

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES
'NATTY' HITS THE ROAD

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

A TASTE OF SALT

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

Editorial contributions are free from cost. Advertising starts at \$85 plus gst for a business card size.

Contact Geoff Dobson on 027 757 8251 or geoffdobson2017@gmail.com

July 2019

Intro

I came west in the early 1970s.

A day trip to Muriwai Beach followed moving to Auckland to join the City and West End News.

I later worked for the Western Leader from 1980, covering the north-west. I reported on the Helensville Borough Council when people like Arnold Gosling, Audrey Luckens, George Smith and Eric Glavish were there.

At one meeting I was asked why Western Leaders were strewn around the town after a storm. Straight-faced, I said we were trialing a new delivery system where papers were put at one end of the town so the wind would do the work. I was never asked to speak again.

I covered Kumeu Village's construction by Pioneer Developments (Drew Watson), the successful fight to retain the Helensville Hospital site for community use, the area's wineries and winemakers (including Mate Brajkovich and Mate Selak), local schools, the Kumeu Show, Fletcher Wood Panels' Kumeu particle board factory – now the Kumeu Film Studios, and more.

Gravel roads were the norm.

INL bought Newsbrief from the Mahoneys and I became editor in 1993 for 13 years.

My first front page was the Huapai Tavern fire.

I spent 13 years recording the area's gradual transition from rural farms and orchards to an increasing number of lifestyle blocks and houses.

Kumeu's saleyards were down the main road from the office above the Kumeu Garden Centre. Hugh Green (Green & McCahill) was often there, looking like one of the farmers.

I met many good people with their community at heart. Sadly, few of them are still around.

We competed in Kumeu Christmas parade wheelbarrow races, once having Gary Regtien's two Siberian sled dogs tied on to win it for us.

There were the rare crime stories, police and council rounds, school events, many local groups from fruitgrowers and ratepayers to sports and church organisations – now far fewer.

While Rodney Times editor from 2005, I still covered the north-west for a time.

Now, as Kumeu Courier editor, I'm pleased to continue that.

Email geoffdobson2017@gmail.com or phone 027 757 8251 if you have something worth featuring.

Geoff Dobson, editor



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

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kumeu Courier

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PEOPLE & PLACES

A TASTE OF SALT

They say too much salt is bad for you, but Corey Bertelsen can't get enough of it – well, salt flats racing anyhow. He's off again to the US in August for another round of racing on the famous Bonneville salt flats, following in the tyre tracks of Kiwi legend Burt Munro whose record attempts featured in the movie 'The World's Fastest Indian'.

Links with Burt abound – this is Corey's ninth event at Bonneville, the same number as Burt.

Corey would have raced there 10 times already, but the event was cancelled in 2014 and 2015 mainly because of rain.

Burt used to race on Muriwai Beach, where Corey was born and raised, and used to ride his motocross bikes through Woodhill Forest.

Corey has eight world records and seven US national records while Burt had four world records, including an under 1000cc class record which still stands.

But Corey, a member of the Salt Brothers Racing (NZ) team which includes brother and crew chief Mike, is determined to



set a few more records.

He's shipped two bikes for August's Speed Week at Bonneville, a 750cc unfaired motorbike which did 171.3mph (275.68kmh) last year and a 250cc turbo bike with fairings which Corey hopes to exceed 130mph (209kmh) on.

His ultimate goal is to break the 200mph (320kmh) barrier.

Corey expects to get about 16 runs in along the salt flats during the week-long event, likely to attract about 560 competitors and more than 30,000 people.

It's so popular special tours are even organised for Kiwis.

The first part involves aiming for world records under the Southern California Timing Association (SCTA), and the US nationals follow under the FIM and AMA regulations.

He will get some competition next year from Mike who will ride at Bonneville on his own bike for the first time.

So how did Corey get into straight line speed racing on salt flats? He used to race motocross bikes throughout New Zealand, winning a few regional championships in the process "I've been racing bikes since my early 20s," the now 47-year-old says.

But a severe shoulder injury left Corey struggling to handle off-road racing because of the jarring and movement required. He still wanted to race bikes so switched to straight-line speed racing on the salt, starting in 2008.

A plumber with Kumeu-based business JC Plumbing (dad Gavin previously ran Bertelsen Plumbing), Corey "that's the C in JC" and business partner Jake Curran are also involved in Kumeu's NJC Equipment Group, among key sponsors.

Mike does the roofing side of JC Plumbing.

Corey's partner Carolyn Goffin is also involved in Salt Brothers Racing and the pair recently moved to Houhora north of Kaitiaki, although Corey still spends much of his time in the north-west. Corey thanks all their sponsors, adding he couldn't do the annual trip to Bonneville without them.

And he hopes to reward their faith with more salt racing records.



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JUST 12 CARS FINISH WOODHILL 100

Photo: Colin Lunt. Paul Smith of Hamilton came from 60th place to win New Zealand offroad racing's toughest event, the 2019 North Harbour Woodhill 100. After 10 laps where cars touched 200km/h and two laps on the slower sandy tracks, Smith's Jimco class one car took the chequered flag.



Again the Woodhill course lived up to its reputation with only 12 cars out of 78 finishing.

The second round of the 2019 New Zealand Offroad Racing Championship, the Woodhill 100 attracted a 22-strong field of the spectacular 'unlimited' class one race cars from north and south - the most numerous in more than 20 years.

Smith's four-cylinder turbocharged Jimco was one of only a few in that class running anything less than a race-tuned V6 turbo or V8 engine.

Early leaders Jardyne Lammers (Whangarei) and Tony McCall (Manukau) both withdrew early, the latter hitting a mob of deer and destroying his car's steering.

McCall was trying to become the most successful Woodhill contender of all time, and had set the fastest time of the day, a 12.54.370 on the lap before he crashed out.

Karl Fenton, John Morgan and Nelson racer Nevil Basalaj put in aggressive drives and all led the race at various stages.

The unlimited class featured its first female competitor in years, Davena Fraser in husband Mike's single-seater Toyota V8 race car finishing 33rd.

The fastest of the trucks, Malcolm Langley's Toyota Tundra V8, went out when he tore oil lines loose from his transmission. Also racing in 4WD Bits class 8 was Nick Hall, who qualified 29th, stormed all the way up to ninth overall and a handy class lead before an "off" saw him perched on another car's wheel, unable to get free.

Mike Gibson started 14th overall in his class three single-seater, dropped to 29th and then clawed his way back to finish third overall behind Fenton and race winner Smith.

Tauranga's Dyson Delahunty led JG Civil U class for standard UTVs in the new Polaris single-seater and was lining up a class win until a discarded 'tear off' vision strip blocked the air intake to his car's drive belt and it tore apart.

U class was won by Taupo's Roger McKay, in fourth overall.

Grant "Rowdy" Rosenberg (Palmerston North) put in a consistent drive to win 4WD Bits class 8 for 'unlimited' trucks and four-wheel drives; Rendon Robbers won class six for Winch Challenge trucks and Gerrad Chitty won class four with Richie Ryder following him home.

Top ten finishers in order were Paul Smith, Karl Fenton, Mike

Gibson, Roger McKay, Regan Swensson, Shaun Dickins, Dan Fisher, Shaun Russell, Chris Whyte and Dion Edgecombe.

'NATTY' HITS THE ROAD

Helensville MP Chris Penk is taking to the road with a mobile office made from a horse float.

Dubbed 'Natty' for National, one suggestion was to call it 'Natty McNatface' after the British poll to name a ship came up with 'Boaty McBoatface' as the popular choice, spawning similar naming conventions for many other subjects.

The converted horse float has a generator, seating, storage, a sink, port hole style windows, an awning and it opens like a food truck, with even the former horse ramp dropping to provide disability access if required.

Doubling as a mobile billboard, and even able to be used to help in emergencies such as power blackouts, 'Natty' will be towed around the huge electorate using Chris's Holden Colorado ute.

It will do the rounds of markets such as Coatesville, Kumeu and Kaukapakapa, stop in various areas for constituency clinics, and be used at shows and many other events in the electorate stretching from the Manukau Harbour to past Glorit in the north and including Dairy Flat and Albany.

Chris says he will be a "mobile MP", getting out and about across his huge electorate.

"So people will feel they have a local MP - not just one who sits in his Huapai office - who will turn up in their area and listen to people and their issues."

It's a bit like the former Auckland mayor Len Brown's 'mayor in the chair' sessions out in the Auckland community and township street clinics held by some councillors such as Rodney's Greg Sayers.

Only this will be more comfortable and is able to carry chairs for people to sit around the outside of the mobile office.

'Natty' also has a sound system and could provide temporary emergency backup in areas when required.

"It has the ability to help with disaster relief, especially with the on-board generator, assisting with loss of power in storms, fire, flood and perhaps in other crises like the re-election of a Labour government," Chris says.

A former mobile bar, the office might even dispense hot pies, coffee, and perhaps ice-creams in summer if allowed.

One suggestion at 'Natty's' launch was to include a pie warmer. Royal New Zealand Air Force chaplain Squadron Leader Stuart Hight blessed Chris's mobile office.

It was officially launched before about 30 guests with a splash



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of sparkling wine by Kumeu Huapai Residents and Ratepayers Association chairman and local businessman Craig Walker, who helped with the office fit-out.

Chris thanked staff who came up with the mobile office concept and supporters who helped put it into reality.

DES HARRIS TAKES THE HUNTING LODGE IN A NEW DIRECTION

One of New Zealand's top chefs is setting a trend at The Hunting Lodge restaurant in Waimauku.

Des Harris, who developed under the eye of Al Brown at Logan Brown in Wellington, is ensuring more comes from the surrounding winery's own grounds for the menu or from local farms.

More than 60% of the restaurant's produce now comes straight out of the ground and into the pot or on the plate – so you cannot get much fresher than that.

About 160 gardens based on permaculture have been established on The Hunting Lodge winery grounds (formerly Matua Estate), with the produce dominating the menu in season. A huge variety of vegetables are grown there.

Lamb, pork and venison are sourced from local farmers - some of the dishes are named after the farmers, like Dianne Kidd who supplies Kaipara lamb and beef...and guests can meet some of them at "Meet the Makers" dinner events where farmers talk about their product on which most of the event menu is based. As executive chef, Des oversees the restaurant team but ensures head chef Asher Abramowitz has a free rein in the kitchen, producing dishes to make the mouth water.

Des might pitch in to help as well when needed, and – along with other team members - also does a spot of gardening to assist gardeners David Mercer and Nat Rose Tettei.

"I can jump on the tools if needed," he says. It's doing so well another gardener may soon be needed.

With the menu based on fresh, locally produced and seasonal produce, the restaurant is seeing an increasing clientele from locals, to those coming from throughout Auckland.

While Des is seeking more local producers to help supply goods he doesn't yet have, he also has plans for a hen house to produce free range eggs from about 300 chooks, a duck pond, and to run sheep and lambs among the vines to keep the grass down and provide table fare.

He'd love to establish a market there too, on-sell spare produce and provide guided garden tours, probably on Saturdays.

Kitchen staff are encouraged to help in the gardens to foster a greater awareness of the produce they prepare.



Garden fare is also provided for The Hunting Lodge winery's other functions which include catering for weddings and various events.

And any waste is composted to go back on the gardens.

Des has a philosophy of "what grows together goes together" and his more than two years at The Hunting Lodge he credits with reinvigorating his career.

His extensive previous experience has honed his ideas and style, based mainly on freshness to produce taste and colour in distinctive dishes which are now a hallmark of The Hunting Lodge.

And Des believes the menu has variety enough to suit everyone, from young families to seniors.

So how did Des get into The Hunting Lodge?

From Upper Hutt, Des met the Sutton family when they took up ownership of the winery estate in 2016 after an already lengthy association with the founding Spence and Margan families. Bill and Ross Spence established sauvignon blanc wine in New Zealand and helped develop its global popularity.

As a youngster, Des learned an appreciation of gardening and food through his grandparents and completed a culinary course in Wellington.

He likes the synergies between wine and food, a passion nurtured in his association with the Martinborough Hotel and developed along the way.

And yes, Des often does the cooking at his family's Birkenhead home too.

He wants to see The Hunting Lodge restaurant stand on its own and become a flagship based on its fresh is best and seasonal produce approach.

As for the menu, Des suggests The Hunting Lodge charcuterie for starters – a sharing plate (natural wooden platter) loaded with Ash's home-made terrine, parfait, rillettes and salted aged meats, mustard and fermented and pickled vegetables.

Other popular starters are duck liver parfait with cherry mostarda and pinot noir butter, plus the buttermilk fried chicken with ancho chilli yoghurt.

Mains include brown butter poached Leigh snapper, Dianne's Kaipara lamb, chargrilled local beef sirloin with various vegetables, sauces and sides.

Dessert includes house specialty "Vix's sweet treats", a great crème brulee and a cheese selection.

Or you can "Trust the Chef" and leave it to the restaurant personnel to decide for you, with a drink match also available.

Check out their seasonal menu for yourself, and if you are a producer in the north and west Auckland regions Des would like to hear what you may be able to offer the restaurant.

Open for lunch Thursday to Sunday from 11.30am, The Hunting Lodge restaurant at 307 Waikoukou Valley Road in Waimauku has dinner from Wednesday to Saturday 5.30pm until late and a "locals" night on Wednesdays. Visit www.thehuntinglodge.com/pages/restaurant for more information.



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James Kent is among a team of five physiotherapists, an acupuncturist, two Pilates instructors, a massage therapist and two cancer rehabilitation physios at NorthWest Physio Plus, 4B Shamrock Drive, Kumeu.

Cancer rehabilitation is a distinctive service provided by NorthWest Physio Plus.

Laura Jefferson and James are fully qualified cancer rehabilitation physiotherapists.

Pinc & Steel physiotherapists are dedicated to helping men, women and young people with any type of cancer. They support, guide and rehabilitate people through every stage of their cancer treatment and recovery.

To assist treatment, Laura helps fundraise through a Pinc & Steel Pilatesathon.

The second such annual charity fundraiser is on July 20 and runs for 12 hours from 7am - see P41 for more details.

NorthWest Physio Plus caters for many people from the wider north-west community and provides quality, hands-on treatment. Using the most up-to-date and effective techniques, the team helps people become more mobile and unlocks any pain – not just treating the symptoms.

An education plan also assists people to avoid any recurrence.

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Call 09 412 2945 to find out more.



