

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES LOCAL BOARD UPDATE

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

BUILD NEW

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

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

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

June 2016

Intro

Welcome to our June edition – and also to the rain, hearty winter dinners and millions of feijoas! With the increasingly wet weather, now is a fantastic time to make sure that you and your family are as safe as can be and have plenty to keep yourselves entertained over the winter. It's a good time to check and replace worn out tyres and brakes on your car, as we all know, everyone forgets how to drive in Auckland when it rains! When it comes to speed on a wet road, slow down and avoid sharp braking. Call to see Johnny and the Team at Bridgestone Tyre Centre Kumeu (opposite Z) phone 09 412 9111, they are happy to check the tread on your tyres, no charge – their job is to keep you safe on the road.

Police advise that this time of year you should check your exterior security lighting and outbuilding security, as there has been a trend in outbuildings and sheds been targeted for burglaries. It's also much nicer to come home from work at night when you can actually see where the front door is.

If you are looking for something to do, Kumeu Arts Centre is holding its annual photography exhibition, titled 'People and Places' from the 3 – 18th June, in conjunction with the Auckland Festival of Photography, Fringe Festival. This exhibition features work from a variety of local photographers, who explore the theme of people and their environments. Opening night is Friday the 3rd June, 7 – 8.30pm.

If curling up with a good book is more your style, Kumeu Library is not only a haven of warmth on a cold, wet day, but they also have a huge range of items useful for the kind of indoor leisure activities enjoyed in winter, including books, magazines, DVDs, and audiobooks. If you happen to visit this month then please be patient during this time as it's out with the old, and in with the new as they are ripping out the old front desk, and having a new one installed. That means there will be a bit of temporary disruption and extra noise in the Library while this happens, but they will remain fully operational throughout the installation process. They are also freshening up the interior by replacing some of the older furniture throughout the Library, to match the recently upgraded sofas. So don't let the weather get you down, put that slow cooker to use, make some feijoa cake and catch up on all your fave TV shows.

As always, stay safe- Be Kind.

Sarah,
Editor.



kumeu Courier

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PHELAN'S LOCAL BOARD UPDATE

This month the Local Board starts working with the community on a Centre Plan for Kumeu & Huapai.

There's been some confusion with the different types of plans Auckland Council now does so I will attempt to explain what a Centre Plan is and where it fits into council planning.

Starting at the top we have the 'Auckland Plan', this is the big picture 30 year plan that was adopted in 2013 and provides the vision and strategy for Auckland including "social, economic, environmental and cultural goals that support the vision for Auckland to become the world's most livable city"

Under this plan sits the Unitary Plan, this meets council's Resource Management Act (RMA) requirements by setting out the "objectives, policies and rules for development and protection of Auckland's environment" – basically how we will use land, for what purpose, and when. This plan is currently under consideration by Independent Commissioners and will be voted on by Councillors later this year.

Sitting under the Unitary Plan are Structure Plans, these establish what happens on the land as it's developed, simply put a "broad planning document outlining how large greenfield areas will be developed". The plan aims to integrate infrastructure with land use. These plans

must be prepared before a Future Urban Land Zone can be developed. The future urban areas in Huapai that may happen under the Unitary plan will be 'Structure Planned' in 2018 to allow plenty of time for infrastructure provision prior to their development in 2023.

At a local level we have Centre Plans. These provide a representation of communities short, medium and long term aspirations for a localised area that may or may not have a defined centre. The plan helps identify projects and actions that will enable improvements to an area. Centre Plans may help define a town centre, but they don't necessarily do this, they may lead to a wider set of urban and town improvements. One of the reasons the Board is keen to complete a centre plan with the community is to help shape how our town looks and develops over the next 15 -20 years and also so we can start work on identifying projects and getting money allocated to these in 2017/2018 when the next Local Board funding discussions take place.

To have a look at a recent Centre Plan google 'Takapuna Centre Plan'.

Next month, the timetable for the Centre Plan and how you can get involved.

If you have issues or questions connected with Council or want help on a community project please contact me, Phelan Pirrie, Elected Member, Rodney Local Board. Mobile: 021 844 124 or email phelan.pirrie@aucklandcouncil.govt.nz.

rie@aucklandcouncil.govt.nz.

A BIN LTD

A Bin Ltd is a boutique mini skips business based in West Harbour servicing most of



Auckland City including Kumeu, Huapai and Waimauku. I will travel to Helensville for a small extra charge. I tip at the Envirowaste transfer station where recycling is a priority. Green waste and hard fill are always recycled. Also if you have items like appliances that are in good condition I will try to find a new home for them, just let me know when ordering a bin. I provide a cost effective and reliable mini skip service. My truck is a smaller type vehicle which allows for greater access to difficult sites, minimising damage to your property and driveway. Bin hire is usually four days but I can extend by arrangement when ordering. I can arrange bigger bins up to 15 cubic metres as I have a link with three other companies to meet customer requirements. Give Stuart a ring on 027 4747 149 or 09 416 4045.

Join us at Nature's Explorers Kindergarten Home away from Home

Taking enrolments for 2017

Children love our inspiring, natural environment – make a time to come and see for yourself!

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COMMUNITY NOTICE BOARD

TOUGH GUY

June sees the Loaded Tough Guy and Gal Challenge back at Woodhill Sands. From the 27th of June to the 5th of July Woodhill Sands is closed to Equestrians and the mad mud runners are back. If you want to get down and dirty and have a whole lot of fun, then these unique off-road running events are for you.



The events are open to both male and female competitors who are 13 years of age and older. Challenge yourself on a course that includes swamp crossings, a spider's web net climb, crawl under barb wire, beautiful farm land, hurdles, a climbing frame not to mention, mud, mud and more mud! This event has awesome spot prizes, merit prizes, amazing goodie bags, souvenir coffee mugs, challenging obstacles, a fun atmosphere and plenty of free parking. Entries are now being taken. Go to www.eventpromotions.co.nz for more info on entries.

Parenting tips from Nature's Explorers highly qualified Early Childhood teachers

- A good night's sleep – into bed around 7pm
- Make sure they are able to open their lunchbox and lunch items
- Make sure they can dress and undress themselves
- As sad as it can be, never tell your child you will miss them, you are putting your emotions on your child and they could get upset

Melissa Dip ECE - Call us to secure your space on 09 412 8800.

SOUTH KAIPARA U3A

Join us on June 3, 1pm. St John Ambulance Rooms, 7 Rata Street, Helensville. Home made afternoon tea. Gold coin entry.

Sally Hardwick will look at 'Trends in the Modern Library' to start off.

Next you will be introduced to Lizzie Tremayne, author of 'A Long Trail Rolling'.

The first in The Long Trails Quadrilogy.

Lizzie grew up riding wild, became an equine veterinarian, can swing a rapier, shoot a bow, drive a carriage, sing and teach science.

Coming up: July 1. 'Paula Jane' Cake Boutique, Muriwai.

Simon Allen, from Allen's Village Pharmacy in Kumeu, will be looking at Health Supplements and Prescription Medicines.

TRANSITIONING YOUR CHILD TO SCHOOL

Parenting tips from Nature's Explorers highly qualified Early Childhood teachers

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- Make sure they can dress and undress themselves
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THE RIVERHEAD – RAISING THE BAR

We have recently developed Core Values with our team at The Riverhead. It has been very interesting and is already successful in terms of internal morale and ultimate results. Our Core Values in-

clude having each other's back, playing as a team, doing something to be world famous, going the extra mile and not being a dickhead. The term of phrase may not be particularly delicate, but it was important that it resonated with the young people who work here and that they instantly understand the meaning. What we have found is that the team themselves are the ones who are policing the attitudes and behaviours of their peers and the results have been immensely positive. The tightness of the team has been tested and proved strong with the recent passing of one of our own and the camaraderie is something to be proud of.

WEDDING GOWN STYLE

Choosing the right wedding gown for your big day can be a difficult decision, so having the support and advice of an experienced and friendly specialist like Andrea at Fancy Frocks is one way to make finding your perfect dress easy and enjoyable.



Fancy Frocks is Auckland's newest bridal showroom. Based in Beach Haven on the North Shore, Andrea has a large collection of beautiful wedding gowns for hire and for sale, along with bridesmaid dresses, flower girl frocks and pageboy suits. Whether you're looking for a stunning designer piece or a gorgeous fashion gown, Andrea can help you find the perfect dress to reflect your personal style and capture your individual beauty, at a price you can afford.

At Fancy Frocks you'll find your dream gown for your special day – be it formal, casual or something in between. Contact Andrea today on 021 129 8537 or andrea@fancyfrocks.co.nz to book your free appointment.

Caption: A gorgeous designer gown from the Fancy Frocks collection (Photo courtesy of Sage Images).

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NORTH WEST SHOPPING PROMOTION WINNERS ANNOUNCED!

The North West District Business Association is thrilled to announce the winners of the recent Mother's Day promotion that was launched last month – Yvonne Dickson, Laura Richards, Keryn Langford, Vanessa Alex, Lizzie Traviss, Nick Gaites, Maree Evans and Stephanie Ross who each won one of the eight prizes that some great businesses throughout the North West Country had donated, just in time for Mother's Day.

With over 2,700 entries across 70 North West businesses, we think it is safe to call it a success, and would like to extend a very big thank you to the businesses that took part, those that offered prizes, and the customers that entered. We hope this promotion will be the first of many, so keep your eyes out for our next promotion, Father's Day, while shopping in the North West Country area in a few months' time!

WAIMAUKU SCOUTS FUNDRAISING EFFORTS FOR 2016, FOR THE NZ SCOUT JAMBOREE IN BLENHEIM

Fantastic First Aid Kits for sale. Just \$39 each. Great value!

Zipped clear compartments so you can see all 77 items. Includes a digital ear thermometer, and an instant cold compress. Did you know that as of 1 April new legislation says that all company vehicles must have an up to date First Aid Kit? Please call into either Waimauku Doctors or Silver Fern Medical Centre to purchase individual kits as stocks are held there. Invoice can be provided for companies with bulk orders, just email waimauku.scouts@gmail.com. Thanks so much for your support in helping to get our troop of nearly 30 Scouts and Leaders to Jamboree; we still need to raise around \$40k.



We have been very busy doing firewood, selling chocolates & raffles and helping out with parking at the Kumeu Show and running stands at the Militaria Show & Waimauku Lions Gala.

Look out in the next edition for details on our Scrap Metal drive, a Trivia Night, Horse Racing fun night - all planned for the next few months. Save the Date - Thursday 17 November - for an amazing day out at Alan Gibbs' Sculpture Farm – Kaipara Coast - more details to come about how to buy your tickets.

