

kumeu Courier

FREE monthly community magazine for Kumeu & districts

TIPS TO STAY

WARM THIS WINTER

- Local property statistics
- Chocolate Fudge Cookies
- June events & updates
- Trade advice

**MORE PUBLIC MEETINGS
FOR SPECIAL HOUSING AREAS**

Circulation is 8500 print copies and 3371 opened and read email copies.

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

Contact Sarah Cartwright on 0212507324 or sarahcartwright022@gmail.com

kumeuCOURIER/ June 2014

Intro

Welcome to winter people! This month Children's charity @Heart Inc is calling for hearty souls to take part in the Heart Stopper Challenge Auckland event to be held on 30th May. The Heart Stopper Challenge sees teams of participants don a costume and sit in a big tub filled with icy water for five minutes to help raise much-needed awareness and funds for the 12 babies born with a heart defect every week in New Zealand. Please help by taking the plunge yourself or go support those who are participating already. Get yourself or the kids involved on the 15th June at the MeACT Village Green planting day, a great way to keep warm and make a difference to our environment and yes it's that time of year again and applications are now open for the 2014 round of the Smith and Partners Law Scholarships. The Smith and Partners Law Scholarships are open to students enrolled at a West Auckland secondary school in 2014 and intending to study law at a New Zealand university in 2015. Applications close Monday, 4 August 2014 and entry details can be found on the Smith and Partners website – www.smithpartners.co.nz/lawscholarship. Keep warm, keep safe.

Sarah,
Editor.



kumeu Courier

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Print run is 8500 copies through North Point Print
Email database is managed by Sublime NZ
Cover photo is supplied by Focus NZ photo library



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TREES FOR BABIES TURNS 20



For twenty years West Auckland families flock to local parks and plant a tree to celebrate the birth of their new baby. The trees and babies have all grown up since Keep Waitakere Beautiful Trust introduced the initiative in 1994 with the support of Auckland Council and Plunket. "The babies are adults now and the trees are an integral part of each park's story with families revisiting their trees over the years," says programme manager Fiona McCallum. Registrations are taken on the day and closed footwear is recommended for mums or dads planning to dig. "We have a variety of native trees along with smaller plants so older siblings can join in on the day as well," says Fiona. The free event runs from 11am -1pm, rain or shine. Parks for this year's events are:

•Harmel Reserve, Harmel Road, Glendene: Saturday, May 10
•Sunline Park, Sunline Ave, Massey: Saturday, May 17
•Owen's Green Reserve, Huia Road, Laingholm: Saturday, May 24
For more information: Fiona McCallum Keep Waitakere Beautiful Trust. Phone: 826 4276. fiona@kwb.org.nz. www.kwb.org.nz
(Pictured: Issac Gardner at last year's Trees for Babies planting at Harmel Reserve)

JOPPA STOUT

It was a dream come true for Californian ex-pat Barb Joppa when she won the SOBA New Zealand Home Brew Competition with the highest ever points score. Barbara's prize was to have her beer brewed and commercially released by Hallertau Brewery. Joppa Stout is a full bodied beer with a lot of bitter-sweet chocolate and coffee flavours. Black in colour, with a thick tan head weighing in at 5.5% with 30 IBUs this promises to be a popular winter tipple. Joppa Stout will be released on June 12th and available nationally for the first time in 500ml bottles.

STAY WARM IN WINTER

As energy bills rise, we suggest you don't have to spend more on electric heating to stay warm this winter. Here are some tips that may help. Wear several thin layers, rather than one thick layer. This is because they trap warm air close to the body. Go for clothes made from wool, cotton or fleecy fabrics, if possible draw your curtains, as soon as it gets dark to stop the heat escaping and the draughts coming in keep any windows and internal doors closed when it's cold – this will keep heat inside, where you most need it. A lot of heat is lost through the head and neck, so if you're chilly indoors, try wearing a hat and scarf. Your body keeps warm by burning food you've eaten, so make sure you have regular hot meals that contain carbs, such as potatoes, pasta, bread and rice. Try porridge with hot milk for breakfast and soups and stews for lunch and dinner. If you're sitting down, a shawl or blanket will provide extra warmth. You should also try to keep your feet up, because air is cooler at ground level. Wear warm clothes in bed. When it's really cold, wear thermal underwear, bed socks and even a hat. It is not hard to keep warm but you need to plan what to do and how to do it.



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COMMUNITY NOTICE BOARD

THE BROWN BEAN DRIVE THRU ESPRESSO

At the Brown Bean Drive Thru Espresso, it's all about our customers, and our coffee. Six years ago our shop, located at the Auto Clean Carwash in Huapai, opened its doors (well, windows); providing a much needed quick stop for the busy commuters in the community, and a pick me up for those stopping in for a carwash. We know our coffee, using Lavazza beans which are imported directly from Torino, Italy, guaranteeing that they arrive fresh, ready to be ground on site. Our beans are of the highest quality and what more could you ask for? We also guarantee our coffee is as consistent as it is fresh; meaning it will be just as tasty, every time. What sets us apart, other than the sensational taste of our drinks, is our service; come in for a chat, grab a coffee, and leave with your day made a little bit brighter.

BEAT THE WINTER CHILL

The cold has arrived and is with us most days and definitely the nights. If you haven't already it's time to get in touch with IWOOD 4 u ltd and place an order for a delivery of DRY ready to use wood for your fire. We are a supply and delivery service of firewood that prides itself on delivering clean loads of qual-

ity product. Our minimum is 2m3 and upwards in lots of 2m3, we can drop off 8m3 at one time and 4m3 orders get 2 bags of kindling thrown in for free. Our Old Man Pine mix of 60,80 and 110 year old wood is very popular. We also have Gum and can mix these for you. Most deliveries are during the week and you can pay by using our mobile Eftpos. Our wood is chunky and Dry and fits equally well in the log burner or the open fire. Please contact Blair at iwood4u@xtra.co.nz or Freephone 0508496634 anytime. So make sure your family and the animals are keeping warm, and get in touch for us to tip a load at yours to keep the home fires burning.

PHELAN PIRRIE - LOCAL BOARD

Planning for Kumeu and Huapai's future has taken another step forward with recognition that a new Structure Plan needs to be completed to accommodate the growth the Special Housing Area's will bring.

The Local Board has a public meeting on the 24th June at 6:30pm in the Kumeu Community Hall to showcase the draft Local Board Plan and provide information resulting from the SHA meeting last month.

If you have an interest in how your community develops then please come along the more feedback and engagement we have with a wide range of people from the community the better the Local Board can plan for our future!

Following on from the installation of the Huapai Skate ramp, the final results of Local Boards Riverhead Skate ramp consultation were presented last week and weather permitting hopefully work can start before July on installation.

On the economic side of things the North West District Business Association had a successful Business Improvement District ballot and this will see the Local Board working directly with businesses through the Association on a range of initiatives across the district to improve economic development.

If you have a local project you need Council support with or problem or issue I can help with please contact me: phelan.pirrie@aucklandcouncil.govt.nz or 021 837 167

HEART STOPPER CHALLENGE

Children's charity @Heart Inc is calling for hearty souls to take part in the Heart Stopper Challenge Auckland. The event requires no athletic prowess, just a heart of gold! Heart Stopper Challenge sees teams of participants don a costume and sit in a big tub filled with icy water for five minutes to help raise much-needed awareness and funds for the 12 babies born with a heart defect every week in New Zealand. The inspiration behind the Heart Stopper plunge into an icy pool is the 450 open-heart surgeries that are performed annually on children in New Zealand – some of these babies in their first days of life. Surgeons sometimes fill the chest cavity with an icy slush to slow the metabolism during surgery to allow a longer window of operating time. Since its inception in 2001, the Heart Stopper Challenge has seen thousands of supporters from all walks of life take the plunge in support of heart children and their families. It is a fun, chilly experience but it gives participants a warm fuzzy feeling inside knowing that their act of courage will help @Heart to support Kiwi kids.