As seen in the Kumeu Courier July 2019

TREAT YOUR KIDS – AND YOURSELF AT LITTLE MISS ENCHANTED

If your daughter loves princesses and fairies then Little Miss Enchanted in Kumeu can ensure her wishes come true.

Parties are their specialty – whether Princess Pamper Parties, Wonderland Parties, Princess and Pirate Parties, Neverland Parties, Tween Pamper Parties and more.

In fact, mum can share in the fun with Mother and Daughter Spa Days.

Little Miss Enchanted took more than three years to create, with an Enchanted Princess Garden and three special rooms established.

There children can meet princesses or fairies such as Anna, Tinkerbell, Belle, Jasmine - even Cinderella, Sleeping Beauty and Snow White, through Disney Princess Pamper Party Packages.

They'll come to your home too if you prefer.

Youngsters and adults alike can have manicures, pedicures, facials and more. A Mother and Daughter Spa Day and a host of special event can be tailored to suit that special person.

Owner Sarah Blainey is a qualified beauty therapist with more than 15 years' experience in the industry.

She set out to help fulfil every girl's dream, celebrating milestones and providing a place where parents can reward their children for positive behaviour, doing well at school and more.

Children can join in games with their favourite character such as the flower ring toss.

Special events can include slumber parties, mother and daughter high teas, story time and more.

You can have photos taken as well.

It's certainly a magical place to celebrate.

Contact Little Miss Enchanted at 302A Main Road, Huapai, phone 0800 545 647, text to 027 211 9565, email info@littlemissenchanted.co.nz or visit www.littlemissenchanted.co.nz for more information.



As seen in the Kumeu Courier July 2019

SAFER COMMUNITIES

Winter is certainly upon us now with rain, wind and cold weather so make sure you follow these fire-safety tips to help keep you and your family safe and warm.

Electric blankets

- If your electric blanket or cord is showing any signs of wear, have it checked by an electrician or have it replaced. Don't take the risk
- Always make sure that your electric blanket is switched off before getting into bed
- Never use pins or sharp objects to secure the electric blanket to the bed and never tuck it in under the bed
- If the blanket becomes soiled, sponge it lightly and allow to dry naturally on a flat surface. Do not dry clean or use a washing machine or spin dryer
- When putting your electric blanket away for summer, don't fold it – roll it.

Heaters & clothes dryers

- After kitchen fires, fires involving heating and drying are the next most common reason the Fire and Emergency New Zealand is called out
- Remember the heater-metre rule – always keep furniture, curtains, clothes and children at least one metre away from heaters and fireplaces
- Don't store objects on top of your heating appliance
- Never cover heating appliances
- Don't overload clothes dryers and clean the lint filter after each load cycle.

If you have a few spare hours a week and want to volunteer on a part time basis it starts with a phone call to your local fire station.

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Dennis Cooper

Station Officer

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COMMUNITY NEWS

AUTUMN BOOK FAIR 2019

The Autumn Book Fair, held last weekend, raised \$8,670 from the sale of books and together with the raffle and sausage sizzle, held in conjunction with the Book Fair, a grand total of \$9,966 was raised.

We hope that our customers are pleased with their purchases and have many hours of enjoyable reading ahead. We would also like to thank all those who donated books, for 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, especially the partners, friends and relatives of Club members who were present throughout the weekend. Members from the Lions Club of Waimauku and South Kaipara Youth also assisted in the setting out and cleaning up of the Hall. We also wish to thank members of the Rodney Local Board for their support and Burmester Realty for letting us use their premises as a drop off point.

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 Rautawhiri Park.

The books left over will be re-sorted with damaged or unsaleable books going to the Helensville Recycle Centre. Surplus children's books go to South Auckland for distribution to less fortunate children. 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 23rd and Sunday 24th, 2019, 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 with Burmester Realty, Commercial Road, Helensville, otherwise contact Chris at 09 420 8527 or any other member of the Lions Club of Helensville.

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puter Services on 322 Main Road in Huapai (opposite Mike Pero). Phone 09 412 9227 or Email huapai@itathand.co.nz.

MEET AUTHOR MIKE BOSHIER AT THE KAUKAPAKAPA LIBRARY

Sunday July 21st 10am to 1pm. Author Mike Boshier writes exciting action adventure novels featuring US Navy SEAL John Deacon. His first, "The Jaws of Revenge" was quickly followed by "Terror of the Innocent" and "Crossing a Line". His latest and fifth release is "The Price of Deceit". If you enjoy the adventure/thriller genre in the style of Andy McNab, Tom Clancy and Clive Cussler, give these a try. Find out more and meet the author in the historic Kaukapakapa Library. Library opens on the third Sunday each month in conjunction with Kaukapakapa Village Market. For more info contact Megan 021 959 017 or threehorses@xtra.co.nz.



SENIORNET KUMEU

At SeniorNet Kumeu, the presentations at our monthly meeting cover a wide range of subjects of interest to our members, these include laptops, iPads, android tablets, Smartphones, smart TV's and "The Internet of Things"

We also run informal training sessions for members who want to learn a bit more.

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

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

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

Our monthly meetings are held on the first Wednesday of each month (Next one July 3rd) at St Chads Church Hall in Huapai starting at 10.00am. For more information please contact Brian Lacey on 022 183 1811 brian@lacey.nz.

KAUKAPAKAPA VILLAGE MARKET



Sunday 21 July 8.30am to 1pm. A great morning out for the end of school holidays with free face painting and a children's craft table to keep the kids entertained while you enjoy a wander around the stalls. Plenty to see with everything from hand made to pre-loved, gifts, art, jewellery, plus fresh fruit and vegetables, plants, preserves, great food and coffee and much more. Our musician this

month is Ralph Engle who will be playing from 9.30am to 12.30pm.

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

THANK YOU TO OUR AWESOME VOLUNTEERS



GirlGuiding NZ is a non-profit organisation where girls can be girls, where they will discover their passions, contribute to their communities and form friendships in a safe and positive environment.

Our aim is that all girls and young women are valued, inspired and empowered to take action to change their world. We do this by enabling girls and young women to develop into confident, adventurous and empowered leaders in their communities. Our volunteers are at the forefront of this, giving their time and skills for the benefit of girls in their communities.

Whether teaching them about other cultures through games, or exploring the outdoors while camping, their work is truly at the heart of what we do, and without them we simply couldn't function. A huge thank you to all our volunteers.

BERNINA ROAD SHOW 6TH JULY FROM 9:30AM - 4PM

All Things Bernina which is now situated at the Westgate outlet centre, and recently named New Zealand Bernina Dealer of the Year is hosting the Bernina Road Show on Saturday 6th July from 9:30am to 4 pm.

We will have the complete range of Bernina and Bernette sewing machines and

overlockers for you to try. Berninas have a 10 year warranty plus 2 free services and Bernettes have a 5 year warranty. All Things Bernina offer free machine lessons with all machine sold.

We will be holding demonstrations of different types of accessories, embroidery, quilting both computerised, freehand and ruler work. Experts will be on hand to answer your questions and advise the best machine for your needs. One day specials available and be in for a chance to win a Bernina.

Come and see why you should choose a Bernina or Bernette.

All Things Bernina - 3/7 Westgate Drive, Westgate. www.allthingsbernina.co.nz.

HELLOWORLD TRAVEL SUPPORTS LOCAL COMMUNITY



helloworld Travel in Hobsonville has been busy in the local community recently. Carolyn is an active member of the Rotary Club of Henderson. Rotary is a charity that raises money and has so far this year given a car to West Auckland Hospice, and donations to Hearts4Kids, Kidscan, Look Good Feel Better, Don Oliver Sports Foundation, Melanoma NZ and others. If you also want to help in the community call Carolyn to find out more about Rotary, we are always looking for new members.

Recently we have provided prizes for raffles to Whenuapai School, Hobsonville Point Secondary School, and Massey High School and we are always looking for ways we can support more schools.

helloworld Travel Hobsonville sponsors Huapai Golf Club each year and is a mem-

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ber there.

We support the Summerset Residents Club at Monterey Park with prizes to help them fundraise for their chosen charities. Calling all Solo Travelers - We are having our next Solo Traveller get-together in our office on Saturday 13th July at 2pm. Come along and meet our other solo travellers and you may find someone to travel with. We will have a guest speaker and you have a chance to socialise and meet others. Please register your interest with our office jan.glover@helloworld.co.nz or phone 09 416 1799. If you are unable to make it you can sign up to our newsletter, just let Jan know.

We are located next to Countdown at the Hobson Centre in Hobsonville and would love to see you.

THE MOBILE CAR SPECIALISTS



Buying or selling a car? The best thing you could do to maximise the sale price is have a paint corrective cut and polish done to remove / minimise fine scratches, blemishes, sunscreen marks, oxidation and most other unsightly marks. The condition of the exterior makes a big impact with potential buyers so make sure it's looking good.

Likewise, if you've just purchased; often your vehicle could do with a professional polish, or dents removed, and NOW is the time to do it, otherwise you'll never end up getting it done until it's time to sell! Our services include: Dent removal – small to large, Yellow / foggy headlight restoration, Deep clear coat scratch removal, Ceramic coating paint protection and Signwriting removal.

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NETSAFE

Netsafe has recently published a report about digital self-harm among New Zealand teens, that is the anonymous online posting or sharing of mean or negative online content about oneself. Overall, 6% of New Zealand teens have anonymously posted mean or negative content online about themselves in the past year. Among teens who engaged in digital self-harm, most did it more than once. Digital self-harm appears to be more prevalent among younger teenagers, those aged 13 and 14 years old. Girls and boys pointed out different reasons for engaging in digital self-harm: Girls reported wanting to show resilience, looking for friends' sympathy, and seeking reassurance of friendship, while for boys it was mainly about making a joke. There is an indication that digital self-harm is more prevalent among teens experiencing one or more disabilities (those teens having a physical disability, a behavioural disability or mental health issue). About a third of respondents (35%) said they achieved the outcome they looked for after digitally self-harming themselves. This was significantly higher for boys than girls. Teens who did not self-harm believe that those who did it mainly look for peer attention and the sympathy from friends. For more information about online safety, visit netsafe.org.nz.

NORTHWEST REWARDS IS BACK

Thirteen local schools and almost 6,000 children will be taking part in the annual NorthWest Shopping Centre initiative called NorthWest Rewards. From June 24 to July 21, every dollar spent at NorthWest Shopping Centre is equivalent to one point for the participating school of your choice. At the end of the promotion, the school with the highest average

spend per student will receive \$3,000 cash for their school. The second and third placed schools will receive \$2,000 and \$1000 cash.

It's a great way to support local schools, providing potential opportunities for much needed resources. In addition, when you submit your vote you will also personally go into the draw to win a \$500 NorthWest shopping spree.

Participating schools are Hobsonville School, Massey Primary School, Huapai District School, Whenuapai School, West Harbour School, Don Buck Primary School, Waimauku School, Riverhead School, Colwill School, Waitakere Primary School, Middle School West Auckland, Henderson Valley School and Swanson School. For more information see northwestshoppingcentre.co.nz.

FLIPPIN' FUN PROVIDES AWESOME COMMUNITY SERVICE



With the school holidays around the corner we got to wondering how much energy we released from kids in the two weeks of the July holidays. Based on an average kiddy calorie burn for a one hour trampolining - an astonishing 2,720,000 calories! The upcoming holidays look to be even busier so be sure to check our booking page to avoid full or sold out sessions.

Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 3 (kindly note, except for fitness we suspend classes during the holidays) Flip Fit Classes – keep active through the winter months burning calories the fun way. Classes are full of variety to keep

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you wanting more. Bring a friend for even more fun and motivation!

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For pricing and times be sure to check www.flippinfun.co.nz or call us on 09 833 6880.

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terms) to our client's so we all have access to the most energy-efficient way forward. Contact us anytime! PH: 0508 272389 W: www.solarcraft.co.nz.

THE MIXED BAG BUDGET – A LOCAL PERSPECTIVE

As your local MP I'm always conscious that the political shenanigans are much less important to those outside Parliament than those inside. In that spirit, I'm leaving all controversy surrounding the government's recent Budget release to others and will focus on what's important for this area.

It's fair to say that there's some potential for Auckland's west and northwest but with considerable uncertainty at this stage how much of that potential may actually be realised.

First, on the subject of transport I can report that there has been a funding increase for Kiwirail. That's fine as far as it goes but unfortunately there's no indication that use of the passenger rail line could be extended beyond Swanson. At best, some line maintenance work elsewhere in the North Island could help us make our case here.

The Budget is even less hopeful for other local transport priorities, meanwhile, with no relief in sight for traffic congestion along State Highway 16 and other chokepoints.

Second, it's pleasing that classroom and school building activity in Auckland is to be funded. Recently I launched a petition encouraging the government to allocate land for an additional secondary school here. We shall see!

In other education news, the government has said it will fund the replacement of some school donations. Unfortunately the majority of schools in the Helensville electorate won't benefit, given that the policy applies only to those at the lower end of the decile spectrum.

To give credit where it's due, the government has allocated extra resources for areas related to mental health. Let's all

hope for some relief for those struggling in this way.

My final comment would be that, with the economy now experiencing serious "headwinds", government policies simply must not result in Kiwis getting a smaller slice of the economic pie. We only have money to spend on what's important when that's baked well.

On all these issues I'll continue to advocate for the best interests of my constituents. As always please feel free to get in touch via chris.penkmp@parliament.govt.nz or 09 412 2496. Cheers, Chris Penk MP.

OUR SCHOOL HOLIDAY CAMPS



Greenhithe Football Club are running two Football Holiday Camps in July for children aged 5 to 13 years, at Wainoni Park, Churchouse Road, Greenhithe. Camp 1 runs from Monday 8th - Thursday 11th July 2019 from 9:00am - 2:00pm. Cost \$120 for the four days. Camp 2 runs from Monday 15th - Wednesday 17th July 2019 from 09:00am - 2:00pm. Cost \$95 for the three days. You can attend for \$35 for a single day at either camp. The Holiday Camp will be a skill-centred programme for Football. The day will consist of skill acquisition work, football games and mini-tournaments. Please wear suitable clothing as well as football boots and shin pads. Please bring your own drink bottle, morning tea and lunch. To register, see the latest news article at our website sporty.co.nz/greenhithefootball or search for GreenhitheFC on Facebook and find the link. Closing date Friday 5th July.

