

kumeu Courier

FREE monthly community magazine for Kumeu & districts

LOCAL BOARD UPDATE

HOW COSY IS YOUR HOME?

- Health & beauty
- Winter time for pets
- Events & updates
- Apple date cake

INSIDE RIVERHEAD

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

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

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

kumeuCOURIER/ June 2015

Caution
Sharp rocks
in the mud



Intro

Welcome to Winter! The cold and rain has finally arrived and our days are now ending much earlier - to some it is a welcome invitation to snuggle up in front of the fire and indulge in warming comfort foods. Why not warm the cockles of your loved one's heart with a gorgeous Apple date cake - recipe courtesy of the lovely ladies at Paula Jane Cakes. For those of you not willing to let the weather keep you at home, there are still a number of events to keep the winter blues at bay. Kumeu Arts Centre is proud to host the annual photography exhibition, titled Rural Delivery – Images of Auckland's regional parks and rural areas. As part of the 2015 Auckland Festival of Photography – Fringe Programme the exhibition runs from Friday 5 June – Saturday 4 July 2015, and will showcase the work of local photographers, both amateur and professionals. Tree of Life Yoga is very excited to be offering a Women's workshop this month - Yoga for Women's health and Wellbeing. This day workshop will be beneficial for all women in all stages of life and beginners are also welcome. It will be a nurturing afternoon, with a yummy vegetarian afternoon tea provided, 2 yoga practices, example practices to take home and lots more. You can find full details at www.treeoflifeyoga.co.nz or by phoning Maree on 021 0229 3012. For those with green fingers needing advice on roses, fruit trees, organic and seasonal growing tips, Palmers Planet at Westgate is holding a Seasonal Gardening workshop on the 10th June. Entry is free and bookings can be made by contacting the store. As always, Stay safe – Be kind.

Sarah,
Editor.



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NORTH WEST COUNTRY IS BORN

The North West District Business Association was pleased to launch its new brand North West Country at its recent networking breakfast.

One of the best ways to facilitate economic development in the region is by bringing affluent Aucklanders to the area for day trips. Not only does this bring additional money to the region (which then spread through all business) but it also promotes the area as a place to live and do business.

The North West Country brand aims to promote the wider North West area (incorporating Kumeu, Huapai, Riverhead, Waimauku, Parakai, Helensville and Kaukapakapa) as a destination that is adventurous, naturally beautiful and spirited. North West Country is an opportunity to differentiate the region from other Auckland day trip destinations. The objective of the brand is to leverage off of the existing equity of the region, while giving it a consistent personality and voice that is natural, progressive and spirited.

Please visit our website www.northwestcountry.co.nz for more information and watch out for our visitor attraction campaign later in the year.

Gary Holmes - North West District Business Association, email: manager@northwestbusiness.co.nz

PHELAN'S LOCAL BOARD UPDATE JUNE 2015

People are probably asking what we're getting out of the rates increase voted in by Auckland Council's Governing Body (councillors). It appears to be slim pickings as most of the increase is going toward public transport related infrastructure that's not in our district (although a bus way to Westgate will be a great improvement). ATEED was another significant beneficiary of the increases but they are not doing anything much in our area. There are, however, some small wins for us, firstly, our average rate increase will actually be a decrease of -1.4% compared to some areas of Auckland that face 13% average increases. The important word there is 'average' some will go down more, some may go up a bit. So we didn't get much, but then we aren't paying much more either.

The second thing that did go in our favour was transport infrastructure. The Local Board has got approval to spend an addition \$2 million on footpaths over the next three years bringing our total spend to roughly \$1 million a year from this July to July 2018. Personally this was a significant win that is recognition that we are behind with footpaths and that we have not been big recipients of transport de-

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velopment contributions. This money will start to fill the gaps in Riverhead, Huapai and Kumeu and the work will start this year. We've been given more money for road sealing with \$3 million a year that will see some of our local roads finally sealed. The Local Board has started community engagement to work with you to determine the type of town Kumeu/Huapai will grow into and what infrastructure and facilities you want. There will be a series of public engagement sessions held in the coming groups targeting individuals and groups so we can work with you on a vision and more importantly a list of projects we can start working on.

If you are having issues with getting community based projects off the ground and bogged down in bureaucracy, or need help with any issues to do with Council please get in touch with me and I will see what I can do to help. Phelan Pirrie email: phelan.pirrie@aucklandcouncil.govt.nz mobile: 021 837 167.

SOUTH KAIPARA U3A

South Kaipara U3A will meet Friday 5 June at 1pm at the St John Ambulance Rooms, 7 Rata Street, Helensville. All welcome. Gold Coin entry - excellent afternoon tea. Call Judy on 09 411 8322 for more information.

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VILLAGE'S BEST KEPT SECRET

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NEW LEADER FOR KUMEU ST JOHN YOUTH

St John Kumeu Youth has a new divisional manager. Sarah Hall has held various cadet leadership



roles and was Assistant Manager to the previous leader. Her siblings are all cadets and mother Anita has the equivalent role with Helensville youth.

"St John Kumeu Youth has always had Hall family leadership for as long as I can remember. I want to carry on the tradition" says Sarah. "It is cool to do something as a family and mum helps me with my new role."

St John cadets can achieve 4 badges per year; 6 compulsory badges (Drill, St John, First Aid, Caregivers, Communication, Community Awareness) and 10 optional badges (Road Safety, Animal Safety, Home Tech, Faith, International Understanding). They are planning their Community Awareness badge and having invited local MP's to speak.

St John Youth Division operates school terms. Tuesday 6.30pm-8pm Huapai School hall. Find out more www.stjohn.org.nz 0800 STJOHN or contact Sarah 021 183 3155. Photo included (left to right); Anna and Sarah Hall.

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Ever wondered what happened to the Rawleigh's Man? Well, he hasn't gone away, just moved to markets, street stalls and working from home as there is no-one home during the day. We still carry all the old favourites including the Medicated Ointment, Menthol Spray and Head Clear (Ready Relief) for your winter's ailments. Please phone before you call in, or ring in with an order. Alison and Wolf Huckle, Rawleigh's Products & Alison's Art - 875 Waitakere Rd, RD1, Kumeu 0891. Phone: 021 138 3341 www.alisonsart.org.



THE TASTING SHED

The Tasting Shed is welcoming the arrival of winter on Thursday nights with our special 'Stinky Cheeses' supper nights on the 4th, 11th and 18th of June. Six different dairy doozy's from regions throughout New Zealand and Europe await you to nibble on for only \$50 with two dessert wine tasting glasses. And on Friday the 26th of June, we will be holding our Mid-Winter Christmas Dinner with a festive Yuletide-themed meal and live music for only \$99. Make sure you get in early to avoid disappointment before we close for our annual winter shutdown from the 29th of June and reopening on the 29th of July. Visit www.the-tastingshed.co.nz for more details or call 09 412 6454.



ITS OFFICIAL THE MATUA LEGENDARY LONG LUNCH IS LEGENDARY!

Back by popular demand, Matua presents the 2015 Legendary Long Lunch Series! Our award-winning Lands & Legends wines are matched by chef Eugene Sokolovski from Ribier restaurant in Huapai, who creates a new Legendary four course degustation menu each month. Last year, our Matua Legendary Long Lunch Series was a great success and with six exciting new menus planned this year, you won't be disappointed! The first lunch on Sunday April 26th received rave reviews from all the attended: "This was the most amazing lunch we have ever been too. We will be coming to another one for sure", "best food and wine experience ever, the flavours were inspired". Book now for our next menu - Sensory Sensation on Saturday May 30th. Get in quick, with a maximum of 30 people at these intimate lunches, tickets sell fast. Check out www.matua.co.nz or our Facebook page for the current menu and the themes for the rest of the series. To book email Cellardoor.matua@tweglobal.com or Phone 09 411 5559.



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CAUTION SHARP ROCKS IN THE MUD - COVER

This sign clearly outlines the council's position on dealing with obstacles. We felt that this is endemic in the organisation that instead of making progress, initiating change and improving things we find a sign which is the quick and cheap fix. It simply highlights that the council has identified the problem and a solution has not been found.



We wonder when this sign goes up:

"Welcome to historic Riverhead, caution: narrow roads, no footpaths, no street lights or bus services in the area, sorry, Auckland Council"

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SAFER COMMUNITIES

My name is Russell Mitchell. I am a Sergeant and will be running the Kumeu Police Station for the next six months in a relieving capacity while Sergeant Dave ORR is working out of the Orewa Police Station. I have 16 years experience in the New Zealand Police in various roles and previously ran the Massey Community Policing Centre for two years between 2012 and 2014.

Muriwai Beach is continuing to be an issue. Due to the abuse of the beach, dangerous and inconsiderate drivers, the damage to the sand dunes and Regional Park there are serious discussions about removing vehicle access altogether. Police will be working with the Park Rangers and the public to educate and enforce the rules and regulations surrounding the use of the beach and Regional Park in the hope that the beach will remain open for those who use it wisely and with respect. Remember Muriwai Beach is classed as a road, is sign posted with 30 and 60 km/hr speed zones and will be enforced under the Land Transport Act 1998.

The Kumeu Police work hard to ensure you feel safe and are safe in your community. With your help, information and support we can achieve this goal.

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

LEST WE FORGET

As in previous years members of the Waitakere Brigade joined in the Waitakere/Taupaki Returned Services parade held in Waitakere Township.

This year was the 100th anniversary of the ANZAC landings on the Gallipoli Peninsula in Turkey and Brigade members joined the local community that turned out to pay their respects and commemorate the centenary.

The Service began with the march from the fire station to the RSA where the Commemoration Service was held.

Station Officer Denis Cooper laid the Waitakere Fire Brigade wreath on behalf of the Brigade and Senior Fire Fighter Andrew Reed was on flag duty.



Denis Cooper
Officer in Charge
Waitakere Volunteer Fire Brigade



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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	\$ 2,304,000	\$ 1,300,000	\$ 835,000	\$ 835,000
HERALD ISLAND				
Residential	\$ 4,397,000	\$ 1,039,000	\$ 830,000	\$ 1,248,000
HOBSONVILLE				
Residential	\$ 2,680,000	\$ 1,667,000	\$ 654,000	\$ 693,000
HUAPAI - KUMEU				
Residential	\$ 1,250,000	\$ 928,000	\$ 850,000	\$ 850,000
Lifestyle	\$ 4,300,000	\$ 1,225,000	\$ 1,225,000	\$ 756,000
MURIWAI				
Residential	\$ 1,042,000	\$ 700,000	\$ 675,000	\$ 700,000
RIVERHEAD				
Residential	\$ 970,000	\$ 960,000	\$ 945,000	\$ 945,000
TAUPAKI				
Lifestyle	\$ 2,350,000	\$ 1,500,000	\$ 735,000	\$ 735,000
WAIMAUKU				
Residential	\$ 1,375,000	\$ 1,030,000	\$ 585,000	\$ 1,120,000
Lifestyle	\$ 2,300,000	\$ 1,573,000	\$ 1,350,000	\$ 2,000,000
WAITAKERE TOWNSHIP				
Residential	\$ 1,470,000	\$ 636,000	\$ 685,000	\$ 1,275,000
WESTHARBOUR				
Residential	\$ 2,240,000	\$ 810,000	\$ 400,000	\$ 1,030,000
WHENUAPAI				
Residential	\$ 1,875,000	\$ 830,000	\$ 860,000	\$ 820,000

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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Graham McIntyre
Brand & Territory Owner

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MONEY MATTERS

The proposed changes by the Reserve Bank for lending to property investors has seen a number of our customers looking to expand their property portfolio to the provinces as their focus moves away from capital gain investments and into properties that offer cash-flow positive returns. If you already hold a property portfolio we offer a free, no obligation home loan health-check to ensure you are best positioned for upcoming legislation or if you're new to property investment and not sure where to start with financing, we can help as well – it's vital to get the money-side set up right, first time to suit your individual needs.