If you have any suggestions of how you can help us out with our fundraising efforts – we'd love to hear from you, please contact: waimauku.scouts@gmail.com.

The Brown Bean Espresso Drive Thru

336 Main Road, Huapai, Auckland 0810

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

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SAFER COMMUNITIES

Kumeu Community Policing Centre

The good news is, over the past month, Police have seen a decrease in burglaries in our area.

Police advise that you check exterior security lighting and outbuilding security, as there has been a trend in outbuildings and sheds being targeted for burglaries.

Up until now we have been very lucky with the weather, in that there has not been as much rainfall as usual. As we all know, the Auckland winters can get very wet, and now would be a good time to have the tyres and brakes in your vehicles checked.

If you are concerned about incidents or activity in your area, please do not only post it to local Facebook pages, report it to Police, that way there are avenues for follow-up and investigation.

Police would like to thank those who have put their hands up to be liaisons for Neighbourhood Support groups in their given areas. If you are interested in starting up a Neighbourhood Support group in your area, please contact Community Constable Bevan Dennison at bevan.dennison@police.govt.nz.

Firefighter Sky Tower Stair Challenge

On 28rd May 2016, four members of the Waitakere Volunteer Fire Brigade joined the 850 firefighters from around NZ, Australia and the USA to brave the Sky Tower's 51 flights, 1103 steps while wearing 25kg of full firefighting gear and breathing apparatus to fundraise for Leukaemia and Blood Cancer NZ.

The four team members are Anthony Hellyer, Jamie Shaw, William Grigg and Stephen Bishop.

The total funds raised for Leukaemia and Blood Cancer NZ last year exceeded \$1 Million and they hope to raise the same or more this year.

Remember if you call 111 for our assistance please have your family outside at the safe meeting point, a person at your driveway entrance to signal where the house is especially rural roads, and if you have a gate please ensure it is unlocked.

Keep safe

Denis Cooper
Officer in Charge
Waitakere Volunteer Fire Brigade
Phone 09 810 9251



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LOCAL CYBER TALK

Want to play Netball? Some spaces for a team, or join a team Thursday evenings at the Kumeu Community Centre. All you need is court shoes, equipment and umpires provided. Contact Jenny jennynball@gmail.com for more details. Those keen to have a go, join a team or form a team come down Kumeu Community Centre Thursday 7.30pm bring \$5.



Hi Community! Did you know that we operate after-school care and holiday programmes at Waimauku School and Huapai District School? Check out our Facebook page below for more information or visit. www.afterschoolcare.net.nz/.

For sale - Eight Romney mixed aged ewes and one Romney ram. The ewes are between 2-6yrs and the ram is 3yrs. All the ewes are proven breeders and are currently running with the ram. All vaccinations and drenching are up to date. \$500. Any enquiries phone 027 291 9771.



We are excited to introduce North West Women in Business, a new networking group for women in the area. NWWIB meets for a sociable lunch/coffee and business networking at various local venues. We are a one profession per group organisation and are open to all self-employed professional women. This group provides a forum to develop a referral network and become a collection of local ambassadors for each other's businesses. Our meetings are supportive, encouraging and non-competitive. Why not come along and see what we have to offer you? If you would like to be a part of this exciting new group or for more information, please email norwest-wib@gmail.com. There will be a limit of one group member per industry so please get in

touch as soon as possible to secure your place. We look forward to hearing from you! Clare, Nicole & Lauren.

Just want to say a huge thank you to Robbie and the team at Waimauku pharmacy who helped my son who arrived at the Waimauku Doctors Surgery last Saturday afternoon after being stung by a swarm of bees and had begun to react only to find it closed. He went into the pharmacy where they gave him anti-histamine and kept him there for observation. Thank so much could have been a different outcome if not for you guys. Just felt it important that people who do good things are acknowledged.

The Riverhead Community Mid-Winter Dance. Date 24th June. Live band "The Groove Diggers" BYO food and drink. 7:30-12 @ the Riverhead Citizens Hall. Tickets \$25 each. Tickets now on sale from Riverhead School or online ASB 12-3109-0012631-00 use Name/Dance as ref# come support Riverhead School fund raiser.

Parent Aid has been chosen to receive a share of funding from Good in the Hood again this year. We are very fortunate to have been selected by two stations this time! If you stop at Z Kumeu or Riverhead can you please give your token to Parent Aid? Parent Aid is a huge asset to our community and every bit of funding helps to run this awesome service! Please vote for Parent Aid North West!! www.facebook.com/ParentAidNorthWest.

A great turn out for our first Bike Kumeunity neighbourhood ride. We had all the bike styles, and all ages, from three to 73. Riding is for everyone. Check out Bike Kumeunity on fb and join us for more events to help build your confidence and shape a bike community. www.facebook.com/Bike-Kumeunity-1563131100654247/?fref=nf



George here from GT Marine. I'm a Mobile Outboard Motor specialist operating in Huapai carrying out all service and repair work. I have a full range of spare parts, batteries and 2 stroke oils. I own a fully equipped mobile service truck ready to come to you for more convenience. For May to July 31st I will be offering a 10% discount on the final invoice for local clients. You will go in the draw to win a \$100 voucher to spend at Wills Hunting and Fishing shop in Huapai.

I tie-dye kids and adults clothing. Here is some of my work or you can see more on my page. Link below www.facebook.com/busy-metiedye/ 021 051 5892.



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Just had the pleasure of sending a parcel through E-pack in Shamrock Drive. Just so easy and friendly. Sending a box to Wellington tracked only \$10. No more Post Shop for me. www.facebook.com/E-pack-974511542604696/?fref=nf.

Guaranteed dry seasoned firewood for sale taking orders now for weekend deliveries. Split macrocarpa and some pine. \$110 per cubic metre. Free delivery to surrounding areas or for 2 cubes or more. Phone me for details 027 291 9771.



IN BRIEF

UPDATES:EVENTS

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Please contact us today to express your interest in tuition for your child.

Amanda@tallpoppies.org.nz 09 412 7753 or 027 473 6036.

SENIORNET NOR-WEST

Members thoroughly enjoyed our Speaker for May, Tony Soljan who, with his experience in Wine Making, amazed us all. His explanation of how oak barrels work to achieve different flavours that make Soljans Estate Winery producer of such Award Winning Wines. Learning about how much effort and dedication goes on behind the scenes was an eye opener, leaving us wanting to taste all the different varieties they produce.

The Speaker at St Chad's on Wednesday June 1st at 10am – will be Sylvia Durrant from Bird Rescue, who will be amazing us with all that she does to save these small creatures.

Entry is \$3. Everyone is invited, not just Members, pop in just before 10am, free coffee/tea & Biscuit, Raffles (plural) \$2 for

1, \$5 for 3. (Remember each month is alternated on Mondays & Wednesdays).

Don't forget to mark your calendar for Monday 4th July when John Green of Whenuapai, will be showing/talking about the art of Wood Turning. A very popular pastime for a lot of seniors.

Welcome to the new people who joined our Club. Annual joining fee is \$20. – contact Joan 09 416 7172 or Jenny 09 412 7645.

MEET AUTHOR RON PEMBERTON

Historic Kaukapakapa Library Sunday 19 June 10am to 1pm.

Pilot and author - Ron specialises in writing aviation books. He started writing seriously eight years ago and has self-published two books both biographies and about people he knew personally. He is currently working on another biography about a New Zealand soldier captured in Crete in 1941 which he expects to complete by the end of the year.

Come along and meet Ron who will have his books on display plus a fascinating selection of aviation books by a Skyhawk pilot who flew for the RNZAF

The Library hosts a series of exhibitions, book signings and book readings, artists and poets on the third Sunday of the month in conjunction with the Kaukapakapa Village Market.

For more information go to www.facebook.com/kaukapakapavillagemarket or contact Sarah phone 027 483 1542 or email sarah1@maxnet.co.nz. 947 Kaipara Coast Highway, SH16, Kaukapakapa.

KUMEU ARTS CENTRE

Kumeu Arts Centre is holding its annual photography exhibition, titled 'People



and Places' from the 3 – 18th June, in conjunction with the Auckland Festival of Photography, Fringe Festival. This exhibition features work from a variety of local photographers, who explore the theme of people and their environments; places we go for our enjoyment and fun or have special ties to, in the company of friends and family, strangers or alone. Opening night Friday the 3rd June, 7 – 8.30pm. From the 20th June to the 2nd July, our gallery will feature artist Maria Cooper, with her exhibition titled 'Attachment'. A jewellery and mixed media exhibition contemplating notions of connection and place. Opening Sunday the 19th June 2016, 6pm – 8pm, all welcome. Kumeu Arts centre also holds a range of classes and groups, see our website www.kumeuartscentre.co.nz or email thetinshed@clear.net.nz for more information. We are open 9am – 5pm weekdays and 10am – 3pm Saturdays.

KUMEU BOUNCY CASTLES

A local family run business located in Kumeu/Huapai. We have a great choice of 20 castles, kids' adjustable tables



and chairs, popcorn/candy floss machines and entertainers. Great for birthday parties, corporate events, school galas, house warming parties, etc.

We provide a friendly, prompt, reliable and hassle free experience with competitive hire rates.

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All of our bouncy castle hire prices include LOCAL (within 20km from our base in Kumeu) delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. Remember that we can set up inside a hall for the winter. Text Cindy on 021 119 2573 or email kumeubouncycastleles@gmail.com or visit www.kumeubouncycastleles.co.nz.

KUMEU LIBRARY

It's out with the old, and in with the new this month at Kumeu Library - and we don't just mean the constant flow of new books, magazines, DVDs etc arriving at the Library every week! This month we are ripping out the old front desk, and having a new one installed. That means there will be a bit of temporary disruption and extra noise in the Library while this happens, but we will remain fully operational throughout the installation process. Please be patient with us during this time!

And we are also freshening up the interior by replacing some of the older furniture throughout the Library, to match the recently upgraded sofas. This will make the Library a more attractive and comfortable place to visit as the weather gets colder.

Winter is coming, and Kumeu Library is not only a haven of warmth on a cold, wet day, but we also have a huge range of items useful for the kind of indoor leisure activities enjoyed in winter, including books, magazines, DVDs, and audio-books - we are sure to have something to suit you!

Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with Library events and happenings.

MURIWAI LIZARD SURVEY

Our Pest Control guys are looking for help to set up a lizard survey in Muriwai. Of the 99 species of lizard in the world, 33 or 35 are native to Aotearoa and found nowhere else. ALL OF OUR NATIVE LIZ-

ARDS ARE PROTECTED. They are all under threat and form an important part of our ecosystem.