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MP for Helensville

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chrispenk.national.org.nz

National 
Authorised by Chris Penk, 365 Main Road, Huapai, Auckland.



IN BRIEF

UPDATES:EVENTS

FOOD IN THE BANK



A food bank deposit box has been set up by New World Kumeu.

It's part of a community hub which includes a notice board, suggestion box, competition entry post, and space for brochures and Kumeu Couriers.

Close to the checkouts, the food bank allows customers to make a donation of non-perishable goods.

New World Kumeu adds similar items which have been dented, damaged or have passed their use-by dates – all going to the Salvation Army, based near Westgate, for distribution to people in need.

"We drop the food off at the Salvation Army in Don Buck Rd," says Diana Brown of New World Kumeu. "This is one way we can offer support."

Diana says people are welcome to buy an

extra can or non-perishable item while shopping and simply drop it in the food bank slot on their way out.

She says both herself and husband Wade love helping out their local community after arriving here two years ago from the Eastern Bay of Plenty.

Meanwhile, the food bank deposit box is already filling fast – ready for another trip to the Salvation Army.

KUMEU LIBRARY

July is the month that brings both miserable weather (sometimes) and the school holidays (definitely), so there are two good reasons to visit Kumeu Library! We are a warm, dry space where you can linger quietly, and find inspiration and information about all sorts of indoor crafts and hobbies. We have books, eBooks, magazines, eMagazines, audiobooks, eAudiobooks and DVDs for adults and children – you are sure to find something to help you while away those longer nights! And if crafting is your thing, check out our Winter Craft Series. July activities take place on Saturday 6 July and Saturday 20 July from 2.00 to 4.30pm – come and decorate your own paper and then use it to create greeting cards (gold coin donation).

Kumeu Library is a great place to bring your kids in the school holidays. We will have our famous scavenger hunt and other activities to do any time you visit the library, and there will free, fun activities for school-aged children every day at 10.30am. The theme for the holidays is "Poles Apart", and our activities will include story times, fun with magnets,

negative/positive art, shadow sculptures and a Kahoot! Quiz. Full details of which activity is happening when will be on Kumeu Library's Facebook page (www.facebook.com/kumeulibrary).

Also planned for the school holidays is a special evening event, "Dr Seuss at the Library", with games, activities and (of course) stories. Come and join us on Thursday 18 July from 6.15 to 7.15pm for this free, fun-filled evening.

Keep up with all the news and events happening at Kumeu Library by following our Facebook page (www.facebook.com/kumeulibrary).

KUMEU BLEND CHOIR



Singers wanted - rehearsals Monday evenings 7:30 – 9:00.

Our concert at Selwyn Village, Point Chevalier was a success. We treated our audience to the usual choral works and also some unusual ones: La, La, La – a very fast French piece; Pusi Nofo – a Traditional Samoan song; and Kia Hora Te Marino, a traditional Maori blessing. Perhaps a little unusual for our mature audience was Bohememian Rhapsody. A highlight were two bass solos performed by Andrew Pennington.

Our next concert will be part of a French Night at the Clef Music Club in the Fickling Centre, Three Kings, Auckland on Tuesday 16 July at 7:30.

We are a friendly group that welcomes new members and enjoys a wide variety of music. Previous choral experience and ability to read music is helpful but not essential.

Enquiries: Margaret Lindsay on 021 042 8855 or 09 849 8070; email Margaret@lindsay.co.nz

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FAMILY BENEFITS FROM CHARITABLE DONATION



A new family has been given an extra helping hand after the difficult birth of their daughter, thanks to the support of a charity which won funding through the 2019 Trusts Million Dollar Mission. Ruby Jones and Ryan Dey became new parents to Chloe on March 15th, 2019. The first-time parents are adjusting to their new life at home, and are grateful to have some nutritious, healthy meals - some special deliveries from Bellyful West Auckland.

Ruby is grateful to Bellyful for their support. "I'd never heard of Bellyful before - I had no idea there were people out there doing this for new families like ours," she says. "We don't have takeaways because of the cost. We try to eat well, but with a little baby and limited help, it's hard to stay on top of the meal prep. Having Bellyful meals in the first weeks after Chloe's birth was really helpful."

Bellyful West Auckland was a finalist in the 2019 The Trusts Million Dollar Mission, a collective which assists local people, groups and associations by giving grants, donations and sponsorships to applicants. This year, Bellyful West Auckland received a grant of \$6,000 - the amount required for a year's worth of ingredients to make food for local families with newborns and young children, who have little or no family or social support. And for Ruby and her new family, it's been a lifesaver. "I'm so grateful - Bellyful's support has been invaluable," she says. "They haven't asked for a lot of money, considering what they are doing. It's an amazing help for new mums like me." Bellyful's

meals are always completely free - they ask for nothing from the recipients. All their branches fundraise locally to raise money to purchase the ingredients so the meals can be free. For more on Million Dollar Mission, contact www.million-dollarmission.co.nz. To find if there's a Bellyful in your area, visit bellyful.org.nz.

THE GIFT OF GIVING BACK



Hospice West Auckland celebrates the collective contribution of 500 dedicated volunteers this National Volunteer Week. We extend a thank you to all of our volunteers who together donate a remarkable 40,000 hours to Hospice West Auckland each year. The support of our volunteers means we can continue delivering the best possible care to end-of-life patients and their families/whanau throughout the West.

Hospice West Auckland has a range of volunteering opportunities available. From lending a hand in any of our six second-hand stores, providing patients and their families with transport, to writing life reviews and helping out at fundraising events. Whatever it may be, the gift of your time ensures our community teams remain in our patient's homes or at Hospice House, providing them with care at no cost to them or their loved ones.

Hospice West Auckland's volunteering opportunities are rich and diverse and our volunteers express a sense of achievement in gifting their time to support their local community. One of Hospice West Auckland's dedicated volunteers Elie shares "I've met so many amazing people, and I get to give something special back to my community, I just love it."

If you, like Elie, want to get involved and give back to your local community, come along to our Volunteer Open Day at Hospice House, 52 Beach Road, Te Atatu Peninsula on Friday 12th July any time be-

tween 10.00 am - 6.00 pm.

Please contact our Volunteer Services Coordinator Verity on 027 702 3648 to learn more about the volunteering opportunities available to you.

KEEP NEW ZEALAND BEAUTIFUL ANNOUNCE AMBASSADORS



Keep New Zealand Beautiful (KNZB) is proud to welcome aboard their new team of celebrity ambassadors - artist Hayley King, radio broadcaster Stacey Morrison, chef Mike van der Elzen and TV journalist Melissa Chan-Green.

The ambassadors will work with KNZB to promote their beautification and education programmes and national events. "I was hugely honoured! It's an organisation I really believe in and feel like I've grown up with," says Melissa Chan-Green. For Stacey Morrison, joining KNZB was stemmed from her desire to do more to inspire the protection of our country, especially for her tamariki. Hayley King shares Stacey's commitment to safeguarding New Zealand's environment for the future "Just as we did as children, I want our children to be able to swim in our rivers, go fishing in the sea and experience the joys of hunting and eating kaimoana." Mike van der Elzen wants to empower more Kiwi kids to get in the kitchen and cook healthy food which has been grown sustainably. "We need to be aware of the actions we do every day to help play our part as a responsible citizen of this beautiful country. It's so important that we educate the next generation about looking after the planet."

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PROPERTY

NEWS & ADVICE

PROPERTY MARKET REPORT

Fewer homes on market, building buyer demand, lower mortgage rates and more certainty over the government's long term position on property tax and property speculation has resulted in a further stabilising effect on the Auckland property market.

At a glance, compared to this time last year listings are down by almost 25%. Auction sales resulted in around 33% clearance.

Sales versus RV (Rating Data) were split evening 59% less than RV and 41% greater than RV.

This continues to highlight the firming up on the Auckland market. In the last 14 days we have received a lift in telephone enquiries, email enquiries and open home traffic, certainly highlighting the lifting of confidence in the market and the slow shift towards an equally balance supply vs demand marketplace.

Let's take a look at the market:

Helensville Residential \$565,000 to \$750,000. Parakai Residential \$668,000. Kumeu Residential \$850,000 to \$995,000. Huapai Residential \$864,000 to \$1,032,000. Muriwai Residential \$900,000. Swanson Residential \$634,000 to \$810,000. Riverhead Residential \$1,030,000 to \$1,520,000. Waimauku Residential \$940,000 to \$1,650,000. Waitakere Lifestyle \$740,000 to \$1,400,000. Whenuapai Residential \$730,000 to \$1,100,000.

If you are renovating, upgrading, selling or buying it pays to have a partner with you that can provide solid advice, statistics and checklists to guide you through

your investment and decision making process. With us, this information is free from cost and begins with a phone call, text or email. Drop me a line today on: 0800 900 700, text 0276 320 421, Email graham.mcintyre@mikepero.com or review my web site www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

PLANNING A DEMOLITION OR RENOVATION FOR SUMMER?



If your house was built between 1940-2000 and you're renovating or demolishing, you must identify all asbestos containing materials before you 'muck in'. Asbestos building products were manufactured in NZ during the 1940s and NZ imported asbestos containing products right up until Oct 1, 2016. The Asbestos Regulations (Health and Safety at Work (Asbestos) Regulations 2016) are now in full effect from 4 April 2018 and believe it or not, if you carry out a renovation or demo without having done an asbestos survey, you could face up to a \$50,000 fine.

With the gentrification of Muriwai, South Head, Helensville, Kumeu etc many old baches and farm houses are being torn

down to make way for beautiful new homes, and as a consequence we're completing more asbestos surveys to keep workers, homeowners and the general public safe from these deadly fibres. Asbestos related diseases kill over 170 Kiwis each year, all of which are preventable simply by following best practice techniques and using appropriate PPE. Asbestos and its presence should be considered in the planning stage, to both uncover the true cost of demolition or renovation, and to ensure you adhere to the Asbestos Regulation 2016.

I urge you to plan, consider and investigate thoroughly before jumping in to any demolition or renovation job, as it could cost you more than you bargained for! Stephanie Brookes, Director, Meth Wise & Asbestos Consulting.

SELLING? HELP! THERE'S SO MUCH TO DO

So you've found the perfect home somewhere else and you want to sell? Exciting. Or you've found yourself in an urgent financial situation where you need to realise some property assets to free up cashflow for other important matters. This will have an impact on the price you can achieve. Vendors can either sell privately, using a private company such as Homesell Ltd to help with advertising, open homes, contracts and offers, or use a real estate agent. It's always recommended that you talk to real estate agents about how and when your property should be marketed, ie auction, deadline sale, multi-offer or general listing. Of course there are costs and risks associated with any option a vendor chooses to go with. The marketing of your property is important, as is the timing of your marketing campaign. At Gina Jansen Lawyers we can review any contract/offer for vendors prior to signing. We can review your agreements with real estate agents before signing. In multi-offer situations, what terms the purchaser is offering can be as important as the



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price. For example, some purchasers will want a longer settlement or drawn out due diligence processes only to potentially cancel the agreement altogether, putting the vendor back at the start line again – which is hugely frustrating. Vendors should insist that once a contract is signed, but not yet unconditional, that the property is continued to be actively marketed by the agent and backup contracts sought and presented to the vendor wherever possible. This puts the 1st purchaser under pressure to proceed to unconditional status more quickly, especially if they are keen to purchase the property. Being local lawyers, Gina Jansen Lawyers have particular experience in dealing with sales. We are lawyers, not conveyancers, and we can undertake the transaction from start to finish. We are West Aucklanders born and bred so know the local area and developments. We love supporting our clients through the sale process. We are fast, reliable, thorough and experienced. So contact us Gina Jansen Lawyers for all your property advice. We Get Results! Phone 09 869 5820 or visit www.ginajansen.co.nz for more information about us.

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HOW TO OWN A TITLE OF THE FAMILY HOME

When purchasing a property and registering the title in your individual names you will need to decide how you would like your individual names to be registered on the title.

Joint tenants is most common and this is where two or more individuals own the property. On the death of one party, the property passes to the survivor/s, irrespective of any provisions in a will. Spouses may wish to have this option, particularly if they have a large mortgage together.

However if either party has a child, or children, from a previous relationship then joint tenants might not be the preferred option as it would mean children of a prior relationship might not inherit their parent's share in the property.

The alternative is tenants in common and this means you own a specified share in the property, in equal or unequal shares. You can leave your share in the property to the beneficiaries named in your will.

It is not uncommon to have blended families and special consideration should be given to the situation that could arise when one party dies. You might wish for your children to inherit your share of the property you jointly own with your spouse, but at the same time you don't want your spouse to have to sell the property or to take out a new loan to buy your children's interest in the property. A right to occupy the property for an agreed period of time might be a suitable option, or alternatively life insur-

ance.

Careful consideration should be given to how you own the title of your family home, or any property, and follow this through in your estate planning. This is best done when you purchase the property but it is also possible to change the way your names are registered on the title later.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you with your estate planning and advise you on your family's needs. Telephone 09 973 5102 if you have more questions.

FAIRNESS AND RELATIONSHIP PROPERTY

The property relationships act 1976 (PRA) does not refer to fairness by name. Rather, it refers to serious injustice in relation to property agreements made at the end of a relationship. An agreement which is not fair (and causes serious injustice) may be cancelled by the court. A court looks at fairness both at the time you make the agreement and, over the time since making the agreement, that is, in the light of changed circumstances. This idea of fairness tells against people hurrying to make PRA agreements under pressure including emotional pressure, or to avoid putting your children under pressure. Our point is that having an agreement terminated for unfairness is bad for both parties because it usually involves a re-division of the assets. As a result, there is usually more legal cost and it prolongs the wrangling in order to achieve a final result. The best way is to make fair and full disclosure of all of the assets and if you cannot agree on a valuation at least agree to someone else valuing the assets of significant value. Agreements even at the early stage are things to be considered with good legal advice.