Consensus across the industry reflects current low interest rates to remain in place for the foreseeable future and some commentators predicting cuts in rates later this year – good news for borrowers!

09 411 9251 or 027 411 9255 or david@davidllyodmortgages.co.nz



David Lloyd
Phone 027 411 9255

IN BRIEF

UPDATES:EVENTS

NORWEST SENIORNET NEEDS YOUR HELP

Our learning centre property has been sold, so we are asking if there is anywhere known to you that we could move to. Something along the lines of a Sleep Out – Shed or Garage that would be suitable. If so please phone Ron 09 412 9257 or Jenny 09 412 7645. Once again we had a great gathering to listen and learn the Importance of Backups etc. on our Computers. Ray McDonald from the Eden Roskill SeniorNet gave a wonderful Power Point show for us, along with a booklet on things that are important to keep our Computers safe. Our St Chads days are open to anybody. Wednesday 3rd June at 10am is our next meeting. Jacquie Fisher will be the guest speaker. GENEALOGY is the subject, find out more about your World War 1 Ancestors, be amazed at what your Ancestors achieved, how they did or didn't survive the war and other Historic - Environmental events of the past. Entrance fee of \$3 entitles you to a Cup of Tea/Coffee and Biscuit. Raffles \$2 for 1 or \$5 for 3. There are always a great variety to choose from.

KUMEU ARTS CENTRE

Kumeu Arts Centre is proud to host our annual photography exhibition, titled: RURAL DELIVERY - Images of Auckland's regional parks and rural areas.

As part of the 2015 Auckland Festival of Photography – Fringe Programme Exhibition runs from Friday 5th June – Saturday 4

July 2015, and will showcase the work of local photographers, both amateur and professionals. Opening Evening: Friday 5th June 7pm- 9pm. Kumeu Arts Centre is open: Mon – Fri 9am – 5pm, Sat 10am – 3pm. www.kumeuartscentre.co.nz for further information.



VOLUNTEERS FOR MEACT

Volunteers make up much of the relief effort unfolding across Nepal. They hold our kids' sporting seasons and ambitions together. And they do a lot of unnoticed quiet work in our community.

MeACT's local volunteer heroes include Sarah-Jane Murray, whose passion for recycling extends to popping and in having a look through residents' trash. Gerry Henley holds us together as a group with his quiet determination. Robin Foubister was last seen single-handedly holding a planting day (sorry about miscommunications Robin). And new face in our group John Stanford, who has put up his hand to continue the work around trapping and pest control started by Marty Taylor. We'd also like to acknowledge and thank

all the Muriwai Rangers for their support, patience (they have hosted our nursery for far longer than anyone intended), and good humor. Fingers crossed that the next time I write 'nursery' it will be with the prefix 'our newly constructed'...

Contact us to get involved: ruth@muriwai-environment.org

YOGA FOR WOMEN'S HEALTH & WELLBEING WORKSHOP

20th June, 1-5pm, Huapai. Tree of Life Yoga is very excited to be offering a Women's workshop this month - Yoga for Women's health and Wellbeing. "I seem to have mostly female students at the moment and so often I see on the sign up forms that women are suffering from PMS, stress, anxiety and menstrual disorders" says teacher/Yoga therapist Maree Delmar. "There is so much information that I want to pass on and there never seems to be enough time in class or after a class... so I decided to put it all into a workshop!" This day workshop will be beneficial for all women in all stages of life, not only those with PMS. Beginners are also welcome. It will be a nurturing afternoon, with a yummy vegetarian afternoon tea provided, 2 yoga practices, example practices to take home and lots more. You can find full details at www.treeoflifeyoga.co.nz or by phoning Maree on 021 022 93012. There are limited places, so booking is essential.

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The room consists of 200 m2 of high ceiling clear span space overlooking the Rugby grounds and farmland. Included is a separate stairway entrance, foyer, kitchenette, men's and ladies toilets and showers. There is plenty of on-site parking and the shared use of the rugby grounds could be negotiated.

The main hall is carpeted and suitable for a variety of uses, including offices, private studio or professional rooms, classroom, workshop and storage of light materials, to name a few. For further information email: secretaryhdfrc@gmail.com or phone Rex Keane 027 293 2768.

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WHY YOU SHOULD SELL YOUR PROPERTY OVER WINTER

Almost every day we are witness to the media comments that Auckland has a shortage of property for sale. The media put it very simply, demand is outstripping supply and this is forcing buyers to

pay more for property. This has been an issue for the last 24 months that has seen prices of property attracting new highs. This situation will accelerate through winter months as more sellers hibernate or delay taking homes to market, in turn less properties are marketed through this colder time.

If you are an astute seller we would suggest a few options if you are considering selling your home over the next few months;

- Buyer demand will be at unprecedented highs because of a lack of property
- Sellers will need to dig deep into their pockets to buy what property is available
- Auction is certainly the suggested method due to buyer demand
- Good presentation will deliver healthy reward
- Shorter time on market and higher sale prices is the norm, not the exception

"What we are seeing over the next three months is more buyers fighting for fewer listed properties, this in turn will deliver some excellent Auction results" says Graham McIntyre, Territory Owner at Mike Pero Real Estate. "We will pay for the Auctioneer costs relating to any property going to market over the coming months to ensure that all our property sellers get the very best service and the very best chance of achieving a investment wind-fall price from their property transaction. This market will definitely reward the motivated seller" he says. For more details phone 0800 900 700.



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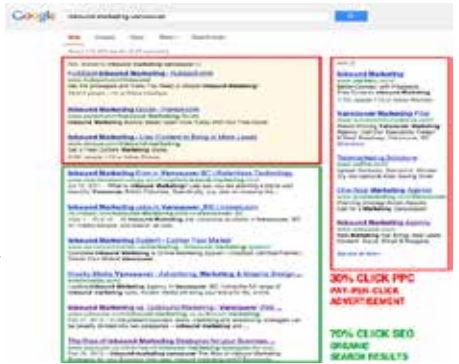
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Kumeu Post Shop	
New World Kumeu	
Top Shop Muriwai	

GOOGLE ORGANIC VS GOOGLE PPC

Google is the largest search engine in the world and the second largest search engine is YouTube which is also owned by Google. BING is the third and installed by default on a number of computers so mustn't be overlooked.



The Google search engine has two areas on the Search Engine Results Page (SERP), an area on the left called the 'Organic' area (green in the diagram) and areas above and below and to the side called 'PPC' (red in the diagram). To appear in the 'Organic' or green area, you need to undertake some Search Engine Optimisation (SEO) to improve your website search rankings in what is commonly called the 'FREE' area of Google. To appear in the 'PPC' or red area of the search results you need to start an Adwords campaign which is Google's Pay Per Click (PPC) advertising offering. This is called Search Engine Marketing (SEM).

The statistics are always changing but currently research shows us that approximately 70% of website searchers look first and click in the 'Organic' area and 30% in the 'PPC' area but this ratio is shifting. As the internet becomes more competitive, searchers are now more inclined to look over at the Adwords area for a result if their eye catches a headline or compelling call to action that interests them.

In summary, if you have a website and are interested in improving the marketing of your website you need to embark on some Search Engine Optimisation improvements and consider some Adwords for keywords that you are not ranking for organically. To find out more about Website Optimisation you can contact David at Website Optimisers. Phone David on 09 411 8797 or email: david@websiteoptimisers.co.nz or website: www.websiteoptimisers.co.nz.

OUT AND ABOUT IN PARAKAI SOUTH KAIPARA HARVEST MARKET

Te Whare Oranga ō Parakai (Parakai Tavern), 11 Parakai Ave, Auckland Sundays 10:00am – 2:00pm
Attention all Food Lovers! Auckland's newest Harvest Market has come to Parakai, home to the famous Hot Springs and just a 40 minute drive from central Auckland. From 10am - 2pm there's plenty to eat, drink, buy and do - with a range of talented local

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musicians providing background tunes. Support the South Kaipara's farmers, growers, orchardists, cooks and producers at this new monthly market in the heart of Parakai right next to Parakai Springs. The Market is located at Te Whare Oranga o Parakai, the former Parakai Tavern, that was gifted to the Helensville District Health Trust and has been recreated as a House of Wellbeing with the South Kaipara Food Revolution at its heart.

- Barista coffee & scrumptious hot food
- Fresh bread & pastries
- Free range eggs & artisan foodstuffs
- Locally grown produce
- Fresh flowers
- Quality free range organic meat
- Plus talented local musicians!

Bring the family and enjoy a delicious, fun-filled Sunday in Parakai.



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ALL AGES

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

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P: 09 810 8609.
PO Box 133, Kumeu 0841 Auckland

THE REVEGETATION REVOLUTION

Did you know that since the mid 1800's there have been 19 species of New Zealand native birds become extinct due to loss of their native habitat and predators? One way we can help to save our birds is to restore their habitat by planting native trees and shrubs to provide food and shelter. The main first stage revegetation plants include manuka, kanuka, whiteywood, karamu and flaxes. Others include karo, lemonwood, cabbage trees, mahoe, kowhai and totara. These pioneer plants are fast growers and shade out weeds quickly. Ideal spacing of plants is about one metre to quickly suppress weeds. Areas to be planted should be fenced off from stock and weeds managed. Now is the ideal time to be planting so that roots become well established over winter and the plants can survive a dry summer. In the following year and ongoing these plants will provide shade and protection from the wind for other native trees such as rimu, kahikatea, kauri and nikau palms. At Tawa Road Native Nursery, 200 Tawa Road, we have a great selection of revegetation plants priced from as little as \$2.50 per plant with further discounts for bulk purchases. We are open to the public from 9am to 3pm Saturday's and Sunday's or by appointment during the week phone John on 022 066 1960.

Graham McIntyre
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BRAND & TERRITORY OWNER

Mike Pero
REAL ESTATE

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CYBER TALK

Work with me to regain self-confidence, self-esteem & inner strength. Call the missing parts of yourself safely home and learn to live a fulfilling joyous life free from pain, excessive stress, self-doubt, fear, insomnia, anxiety and depression. It's time to take care of you. Practice open Friday, Saturday & Sundays. <http://www.simonnebutler.co.nz/appointments/>.

We're seeking funds so Luke's mum & brother can travel with us to Akron, Ohio in July 2015. Luke is the 2015 New Zealand Soapbox derby Champion and is off to the International All American Soapbox Derby (AASBD) to represent New Zealand. Luke has been a valuable crew member of the Waitakere Primary School Soapbox Derby team since 2012. First competing as a driver in 2014 and in 2015 coming runner-up to teammate Harry Ward-Colman in the West Auckland Champs in very trying weather conditions. The 2015 Nationals were even more trying on a personal level as he coped with being wrongly disqualified on his 1st run and a mum fresh out of surgery. To have Brother Josh at his side will be an advantage because Josh is a capable soapbox driver and budding race car engineer/designer. Josh will also learn so much from the top level international competitors in ways of aerodynamics and essential car setup. We intend to bring back as many parts, tools and knowledge as we can possibly fit to pass on to other schools for their soapbox cars. <https://givealittle.co.nz/cause/lukeandrewsoapboxchamp2015>.



Need your lawns mowed or hedges trimmed? Garden need a tidyup? I do it all, mowing, edging, weedeating, weedspraying, hedge trimming, small tree/bush removal, rubbish removal etc. Ride on mower available for lifestyle blocks. FREE QUOTES!!!! I service Te Atatu - Waimauku out west and Glenfield, Al-

bany, Birkenhead, Beachaven, Birkdale on the Shore. Like my Facebook page to stay up to date on gardening ideas and plenty of competitions. <https://www.facebook.com/acegardens?fref=photo>.



Auckland Woman's Tramping Group - our next weekday walk. Are you looking to enjoy the beautiful outdoors, and meet a group of active fun ladies who have a sense of adventure? Come walk the tracks with us and have a blast. Email Vanessa at hikingladies@gmail.com or have a look at our group Facebook page for further information. www.facebook.com/groups/hikingladies/.

