With all the excess water around now, a sure remedy is installing Marley Drainflo or Draincoil - drainage lowers the ground water level whilst retaining moisture in the pores of the soil. Our store also now stocks 4 of the most common diameters of Euroflo Colvet Pipe. Prepping a driveway/gateway? Ensure you install Landtex Mud Cloth, Landtex is a woven polypropylene roading fabric for use under gravel on roads, driveways, parking areas and farm access and races. Landtex spreads the vehicle wheel loadings and prevents mud being pushed up and the gravel lost into the soil or ground below. Water line sprung a leak? We carry the complete range of Hansen Easy Fit Poly fittings. Our store also stocks a vast range of Hi Vis Wet Weather gear, gumboots and socks. For further advice or information visit us instore today OR visit www.westernitm.co.nz today for a free online quotation. Try us, you'll be impressed. Western ITM Kumeu - 154 Main Road, Kumeu. Phone 09 412 8148, open Mon-Sat.

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THE GREAT OUTDOORS

RESPONSIBLE FISHING

By Marty Bowers, Senior Analyst, Recreational Fishing Team, Ministry for Primary Industries

The sustainability of fish stocks is important for all New Zealanders. All fishers are responsible for helping to maintain our fish stocks for future generations.



Recreational fishers can play their part by only taking the fish that they absolutely need for a feed. Fish that are above the minimum legal size should be kept and undersized fish should be returned carefully.

Most recreational fishers understand the rules and, overall, compliance figures are high, so what else can recreational fishers do to help maintain healthy fish stocks?

Avoid catching undersized fish - There are a vast array of hook types and sizes available in New Zealand and it can be confusing trying to figure out what to buy. MPI recommends matching your hook size to your target species. Barbless circle hooks significantly reduce gut hooking and make releasing unwanted fish in the water much easier.

Using big hooks reduces the chance of an undersized fish managing to get its mouth around the hook. Even though a gut hooked fish might appear healthy and swim away, the internal damage it causes increases the chance the fish will die later. If you find yourself continuing to catch undersized fish it's best to move to another spot.

Don't high grade - There are no restrictions on what fish recreational fishers can legally return to the sea. In the SNA 1 fishery, recreational fishers return one fish for every one fish they keep. That means that for someone keeping their bag limit of seven snapper in SNA 1, they are probably really catching 14 fish and returning seven.

The problem with returning fish is that not all fish that are released alive go on to survive. As fish are reeled in the rapid decrease in pressure causes gas to expand inside their bodies. This is why when some fish are landed their eyes are popping out or their stomach has expanded into their mouth. The technical term for this is barotrauma.

In one study from Australia, 100 per cent of fish hauled up from 20 metres showed some sign of barotrauma. Of these fish, 75 per cent showed the following three signs at the same time: the stomach expanding into the mouth, swelling around the anal cavity due to internal bloating and the colon extending out past the anal cavity. Fortunately, signs of barotrauma don't always mean a fish will die.

Based on the 2011-2012 national panel survey and estimated mortality figures, recreational fishers kill between 300,000 and 900,000 snapper in SNA1 through returning fish. This is in addition to the fish that they take home.

Of fish that are released and survive there may be damage to

their ability to breed for the next season at least, especially fish caught and released during the spawning season. Their enlarged gonads allow less space for the swim bladder to expand as they are reeled up from depth.

Depth matters - Snapper released after being caught in deep water have a much higher chance of dying than those caught in shallow water. Research shows that more than half of all snapper caught in water deeper than 45 metres and then released will die.

Handle fish correctly - We understand that photographing big fish to share with friends and family is a big part of recreational fishing. Many fishers then go on to release these fish with the idea that they will live to breed another day. The science on whether this is helpful for fish stocks is not clear cut.

If you are releasing fish there are things you can do to increase the chance of that fish surviving.

Catch fish not birds - It is well known that seabirds are nature's fish finders. Large work-ups can provide great fishing but they also increase the risk of catching seabirds. Keeping the deck clean and putting bait scraps and fish waste in covered containers provides less of a visual incentive for birds to follow your boat.

- Seabirds mostly fish within six metres of the surface. Sink your bait quickly out of this danger zone.

- Make sure your burley containers are set well below the area where birds

can dive. The less fish waste in the water, the less incentive for birds to

hang around.

- Deck hoses and water pistols can be used to scare birds away from bait when setting and retrieving your gear. Aim beside the birds and not directly at them.

Move on - If you are catching lots of undersize fish or are being hassled by seabirds it is best just to move on. Birds are likely to catch and eat returned undersize fish so it is best to avoid this situation altogether. Following this advice and keeping up to date with the latest rules and any regulation changes is good for the fish and will help ensure you have an enjoyable and productive summer.

Handling tips

- Make sure your hands are wet.

- Don't lift the fish by the tail as this can dislocate the spine.

- Hold one hand under the jaw.

- Never insert your fingers under the gill plate as fish gills are damaged easily.

- If the gills are damaged, or even touched, the fish will struggle to breathe and there is a high likelihood it will bleed out and die.

- Hold your other hand behind the anal cavity.

- Fish organs are largely unprotected in the gut cavity. Holding fish around the belly can cause internal damage to organs, especially enlarged gonads during the breeding season.

- Make sure that any fish returned is caught in less than 30 metres of water to increase the likelihood of survival.

- Return fish as quickly as possible.

For more information phone 09 869 3331 or go to www.huntingandfishing.co.nz.



CENTRAL'S TIPS

JULY 2018



It's time to plant and prune, new shrubs and fruit trees can go in the ground, roses can be pruned and deciduous trees can be cut and shaped.

Add compost to vege beds and harvest winter greens - it's also a great time to prepare the potato patch for planting.

IN THE VEGGIE PATCH

- **Prepare the potato patch** – dig in lots of compost and sheep pellets so the earth is perfect when you've sprouted the seed potatoes. If you're not growing organically you can also add potato food, which is a specifically blended potato fertiliser
- **Renovate the raised beds.** Get them ready for spring growing by adding fresh Garden Mix or digging through organic compost. Time to fix any leaks or drippers in your irrigation systems
- **Sharpen secateurs and loppers** to get the cleanest cuts when pruning and shaping deciduous trees and shrubs
- **Spray pip and stone fruit trees** with copper and oil mixed together
- **Harvest a winter salad:** baby leaves of kale, beetroot, spinach and silver beet make colourful, yummy winter dishes



Flowering shrubs, ornamental and fruit trees can be planted now

Deciduous shrubs such as viburnums, philadelphus, star magnolia and mollis azaleas as well as ornamental and fruit trees can be planted now.



Prepare the potato patch ready for planting

Add compost and sheep pellets so your patch is all ready to go for your sprouting seed potatoes.