Luke Kemp, phone 09 412 6000 or email luke@kempsolicitors.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
Helensville	730,000	926M2	130M2	750,000
	640,000	938M2	65M2	570,000
	490,000	0M2	90M2	565,000
	800,000	6070M2	109M2	680,000
Huapai	970,000	431M2	200M2	970,000
	1,100,000	1576M2	238M2	1,032,000
	970,000	686M2	234M2	864,000
Kumeu	1,150,000	720M2	246M2	968,450
	970,000	400M2	198M2	900,000
	1,075,000	599M2	210M2	995,000
	990,000	417M2	206M2	850,000
	1,100,000	525M2	221M2	980,000
	960,000	410M2	201M2	890,000
	1,075,000	746M2	216M2	940,000
Muriwai	800,000	2788M2	99M2	900,000
Parakai	650,000	1062M2	158M2	668,000
Riverhead	1,150,000	801M1	203M2	1,030,000
	1,450,000	801M2	298M2	1,520,000
	1,250,000	800M2	220M2	1,230,000
	1,250,000	807M2	185M2	1,200,000
	580,000	800M2	227M2	1,130,000
Swanson	935,000	1429M2	194M2	810,000
	930,000	352M2	80M2	634,000
	755,000	647M2	140M2	745,000
Waimauku	1,275,000	1517M2	329M2	1,025,000
	910,000	1291M2	141M2	940,000
	1,650,000	1500M2	328M2	1,650,000
	1,350,000	2297M2	286M2	1,050,000
Waitakere	1,325,000	7.24HA	110M2	1,400,000
	755,000	2694M2	97M2	740,000
Whenuapai	1,075,000	308M2	222M2	1,110,000
	850,000	1007M2	80M2	730,000

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thereafter"

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Phone

0800 900 700

Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



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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

This page is sponsored by Mike Pero Real Estate, Kumeu

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Mike Pero Real Estate Ltd. Licensed REAA (2008)

GET YOUR RENOVATION PROJECTS SORTED



CREATE YOUR DREAM KITCHEN

We'll show you how to get the most from your kitchen design.

If there's one room in your house that needs good design above everything else, it's the kitchen.

When designing a kitchen, start with measuring up the space you've got to work with. This will give you the parameters you need to work within. Make sure you also note down where your plumbing and appliances are located.

Look for images of kitchens you like and make sure you identify what it is in the image that you like. Is it the colour of the cabinetry? The benchtop material? General colour scheme? When you can identify these things you'll be able to start looking at the available materials.

Once you have the layout, the cabinetry and benchtop sorted you'll need to think about handles, sinks and taps, splash backs and lighting. The possibilities are endless but if you do all your research up front, you'll be sure to end up with a kitchen that is functional that you love.

4 easy steps

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Our in-store kitchen design expert will help you design from scratch, free of charge!

3. Choose your finishes

We have a wide range of bench tops, cabinetry, flooring, tapware, lighting and more.

4. Place your order

We can arrange delivery for you as well as anything else you need to complete your kitchen.

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MITRE 10
MEGA

WESTGATE &
HENDERSON



BEAUTIFUL FORMER AIR FORCE HOME - HOBSONVILLE POINT 3 1 2

By Negotiation

1 Cochrane Road, Hobsonville
By Negotiation

Refreshed, Restored and rejuvenated this former Air Force Home delivers a commanding aspect for sun, location and easy living. If you seek the beauty of yester-year with the performance of modern living, open to natural light and the warmth of blending old, you have found your ideal home. On offer is a generous three bedroom, two bathroom home with garaging and in roof and under floor storage a-plenty. While the history has been carefully retained offering charm, charisma and character with native wooden floors, large skirtings, timber doors and elegant features. Generous alfresco from open plan lounge dining and kitchen to expansive decking to the North East offering significant entertaining for the extended family, while everyone can stay safe and secure with a fully fenced rear yard.

www.mikepero.com/RX1873284



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MOTIVATED VENDOR - AFFORDABLE LIVING WEST HARBOUR 3 1 1

By Negotiation

2 / 109 Oreil Avenue, West Harbour
By Negotiation

A short walk from Westgate, a short drive to the Motorway onramp, a stone throw from West Harbour primary school. If location, location, location is a key criteria, this home is a prime contender. Three bedrooms, one bathroom, integrated dining and lounge and alfresco decking to the North and South, this home offers a mountain of advantages for a first home buyer or investor. Small lawn area, entertainment decking and an independent double garage. Let's make no mistake it's a bargain box of value. Includes features HRV, heat pump, closed woodburner fire, and is recently painted and carpeted. The home is set down a small drive away from the road and backs onto the Manutewhau Reserve delivering a peaceful, setting and great views over the tree canopy to the South West.

www.mikepero.com/RX1852942



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AFFORDABLE, VIEWS, SUN AND WORKSHOP ON 842 SQM

3 2 1

By Negotiation

4 Chamberlain Road, Massey
By Negotiation

Enjoying all day sun and views to the Waitakere ranges, this elevated three bedroom family home is situated on an ample site, tucked away from the main road, providing peace and privacy. Entertaining is easy in the refurbished kitchen with a walk in pantry. Open plan living leads to a sunny covered patio and extended courtyard area where you can relax and enjoy outdoor living and dining all year round. For the kids and pets, there is a big back garden with mature trees, lawn and plenty of room for a tramp, swings and exploring. Three double bedrooms include the lovely end bedroom with french doors leading to a deck, boasting privacy and views. With an upgraded bathroom, tons of off street parking, air conditioning unit, good school zones, this property is a winner.

www.mikepero.com/RX1782778



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KUMEU - HUAPAI - EASY LIVING BRICK AND TILE

4 2 2

Asking Price \$995,000

8 Remana Crescent, Huapai
Asking Price \$995,000

Distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area. Set on 743sqm section it has ample space to play and create while being easy to manage and maintain. Flat site with a grassed lawn area and option to park a boat, caravan or motorhome. A short drive to schools, shops, transport links and parks.

www.mikepero.com/RX1807811



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HIGHLY MOTIVATED - AFFORDABLE IN WAIMAUKU



By Negotiation

16 Denehurst Drive, Waimauku
By Negotiation

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

www.mikepero.com/RX1575586



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HIGHLY MOTIVATED - KUMEU - AS NEW



By Negotiation

16 Tapu Road, Kumeu
By Negotiation

The best of open plan living and entertaining with sunny North facing alfresco decking, this home has been decorated to make the most of modern living. A functional four bedroom home with single bathroom all off a central corridor delivering character, charm and easy living. The section of 442 square meters delivers a lock up and leave option with low maintenance plantings and easy care lawn while off-street parking and single garage delivers storage for car, tools or toys. A short stroll to cafes, transport links, parks, brand new primary school and shopping.

www.mikepero.com/RX1808254



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VENDOR SAY SELL, AFFORDABLE LIVING IN KUMEU 4 1 1

By Negotiation

16A Tapu Road, Kumeu
By Negotiation

Set well off the road, this beautifully presented home delivers some significant value to an expanding family or a downsizing mature buyer wanting a one level home. Extensively refurbished the home offers generous modern open plan living leading onto decking and entertainers kitchen with good flow and convenience. Four bedrooms and bathroom off a central corridor providing easy flow and ample storage space. A single garage offers space to car, toys or tools. The property is 400 square meters which provides ample space for a lawn framing and a peppering of trees and shrubs to compliment this established neighbourhood. Close to cafes, new primary school, transport hub, sports park and convenience shopping.

www.mikepero.com/RX1808247



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BRAND NEW SHOW HOME - 4 BEDROOM 4 1 2

Asking Price \$919,000

31 Nellie Drive, Kumeu
Asking Price \$919,000

Seize this unique opportunity to purchase a brand new four bedroom two bathroom home in a quiet street in Huapai. A show-home to show off the very best of Maddren Homes. One of the original craft builders in the Kumeu area and backed by an extensive Master Build Guarantee. Offering all the advantages of a new build and at a price that is seldom found in a traditional four bedroom home purchase. We have worked with Maddren to trim the costs but not the quality, fit out or guarantee. No time to loose, make your mark today. Includes: Double glazing, heat pump, LED lighting, dishwasher, rangehood, waste disposal, heated towel rails, alarm. Close to convenience shopping, sports and recreational park, transport links and of course those fabulous west coast beaches.

www.mikepero.com/RX1840725



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AFFORDABLE CUL-DE-SAC LIVING - HOBSONVILLE AREA

3 2 1

Asking price \$879,000

38A Sailfish Drive, West Harbour
Asking price \$879,000

Located a small drive from Westgate, NorthWest Shopping Centre and Hobsonville shops, the location is absolutely brilliant while the cul-de-sac position delivers safety and solidity. In zone for Marina View, Hobsonville School and Hobsonville Point Secondary School. On offer is a gorgeous fully refurbished, brick, weatherboard & tile three bedroom single level home, with all rooms off a central hallway and uncompromised alfresco to expansive and usable decking. Modern open plan kitchen and dining area opening out to alfresco to expansive decking. Master bedroom with wardrobe, en-suite and two double bedrooms. The internal access double garage offers options to be used as a rumpus, workshop, games room or traditional storage. The yard is fully fenced and very safe for children and pets.

www.mikepero.com/RX1805391



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HARBOUR VIEWS

3 1 1

By Negotiation

69 Garfield Road, Helensville
By Negotiation

This fully renovated home offers commanding views of the surrounding countryside, Kiapara River and the Kaipara Harbour overlooking the Kawau Parua Inlet. Recently renovated this spacious three bedroom home features a large light filled open plan kitchen and living area with a conservatory. The three large bedrooms all have built in robes and new carpet throughout. There is internal access from the garage which is accessed by a remotely operated door. The external perimeter of the property is secured by high walls and lockable gates. This home sits on a quarter acre section (1012 sqm) with plenty of room for the kids to play or secure your dogs. Mature fruit trees abound. Come and have a look at this well priced family home and marvel at the panoramic views.

www.mikepero.com/RX1861152



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MASSEY - FULLY REFURBISHED 4 ROOMS

3 1 1

By Negotiation

72 Gallony Avenue, Massey By Negotiation

This fully refurbished three bedroom plus separate office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook over the neighboring reserve, peace and quiet and easy living over one level. Suitable for young and old. Close to transport links, primary and secondary schools and convenience shopping.

www.mikepero.com/RX1825742



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TRANQUILITY, PEACE & QUIET - ENTERTAINER'S PARADISE

4 2 2

By Negotiation

433 Wairere Road, Waitakere By Negotiation

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

www.mikepero.com/RX1713683



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THE PERFECT LIFESTYLE PROPERTY

4 2 2

By Negotiation

535 Peak Road, Kaukapakapa By Negotiation

This property enjoys north facing panoramic views of the surrounding countryside. A spacious 252 m2 four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. This house has great indoor/outdoor flow, there is a spa pool inset into the lower deck. This home is complimented with a high quality renovated kitchen with marble benchtops and a modern bathroom and ensuite. There is a well appointed sleepout for when guests come to stay and a large double garage which includes a workshop. There is plenty of grazing on this 3.1 ha property (7.66 acres) with four paddocks a set of yards and a loading ramp.

www.mikepero.com/RX1803721



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HELENSVILLE LIFESTYLE PROPERTY ON 1.8 HECTARES

3 2 2

Asking Price \$1,195,000

707B Inland Road, Helensville Asking Price \$1,195,000

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

www.mikepero.com/RX1732363



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WAIMAUKU LIFESTYLE - AFFORDABLE ON 1.3 ACRES



Asking Price \$999,000

805 State Highway 16, Waimauku
Asking Price \$999,000

On offer is all day sunshine, green fields and options for chickens a vegetable patch or a pony and motorbike for the children. Whatever your plans, this small acreage lifestyle property delivers fantastic choice for a buyer that wants to get out of the urban jungle and have a life that is more wholesome and earth centric. The land is 5346 square meters and has options for plantings, propagation and pets, all flat fenced and usable. The land is fenced for dogs. The house is traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking. Close to Kumeu and Waimauku Shopping, transport links, parks and schools.

www.mikepero.com/RX1820684



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MOTIVATED VENDOR - AFFORDABLE IN RIVERHEAD



Asking Price \$879,000

1014 Coatesville-Riverhead Highway, Riverhead
Asking Price \$879,000

Often sought but seldom found is this beautifully finished and landscaped contemporary bungalow. Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. An altogether picturesque country cottage entrance entices you through the door to an open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level. If you're a mature downsizer or a growing family you'll find plenty to be impressed by. A hop, skip and dawdle to Riverhead School, Hall, Cafés, Restaurants, Parks, Inner Harbour and walks. CV has not been issued by Council. CCC is approximately 30 days away.

www.mikepero.com/RX1814073



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HOME & GARDEN

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Committed to serving our local community, families and businesses with great service at reasonable rates, the team at Laser has over 25 years of experience in providing quality plumbing, roofing and drainage services to all areas of Auckland.

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We are open five days a week from 7am-4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

CLADDING, BARGE BOARDS, FASCIA, TRIMS AND SEALS

New Zealand has some of the most extreme conditions in the world. From blistering heat and higher UV to increasingly unpredictable storms, winds and cold snaps.

The exterior timbers of the home provide the last bastion of defense from moisture, drafts and vermin. There's nothing more infuriating than spending hard earned money on winter heating when the cold air is blowing through your cladding or through the cracks around your front door!

July is a great time to check over your attic and underfloor insulation, and at the same time thoroughly investigate all the potential cracks and fissures. The sooner you solve these issues, the warmer and dryer you and your family will be this winter.

Creeping rot and moisture ingress if caught early is easily remedied by removing the infected area and replacing with BRANZ approved CCA treated timber primed, sealed and painted with 2 x coats of exterior weather shield.

Fixy specializes in these small repairs. With attention to detail, quality workmanship and old-fashioned good service.

Once the leak and rot has been solved, we also provide the interior repair solutions - replacing Gib, linings, plaster and painting, replacing chip board, repairs to damaged bathroom tiles and vinyl, and laminate.

We help with all those repairs that seem to pile up when you simply haven't got the time. Locally owned and operated Fixy came about as a desire to help people by fixing, repairing and creating solutions so people like you can concentrate on what you do best and leave the rest to us. We are trained, reliable and clean up after ourselves.

To all those repairs that need to be fixed, to the final touches on that renovation and to the tricky jobs that are best solved by the experts, locally owned and operated Fixy loves creating solutions so people like you can finish that To do list quickly, easily and properly.

We provide the technical skill and expertise. All our technicians are trained, qualified and have Ministry of Justice and Police Clearance We have comprehensive Health and Safety policies and implement the latest requirements. All our work follows New Zealand Standard 3604 and complies to the most up to



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THE NATURALFLOW SYSTEM

The NaturalFlow wastewater system is revolutionising domestic water waste and sewage treatment processes in New Zealand.

Using power-free aerating processes – as opposed to mechanical pumps – NaturalFlow harnesses Mother

Nature's recycling processes, in an enclosed eco-system that stimulates the natural forest floor.