ELECTRICIAN - Guys just a note here for the community of Waitakere and Taupaki. I am an Electrician working out the west Auckland area and with the winter months coming in hard and fast I would like to offer my services. Rates are very competitive. Are your outside lights working ready for those cold dark mornings? Are your bills suddenly a lot higher than normal? Is your Hot Water not as Hot as it normally is? Feel free to give me a ring on 021 0246 8306. No job is too big or too small guys. Scott Thomas.

Got a child who loves dirt bikes?? Have you heard of North Harbour Mini Motocross? We are a club who meets the 1st Sunday of the Month. Details for the June Club Day will be released shortly. Feel free to ask any questions or come along on a club day to check it out. Riders aged from 4-12. <https://www.facebook.com/pages/North-Harbour-Mini-Motocross/152252348142552>.

My daughter needs some money for Aussie - she is offering horse riding lessons for beginners, \$10 for 45 mins. Any time between 9.45am and 2pm on Sunday. We have ponies available to learn on. Zarlia is a 12 year old that knows a lot about horses. She would love to have someone who she can start to teach and she needs some money so help her out and come please 09 412 7199.

Winter's now upon us and it's a great time to get the interior of your house Painted! No jobs too big or small for the BrushStrokes team. Whether it's just one wall, one room or your whole house, feel free to give us a call. We offer free no obligation quotes and very competitive prices. You can call David on 027 212 0000 or Richard on 027 923 5614 or email us at brushstrokes.ak@gmail.com or [facebook.com/pages/BrushStrokes-Ltd/568270176647959](https://www.facebook.com/pages/BrushStrokes-Ltd/568270176647959).

Hi All, at Kumeu Gym we are looking for a Massage Therapist / Beauty Therapist / Life Coach to rent a room off us and work in with our friendly team, if you know of anyone that would be interested can you please email casie@kumeugym.co.nz.

BNI (Business Network International) is a structured networking group that meets every Thursday 7am - 8.30am at The Brigham. It is not some new fad - it is a proven business model that gets members more business.

With BNI there will always be just one member from any business category and this has often meant it has been hard for some people to join a group; however being a new group there are places available for many of those "hard to get" business categories.

There is a chance this Thursday to come along and find out about this - please PM me for more details + we need to know numbers attending.

Already thinking about lunch? Whether it's one of our huge Builders sandwich packed full of juicy roast beef, a crispy fresh



salad with roast cauliflower and Quinoa, a perfect fresh from the oven loaf of olive and rosemary sourdough or a traditional cream doughnut, everything at the Gourmet Gannet is lovingly made from real ingredients with no mass produced premixes, sad looking sandwiches in gladwrap, added preservatives or stuff that shouldn't be in honest healthy fresh food! The Gourmet Gannet, a bakery just like they used to be... 322 Main Road (SH16) Huapai, look out for our blue flag. Thu, Fri, Sat & Sun 7am to 2pm.

PROPERTY

NEWS & ADVICE

WHY YOU SHOULD LIST WITH MIKE PERO REAL ESTATE

Reason # 14 We are part of your team - your goal and outcome. This seems a little odd from the outsider looking into relationships and considering the contract obligations however lets consider this for one moment. How often have we overheard conversations about a sales person working on a private agenda. This freelancing has been an issue for the real estate community in the past but not with Mike Pero Real Estate. Right from the get go we are 100% focussed at the goal and vision of our client. The benefit of our experience, knowledge and market analysis on a weekly basis provides insight and confidence for all our property owners. This provides the strongest possible peace of mind and a feeling of understanding and strength. A quick sale with one buyer seldom delivers confidence that the very best price available in this bull market has been paid and often leads to seller remorse. At Mike Pero Real Estate we are professional in our approach, marketing and relationships. If you would like a relationship that is focussed on your goal and vision and delivers peace of mind and confidence we would like to talk. Phone us today on 0800 900 700 or go to www.grahammcintyre.co.nz for more information.

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RESERVE BANK LOAN RULES WILL PUSH UP RENTS, INVESTORS SAY

Auckland tenants are being warned to brace themselves for an increase in rent as the Reserve Bank cracks down on property investors. The central bank has announced new rules from October that will force residential property investors in the Auckland Council area to have a deposit of at least 30 per cent. The new rules are aimed at reducing demand and slowing house prices, which have risen 60 per cent in Auckland since 2008. Though the rules will apply from October, the Reserve Bank said it expected banks to observe the spirit of the changes and not lend more to investors in the meantime.

HOW TO GIVE THE KIDS A LEG UP ONTO THE PROPERTY LADDER

Many parents are mulling how to help the kids buy their first home. Without that help, they fear the first rung of the property ladder is out of their reach. Here are some of the options:

1. Gift the deposit
2. Loan the money
3. Provide a Guarantee
4. Be a joint borrower
5. Use a reverse mortgage

Helping the kids into homes may not be a wise thing for many parents to do, Wellington financial adviser Alison Renfrew says. Her fundamental rule is that parents should only help if they have their own finances sorted. Secure means having enough saved to fund a decent retirement, something Renfrew is fairly certain most people don't have. It would be awful for someone to help their kids into homes only to find they haven't enough to live on in retirement, Renfrew says.



David Lloyd
Director

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WINE ON THE DECK AT WAIATARUA - FABULOUS VIEWS 5 1 3

By Negotiation

31 Cascade Avenue, Waiatarua
By Negotiation

Inside on the first level you will find the entertainers kitchen and dining, two spacious bedrooms, family bathroom and study. Alfresco living takes you out to the north facing decking to sit and have your Sunday brunch. Also on offer here is a tranquil glade which delivers peace, quiet and outstanding bush filled valley views. Offering a semi-self contained ground level which comprises a large lounge/rumpus, two bedrooms, bathroom and extensive decks. Laundry is on this level. Up the stairs form the kitchen level takes you to the executive, very spacious master bedroom with en-suite, dressing room and private balcony. The CV on this property is \$770,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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PARRS PARK BARGAN IN SUNNYVALE 2 1

Auction

2/121 Seymour Road, Sunnyvale
Auction - 11am 14th June 2015

Sun filled, two bedroom easy living home, minutes to Parrs Park. The home of 70 square meters is the back house on around 300 square meter section (1/2 share of 647m2), fenced for pets and positioned to enjoy all day sunshine. Open plan entertainers living with decking and step down play area for children's play. The CV on this property is \$385,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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CLOSE TO TITIRANGI, CLOSER TO SWANSON

6 3

Enquiries Over \$779,000

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

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



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MURIWAI BEACH BONANZA - DO UP

5 1 2

By Negotiation

1 Domain Crescent, Muriwai By Negotiation

Multi-level beach home with many rooms and opportunity for the large or extended family, offering 280sqm of home over three levels. Sunshine is plentiful with generous alfresco living to the North West and North East. The home offers 4 bedrooms, two lounges, two bathrooms and double garage. Set on 809sqm of land peppered with established trees. Some options for development and cosmetic improvement to add value. Minutes to surf, parks, convenience shopping and café. The CV on this property is \$790,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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LAND AT 1600 SQM

Enquiries Over \$395,000

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

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

Property Details
Land Area: 1600 M2



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www.mikepero.com/RX313482



WAITAKERE TOWNSHIP - CLASSIC CHARACTER HOME 4 2 1

By Negotiation

114 McEntee Road, Waitakere
By Negotiation

Set on 857 square meters, this classic 1970's bungalow with fully fenced yard boasts value and character. Some DIY options and alfresco alterations possible to suit your individuality. The home is four bedrooms, includes open plan living and open plan games room. A separate double garage and garden shed. The property is family friendly and has extensive semi-rural views. Close to Waitakere Primary School, transport links, convenience shopping, parks and RSA. The CV on this property is \$500,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

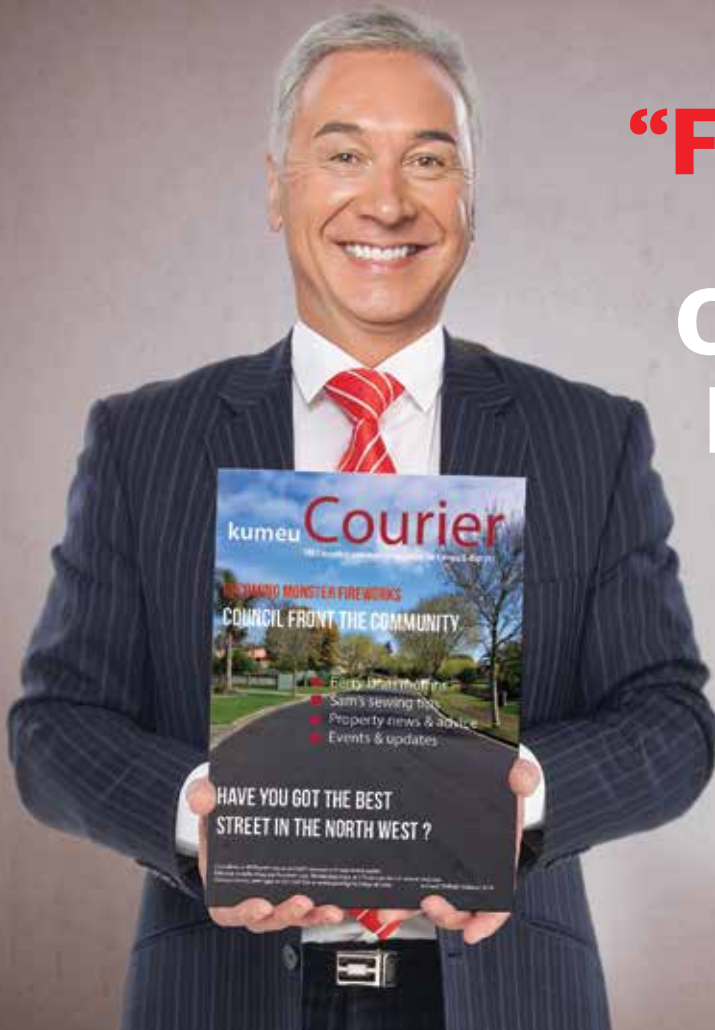


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ELEVATED ENTERTAINERS ESTATE - 1500SQM WAIMAUKU 4  2  2 

By Negotiation

89 Freshfields Road, Waimauku By Negotiation

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



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HOME WITH BUSINESS OR INCOME OPTIONS - NEAR ALBANY 4  1  2 

By Negotiation

48 Attwood Road, Paremoremo By Negotiation

Set on over 1 1/2 acres of park-like semi-rural setting the home envelopes a beautiful grass courtyard while within the home you will enjoy the bush tinged views into the inner harbour. The home offers office/ study and 4 bedrooms. An open plan and easy living environment with scope for individuality. In addition the home has a separate, large home office, studio or income possibility which represents a character and build quality that will have you excited and engaged. Close to school, convenience shopping, and within an active village community. The CV on this property is \$1,475,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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LANDBANKERS - DEVELOPERS - KUMEU