LAWNS

- **Control moss** in the lawn by spraying with Yates' Surrender
- **Spread gypsum** over boggy areas of the lawn to break up clay and aid drainage

THE REST OF THE GARDEN

- **Forward planning** – a variety of deciduous shrubs such as scented viburnum and philadelphus, the bush-like star magnolia and bright Mollis azaleas can be planted now
- **Rose pruning can begin this month** – for newbies at this, local garden centres often hold rose-pruning demonstrations – or there's Youtube.
- **Lift and divide** favourite perennials now – free plants are often under your nose
- **Plant new season's fruit and ornamental trees** – there's a variety of great fruit trees being bred for small urban gardens – just check with your local garden centres. Stake them to two thirds of their height to keep the root area steady



Sharpen secateurs and loppers

This helps get the cleanest cuts when pruning shrubs, deciduous trees and roses.



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BUILD

NEW

YOU MAY TRUST YOUR BUILDER, BUT CAN YOU TRUST THEIR SUPPLIERS?

As you have probably been reading in the media, the property market is booming. This boom isn't just happening in Auckland, many other cities and regions are also seeing an influx of new residents. As New Zealand grows, the building industry is growing along with it – now is a good time to be a builder - however, as the industry grows, we are beginning to see some cracks forming. The pressure on the industry, caused by demand outstripping supply, is also creating a lot of competition in certain areas, which puts pressure on price and unfortunately creates opportunities to cut corners.

This has been highlighted in recent articles by the New Zealand Herald (you can read here and here) investigating substandard building practices including a class action in Christchurch against three companies using substandard steel mesh and another article on substandard products being sold to builders out the back of cars on building sites, products that don't meet compliance.

As stated in the NZ Herald by the General Manager of Auck-

land Council's building control team, Ian McCormick, council building inspectors were noticing more and more substitutions than ever before. The pressure to deliver a home on time, for less money was the main driver for replacement products being used. McCormick states that he is aware of a number of incidents where faulty or non-compliant products were used, and had to be removed after the completion of the home. Ranging from non-compliant roofing and electrical wiring, to substandard pre-cast concrete, the issue is wide-spread and not always easy to detect by your average homeowner. In some cases, where the company cannot prove compliance to the council, the homeowner has ended up footing the bill for the replacements. And these are the ones that have been identified before compliance. There is a reason that we have compliance, for the safety of the families who live the buildings, so in the future there may be more cases brought to light through damage to homes or loss of life caused by substandard building materials. These examples are another reason you need to have full confidence in who you are using to build your home, that all the materials will meet compliance once completed, and that you are aware of the details of the guarantees you have on the home, from which suppliers and how long those guarantees last.

Signature Homes guarantee all our homes, and all the products we use. Our extensive supply chain of locally recognised building suppliers has been cultivated over time, allowing us to acquire the best quality products that have been tested to NZ Standards. Everything we use, our supply chain, products and trades, are the highest quality and ensure strict compliance to the New Zealand Building Code and applicable laws. What makes Signature Homes different is our guarantees, provided by an independent company, which provide the most extensive and comprehensive cover in the industry.

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and specialist Production Teams will personally oversee your entire build. They can help you stay abreast of everything that happens with your home, and are there to answer any questions you may have. Beyond that, they are there to manage all the contractors who work on your home, the quality of the work and ensure that your new home flies through the Code Compliance Certificate checks from the council without any hitches. This process is how Signature Homes can confidently guarantee the lasting structural integrity and weather tightness of your new home. Simply put, the guarantees Signature Homes offer are the best in the business meaning you can trust that you will not be left with any nasty surprises, and can sleep easy at night. Signature Homes phone 0800 020 600.

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G.J. GARDNER HOMES

G.J. Gardner Homes are delighted to offer Ready Living options currently under construction in the fantastic new Huapai Triangle Cabra subdivision. These homes have been designed for family living and are a great example



of comfort, functionality and style. Fully fenced and lawned, with heatpump, F&P appliances, double glazed windows and numerous other features that have to be seen, all backed with G.J. Gardner's 10 year warranty to provide peace of mind.

These are great options offering the benefits of a brand new home, and if you secure yours quickly the colour choices can still be yours. Homes will be move in ready from August 2018. Our New Home Consultants would be happy to show you through, contact any one of our team from the Rodney West office on 0800 42 45 46 to arrange a time.

MADDREN HOMES TRADIE OF THE MONTH

Sourcing precious swamp Kauri and transforming it into bespoke wooden floors isn't the easiest thing to do, but that's exactly what Brad Gurney from North West Flooring Xtra did for his client. And his dedication to the project and the client has now earned him the Maddren Homes Tradie of the Month nomination. It was a



complex job that required a lot of preparation, finishing and liaison with the client. But Brad and his team did a brilliant job with the highest level of workmanship that resulted in a thrilled client. Good on you Brad, you've earned yourself a voucher from

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



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FOOD & BEVERAGE

JOIN THE ZERO WASTE REVOLUTION

Do you want to reduce your families' food and plastic waste? Are you a keen advocate and supporter of Plastic Free July? The good news is that most household waste is avoidable - with a few simple lifestyle changes, you can dramatically reduce your families food and plastic waste.



At the Source Bulk Foods, our job is to provide food in a bulk format allowing you to select as little or as much as you like. We encourage customers to bring in their own jars, containers, bags and bottles to refill.

To support our belief in making small changes towards a zero-waste lifestyle, we are offering 10% off your shopping basket when you bring your containers into store for a refill during the month of July.

When you buy in bulk you can scoop out exactly how much you need so there is no food waste. If a recipe requires 100gms of quinoa then you can measure and buy exactly that - rather than buy a kilo bag that may gather dust in your kitchen. Being able to buy in bulk also give you the versatility to try new products as you can sample small sizes of them before investing in more. With no minimum purchase of anything in store, you can also buy small quantities of various items to make up things like

your own granola or muesli - allowing you to be more creative in the kitchen!!

In addition to a great selection of organic, vegan, gluten-friendly, dairy-free and paleo products, we offer our customers a wide variety of sustainable personal and household products. We aim to source and sell everyday products that replace single use household items further supporting our zero-waste ethos.

Come into store during July and we will give you 10% off the following range of sustainable products:

Stainless Steel Water Bottles, Reusable Coffee Cups, Beeswax Wraps, Cotton Produce Bags, Bamboo Toothbrushes, Jute Bags, Shampoo Bars, Stainless Steel Straws, Nut Mylk Base and Warrior Stainless Steel Lunchbox.

Becoming an aware shopper makes a huge difference to the planet and also encourages and inspires those around you to start making a collective small change towards a zero-waste lifestyle.

So, pop into one of our stores and experience the unique opportunity to mill your own flours on site, or sample some of our Kombucha and Kefir Water (available on tap). You can even take home a pot of raw honey. Our staff are passionate foodies, you can always have a chat and ask them about the food you are buying. It's all about nourishing your body, caring for the planet and setting up practices in your day to day life that has a positive and far reaching effect on the world around you.