Nature is one huge recycling mechanism. The NaturalFlow system utilises these recycling mechanisms of nature by, harnessing its forces that have been quietly working together for thousands of years to break down and decompose waste all around us, and positions them in an enclosed eco-system module that simulates the natural forest floor. It will treat and break down your wastewater – just as nature does – and then reintroduce it into the environment when it is perfectly safe to do so.

Waterflow NZ spent more than a decade researching and developing the NaturalFlow system before integrating it into the New Zealand market. Home owners from Cape to Bluff now have access to advanced water treatment solutions that are synonymous with clean, green 21st century ideals.

The NaturalFlow System uses vermiculture to reduce the solids



by up to 95 per cent, creating in the process valuable water soluble nutrients that can be recycled safely back into the environment.

"No other system has the capacity to reduce solids by this amount. We are very much working with nature in our processes, keeping it simple, and using power free natural aeration processes instead of mechanical pumps, reducing maintenance requirements to very little.

Adam and Karen say:

"We have lived with a Naturalflow waste water system now for four years. We chose Natural Flow because we wanted an environmentally friendly system that didn't require expensive, ongoing maintenance. Our system has delivered exactly what we wanted. We have a system which requires no electricity, no pumps, makes no noise. I can't recommend Naturalflow enough. If you want a simple, low cost, environmentally friendly sewage treatment system you really can't go wrong with Natural Flow!"
Phone 09 431 0042 or visit www.naturalflow.co.nz.

WYATT LANDSCAPES

Thinking of a back-yard food factory to supply you and your family with vegetables over the winter? Here are a few reasons why you should.

- Fresh vegetables are always tastier and enhance any meal preparation.
- Provides a wholesome activity for you and your children.
- Lowers the cost of eating organic produce.



WYATT

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- Mulch
- Garden Mix
- Topsoil
- Compost
- Tirau Gold
- Pine Bark
- Cambian Bark

- Connects your family with nature and the growing process.
- Always a healthy snack at hand.

When planting a garden choose your location carefully, as it will need to be in an area that gets around five hours of sunlight per day and is also well drained. A 6 x 5-metre area is more than enough to feed a family of four.

After you have turned over your planting area you will need to add some compost and vegetable or general fertilizer, if your garden is lacking a bit of body you could build it up with Grandad's garden mix, all available from Wyatt Landscape supplies in Waimauku.

Then you are ready to plant your selection of vegetables.

Wyatt Landscapes, 948 State Highway 16, Waimauku - phone 09 411 9604.

VIREYAS — GROWING TIPS

Awa Nursery currently has some beautiful Vireyas and the colour display is very eye catching. The Vireya is such a popular plant that will reward you with regular displays of exotic blooms in an array of colours. We thought we would pop a few tips on the general maintenance of these beauties.



Where to Plant: Vireyas need to be grown in a frost-free location, with good light, preferably where they will receive full sunshine in the morning and dappled light in the afternoon.

They will need very free draining soil as they dislike becoming water logged. Ideally when planting the Vireya, make the hole shallow and mound the soil up above the ground just enough to cover the root ball. These plants are easily grown in pots, having the advantage of portability.

Pruning: When a plant is young, it is a good practice to pinch out the new growing tip as it emerges at the end of each branch. This encourages the plant to put out more growth, making it more compact and bushy. Feed the plant before pinching helps with this new growth. If your Vireya has become too leggy with many bare lower branches, this could be a result of too much shade, and it is worthwhile moving it to a sunnier site. This will often promote new growth on the stems. However, if a large plant needs reducing in size, cut one third of the branches back to the desired height, cutting just above a set of leaves, leaving a few leaves on each stem. Once new growth has emerged and hardened, you can repeat the procedure.

Awa Nursery - Mahana Road, Waimauku phone 09 411 8712.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Mon 1 Jul	-	02:35	08:28	14:57	21:03
Tue 2 Jul	-	03:26	09:21	15:47	21:52
Wed 3 Jul	-	04:15	10:12	16:35	22:40
Thu 4 Jul	-	05:03	11:01	17:23	23:27
Fri 5 Jul	-	05:51	11:50	18:10	-
Sat 6 Jul	00:14	06:39	12:40	18:58	-
Sun 7 Jul	01:03	07:29	13:30	19:47	-
Mon 8 Jul	01:54	08:20	14:23	20:40	-
Tue 9 Jul	02:48	09:14	15:19	21:36	-
Wed 10 Jul	03:45	10:11	16:18	22:37	-
Thu 11 Jul	04:44	11:11	17:19	23:41	-
Fri 12 Jul	05:45	12:12	18:22	-	-
Sat 13 Jul	-	00:45	06:47	13:13	19:23
Sun 14 Jul	-	01:46	07:47	14:10	20:20
Mon 15 Jul	-	02:40	08:42	15:02	21:10
Tue 16 Jul	-	03:29	09:30	15:48	21:54
Wed 17 Jul	-	04:13	10:14	16:30	22:34
Thu 18 Jul	-	04:54	10:53	17:09	23:10
Fri 19 Jul	-	05:32	11:29	17:46	23:44
Sat 20 Jul	-	06:09	12:03	18:21	-
Sun 21 Jul	00:18	06:44	12:37	18:55	-
Mon 22 Jul	00:52	07:19	13:13	19:31	-
Tue 23 Jul	01:29	07:57	13:52	20:10	-
Wed 24 Jul	02:10	08:38	14:36	20:54	-
Thu 25 Jul	02:56	09:25	15:26	21:46	-
Fri 26 Jul	03:49	10:18	16:23	22:48	-
Sat 27 Jul	04:47	11:20	17:27	23:57	-
Sun 28 Jul	05:50	12:26	18:35	-	-
Mon 29 Jul	-	01:06	06:58	13:33	19:41
Tue 30 Jul	-	02:09	08:04	14:33	20:41
Wed 31 Jul	-	03:06	09:04	15:28	21:34

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



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RURAL NEWS

LIVESTOCK REPORT

Saturday's cattle auction at Pukekohe saw prices take a significant rise, as nice weather combined with a keen bench of buyers and a large yarding of cattle culminated in an auction which felt more spring like than winter! Prime cattle and boner cows are selling especially well and young stock prices were significantly up on previous weeks. Perhaps the medium 18-month cattle are struggling the most, especially any off-bred cattle, as these take the most feeding and thus harder to get through till spring.

Cattle	Lowest Price	Highest Price
Best steers	\$1,380	\$1,780
Other good steers	\$1,160	\$1,300
Medium weaner Angus steers	\$755	
Medium x-bred weaner steers	\$550	\$610
Small x-bred steers	\$450	\$460
Best prime heifers	\$1,500	\$1,780
Other good heifers	\$1,030	\$1,190
Light x-bred 18-month heifers	\$785	\$890
Medium weaner Angus heifers	\$685	
Medium weaner x-bred heifers	\$475	\$545
Small x-bred heifers	\$420	\$430
Boner cows	\$900	\$1,480
Very light cows	\$330	\$670
Sheep		
Fat lambs	\$120	\$154
Store lambs	\$78	\$115
Ewes	\$128	\$147
Rams	\$80	\$128
Pigs		
Weaners	\$92	\$100
Sow	\$80	

LLAMA

Most people are familiar with alpaca but have not had much exposure to their larger more robust cousins the llama.

I first got up close to one of these fascinating animals when a fellow farmer purchased one to guard her Dorper's (South African meat sheep) from predatory foxes on her farm in the southern highlands of NSW.

As I walked towards the fence with my dog in tow the llama spotted "Shadow" and immediately placed himself between the dog and the mob in the paddock.

Lambing survival rates increased significantly.

Llama are a highly intelligent member of the Camelid family, farmed in South America as a pack and meat animal.

They are extremely agile and still today pack supplies all over



the Andes to the remote mountain communities.

Their agility has fostered a sport in the USA, Llama Agility Trials just like our dog agility trials, this is something I would like to see.

Llama thrive in NZ conditions, I believe there are 6000 odd animals in the country. There are a number of trekking companies that employ llama to do the heavy lifting.

A small herd of llamas can make for an interesting animal to breed and interact with on a lifestyle property. They are quite a social and friendly animal unlike their cousin the alpaca which can be a little stand offish or wary. Like alpaca they are very robust and relatively easy to farm as they are not susceptible to fly strike or footrot and there is no need for crutching, docking or dipping. They will need to be shorn once a year and drenched at the same time.

Find out more about these fascinating animals from the New Zealand Llama Association at www.llamas.org.nz

If you would like to know more about Llamas or animals suitable for lifestyle blocks email at lyndsaykerr@mikepero.com or call me on 027 554424. If you are looking to purchase or sell a lifestyle property get in touch with me for an obligation free appraisal or a chat. Lyndsay Kerr your local lifestyle expert AH 09 411 78454 or 027 554 4240.

FREE CAST IRON CASSEROLE DISH WORTH \$199 RRP*

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Central's Tips

July 2019



It's a time for doing prep - garden chores that get things ready for spring gardening success. Apply copper and oil to fruit trees, control moss in your lawn, move deciduous trees and prune roses.

It's also a great time to get muddy areas under control with drainage and Jakmat.



Plant Berries

Now's the perfect time to plant berries, there are many varieties that don't need a frost in winter to thrive - make sure to check what ones will work for your garden.

In the Veggie Patch

- **Chitting potatoes:** place seed potatoes in a dry, light area (under house eaves is good) to sprout, so that you can begin to plant in late August
- **Get the berries in:** If you've ever wanted to plant traditional berries such as blackberries, raspberries, boysenberries and currants, then there are varieties that don't require the 'chilling of a winter that is colder than Auckland. Try Raspberry 'Heritage, Red Currant 'Gloire de Versailles', Black Currant 'Magnus' and check on the blueberry varieties that are best in warmth.
- **A spray of copper and oil** is an age-old, natural way of applying a guard against the early season fungal infections and insect attack on fruit trees, grape vines etc
- Start some **early seedlings** of tomatoes, rocket, lettuce and dill indoors, so you're ready to plant out when the temperatures warm up
- You can still **plant winter veggies** including onions, silverbeet and brassicas as well as hardy winter greens

The rest of the Garden

- **Deciduous trees** and shrubs become dormant in winter, so this is the best time to lift and re-position them around your garden
- **Rose pruning can begin from late July** - watch on-line videos or check your local garden centre for their schedule of pruning demonstrations
- **Daphne, wintersweet and boronias** are just some of the wonderful scented winter shrubs that can be planted - preferable near a walkway or a beside a door
- **Control moss** in the lawn by spraying Yates' Surrender and get prepared by sharpening the blades of your lawnmower



Start spring seedlings

It's time to start sowing spring seedlings indoors so they are ready to go in the garden in the warmer months ahead.

Project for July

Get out of the mud!

Muddy areas (including high traffic parts such as driveways) can be dealt with effectively using our NZ made recycled product Jakmat.

We've made a video to show you how easy it is to change your muddy driveway or path with our NZ made Jakmat.

Check it out here: centrallandscapes.co.nz/pages/how-to-install-jakmat





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Have an idea on paper but not sure where to start? Our New Home Consultants and onsite Architects can turn your sketch into reality and have it priced all in the space of a very short

timeframe. Our designers have consistently been at the forefront of developing living concepts that cater for modern lifestyles and New Zealand's unique environment.

We project manage everything every step of the way and give you written assurances, regarding costs, workmanship, material guarantees, completion dates and other key issues.

Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder.

So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

WHY A HOUSE & LAND PACKAGE MAY BE JUST WHAT YOU ARE LOOKING FOR

A house and land package brings together a block of land and a home design that perfectly suits that block for a fixed price. It's an easy, secure way to buy a new home.

For many people the dream of building is often overridden by the fear of what can go wrong. Cost blow outs, uncertainty about inclusions or the suitability of land they have seen. Our expertise in house and land packages means that we have a large range available to suit all budgets and the most discerning of tastes in the most popular locations, all at fixed prices.

Some of our most popular house and land packages are those from our Smart Collection. While economical and great value for money, this collection contains all the key things that you expect in a new home – they are modern, warm, light, low maintenance and built from quality building materials, sourced from New Zealand's leading suppliers and manufacturers. As Paul Bull, CEO of Signature Homes points out "The truth is that first home buyers can buy a brand-new house and land pack-

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G.J. Gardner. HOMES

age with a lower deposit than you would for a pre-existing house at the same price. That's a home that is built to modern building standards. It's well insulated, dry and warm and all the electrics are new – that means lower electricity bills, healthier homes and healthier families." Paul also points out that new home buyers opting to build can often defer the start of their mortgage payments until the house is built while enjoying the capital value increase on the property from the day that builders walk on to the site.

You will stay within your budget - New homes offer great value for money and there are no hidden costs. At Signature Homes we have the budget discussion up-front, and design your home to your budget. We will talk to you about the "total cost to build" which covers everything including the design, build and fit out. During the design process we know there will be questions, we are up-front about any changes and how they can affect the final cost. When you move in there are no other costs to plan for. You can spend your money on your home not on due diligence. House and land package new builds are exempt from the New Zealand Reserve Banks Loan-to-Value Restrictions (LVR), which means first home buyers can obtain finance for less deposit than the 20% typically required of first home buyers or the 40% from property investors. Peace of mind - Second hand houses don't come with a guarantee – things break, leak or flood and you'll have to pay out of your own pocket. House and land packages, on the other hand, are built brand new so they're guaranteed (not everybody offers the same high level of guarantee as Signature Homes, so scrutinise yours carefully). Plus you get your very own team managing the design and build process. Make it yours - You have options to personalise your new home from decisions on flooring through to colours, tiles, fixtures, fittings and kitchen and bathroom design. What's even better is that every Signature Homes customer receives one-on-one

time with an interior designer to fine tune your big ideas and make your home one you love to live in. Convenient, modern living - House and land packages are often built in new developments that are planned and designed to fit modern urban design principles. They have close access to public transport and are conveniently located close to amenities, schools, and green spaces and parks.

You may not have realised that a house & land package could be the answer to your dreams. If this article has sparked interest then you can get in touch with your local team. Call us today with your questions, 0800 020 600.