The two main reasons for the survey are - 1) to get an idea of the numbers and types of our native lizard species in the area against the threat of the introduced Rainbow skink.

2) Lizard breeding success is a good indicator of the effectiveness or otherwise of our trapping programme.

MEACT Lizard Shelter Project. We plan to build simple lizard shelters from floor vinyl, lino or scraps of corrugated onduline, and place them around the village in various locations.

Please phone Mike 09 411 5142, or email mrwilderness@gmail.com, if you can help with materials or wish to be involved in either project.

Get involved. Even if you don't have time for us you can provide food and shelter for lizards in your backyard. They like dense ground cover, and lots of stone cairns or piles of dead wood. You can plant with a mind to low nectar-producing plants, or those providing early pollen in the springtime.

THE GALLERY CAFÉ AND JAPANESE RESTAURANT

10 free dumplings when you spend over 40 dollars on our take-away menu.

Here at The Gallery Café we offer a delicious all day café menu but we also have the option of Japanese meals for lunch and dinner to give you the ultimate culture experience within your meal. Our community is continuously growing and so is our menu to satisfy our customers and keep things exciting for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us



a call and book in now. Not only do we deliver delicious meals but our talented chief has previously done photography for National Geographic and has some of his work on display for locals to come view and purchase. All of his photography currently has a 30 percent discount. Be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Pop online to our Facebook page (www.facebook.com/thegalleryjapaneseandcafe) too find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.

THE DRUNK POSSUM

The Drunk Possum is located in the large shed at 522 State Highway 16 Kumeu. We are open 7



days a week from 11am - 4 pm.

We have an ever-changing variety of items including industrial salvaged items and vintage treasures from vintage candle holders and vases, crystal, Art Deco style items, to ladders, lights, automotive memorabilia and rare enamel advertising signs.

The current hot trend in home decorating is repurposing everyday items in new and exciting ways without losing the character of the item. Combining the new and the old together in a practical yet innovative way.

Part of the fun is not only the hunt for the item and but also the story behind it....

Remember that you can add to your collection as you find the special pieces that speak to you.

But if you see it and love it BUY it as chances are it will be gone on your return.

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Waimauku Kindergarten
Northern Auckland Kindergarten Association

18 Freshfields Road,
Waimauku, Auckland 0842
Ph: 09 411 8890 Fax: 09 411 5200
waimauku@naka.co.nz

We run a planned interactive educational programme based on Te Whaariki Early Childhood Curriculum; with 4 qualified teachers and a ratio of 1-10.

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>

WINTER IS UPON US

Branded umbrellas are flying out the door - perfect for staff and clients alike - and they're looking good. Thank you for your business. We have also been branding wet-weather gear for the staff of our clients who need to be kept warm and dry. Hi-Vis jackets, beanies, soft-shell jackets are all very popular, and with the new Health & Safety regulations in force, it's important to look out for those in your employ. We've just got back from the Hong Kong Gift Fair where we discovered the latest and greatest for your corporate gifts. Give us a call if you are thinking about your clients or staff and let us help you put together something perfect that is within your budget. We are proud members of the Australasian Promotional Products Association (APPA), and as such are bound by a strict code of conduct so our clients can be assured that we supply a high level of service and quality products. ASAP Promo are seen as industry leaders, made evident with our Director of Sales Tea Larsen being selected as a member of the newly formed APPA NZ council, due to her reputation for being innovative and achieving creative excellence in the promotional products industry. To learn more about ASAP Promo and what we do, please visit our newly updated website at <http://www.asappromo.co.nz>, email us at info@asappromo.co.nz or find us on Facebook <https://www.facebook.com/asappromonz>. Telephone: 09 973 4352.

ANNA JEFFS PRIVATE INVESTIGATOR

Anna Jeffs is the Director of Fox Private Investigators Ltd. Fox Private Investigators Ltd is a highly professional and experienced team including ex NZ and UK Police and legal personnel, both with over 20 years of experience and ex-army personnel. We offer expert investigation services including surveillance, infidelity investigations, criminal legal support, family and civil litigation support, locating missing persons and birth parents, document process serving, GPS vehicle tracking, computer and mobile phone forensics and bug sweeping. Please call Anna for confidential advice 021 036 8417 or visit www.foxprivateinvestigators.co.nz. Licensed by The Ministry of Justice: 13-008198.

SAFE DRIVING TIPS WITH BRIDGESTONE TYRE CENTRE, KUMEU

The weather is starting to turn for the worst and conditions on the roads are challenging. When the weather is wet the accident rate increases so it pays to be aware of the risks - one of the major risks is hydroplaning. Hydroplaning occurs when a layer of water builds between the wheels and the road surface, it can lead to a loss of traction and the driver is often unable to

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control the car, making for a very scary experience, especially where there is oncoming traffic.
 You can avoid hydroplaning by making sure the tread on your tyres is deep enough and by slowing down. When it comes to speed on a wet road, slow down and avoid sharp braking.
 Call to see Johnny and the Team at Bridgestone Tyre Centre Kumeu (opposite Z) phone 09 412 9111, we are happy to check the tread on your tyres, no charge – our job is to keep you safe on the road.

FROM THE NORTH-WEST TO THE NORTH-WEST OF FRANCE

Have you always dreamed of visiting France? Experiencing authentic French culture? Eating and cooking French food? If this sounds like you, book now into our boutique tour of Normandy and Brittany this September 2016.

This is a great opportunity for all citizens to travel France under the guidance of your local French and English speaking tour guides who understand both cultures well.

Catherine and Patsy will take you throughout the picturesque coastline of Normandy and Brittany in the North-West of France. This encompasses Honfleur, St Malo, and Mont St Michelle to name a few. With private transport, the tour will visit regional craftsmen, food and antique markets to provide you with a true insight into French culture.

Cost: \$7200 NZD Includes: 15 day tour, International airfare, all accommodation and Transport. Limited spaces available. Good food, good company and good times, contact boutiquetours-france@gmail.com or 027 490 4321.

AUTOWORX SERVICE CENTRE

AUTOWORX Service Centre at 338 Main Road, Huapai stock and sell the MAXXIS range of tyres. MAXXIS tyres are designed for people going places. These tyres offer great handling and durability at a great price and MAXXIS offer a full manufacturer's warranty for the life of the tyre. We have tyres for family vehicles, performance cars, vans, light trucks, 4WD and off road vehicles. With winter coming it's important to make sure your vehicle tyres are in tip top condition to handle those wet roads. Call in a see Eoin and the team at Autoworx for a Free Tyre Safety Check to keep you and your family safe on the road this winter. Autoworx 338 Main Road Huapai are open Monday to Friday 7.30am till 5.30pm Phone 09 412 5900.



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PROPERTY

NEWS & ADVICE

MARKET REPORT WITH GRAHAM

As we dive into the clutches of winter we continue to see strong buyer demand in all areas and from a wide range of markets including first homes buyers, upsizers, downsizers, lifestylers and investors. The market is starting to reflect clear value points with refurbished homes around \$800,000, new homes at \$1,000,000 plus and lifestyle over \$1,300,000. There is still the odd cheaper home that is sold subject to an issue, or presentation but then remedial costs are high due to the demand being placed on tradespeople. Properties for sale are reducing over the whole market again and we predict this will continue through to September 2016. So to recap, a great time to sell, and a good time to buy if the price is right. Let's consider the individual markets:

Coatesville - Lifestyle sales at \$1,750,000 to \$3,300,000.

Helensville - Residential sales at \$529,000 to \$789,000. Lifestyle sales at \$ 850,000 to \$2,500,000.

Huapai and Kumeu - Residential sales at \$840,000 to \$1,170,000. Lifestyle sales at \$1,600,000 to \$6,980,000.

Muriwai - Residential sales at \$600,000 to \$1,120,000. Lifestyle sales at \$960,000 to \$1,300,000.

Waitakere and Taupaki - Lifestyle sales at \$1,250,000 to \$2,010,000.

Waimauku - Residential sales at \$950,000 to \$1,235,000.

Whenuapai - Residential sales at \$818,000 to \$2,000,000.

Great news is that Mike Pero Real Estate has an exceptional multimedia marketing program including television expo-

sure, magazine exposure, and signage at no cost. Further to this we have exclusive TradeMe special offers and digital upgrades to ensure you get the very biggest marketing exposure, with a very sensible commission rate. See more at www.grahamcintyre.co.nz or phone us directly on 0800 900 700. Mike Pero Real Estate Kumeu - It's not about the walk, it's talking the talk. Licensed REAA (2008).

MONEY MATTERS

The bank of Mum and Dad are for many first home buyers the only way to get their foot on the housing ladder. There are various ways that parents can help with raising the required deposit, whether it's a gift of money or acting as a Guarantor. Each option has its pros and cons and some offer better protection for Mum and Dad and their assets. We can help with this and work with you to provide the best solution for all concerned so please contact us for a no obligation and confidential chat. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz.

METHODS OF SELLING YOUR PROPERTY EXPLAINED

Over this and future issues Ian Sneddon of Mike Pero Real Estate will be explaining the different sales methods that can be employed in selling your property. Set date of sale (Deadline Sale Process) - A deadline sale is a variation on both the auction and tender process, but the sim-

ilarity to both these methods is that it is intended to make clear to buyers that it is the vendor's intention to have the property sold on or before the deadline date. With an auction all bids must be unconditional and bidding is in public

With a tender the property cannot be sold before the tender date and offers must be on a tender form accompanied by a 10% deposit and must remain valid for 5 working days from the close of tender.

With a deadline sale none of the above applies, offers can be made and accepted at any time, offers are made on a normal sale and purchase agreement form, and can be withdrawn at any time prior to acceptance by the vendor. There is no requirement to attach a deposit cheque with the offer.

The vendors reserve the right on or pre deadline to accept an offer reject all or any offer or negotiate with the offer they consider most favourable. Offers can be conditional or unconditional.

If the vendors wish to accept a pre deadline offer the Real Estate Agent selling the property on behalf of the owner will advise all parties who have registered an interest in the property that the set date of sale is being brought forward and all offers have to be submitted before 5pm on the amended date and the vendor can then accept this offer at 5pm or if any better offer is presented this can be accepted instead.

Fixed Price Sale - Fixed price sale makes buyers aware whether a property is in or out of their price range allowing them to plan accordingly, this also means that price intentions are already set by the seller making negotiations easier.

To make an offer on a fixed price property you are required to put your best offer forward to the Real Estate Agent who is selling the property on behalf of the owner. The agent will discuss any conditions of sale you may like to submit such as LIM or builders report, finance etc. Once this is complete and you are satisfied the agent will then present the Sale and Purchase Agreement for you to review and sign.