4 2 3

By Negotiation

218 Access Road, Kumeu
By Negotiation
Viewing by appointment

Situated a small distance from the Huapai SHA Triangle we seek interest in this 4.6 hectare lifestyle block. Minutes drive to Kumeu, Huapai and local Primary School. Easy rolling land with main home, barn, minor dwelling and sleepout. Multiple driveway access that offers substantial income. For today or a landbanking option for the future, we invite your interest in this spectacular Kumeu real estate investment. The CV on this property is \$3,025,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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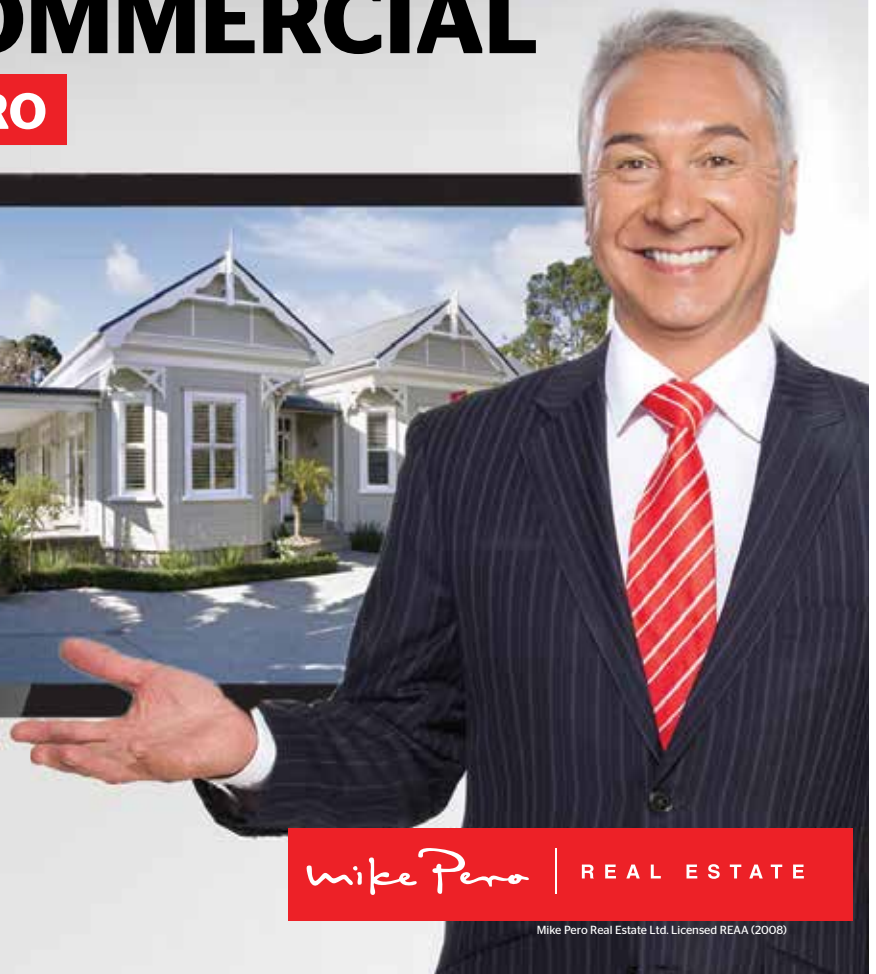
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WAITAKERE ESTATE - SELLING \$50,000 BELOW RV 5 2 3

\$930,000

171 Stoney Creek Drive, Waitakere
Asking Price \$930,000

Vendor has another project seeking attention and has priced this Canadian colonial homestead upon 5.1 hectare to sell. A glorious North facing, family homestead, built around 2004, delivers some of the best of kiwi living. Offering 5 hectares of bush with an elevated 1/2 acre of usable lawn around the homestead. The home has five generous bedrooms upstairs, three substantial bathrooms and a very funky entertainers kitchen and dining area opening out to wrap around decking. The CV on this property is \$980,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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



LAND IN CONSTABLE ROAD - MURIWAI

By Negotiation

165 Constable Road, Muriwai By Negotiation

Elevated and inspiring land with 3 commanding views: Tasman Ocean and Oaia Island, Bethells (Te Henga) valley to sea, and inland rolling farmland and bush reserves. The land has multiple flat house sites, native flax planting started on slopes. Sunny, sheltered lower valley accessible by 4x4 vehicle. Suitable for a horse or two and a sheep or three. Fenced and gated. Power and telco at the road. Tank and troughs on site. Easy access, great neighbours, ready for building. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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Puhoi



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HEALTH AND BEAUTY

RIFE THERAPY

Royal Raymond Rife, a scientist ahead of his time - born in 1888. In the 1930's Rife discovered that different frequencies killed different disease, bacteria, parasites and more. Rife was able to determine the precise electrical frequency which destroyed individual micro organisms responsible for Cancer, Herpes, Tuberculosis and other illnesses. In 1920 he began researching a cure for cancer and by 1932 he had isolated the cancer virus. He opened a clinic and successfully treated 16 out of 16 cases within three months' time.

Rife therapy is one of the very few therapies known to be free from side effects. Today we have very modern, state of the art equipment based on the "Rife" Frequencies. The "Energy Wellness" Equipment is the most sophisticated and perfected form of Rife Technology. Precise frequencies have been programmed in for a number of ailments and conditions, there are treatments available for Cancer, Asthma, Lungs, Allergies - Sinus, Eczema, Hayfever, Muscular and Joint pain, RSI - Epicondylitis, Arthritis, Gout, Migranes, Headaches, Chronic Fatigue (ME), IBS and much more.

Each frequency is programmed in for three minutes and different treatments have a different run time e.g. a Detoxification treatment is 33 minutes long and has 11 different Frequencies programmed in, while a Migrane headache treatment is 15 mins and has five different frequencies.

Drinking plenty of purified water is re-

quired when using the Rife Equipment - to eliminate or flush out the toxins which can be referred to as drainage. Even when the client uses the detoxification frequency he/she must still drink approx 10 glasses of purified water daily.

Exercise is beneficial, but to remove the toxins you are better to remove them by drinking the water rather than sweating it out by jogging, running, exercising or similar.

Drainage is vitally important when Bio Active frequencies are affecting millions of disease organisms in 1- 3 minutes. Toxins produce a lot of the actual symptoms of disease - so failure to remove them can prevent recovery.

NB: Manufacturers of the Bio Frequency Rife Equipment advise patients/clients with pacemakers, pumps or pregnant women to avoid use of any electrical devices on their body.

"Rife survived 31 years of chronic alcoholism. He died under suspicious circumstances at age 83, while hospitalised for alcoholism and given valium. Every Doctor knows that valium arrests breathing in alcoholics.

Whether or not Rife died of foul play, one thing is clear; any man who could survive 31 years of alcoholism and die only when administered a lethal dose of valium at age 83 was apparently using something that regularly restored his vitality."

If you want more information phone Joanne on 09 833 3966 Ph / Text 027 683 3366. DISCLAIMER: This information is presented to you and should not be construed as medical advice, nor is it intended to lead anyone away from a qualified doctor.

LOOKING AFTER YOUR HAIR DURING WINTER

First we huddle indoors in dry heated air and then suddenly, we weather bone-chilling temperatures and icy winds. Winter can be hard on skin and hair. Both need extra care when old man winter comes knocking. Why not treat yourself and your hair to a wellness day? How about a hair spa day? All you need is a little time and the right cosmetics to bring back the natural beauty not only of your hair. There are also a few clever tricks we'd like to tell you about to get you underway.

Hair endures quite a bit of rough treatment in the cold season. It is exposed to heated indoor air for hours and then suddenly has to cope with icy temperatures outside. Hair also does not at all take well to scratchy woollen hats. Pampering stressed winter hair starts with shampoo combined with hair cosmetics and a quick relaxing scalp massage. Simply shampoo your hair as usual, rinse it well and apply a conditioner. Now put the palms of your hands and your interlaced fingers on top of your head and gently push your scalp toward the front, back and either side. Finally, put the tips of all ten fingers on top of your head and apply slight pressure. Then rinse out the conditioner and enjoy the invigorating effect of the massage.

If time is your problem then pop in to the salon and have this done for you. Pamper your hair with a moisturising treatment that your scalp and hair will thank you for! Your scalp is going to feel relaxed, your hair rejuvenated and so will you! Call or txt Carla at Zash Hair today for your appointment 021 814 663.

AMBIENCE - HOME & GIFT

After a lovely Mother's Day the team at Ambience are back, and ready to toast up customers this winter. With the amazing Rock Your Baby clothing line in store



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there is something for your little one. Just arrived this month are our luxurious Heavenly range made from pure rabbit fur, creating beautiful vests, ponchos and scarves so soft and snug! Or something to keep your body feeling fab! The Mode range is in store with body washes, creams, candles and diffusers. You will never want to leave home this winter! So pop on down to 325 Main Road, Kumeu and let us spoil you!



- This clears up communication between the brain and the body, leading to better function, less accidents and a healthier you! Call us on 09 412 5536 at Kumeu Chiropractic, to see how an adjustment could help you.

PAIN AND INFLAMMATION

Do you suffer from chronic, long term pain? There are many herbs that naturally reduce inflammation and pain in the body. Anti-inflammatory herbs like Turmeric, Devils claw, Cats claw, Ginger to name a few. Also ones that help relieve pain like Jamaican dogwood, Californian poppy, Kava and Pasque flower. The key is finding the correct herbs that fit your own personal set of symptoms and do not conflict with any medication you may be currently taking. Take an integrated approach to your pain management and book in to see a herbalist who can identify what will be best suited to you. Contact Selena Quinn, Ph 027 448 7096, www.damhealthy.com, Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, Facebook @ DamHealthy.

THE EFFECTS OF AN ADJUSTMENT

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

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

100% ORGANIC SKINCARE IS EXACTLY WHAT IT SAYS IN THE NAME

100% Organic Skincare is suitable for the entire family, even kids, because it's free of chemicals, fragrances and any potentially harmful ingredients.

Organic Skincare was founded by a first time mother who at all cost wanted to avoid using any chemical based products on her newborn baby. She started off by making soap but later discovered that there were a lot more products she could produce that her entire family could use, completely cutting out store brought products (of which many contain synthetic fragrances, parabens and numerous other ingredients that can trigger skin allergies and reactions).

Organic Skincare is for people of all skin types but especially for those who have sensitive or problem skin and are suffering from Eczema, Psoriasis & Dermatitis.

There are a number of products available within the range which all contain high quality organic ingredients.

For more information on our products check out our Facebook page "Organic Skincare Auckland" or email enquiries to organicskincare@hotmail.co.nz.

RELAXED IN RIVERHEAD

Registered Psychotherapist Sarah Hamilton has relocated her practise to Riverhead Road, Kumeu. The builders have finished converting her stables into a lovely light filled and warm clinic. Having previously spent 10 years in a tiltslab concrete and glass office at Apollo Health and Wellness Centre she is enjoying the local vernacular of corrugated iron and grass and the change of pace. Clients who have transferred with her are remarking on how peaceful the country setting is. Sarah has specialised in treating anxiety, depression, relationship issues and other general life difficulties for over twenty years to adults, couples and adolescents. She now also offers Equine Assisted Psychotherapy which is becoming renowned worldwide for successfully reaching those hard to help adolescents as well as addressing personal development, PTSD, school refusal, identity issues, food and eating, life transitions, grief and loss and self esteem. Telephone Sarah on 021 477 523 to discuss you or your family's needs.

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ringing you? Are people able to find out where you are located from your website? If you answered no to any of the above you will need to look at three basic things your website must have. 1) List your workplace on Google maps - this enables people who search for your type of business to find you within their local area. 2) Put your phone number, street address, map, open hours and an enquiry form on your website - this enables potential customers to easily find you and make contact in a variety of ways. These customers could be anywhere - at work, in the school car park, or simply out driving and trying to find your workplace. 3) Your website needs to be optimised for mobile devices - this is crucial. Google has changed the way it lists websites when people search from a mobile. If you want to be found and increase your internet exposure you need to do these things. If you need help with any of these recommendations or want to discuss what they mean for your business then contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

LIFE DOES NOT RESPOND TO WHAT WE WANT – IT RESPONDS TO WHO WE ARE BEING.

And who we are 'being' is REALLY what we think (deep down) about ourselves and life.

Most things in our life right now are a direct reflection of current thinking – because it's very difficult to create a life that is bigger than our own view of ourselves. Psychologists tell us that 70% of what we think is negative, or moving us away from what we want and I have read that mind chatter is the most destructive force in the world. We listen to it and believe it – why wouldn't we - it feels so real. But constant mind chatter and the feelings that go with it can be a false perception of what is going on and really only one way of seeing things. It gets in the way of us moving forward.