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KUMEU RUGBY CLUB



You may have noticed that Kumeu Rugby Club has undergone some changes in the last year or so. The Western Pioneers are in their 3rd year representing the community as our Premier team (team from both Kumeu and Helensville Rugby Clubs), we have a new chairman in place and lots of new committee members and we have recently built a new deck on the front of the club overlooking the No. 1 field. The deck has already made a huge impact through touch season and now the rugby season, and it does what we wanted it to do – bring people together. It is perfect for viewing games and catches the afternoon sun perfectly. As you will see from the pictures, the day the demolition and drainage was completed couldn't be wetter! It did not stop raining the whole day. THANKS to all the men and woman who pitched in and did their bit. Its because of kind hearts and a willingness to get in and help with something that makes community clubs like ours what they are. This year is our 50th Jubilee: Weekend of Friday 30th and Sat 31st May. If you are a part of the club or were involved in the past we want you there! It's a celebration of rugby in our community. Friday evening the club is open for meet and greet and nibbles from 6pm. Saturday from 1pm we have bouncy castles and face painters for the kids, pig and lamp on the spit and a line-up of great rugby. Kick off at 1pm Kumeu 85kg vs Northcote (for the Iain Hudson memorial trophy) U21 vs Northcote Prem 3 (aka Moisties) vs TBC (2nd round draw not out yet) Main game kick off at 2.45pm Western Pioneers vs TBC (2nd round draw not out yet) If you would like any more information about the Jubilee, or would like to be part of the day please see our website or phone the chairman Glenn Wheeler on 0274 945 666 The Western Pioneers are having a good season so far winning 6 out of 7 games. We lost to Massey, who at the time of writing, are having a stunning season having won every game so far. Western is run by a committee made up of members from Kumeu and Helensville Rugby Clubs. Western was first formed in 2012 and we won the North Harbour Championship. We are in the 3rd year now and of course we are hoping to do it again. Come along and watch a game. Check our website for when Western is playing at home. ALL WELCOME. www.kumeurugby.co.nz

Two of our oldest members Owen Walker and Keith Robinson



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SAFER COMMUNITIES

Kumeu currently has a number of scrap metal traders travelling door to door and Police are fielding numerous calls from residents concerned about the safety of themselves and their property. This is due to the operating procedures adopted by some of these traders who will only continue to operate as long as there is a current market for them within our community.

While it is up to you should you wish to deal with them, Police advice is that if you have scrap metal to dispose of you should find a reputable dealer from the Yellow Pages who will arrange a suitable time to uplift from your location. Should you be visited by any scrap traders who appear suspicious or intimidating obtain as many details as you can, i.e. Registration plate, business name, phone numbers etc. As a rule of thumb if they do not wish to give them to you then we recommend you ask them to leave, then promptly call the Police who can then investigate their legitimacy.

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



Fire Brigades throughout the Auckland Region have very busy dealing with outdoor fires that have been causing smoke nuisance or inappropriately placed. The following activities are allowed in an open fire season:

- fires for cooking – bbqs, hangis and umus
- small heating fires – outdoor fireplaces and braziers
- burning dry untreated wood, paper or well-seasoned vegetation, burning of up to 1.5 tonnes per day of dead on-farm animal stock

Fires should only take place in suitable weather conditions e.g. low wind or settled conditions. You should locate the fire as far away from adjacent buildings as practical and supervise the fire at all times, Do not locate fires within close proximity to property boundaries, buildings, trees, hedges and shrubs, Smoke must not cause a nuisance to neighbours, For large land clearing burns during an open fire season please contact the Auckland Rural Fire Team to advise of length and location of burn. Before lighting any fires check with Auckland Council whether you are in a rural fire zone and what the current fire season is by visiting;

www.aucklandcouncil.govt.nz/ruralfire
or by emailing ;
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AREA PROPERTY STATS

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

Address	Max	Median	Minimum	Most Recent Sale
COATESVILLE				
Lifestyle	\$ 3,450,000	\$ 1,500,000	\$ 680,000	\$ 930,000
HERALD ISLAND				
Residential	\$ 990,000	\$ 750,000	\$ 635,000	\$ 670,000
HOBSONVILLE				
Residential	\$ 970,000	\$ 816,000	\$ 410,000	\$ 970,000
HUAPAI - KUMEU				
Residential	\$ 620,000	\$ 550,000	\$ 531,000	\$ 606,000
Lifestyle	\$ 2,355,000	\$ 1,855,000	\$1,110,000	\$ 1,160,000
MURIWAI				
Residential	\$ 800,500	\$ 680,000	\$ 360,000	\$ 679,000
RIVERHEAD				
Residential	\$ 708,000	\$ 691,500	\$ 625,000	\$ 625,000
TAUPAKI				
Lifestyle	\$ 1,155,000	\$ 1,080,000	\$ 450,000	\$ 1,155,000
WAIMAUKU				
Residential	\$ 940,000	\$ 753,000	\$ 700,500	\$ 695,000
Lifestyle	\$ 1,310,000	\$ 910,000	\$ 866,500	\$ 866,500
WAITAKERE TOWNSHIP				
Residential	\$ 750,000	\$ 530,000	\$ 325,000	\$ 530,000
WESTHARBOUR				
Residential	\$ 934,500	\$ 770,000	\$ 440,000	\$ 797,500
WHENUAPAI				
Residential	\$ 762,000	\$ 700,000	\$ 600,000	\$ 625,000

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

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MONEY MATTERS

In April the Reserve Bank increased the Official Cash Rate for the second consecutive month to 3%. Banks have followed suit and lifted their rates accordingly but it's interesting to see the amount of special terms and rates being offered. There are some very attractive three and four year rates available. Now more than ever, it's vital you receive impartial and independent advice. Recent housing figures reflected a drop in sales but we believe that was mainly to do with the school holidays coinciding with Easter and AN-ZAC Day. The May results will provide a more accurate picture of what's going on. One thing that is clear is that the first home buyers are still struggling to obtain finance, but there may be light at the end of the tunnel as the Reserve Bank looks to relax it's rules on deposit size later this year. Saying that though, we have had success recently for strong applicants, so call us to see if you can buy now



David Lloyd
Phone 027 411 9255

Phone David on 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz

IN BRIEF

UPDATES:EVENTS

MID-YEAR CHRISTMAS AT SOLJANS ESTATE WINERY

Want to show your appreciation to your hard working staff? Or need to plan that long awaited catch-up with friends? Why not book a mid-year Christmas party at Soljans! Winter is the perfect time of year to get together. With exclusive use of the venue for dinner; a private function room for lunch; exquisitely crafted, award-winning wines and a great menu selection to choose from, Soljans Estate Winery & Café is the solution. Enhance your vineyard experience with a wine tasting and/or winery tour. Soljans Estate has a dedicated Functions Coordinator on site to take the stress out of planning your middle of year 'do'. Get online and visit www.soljans.co.nz or email alex@soljans.co.nz, she will be more than happy to discuss your needs...and just a reminder we are open Queens Birthday Weekend, with no surcharge on the Monday.



JUNE SPEAKER FOR SENIOR NET

On Wednesday, 4 June at St Chad's church hall the SeniorNet speaker will be Christine Rose an environmental and community campaigner. With a political background, 15 years in local and regional government she has run many campaigns to raise awareness and to apply political pressure for better protection for Maui's and Hector's dolphins, to promote the arts, and community development.

Christine continues today as an artist, and an arts, political and environmental activist, increasingly using social media as a communication and lobbying tool. She has degrees in Politics and Philosophy from Auckland University including First Class Honours. She is a member and supporter of many Non-Governmental organisations such as Greenpeace, Sea Shepherd and the Forest and Bird Protection Society. Come along for a fascinating morning. \$3 towards hall hire includes tea, coffee and biscuits. Great raffle. 10am start, bring a friend, all are welcome. Support your local SeniorNet

HEALING THROUGH YOGA

Have you 'tried yoga' and found it was hurting you? Or perhaps you've been practicing yoga for some time, but due to injury have found it is no longer good for you. Do you suffer from back, neck, knee or other pain and are put off by

those pretzel like poses on the posters for yoga classes? It may be as simple as not having found the right yoga class. There are as many different yoga styles out there as there are pretzels in Germany and even if you are perfectly fit and healthy it's important to find 'the right yoga' for you. So if you have any kind of injury, pain or illness, it's particularly important to find a class that will help you to heal your condition and not aggravate it further. The old 'no pain no gain' adage does not feature here. A good class should teach you to listen to your body to find what works for you. The good news is, whatever your age, level of experience, health or fitness may be, there is a yoga practice that can help you. Tree of Life Yoga offers Yoga Therapy classes and private yoga therapy sessions (and though not an injury, they also offer pregnancy yoga). Using yoga asanas (postures), pranayama (breathing) and relaxation appropriate to each individual in a class or private session, the focus is on healing, strengthening and regenerating. Classes are held at 5 Matua Road, Huapai (St Chad's hall) and private sessions are also held there or in your own home. Visit www.treeoflifeyoga.co.nz or phone Maree Delmar on 021 022 93012 for more details.