The agent will then take this to the ven-



David Lloyd
Director

David Lloyd Mortgages Ltd
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dor for them to consider your offer and make a decision. The agent will then respond to you promptly as to whether your offer has been accepted.

Next month: Ian will be explaining the Auction and Tender processes. If you would like any further information on this or have any other real estate related questions, please call Ian on 027 209 0789 or email Ian.Snedon@mikepero.com - Licensed REAA (2008).

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

By choosing tile restoration you will prolong the life span of your roof, and it will look great too. We will ensure that your tile roof is leak free.

Tile restoration usually takes between 1-3 days, depending on the roof size.

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

Call us today on 0800 002 222 to arrange a FREE no obligation quote - we would love to hear from you.

SELLING IN WINTER - MYTH BUSTER

Some people shy away from marketing their lifestyle properties in winter.

One reason is that people feel that

their property is not as attractive as it is in spring/summer when gardens are blooming, the deciduous tree are covered in foliage and the lawns are fresh.

I disagree with this view. A well maintained property will always look good no matter what season.

The positive side of selling in winter is that there are less properties on the market. This will give your property relatively greater exposure and generally more inspections as there are always buyers out there especially in the current strong market.

Weeding the gardens and putting down a good layer of mulch will keep your garden beds tidy and help keep soil temperatures up. It will also slow down the weeds.

Cleaning up the leaves dropped by deciduous trees and bushes will go a long way to keeping the gardens looking tidy, now is a good time to cut back trees and bushes to maintain that groomed look.

Most buyers realise that the properties they are viewing will come alive in spring, if it looks clean and tidy in winter it can only improve.

Lyndsay Kerr - lifestyle block owner, phone 027 554 4240.

WINTERIZING YOUR RENTAL PROPERTIES

Winter time is upon us and Quinovic would like to stress the importance of preparing your rental properties for the winter months ahead.

No one wants to live in a cold damp home, where you pay an enormous monthly power bill just to keep warm. It is better for you as the landlord to take preventative measures, to ensure you have happy, healthy tenants.

Quinovic are here to help. Being experts in property management for over 25 years, we provide advice to our clients while assisting them to improve their rental properties, along with arranging any repairs. This enables us to maximise the rental return on your investment.

"We make the whole process easy for the property owner," says Graeme Henderson, Quinovic owner. "I challenge north western home owners who are looking for a better property management experience to let us show you what we can do. We offer a free rental appraisal for your property with absolutely no strings attached."

Contact Janine McCormick at Quinovic, phone: 0508 272 786 or 021 844 531, Email: enquiries@quinovic-takapuna.co.nz.

ACCESS LOTS

An access lot is a commonly owned strip of land which provides access to your property. That is, your title will show 1 lot being completely owned by you and 1 lot owned in common with others. You pay rates on all of your land including the part owned in shares. The thing that is not apparent from the title is that an access strip now has the same rules as right-of-way land under the property Law act 2007. This is sensible because there is a rule against blocking up the right-of-way, a dispute resolution arrangement and arrangements for making repairs.

However, it is also possible for the owners of the access strip to give right-of-way to non-owners who might find it convenient to use an access strip. To do so, all of the owners of the access strip would need to be involved to make the easement. This is a time for specialist legal advice especially in relation to contributions maintenance and to major improvements to a right-of-way access strip. For instance, an improvement from a metal right-of-way to a concrete right-of-way can involve major expense. However, major expense is sometimes justified to have a maintenance free arrangement. Luke Kemp - 09 412 6000 or luke@kempsolitors.co.nz.



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AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	740,000	1535m2	160m2	830,000
	1,775,000	1ha	193m2	1,750,000
	2,245,000	4.1ha	390m2	3,300,000
	1,525,000	1.82ha	325m2	2,220,000
Helensville	435,000	88m2	746m2	567,500
	405,000	501m2	80m2	595,000
	430,000	724m2	180m2	585,000
	345,000	652m2	110m2	529,000
	475,000	776m2	174m2	663,000
	890,000	1.38ha	310m2	2,500,000
	940,000	12.18ha	120m2	1,645,000
	630,000	4747m2	210m2	1,110,000
	680,000	2.6ha	193m2	850,000
Huapai	860,000	813M2	224m2	1,055,000
	770,000	641m2	185m2	957,000
	800,000	1000m2	237m2	930,000
	620,000	630m2	150m2	730,000
	375,000	863m2	253m2	1,170,000
	810,000	759m2	220m2	1,000,000
	495,000	718m2	80m2	700,000
	870,000	775m2	235m2	1,050,000
	870,000	1085m2	218m2	1,112,000
	Kumeu	370,000	768m2	224m2
1,100,000		9535m2	190m2	2,150,000
800,000		1012m2	150m2	1,130,000
660,000		809m2	160m2	840,000
1,225,000		3.9ha	650m2	1,605,000
1,475,000		2ha	280m2	2,310,600
1,750,000		15ha	160m2	3,100,000
Muriwai	490,000	809m2	60m2	600,000
	670,000	1132m2	100m2	1,120,000
	900,000	4.2ha	130m2	1,300,000
	660,000	2ha	161m2	960,000
Parakai	140,000	506m2	108m2	549,000
Riverhead	940,000	802m2	270m2	1,385,000
	400,000	801m2	0m2	577,000
	400,000	802m2	248m2	1,380,000
	580,000	809m2	100m2	845,000
Taupaki	1,050,000	4000m2	269m2	1,515,000
	1,300,000	5.3ha	311m2	2,010,000
Waimauku	820,000	1500m2	236m2	1,098,000
	740,000	1128m2	200m2	950,000
	1,000,000	2182m2	255m2	1,235,000
	830,000	1.8ha	180m2	970,000
	640,000	10000m2	123m2	1,200,000
Waitakere	980,000	2ha	242m2	1,250,000
Whenuapai	745,000	850m2	160m2	970,000
	1,000,000	5564m2	390m2	2,000,000
	545,000	1050m2	89m2	818,000

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Brand & Territory Owner



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

"We had been thinking about selling our house and by chance clicked on one of your ads while surfing the net. From there on the process was a breeze. We had a visit from the very personable Graham McIntyre from your Kumeu/Hobsonville branch. Graham was supremely organised, knowledgeable and best of all, fun to deal with. He gave us advice on the best way to present our home and after 2 open homes we had multiple offers on the table. He really took the stress of selling a home away and made it a pleasure. Thanks! Once again thanks, you've all be a pleasure to deal with." Anna & Yaman



ABSOLUTE PRIVACY - BEAUTIFUL VIEWS - LARGE CONTEMPORARY HOME 5 2 3

By Negotiation

123 Stoney Creek Drive, Waitakere
By Negotiation

This is peace and tranquillity at its best. This modern, 360sqm contemporary home consists of: 4 double bedrooms downstairs. 1 extra-large master bedroom upstairs with dressing room, walk-in wardrobe, and en-suite. 1 bathroom and 2 separate WCs downstairs. A second living room downstairs. The house was designed so that you can close one door and separate the "adult" living areas from the "children" areas. The house has a wraparound deck which looks out on to the landscaped grounds, great for those evenings where you want to dine alfresco. The garage is an additional 54sqm, and is large enough for 2 cars and a workshop. The CV on this property is \$1,050,000. We are happy to supply a list of the last 12 months of transactions in this area please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX790791

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www.mikepero.com



KUMEU/ TAUPAKI BUFFER - QUIET AND SO LITTLE TRAFFIC 2 2 1

Set Date of Sale

295 Annandale Road, Taupaki
Set Date of Sale - 5pm, Wednesday 8th June 2016 (unless brought forward).

Resting high upon a north facing gentle slope is 1 hectare with mature paddocks, fenced for sheep grazing and a small orchard and gardens too. This idyllic spot is open to options of retaining the two bedroom home with double garage and working with Auckland Council to build your new dream home, while retaining the current house as a possible minor dwelling (subject to Auckland Council sign off). With elevated rural views and additional building platforms, it is open to a creative mind that can see the value in having a place to live, whilst building with future income or extended family options. Like-wise this cedar clad homestead oozes cosy, cute and comfortable and would deliver "the good life" to a buyer content to have sunrises, chickens and green fingers. The CV on this property is \$730,000.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX791622

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



Hi Mike

I wish to thank Lyndsay for the way he handled the fast sale of my house and found me a nice house in Parakai. My family are also pleased with how it went.

I was very impressed with the speed with which he sold my home. It was the next day after the property went on the market that the Sale and Purchase Agreement was signed. This allowed me to purchase my new home which he also found for me. I feel he made the whole process easy and most importantly, stress free, in what can be a complicated situation. His help in running me around was most appreciated.

Ron
Helensville
Auckland



Lyndsay Kerr
027 554 4240 | 0800 900 700
lyndsay.kerr@mikepero.com



RARE EARTH

By Negotiation

Peak Road, Waimauku
 By Negotiation
 Viewing by appointment

Overlooking the Tikokopu Valley this 1.25 hectares (3.1 acres) is waiting for you to build your lifestyle dream. Multiple terraces provide a variety of building platforms. The views are panoramic. Animal lovers can build on the top platform allowing you to observe your animals at all times. Rarely does land become available in this choice location. Within the sought after Decile 10 Waimauku School zone this property is your passport to the myriad of outdoor pursuits this region has to offer. Call me today to arrange a look at this unique property. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.

www.mikepero.com/RX793380



Lyndsay Kerr
 027 5544 240
 09 412 9602

lyndsay.kerr@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

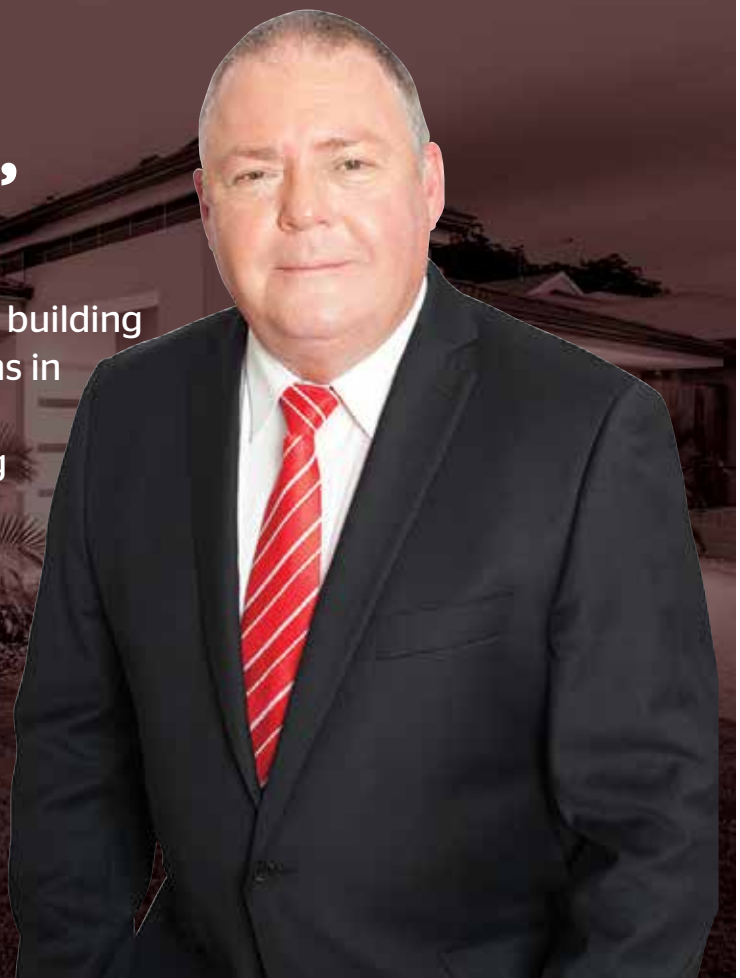
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Clear, concise and considered, call me, Lyndsay Kerr

Lyndsay has an in-depth knowledge of the building industry and lifestyle market. Owning farms in both Australia and New Zealand, Lyndsay provides a clear and considered marketing and value opinion.