MADDREN HOMES TRADIE OF THE MONTH

It's not the sexiest job, but it's one of the most important that we all rely on. And Chris Glover from Quix Plumbing is someone who you can trust to get the job done right. His expertise in bathroom and laundry layouts along with impeccable health and safety work ethic has earned him the Maddren Homes Tradie of the Month. Not afraid of getting his hands dirty, Chris always has a practical solution to the trickiest of problems and always leaves a work site tidy. Quix are renowned for their experienced and reputable plumbers and Chris is no exception. His efficiency and timeliness along with excellent customer service has not gone unnoticed. Good on you Chris, we hope you enjoy your voucher from proud sponsor Western ITM.



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FOOD & BEVERAGE

AN EYE-HEALTHY WINTER WARMER

Warm up this winter with this tasty, eye-healthy pasta recipe (serves 4). Eggplant is a member of the nightshade family and though thought of as a vegetable, it is actually a fruit, specifically a berry. It contains nutrients including lutein, zeaxanthin, resveratrol and vitamin C, which support retinal health. It is also a good source of folic acid and potassium.



- 1 medium eggplant, peeled, cut into 1/2-inch cubes
- coarse salt
- 2 tbsp olive oil, divided
- 1/2 medium onion, diced small
- 3-4 cloves garlic, minced
- 250g minced lamb
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 can peeled and crushed tomatoes
- Approx 280g penne pasta (cook while sauce is simmering)
- 1/4 cup chopped fresh parsley
- Parmesan cheese

Heat 1 tbsp oil in a large pan over medium-high heat, add eggplant, season generously and cook, stirring often, until golden brown on all sides. Remove from pan and set aside. Heat remaining oil in the same pan and sauté the onion, garlic, lamb, cinnamon, allspice, salt and pepper until the lamb is cooked. Stir in the crushed tomatoes. Lower the heat and simmer until

sauce has thickened. Add the eggplant pieces and adjust seasonings to taste. Place pasta in a large serving bowl and pour the sauce over the pasta. Garnish with the chopped fresh parsley and sprinkle lightly with the grated parmesan cheese. Enjoy!
Phone: 09 831 0202 Website: www.westopt.nz
Facebook: www.facebook.com/westgateoptometrists.

WARM UP YOUR TUMMY WITH SOLJANS WINTER MENU

With winter already upon us, Soljans Estate Winery and Café have prepared a warming winter's menu to accommodate for those chilly colder days. Come sit by our fire and enjoy our delicious Moroccan lamb shank or our mouthwatering bread and butter pudding, Head Chef Paul Reid has produced a meal to match all types of hunger. The café menu starts at 11:30am every day. Additionally, on weekends Soljans provide a luscious breakfast menu serving from 9am to 11:30am. It is the perfect way to start those cold weekend mornings. Call the café on 09 412 2680 to book your table now.



THE HERBALIST CRAFT BEER

This Spicy Date Ale Loaf recipe makes a tasty loaf that can be served plain with butter or iced to make it a little more special.

Spicy date ale loaf ingredients: 1/2 cup The Herbalist Rosemary & Liquorice Ale, 150g dates (chopped), 1 teaspoon ground ginger, 1 teaspoon mixed spice, 1/2 teaspoon baking soda, 125g butter (softened), 2/3 cup raw sugar, 2 eggs, 1 1/2 cups flour, 1 teaspoon baking powder, 1/4 cup milk, 1 teaspoon vanilla extract

Cream cheese icing ingredients (optional): 65g cream cheese, 25g butter, 1 cup icing sugar, 1 teaspoon mixed spice
Method: Preheat oven to 170°C. Line a loaf tin with parchment paper. Bring the ale and dates to the boil in a small saucepan. Remove from heat, stir in soda (mixture will froth up). Set aside to cool – when cooled, add the milk and vanilla and mix well. Next, cream the butter and sugar. Add eggs, one at a time, until well combined. Add sifted flour, baking powder and spices along with the date mixture and fold until combined. Spoon the mixture into the loaf tin. Bake for 50-60 minutes or until a





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skewer inserted into the centre comes out clean. Allow the loaf to cool in the tin for 5 minutes before turning onto a wire rack to cool completely. To make cream cheese icing; beat all ingredients until smooth. Decorate the cake with the icing and some toasted coconut flakes or chopped nuts. Serve with a chilled Rosemary & Liquorice Ale.

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

THE PERFECT MID-WINTER CHRISTMAS

You can't go past the traditional baked ham or roast turkey for the perfect mid-winter Christmas dinner. The unforgettable aromas transport us to a place filled with memories of home fires and family festivities.

For the classic approach, try serving 'NoShortcuts' tart Tamarillo Chutney with your turkey or their very popular Mustard Pickle, on your hot ham.

A finalist in the 2018 NZ Artisan Awards, 'NoShortcuts' Mustard Pickle is the perfect accompaniment for all salted meats and also strong cheeses – why not get the kids making toasted sandwiches with ham leftovers and pickle these school holidays.

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

'NoShortcuts' can be found at over 50 stockists, or check the website at www.noshortcuts.co.nz or go to Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



25 ML

25 ML is so-named because when espresso is made, hot water flows through the powdered coffee under pressure. The pressure should be 9 bar (+/-1) and the cup should be filled with 25 ml within 25 seconds. Who knew? Not me the half-strength decaf, soy latte drinker...Andrew Choi, the previous owner, continues to supply 25 ML with their coffee as Andrew is passionate about coffee and the locals love it.

Apple and her husband chef David and coffee-maker John keep



the place humming.

25 ML has heaps of great cabinet food under the \$15 mark, but we chose the courgette fritters (\$10.90) and the galette (\$7.80) to sample, and both were delicious. A galette is a French word meaning flat cake where a pastry square or round is filled with something delicious. The portions are very generous and if you are a bird-like eater then they are large enough to share. (But don't be ridiculous!). Chef David will adjust meals to suit dietary requirements and can whip up a delicious tofu dish with Asian flavours on request. The cabinet menu changes frequently and there is a daily special or two.

As I live next door, I feel I can comment with some authority on every aspect of this café. I view it as my own personal food bag delivery service and frequently pick up a veggie tart, filo roll or chicken pie for dinner. My favourite drink is the cacao smoothie made with banana, dates, raw cacao, cinnamon, maple syrup and almond milk. Corner of Squadron and Hobsonville Point Road.

RAROTONGA BREWERY

Heading away for some winter sun? In a flight time of just under 4 hours from Auckland you can be in the picture postcard tropical paradise that is Rarotonga. In October 2016 Hallertau partnered with the revived Rarotonga Brewery with the aim of creating an environmentally sensitive business that produced delicious beer for the local balmy conditions. In under three years the brewery through the use of flagons, reusable vessels and filling stations keeps almost 2000 bottles a day out of recycling and landfill. Check out Cook Island Lager at the brewery, local venues and fillerys and don't forget to pack your flagon! Rarotonga Brewery, Nikao, Cook Islands.

TOMATO BASIL SOUP

Ingredients: 1.4kg chopped fresh tomatoes, 1 medium onion chopped, 3 large cloves of garlic, a handful of basil (leaves and stalks are fine), 2 teaspoons salt to taste, 1 teaspoon of pepper, 1 teaspoon olive oil (optional).

Heat a pan over a medium heat and add the oil or a couple tablespoons of water. When hot add the onions and garlic and cook for a couple of minutes until just starting to turn gold-en. Add the chopped tomatoes. Continue to cook over a medium heat, stirring every few minutes until the tomatoes have broken down and are soft. Remove from the heat and add basil and salt and pepper then blitz in a blender or with a stick immersion blender until smooth. Serve immediately. Makes 4 - 6 servings. Prep time 5 minutes. Cooking time 10 minutes. Author Melanie McDonald. Follow my blog at avirtualvegan.com.



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PETS

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DOG AND CO

Hello! I'm Kirsty, a professional photographer who specialises in pets, and incorporating pets in family, couples and special occasion photo shoots. Utilising the beautiful outdoor locations that Auckland has to offer, I am



passionate about using natural light to create vibrant & striking portraits. I love highlighting the personality of your pets in gorgeous moments as well as capturing the bond between pets and their families. My sessions can take place at any location in Auckland, whether it's your favourite beach, a park, a forest, or in the comfort of your own home. Bethel's Beach is one of my favourites...especially when the sun is setting.

One of the biggest challenges which photographers face these days is finding ways to set them apart, and make it worthwhile for clients to invest in professional photos. In an age where everyone has the capability of taking their own photos thanks to the evolving technology of the cameras in our phones, I make it my mission to take and process images in a way which I consider to be photographic art. They are images which can't be achieved through a simple phone camera, and images which are begging to be hung up on your wall at home.

Have a look at the gallery on my website to check out some

of my favourite past photo shoots, and don't hesitate to get in touch to discuss booking your own pet photography experience. I would love to hear from you. Website: www.dogandco.nz/gallery Email: kirsty@dogandco.nz.

KANIKA PARK CAT RETREAT

Kanika Park Cat Retreat is a purpose built facility situated on our 10 acre lifestyle block in Kumeu. We provide luxury accommodation and service for your cat.



We have 13 beautiful individual suites with 2 extra-large suites.

Suites are outfitted with wall furniture, steps to sleeping levels, cubby holes for extra lounging spaces. These spaces are furnished with cuddly warm blankets and plush beds. Each suite has cushions and cat trees, with plenty of toys to while away the day. Heat pumps are installed to maintain a comfortable climate. Wet food is served for breakfast and dinner with premium biscuits and water available all the time. Last bed check is around 10.00pm each evening – lights are dimmed and music is lowered

Being boutique means we provide a personal service for each cat.

Phone 09 411 5326 or 027 550 1406, email info@kanikapark.nz.

PREVENTING DOG BITES

How often do you interact with a dog? Do you own one? Does a member of your family or do friends own one? Does your job involve you having to enter properties where dogs may be present? Are you ever worried about getting bitten by a dog?



Dog bites are increasing in New Zealand every year.

But a Kumeu organisation is working to muzzle the problem – by training people on how to read canine body language. Jo Clough and Laura McHugh have been researching dog bites since 2005 and started The Dog Safe Workplace in 2014 and founded Kids Safe with Dogs Charitable Trust not long after. Both organisations are specifically created to reduce the number of dog bites that occur in New Zealand and overseas. Their online courses are designed to assist organisations and the general public. The Dog Safe Workplace online course is designed for organisations where their staff are required to enter properties where dogs may be present. The Canine Body Language

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course is an online course for the general public who own or may come across dogs and may want to increase their knowledge and general safety when it comes to interacting with dogs. Over the past 10 years New Zealanders have reported over 123,000 dog bites. In 2017 over 14,500 bites were reported to ACC, these are bites that require medical attention. Many bites go unreported and as there is no mandatory dog bite reporting in NZ we have to rely on dog bites that are reported which require medical attention. From studies done in Europe we know that less than 40% of dog bites are actually reported.

Jo Clough says, that "most bites are avoidable. With education and training we can give workers, interns, volunteers, parents, children and all members of the community an opportunity to understand what dogs are trying to tell us and allow us to avoid situations that may cause a dog to bite".

Jo and business partner Laura are making significant inroads into countering the increasing trend in dog bites nationally. The Dog Safe Workplace provides training for many organisations which includes meter readers, real estate agents, property managers, security staff, delivery personal and many more. One of their longest standing clients stated that, 'they have seen a significant reduction in dog bites since using the services of The Dog Safe Workplace and because the course can be offered online it becomes cost effective and is an easy deliverable training programme for all staff members to complete.

Kids Safe with Dogs works with local council to go into schools to educate children of all ages from daycare to college.

If your company, your school or a member of your family would like more information please visit www.dogsafeworkplace.com Or www.kidssafewithdogs.co.nz.

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



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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 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at geoffdobson2017@gmail.com.

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HEALTH AND BEAUTY

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We need to encourage good dental health for kids from a very early age, so that they turn it into a lifelong habit.

Children's mouths are more sensitive than adult mouths. It may be helpful to find a toothpaste flavour your child enjoys. Look for ways to make brushing enjoyable, maybe even exciting! Take advantage of your child's playful nature, and put a big smile on your face and keep the mood light.

General Brushing Tips:

- Age-appropriate soft-bristled toothbrush
- Smear toothpaste for under 2yrs, pea-size toothpaste over 2yrs
- Brush twice a day
- Replace toothbrush every 3 to 4 months or after an illness

Regular dental visits should begin as early as your child's first birthday. Come in and visit TK, Fenanda & Leo at Kumeu Dental today! See our ad in the Courier to take part in our very first colouring contest. Call us on 09 412 9507.



THE PAINFUL THUMBS OF MUMS

You may have noticed thumb & wrist pain when gripping, turning your wrist or trying to pick up or feed your child. De Quervain's tendinitis is very common in mothers.

Changes in hormones during pregnancy are linked to De Quer-

vain's.

Changing nappies, repetitive lifting & carrying of baby can place additional strain on wrists and thumbs.

Hand therapy can offer:

- A variety of splinting options to rest & protect your wrist / thumb
- Management of swelling
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Call the Hand Institute - 321 Main Road, Huapai, phone 09 412 8558.

LIVE CHIROPRACTIC

Did you know that children can benefit from chiropractic care as well? Live is Chiropractic for the whole family. Live has a team of professional and holistic chiropractors that look at your overall health and build a plan tailored for you and your personal health goals.

Want more out of life? Sick of being held back by your physical body? Get in contact by emailing livechiro@gmail.com to book an appointment now.

306A Main Rd, Kumeu. Behind the westpac building. Entrance is off Matua Road, phone 027 424 6770.



POSTURE: THE WINDOW TO HEALTH

Many problems such as spinal pain, headaches, moodiness, respiratory complaints among others, can be attributed to poor posture, so an improvement in posture can help to alleviate or eliminate these problems.



One common postural problem which effects adults and children alike, is the Forward Head Posture. This can be attributed mainly to an increase in time spent in front of a computer, at a desk, prolonged periods watching TV or playing computer games, but may also result from trauma such as whiplash.

For every inch the head is translated forward, the load on the spine, discs and muscles is three-fold. The head should sit directly on the neck and shoulders like a golf ball sits on a tee. If the head is held forward from normal alignment, it places tremendous strain on the joints and the muscles of the neck and shoulders. This may cause fatigue, pain, headaches, and may even cause arm pain. If allowed to go unchecked for long periods of time, damage may occur to the discs in the neck and

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🌟 The LUCKY WINNER 🌟 will receive 2 movie tickets for Westgate Event Cinemas and will be announced on our Facebook and Instagram (@kumeudental) on Monday, 22nd July.