LOCAL ENVIRONMENTAL GROUP ACTIVITY

The Village Green is looking green. Many of the natives you helped plant survived the summer. The weeds are also loving the first rains of winter! Time to clear the path and reclaim the area we have already planted. Give us and nature a hand – dates for your diary: VILLAGE GREEN PLANTING DAY 15 JUNE 10am to 12noon (Sunday) By this time the pines will be down and mulch fully spread, we will plant laid out seedlings

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 17 AUGUST 10am to 12 noon (Sunday)
 General clean up of site; any big weeds pulled, big path cleared, more seedling gaps filled in. Thank you all for your continued support, please contact Erin at kinsale@clear.net.nz or 09 411 7287 / 021 411 568 if you require further information, or see muriwai-environment.org. phone: 09 810 9581

THE BIG PINK IN SHAMROCK DRIVE



Have you ever wondered what lurks behind the pink walls of The Confectionery Palace in Kumeu? There is nothing untoward or secretive about the Palace, in

fact they want you to visit and check out what they do. The Confectionery Palace has operated in the Kumeu area since 1994 and has been running from their Shamrock Drive site since 1st January 2000. The Confectionery Palace is in fact a Confectionery brand but they trade under GDLbrands in their day to day business supplying 1,500 retail stores and supermarkets with confectionery and snack lines they mainly source from USA, Australia and the UK. Many of the confectionery and snack lines that they now manage in New Zealand have some healthier benefits associated with them (e.g. Gluten free, sugar free, high fibre, high protein etc) It is a rule in their business that products they import and distribute must firstly taste great, if there are nutritional benefits also associated with these products, then they look to seal the New Zealand rights for that product. More recently they are excited to have launched a new product to their line of healthier options. WOW is a Sugar Free, Natural Flavours, Natural Colours confectionery. There is an estimated 1 in 4 people who want or need to reduce their sugar intake. In the past the only alternative has been artificial sweeteners, however now there is a natural plant based extract called Stevia – this is used in this confectionery making the product completely natural and free from artificial anything!! They currently distribute 7 different flavours of

WOW from Jelly Snakes to Mint chews to hard Candy, some having a chocolate centre – this range caters for all the different tastes of all the different ages. They are looking to extend this range over the next 6 months. GDLbrands/The Confectionery Palace cannot manage all these delicious confectionery products and tasty snack lines and not make them directly available to their community. So, for your information, they do have a small factory shop and they do have an online shop www.snackit.co.nz Call in to their shop sometime, they do have all the bad stuff as well as the healthier choices so they cater for the entire indulgence market. Their shop hours are Mon – Fri 8am – 5pm, they'd love to see you.

SELLING YOUR HOME?

Before you list with any old Tom, Dick or Harry, maybe a spot of reaserch might provide some comfort and deliver some insight into who will provide you with the best leve of service, the best price and a sensible commision rate. The real estate industry is full of rumours and full of puff, so before you sign your life away check out this web site:

www.grahammcintyre.co.nz

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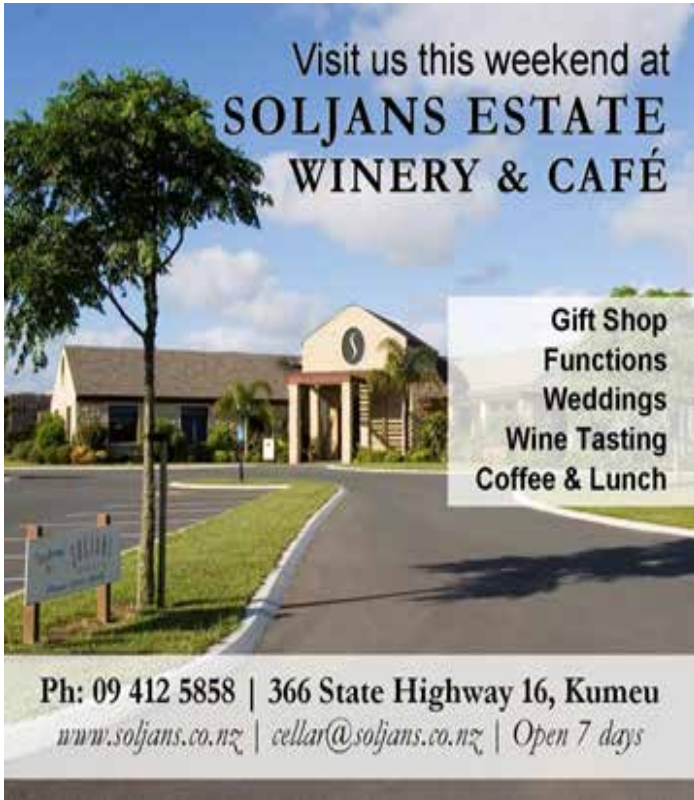


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 or phone Maree Delmar: 021 02293012



South Kaipara U3A warmly invites you to their next meeting
 Friday 2nd May
 Helensville War memorial Hall
 Speaker: Lois Connolly
 Grandparents Raising Grandchildren preceded by a short talk on the Unitary Plan – how it affects us
 Gold coin entry – afternoon tea
 More Info: Jenny 827 8861
 Jenny-intouch@vodafone.co.nz



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TASTING SHED REALLY DO TRUST THEIR CHEF!

For the third year running, The Tasting Shed has been selected for the 2014 Top 50 Restaurants list by Metro Magazine, an achievement that the team do not take lightly. "We're thrilled to have been recognised once again, and for the wonderful support of our loyal customers. From the beautiful food created by Head Chef Stephen Smith and the kitchen team, to our dedicated front of house team, we are proud to continue delivering a destination dining experience to our customers, and will strive to keep improving every day," say thrilled owners Jo & Ganesh Raj. On Friday the 27th of June, The Tasting Shed will be holding a special Mid-Winter Christmas Trust the Chef Dinner before closing throughout July for our annual winter shutdown. Please call The Tasting Shed on (09) 412 6454 for reservations or visit www.thetastingshed.com for details. Places are strictly limited.

FAMILY TRUSTS -ARE THEY STILL RELEVANT?

Most lawyers are unanimous that putting a house in a family trust is the best way of protecting those assets from your business creditors. However, you will not automatically get a rest home subsidy just because your house is in a family trust. The provisions in the Social Security Act 1964-may mean such assets are added back on to your non-trust assets for the purposes of any asset testing. This is because the government's view is that you may have otherwise deprived yourself of assets needed to pay for your retirement care. This is a matter for careful legal advice specific to your situation. There may be a number of other helpful things a lawyer can do for you to plan your retirement arrangements. This includes splitting the ownership of your house so that each of you own it as tenants in common with a life interest to the surviving owner. ph 412 6000. luke@kempsolicitors.co.nz

YOU DON'T HAVE TO BE POWER-LESS NOW THE COOLER WEATHER IS HERE.

If you've got money worries, getting your power disconnected because you couldn't afford to pay the bill might be the last straw – especially if it happens in the middle of a cold snap." Apart from the terrible inconvenience of not being able to cook on your stove or heat your home – on top of all that, you will receive a hefty reconnection bill as well", says Joy Florence of Citizens Advice Bureau Helensville. "You really want to avoid getting disconnected. It's important to tell your electricity provider if you are a vulnerable or a medically dependent consumer, as the power company has to follow certain guidelines regarding what they should do before taking that final step of disconnecting."