Most of us think equal to our environment – our upbringing, our social circles, our family, our work colleagues AND we will think nearly the same kinds of thoughts today as we did yesterday. For those of us who want a bigger more successful business, to lose weight, or to have a better relationship with our partner, then this is a problem. Our thinking becomes conditioned and habit. We are so programmed and practiced in yesterday's thoughts, it can be hard to create new stuff... and the most frustrating thing about habit is that its automatic and a blindspot.

Einstein said 'you can't solve a problem with the same level of thinking that created it'.

I live in Riverhead. I'm married with 2 wonderful children. My life experiences and unrelenting interest in why we do what we do has led me to Thought Coaching. I completed a life coaching diploma 11 years ago and have since spent a lot of time developing a different type of session looking at the way a person is 'being'. What we say and what we believe are often two different things – and we get what we believe. Remember, life does not give us what we want – it gives us what we are feeling, so the underlying feelings of stress or worry and wishing and wanting can work against us. The good news is, as human beings we are capable of so much, we have so much potential – we know it, but do we really believe it? There a saying I like 'to know and not to do, is actually not to know at all'.

In a session I am really listening to words,

listening for beliefs, or 'rules' that people may have about themselves and life – they are almost always blindspots. I enable a client to get very clear about what is going on now, in current reality. There are almost always insights around this. When we are given another angle it creates clarity about what the future looks like and new possibilities appear that weren't seen an hour ago. A session is full of insights and inspiration. People coming for a session would leave with a new feeling of who they are in the world and what the next step is.

I see people in Kumeu. Please phone or email for a session. I see people from all sorts of different backgrounds from things like anxiety or stress, to more business success or weight loss, basically anyone looking to move ahead from where they are now. I look forward to seeing you. Email: anna@thinkyourbest.co.nz or phone: 021 555 658.

KUMEU RUGBY - J6 BLACK

Junior Rugby teaches kids some great life lessons, working together in a team, helping



each other and getting on together. Our J6 Black team is no exception, for the majority of the boys it's their third year of playing together and they have really pulled together as a team.

Last week we travelled to Browns Bay to face another shore team - East Coast Bays. Down to eleven kids with three sick away sick, it was another awesome game from our Kumeu team as East Coast Bays had 80 percent of the ball possession and we tackled, tackled and kept tackling.

Our tackle count was over 60 tackles for the game, this being their first year of tackle rugby was an outstanding effort. They all played together as one unit and came away with another fantastic win 25 - 10, our boys have been on a winning streak so far this year. Player of the day was Lucas Whitie, Sportsperson Jack Greenhough and our top tackler was Jett Stephens.

There was a big crowd with some very proud parents, Coaches & Manager on the sideline. Come along for a coffee and a sausage and support our local Kumeu Rugby Club on a Saturday morning.

MURRAY COUTTS — CELEBRANT

Murray's role is to work with you in creating memories. For weddings it is create a ceremony which the couple will remember for a very long time. For a funeral, it is the time to share memories about and honour a life now departed.

The time lines for these two ceremonies are quite different. The celebrants involvement with the couple in planning a wedding can vary from a few months to eighteen months or longer. For many funerals it is usually a few days.

Both types of ceremony brings different types of stress. To assist you Murray brings extensive experience to his celebrant's role, as a public speaker, master of ceremonies, life coach and event manager. Each ceremony is customised and the client's wishes are paramount. Whilst many traditional church based ceremonies have fixed structures and content, working with an independent celebrant offers much more flexibility.

Contact Murray on 021 0233 2092 or murray@murraycoutts.com.

G-STAR HAS LANDED AT FOR EYES

Jeans label G-Star have released a new spectacle frame range. Quirky and bold, the frames feature chunky metal screws and zipper-shaped holes in the temple tips, with frame details printed on the outside of the frame as a reference to denim-wear. Try on a G-Star frame at For Eyes in the Kumeu Village and be in to win a G-Star sunglass, or enter through Facebook - For Eyes Optometrists. Competition open all June with no purchase nec-

essary. Drawn Wednesday 1st July. Good luck!

HOW COSY IS YOUR HOME?

Keep an eye out on Kumeu Plumbing Ltd's road side sign for HOT specials on Wood Fires. Get a FREE flue kit or save with any KENT Wood Fire purchase, see our team for details. KPL supply and install wood burners and free quotes are available. Call into our cosy showroom to view a range of Kent, Firenzo and Wagener Wood burners. We have the outstanding Wagener Fairburn Cooker on display. Use for cooking, baking, heating and hot water with this slow combustion Solid Fuel Cooker by Wagener. All of our Wood Burners are proudly made in New Zealand. 156 Main Road, Kumeu or phone 09 412 9108.

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Hearing aids? Your questions answered.



Lisa Greene

Charge Audiologist

Kumeu and Helensville clinics.

Why do some people get hearing aids but never wear them? A friend of mine has a pair of hearing aids which just sit in his dresser drawer.

The most common reason people don't wear their hearing aids is that they find the sound very different to what they are used to. They often only want to put their hearing aids on when they go out, and wonder why they don't have a comfortable experience.

When people put on hearing aids for the first time, their auditory system gets a whole lot of information that it hasn't had for a while, and it doesn't always know what to do with it. It can feel a bit overwhelming at first, but our brain is very good at adapting and does learn to make sense of everything quite quickly. The only way for this to happen though, is with practice. If we only put our hearing aids in when we go out, it can be very hard to adapt to noisier situations. If we wear our hearing aids every day even when we're at home, our brain gets used to having lots of new information coming in all the time. This will mean the experience of being out and about in different situations will be a comfortable, normal and pleasant experience!

Hearing devices today have great technology and features to help with hearing in groups and situations with background noise. When you have a hearing consultation with Lisa at Bay Audiology in Kumeu or Helensville, she will recommend the best hearing technology for your own personal listening needs, and will guide you through adapting to your devices during the trial period.

We want to ensure everyone is hearing the best they can, and offer FREE hearing checks for anyone over 18 years old at both our Kumeu and Helensville clinics.

Please call 09 447 0280 to make an appointment.

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1. Seward, Alaska, 2. Hubbard Glacier, Alaska, 3. Sitka, Alaska, 4. Juneau, Alaska, 5. Skagway, Alaska, 6. Ketchikan, Alaska, 7. Inside Passage, Alaska, 8. Vancouver, BC. Canada.

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- 9 nights departure 07 October 2015, from Istanbul to Athens from NZD\$ 7059 per person, cruising the Med
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 - 14 nights departure 20 December 2015, from Auckland to Dunedin from NZD\$ 18,749 per person, Exploration cruising to the Sub Antarctic Islands, including the Chathams, Bounty Island, Antipodes, Auckland Island, Dusky Sound, Stewart Island to Dunedin. All quoted subject to availability as these will book out fast! Please contact Tanya Franklin, your local Travel Broker: 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz
- Make an appointment to see me in my home office in Waimauku to chat about your next holiday!

COUNTRY BEARS EARLY CHILDHOOD CENTRE

In our Baby Bears Centre we see our babies and children grow and develop at such an amazing speed. Our Baby Bears centre provides large areas inside and 2 x real grass outside spaces which allows our children to explore freely whilst feeling safe and secure alongside our dedicated qualified teachers who encourage learning and development of new skills for life. "From the ground up".

The following article reinforces just this and as adults/teachers/parents we can sometimes overlook the importance of this stage. Most infants learn to crawl between the ages of 7 and 10 months. Crawling is an infant's first means of getting around efficiently and independently. Infants usually begin to walk by the time they are 14 or 15 months old. During these two important developmental stages infants also have two very different views of the world – literally.

Much of what infants learn is based on what they see around them: people, animals, places, objects, and different natural environments. Seeing new places and things allows for learning opportunities and establishing cognitive links between what they see and what they hear.

A recent study that I (Rita Eastell, owner and teacher) came across, published in Child Development, investigated whether there are differences in visual input between crawling and

walking, and which physical factors contribute to those differences.

To investigate the changes in visual input, the researchers measured the developmental transition from crawling to walking by examining thirty 13-month-olds. The infants crawled or walked around wearing a head-mounted eye tracker that recorded their gaze direction and field of view. Other infants wore a motion tracker that recorded head orientation.

The results showed that, compared to walkers, crawlers' field of view contained less walls and more floors. Walkers tended to direct their gaze straight ahead at their caregivers, whereas crawlers looked down at the floor. However, crawlers obtained visual information about elevated targets (caregivers and toys) by craning their heads upward and often sitting up to bring the room into their view.

While these findings might seem obvious, it highlights the important and different roles crawling and walking play in infants' opportunities for learning. "Motor development changes the frequency with which infants experience different posture; in particular, the onset of independent walking increases the amount of time infants spend upright. This leads to different experiences that facilitate a variety of developmental outcomes," researchers explained.

The findings also imply that differenc-

es in visual experience may be part of the changes that accompany an infant's transition from crawling to walking. It's important to reflect on how different the world can look from our children's eyes.

The article made us look more closely at our environment and to ensure we are providing the best experiences for our little ones at Country Bears/Baby Bears Centre A Good Beginning Lasts a Lifetime, says Rita Eastell, Owner (Dip of Teachg ECE) and the wonderful teaching team at Country Bears Early Childhood Centre. Please feel free to come and visit our beautiful Country Bears centres at 79 Oraha Road, Kumeu. Well off the main road, set amongst the trees and fields. Look for the blue sign and flag at gate. www.countrybears.co.nz or like us on facebook on www.facebook.com/cbearsecc.

KUMEU RUGBY - J5 BLACK

What a fantastic team we have. The players are committed to learning and competing for the ball. A special celebration to our player of the month who is one of the hardest working children on the field, with a tackle and turnover rate that is second to none. Further he inspires the team and helps his team members at ev-

ery opportunity. Well done Kaige Brown, you're a fabulous role model. After our first defeat against Takapuna the boys are keen to get back on the horse and get the winning socks back on. In sport, the taste of success certainly adds to the fun of the battle. And in fun come some outstanding team experiences that ensure that all players get to advance their skills and their fitness in a way that is transparent and encouraging. A special thanks to Phill, Shaun and Liam who take a lead role in trainings and coaching tasks that make the environment more structured and easier on the poor old coach.

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Current fees from April 2014


Babies 3 months – 3 years old

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

3 & 4 year olds

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

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

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

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



Waimauku Kindergarten

Northern Auckland Kindergarten Association

18 Freshfields Road,
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waimauku@naka.co.nz

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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/306950549331812>

APPLE DATE CAKE

2 cups peeled and diced apples
1 cup chopped dates
1 tsp baking soda
¾ cup boiling water
125 g butter
1 cup sugar
1 egg
1 tsp vanilla essence
1 ½ cups flour



Topping:

50g butter, ½ cup brown sugar, 1 tablespoon milk, 1 cup desiccated coconut, preferably long thread coconut.

Combine the apples, dates, baking soda and boiling water and allow to cool.

Cream butter and sugar until light and fluffy. Add the egg and vanilla and beat well.

Sift in the flour in three lots alternating with the apple mixture. Pour into a lined 23cm round tin and bake for 45-60 minutes at 180 degrees.

To make the topping melt the butter with the sugar, milk and coconut over a low heat.

Spoon over the cooked cake, then return cake to the oven for 10-15 minutes until the topping is golden. Leave in tin for 10 minutes before turning out onto a rack to cool.

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



A LITTLE BIT OF HISTORY

Compiled by Colin Buckwell - some kumeu news snippets over the years. Taupaki – Kumeu Road. 22nd SEPT 1924

[In a Letter to the Editor] Sir, In your "Kumeu News" on Thursday, mention is made of a side clay road being made from Taupaki on to Rawiti to stop the damage done to the metal road by speeding motorists. What, I would like to know sir, is how many motors would use the road between Taupaki and Kumeu if the main road via Brigham's Creek was metalled? Travelling via Taupaki means going miles further, crossing two bridges that have been impassable through floods – twice to my knowledge this winter - and climbing that winding, steep track over the tunnel. If the remaining short sections of clay road between Lincoln Bridge and Kumeu were metalled, you would not count over a dozen cars a year taking the Taupaki Road and all the money that is going to be wasted could be put to better use.