See one of our friendly staff members today for your colouring sheet. We can't wait to see all of your great creations!

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uneven wear, as found with arthritis.

Children carrying heavy backpacks to school often have to adopt a forward leaning posture to compensate for the weight on their backs. This forward leaning posture from a 'neutral' upright position places an uneven weight bearing load on their maturing skeletal framework and contributes to many muscular-skeletal problems.

Maintaining good health requires long term commitment and good posture is an essential part of that. So, if you sit for long periods of your day, move your body every 20-30 minutes. Sit up straight, pull your head and neck back so your ears are over your shoulders, or better still, go for a brisk walk at lunchtime if possible. Joints and muscles love to move, and exercise is one way to disperse physical and emotional stress.

The Chiropractors at Kumeu Chiropractic understand the connection between posture and healthy function of the spine and nervous system. Call us on 09 4125536 for an examination and assessment of your spine.

FRENCH CHIC

Oh la la! For Eyes Optometrists announce the arrival of Caroline Abram spectacle frames. Beautiful and sensual, the brand started with eyewear accessories in French-colonial Senegal, where Caroline Abram grew up. Then during a trip to Florida she was inspired to create a line of frames reminiscent of Miami's old-fashioned and vintage charm. Since then, this women's ambassador, passionate about design and jewellery, has been designing collections that have got women of all ages loving glasses again. As soon as they are put on, we are struck by their remarkably feline elegance. A cocktail of sunny coloured influences, sometimes daringly offbeat, they've twice won Caroline Abram the coveted Gold Silmo award.



Glamorous, you say? Of course, but not without personality. Made of acetate, metal or a combination of the two, the frames reveal a perfectly mastered design between modern style and retro curves. Perfect for all charismatic lovers of original glasses. For Eyes, Kumeu Village Phone 09 412 8172.

PINC AND STEEL PILATESATHON

Saturday 20th July 2019 (7am - 7pm).

At NorthWest Physio+ we are super excited to be hosting our 2nd Annual Pilatesathon to raise much needed funds to allow us to continue supporting those going through cancer.

This year we will be running our 12 hour event on Saturday 20th

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July. To book your space please call the clinic on 09 412 2945. If you have a group of friends and would like to have your own class together (5 people needed) get in early to reserve your time slot. \$30 per person.

If you are not available to join us on the day please support us by donating via our everyday hero page. Please spread the word to friends and family about the wonderful work Pinc and Steel provide and remember we have Laura and James our certified Pinc and Steel physiotherapists providing this service at our clinic. Thank you for all your ongoing support.

For information on applying for funding or to find out more about physiotherapy and cancer please contact Laura at North-West Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.

THREE GOOD REASONS TO GET HOT FOR THE SAUNA

Three good reasons to get hot for the sauna

One of the benefits of attending Club Physical is its Swedish Saunas. And when it's cold outside, there's no better reward for an hour's exercise that to relax and celebrate your effort with a sauna.



A study published in JAMA Internal Medicine found that those who sauna-bathed 2-3 times a week reduced their overall risk of heart disease by 27%. Whereas those who sauna-bathed daily reduced their risk by 50%.

Incredibly, the benefits also impacted longevity. Those who sauna-bathed daily had a 40% reduction in death from any disease. Saunas also rid the body of harmful toxins (as with nicotine, pollutants, man-made chemicals, solvents, pesticides, alcohol and prescription drugs).

So don't be shy. Grab a towel, head for Club Physical and make

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Paul Richards - Club Physical, www.clubphysical.co.nz.

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Well there's no denying it, winter well and truly has its hold.

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Our chest balms are really popular for coughs and runny noses, helping you breathe easier, relieve the coughs and sleep better.

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We can also custom make almost anything for your skin, at your request. Keep well and keep warm - pureallies@gmail.com, or check us out on Facebook. Pure Allies.



OSTEOPATHY IS NOW AT TOP NOTCH

At Top Notch Bodyworks we recently welcomed Osteopath Daniel Garelja to the team; Daniel joins our experienced Osteopaths Marshall Gabin and David Liddiard at our Massey clinic. If you need osteopathic services, massage or a combination of both, we look forward to exceeding your expectations. We offer services for many conditions including headaches, neck, back, muscle or joint pain, arthritis, pregnancy, occupational overuse and



stress. Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. Both David and Daniel specialise in sports injuries and rehabilitation. We can also look at abdominal issues such as bloating, constipation and pain or discomfort. All our Osteopaths are ACC registered - and you don't require a referral from your GP to see us. We also have our qualified massage therapists in therapeutic, sports, relaxation and pregnancy massage. So if you need an Osteo treatment or just a relaxing massage, book online via our website www.topnotchbodyworks.co.nz or give our team a call on 09 212 8753 / 021 181 8380.

LEATHER AND CANVAS BAGS

We have just received our order from Troop in London which features Canvas bags in multiple shapes for every computer size - as well as a large tote bag. Smart!

At the same time we have sourced some superb quality leather bags in a wide selection of shapes and sizes, wallets and coin bags, backpacks and computer satchels. The latest looks.

Our latest beautiful selection of silk and silk/wool scarves is worth a visit to Hobsonville Optometrists - Glasses and Gifts, 413 Hobsonville Rd.



BOTOX – HOW LONG WILL IT LAST?

Once botoxed, always botoxed? No. The muscle action gradually returns, so the lines do too. But in the longer term your wrinkles often return less severely. This is because the muscle movement that caused the wrinkles has eased, creating a cumulative decrease in the wrinkles over time. Your wrinkles go on holiday and appear more relaxed! You also learn not to activate the muscles that caused the wrinkles in the first place.

Generally, the Botox timeline looks like this... Injections with a very fine needle take a few minutes... See the full effect in 7 to 14 days... Results last for 3 to 6 months. For a frown line you might have 3 to 4 treatments in the first year, then only need 2 to 3 in the second year.

Whether you are no stranger to appearance medicine or wanting to investigate what it has to offer, please call me, Tania, for a free 30-minute consult in a private, West Harbour, setting. I would love to use my 10 years' experience to guide you through



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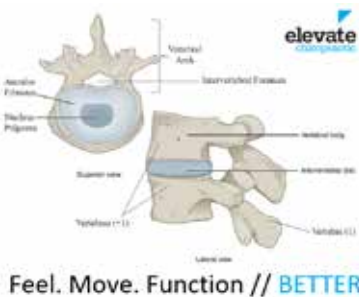
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It has been said that the health of our discs determine the quality of our lives. Unhealthy spinal discs lead to a poor functioning spine and nervous system and ultimately an unhealthy body. Our spinal discs do not have direct blood supply. Blood is the lifeline of the body, it is what brings all the good stuff to tissue and takes away the bad stuff. How do our discs get nutrients and stay healthy you may ask? Well, the discs pull blood from the vertebrae above and below and this process is controlled by MOVEMENT. Simply moving your spine is one of the best things you can do for your discs. Do it regularly and your discs will thank you for it. Want to find out more about how your spinal discs work? Visit our website www.elevatechiropractic.co.nz or call us on 09 413 5312.




SHOE TALK'S TIPS ON HOW TO STRENGTHEN THE ARCH MUSCLES IN YOUR FEET

Some of us have high ones, some of us have flat ones and some of us having collapsing ones we all however have arches in our feet. You may or may not know that we have 3 arches that make up the foot, the arch under the foot is the one everyone will know. You may not be aware that you also have an arch that runs alongside the outside of the foot and one across the bridge of the foot. Like all muscles in the body, to keep them in tiptop shape they need to be used! Arches can flatten as we age, which can in turn put pressure on joints and in some cases lead to requiring orthotics in our footwear.



So try this simple exercise and work it into your schedule a few times each day and use these muscles to improve your arch. You can either stand or sit: Place your feet flat on the floor and make sure they are parallel position and straight. Keep your toes relaxed, do not scrunch them up and pull the ball of your foot and the dome of you heel towards each other, imagine a balloon inflating under your foot. The movement will not be huge



Gillian Wiltshire D.O.
 Registered Osteopath
 ACC Accredited
 36 Sunny Crescent
 Kumeu
 Auckland 0810
 Ph/Fax (09) 412 5977
 0212330413
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but you should be able to feel all three arches working. Hold for a few seconds and then release. Repeat 3 times.

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DID YOU KNOW?

Chiropractic is a health care profession dedicated to the non-surgical treatment of disorders of the nervous system and/or musculoskeletal system. Generally, Chiropractors maintain a unique focus on spinal adjustment and treatment of surrounding structures. Many studies have concluded that manual therapies commonly used by Chiropractors are generally effective for the treatment of lower back pain neck pain, among many other conditions. If you would like to know if Chiropractic can help you give us a call: Hobsonville Chiropractic Centre on 09 416 7589 or email www.hobbycc.co.nz. 295 Hobsonville Road, Hobsonville.



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AREA COLUMNISTS

GREEN CITY LIVING BROUGHT TO LIFE

Aucklanders can get a sense of what green city living will be like in Auckland's Northwest with the opening of new show homes at West Hills.

Visitor numbers to the new community have more than doubled with the opening of the show homes, which include a two-bedroom, two-storey home, designed and built with first home buyers in mind.

The two-bedroom and three-bedroom home are completed examples of the homes Universal is building in stage one of the 1100-home community.

A total of 94 new homes are being built in the neighbourhood near the show homes with the first residents scheduled to move in from October when the first stage one homes are completed. Universal's sales manager Mike Pearce says the opening of the show homes marks a major milestone for the development which is generating lots of interest both locally and further afield.

"Our visitor centre and virtual reality tour has been really popular and gives people a great overview of the development, but with new homes open to the public, people can really see what medium density living in a new, purpose-built community will be like," he said.

West Hills new home consultant Shelley Clark says, "The show



homes reflect what it will be like to buy at West Hills. What you see is what you get. Everything is finished and taken care of. All you need to bring is your curtains – although the show homes have their own!"

She says a lot of buyers are concerned about the extent to which new homes are actually completely finished, or whether they will have to paint, landscape or do other work.

"Our new homes are finished to a high standard," she says. "The fences are painted or stained, the lawns are in, the washing lines are up, the letterboxes are in, the gardens landscaped, and a fruit tree planted."

Mr Pearce says the decision to provide a fruit tree with every new home at West Hills reflected not just the highly-finished product but also the sustainable living approach with all homes. "All new homes come with rainwater tanks, enabling laundry, toilet and garden tap water to come from this source, saving on water bills," he said. "We've worked with three different architectural firms so that there's a lot of character and variety to individual homes, but within a master planning framework."

The show homes will be open 11 am to 2pm every weekend, and are on a new road off Don Buck Road, Kapia Road. During the week, visitors are welcome, but should go to the West Hills information centre at 68 Fred Taylor drive to access the show homes.

Ms Clark says the two-bedroom show home may be the only one of its kind in Auckland. "We wanted to show the range of types of homes available in a medium density community like this," she said. "Around 40% of stage one homes at West Hills are two-bedroom, designed to suit first home buyers."

Although two-bedroom homes are becoming more common in the market, it's rare to find two-bedroom show homes at new developments.

Mr Pearce says that West Hills will have a residents' society, like Hobsonville Point, to ensure residents are involved from the outset in the development of the community.

"A residents' society is different to a body corporate, and will be modelled on the success of the Hobsonville Point residents' society," he said. "It ensures residents both understand medium density living and can have a hand in shaping how they want their community to be."

Ms Clark says a major appeal of West Hills is its proximity to the Northwest shopping and community centre which will include a bus hub as public transport links continue to improve.

"It's five-to-ten minutes' drive to West Harbour which has 14 ferry trips every week day to downtown Auckland," she says.

Mr Pearce says early buyers at West Hills have loved the prospect of urban living, close to a major urban centre, the Northwest Centre, but with Auckland's West Coast beaches, vineyards and other outdoor activity so close at hand.

"Now with our first new street and finished show homes, there's a real sense of what is on offer here," he said.

Ms Clark says the other popular element in West Hills' offer was



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Universal's policy of no progress payments. "There is a small deposit when you buy off the plan, and then nothing to pay until settlement when the home is fully finished," she said.

"With two-bedroom homes from \$675,000, these homes are really worth coming to have a look at," she said.

A DAY IN THE LIFE OF AN ECE TEACHER

From the moment an early childhood teacher steps out of their car, their day has started. There is no easing into their day, with a cup of coffee and answering of emails. Teachers walk through the gate and get mauled by their many fans, that being the children we get the privilege of caring for each day. Teachers get everything from hugs and yells of hello to crying and children's sadness because they did not see their mum wave to them that morning. We often hear that teachers wear many hats, and it's true. We have to be everything that each child needs for that day, that hour, that minute, that moment. In one day, a teacher may be required to become at an instant's notice: Nurse, negotiator, friend, surrogate parent, event planner, decorator, vet, therapist, coach, mentor, detective, motivator, janitor, referee, mediator, cheerleader, actor, builder, musician, librarian, reporter, scientist, farmer, protector, psychic, photographer, and not to forget, a superhero!

But don't get us wrong, we are not complaining, that is what we do, not because we spent 3 years studying, but because we



love it. We get to see each and every day the impact we have as teachers to each and every child. Yes, days can get stressful, like any job, but our jobs come with so much reward as well. We are able to look at the growth of each individual child, see them overcome fears, obstacles and challenges as we provide them with the opportunities and encouragement to do so. Each time we see a child learn something new, or they discover something for the first time, their faces light up with so much pride and enthusiasm, it is hard for this not to be contagious! Alongside this, to be able to provide quality care, with compassion and empathy, warms us in ways that teachers can wholeheartedly appreciate.

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Please feel free to come and have a look at our beautifully placed Centre with our professional and caring team of teachers. Check us out on our Facebook page: www.facebook.com/cbearsecc.

PAYING TAX ON MULTIPLE JOBS

Workers all over the world are increasingly favouring short-term jobs, or gigs, in place of more traditional permanent roles. Gig workers who take casual short-term jobs fall into the same cate-



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gory as contractors, free-lancers and self-employed people who must account for their own tax on every job they take.

For tax purposes, the same rules for sole traders apply to people who do gig work. You usually use your personal IRD number for paying income tax (and GST if applicable). You are personally responsible for all of your taxes, and all of your earned income is taxed. Work expenses can be claimed to reduce your income tax, so we recommend keeping accurate records and all of your receipts. You must complete an IR3 tax return each year, including all of your income from all sources.