Lyndsay Kerr

027 554 4240
lyndsay.kerr@mikepero.com
 Office Location: 327 Main Road, Kumeu
www.mikepero.com





PLENTIFUL VIEWS, CONTEMPORARY LIVING, GARDENS GALORE



Set Date of Sale

429 Kiwitahi Road, Helensville

Set Date of Sale - 5pm, Thursday 30th June 2016 (unless brought forward).

Set on 1.4 hectares of unequalled and established plantings and garden, delivering enormous satisfaction to Owners and Guests alike. The property has a large amphitheater, formal walks within a range of beautiful and unique backdrops. Well acclaimed through Garden tours and regional competitions this could be the foundation for your new Wedding Venue (subject to the necessary approval) or maybe it is the good life you crave with this clean crisp air and the beautiful clear water that is drawn from the private deep water bore. The house was a finalist in House of the Year with Maddren Homes and offers a contemporary open living environment. The CV on this property is \$1,075,000. Please email graham.mcintyre@mikepero.com for recent sales in the area.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX797080

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



MURIWAI TWO BEDROOM HIDE-AWAY - DO UP



By Negotiation

265 Motutara Road, Muriwai

By Negotiation

Well constructed, and positioned for the sun and view, while tucked away from the prevailing wind. This two bedroom home, with expansive decking offers the perfect canvas for the romantic, the sea searcher and the wave hunter. A cozy open plan living environment with box-closed woodburner, it has all the makings of a remarkable home, bach or investment. A short stroll to the breakers and black sands. Large section at 1012 square meters this is the one that you don't want to get away. Sun, surf and sublime value await. The CV on this property is \$500,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX794456

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www.mikepero.com



1 HECTARE LIFESTYLE BLOCK CLOSE TO KUMEU

By Negotiation

Lot 3 Access Road, Kumeu By Negotiation

Often hunted but seldom found, this beautifully presented, boundary fenced 1 hectare block offers an idyllic lifestyle opportunity to those wanting to build a brand new home within an established lifestyle area, a short distance from Kumeu Showgrounds and Kumeu Village. Post and rail fencing on the road front, concrete access way and heavy designer gate provide the perfect start for you to build upon. Services including power and water at the roadside. The 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.

www.mikepero.com/RX672087



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



MUST BE SOLD - 2 HECTARES, BIG BARN, CHARACTER IN COATESVILLE 4 1 2

By Negotiation

557 Ridge Road, Coatesville By Negotiation

Idyllic setting, this 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables. 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.

www.mikepero.com/RX649015



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



Hi Mike

We recently sold our house in Waimauku through Mike Pero Real Estate in Kumeu and were really impressed with the professional service we received. Right from the first visit by Graham McIntyre who explained the entire process through the open homes and eventual sale which Ian Sneddon expertly handled. We have dealt with a few real estate agents in the past but found this a refreshing and enjoyable experience where we were kept well informed throughout the process and we were impressed with their knowledge of the market and the speed they got our property listed and subsequently sold. We would not hesitate to use Mike Pero Real Estate again and would certainly recommend the Kumeu team.

Rachel & Trevor
Waimauku
Auckland



Ian Sneddon

027 209 0789 | 0800 900 700
ian.sneddon@mikepero.com



WAIMAUKU - PEACE AND TRANQUILITY

2 4 1

By Negotiation

126 Hinau Road, Waimauku By Negotiation

North facing home in elevated bush setting. Currently set up as a two bedroom but if required an easy conversion to three bedrooms can be achieved, with walk in wardrobe and own toilet with options for an ensuite. Single level, high stud, weatherboard home with open plan styling and modern designer kitchen opening on to tranquil north facing decks with flowing water fish ponds. Six car garaging with workshop and an abundance of extra parking. Close to Waimauku shops and school only minutes away to Muriwai beach and Woodhill forest and 20 minutes to new north western shopping centre this has to be the best country living around. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.

www.mikepero.com/RX687775



Ian Sneddon
027 209 0789
09 412 9602

ian.sneddon@mikepero.com

Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

High energy, high service values, call me, Ian Sneddon

Ian lives in Waimauku, a long term local resident and local business owner with high service levels and unparalleled contacts database. If you are considering selling call Ian Sneddon today.

Ian Sneddon

027 209 0789

ian.sneddon@mikepero.com

Office Location: 327 Main Road, Kumeu

www.mikepero.com





WEST HARBOUR HIGH QUALITY BUILD - ALFRESCO LIVING 3 2 2

Enquiries Over \$819,000

10 Bridgehead Cove, West Harbour
Enquiries Over \$819,000

An excellent home, offering three generous bedrooms and a study with open plan living linking to decking, lawn and well established gardens. It is plain the love, effort and commitment that has been invested into the home, it speaks volume as you walk up the drive and take in the Iceberg roses, the box hedging, the relationship between the lawn areas, garden edging and home - it's breath taking. The price point reflects the motivation of the owner to take up the next part of the journey and to pass the baton to a buyer that loves it as much, and feels the warmth and generosity that has been enjoyed within the walls. We are happy to supply a list of the last 12 months of transactions in this area please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX795398



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



SIX BIG ROOMS, DELIVERING OPTIONS - NEAR WESTGATE 6 1 1

Enquiries Over \$849,000

29 Elizabeth Drive, West Harbour
Enquiries Over \$849,000

Set on 795 square meters of land overlooking Midgley reserve, this two level home certainly delivers an extensive opportunity for an investor, big family or extended family. With extensive decking off the lounge the home is certainly not short of alfresco options while a fully fenced back yard delivers security for pets and children. Open plan living with easy flow to rooms and bathroom. Set well back off the road, it enjoys significant sunshine and privacy. The home is a short stroll from West Harbour Primary, Parks, Reserves, Transport links and Westgate and Northwest shopping environments. 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.

www.mikepero.com/RX795859



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AWARD WINNING EX- JALCON SHOW HOME

4 2 3

Enquiries Over \$1,197,000

15 Station Street, Hobsonville Point
Enquiries Over \$1,197,000

This highly specified, meticulously finished ex-Jalcon show home delivers contemporary styling, earthy tones and very pleasing flow to meet the needs of the executive, early retirees, or the family looking for an easy care, natural flow, alfresco home. Entertainers open plan, kitchen and dining leading to informal lounge and patio area with spa and shade sails. Astute plantings providing colour, creativity and contrast. The double garage is lined and carpeted to allow options for impromptu rumpus or games area, while having easy access to the formal lounge and downstairs toilet/ powder room. Four rooms upstairs with main bathroom and ensuite, the home has been well planned for family living, ensuring separation between the master and additional rooms, delivering privacy and quiet places.

www.mikepero.com/RX742038



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ROYAL HEIGHTS BRICK AND TILE - HAS THE X FACTOR

2 1 1

Enquiries Over \$649,000

101A Colwill Road, Massey
Enquiries Over \$649,000

Elevated, North East facing Brick and Tile home offering a sun-filled, light, open plan, well presented home delivering significant value for the downsizer, upsizer, first home buyers or a prudent investor. Two generous bedrooms, excellent single level flow and alfresco to a fully fenced patio. A separate wide access bathroom, and laundry is integrated in the easy flow of the home. Single garage and off-street parking to the rear of the home keep things safe and secure. The home has been recently redecorated and has real charm, ambience and presents to a high standard. 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.

www.mikepero.com/RX767678



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

HEALTH AND BEAUTY

ARE YOU SUFFERING SLEEP DEPRIVATION?

It seems every day either with a customer or on the TV/Radio I hear someone talking about 'lack of sleep' and how it affects us.

Sleep deprivation during any war was one of the worse types of torture they would use, and yet unwittingly we put ourselves through this most nights.

How many of you go to bed, and then sleep right through to the morning?

That means you don't get up and go to the toilet or wake for any other reason?

I am guessing not many can say yes.

Geopathic stress is linked with 'not sleeping' and the energies of earth can irritate in a way that will wake you. You then get up and go to the toilet and your sleep is disturbed.

However it is also 'disturbing' the healing and repairing that is supposed to be happening while you are asleep.

Don't torture yourself.

Call Nicky for more info 021 545 299
www.clearenergyhomes.com.

INJURY PREVENTION DURING WINTER

Winter is the time of year when those little niggles and old injuries often start to ache and flare up. It is the time of year we see most injuries occur. This is because we are often less mobile, have tight and cold muscles which are more prone to injury. For optimal performance and to pre-

vent injuries this winter, here are some top tips to remember.

- 1) ALWAYS warm up and warm down
- 2) Regular stretching- This could include a good stretching routine or activities like yoga.
- 3) Wheat bags are fantastic to encourage circulation through your body and especially to help ease those achy muscles and joints.
- 4) Keeping warm- wrap up, especially after exercise, and utilise warm spas and pools to soak your muscles.
- 5) Book in with our Osteopath or Massage Therapist for a check up to get on top of any problems that are likely to crop up.

At the Body Clinic, we can assess your posture, treat your problem and give stretches that can help.
If you need more advice or information please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

WHY CHIROPRACTIC CARE?

What we do seems to have more to do with WHY we do it than anything else.