The Brown Bean Espresso Drive Thru

336 Main Road, Huapai, Auckland 0810

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

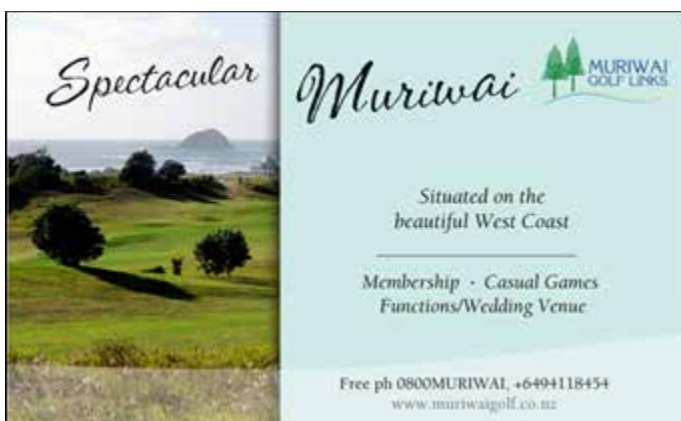
tion. This includes trying to find alternative ways for you to pay, or referral to a budgeting advisor or Work and Income (with your consent). You would qualify as a medically dependent consumer if someone in your household depends on mains electricity to power critical medical equipment (such as a ventilator). You would be a "vulnerable" consumer if you have genuine difficulty in paying your electricity bills due to financial hardship or if disconnection would threaten the health or wellbeing of someone in your household (such as someone who is elderly, has health problems or is a very young child). "If you are having problems paying your bills, don't just wait for the disconnection notice to arrive – tell your power company that you're having trouble or get in touch with us. We can help you to know your rights and entitlements (for example as a vulnerable consumer and/or someone eligible for financial assistance from WINZ). We can also help if you have a problem with the way your power company is treating you and want to make a complaint. Come and see us at 27 Commercial Road, Helensville. We're open Mon. to Fri. 10am till 3pm. You could also phone us on 09 4207162 or toll free on 0800 367 222, or send us an email cab.helnv@extra.co.nz. We also have information about your rights as an electricity consumer on our website www.cab.org.nz"


THANK YOU FOR YOUR TRUST!

It has been a few months since we have last been able to let you know what is happening in the local computing world in the Huapai / Kumeu area. Well, it is lots... but firstly, we want to thank you, as our loyal customer, who have entrusted us to help grow your business and support your computer solutions. After our recent move from the other end of Kumeu to Matua Road in Huapai, we have made a few changes to allow us to provide better service to you. One of these changes is the new branding in bright yellow and black. This away from the black and red we had previously. We also extended our opening hours from 6am to 7pm on Monday, Tuesday and Wednesday. The last two days are 9-5 for now. Now you can bring in your computer on your way to work in the morning. If you book in a job between 6am and 9am, we give you a FREE great cup of coffee to go!

Most jobs are fixed in a day so you can collect that same evening on your way home. Lastly our website has also changed and we are updating this over the next few months. Now for the latest in IT, as you have probably heard, Microsoft XP and Windows Server 2003 are no longer supported by Microsoft. This means that if malware like viruses and others are now written for these operating systems, Microsoft will no longer supply patches to fix these and your computer will increasingly come

at higher risk of attack. There are a few options available to mitigate this risk. Apart from not using your computer ever again (not very viable), we can upgrade your computer to Windows 7 if your computer is no older than about 2-3 years and has enough resources to run this (RAM, hard drive space etc.). We can also supply a new computer and copy all the email and data from your current computer to the new one. A more cost effective solution is to get a corporate refurbished PC or notebook and we can copy all the data (email, photos, documents, etc.) as well as your applications across to this unit. These refurbished computers are generally units that have been used in the corporate world and after a 2-3 year refresh we refurbish them so they last another 4-6 years. These are all strong computers that will give years of service unlike most of the consumer units from the large box movers. We are the main professional IT support company in the West that can offer a complete solution for your home and office needs. After having supplied, installed and supporting 100's of servers, desktops and remote internet solutions, we welcome the opportunity to look after your computing needs too. For more please contact IT@Hand, Your local computer solutions, on 322 Main Road in Huapai. Phone 09 412 9227 or email Huapai@ITatHand.co.nz



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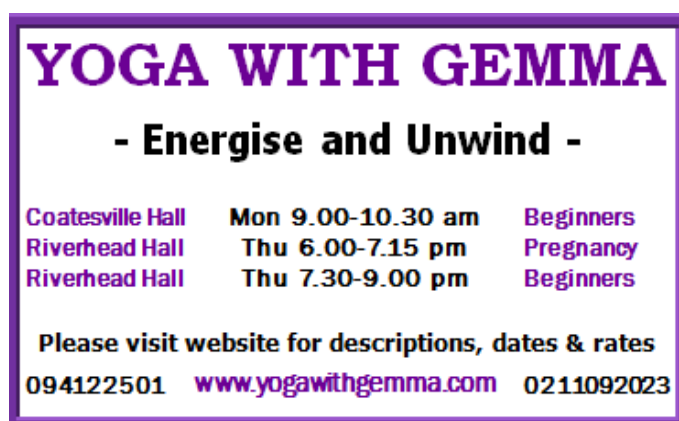
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094122501 www.yogawithgemma.com 0211092023



GOLF GREENS AND FAMILY CIRCLES - SWANSON

3 2 2

Enquiries Over

741A Swanson Road, Swanson
Enquiries Over \$729,000 - Viewing by appointment

Bring your golf clubs, this home offers access to the golf lynx, big rooms, study nook, open spaces, private living, pool and extensive sun-drenched decking. The home is North facing with uncompromised alfresco and entertaining with easy flow. Minutes to Swanson Train Station, Swanson School and convenience shopping. Beautifully presented with ambience and a beautiful aspect.



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MASSEY BUYERS OVER \$405,000, CLOSE TO WESTGATE

3 1

Enquiries Over

8 Loughanure Place, Massey
Enquiries Over \$405,000 - Viewing by appointment

Cedar weatherboard home with high cathedral ceilings that is perfect for first home buyer or investor wanting a solid investment or family. North facing, the home sits comfortably on a 379 sqm partially fenced section with single carport and off-street parking. Valley views from the home and decking ensure your entertaining will be well received. Three generous bedrooms, large open plan lounge and separate laundry, this home feels very spacious and offers options to further develop underneath. With DIY opportunity to redecorate and invest, this is a home that will reward your creativity and your passion. Please register today for a suitable viewing time.



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SUNDRENCHED IN MASSEY - CLOSE TO WESTGATE

3 1

Enquiries Over

67 Gallony Avenue, Massey
Enquiries Over \$409,000 - Viewing by appointment

This home is sitting pretty for first home buyer or investor. Offering easy care with a distinctive and sunny aspect. Strong lines and defined split levels make this home fun, in the sun and affordable. Fully fenced front and back section, landscaped and low maintenance. The home comes with a single carport and decking to allow you to get the most out of the afternoon sunshine. Three generous bedrooms, open style, entertainers dining and kitchen, and separate formal lounge. Private yet affordable.



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FAMILY SAFE, QUIET & TRANQUIL WITH BRICK IN KUMEU

5 4 2

SOLD

1401 Coatesville-Riverhead Highway, Kumeu

If you want results like this - phone me today Graham McIntyre 0800 900 700

A rare find in Kumeu offering just over 1 acre of land in a quiet glade, offering privacy and tranquility yet minutes from the north western motorway and service/ hospitality venues. Beautifully crafted with elegant cathedral ceilings this north facing home with extensive alfresco onto patios and decking, offers entertaining and freedom for the family in a way that will deliver comfort and harmony. A well designed mix of bedrooms, study, multiple living rooms, skylights and extensive garaging. Plenty of options here for you and the family.



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WESTGATE GOLDEN YEARS OR INVESTMENT

2 1 2

Enquiries Over

3 Regents Park Place, Westgate
 Enquiries Over \$345,000 - Viewing by appointment

Seldom available this well designed easy living two bedroom home with easy flow entertaining lounge with alfresco to patio. North facing and brick cladding the home has good pedigree is a short distance from Aged Care, Shopping and Transport links.