Come and visit us in store at 49 Main Road, Kumeu. Open seven days a week, 9am - 6pm Monday to Saturday and 10am - 4.30pm on a Sunday. To follow us online go to www.thesourcebulkfoods.co.nz or Instagram at [thesourcekumeu](https://www.instagram.com/thesourcekumeu/) / Facebook [thesourcebulkfoodskumeu](https://www.facebook.com/thesourcebulkfoodskumeu/) or phone 09 412 2492. We look forward to seeing you soon.

THIS JULY AT SOLJANS ESTATE WINERY

Our annual winter wine fair is coming up, we've been preparing for this one for a while. Soljans Estate will be offering a variety of great wines at even greater prices. From the 6th till the 22nd of July we will be holding our biggest annual wine sale, showcasing some of our library wines and presenting some exclusive case deals along with end of line bin ends only available in our cellar door during the Winter Wine Fair. In addition to the wine show, Soljans Café is open 7 days a week, now serving our warming winter menu, perfect for these cold winter days. Relax by the fire and enjoy your time here at Soljans. Call now to reserve a table on 09 412 2680, we look forward to hearing from you!




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



Sift together flour, salt, baking powder, sugar and cocoa. Add egg, butter, vanilla and milk and mix until smooth – pour into greased casserole dish.

Sauce –

¾ cup brown sugar
¼ cup cocoa
1 ¾ cup hot water

Combine brown sugar and cocoa and sprinkle over mixture
Pour over the hot water

Bake 50 mins - 175°C

Sprinkle with icing sugar and serve with cream or ice-cream.

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

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For the classic approach, serve our tart Tamarillo Chutney or our very popular Mustard Pickle on your hot ham... yum! Or Sweet Sliced Pickles the next day, with your ham and salad.



And for more leftovers, our Mustard Pickle is the perfect accompaniment – get the kids making toasted sandwiches with ham and pickle these school holidays!

The award winning range of 'NoShortcuts' traditional chutney, pickle, relish and jam is wholesome, old fashioned food in the fast and easy convenience of a recyclable glass jar.

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EYE HEALTHY AVOCADO SMOOTHIE

Avocados are a good source of lutein, and mangoes are full of Vitamin A, an antioxidant that helps to protect your cornea. Include those chia seeds as well for some Omega 3 fatty acids!

Ingredients:

- 2 teaspoons chia seeds (optional),
- 2 tablespoons fresh lemon juice,
- 1 tablespoon finely chopped fresh ginger,
- 1 cup ripe mango,
- 1/2 avocado,
- 1 cup ice,
- Honey, to taste.

Directions: Soak chia seeds in 2 tablespoons water until gelatinous, about 20 minutes. In a blender, combine lemon juice, ginger, mango, avocado, and ice. Blend until smooth. Stir in honey and soaked chia seeds; serve.

For more information regarding nutrition for eye health visit our website www.westopt.nz or phone our friendly team on 09 831 0202.



COELIAC, DIABETIC, KETO OR WEIGHT-WATCHING - BUT STILL LOVE ICE CREAM?

If you are following a coeliac/gluten-free, diabetic or keto diet or simply watching your weight, you may feel that dessert is a no-go zone or in the too-hard basket. Well, think again. You don't need to give up dessert because IsoCream caters to each of these needs and is good for you. New Zealand's only protein-rich, reduced-fat ice cream is 99% sugar free, has under 350 calories per 500ml tub, is gluten-free and is low in carbohydrates. IsoCream comes in five yummy flavours: Cookies & Cream, Chocolate, Strawberry, Coconut and Vanilla. And what's more, it's available at several local stockists: Countdown at Hobson Centre, Westgate, North-west and Lincoln Road. For a full list of stockists and more information (including nutritional composition), visit our website: www.isocream.co.nz. Until 31 July, five lucky Westerly readers have the chance to WIN a tub of IsoCream. Simply use the form on the home page of our website, mentioning The Westerly in the message box, and you'll go in the draw for a 500ml tub in



your choice of flavour.

WINTER WINE DINNER - WITH KUMEU RIVER WINES

The Riverhead is proud to present the first of its 2018 Winter Wine Dinner Series. Executive Chef Russell Billing and his team will create



a five-course degustation menu paired with some of New Zealand's finest wines from local vineyard Kumeu River. Paul Brajkovich and Russell Billings will explain techniques, ingredients, flavours and why the pairings best complement each other. Come along and experience beautifully crafted food from an exceptional Chef and some of New Zealand's premier wines grown right here in New Zealand's oldest wine region. Tables will be shared with other guests or you can purchase a table of 10 for \$890. Buy tickets online at <https://www.eventfinda.co.nz/2018/2018-winter-wine-dinner-with-kumeu-river-wines/auckland/riverhead>.

THE HERBALIST CRAFT BEER

With winter upon us Sunday roasts are a kiwi favourite and we recommend pairing our Rosemary & Liquorice Ale with your roast Lamb.

Pop some sprigs of rosemary and some garlic in with your roast lamb and your vegetables which will add some extra flavour and complement the rosemary in the beer - a perfect alternative to red wine and a delicious way to end a weekend.

Stockists: Fresh Choice Waimauku, The Bottle-O Huapai, Black Bull Liquor Kumeu, Boric Food Market, Soljans Estate, Riverhead Fine Wines and select West Liquor stores.



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HEALTH AND BEAUTY

HOW TO GET MORE OUT OF YOUR WALKS

Walking is one of the best exercises we can do for our bodies. As with any exercise, there are good and bad ways of walking. I recently posted a short video showing 5 simple tips to get more bang for your bucks from your walks. The tips are easy and simple to implement. As an example, tip 1 is to change the surface that you walk on regularly. If you always walk on flat concrete, your body will adapt to the surface. As soon as you walk on an uneven surface, your body will struggle and you will risk an injury. Want to see the video? Simply look at the blog section on our website or on our Facebook page. Facebook page - www.facebook.com/elevatechiropractic or website - www.elevatechiropractic.co.nz. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

MUSIC – FOOD FOR THE SOUL!

Musicians are passionate about what they do and are prime candidates for injuries because they perform repetitive movements in awkward positions over a prolonged time. Tendinitis, hyper-mobility and trigger fingers are common problems amongst musicians. Musicians may not be aware of the effect that overworking their forearm muscles will have on their hands. These



muscles are largely responsible for controlling movements in the hand, so warming up, cooling down and stretching these muscles are important to prevent and address sprains and pain. Musicians can also suffer trauma while performing sports or DIY activities. These injuries need to be managed in the context of their instruments and the demands placed on their hands. At Hand Institute we provide comprehensive assessment and treatment and can work with you on developing healthy practice habits to correct a problem without sacrificing your performance. Call us on 09 412 8558.