Our patients tell us they feel better, feel more alert, have more energy, think clearer, are happier and are more vital in their approach to their health and to their lives in general

Chiropractic is a natural form of health care that focuses on the function of the spine and the nervous system.



Chiropractic is about life and function. It makes sense that if our body is functioning well, we will be healthier and living as close to our full potential as possible.

The nervous system (brain, spinal cord and nerves) controls and coordinates all the functions of the body. The spine also protects the spinal cord whilst being flexible enough to allow us to move freely.

Any type of stress on the body, whether it is physical, chemical or emotional, can cause the vertebrae (spinal bones) to lock up and lose their free movement. When this happens pressure may be placed on the delicate nerves, leading to a decrease in the communication between the brain and the different parts of the body. This means that your body will not function at its best and is therefore unable to be as healthy as it could be.

Our Chiropractors correct these spinal problems, with varying techniques and can help anyone from new born babies to the elderly improve the performance of their body naturally.

It's not just for sore backs and necks. Many families choose Chiropractic care as their primary route towards maintaining better health and wellness, naturally. Give us a call. Phone 09 412 5536 for an appointment.

WINTER R&R SPA PACKAGES

Spa Di Vine is the perfect place to retreat to when you feel you need a little uplifting & pampering. With a dedicated team, relaxing ambience and innovation in Theravine treatments, Spa Di Vine offers the ultimate in spa relaxation.

If you haven't visited us before, then make this month one to remember... and spoil yourself.

There are a variety of treatments you can choose, from facials to massage to full day programmes, but how about a special pick-me-up for your skin and body; the perfect package to get your winter glow back following the summer season. Although sunshine is great for your psyche, it can leave your skin dehydrated

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90 mins treatment - \$180

Phone Mary or Paula on 09 411 5290 or email us relax@spadivine.co.nz www.spadivine.co.nz.

NEW OSTEOPATH IN KUMEU

We are very excited to have another Osteopath, Cheryl Oliver joining the team. Cheryl is ACC registered and is available by appointment Mondays, Thursdays and Fridays. Cheryl discovered osteopathy when she hurt her neck as a new mum, making it difficult for her to manage her young baby. She sought help from an osteopath and left the treatment with a neck that moved again, mostly pain-free.

Cheryl treats all ages, from head to toe, using a variety of techniques. She previously taught yoga and she draws on this experience to offer clients self-management skills to complement treatment benefits.

Cheryl can help with all sorts of problems including:

- Back pain, pelvic pain, sciatica
- Neck pain, headaches, migraines, jaw pain
- Hip, knee or ankle pain
- Shoulder, elbow or wrist pain
- Sports injuries/muscle strains
- Pregnancy and post-pregnancy related pain
- Sleeping, feeding or digestive problems in babies
- Asthma or breathing related issues
- Growing pain
- Postural complaints
- Chronic pain
- Joint pain/arthritis
- Post-surgical stiffness/rehabilitation
- Injury rehabilitation
- Improving sports performance and recovery time

To make an appointment or discuss how Cheryl can help you please contact us, phone 09 320 8303, info@thebodyclinic.co.nz, www.thebodyclinic.co.nz.

ROOM WITH A VIEW: PSYCHOTHERAPY

Some people come to see me because although their lives are very good, they know it could be even better.

Taking an in-depth look at yourself can often make sense of your past decisions and the direction you chose. Everyone needs to take stock of things occasionally. Winter is a very good time for this internal work.

Whether you have reached the end of a project that took up

a lot of time and energy or whether you have just drifted into career or relationship shallows, we all need to spend some reflection time to discover what will re-energise us.

I specialise in assisting people with life transitions. In our lifetimes we will have many 'mid-life-crises' (if we are lucky) because each time we are challenged to accept and embrace the change of who we really are NOW. My cosy and comfortable therapy room provides a welcoming place to find a clearer view. Feel free to call me to discuss whether it might be at yours. 021 477 523 Sarah Hamilton.

CLEARING THE CLUTTER

Have you ever felt like things are getting cluttered around you? It might be in your home space, your office space and/or in your mind. Making time to have a clear out can have overwhelming benefits. How do you start a new goal, project or dream if the space around you and your mind are full up with other stuff. Having a good clear out of your physical space around you can be great, your home, your office, the car. Clear it out, if you haven't used something lately, move it on, give it to charity, sell it or bin it. What is cluttering up your thoughts and stealing your energy? You can become aware by making a simple list of what's on your mind the most every day, you can then choose to give energy to only what you want to and drop the rest. Kim McNamara Life Success Coach, visit www.lifesuccesscoach.co.nz.

HOW SITTING CREATES POSTURAL IMBALANCES RESULTING IN PAIN AND TENSION

Our bodies aren't designed for sitting in an implosion pattern, unfortunately, we tend to sit anywhere between 8-10 hours per day – so many hours of any activity will wear you down.

- 1) Sitting slows down the electrical activity in your muscles thereby affecting your body's ability to burn calories.
- 2) Your brain function slows down when your body is sedentary for too long, impeding on the levels of fresh blood and oxygen resulting in brain fog.
- 3) Your hip movement becomes restricted – hips are meant to be very mobile. When the hips don't move well the body will utilise movement from somewhere else, usually the lower back and/or the knees.
- 4) The psoas, which attaches to your spine and leg, becomes tight and weak – making you unstable and vulnerable to injury.

The list goes on and on. With neuromuscular therapy I can assist you in getting back to balance. To book in or if you need advice/information, call Debbie from Body-Balance Massage & Neuromuscular Therapy – 021 120 2175.

Kumeu  Chiropractic


adjust ♦ adapt ♦ thrive

Dr. Chris McMaster ♦ Dr. Nolene McMaster ♦ Dr. Daniel ter Braak

 **412 5536**

www.kumeuchiropractic.co.nz

8 Shamrock Drive, Kumeu



Gillian Wiltshire D.O.

**Registered Osteopath
ACC Accredited**

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

REGULAR AREA COLUMNISTS

HOW SUCCESSFUL IS YOUR WEBSITE?

Websites can be a beautiful thing. A lot of the most attractive websites are uncluttered, easy on the eyes and simple to navigate. However, you can't judge a website by its cover. To truly know how successful your website is, you need to dive into the data and analytics. Unfortunately, it can't always be about the pretty colours, fonts and textures but thankfully there is a free tool to help called Google Analytics. This is somewhat colour coordinated for all of you right-brainers out there and for all the left-brainers, this is your chance to truly shine. Using Google Analytics you can measure, track, compare and respond to how visitors and potential customers use your website. Before you pay for any additional marketing or advertising you need to understand this information. The basic metrics include the number of visitors, bounce rate and the average time visitors read a page. As you start using the tool you will discover just how much information it can tell you about what is working or not working on your website. There are other simple ways to track how successful your website is. Do you have people sign up for a newsletter? Do you find the phone runs hot when you do a particular promotion?



How many sales do you get online? Combining all this information allows you to properly gauge how your website is going and to better plan new content, marketing and changes to it. Many small businesses cannot find the time to get into all of this. Here at Utopia we love this sort of stuff so can give you a free audit on how well your website is performing. Think of it as WOF for your website. Contact us now to start things off 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.

VIKING RIVER CRUISES

2 for 1 offer (Category F) on selected 2016 river cruises, available until sold out – be quick or you will miss out!

For example - you could cruise from Amsterdam to Budapest for 14 nights in October 2016

* Category F Standard Cabin, at AUD 3698 per person – instead of AUD 7395 per person

* Category D French Balcony at AUD 5098 per person instead of AUD 8695 per person

* Category B Veranda with furnishings at AUD 7098 per person instead of AUD 10,695 per person

Viking River Cruises include:

All meals on board = 14 breakfasts, 13 lunches & 14 dinners

Complimentary house wines, beers, juices & soft drinks with lunch & dinner, and specialty coffees & teas anytime

12 guided tours including 9 UNESCO

World Heritage sites.

Onboard cultural enrichment, in-room info-tainment, onboard Wi-Fi, personal quietvox audio headsets for shore excursions – all included.

All port charges, gratuities and tipping are prepaid & included.

Looking to cruise next year? – Check out this great Earlybird deal:

Book your 2017 European or Asian River Cruise now & Fly for free on a selected list of airlines to Europe in Economy class for free. Discounts applicable towards your mixed class or business class flights - enquire for more details.

Tanya Franklin, your local Travel Broker, a member of helloworld - Phone 09 411 9105, or 021 254 9169, email: tanya@ttb.co.nz. Or make an appointment to see me in my home office in Waimauku to chat about your next holiday! See: www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

INNER JOURNEY VS OUTER JOURNEY

We have an inner world and an outer world. Which one is more important? Our thoughts and emotions and our feelings and ideas about our connection to source and nature or sorting out the roof over our head, and feeding ourselves and socialising and having a car so we can get to our job and look after the family properly? Which is it?

This is a battle I have only recently realised I had and the penny has certainly dropped. My upbringing was more on the alternative side, and I read pretty much everything I could get my hands on regarding spirituality and being happy. I knew more about the inner journey and doing the inner 'work' than I knew about how to make money. I bought into the idea that money didn't buy happiness so went searching for it elsewhere. I felt more comfortable working with my inner self than I did building a solid business. I also felt that (wait for it, apologies if I offend...!) that acquiring material things

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was an ego based activity and that having a nice car and a nice house and a boat and a bach was great - but not what life is really about, and 'those' people have a long way to go before they become authentically happy and probably have a long way to go on the journey to self-realisation! How self-limiting is that! Beliefs like that only damage us. Anytime you judge anybody is a massive clue to how you really feel about yourself. I was literally buying a nice car and renovating the bathroom and thinking I was being naughty. 'Shhhh, don't tell God, I'll just play with earth's material things for a little bit before I get on with the real work'.

HAHA. Talk about a hypocrite! One doesn't exist without the other. Our outer world is a manifestation of our inner world. The outer world is a reflection of who we are inside. How life shows up for us is a big clue. What you have is a direct result of your beliefs and perceptions. This goes for material things and our inner areas of self-worth and self-confidence. How life is for you, is equal to how you think. I have said it before - life can't be bigger than your own beliefs about yourself. For most of us our entire lives are being driven by the unconscious. I recently read a quote by Carl Jung who said 'until you make the unconscious conscious, it will direct your life, and you will call it fate' We will always have thoughts and feelings and emotions - these are a result of our beliefs. The key is to start directing them with love and awareness. If you don't have what you want right now then come and see me. There will definitely be beliefs stopping the flow. I work with getting clear about what is happening right now, talk about beliefs that are getting in the way and get very clear about what you actually want. I help regain freshness, and newness about self. A session is about 2 hours. I see people in Riverhead. anna@thinkyourbest.co.nz 021 555 658.