A single garage with short distance to Kitchen, and single level the home delivers easy living. It provides options for your golden years or delivers a tidy return.

Call me today Graham McIntyre 0800 900 700

www.mikepero.com/RX129163



Graham McIntyre
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WANTING TO BUILD ? - BUYER ENQUIRY OVER \$129,000

Enquiries Over

16A Aitkenhead Court, Parakai
 Enquiries Over \$129,000 - FOR LAND ONLY - Viewing by appointment

Build your dream home here !
 Consider our plans or use your own on this flat site, ready for construction with services at the roadside, you can literally see yourself in this highly desirable newly built community. Within this neighbourhood the children still play together on the street. Fee simple freehold title will be issued shortly from council to enable you to get underway. The site has access to town sewerage and mains pressure water. We encourage buyers over \$129,000 for the land, or buyers who are considering a home and land package around \$400,000, to enquire today. Cost effective living in Palatial Parakai.

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AS CLOSE TO AKL CBD AS KUMEU OR COATESVILLE

5 2 3

Enquiries Over

171 Stoney Creek Drive, Taupaki
Enquiries Over \$949,000 - Viewing by appointment

Views are plentiful plus the attraction of privacy and tranquility and yet as close to the Auckland City hustle and bustle as you need to be. This large five bedroom homestead delivers easy living while the ducks, hens and sheep also have the best of creature comforts. The home has extensive 270 degree views while its north facing position attracts great sunshine and delivers easy alfresco living to surround decking.



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WAIMAUKU - TWO HOMES - CLOSE TO KUMEU

3 2 1

Enquiries Over

855 Old North Road, Waimauku
Enquiries Over \$849,000 - Viewing by appointment

A slice of rural heaven but close enough to convenience shopping, schooling and transport links. Home with the Income of a 2 bedroom minor dwelling. This home is set on just over 10 acres of land. The main home has 3 generous bedrooms, a recently renovated kitchen with gas cooking and renovated bathroom. North facing the home has excellent alfresco to wrap around decking with views of beautiful sunsets. The property has a second dwelling with 2 bedrooms, 1 bathroom and separate lounge. Tenant is happy to stay on. Overlooking grazing land, for horses or dry stock with good fencing and water, make your rural dream a reality.



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HORSE LOVERS 23 GRAZING ACRES + 320M2 HOME

5 2 3

Enquiries Over

77 Alf Access Road, Helensville
Enquiries Over \$1,279,000 - Viewing by appointment

Easy and comfortable living, this 5 bedroom, 3 bathroom, 2 lounge home with 23 acres delivers in privacy and suitability for horses or drystock. It will create a lasting impression with its high cathedral ceilings, rural outlooks and open plan entertainers style kitchen, dining area. I particularly like the layout of the home that has separate living and sleeping areas that would suit a mixed age family or extended family. A recent refurbishment has refreshed the home. A mature and maintained lifestyle block fenced into 13 grazing paddocks with access through a central race, it provides easy options to move stock and manage your land.



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WAIMAUKU - GOOD LIFE - CLOSE TO KUMEU

3 2 2

Enquiries Over

794 Old North Road, Waimauku
Enquiries Over \$769,000 - Viewing by appointment

If you seek the good life, filled with fresh produce, house chickens, sheep, a lawn to run a-muck and sheds to tinker within, this is the ultimate property for you. A classic renovated bungalow with three generous rooms, bathroom and ensuite and two living areas with alfresco to north facing decking overlooking the land and beautifully planted pond where native birdlife abounds. An independent double garage, garden shed, workshop and storage area adds to the offer. Lovingly created and crafted into a highly desirable but seldom found two acre hide-away yet minutes to Waimauku and Kumeu.



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RURAL OUTLOOK - WAITAKERE TOWNSHIP

3 1

SOLD

34 Northfield Road, Waitakere Township

If you want results like this - Call me now Graham McIntyre 0800 900 700

Sun drenched, open plan, family friendly home in the heart of Waitakere Township. Extensive decking and split level with a downstairs office/ study or games room. Fully fenced the property is well landscaped with good lawn area. The outlook is rural grazing land however the location is minutes from Train link, convenience shopping and Waitakere Primary School.



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ELEVATED SWANSON LIFESTYLE - DIY POTENTIAL

4 1 1

Enquiries Over

49 O'Neills Road, Swanson
Enquiries Over \$939,000 - Viewing by appointment

This freshly painted tudor style home rests within a glade overlooking prime gazing land and only minutes from Swanson shops, Swanson rail links and Swanson School. An ambassador to entry level lifestyle, the home boasts four rooms and a large study and office. Some renovation could deliver good long term returns for this hide-away. Room to move and space to enjoy with 10 acres of grazing land. If you are looking for a lifestyle option with a sensible price tag, we recommend you view this property with haste.



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GROWING HOUSE HOBBY OR BUSINESS OPTIONS HERE

3 2 1

Enquiries Over

355 Waitakere Road, Taupaki
Enquiries Over \$1,090,000 - Viewing by appointment

A delightfully refreshing bungalow of excellent character, north facing with extensive alfresco living, in an open plan three bedroom home. Excellent storage options and growing options with a 1200 square metre Growing house. There is over 4 hectares of prime land suitable for grazing or growing. We invite buyer enquiry over \$1,090,000 for this outstanding lifestyle block.



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FLAT ELEVATED 930SQM SITE IN RIVERHEAD

4 2 2

Enquiries Over

1027 Coatesville-Riverhead Highway, Riverhead
 Enquiries Over \$350,000 FOR LAND ONLY - Viewing by appointment

Wanting a bigger residential site in Riverhead? This property is an elevated rear site of almost 930 square meters, offering a fully usable section with mature plantings, partial fencing and services at the roadside. This is a fantastic opportunity to build your dream home or consider the plans that have been put forward by Build 7 for a 4 bedroom, 2 bathroom, double garage home. This established site is available with a freehold title which should be available within the next 120 days. Minutes to Riverhead School, Kumeu and Westgate shopping areas. We encourage buyers considering an investment over \$750,000 to take an interest in this house and land package. This Riverhead house and land package is available for buyers over \$750,000.



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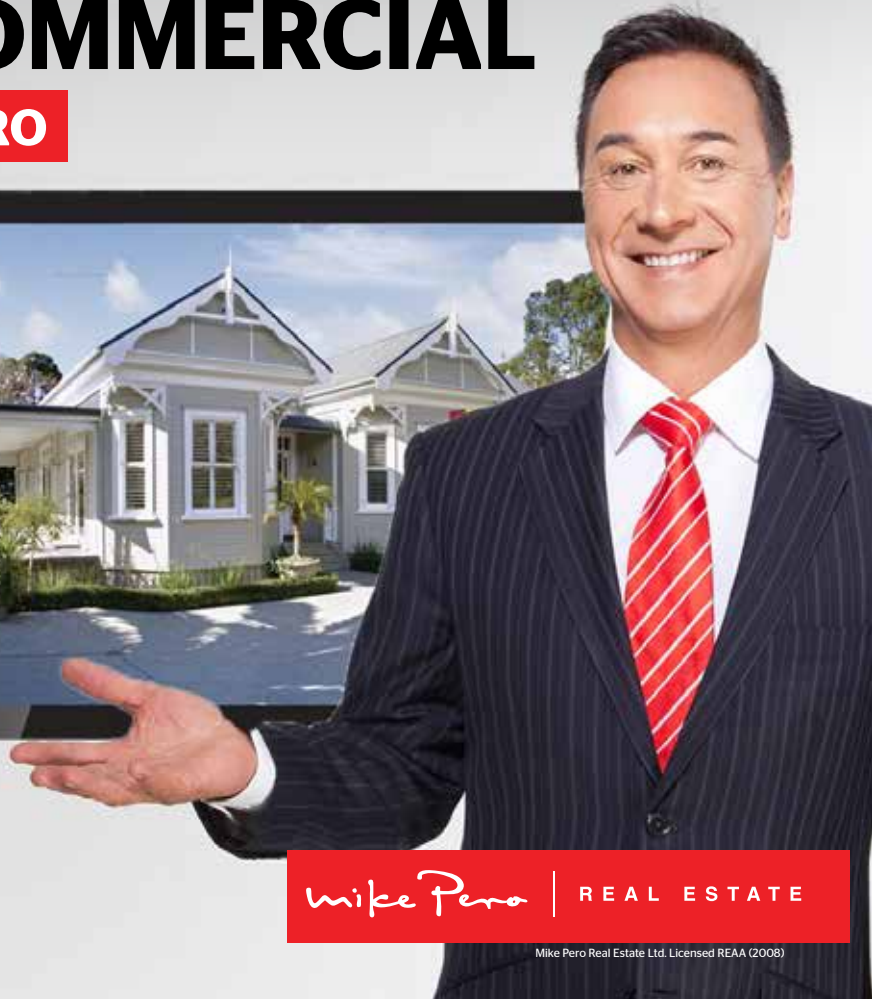
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MURIWAI - NEAR NEW BRICK & TILE