COUPLES MASSAGE IN A TRANQUIL SETTING

For couples who would like to share a relaxing experience together, the Spa Di Vine couple massage packages are the ultimate escape for two. The spa packages for two people offer peace, quiet and privacy and some packages also include a warm-up in the hydrotherapy spa pool, before experiencing the side by side massages plus foot scrub and foot massage. Spa packages typically finish with a refreshing fresh fruits coupe. The Couples' Luxury Retreat also features refreshments by the open fire, a cozy setting on those cold winter days. Phone Spa Di Vine to book your treat for two on 411-5290 or email us relax@spadivine.co.nz or view www.spadivine.co.nz. Spa Di Vine, open by appointment only, Waimauku, Phone 09 411 5290.



CANCER REHABILITATION

Cancer is a scary word, but the good news is there are now more people surviving a cancer diagnosis. However, they can still face an increased risk of extended health problems, premature mortality and harsh side effects from their treatment. Historically, cancer patients were encouraged to rest and avoid exercise, however, experts now believe that that's the worst advice. It's now proven that exercise plays an important role in cancer survival and recovery, both physically and psychologically. As reported in last month's Courier, NorthWest Physio+ are proud to be associated with the PINC and STEEL Cancer Rehabilitation Trust, who provide training programmes for physiotherapists to work with cancer patients. The programmes are designed to help people through every stage of their treatment and recovery, incorporating individualised physiotherapy rehabilitation and exercise prescription to specialised group exercise classes. PINC and STEEL also accept funding applications from people diagnosed with cancer to access rehabilitation. Or you can donate so someone can receive some programme sessions. Last

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month NorthWest Physio+ ran a twelve-hour Pilatesathon to raise funds for PINC and STEEL cancer rehabilitation funding. 100% of the proceeds will go towards funding cancer patients in your community. If you wish to apply for rehabilitation funding, go to www.pincandsteel.com or contact Laura at laura@nwphysioplus.co.nz.

WHAT YOUR EYES CAN TELL YOU ABOUT YOUR HEALTH

Our series continues as Natasha Herz, M.D.*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist. Today's tip: Your retina could be in danger. You know those little specks that move around your field of vision sometimes? They're called eye floaters and, while they're relatively common, they also shouldn't be dismissed. Herz warns that a sudden increase in the number of floaters you see could be a sign of a retinal tear or detachment (yikes!). Visit Matthew and Molly Whittington at For Eyes in the Kumeu Village and ask about their specialised retinal tomography scans, and also the ultra wide-field Optos scanner that can literally see around corners to image the peripheral retina behind your iris. Phone 09 412 8172. (*Acknowledgement: M. Bonner, Marie Claire).



LOCATION LOCATION LOCATION

As we all know when buying a house, never has a truer word been spoken. You must make sure that the location of your home is in a good area, good street etc etc. But has anyone told you the 'location' of your house could also be responsible for your health or ill health? If your house (more specifically the spaces within your home, where you spend time still... bed, couch, office desk even standing at the kitchen sink) is in the wrong location it will be making you sick. It may not happen quickly so you can associate it with your home, but subtly it starts to lower your immune system. Then you notice you don't sleep, have back ache, children have nightmares or you have skin irritations, you have joint stiffness and arthritis, and these are to name a few illness that are linked to Geopathic Stress... This is the energy that the earth creates (and we need it) but we don't need to have it in our home especially in our bedrooms. So before you buy your next home, make sure you get a Geomancer like me to come and check your home. It is never to late and if you have already moved into that house of your dreams,

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get it checked. You may just need to move some furniture around and save a fortune on future health issue. Call Nicky 021 545 299 or visit the website www.clearenergyhomes.com.

THE ART OF LIFTING

We see a lot of unnecessary back strains and sprains here at Kumeu Chiropractic. With just a little preparation and planning you can save yourself some grief. For healthy



lifting, lift with your legs, keep the load close to your body and get help if the load is too heavy. Here are some basic steps required for proper lifting. Size up the situation. Keep it close. Spread your feet shoulder-width apart for better balance. Bend at the knees. Tighten up your abs and use your stomach muscles. Make your legs do the work. Give yourself a rest and take regular breaks. If it looks too heavy, it probably is. Don't be tempted. Master the art of proper lifting and you will be doing your back a huge favour. However, as with any activity, if you strain your back or feel pain, call us at Kumeu Chiropractic right away to schedule an appointment for a thorough Chiropractic examination and necessary care. Waiting usually lengthens the healing process and rarely makes a painful situation better. Call us at Kumeu Chiropractic on 09 412 5536 for an appointment.

ROCKING AND ROLLING

Have you seen them? They are blooming weird looking aren't they! I am talking about rocker bottom shoes those weird shoes with a big thick curved sole. Very different to your standard trainer and definitely not a minimalist shoe! Although these trainers will not give you any street credit what so ever, they have now been proven to effectively strengthen back muscles and reduce low back pain. Researchers of the Sports Physiotherapy master's degree at an Italian university have confirmed, in a new study, that unstable shoes improve the strength of back muscles in order to maintain balance and stability when walking. This muscular strengthening contributes to reducing low intensity chronic low back pain. This is the first study of its kind and the results of this new study could open up new doors in improving patients compliance to exercise in order to improve LBP (low back pain) as all you would have to do would be to put your shoes on in the morning! In the study 40 participants with LBP took part. Half of them wore rocker bottom shoes for 6 hours a day and the other half wore normal shoes. Researchers evaluated the degree of activation of the back muscles that stabilize the lower back (mainly the core muscles). The researchers also evaluated the curvature degree of the lower spine while wearing the rocker bottom shoes. These physical

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results were then contrasted with the degree of pain and disability expressed by the patients via questionnaire. As a result the researcher were able to establish that the everyday use of rocker bottom shoes for several hours a day reduces the disability suffered by patients with chronic low back pain. The next step in the research is to increase the number of participants and confirm these effects over a longer period of time in future studies within this same line of research as carried out in this pioneering study. Not that we want to dismiss physiotherapy as a valid means of rehabilitation for low back pain but buying a pair of rocking and rolling rocker shoes may be a extremely beneficial added extra to your long term management of back pain.