THE RIVERHEAD GALLERY

The gallery celebrated its first birthday on the 16th May 2016, we have had a diverse range of artwork go to new homes in that time. At the end of this month I will be heading down to the NZ Artshow in Wellington where I exhibit my work amongst some of NZ biggest talent. A collection of some of my favourite artists works will accompany me back up the island and will be available in the gallery from 8th June. We will also be having a couple of solo exhibitions later in the year so will keep you posted. Opening hours are Wed-Sun from 11-5 or by appointment 027 227 8450. 1044 Coatesville-Riverhead Hwy (opposite Riverhead dairy). Image "Bluff buoys" (Donna Massey).



MASSEY HIGH SCHOOL FOUNDATION INTERNATIONAL NIGHT

Annual Massey High School Foundation International Night fundraiser is being held on Friday 29 July 2016. Tickets are on sale at our School Cashiers as of today, I can add people to a reserved ticket list for door collection if people prefer that option. All funds raised will contribute towards special projects for Massey High School students and our community.

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BUSINESS EXPENSES: WHAT CAN YOU CLAIM?

Although it can be a confusing area for many business owners, claiming business expenses against your income is important because it will save you money by lowering your tax bill.

The number one rule about claiming business deductions is that the expense must be incurred in deriving or earning assessable or business income. There is no definitive list of claimable business expenses because there must be a connection or relationship between the expenditure being claimed and the income being derived or earned. If there is no connection or relationship then there is no deduction.

For example:

- An electrician may purchase a ladder to access wiring in the roofs of houses, which is directly relatable to earning income and therefore claimable.
- However, if the electrician purchased a ladder to trim trees around his home then there is no relationship between the expense and earning income, and it would not be claimable.
- If a business owner takes a customer out for lunch to discuss (for example) supplying additional product then the cost of the lunch is connected to earning income and is claimable.
- Conversely, if a business owner takes a friend who also happens to be a customer out for lunch but the purpose is purely social rather than to discuss business then there is no connection to earning income and the lunch is not claimable.
- If a business owner takes a prospective customer out for a meal or drinks with the hope of converting them into a client in the future then a deduction can be claimed because there is a connection between the business and the entertainment expense incurred.

Claimable Expenses: Motor Vehicles

If a vehicle is used for business you can claim a deduction for tax purposes. Expenses can include:

Petrol, Registration, Insurance, Repairs and maintenance, Depreciation.

If a vehicle is dedicated solely for business (i.e. no private usage) then 100% of the costs incurred will be deductible for tax purposes.

If a vehicle is used for both business and private usage then an apportionment needs to be made between the business travel which is deductible for tax purposes and private expenditure which is not tax deductible. In this case a log book should be maintained for a representative 3-month period illustrating business and private travel, from which the percentage of business travel can be calculated and claimed.

Unless the home is a place of business, travel expenses cannot be claimed travelling from home to a job. If the home is a place of business then travel from home to a job can be claimed.

Claimable Expenses: Gifts

Gifts to suppliers and customers are 100% deductible for tax purposes. For example if you gift a bottle of wine or tickets to



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www.skids.co.nz

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5-13 year olds

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an event to a customer to thank them for their loyalty then the expense will be deductible.

Chartered Accountants Mark Foster and the UHY Haines Norton team are based at 329A Main Road, Kumeu. If you have questions regarding expenses relating to your business or other accounting enquiries please phone them on 09 412 9853 or email Kumeu@uhyhn.co.nz.

ELEMENTS OF LIFE



At Country Bears we are very fortunate to be surrounded by beautiful nature, including native bush, large open spaces and the wonders of living creatures. While all licensed Early Childhood Centres are bound to the New Zealand Early Childhood Curriculum of "Te Whāriki", Country Bears also runs parallel to that, a programme called the "Elements Of Life". This consists of eight elements: water,

soil, insects, animals, air, energy, human health and plants. Because of our lovely setting, we felt it was important to use our environment in our education to the children. This helps the children to engage in meaningful learning and they can actively get involved in on a daily basis.

This programme is based around the creation of the Tree House classroom in the Country Bears forest. Our ideas have initiated from this to expand our learning environment for the children, which is constantly changing according to the natural elements and the interests of the children. By having the children exposed to a classroom in the forest, the teachers can provide quality learning that gives children the opportunity to discover what nature has to offer, with hands on experiences.

Throughout the entire centre, we encourage and role model respect and empathy to all living creatures, including the tiniest of ants. If the children (even young infants) can learn respect for insects and animals, we believe this will be transferred on to other relationships as they grow up and enter different aspects of their life journey.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual pace, give us a call on 09 412

8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu – phone 09 412 8055.

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IS YOUR COMPUTER TAKING AN AGE TO START UP?

Do you find yourself grabbing a coffee while it does its 'thing'? Well it's probably because it has your traditional slow Hard disk drive (HDD) in it. There's been a gradual but changing landscape in personal data storage over the last few years, and its name is Solid-state drive (SSD). SSDs are faster, smaller, more reliable and more durable. So you might ask yourself, why didn't one come with my computer? Well in the past it came down to cost vs capacity, but that has changed. Every year as the technology that creates these SSDs improves, the costs come down and the capacity improves. This year it's coming to a head and everyone is ditching the traditional HDDs and going to SSDs. Now the only down side is, how will you find the time to grab a coffee? See one of our IT@Hand professionals today about upgrading your computer to a SSD. Phone 09 412 9227, email: huapai@itiqu.co.nz or visit www.itiqu.co.nz. 322 Main Road, Huapai.

EXCLUSIVE FRENCH EYEWEAR

The very latest fashion frames from Paris have arrived at Hobsonville Optometrists. Face et Cie feature clip-on fronts. This means you can change the look of your glasses according to your clothes, your mood or your style. You choose the frame, we make your lenses and then you choose as many different fronts as you like. Create your own look! One pair of glasses - as many looks as you want. Call in and see this stunning range at 413 Hobsonville Road.



THE IMPORTANCE OF INCOME PROTECTION

An ongoing income is important to maintain your lifestyle. Income Protection gives you a steady stream of income if you're unable to work due to sickness or injury.

Many assume that ACC will take care of them if they can't go to work. ACC only provides cover for injuries that are the result of an accident. Income protection covers non-accidental reasons for being off work, such as stress (the biggest cause of people needing time off).

Some of the questions we frequently get asked relating to income protection....

What is the difference between agreed value and indemnity cover?

Agreed value policies require you to prove your income when you apply for the policy - generally an average income over two or three years. This can work well for self-employed people with fluctuating incomes.

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Indemnity policies require you to prove your income at the time of a claim. These policies can be a little more efficient in certain situations and as a general rule they can work well for people who are employed with a steady income.

If you want to know more about your Income Protection plan or what may suit your situation please call Risk Solutions.

At claim time – how long do I need to wait before I get any money?

You choose. Most people go with either one, two or three months.

Your wait period has an effect on how much you pay in premiums - the shorter the wait period, the higher the premium. This is why it is important to consider how soon you would need the money if you got sick and couldn't work.

Most insurance providers pay their income protection policies in advance. For example, if you have a one-month wait period and are off work for a month, your policy will begin paying at the end of one month. Others pay in arrears, which would result in you not receiving your payment until you have been off work for two months.

How long does it pay out for?

Once again, there are lots of options when taking out a policy. In general we recommend that the payment term is through to retirement age. This ensures that if you make a claim you will keep receiving your money until your doctor clears you to go back to work. In the event that you never return to work you will continue to receive money right through to the age of 65 or 70.

In certain situations it can be prudent to have a shorter payment term, for example, a person may have some alternative income or another type of insurance policy that will work in conjunction with a short payment term. There really are many options.

At Risk Solutions, we take the time to work through the options with you and come up with a plan that will work for you and your family. Timothy Peat - phone 09 412 6363 or visit www.risksolutions.net.nz.

ALPACAS FARM VISITS / SHOP

Rosala Alpacas are located in the Ararimu Valley, Waimauku on a lifestyle block, with approximately 40 alpacas. We are open to farm visits, by appointment, where visitors can feed the alpacas, take photographs, get up close and personal with them



and then visit our shop and view the range of alpaca products available. Alpacas make great lifestyle pets and lawnmowers. Your choice if you want to halter them up and walk them or just interact over the fence with them. To learn more or book a visit, you can contact us on phone 09 411 9188 or email us at info@rosala-alpacas.co.nz.

CAT LOVERS URGENTLY NEEDED

Volunteers - required to help with cleaning duties at a cat rescue shelter. People wanted also to pat cats and give them love and attention. The rescue shelter is located in Huapai. Phone Carolyn 021 1436 815.



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 1 tsp All Spice
 2 tsp Cinnamon
Topping
 1 ½ tablespoons melted butter
 ½ cup rolled oats
 ¼ cup Brown sugar
 1 tsp White sugar



Put melted butter, feijoas, sugar and egg into a bowl and beat well. Fold in dry ingredients.

Line loaf tin and pour in mixture. Mix together the topping ingredients and sprinkle over the loaf mixture, patting down gently. Bake at 180 C for 30-40 minutes or until cooked.

WILD WHEAT & HALLERTAU SOURDOUGH ALE

It was collaboration time again at the brewery this month. Hallertau's Captain of Beer Steve Plowman teamed up with Andrew Fearnside from Wild Wheat bakery Auckland's leading producer of artisan and specialty breads. The resulting 'Sourdough Ale'

was produced by adding 100kg of Sourdough bread to the mash (25% of the fermentable) then kettle soured using the fresh sour dough culture to get some zinging acidity. This style of beer can be traced back to the ancient Egyptians or more recently as the German Gose style which is now enjoying something of a revival in the Craft Beer scene. This doughy draught has rich soft salty flavours that meld into a long creamy tart finish.

WARM UP YOUR TUMMY WITH SOLJANS NEW WINTER MENU

Winter is here and with the new season comes new dishes. So it is time to head over to Soljans Estate Winery & Café to try our new satisfying winter menu. Head Chef, Paul Reid has produced a winter menu to exemplify the stunning crisp winter mornings amongst our vineyard setting. One of Soljans new winter dishes is the Moroccan rubbed lamb shanks with truffle oil mash, green beans, and a tomato red wine jus. Soljans Café is sufficiently heated with a gas fireplace, outdoor heaters and a controlled heat pump, leaving no excuse of being cold. So enjoy the winter by calling the café on 09 412 2680 to book your table now. The menu is available weekdays from 11:00am-2:30pm and weekends from 11:30am (after our breakfast menu from 9:00am-11:30am).