Interruption of Road and Rail Traffic. 30TH July 1928 - Traffic interrupted: north railway blocked: heavy fall on Taupaki Rd.

Serious interruption to both road and rail traffic has been caused by slips and flooding in the districts immediately north of Swanson. Several slips on the railway line between Swanson and Rewiti effectually blocked trains yesterday afternoon and

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evening, while the Main North Road is flooded at Kumeu and Waimauku. An extensive slip has fallen over the Taupaki Road on the Waitakere Tunnel Hill. The slips on the line are in the vicinity of the Waitakere tunnel and are not of a very extensive nature. The train which left Auckland at 4 o'clock yesterday afternoon was unable to proceed further than Swanson. It then returned to Henderson where motor-buses were chartered to convey passengers to Helensville at about 10 o'clock last evening being delayed by the floods at Kumeu. The 6.33pm train from Helensville was cancelled and motor-buses were employed to take passengers to Henderson. The buses left Helensville shortly after 10 o'clock.

Road Detour Near Taupaki. 8th February 1934 - Advice to motorists. Motorists are advised by the Automobile Association that chains are necessary in wet weather on the detour route in use while work is in progress on the bridge near Taupaki, between Henderson and Kumeu. Through traffic is recommended to use Lincoln Road.

Work being carried out near Silverdale has resulted in a number of slippery patches on the road, according to a report received by a patrol. Drivers are advised to exercise care on this section.

The Huapai Level Crossing. 9TH September 1937 - Road work near Huapai. advice to motorists.

A section of the Auckland-Helensville Main Highway [SH16] between Kumeu and Huapai will be closed to all traffic from today, 9th September 1937, according to the Automobile Association (Auckland). A detour of 2½ miles [4km] will be necessary during work which is in progress on a new two-lane overhead bridge to eliminate the Huapai level crossing.

Detour signs have already been erected by the Automobile Association.

KUMEU BRASS INC. APRIL'S CHARITY CONCERT REVIEW

There is always something special about a charity concert and, of course, Hospice West Auckland is a very special charity. Readers will recall a recent article advising of a concert to support this charity.



Sunday afternoon, April 19, 2015 the Kumeu Community Hall resounded to the renowned musicality of Kumeu Vintage Brass, the forthright sounds of Kumeu Brass and the youthful tones of Kumeu Evolution Band.

From the first rousing rendition by Kumeu Brass of "Light Cavalry" conducted by Mark Close through such glorious sounds from the Vintage Brass as "All In The April Evening", musicality was the key word. "Tell My Father" (with the vocals of award-winning Arthur Close), an in-house arrangement of "64 Plus", the audience-warming "Zorba's Dance" and even touches of the Renaissance, Elton John and the drones of bagpipes in "Highland Farewell" among other titles ensured the whole afternoon was a thoroughly engaging occasion. At one stage the enthusiastic audience warmed to "Colonel Bogey" by forming a Conga line and actually marching in time all around the hall - an instinctive reaction to the soldierly impulses this music inspired. Towards the end, Graeme Gillies (Kumeu Vintage Brass musical conductor) apologised for running overtime and

offered to cut one number but the audience made it very clear, "no way" was that to happen. Finally, he stirred the combined bands and the audience into the obvious encore - the Royal Albert Hall's version of "Land of Hope and Glory" emphasising its traditional rallentando-culminating final bars to electrify the soul and inspire a standing ovation from all (except some of the youngest Evolution Brass members who appeared somewhat overwhelmed by the effect).

Rosemary Ledingham, Fundraising Manager for Hospice West Auckland spoke at halftime and thanked the band for their time and efforts and acknowledged the audience's charitable attitude. She later announced that the total raised was \$414.40. Thank you to all who attended, enjoyed and donated. Later, it was learned the Kumeu Community Hall committee agreed to waive their fee for this worthy occasion – thank you.

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LIVESTOCK REPORT

The cattle market was considerably stronger than the previous week, with very good quality killable stock on offer – best steers made to \$2,000. Nice weather encouraged buyers to bid strongly and this coupled with fewer numbers of store cattle on offer saw vendors very happy, whilst buyer went home with some especially good quality cattle to carry through the winter months. It is very noticeable that buyers are looking for the better bred cattle and are prepared to pay more to secure the quality, and rightly so!

CATTLE

Best prime steers	\$1,420 to \$2,000
Other 2 year steers	\$1,060 to \$1,265
Light 15 month steers	\$740 to \$790
Small weaner Angus steers	\$560 to \$650

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Other x bred weaner steers	\$300 to \$485
Prime heifers	\$1,200 to \$1,540
Medium 15 month heifers	\$720 to \$870
Medium weaner heifers	\$370 to \$450
Very small x bred heifers	\$250 to \$300
Boner cows	\$825 to \$1,140
Light cows	\$610 to \$685
Bulls	\$2,100
SHEEP	
Fat lambs	\$85 to \$91
Store lambs	\$64 to \$67
Hoggets	\$79 to \$87
Ewes	\$40 to \$80
FEEDER CALVES	
W/H Bulls	\$217
Fresian cross	\$97 to \$157
PIGS	
Slips/stores	\$82 to \$102
Weaners	\$55 to \$80

CAN I HAVE A WOOD FIRE – YES!

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

\$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

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

FRINGES - A DECORATIVE BORDER

Quite often we look in the mirror and want something a little different. I don't mean a total overhaul of what we have but just that added extra to recreate the look we already wear but with an added twist. Having a fringe cut into our existing hairstyle can re-shape and re-create your look into something fresh and new. I can guarantee that it will have friends contemplating what looks so different about you even though your overall hairstyle is the same. So depending on your face shape and texture of your hair there are a few different options that can be done to achieve this. So if you need that something different, txt us today or call in and have your look transformed in literally 10min. Carla at Zash Hair 021 814 663.

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PETS

TIPS & ADVICE

DO RAW DIETS NEED SUPPLEMENTS ADDED?

We are often asked "Do raw-fed dogs and cats require supplementation?"

No! Not if you follow these guidelines...

- The diet is well-planned.
- The diet is species-appropriate: Whole carcasses; or a selection of raw meat, bone, organs and tripe.
- Offer a variety of prey-sources (at least three different ones over a week).
- Offer high quality prey-sources - the wilder the better (rabbit, wallaby, and possum are great).

The levels of nutrients that cats and dogs need for survival differ from those needed for optimal health. A carefully planned, prey-based diet provides them with optimal nutrient proportions, in the most readily utilisable form.

Inappropriate raw diets can lead to serious deficiencies. The diet must be well planned! We recommend feeding a reputable processed diet rather than a poorly planned raw diet.

Optimal health can be achieved through the right diet - we are here to help you get the very best out of raw-feeding!



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HYDROTHERAPY

As a Canine Fitness Coach and Canine Physiotherapist, I often get asked about hydrotherapy. Canine hydrotherapy is swimming and its biggest advantage is that it can be done without the need for the dog to weight-



bear. There are many conditions that can benefit from hydrotherapy including joint surgeries, fracture repairs, non-use of a limb, spinal surgeries, neurological cases, degenerative conditions such as arthritis and obesity. It can also be used for leisure and fitness purposes as swimming can require physical stamina which benefits the whole body. Hydrotherapy is best carried out in warm water (26-30 degrees C), which contributes to improvement in function and a more effective and comfortable form of exercise.

Hydrotherapy exercise is demanding on the dog's cardiovascular system and is therefore not suitable for dogs with heart conditions. Swimming requires four times as much effort as land-based exercise, so a five minute swim is equivalent to a 20 minute brisk walk. Thus, it provides rapid improvement in cardiovascular fitness, boosts healing, burns energy and builds strength.

Give me a ring to find a canine hydrotherapy centre near you, phone 027 459 6675. Tania Evans Dip AnPhys
www.pawsitivelifestyles.co.nz

WORK PLACE SAFETY WITH DOGS

244 dog bite incidents are reported to ACC every week! With the new Health & Safety Reform Bill coming out this year employers need to be looking at ways to train their staff and ensure that they are doing everything required to minimise both theirs and their employees' risk. ACC breaks businesses down into 16 industries. Agriculture, Forestry and Fishing taking the top spot for dog bite incidents. Closely followed by Property and Business Services and Health and Community Services. A one-hour course on how to keep dog safe in the work place is available. It has been designed specifically for organisations to be able to prepare their staff by showing them the subtle signs of stress that dogs show and the best way to remove yourself. For further information - PET First Aid & Training (NZ) Ltd 09 969 3007. 0508 PET FIRST. www.petfat.co.nz



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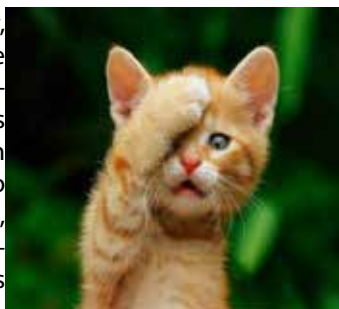
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Visit us at www.petfoodsales.co.nz or call us on 0800 PET FOOD for more information – our team of Pet Lovers look forward to hearing from you.



NZ TACTICAL CANINES PRESENTS K-9 KIDS

NZ Tactical Canines are now running kids and canine classes in Kumeu which is specifically tailored to teach kids about dog behaviour and training. This class is designed not only to teach kids about their own canines but how to notice warning signs of an unhappy dog and how to respect a dog's personal space especially when meeting a dog for the first time.

Joshua aged 7: "I know not to run up to a strange dog so that he doesn't get a fright"

Julian aged 5: "I leave dogs alone when they are sleeping"

Caleb aged 6: "Dogs need to have exercise every day so they don't get bored"

Hannah aged 10: "Teaching my dog tricks helps my dog listen to me better"

To make a booking or for more information contact us. phone Michelle: 027 343 8210, email: info@nztacticalcanines.co.nz or website: www.nztacticalcanines.co.nz, Facebook: www.facebook.com/nztacticalcanines.

PAWS FOR THOUGHT

Reactivity, what is it? While it comes in many different forms, reactivity is a common behaviour problem that many people encounter at some point in their dogs' lives. Simply put, reactivity



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can be defined as an overreaction to external stimuli. Dogs may be reactive to people, dogs, other animals, noises, motion, or any combination of the above. Some dogs are very specifically reactive, only responding to certain things (men with baseball caps; large, black dogs; skateboards) while some seem to react to anything. This overreaction can manifest as hyperexcitability, barking, whining, lunging, mouthing, pacing, panting, difficulty responding to well-known cues, difficulty calming down, hypervigilance, or any combination of the above.

WINTER TIPS FOR PETS

At Animal Avenue Pet Store we're getting ready for winter with new season dog coats, accessories and bedding. Here are some tips to keep your pets in top shape this winter.



1. Less daylight and bad weather means your pets don't get as much exercise as in summer, monitor their weight gain over winter. If you're walking your dog in low light a fluorescent jacket or flashing collar can make you easier to spot.
2. Make sure your pet has a warm place to sleep away from drafts and off the floor such as a pet bed or basket.
3. Slim elderly pets and dogs with a short coat feel the cold. Most pets will be fine while exercising, but if you're spending long periods of time outside you should consider a coat for your pet.
4. The worst of all wintertime spills is antifreeze which can leak from a car's radiator. It's sweet tasting and palatable but antifreeze ingestion can be fatal. Signs of poisoning can be that your pet appears 'drunk'. If you know your pet has ingested antifreeze contact your vet without delay.

For more information on all things pets sign up to our newsletter. Email pets@animalavenue.co.nz to join or see us in store. Join this month and go in the draw to win a gift voucher. Phone: 09 412 2581.