3 2 2

Enquiries Over

403 Oaia Road, Muriwai
Enquiries Over \$779,000 - Viewing by appointment

Three bedroom plus study and two lounges: A near new GJ Gardner Brick and Tile home, elevated with rural outlook. This west coast family home is north facing offering entertainment options with east and west alfresco areas of uncompromised living sprawling onto almost 1/2 an acre of fenced lawn. All the modern conveniences, rural views and a short drive or walk to surf, walks and the great outdoors. Come relax and enjoy.

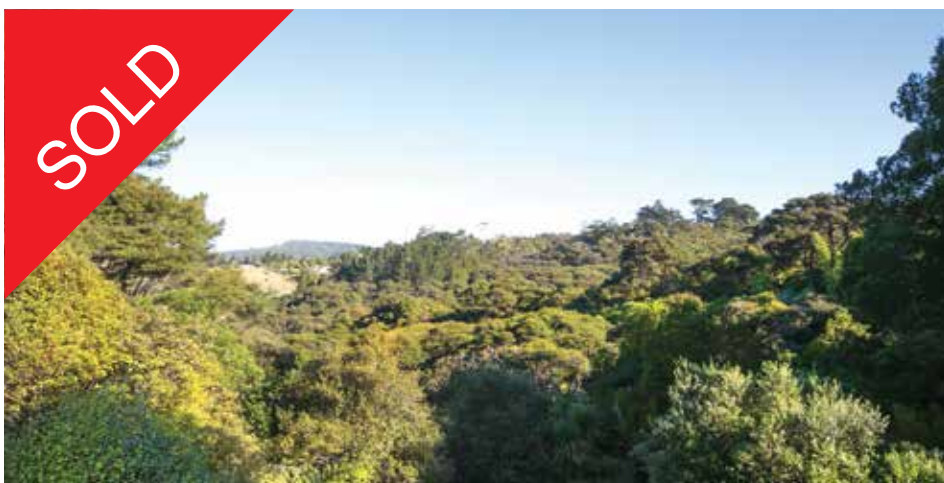


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TRANQUIL WAITAKERE HIDEAWAY- BUSH, BIRDS AND VIEWS

3 2

SOLD

157 Wairere Road, Waitakere
If you want results like this - Call me today Graham McIntyre 0800 900 700 -

Beautiful, semi-rural, tranquil, and comfortable family home elevated with expansive views and minutes from Waitakere Township. This modern, redecorated home offers relaxed, low maintenance living, complete peace and privacy, yet is located a short distance from Train links, convenience shopping and Waitakere Primary School. Open plan entertainers living area opening onto deck, stylish new kitchen, 3 bedrooms with bathroom, ensuite and separate laundry. Say "no-way" to Oratia or Titirangi and say "Yes" to the opportunity to engage with Tui's and wood pigeons overlooking their playground in family friendly Waitakere Township.



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GRAND DESIGN - EFFICIENT & AFFORDABLE IN KUMEU

4 4 2

Enquiries Over

28 Station Road, Huapai
Enquiries Over \$729,000 - Viewing by appointment

Beautifully crafted, this 4 bedroom north facing grand design rests on 1500 square meters of fully fenced estate. Well-appointed entertainers kitchen plus living areas with north facing alfresco to decking and lawn. Literally a family oasis, while meters away from parks, school and transport network. In addition the property has a large 38 square meter extra garage for toys or tools. Which-ever way you cut this cloth, it will deliver a great fit.



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Due to increasing demand in listings and enquiries, Mike Pero Real Estate based in Kumeu, Auckland is seeking two Real Estate qualified sales people to join the company. Email your CV to Stacey at Kumeu@mikepero.com - Applicants for this position should have NZ residency or a valid NZ work visa

We are searching for two entry to middle level residential real estate sales people, someone who may be new to the industry who would like to be associated with the revolutionary Mike Pero brand. Or you may be within the real estate industry currently but are searching for a sustainable long term model that can deliver more opportunity, security and job satisfaction. Ideally we are searching for individuals with a current REAA license, but if you are prepared to get one, and have administration experience, with an positive and hungry work ethic, we do want to hear from you! There is some flexibility on days and hours worked but you will need to work Sunday afternoon for open home activity. The nature of work extends into evening hours for appointments. Call me today: Graham McIntyre 0800 900 700



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CRAZY AFFORDABLE IN CASTOR BAY - NEAR MILFORD

2 1

Enquiries Over

3/18 Parr Terrace, Castor Bay
Enquiries Over \$449,000 - Viewing by appointment

Elevated and sunny two bedroom unit, recently refurbished and offering an excellent living and open plan entertaining environment. This private home is compact, offering, lock-up and leave living. Well constructed and presented in a quaint, retro feel, the home overlooks lawn and pool area. An outlook towards Rangitoto and minutes drive to convenience shopping, schools and transport links.



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BEAUTIFULLY CRAFTED KAURI BUNGALOW IN RIVERHEAD

3 2 2

SOLD

17 Great North Road, Riverhead
If you want results like this - Call me today Graham McIntyre 0800 900 700 -

Often desired, seldom found. This absolutely stunning North facing 1920's Bungalow has been lovingly renovated from top to bottom. Offering modern comforts, open plan living and entertaining with uncompromised alfresco to wrap around decking and fenced lawn. Three generous bedrooms, full bathroom and en-suite and standalone laundry, double garage with workshop. Situated close to Kumeu sports fields and minutes from convenience shopping and The Riverhead. All the character, yet all the convenience in this move straight in home. In-keeping with Historic Riverhead, the Bungalow comes with its own biography and photo book giving you the comfort of true pedigree.



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

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REGULAR AREA COLUMNISTS

DAY TO FOCUS ON WOMEN'S HEALTH JUNE 7, 2014

On June 7th, the women of Auckland are invited to come to the Kumeu Women's Health & Fitness Day – at the Kumeu Community Centre from 10:00 - 4:00 for a free day of classes, demonstrations, products and information on women's well-being. "The goal of the Day is to encourage women to learn what it means to be well," says organizer, Laurie Piggott, "We want to support women to take control of their health: to learn how they can to make smart health choices, and to make time for regular physical activity." To this end, the Day will include free classes in yoga, breathing, strengthening and meditation and talks on spinal care, biomechanics, natural remedies, body work therapies, stress management and smart supplements. Information will be on hand that participants can take away. Free blood pressure testing will be offered as well as treatments and health related products such as yoga props, essences,

natural remedies, supplements, jewellery, crystals and Hard Tail fitness wear from the USA. For more information on the participants and timetable for the Kumeu Women's Health & Fitness Day, a Facebook page has been established: Kumeu Women's Day. Contact for more information on Kumeu Women's Health & Fitness Day:

Laurie Piggott, organizer, Kumeu Women's Health & Fitness Day 021 991599
lauriehardtailnz@xtra.co.nz
Facebook page : Kumeu Women's Day

INFANTS AND TODDLERS THRIVING AT JOJO'S CHILDCARE

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hurried environments, throwing rigid routines out the window and allowing for children's rhythms to guide us. Our exceptional teachers have a passion



for nurturing and caring for the needs of the youngest members of our Jojo's family. We understand the responsibility that is placed with us as we are trusted with your most precious babies and the importance of true relationships understanding your needs, aspirations and emotions. Come and see for yourself anytime! Corner of Oraha Rd and State Highway 16 Huapai, (09) 4125325, www.jojoschildcare.co.nz

MORE DEVELOPMENT FOR THE RIVERHEAD

The Boat House area will be closing for major renovations after Queen's Birthday weekend. We are replacing the marquee with a permanent building. The new building will be warm in winter and cool in summer with large openings onto the decks to make the most of its

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in Kumeu is now open and
a warm welcome awaits you in
an atmosphere for you to enjoy.