FITNESS DOESNT HAVE AN OFF SEASON

As we get to our winter months and it gets colder outside, why not take your exercise inside. At Kumeu Gym we are open 24 hours a day 7 days a week and our teams goal is to help motivate our members to improve health, fitness and



wellbeing. Our gym offers a highly qualified team of Personal Trainers and Fitness Instructors, an extensive range of cardio and weights equipment along with a full size indoor court for all of our functional movement pro-grammes and indoor netball. All memberships include over 20 group fitness classes including boxing, yoga, spin, circuits and crossfit style. We now also have two North Harbour / ACC recognised classes for older adults - Fitness for Function as well as Counterpunch. Our Gold Membership gives you access to our Smart Training (ST) this is a shared Personal Training System designed to cut out the large costs involved when using the services of a Personal Trainer, delivering the personal and high quality service expected from a personal training session, yet costing only a fraction of the price. ST is the next level training system designed to keep

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GORGEOUS GIRLS IN GLASSES

Isabel and Charlotte prove that frames can be very flattering! At Hobsonville Optometrists we love fitting young people into the latest and best looking frames. We have a huge selection to chose from, in both both style and price. Our most popular ranges include RayBan, Oakley and Adidas. And lots of others of course! We are not a chain. We warranty our frames for at least a year and we repair and maintain as a normal part of our personalised service. Come and browse anytime and enjoy honest advice and extraordinary service and care at Hobsonville Optometrists, 413A Hobsonville Road. Open Monday to Friday 9am to 5.30pm and Saturdays. Book Eye Examinations on 09 416 3937.



SHOULD YOU WEAR THE SAME SHOES EVERY DAY?

So is it fact or fiction than wearing the same pair of shoes everyday 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 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

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pair of shoes everyday and the shoes will last longer and your feet and body will also be happier. Shoe Talk - 401A Great North Road, Henderson phone 09 835 9936 or www.shoetalk.co.nz.

FALLEN ARCHES

The arch of the foot can change shape for a number of reasons, dropping or flattening is the most common change that we see at Hobsonville Podiatry. This can be either painless or incredibly painful. Change in arch



shape and function can greatly affect how you walk and run and be a crucial part of treatment of lower limb injuries. Below we have listed some of the contributing factors to a change in arch shape as well as symptoms that may result from the change. Symptoms: Pain in the inside or bottom of the arch, Aching in the ankles, Pain on the outside of the foot, Difficulty walking or running - particularly the propulsive phase of gait, Unable to get up on to tip toes - either completely or not as high as previously, Change in width and length of the foot, making shoes fit tighter, Heel pain, Tight feeling in the bottom of the foot. Causes: Weakness in the tibialis posterior tendon, the muscle that is largely responsible for maintaining arch shape and correct function of the foot when walking and running. This tends to happen gradually, Pregnancy - the hormone relaxin is released in pregnancy to help prepare the pelvis for childbirth, this hormone can affect the feet as well by relaxing the ligaments that support the foot, therefore leading to a flattening, Trauma/accident - ankle sprains commonly result in a change in foot posture, Nerve damage to the nerve that supplies the muscles of the feet, Prolonged pronation (rolling in of the feet) during gait increases the load on the tibialis posterior tendon. Inflammatory arthritis' such as rheumatoid arthritis. Poor blood flow to the feet and ankles. Treatment; If you read the above lists and find yourself thinking 'this explains my foot pain' you may well be also thinking 'OK so what do I do about it?'. The first and most important step is ensuring you have good footwear that support your arch well. There are varying degrees of arch flattening, therefore varying levels of treatment based on individual needs. Below is a list of the types of treatment we offer at Hobsonville Podiatry to help with dropped/fallen arches: In shoe supports to help re-align the foot - these can be simple or more comprehensive depending on the individual. Joint mobilisation to free up any restrictions that may be keeping the arch in a dropped position. Soft tissue release to free up restrictions. Strengthening exercises to help realign the foot/feet. Gait retraining - often compensations are made when the arch drops, therefore we help people train out of these compensations. Strapping - helps to hold the foot in a supported position and temporarily relieve



Gillian Wiltshire D.O.
Registered Osteopath
ACC Accredited

36 Sunny Crescent
Kumeu
Auckland 0810
Ph/Fax (09) 412 5977
0212330413
gill.wiltshire@gmail.com

symptoms. Hobsonville Podiatry is located at level 1, Hobson Centre, 124 Hobsonville Road. www.hobsonvillepodiatry.co.nz.

ARE YOU GETTING ENOUGH SLEEP?

It is becoming increasingly difficult to ignore the importance of sleep. I see an increasing number of clients with sleep disturbance, chronic fatigue, adrenal fatigue and anxiety – the lack of good quality sleep leads to various health related problems. Sleep is the process by which the brain detoxifies and cleans itself of the natural inflammatory processes caused through exposure to light and energy demands of the day. It is the only time our body shuts down its other processes to focus on healing and repairing cells. If we deprive our body of this essential time, it makes it very difficult for it to do the repairs necessary to heal. Not only this, but we will age faster, and the damaged cells will multiply faster than they can be replenished. The pineal gland entrains the rhythms of the body to the rhythm of the 24-hour light/dark cycle. Reducing light stimulates the pineal gland to secrete serotonin into the bloodstream, melatonin then follows to induce sleep. A growing body of research indicates that massage therapy may be beneficial in combating insomnia as well as many chronic conditions that contribute to sleep disorder. Massage is a healthy and drug free way of helping people overcome insomnia. As melatonin influences the sleep stage of our circadian rhythm, massage is a natural way of boosting serotonin to aid in sleep production. Tips to improve your ability to fall asleep and your sleep quality: Eliminate/minimise caffeine from your diet. Get out and take a 15 to 30-minute walk early in the morning to set your circadian rhythms. Expose the naked eye (that means no sunglasses) and as much skin as is decent, to the morning sunlight. Earth your body as much as possible. Eat breakfast. Don't eat later than 8pm. Turn off all screens and electronic devices two hours before bedtime. The blue light emitted from the devices interferes with your melatonin production. Try



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TENNIS AND ELBOW

Many people heard of a condition called 'tennis elbow'. This is when the pain is located in the outer area of the elbow joint. Ironically, most of the cases have nothing to do with playing tennis! In a nutshell it is due to tendon over strain and can be related to a



variety of activities such as screw driving, hammering, ironing, holding a frying pen and so on. Occasionally it is caused by a misaligned joint caused by a sudden trauma. Osteopathy can help to correct the joint misalignment and tennis elbow pain settles very quickly. In cases of overstrain it takes significantly longer and in most cases require avoiding the strain on the joint. At Family Osteopathic clinic we can assess the elbow alignment and work on the over strained tendons, as well as advise on the possible cause of the problem. Sometimes we use dry needling acupuncture to assist in recovery. See us at 39 Hobsonville Rd, West Harbour. Phone 09 416 0097.

HAVE YOU GOT PAIN BETWEEN THE SHOULDER BLADES?