Mark Foster and the friendly UHY Haines Norton team are your local accounting and tax specialists. Contact them on 09 412 9853 or email kumeu@uhyhn.co.nz.

GLOBAL RETAILER COSTCO TO OPEN \$90M WESTGATE WAREHOUSE

Bulk discount retailer Costco will have a warehouse with a fuel station, tyre centre, food court, groceries, homeware and some medical services at Westgate. It's expected to have a big impact on the north-west area.



The US giant and world's second largest retailer has worked with the New Zealand Retail Property Group (NZRPG) to secure the Westgate site

Costco has almost 800 warehouses worldwide including 11 in Australia, where it has been operating since 2009.

The \$90 million Westgate warehouse will offer the global super chain's full format, covering about 14,000sqm, providing more than 800 carparks and creating some 350 new full-time equivalent jobs for the north-west Auckland community.

Costco expects to start construction within about a year as soon as consents are obtained and hopes to open in 2021.

"Having Costco identify Westgate as the right place for it to establish in New Zealand is a real coup for the Town Centre, our company, and the community," NZRPG general manager Campbell Barbour says.

"Costco delivers a range of products - from day-to-day groceries to clothing and electronics - at heavily discounted prices for its members, I think it is a game changer, both in terms of Westgate and the general retail landscape."

Auckland Mayor Phil Goff says Costco will further establish Auckland as a growing international city.

"The Auckland Council has identified Westgate as a key metropolitan area and invested significantly in its development, helping to attract international brands that give Aucklanders retail choice and creating hundreds of local jobs," he says.

"The north-west is a remarkable growth story - it serves established residential areas such as Henderson, Massey and Hobsonville, as well as the future urban areas like Red Hills and Whenuapai where the council is working with the Government to accelerate the building of around 7000 new houses.

"The introduction of Costco will complement the growing number of services offered at Westgate, including a town square, library and open space."

Waitakere councillor Linda Cooper says Westgate total public and private investment to date is estimated at nearly \$1 billion. "Costco's launch will further contribute to the unique Westgate mix of considerable retail options with space to relax with friends and family. The centre's retail developments are set alongside 28 hectares of public open space."

Costco Wholesale Australia managing director for 10 years Patrick Noone, says its Westgate warehouse announcement reinforces the company's continued global expansion.

"Costco is very excited to open our first warehouse in New Zealand and to be a part of this community. We feel Westgate is the perfect location for us, and we look forward to being an integral part of the growth in Auckland."

THOUSANDS TO BENEFIT FROM NEW LIFESAVING EQUIPMENT DONATION

Thousands of West Aucklanders are set to benefit from a new initiative which will significantly increase the number of publicly available Automated External Defibrillators (AEDs) around the region.

A defibrillator or AED delivers an electric shock directly to a patient's heart to help it return to a regular rhythm. Applying CPR or chest compressions along with rapid defibrillation to a patient in cardiac arrest, can increase their chances of survival by up to 40%. But for every minute without CPR or defibrillation, a patient's chance of survival falls by 10-15%.

According to new research, five people a day are treated for Out of Hospital Cardiac Arrest (OHCA) in New Zealand, with only a tenth (12%) discharged from hospital and alive at thirty days. The study found a significantly higher incidence of OHCA among Maori and Pasifika as well as males and those aged over 65.

Simon Wickham, Chief Executive of The Trusts West Auckland, says West Auckland has the country's third highest rate of OHCA and yet access to a local AED during an emergency is poor. He says 26 portable AEDs will be installed at West Auckland sporting and event venues, as well as at The Trusts' retail stores and





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hospitality venues. "We have engaged St John to provide first aid training for our staff and we will have the AEDs installed outside each of our venues, making them accessible to any member of the public in need," he says.

New AEDs in the area are West Liquor Westgate, West Harbour Village Wine & Spirits, West Liquor Hobsonville, West Liquor Red Hills and West Liquor Royal Heights.

ST JOHN WEST AUCKLAND DEDICATES SECOND FREE HEALTH SHUTTLE

St John West Auckland Area Committee formally commissioned their second Health Shuttle at a Dedication Service on 4 May 2019. Health Shuttle Team Leader, Lindsay Roberts, said that nationally St John is moving towards VW vehicles for their expanding fleet of Health Shuttles, and the West Auckland VW Crafter has been developed as the prototype going forward for St John wheelchair capable shuttles.



"One shuttle will continue to be based at the St John Western Ambulance Station on Edmonton Rd with this new vehicle based at the New Lynn Ambulance Station," says Lindsay. "This will enable improved coverage of our existing area including Massey & West Harbour, and the rapidly growing precincts of Whenuapai and Hobsonville".

Area Committee Chair, Chris Wilkins, acknowledged that the purchase and fit-out of the new vehicle was only made possible by significant funding from The Trusts Million Dollar Mission 2017, with additional support from Ray White (Austar Realty) and the Delaney Family Trust.

Health Shuttle bookings are accepted for appointments commencing between 9.30am and 1.15pm, Monday through Friday. Return journeys generally not available after 2.30pm. Patients are contacted the evening prior and advised of their pickup time for the next day.

For bookings phone the St John direct shuttle line on 0800 925 2672 and ask for 'West Auckland Health Shuttle bookings'.

DO YOU NEED A PROPERTY MANAGER?

When deciding to self-manage or hire a property manager, you need to understand what goes into managing rental properties. A novice investor may see a rental property as a simple equation of: rental income - (mortgage + expenses) = profit.

While this formula is the basic mantra for an investor, you also need to include your landlord duties, time and energy into



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that equation. In order to decide what is best for you, here is a rundown on all the landlord duties you will be taking on if you self-manage or that you could pay a property manager to handle.

Maintenance - You need to schedule seasonal maintenance to keep septic systems functioning, gutters from overflowing plus respond to any emergency maintenance from your tenants. Good maintenance management will significantly improve your bottom line.

Addressing Vacancies - When a rental property is vacant or vacancy is looming, you need to get the next tenant lined up quickly. Finding your next tenant involves more than just putting an ad up on Trademe. Don't forget about property visits, fielding phone calls and messages and meeting prospective tenants for showings. You will need to collect applications, complete screenings and approve your future tenants.

Tenant Relations - A good manager will check in with their tenants at least once a quarter for inspections. If the tenant does have any issues, you will be the one to rectify the situation.

Rent Collection - Rent collection should be easy enough, but what if the money doesn't show up? What if the tenant lies about making payment? For some these conversations are hard to have and are stressful.

The duties listed above are just some you will face when you own rental property. Other landlord duties to consider; lease and rental law enforcement and compliance, tenant turnover, inspections, tenancy disputes, raising rent and evictions.

Benefits of Property Management - Property managers have made a career of understanding the rental industry. Most importantly, they understand rental law and any changes that occur.

The cost of a professional property manager ranges from 6.5% – 10%. If you are looking for less stress and more time for family or interests then engaging a property manager is the right choice.

Private Residence is a locally owned, independent property management company.

Contact Rachel for a no obligation chat: 021 872 336 www.privateresidence.co.nz.

PHELAN'S LOCAL BOARD UPDATE – JULY 2025

2025, 6:13am Tuesday 22nd July, North Western Motorway southbound before the Hobsonville Road overbridge.

Jenny peers ahead through the rain at the rows of red tail lights. The AI driver assist guiding her car continually brakes to maintain a safe distance from the car in front, however drivers of older vehicles are pulling into the space in a futile attempt to get through the gridlocked traffic. She's been on the road since 5:45am and feels like she's going nowhere, there's at least a two-hour drive ahead to get to work in Albert Street.

For the last few years the commute times to the central city

have climbed dramatically as central government politicians argue about which forms of mass public transport to implement and how it will be paid for. New housing in Redhills and Whenuapai has added to the traffic with thousands of cars choking the side roads. Infill housing along the suburbs off the highway all the way to Te Atatu have clogged the motorway to a standstill. Although there have been few new houses in the north west suburbs of Huapai and Riverhead and this won't change until after 2028, it's of little comfort to those residents who are faced with a two to three-hour daily fight through the thousands of commuters from the rest of West Auckland.

A quicker, dedicated, public transport mode would have given Jenny an option, sadly there's only the same bus service that's been available for years. Political inertia coupled with the decline in the global economy and the billions of dollars required to construct any form of mass transit mean that this solution is still over a decade away.

Back to the present, 2019.

The Government's Budget Announcement didn't provide a clear indication of whether a genuine public transport system capable of dealing with the population growth in West and North West Auckland is being funded. Some of the Provincial Growth Fund is earmarked to carry out overdue upgrades on KiwiRails infrastructure across the country. The North Auckland rail line may get some love, but nothing like the \$1.3 billion estimated to get it up to the standard required for freight and passenger services.

Light Rail to the North West appears to have gone AWOL. In any case the government hadn't committed sufficient funds instead insisting it needed a partner to come up with the balance, since then it's fallen quiet. Every year that goes by with no solution while housing continues to be constructed across West Auckland, is a year closer to total gridlock.

The wailing and complaining from a large sector of voters about the cost of the CRL means politicians are reluctant to canvas a fully funded \$2.3 billion light rail system out west. Never mind that these sorts of projects do costs billions in other countries, and they frequently balloon in cost. London's Cross Rail project has risen to \$32 billion. Singapore's 4km circle line has been hit with rising costs meaning the final bill will be around \$1.3 billion per kilometre!

The decision to find the funds and get on with implementing a world class public transport system to meet the population growth in West Auckland lies solely with central Government. It is beyond the ability of Council to fund this sort of investment through rates or borrowing. Government should be making the investment now while it can borrow at 1.75%.

Next year there is a general election. Residents may want to think about casting their vote for a party, regardless of who it is, that will do what is necessary to fast track public transport for our area. If we don't get a solution agreed on and planning underway many of us are going to be facing two and a half hour



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WAIMAUKU GARDEN CLUB

Winter is here! After an early start in May and a coffee at Kings Plant Barn in Henderson we headed to our first stop the Mangere Education Centre. The history of the area is displayed on the walls of the Centre, giving you the geology of the area and the early Maori settlement. The heritage gardens and the path to the summit of Mangere Mountain are located beside that. The land is very fertile volcanic soil so the gardens do well. The corn was finished but the kumara still looked healthy. You could see that they continue to plant native and medicinal plants. We were fortunate enough to have one of the longtime gardeners speak to us about his involvement with the plantings. We did have time for some retail therapy at Rogers Garden Centre before heading off to Monte Cecilia Park. This includes The Wallace Arts Centre and The Pah Homestead. You could see some of the outside sculptures from the homestead windows, view the art displays, visit the little shop selling jewellery, pottery and glass work or have a coffee. Our Club has been going for 50 years so we celebrated on June 20 with a Mid-Winter lunch at The Beekeeper's Wife at Riverhead. July 18, Ryders for film and lunch: August 15, Mangawhai. Contacts: Althea 09 412 7752 Diana 027 478 8928 Judy 027 272 9994 Veronica 027 755 4645 Jan 021 108 7925 Bette 021 145 1854.

RIVERHEAD PLAYGROUP WELCOMES FAMILIES

The Riverhead Playgroup has been running for some 40 years, most of that time from the Riverhead War Memorial Pavilion.

The community playgroup offers a sense of belonging and focuses on friendship, socialisation and support for parents and caregivers while helping educate and entertain children, ensuring they acquire valuable social skills.

The playgroup comprises volunteer parents and caregivers passionate about nurturing the learning and development of children from new-borns up to school age, providing Thursday and Friday sessions from 9.30am to noon during the school term.

"We are a certified playgroup with the Ministry of Education, which means we have to implement the Te Whariki Early Childhood learning curriculum and adhere to ministry guidelines



and standards," Riverhead Playgroup president Julie Hodder, says.

"We are assessed every three years to ensure we comply. This means we can access funding from the Ministry of Education for running costs of the playgroup. Our funding from the ministry and donations covers rent of the building, maintenance and insurance, craft supplies and supports term trips."

Every term the playgroup aims to provide its children and their families with a trip outside the community, whether to Kiwi Valley, the beach, the zoo or fun educational places, as well as other organised social activities for parents and caregivers.

"We have a committee and group of helpers; all parents and carers like myself which help with the day-to-day running, craft and learning activities, facilities maintenance, finance and Ministry of Education requirements," Julie says. "On our committee we have homemakers, marketers, midwives, lawyers, primary school teachers, early childhood educators and more who are all raising children and wanting to belong to something which is great for us, our children and the community."

The Riverhead Playgroup is an incorporated society and fully licensed by the Ministry of Education and works closely with the ministry regarding practices and learning principles (Te Whariki Early Childhood learning curriculum).

Children also get creative, learn and play through craft, indoor slide, messy play, sandpit, bikes, mock kitchen, dress ups, books and more at the playgroup. Plus there are special events such as Baby & Toddler Yoga and Wriggle & Rhyme.

BYO morning tea for the little one and the playgroup provides a cuppa and biscuits for adults.

Each casual session per child is a \$1 donation.

The playgroup began in a local church, but growing numbers meant a move to the Riverhead War Memorial Park where it remains today.

At that time, Plunket was operating at the venue but has since downsized its north-west operation to run out of Kumeu.

"We still work closely with Plunket to promote our group and our valuable service to growing children and support to new mums," Julie says.

Check out the Riverhead Playgroup near the Riverhead Bowling Club, opposite Riverhead's Z station.

Or visit www.facebook.com/groups/Riverheadplaygroup to join the closed Facebook group, www.riverheadplaygroup.co.nz or email riverheadplaygroup@gmail.com for more information.

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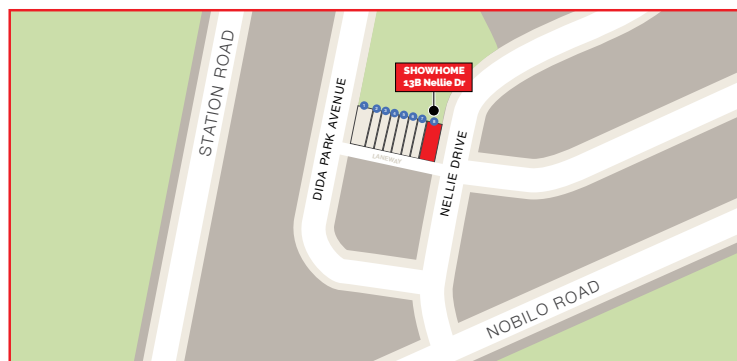
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We look forward to seeing you there!

RSVP

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