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the beach walk to the famous St Kilda Pier and onto Luna Park for a laugh. For any of your travel needs, please contact Tanya Franklin, your personal Travel Broker with a home office right here in Waimauku. 411 9105 or 021 254 9169 or email on tanya@ttb.co.nz

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least 3 premium grape seed extract products for bright and even skin tone and dewy soft skin. A complimentary skin match is available, just phone Spa Di Vine on 09 4115290 to make a time, we are located at 12 Taylor Rd, Waimauku.



SMITH AND PARTNERS LAW SCHOLARSHIPS 2014 APPLICATIONS NOW OPEN

Applications are now open for the 2014 round of the Smith and Partners Law Scholarships. The Smith and Partners Law Scholarships are open to students enrolled at a West Auckland secondary school in 2014 and intending to study law at a New Zealand uni-

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6-8 hours	42	84	126	168	210	Morning tea Lunch Afternoon tea
FULL DAY 8 + hrs 7am – 6pm	50	100	150	200	250	Morning tea Lunch Afternoon tea

3 & 4 year olds

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

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*0-2 yrs	20	\$40	\$60	\$80	\$100	No Lunch provided
*2-3 yrs	24	\$48	\$72	\$96	\$120	No Lunch provided

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



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versity in 2015. Three scholarships of \$2000, \$1000 and \$500 are given out each year, and every finalist receives a \$50 book voucher. Finalists are selected on the basis of two essays, their academic record and school recommendations. This year Smith and Partners is launching the People's Choice Award – a fourth scholarship of \$500. Locals will be invited to view the entry essays of the finalists online, and vote for their favourite author. The essay author with the most votes will be awarded the People's Choice Award. Applications close Monday, 4 August 2014 and entry details can be found on the Smith and Partners website – www.smithpartners.co.nz/lawscholarship

ELECTRIC MOTOR CONTROL.

Accurate motor control can save electricity and reduce wear on machinery, both of which can save money. For example: An electric motor drives a large water pump. The pump was designed to ensure that in peak times it was big enough to do the job, which means that under normal operating conditions it may be working too hard which results in 2 things.

1: it may be stopping and starting more often, resulting in excessive wear on equipment.

2: it runs faster than required so uses more electricity than usually required. In this example a pump is used but this can also be a fan or conveyor etc. One solution would be to slow the motor down using VFD technology so it consumes less energy and incorporate a pressure transducer in the water line so the pump could speed up and deal with the peak demand when required. Solutions like these can save a great deal of electricity and wear when designed and commissioned correctly. Below is a quote from the EECA business:

'Three-phase motors account for around 24% of New Zealand's total electricity use. Typically, these motors are more than 10 years old and up to 14% less efficient than new motors on the market.'

<http://www.eecabusiness.govt.nz/how-to-be-energy-efficient/buying-and-operating-equipment/operating-equipment/electric-motors>

At Emtage Electrical we have the tools and knowledge to look at each electric motor installation and determine if large electric motors are using more electricity than required either by way of motor type or motor control.

If you have any questions about motor control feel free to contact Grant on 0220 769 370 and I can answer any questions.



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CONSTRUCTION CONTRACTS

As Auckland continues to rapidly develop, it seems timely to look at some of the law relating to the construction industry, and in particular, the Construction Contracts Act 2002 ("CCA"). The CCA reforms the law relating to construction contracts by facilitating regular and timely payments between parties to a construction contract; providing for quick resolution of construction contract disputes; and providing remedies for recovery of payments under a construction contract. Broadly speaking, the CCA applies to all construction contracts (although there are some exceptions), and cannot be contracted out of by the parties. One particularly important aspect of the CCA relates to "payments". In this regard, a payee may serve a "Payment Claim" requiring payment of a sum under the construction contract within a specified timeframe. If the amount is disputed, the payer must serve a "Payment Schedule" within a specified timeframe, otherwise the payer will become liable to pay that amount. There are strict formalities that both Payment Claims and Payment Schedules must comply with. The CCA also deals with a number of other aspects of construction contracts, including Adjudication of disputes. The CCA is currently undergoing significant amendments and it is expected that those amendments will come into force on 1 November 2014. It is therefore important for those involved on both sides of a construction contract to be familiar with not only the current provisions of the CCA, but also the proposed amendments so as to ensure compliance when those amendments take effect. For more information on this article, contact Danswan Law Limited on (09) 412 7348 or visit us at www.danswan.co.nz.

THE SECRET TO GETTING CHILDREN TO HELP WITH CHORES

Assigning age-appropriate chores teaches children important lessons about responsibility and following directions. However, repeatedly trying to get children to participate in simple household chores can be exhausting. Well, the secret may have been uncovered. A new study finds that parents' word choices can make a big difference when encouraging young children to help with chores.

Children are significantly more likely to help adults when the word "help" is used as a noun. For example, when the researchers referred to pre-schoolers as "helpers," children actively participated in chore work rather than if the word "help" was used as a verb. The study, which appears in a forthcoming issue of the journal *Child Development*, looked at the behaviours of 150 3-to-6-year-olds from a variety of backgrounds. The children were divided into two groups: one in which helping was refer-




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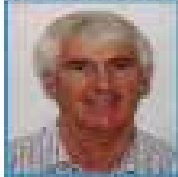
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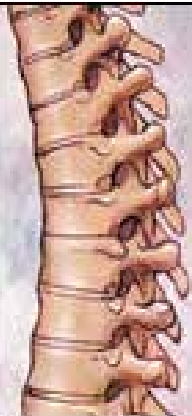
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enced with a verb (e.g., "Some children choose to help") and the other in which helping was referenced to with a noun (e.g., "Some children choose to be helpers"). In



each group, children began the experiment playing with toys. During this time, a researcher provided the children with four opportunities to stop playing and help pick up a mess, open a container, put away toys, and pick up crayons that had spilled on the floor. The researchers also gathered data as to what extent a child chose to help an experimenter when helping was never mentioned. The results showed that children who heard the noun "helper" assisted significantly more than children who heard the verb "help." In fact, the children who were spoken to using the verb form didn't help any more than when the researcher never brought up helping at all. Using the noun "helper" may imply something positive about a child's identity, which in turn can motivate children to help more. Children who help around the house often feel needed and that they are making a contribution to the family home. Furthermore, the lead researcher explains, "These findings suggest that parents and teachers can encourage young children to be more helpful by using nouns like helper instead of verbs when making a request of a child." So go on, give it a go!! Have fun and enjoy making the most of these beautiful autumn days for as long as we can, get outdoors!!

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

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

You are welcome to come and visit us and see our programme in action—also check us out on Facebook
<https://www.facebook.com/pages/Waimauku-Kindergarten/306959549331812>

This sponsorship programme will allow us to help fund things such as renovations, new training and playing gear for juniors and seniors, a contribution to the Western Pioneers Premier rugby development. This is hugely important to rugby in the area so that our juniors have something to aspire to and return to after their high school playing days. If you would like to know more please contact Kumeu Rugby on anna@kumeurugby.co.nz

CHOCOLATE FUDGE CARAMEL COOKIES

65gms butter
 1/2 cup dark choc melts
 3/4 cup caster sugar
 3/4 cup brown sugar
 2 eggs
 1 1/2 tsp vanilla essence
 2 cups flour
 1/3 cup cocoa
 3/4 tsp baking powder
 1/4 tsp salt
 3/4 cup Nestle caramel choc drops

In a saucepan melt the butter, choc melts at a low heat. Remove from the heat and cool for 5 min then stir in eggs, sugars and vanilla essence In a separate bowl sift the flour, cocoa, baking powder and salt. Stir in the chocolate mixture and the caramel drops. Put tablespoonful of mixture on a lined tray and bake at 180 C for 10 mins. Leave to cool on tray.