Do you have an area of soreness that you feel in-between your

shoulder blades or even lower? It could be coming from that area or perhaps it's coming from the front? Your shoulder joint is so movable and even though the joint has a similar configuration to the hip joint being a ball and socket joint, the shoulder joint moves much more freely and that is what makes the shoulder such a complex joint. The shoulder joint is surrounded by strong ligaments and muscles which help to hold the joint in place. Did you know to get that much movement this joint is like a basketball sitting on a teacup. One muscle could be causing your issues you are feeling in the back, and this muscle is called the Pectoralis Minor muscle. The Pectoralis Minor muscle is located on your chest under a bigger pectoralis muscle. Its job is to pull the shoulder blade down – almost tipping the top of the shoulder blade forward. So, when this muscle shortens due to altered posture overtime, the muscle can keep the shoulder blade pulled forward, which are possibly causing you issues in the upper back between the shoulder blades. At Top Notch we address both the back, side and front muscles to achieve the best relief for any tightness you are experiencing in and around the shoulders and upper back. Come in and see our professionally trained team. We can provide the best approach for you and your body, and we promise you will be in safe hands. To book simple head to our website page www.topnotchmassage.co.nz or call 09 212 8753 or 021 181 8380 – 7 days a week, 9am til 9pm. \$10 off your first appointment.

BUILDING A RELATIONSHIP WITH YOUR PHYSIO

Liz from Massey Physiotherapy is studying this semester in her post graduate work the core concepts which underpin rehabilitation, and in particular Liz reviewed the concept of therapeutic alliance or the relationship between patients and their therapist in treating patients with chronic musculoskeletal pain. This is of

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special interest as Massey Physiotherapy are increasingly taking on ACC contracts in Pain Management, Stay at work, Back to work and training for independence. This paper has been enabling Liz to explore and challenge her own rehabilitation practice through critical review of theory, evidence and practice and below is a quick summary of some of this that may be of interest to you in your practice. Having a strong working relationship with your physiotherapist could predict the outcome of your treatment. Research has shown that in all cases the alliance between patient and therapist improved pain, function, mental health and quality of life when suffering from chronic pain. Massey Physiotherapy endeavours to build positive therapeutic alliance with all clients seen in the clinic and know the importance as well with clients seen for any of ACC's contracts above. We really value our clients, and referrers and take great satisfaction in seeing their positive outcomes. We look forward to seeing all our clients and building these positive relationships to help assist you on your recovery journey. Please call us at Massey Physiotherapy on 09 832 3619, to make an appointment and start on your way to great outcomes.

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Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at thenz-catfoundation.org.nz/donate.



Please get in touch with Carolyn on 021 143 6815.

CLEARSTONE LEGAL

Incorporating Kumeu-Huapai Law Centre

We are proud and excited to introduce ClearStone Legal who have now merged with the Kumeu Huapai Law Centre, following the passing of Russell Lawn.

Don't worry, all of your old files, deeds and any current matters are now being looked after by the team at ClearStone Legal. You might have noticed the new sign at the existing premises. Please feel free to call in and meet us or contact us to discuss any queries or concerns that you may have.

You can contact Debra and Jane on 09 973 5102 or drop into the office, Tuesday to Friday 9 am - 5 pm.



250 Main Road, Kumeu—09 973 5102

Debra Barron, Principal
Jane Barclay, Legal Executive

AREA COLUMNISTS

COUNCIL DEVELOPMENT CONTRIBUTION AND THE BIG BLOCK HOLE

In early May I received as Chairman of Ratepayers the following statistics from the largest developer in the Huapai Triangle. The information has been circulated to the committee and has been discussed with business members in the District. The facts provided show that, the approximate number of sections that have been developed or to be developed in the North West (Huapai North, Huapai Triangle, Riverhead, Kumeu & Waimauku) is 2,750 new sections. Each section pays \$20,000 in development contributions (Reserve, Transport, Water, Community & Stormwater) as well as approximately \$12,500 to Watercare for infrastructure growth changes. Those figures total \$32,500 approx for each new section. Given 2,750 sections - in total that equates to \$89,76 Million. A recent development in Riverhead, incurred \$6,825 in a Transport levy per Lot, so applying that across the District equates to \$18.76 Million. Someone has to show the community where that money has gone or going to. It isn't acceptable to take money out of this community for other areas. The southern part of Rodney has always ended up with the 'short end of the stick'. What has recently been passed by 9-3 at the Rodney Local Board was to create another rate levy called the 'targeted rate' to be taken from the community and then to be spent back in Rodney. Before that occurs, I believe the Rodney Board & Auckland Council need to be transparent as to where the development funds have gone, and what projects

our community money has been spent on. Just before anyone in the public queries my personal involvement, I want you to be assured that I don't act for any developer nor have I been asked to put this article in for the public to consider. I believe before the Council starts taxing or making target rates, they have to give a clear indication what has happened to the development levies imposed on developers. This is quite separate from money taken from rates in the District. The community has a right to know where the development levies have gone. I have a fear that the levies have gone in the Council's black hole to cover debts, wages and other central Auckland projects. We don't see anything tangible in our district for the levies. I am happy to apologise if I am wrong. Pete Sinton, Phone 09 412 2016 or email petesinton@townplanner.co.nz.

CAT SNEEZING

Article from Pet n sure - Cats sneeze. It's an issue when that sneezing is repetitive, happening alongside other issues. One of the biggest reasons cats might sneeze chronically is cat herpes. When your cat is not feeling the best, it can suddenly become active, making your cat feel sick. Keep an eye out for the following symptoms, contact your vet if any of them show up - Clear eye/nose discharge turns into yellow/green eye/nose boogers with squinting and redness. Nasal congestion causes a drop-in appetite (cats won't eat if they can't smell their food). Other symptoms develop that may suggest pneumonia - coughing, lethargy, fever. Other symptoms develop that may suggest sinusitis - lethargy, fever, headache - cat is scrunched up in a little ball with her head in her paws, not socialising. Dehydration develops. For the full article go to facebook.com/kanikapark. At Kanika Park Cat Retreat cats have their own individual suites. Contact 09 411 5326 or 027 550 1406.



ANOTHER NEW DEADLY RABBIT VIRUS CONFIRMED WHICH REQUIRES A DIFFERENT VACCINE

We reported earlier about the Rabbit Virus known as RHDV1a-K5 being released and the need to vaccinate urgently with the Cylap vaccine. We now have to advise that a more deadly Rabbit virus has been identified by





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the Ministry of Primary Industries in Marlborough. The new virus called RHDV2 spreads at a much faster rate and also kills baby rabbits. Unlike RHDV1, RHDV2 Infected Rabbits show no outward signs. The current vaccine, Cylap is not effective against RHDV2. MPI have approved and imported a new vaccine called Filavac K V&C which protects against both RHDV1 and RHDV2. You should contact your veterinarian urgently and arrange to have your pet rabbits vaccinated with Filavac which your Veterinarian can order throughASUREQuality using the form found at: www.mpi.govt.nz/protection-and-response/long-term-pest-management/wild-rabbits/#rhdv.