PETS WELCOME AT RADIUS TAUPAKI GABLES

It is well documented that pets and companion animals have a positive influence on the physical and psychological health of older people. At the elderly care facility, Radius Taupaki Gables, residents are encouraged to keep pets and animals are even brought in to visit on a regular basis.

"Animals provide companionship without the need to strike up conversation," explains Radius Taupaki Gables facility manager, Laurel Winwood. "By caring for them, patients also feel needed and useful but I think we see the most benefit in patients with dementia who really seem to come to life when a cat or rabbit is placed on their lap," says Laurel.

Radius Taupaki Gables is already home to four cats, a bird and fish as well as several chickens plus every fortnight an SPCA and St John outreach programme volunteer also visits with a menagerie of pets to hold and cuddle. Visit our website: www.radiuscare.net.nz.

INSIDER RIVERHEAD

NATURE'S EXPLORERS KINDERGARTEN

Name: Angela (pictured Angela, Melissa, Kristina) Rabbit is called Rosie-Belle. Company: Natures Explorers, Maude Street, Riverhead.

What do you love about Riverhead? - The community feel, home away from home within the business, relaxed, warm.

What would you like to see in Riverheads future? - Changing all the time, more opportunity to open up the riverwalk and forest trails, ensuring that



the community feel stays with the area.

Where is your organisation going? - Enjoying our environments, walks, parks, local school, involved in community events.

What are the opportunities in the future of Riverhead? - Growing community, more retail, more activities, very family orientated village feel.

What do you see as the biggest challenge facing Riverhead? - Roothing and footpaths, street lighting, security, an emphasis on infrastructure. No bus service, no transport network.

Where would you like to see the millions of dollars in reserve contrabutions spent? - Improvement in roading, footpaths, street lighting, activity areas for the children in the area.

Tell me about the special things in your week in Riverhead? - Warmth of the family spirit, local sporting events, school, community walks, improvement in the area, pride in properties, improvement all the time, people making an effort, more owners in the area. New subdivisions and footpaths ensure more running tracks.

Natures Explorers is a home away from home experience with natural materials and experiences catering from 2 to 5 years of age, you have to pop in and spend time to really understand the environment, the teachers are always encouraging and challenging children's learning, new environments deliver confidence and understanding extending into Riverhead Forest. Drop in to 1 Maude Street, Riverhead to experience our unique warmth and natural inside and outside habitat. For more information phone 09 412 8800 or see us online at www.naturesexplorers.co.nz.

GRAHAM MCINTYRE AND RIVERHEAD - LOVING IT

Many real estate agents talk, but few walk that talk. In the last 12 months I have invested over \$5,000 in Riverhead's Community, Sports and People, and why, because I genuinely love the place. I actively invest in its future, both in time and money,



and every week I walk that talk. Riverhead is a dynamic, family driven, village community, driven and concerned for its future. The people of Riverhead are changing, less rental properties, more affluent owners, new housing and a growing strain on infrastructure. Over the last ten years selling Riverhead properties I have seen the values reflecting a public opinion change. Some of this change has been the motorway extension, partly investment in The Riverhead, Hallertau and Kauri Gum Store which has highlighted Riverhead's hospitality offering. Once this seed is sown, people start researching the school, history, parks and recreation, then they fall in love. In real estate there is never a better feeling than engaging with passionate people that have a driving desire to buy in Riverhead and today the waiting list is full. Many property owners call me to get an update on values which seem to be as high as a kite. I say to all my clients in Riverhead that competition is so hot you always want to take the property to Auction to get the very best price possible. At Mike Pero Real Estate we will Auction any property in Riverhead without an Auctioneers fee to ensure you get the very best price the market can pay. For more information contact Graham McIntyre on 0800 900 700.

THE KAURI GUM CAFE - RIVERHEAD

Come in for some yummy cakes and slices or dine in and enjoy our famous small or large fry (all day breakfast), homemade pies, rustic homemade cakes & slices, wicked



chocolate brownie served with homemade chocolate sauce & cream and all created by our awesome cooks. We are also known for our coffee brand "brazil". The team thanks all our regular customers, friendly locals and welcome anyone new to the Riverhead area. Come and experience the ambience of the cafe and its famous characteristics traits - We are open 7 days 8-3pm Mon - Fri & 8 - 4pm Sat / Sunday. Coffee available from 7.30am - 7 days a week. 22 School Road, Riverhead or phone: 09 412 9555.

RIVERHEAD BOWLING CLUB

The Bowling Club was started in 1961 with an initial membership of 10 people and 4 rinks (all greens have 8 rinks) - slowly the numbers grew to where the old club house was too small and a larger club house was built - in the early 1970s the club-

house was extended to double its length and in the late 1980's it was widened by an additional 5 metres to up-grade the bar facilities and provide a back filling chiller.

In the late 1980's the membership was 78 members with 99% of members living in the Riverhead "village", Friday nights would see 30 – 40 people in the clubhouse – playing pool, darts and in-door bowls and some raffles with the odd few dancing away the hours!

The Club is currently on a drive to get the community involved back in to the Bowls scene and part of the initiative is a summer business house league (mufti attire)– we encourage locals and local businesses to enter a team in a series of twilight games with the emphasis on fun – the club will provide the bowls and a BBQ afterwards plus each team will have a Club bowler in it to show you the "ropes". At the last Commonwealth Games a past club member (Tony Grantham) represented NZ at these games – who knows – someone else from Riverhead could do the same.

Don't forget the club is available to local members and residents for functions – we provide excellent facilities for most required functions – feel free to speak to our President for further conditions and costs. For details contact Harry Moore 022 600 8972 or the club 09 412 9755.

RIVERHEAD ATHLETICS CLUB

Riverhead Athletics Club is ready for action in the upcoming season. The club has been a stalwart of the Norwest community for over 50 years. Club nights are all school term Wednesdays through summer at Riverhead War Memorial Park. Club nights are for children aged 2 through 14; these are an ideal first introduction into sports. The older kids from seven and up have the opportunity to concentrate on specialist events and take them through to an entry in the Auckland Champs. Last year we had 16 children make finals day at the Auckland Junior Champs and one of our clubs former competitors make the New Zealand Commonwealth team in Glasgow.

RIVERHEAD SCHOOL - AN INTERVIEW WITH PRINCIPAL KRIS HUGHES

Riverhead School has been subject to significant growth with families moving into the area taking advantage of the semi rural setting and the village feel. "I am passionate about our school, children and community. We have a fabulous board and a working group with other principals and with Harrison Grieron to achieve constructive outcomes. One of the biggest issues facing our area is that there is no Sec-



ondary School in the area and half the students are bused over to the North Shore, therefore we lose community and culture, we would like to see our teaching style and our environment continued with a local Secondary School.



Our school is at capacity at 330 students with a projection for the future of 600 children. In July the opening of our prefab farm will start lifting our capacity to meet community needs.

I love the attitude with our team and the board which is "will do" and make happen to ensure the community has a school that is committed to deliver. The children have a "make my day" culture, delivering many smiles, much fun and an enjoyable workplace.

The challenges we face relates to a lack of safe roads and foot-paths, our children have to walk in gutters to avoid being run over in narrow streets and this is appalling. The last pavements that were put in around Riverhead School were organised and paid for through Travel Wise, working through Auckland Transport. The Coatesville-Riverhead Highway and State Highway 16 interchange is very dangerous and overly congested which puts lives at risk.

The funds collected through Development Contributions should be transparent and spending should be allocated to assist maintenance of existing facilities and the need for safer environments. I know that the Tennis and Netball groups are struggling to get funds allocated for maintenance of the courts in Riverhead.

The future of Riverhead is in good hands, with a community that is prepared to discuss and resolve issues, drive for change but for the good of Riverhead and the community. This delivers a community that is very proud of this school and in turn is a very special place indeed. For more information go to www.riverhead.school.nz or www.facebook.com/riverheadscool or download the app search riverhead school.

CHAMPION HOME BREW AT HALLERTAU

A dream came true for veteran home brewer John Golics this month when he had his champion home brew commercially produced at Hallertau Brewery. John has been crafting speciality beers in Onehunga for 20 years and his Rauchbock won



Champion Beer at the SOBA 2014 home brewing awards. "The Dog's Golics" is an 8% smoked black lager made with speciality German malt. It has savoury notes reminiscent of crispy bacon and will be a great compliment to barbequed food. Hallertau will release the beer on tap and in 500ml bottle in late May.

NEED FOR FOOTPATHS

Travelling around Riverhead you will discover a distinct difference between the original suburbs and those recently created. One of the biggest issues facing many within the original areas is a lack of footpaths and wide roads which leads onto the safety of the community. Children have to contend with gutters and speeding motorists on narrow village roads. This was a common theme through all our discussions with Residents, Businesses and Community Groups. It was most clearly demonstrated with this road sign which clearly illustrates the problem in Riverhead, dangerous roads and no footpaths. We understand that a significant investment in footpaths has been allocated to Riverhead in the next financial year, however as budgets are subject to change we do suggest that the community makes its voice heard in the need for change before children are hurt or worse. Other points being discussed at present is a complete lack of transport services and street lighting. I would suggest that this is a progression theme to the basic need for decent roading, kerbing and footpaths. In collaboration several bus stops and light stands would future proof the investment. We trust Auckland Council is listening.



HALLERTAU BREWBAR AND RESTAURANT

What do you love about Riverhead? - Been here for 10 years, good to see it changing and growing, getting stronger, better community, nice place to hang out.

What would you like to see in Riverheads future? -

Needs more infrastructure, more footpaths would make sense, wide paving and a cycleway from Kumeu to Riverhead would be great.

Where is your organisation going? - New brew house and restaurant and this year putting in a new beer garden and outside kitchen and pizza oven and char grill so people can enjoy beer and food.

What are the opportunities in the future of Riverhead? - We need footpaths.

What do you see as the biggest challenge facing Riverhead? - Infrastructure, managing the growth, making sure the facilities can cope, some more cafes and bars would work well.

Tell me about the special things in your week in Riverhead? - When we play twilight cricket at the Riverhead Domain with some brews. The Domain is very well used with joggers and dog walkers, its a great environment, everyone gets on. Development has been a long time coming but today provides us with foot traffic with eating and socialising locally. Footpaths would engage well with the community and provide real value.

me to bring your blanket. Great day. Great place. Good times.



CRUISE TO THE HISTORIC RIVERHEAD TAVERN

This return cruise on the Riverhead Ferry takes us from Downtown Auckland, under the Auckland Harbour Bridge, past the Chelsea Sugar Works, Kauri Point Ammunition Dump, Hobsonville Airbase, Herald Island and Huapai Golf Course all the way to Riverhead. After the 1½ hours cruise on these sheltered, uncharted waterways (with commentary along the way if you wish) we reach the beautifully restored restaurant and tavern, The Riverhead, the oldest riverbank licensed premise in NZ. The award-winning tavern is set on the hill offering stunning views. We go ashore for you to enjoy a meal and a few drinks after which we board the boat for a leisurely cruise back to Auckland. Visit our website: <http://riverheadferry.co.nz/riverhead-tavern.htm>.

The Riverhead Tavern has a range of delicious menus to suit your taste and budget. If you want to dine in The Landing - the restaurant area of The Riverhead - reservations are necessary. Large groups can pre-order from their buffet options, smaller groups can order on the day but should still make a table reservation and discuss the options - please phone Lisa 09 412 8902. On Sundays BBQ options, and other lighter meals, are available from The Boathouse, (not available from July till early November 2014 due to renovations). There is no need to book for The Boathouse on Sundays or The Portage Bar (the public bar) but we will let The Riverhead know how many are likely to arrive with us on the boat. Visit their website www.theriverhead.co.nz.

THE RIVERHEAD

What do you love about Riverhead?