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WINTER PLUMBING TIPS

New Group Fitness Classes are now on The arrival of the winter season and cold weather invite a multitude of potential plumbing problems into our homes. Cold morning showers, flooding, and leaks are just a few of the many unwanted plumbing issues brought on by cold winter weather. Fortunately there are things that you can do to prevent or minimize the likelihood of these winter plumbing mishaps. Preventing Clogged Drains: Once a week, treat your sink and bathtub drains to this quick, safe and environmental-

ly-friendly cleaning process. Make up a mixture of 1 cup of salt, 1 cup of baking soda, and 1/4 cup cream of tartar. Pour equal amounts into your various drains and follow it with 2 cups of boiling water for each drain. Pipe Insulation: Use foam padding sleeves or special insulating tape to guard your pipes (both hot water and cold water) against freezing. Running Water: Be sure to run water from every valve in your house at regular intervals throughout the winter. Be Careful with Cooking Fats: Cooking grease and oils put a real strain on drains, pipes and garbage disposals. Grease and oil are more likely to collect and clog when your plumbing is cold, so do your best not pour down the drain. Also, refrain from putting hard to grind objects or stringy substances down into the disposal. Always run cold water through the disposal for at least 15 seconds before and after each use. Be sure to turn the disposal on before filling it with food debris. Spread Showers Throughout the Day: At least 10 minute intervals between showers is optimal to maintain hot water and proper pressure. You may also want to turn up the water heater during the cold season as well; to prevent burns, do not put it above 125 degrees fahrenheit. Eliminate Drafts: Check around your home for areas where water supply lines are located in unheated areas and take measures to prevent the flow of cold air in these areas. Examples: basements, crawl spaces, attics, garag-

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, and under kitchen and bathroom cabinets. Both hot and cold water pipes in these areas should be insulated.

TRANZ ALPINE SCOOTER SAFARI 2014 - MIKE PERO



The Scooter Safari is a very long ride on a 50cc Scooter from Christchurch to Hokitika to raise funds for the NZ Cancer Society. Please support me as I participate in the 2014 Transz Alpine Scooter Safari, an endurance ride 250 grueling kilometres over the Southern Alps to Hokitika to raise funds for the New Zealand Cancer Society. We set off on Saturday May 24th, starting just as day breaks and chasing the sun westwards to watch it set in the Tasman Sea on arrival in Hokitika. The Cancer Society is not funded by the Government, and relies solely on the goodwill and generosity of New Zealanders like us. Funds raised help the Cancer Society continue their extraordinary work providing access to free services, information and support for the one in three people in New Zealand affected by cancer. From the moment of diagnosis right through to treatment and recovery, the Cancer Society is right there to help minimise the impact of

cancer. So this is a great cause and I am doing my part. Any financial support you are able to offer will be greatly appreciated. <http://www.fundraiseonline.co.nz/SupportMike/>

ANNUAL PHOTOGRAPHY EXHIBITION - FOCAL POINT

June 2014 brings Kumeu Arts Centres annual photography exhibition titled 'Focal Point'. 6-28th June, opening night Friday the 6th June at 7pm, all welcome. This exhibition will feature work from both amateur and professional photographers and will cover a wide range of subject matter. This exhibition is part of the Auckland Festival of Photography - fringe programme. Don't miss this opportunity to see the work of the very talented photographers we have in our community. Please see our website kumeuartscentre.co.nz for more details on our classes and upcoming exhibitions.



BEST ADVICE FINANCIAL SERVICES - TIM PEAT

The Accident Compensation Corporation (ACC) is the biggest Insurer in New Zealand by a long shot. Although ACC only provides cover for accidents and injuries it does fill a very important role in our lives. Sadly though, a lot of us view ACC in a somewhat negative light because all we seem to get from them are the Levies! So I thought that I would talk about some of the good points that comes from paying those levies and mention a couple of ways you may be able to bring them down. It has been said to me many times from individuals that they have never claimed on ACC, but the fact is that there are very few people in New Zealand that have not claimed, and of those individuals, they will indeed have friends and family members that have! Just remember, anytime your child, niece or nephew stubs a toe or knocks their head and they go to the doctor, ACC is picking up the bill, or at least a portion of the bill. Anytime you see a Physiotherapist, Osteopath or Chiropractor because of an injury, ACC is helping with the cost of the treatment. Any surgery, hospital and rehabilitation costs are either being paid for or heavily funded by ACC if you or any of your loved ones are ever in a serious accident.

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REAL TASTE OF INDIA - SANGAM OPENS

Sangam Indian Cuisine – the new Restaurant in town, since re-opening recently is having an awesome response from local community and has filled in much needed gap in Kumeu market. "Thanks to everyone for your amazing support", says owner Mike Singh who along with the Sangam Team is Thrilled about the buzz. He says quote "Here at Sangam we make every effort to offer our customers a true Indian cuisine experience. All our food is prepared from the freshest produce.

Curry bases and gravies are made in-house from natural ingredients and spices. We also make our own natural yoghurt and cottage cheese right here plus no artificial food colouring or MSG is used in any of our dishes", unquote.

This family oriented Restaurant is sure to be Kumeu's hot spot with beautiful interior, soft Lighting, it is great place to wine & dine in relaxed surroundings and is providing to be a great meeting place for everyone- ladies lunches, couples and families alike. With extensive menu for dinner plus lite meals for lunch – Tandoori chicken n Salad, Chicken roll with fries, curry flavored battered fish n paprika spiced fries, butter chicken meal to name a few.

Sangam is open 6 days Tue – Sun from 12-3 for Lunch and 5pm to Late for dinner & Takeaways. Located at 3/45 Main Road, Kumeu. Phone 09 4128396 (www.sangam.co.nz)



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MAKING MONEY OUT OF REAL ESTATE

It surprises me how simple to understand the property market is, and how complex some commentators and political figures try to make it. Let me try to simplify all the babble that you may have encountered over the last few months and put it into perspective. If there is only one house for sale and three people would like to buy that house, the price will increase. If there are three houses for sale and only one person that wants to buy, house prices are likely to fall. It is the basic fundamentals of demand and supply that can be seen in all manner of markets from garage sales to share markets.

Therefore if you are looking for a cheap bargain, start looking in areas and at houses that no one else wants, have a plan and a budget to change the area or the house to be more appealing to more people. When you are considering selling your home it pays to talk to an agent that understands how to create more appeal, and how to generate competition from the market.

One such agent is Graham McIntyre from Mike Pero Real Estate. The feedback that we receive, and the independent testimony on <http://www.localist.co.nz//mikeperorealestate> will give you confidence and some understanding. His new web site <http://www.grahammcintyre.co.nz/> provides a House\$ales blog providing the most recent sales over the last month in your area, so you can keep pace with the market. You can contact Graham on 0800 900 700 for a free no obligation chat.

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We also do house washing, water blasting, spider treatments, gutter guard and much more. If you have any queries or if you are interested in the special we have on offer please don't hesitate to contact us.

If you are interested in any of the other services we offer please contact Dean or Danni for a no obligation quote by emailing deanoshousewash08@gmail.com

WINTER UPDATE FROM SPARKN ELECTRICAL

I hope everyone has had a great start to term 2. Tony has been out and about working on a variety of electrical issues, from failing hot water cylinders and setting up outdoor lighting for the winter nights.

To avoid costly repairs check your fittings and hot water cylinders looking for signs of rust or water damage as well as loose connections. With the amount of building going on locally, we have also been involved in a number of garage and unit renovations. If you are looking to build or wire up an existing property, call Tony today for an obligation-free quote.

We have also replaced a number of battery banks on vessels this last month. If you do own a boat, remember to keep up a maintenance schedule over the winter. Many of the failures on vessels are due to poor maintenance rather than age. Contact Tony if you wish to have your vessel inspected over the winter months and make sure it is ready for the warmer weather. Contact Tony today on 021 772 756 to discuss your electrical requirements.

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