ACKNOWLEDGEMENT OF MATARIKI AND CULTURE

At Country Bears we are recognising our fast-changing community, not only in population growth, but also in the increase of diverse cultures. Our New Zealand Curriculum Te Whāriki recognises a bi-cultural education. As individual teachers, we must first understand and accept ourselves and our own unique identities. Then, if we can view New Zealand as a bi-cultural country, we are able to accept and understand that New Zealand has diverse multi-cultural communities. Children from a very early age are able to learn and understand languages and the difference between them. Even though they may themselves not be able to communicate verbally, their understanding of the language is present. We often see with bi-lingual children, the understanding comes early on, and then the verbal communication in both languages follows shortly afterwards. In June each year, New Zealand celebrates Matariki, which is the Māori name for the cluster of stars, also



known as the Pleiades. For many, this marks the start of a New Year. We see this as a way of starting fresh. Some may look to the stars to see how close they appear (but if we were to drive there, going 100kms per hour, it would still take us 4.8 billion years!). The brighter and clearer the stars appear to us, the warmer the winter will be, so planting of food/kai for the year can be determined by this. Here at Country Bears we will be continuing our holistic way of learning and extending our children in their already abundant interest in our outdoor environment, including planting. We will be holding a parent evening with an open fire and a disco; a way to come together, share kai and make our connections stronger. 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. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu Phone 09 412 8055.

TIPS FOR FLATTERS, TENANTS AND LANDLORDS

At the Citizens Advice Massey we deal with heaps of questions from renters and landlords about their rights and obligations. So we've come up with some must-know tips for you. Tenancy agreements - A tenancy must be covered by a written tenancy agreement. Read your tenancy agreement before you sign it and seek advice if you aren't sure. Even if you don't have a written tenancy agreement covering your rental situation you may still be protected under the Residential Tenancy Act. Landlords aren't allowed to require you to get the place professionally cleaned at the end of the tenancy. Even if you sign the agreement anyway, that clause is unenforceable. Amateur cleaning is perfectly acceptable. Make sure you and the landlord do a



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property inspection together at the start of the tenancy - and take photos of the place while you do. Are you a tenant or a flat-mate? When you are renting, what your rights and obligations are differs depending on whether your name is on the tenancy agreement. If your name is on the tenancy agreement then as a tenant you have obligations to your landlord (and vice versa) under tenancy law. If you aren't named on the tenancy agreement then you are a flatmate - not a tenant - and your rights and obligations are to the tenant/s. Those rights and obligations should be recorded in a house-sharing agreement (there's a template on the Tenancy website). You don't have rights under the Residential Tenancies Act if you're just a flatmate. Bond money - A landlord can ask for a bond that is the equivalent of up to four weeks' rent. They must pay your bond to Tenancy Services within 23 working days of receiving it. Alternatively, the tenant can lodge the bond with Tenancy Services online. At the end of the tenancy, the tenant/s and landlord must sign a bond refund form and sent it to Tenancy Services, before the bond money can be returned (minus any deductions for damage to the rental property). The people who are named on the tenancy agreement are the only ones who can get their bond back from Tenancy Services. Who pays for the water? If the property you rent has a separate water meter, the water is supplied on a metered basis and the charges can be exclusively attributed to your living on the property, then you (the tenant) have to pay the water supply bills. Usually you pay the landlord and the landlord pays the water supply company. Look after your place - Treat the property with respect. This does include cleaning, vacuuming, and trying not to put holes in the walls. Also, be nice to your neighbours. If there's too much late-night noise and generally offensive behaviour coming from your place, their complaints to your landlord could pressure your landlord into asking you to leave. If it's broke, tell the landlord - Tell your landlord as soon as possible about any necessary repairs or maintenance. Who pays for the repair depends on who caused the damage. You have to allow a reasonable amount of time for the repairs to be carried out, but if you think it's taking far too long you can give your landlord a 14-day notice to remedy. The landlord comes a-calling - Your landlord must give 48 hours' advance notice if they want to inspect the property. If they want to enter to carry out repairs they have to give you at least 24 hours' notice. Time to leave - Make sure you know whether your tenancy is a periodic or fixed tenancy. If you have a periodic tenancy then you can end the tenancy simply by giving your landlord at least 21 days' written notice. Your landlord has to give you 90 days' written notice if they want you to leave (or 42 days' notice in certain circumstances, such as a member of the landlord's family moving in). If you have a fixed-term tenancy it is a lot harder to leave before the end of the specified term. Be aware that if your landlord gives you notice to leave and you then decide to leave earlier than that, you will need to give your landlord notice. If you leave stuff behind when you go, your landlord has to contact you and give you time to retrieve it. If you don't, the

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landlord can apply to the Tenancy Tribunal for an order allowing them to dispose of those items (including selling them). If they have kept your stuff in storage then they can claim the storage costs from you. Disputes, disagreements and disagreeableness - The Tenancy Tribunal can settle disputes between landlords and tenants. However they can't help with disputes between flatmates or between a flatmate and a tenant. For these you have to turn to the Disputes Tribunal. No matter how grumpy you get with your landlord, please don't stop paying the rent. If you stop paying your rent you'll be in breach of your tenancy agreement, which could lead to eviction. Do keep copies of all communications with your landlord, even if the tenancy is going swimmingly - just in case. Know where you can get help - If you aren't sure about what your rights or obligations are in your particular situation, there are people who can help you for free: Pop into Citizens Advice Massey/Westgate in the library building or call us on 09 833 5775. Or email us on massey@cab.org.nz. You can also read tenancy information on our website, presented in an accessible Q&A format. Tenancy Services - their website www.tenancy.govt.nz is chockful of useful information, including all the application forms, notices and agreement templates you could ever need as a renter.

PHELAN'S LOCAL BOARD UPDATE

It thought it would be useful to do a bit of a 'mythbusters' column. I keep hearing a regular list of issues with Auckland Council, some of these are actually issues with our previous local council in its various forms over the last 50 years, some are more recent. One of the most common ones I come across is "we're not getting our fair share of rates". Always a problematic one as does this mean what I pay being spent right outside my front door? The township? or district? Some residents of Wellsford

define things as anything north of dome valley for example, I tend to look at things in terms of Rodney Local Board area that I have been elected to represent. So are we getting back into Rodney what we pay to Auckland Council in rates? It would appear so, in fact we are ahead, clocking up an additional \$20 million of investment in Rodney this year above the rates contribution (just don't tell the rest of Auckland that!!!). This is really not too surprising. No one should forget the double figure rates increases under Rodney District Council which struggled with a tiny population that was rated to finance a huge areas infrastructure. Watercare alone is now pouring hundreds of millions into failing infrastructure across Rodney and the new Auckland Transport budget is signalling a spend of over \$700 million in Rodney over the next decade including an unprecedented \$121 million in road sealing. Between AT and NZTA over \$70 million is being spent over the next three years just of the section of SH16 from Brigham Creek to Waimauku. So are we getting back what we pay in rates in Rodney? It would appear so. Another chestnut is the "Council has an unsustainable debt level"... Rodney District Council struggled with its finances evidenced by bringing one of the highest level of debt of any legacy council into Auckland Council on amalgamation it may well be that this legacy is why this comes up. Auckland Council has actually been a prudent borrower, don't take my word for it, Standard and Poors give Auckland Council a AA rating and Moody's a Aa2 rating. Borrowing to fund capital investment in infrastructure, which is what Council does, is a perfectly logical way of financing it's capital spending, the government does it, and in fact so do other councils and governments across the world. The idea that council has unsustainable debt levels isn't born out by the facts, objectively looking at other similar sized corporations or government entities it's quite normal. Council also doesn't splash it's capital spend around on pointless stuff, since I've been on