When Stephen and I arrived in Riverhead, it was a small town with a pretty unloved tavern. We wanted to bring life back into the tavern, and was amazed at the welcome



and acceptance from the community right from the start. This has not changed and now, the progress and growth in the area shows that others are attracted to this little community with a giant community spirit.

What would you like to see in Riverheads future? - Over 100 years ago, before roads and rail, Riverhead was the gateway to the Kaipara area. People by the hundreds came to Riverhead by boat, often staying here at the tavern before travelling up through the Northwest area to destinations in the north. We would like to see accommodation in Riverhead again and this is a very real proposition. The land to the North of the tavern that flanks the water way has been purchased with the plan to build a large accommodation resort opening up the water to the public and the community by way of a walkway along the front of the development (subject of course to Resource Consent). It would provide short term accommodation and longer term apartments. It also includes a small boat marina enabling the reclamation of land for a children's playground, BBQ area, park and a café over-looking the area. The walkway has the potential in time to link up with some of the historic areas of Riverhead and become a tourist hub. This accommodation will benefit all

of the Northwest region by providing jobs and tourist opportunities leveraging on the exciting activities the region offers visitors.

Where is your organisation going? - The Riverhead is focused on being 'the place to go' for the local people. We are continually developing our weekly rituals for the locals and coming up with special events that people can share with their families and friends in a safe and exciting environment.

What are the opportunities in the future of Riverhead? - There are so many opportunities with the influx of people into Riverhead which will be able to support more business initiatives and support community groups.

What do you see as the biggest challenge facing Riverhead? - The lack of footpaths, lighting and drainage infrastructure is an issue that must be addressed before somebody gets seriously injured. The links to the school and public areas need to be put in place and as a community we should all be focussed on the same outcome and have a united voice to Auckland Council in order to get this completed. It is important that when development takes place in an area that the Reserve Contributions collected are spent in the same area to keep the existing community connected and integrated with the new development. Tell me about the special things in your week in Riverhead? - Every day is special at The Riverhead!

JUST BECAUSE IT'S WINTER

Just because it's Winter, doesn't mean that The Riverhead has slowed down! On the contrary! We have a line-up that will keep

you busy.

We're proud to have our very first Wedding Showcase 'Say I do @The Boat House' where we have partnered with some of the best providers of wedding services to show you what is possible for your special day. Entry is free, we will have live music, tastings and of course the bar will be open... you could even be the lucky winner of our collective prize pool making your wedding not only very special but even more affordable.



Why not organise a Mid-Winter Christmas Party. Just like the real thing, they are booking up fast. We offer the same format as our Christmas Party's in June or July. Take the time to celebrate with your team in the cool of mid-winter and enjoy the same offer. If you want to save it for the festive season, you may have to start thinking about securing your date as they are filling up fast. Save the date of the 18th July. It's a Saturday Night and The Riverhead and Hospice will be getting together and putting on a night to remember. Let your hair down with Music & Dancing. Tickets will be going on sale soon. For more information call us today or visit our website.



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Say I do @The Boat House

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**Saturday
13th June
10-3pm**

Mid Winter Christmas Party's in The Boat House

Celebrate with your team and enjoy the trimmings of Christmas in the cool of winter. Just like Christmas but in June or July! Speak to us today

Our weekly rituals

Monday Pizza or Pasta, Pinot or Pint \$25

from 6pm in
The Landing

Tuesday The Riv's Ribs 'All you can eat' \$28pp

from 6pm in
The Landing

Wednesday Quiz Night A great night for friends, family, young & young at heart with prizes to be won!

from 7.30pm in
The Portage Bar

Saturday Party Night The lights go low & the music ramps up Why go to town?

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Sunday Sunday Live Live music from 2-6pm Free entry most Sundays. Bring the family.

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STRUCTURE PLANNING & UNITARY PLAN HEARINGS

We would like to discuss with the whole Board, the position the Association has been put in by the events around the unitary plan hearing, and the lack of progress with the structure planning.

1. Summary - the Association in conjunction with other submitters will have to proceed with a 'concept plan' showing the potential development of the District and present the same to the Unitary Plan Commissioners in Nov-Dec 2015. The Association knows that this is the only opportunity to demonstrate the vision for the District on behalf of the community.

2. Background - the Rodney Local Board has been aware for some years now that the needs for forward structure planning and the infrastructure needs of Kumeu-Huapai. Our Association and the Kumeu Community over the last 10 years have been consistently asked for the above to be put in place before any development takes place. In August last year the Association held a meeting at Soljans' Winery and invited the Deputy Mayor Penny Hulse and senior planning staff of the Auckland Council to attend. At that meeting the council's staff acknowledged that the district would experience substantial growth. Warren McLennan confirmed 20,000-30,000 population growth over 10-20 years. They also acknowledged that infrastructure planning hadn't started.

At the 16th December meeting, the Association met with NZTA, Auckland Transport and Councillor Penny Webster to discuss the major transport problems. That meeting confirmed:-

1. That no work had been done on infrastructure planning for the Unitary Plan documents. 2. That the original Structure Plan completed by the former Rodney District Council was out of

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date and not appropriate for the current projected growth. 3. NZTA & Auckland Transport indicated that they would start work on transport planning in early 2015.

3. Mayor's Meeting - At the meeting requested by the Mayor, representatives of the Liaison Group gave the community the opportunity to express their concerns to him direct. Mayor Len Brown understood what the problems were and at least had the grace to apologise for the current and previous Councils' lack of progress in the structure planning area. That apology was not included in the Mayor's letter of 2 April 2015 to the Association. The Mayor's letter confirms our worst fear, in that the Kumeu Structure Plan will be completed in 2 years' time. That will be long after the Unitary Plan hearing which will be completed as far as zoning goes by December 2015. Hearings we have been told will be in Nov or Dec 2015. With no structure plan in place, the population growth of 20- 30,000 people and now a SHA ready to be approved, the community are left with no option but to bring together the elements needed for a Concept Plan. The Association proposes to work with the ratepayers associations of Taupaki & Riverhead to ensure the 'big picture' of the district is able to be presented to the Commissioners.

4. Special Housing Areas - We realise that with the Government and Auckland Council agreeing on a fast track housing program will cut across normal Unitary Plan process instigated by the Auckland Council. This may help speed up a planning process but where massive growth is planned and no infrastructure research is planned or completed, then it would be totally irresponsible of the Board or the Council to approve an area for development. The Council and the Rodney Local Board have not approved the 11 SHA's and the Association support and welcome that stand. We are all aware of the speculation of overseas investors buying properties off the 'Yellow Plan' produced by Auckland Council as our proposed 'Future Urban Area'. Some of those land owners are proposing intensive housing and requesting SHA approval despite the lack of an overall structure plan. Fortunately the Unitary Plan Commissioners have made it clear in their 'interim guidance on growth' that as a prerequisite of making zonings 'live' a structure plan has to be completed first. That is the correct position. What is of concern is that the Minister Nick Smith can circumvent the process and approve an area without consulting the Council or Board.

Pete Sinton - Chairman
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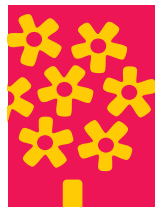


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agreement unless you accept the offer. This means an offer can be withdrawn as long as this is communicated from one to the other. An agreement for the sale and purchase of a house must be in writing signed by both parties and dated accordingly. This means that unlike an offer, you can only withdraw in accordance with the terms of the agreement - usually for non-satisfaction of a particular condition. Importantly, non-satisfaction of a purchasing condition is not always a subjective thing. Non-satisfaction of a builders report by you as purchaser means you must show the vendors what the builders report says. Non-satisfaction of a LIM report allows the vendor an opportunity to rectify the unsatisfactory aspect of the LIM report. This means that you may still be required to perform the agreement if the vendor rectifies accordingly. We recommend that you take legal advice about the sort of conditions in your agreement in order to ensure that you have room to withdraw from an agreement if you find something about the property unsatisfactory to you. Luke Kemp - Kemp Barristers & Solicitors, phone: 09 412 6000 or email luke@kempssolicitors.co.nz.

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Date: 10th June 2015 Time: 12-2pm

Venue: War Memorial Hall, Helensville

Cost: \$20 (includes lunch and resources)

Presenter: Carol Scholes (Threshold Management)

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- Defining a capable organisation
- Defining resilience – What is it and how can you get some?
- Understanding your strengths and weaknesses
- Focusing on things that will make a difference
- Drawing on community resources for help

Date: 30th June 2015 Time: 12-2pm


Venue: War Memorial Hall, Helensville

Cost: \$20 (includes lunch and resources)

Presenter: Carol Scholes (Threshold Management) REGISTER ON-LINE: www.ancad.org.nz Or email: info@ancad.org.nz

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INTRODUCING YOUR LOCAL INTERIOR DESIGNER

Local, award winning interior designer Hayley-Anne Brown has recently established Lou Brown Design; a bespoke interior design studio offering residential and commercial design services. Based in Riverhead, Lou Brown Design specialises in creating quality functional interiors with edge. Your interior will be unique and specifically designed based on your requirements. Lou Brown Design can assist with hard and soft fit-outs, window furnishings, upholstery, flooring, custom furniture, furniture refurbishment, cabinetry, kitchen, laundry and bathroom design, accessories, lighting, hardware and more. "We're flexible and happy to help whether you're building, renovating or restyling. We can come to you during the week, after hours, at your place or wherever suits," says Hayley. With over 10 years' experience, the talented designer has developed loubrown.co.nz - an info hub offering renovation advice to homeowners. Hayley will be regularly contributing to the Kumeu Courier with fantastic ideas, tips and advice - so keep an eye out! As a launch celebration and for a limited time, Lou Brown Design is offering an onsite 1-2 hour Interior Ideas Consultation for \$99. For information on this deal, other services, to view testimonies and recent work go to www.loubrown.co.nz or call Hayley on 021 814 329.

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Mon 1 Jun	-	02:55	08:51	15:15	21:19
Tue 2 Jun	-	03:38	09:35	15:58	2:01
Wed 3 Jun	-	04:21	10:18	16:40	22:42
Thu 4 Jun	-	05:04	11:01	17:23	23:24
Fri 5 Jun	-	05:47	11:44	18:06	-
Sat 6 Jun	00:07	06:32	12:30	18:52	-
Sun 7 Jun	00:52	07:20	13:18	19:40	-
Mon 8 Jun	01:41	08:11	14:10	20:32	-
Tue 9 Jun	02:35	09:06	15:07	21:29	-
Wed 10 Jun	03:33	10:05	16:08	22:31	-
Thu 11 Jun	04:35	11:06	17:12	23:36	-
Fri 12 Jun	05:39	12:08	18:17	-	-
Sat 13 Jun	-	00:40	06:42	13:10	19:21
Sun 14 Jun	-	01:42	07:44	14:08	20:19
Mon 15 Jun	-	02:39	08:41	15:02	21:12
Tue 16 Jun	-	03:30	09:32	15:52	22:00
Wed 17 Jun	-	04:18	10:19	16:37	22:44
Thu 18 Jun	-	05:03	11:02	17:20	23:24
Fri 19 Jun	-	05:45	11:43	18:01	-
Sat 20 Jun	00:02	06:26	12:21	18:40	-
Sun 21 Jun	00:39	07:06	12:57	19:18	-
Mon 22 Jun	01:06	07:46	13:37	19:57	-
Tue 23 Jun	01:55	08:28	14:20	20:39	-
Wed 24 Jun	02:40	09:14	15:09	21:28	-
Thu 25 Jun	03:31	10:05	16:04	22:24	-
Fri 26 Jun	04:27	11:00	17:04	23:27	-
Sat 27 Jun	04:52:26	11:59	18:06	-	-
Sun 28 Jun	-	00:30	06:26	12:57	19:06
Mon 29 Jun	-	00:30	06:26	12:57	19:06
Tue 30 Jun	-	02:23	08:19	14:45	20:51

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

TALK TO THE EDITOR?



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

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