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Council I've seen the lid come down on capital spending and a focus on core business. Operational spending is slightly different and there will always be areas where this could be done better or the value is debatable, council needs to constantly be vigilant to ensure it delivers value for it's ratepayers. And finally, "Council is wasting billions on a tram system to the Airport and North West". Council is not spending money on light rail. Both proposed light rail projects in Auckland are Central Government ones and funded primarily by NZTA a government agency. In the case of the proposed North West light rail project government has pledged \$2b but needs the rest of the money to come from private investors. Again, don't take my word for it, a quick google will show this is an NZTA/Government, not Council, project. If you have anything council related you need assistance with please do not hesitate to contact me on either 021 837 167 or phelan.pirrie@aucklandcouncil.govt.nz.

ANIMAL LOVERS

Children who have a deep seated love of nature turn into ecologically-minded, empathetic, responsible leaders of the future. We live in an ever-increasing sterile world, and some research points to this being a factor in the increase in allergies. Exposure to animals, as well as natural bacteria found in nature, is thought to reduce the incidence of allergies in children. Caring for animals allow the children here at Kereru Kindy to think beyond their own ego-centric self, and consider what it takes to keep another living being healthy and happy through food, water, shelter, company etc. By also providing centre pets that take children through their life cycle; like tadpoles to frogs; we are learning about science and life-processes. Most importantly, lots of language-rich conversation can be heard around our kindy discussing the centre animals and many concepts can be expanded on, to enrich their own current knowledge bank.



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HOW TO LISTEN TO OUR INNER MESSAGES

About 3 months ago I went 'off' running. I just didn't feel enthused about it. I didn't want to go. Now I have been running on and off for about 5 years. I'm not super-duper fit, I just managed to get out a few times a week. But suddenly, I just stopped wanting to go. I wasn't enjoying it like I used to. YES, I wanted a fit, healthy body, YES I wanted my dream body lol – BUT NO I did not feel like going running. I tried all sorts of things - I made a guided meditation to mind trick myself into running. I rang my Mother and complained to her. I read some running blogs to try and get into it again. I put the strava app back on my phone. I put my running shoes on, told my husband I was going running, organised the kids and then just didn't go. None of my usual tricks were working. I couldn't force myself to run- cause I didn't want to go. Then guilt kicked in. I mentally beat myself up. I said horrible things to myself about how lazy and unmotivated I was and about how someone like me really should be walking my talk and have some sort of exercise routine blah blah blah. I felt wrong for not wanting to go. Now I teach that one of the worst things we can do to ourselves is to judge. When we judge and have negative opinions about ourselves (or others) we are being exactly the thing we don't like. What you dislike about yourself - you're creating more of – because that's the main focus. You can't focus on something and not have it in your life. The more you hate your body, the harder it is to change it. When the main topic is 'these are the things I hate' then you get more of all of that. If the main topic was 'all the stuff I love' then life more easily give us circumstances aligned with that. Your body (and life) is giving you what your feeling and being the moment. The judgement is 100x worse than the thing. Can you eat the cake without the guilt, can you eat the pie without the fear of getting fat? We don't realise that eating fear is worse than eating pie. Can you not go to that thing on Saturday and not worry because your allowed to choose? Our opinion of what we do or didn't do is doing the damage – NOT the actual thing. So all my focus on NOT RUNNING and all the mean stuff I was thinking, was creating a downward spiral that got worse and worse. I had momentum going about all the stuff I didn't want. Then I finally remembered that the only thing to do was not care. To go about life not paying any attention to the fact that I wasn't running. Not paying attention to getting fatter and fatter. Not paying attention to laziness. (Haha I hope it's clear who I was being and what I was getting more of!) When you have big momentum going its hard to turn it around. A practiced thought is so hard to stop thinking. But it got easier and easier to not give a shit. I created another meditation aimed more at following my heart and having healthy happy body. I relaxed and felt more

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peace again. Then what happened was very cool. (I only realised months later how cool it was). So with a bit more peace around the subject a thought popped into my head 'why am I perceiving running as my only exercise option', 'there must be loads of possibilities open to me around this'. 'I enjoy being out in the world and moving my body so there's gotta be something just right for me, in fact I there must be 20 things just right for me'. So I chatted to a few people and got ideas and just waited. And sure enough, the answer presented itself. A girlfriend of mine sells weighted vests. I happened to talk to her and happened to read an article about walking. I put the two together in my head. I brought a weighted vest and out I went. A fast power weight walk! And I LOVE it. The vest brings an intensity that I wanted. I can fit this power walk into my schedule easily. I even added some weight resistance exercises to my routine. For me, what I have found is more enjoyable than my running and my body seems to be liking it better AND I want to do it! So what if my not feeling like running was because there was something better around the corner. What if not feeling like running was the only message I needed. Where else is this happening in life? What are we putting up with and doing without joy? The small thought about selling the business, about changing jobs, about that relationship? Feeling down or bored or just plain not enjoying it is the message. You can't feel negative emotion and have things turn out bright and fluffy. I think we are not taught to listen to our emotions (they are teaching us in every moment) and we often believe we are trapped or have obligations or that 'its just not done'. When we follow our deep-down messages then life starts working out for us. Doors open that just couldn't open before - we are keeping them closed with tension and unhappiness. Negative emotion can hold off our answers. The more tension and worry we hold, the harder it is to see obvious solutions and we get more of the same. Solutions usually come inside of happiness. If I had ignored that feeling and forced myself to run I would not have found a better option. I had to trust. Even if it doesn't seem logical we need to remember we came here to have fun. And your allowed to have fun and big success. The saying 'follow your bliss' sums it up. We are supposed to be enjoying ourselves and there are many many options available to us than what we narrowly think right now. Come for a one off 2 hour session. Call Anna Wheeler 021 555 658. I see people in Riverhead. anna@thinkyourbest.co.nz www.thinkyourbest.co.nz.

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