HERBS ARE HEAVENLY

How great it is to be able to flavour and spice up our food with all the wonderful herbs and spices available, and we can grow them ourselves. Take some time to plan your herb garden.

Plant herbs you love and will use in your everyday cooking and cleaning. Get the children involved with the planting and watering. It can be fun! If possible have a plot close to the kitchen, or in a box on the window ledge with your common herbs to allow for easy picking while cooking. Herbs such as mint, parsley, chives, thyme, oregano, garlic, basil, coriander and dill (to name few) are the more commonly used ones on a daily basis. Let's start with 3 Mints. There are over 1000 different varieties of mint worldwide. Mints are mostly perennial and they are very aromatic. They will spread like crazy, so growing in a pot is the answer to prevent them invading the garden. Variegated Apple mint has lovely fragrant frilly leaves and white flowers. It is especially nice in salads. Winter mint is also great in salads, stews, and of course the old favourite boiled minted potatoes. My favourite is Ginger mint, which can be added to salads, made as a spread chopped into softened butter or enjoyed as a tea. It makes wonderful ground cover and the bees love it. Anything that brings bees to the garden is always a plus. Try these two simple recipes. Both are great with lamb.

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Mint Sauce:

2 tbsp chopped mint, 2 tbsp white sugar, 2tbsp malt vinegar, 1 tbsp boiling water. Wash and dry the mint leaves in a tea towel, remove stalks, finely chop leaves and place in a small serving jug. Put the sugar and water in a saucepan and boil for 1 minute. Pour the vinegar over the mint leaves then add the boiling water with sugar. Stir well before serving.

Apple Mint Relish:

1 apple, 2 spring onions thinly sliced, 1 tbsp olive oil, 1 tbsp lemon juice, 1 tbsp sweet chilli sauce, 1 tbsp vinegar (apple cider /white wine), 3 tbsp chopped mint leaves. Grate apple into a medium bowl; add all remaining apple mint relish ingredients, (reserving a few mint leaves for garnish); season with salt and pepper and toss to combine. Join your local Herb Group – www.facebook.com/hobsonvilleherbgroup.

PEKO PEKO JAPANESE TAKEAWAY

Healthy, homemade and unique Japanese takeaway food with friendly service. We are a little food truck located at 92 Hobsonville Rd, in the Passion Produce vegetable shop car park, locally owned by an authentic Japanese family. We have been trading around the area for over two years now. Our goal is to bring healthier takeaway options to families with our home-style Japanese dishes. We use 100% rice bran oil for frying and make our own sauces, using nutritious ingredients like pink Himalayan salt and fresh, healthy vegetables. You can find us on our Facebook page www.facebook.com/pekopekojapanesetakeaway or simply come down to find us at the truck. We have now started our bento box including all our all-stars dishes. Numbers limited to 10 boxes a day for your new experience.



MUSIC + FOOD = POSITIVE ADDICTION

This is a favourite quote of Mason Reynold's, one of The Riverhead's super star chefs. A Riverhead local, Mason started his career at The Riverhead a little over 5 years ago as a kitchen hand and was one of the original team that joined Paula and Stephen when they had just renovated the old tavern and reopened it to the public. Since then, like the tavern itself, Mason has never looked back. He is now well down the path of his chef's apprenticeship programme loving every minute of it. He has worked all over the kitchen from sauce section to larder to the



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WEDDINGS/SPECIAL OCCASIONS

hot line & functions. He lives The Riverhead's Core Values proving that with the proper attitude and correct training he can achieve his goals. He has aspirations to run his own hospitality establishment and is learning the essential skills to do so. Mason found his calling at school and is happy to be doing what he loves as an adult. Mason's other passion is music and is a keen vocalist and bass player. His delightful partner, Avalon, can occasionally be found entertaining the guests at Sunday Live in The Boat House with Mason cooking up a storm in the kitchen or outside on Old Smokey BBQ kitchen. These two passions complement each other well and it shows in Mason's willingness to learn new things and push forward toward his goals. It is good to see someone so enthused about their career choice.

THE FIREPLACE KUMEU CAFE & RESTAURANT

The Fireplace Café Restaurant and Bar provides a warm, welcoming dining environment in the heart of Kumeu, West Auckland. We are fully licensed, offer sumptuous cabinet food, a delicious lunch, brunch and dinner menu, and serve coffee from local coffee roasters Altura coffee and gourmet teas from premium tea makers Harney & Sons. Our lunch/brunch menu features favourites, such as sweet corn fritters, bacon 'n' eggs, Portobello on toast, eggs Benedict, French toast, plus a selection of fresh, tasty salads. In addition we have regular lunch dishes, including Caesar salad, fish 'n' chips, curry of the day, char grilled vegetable pasta, and gourmet burgers in beef, chicken and pulled pork. For customers on the go we have freshly baked scones, muffins, fresh gourmet sandwiches and other delicious deli dishes. We are fully licensed and in winter our fireplace makes the café and restaurant warm and cosy. We open from 10am, serving our brunch/lunch menu to 3pm, and we serve our dinner menu from 5.30pm onwards. So drop into The Fireplace Café Restaurant and Bar where you are guaranteed a warm friendly welcome and delicious food. Call us on 09 412 6447 or stop in 64 Main Road, Kumeu.



FLAME IS HEATING UP HOBSONVILLE

Flame Pizza is a restaurant that is known for its gourmet pizzas, burgers, and salads. The owner, Brendon Marsh opened the restaurant in late November 2015 and it's the first Flame franchise to open after the original restaurant in Botany opened its doors 5 years ago. Brendon was presented the opportunity to open a Flame franchise as he has been friends with the owner of the Botany store for the past 6 years. Hobsonville Point is ever growing, and Brendon sees this growth potential; he believes that bringing Flame Pizza to Hobsonville Point will be beneficial to the community. He "knew the brand, knew the quality of the food and felt that by bringing it to Hobsonville Point, it would be accepted and enjoyed by the community." Brendon has already started getting involved in the Point as much as possible. He has done this by delivering flyers to letterboxes with special deals, as well as supporting the secondary and primary schools by providing Player of the Day vouchers for sports players to redeem at Flame. Brendon is already blown away by the amount of support the new franchise has been receiving, and although he doesn't live in the community, he feels he is a part of it after investing so much time and money into a business that he hopes will benefit Hobsonville Point.




HOBSONVILLE RSA

Welcome to your local community Hobsonville RSA. Open Wednesday to Sunday 5.30pm to 8.30pm and Friday lunch 12pm – 2pm catering for groups and individuals for meals and beverage. Also on offer is Simon Budd, a chef, caterer and the maker of over 100 pies a week, (butter chicken of course is teh favourite) a prized pick up or dine in at \$4 - \$4.50. The menu is a mix of favourites and specials including lamb shanks with a price point of \$13 to \$23 which makes it some of the best value around. Add to this the kids menu at \$10 including free ice cream and you have got an excellent local option for the complete family. The most popular meal is scotch file and pan fried salmon. The Chiefs choice is pasta, which is not only Simon pick but it changes all the time. The RSA is a family environment catering to members and community, provides value, membership and true hospitality. There are draws and raffles on Wednesday and Friday night for members. Every third Thursday is quiz night. Sunday may have a band including Marian Burns (once a month). We'd like to see people make better use of the facility, it has great quality, excellent price point and is accessible. Simon has worked in restaurants through the World and the quality that is served at the Hobsonville RSA is never compromised. Book today on 09 416 7227.

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PETS

TIPS & ADVICE

ENSURING OUR ANIMALS GET THE BEST CARE

How important is it to have trust in the professionals we get to look after our animals? Jo Clough and Laura Purkis believe it is so important that they started PET First Aid & training (NZ) Ltd in April 2014. Working with two New Zealand vets, they developed a course specifically written for New Zealand and its requirements. Jo is a qualified vet nurse and Laura is a canine behaviorist and trainer who is completing a course in canine psychology. Before starting their company Jo moved from vet nursing to managing a dog daycare facility where Laura was assistant manager. There has been concern that no standards have been put in place to monitor who, where or how facilities for the temporary housing of companion animals are run. There was the case of Macs, a Jack Russell who was left unattended with a large dog at boarding kennels in Churton Park, near Wellington, in August 2013. Macs was seriously injured, costing the owners thousands of dollars in medical bills. In January 2015 a Labrador was killed by other dogs in a kennel in Rotorua. The dog had been left for 45 minutes with another un-neutered male, four other dogs and no supervision. Jo says: "this would never have happened if the owners and operators of the facility had the relevant knowledge and training. It is not enough to just love animals, you need to recognise behaviour and be able to prevent incidents before they occur." "We all



love our pets, which is why we put them into the care of professionals. But what we need to do is check that they are, in fact, professionals with the correct training and qualifications." A new code of welfare is being developed by the National Animal Welfare Advisory Committee, which will cover the temporary housing of companion animals. It is anticipated that the code will be issued by the Minister for Primary Industries this year. "This is a much-needed step in the right direction where we can ensure that the people we are leaving our pets with are qualified and can take the right action in an emergency," Jo says. The code will cover the responsibilities of owners and people in charge of animals in temporary housing facilities and will include sections on competency and animal handling; housing and facility management; food and water; health; providing for behavioural needs and more. Jo says: "For organisations and private individuals who wish to be prepared for the release of this code, there are organisations ready to assist." PET First Aid & training is already training businesses such as kennels, catteries, groomers, dog walkers, pet shops and boutique home stays regarding pet first aid, canine body language, and introducing and assessing dogs. "We are passionate about educating New Zealanders, both industry workers and pet owners. We have developed our PET First Aid course and Canine Body Language courses specifically to reduce 'accidents' that occur from lack of training in temporary housing facilities." Awareness of PET First Aid and facility staff having knowledge of its application and when to seek a vet will enable owners and people in charge to meet the requirements of the code. They will have the appropriate ability, knowledge and competence necessary to maintain the health and welfare of the animals in their care". A comprehensive list of recommended questions is on the PET First Aid website – www.petfat.co.nz.

CAN DIET AFFECT YOUR PET'S BEHAVIOUR?

Many of our clients tell us that their pet's behaviour alters noticeably upon changing from processed food to a raw diet. We routinely hear things like: "My dog is so much calmer since the change" or "My cat is so much cuddlier now, and less skittish." Is this a coincidence? Or is there something more to it? A clear connection between gut health and brain function has been established in humans. It is known as the gut-brain connection, and it gives whole new meaning to the phrase "go with your gut feeling!" Processed pet foods are high in inflammatory factors, and evidences suggests that they contribute to gut dysbiosis (disordered gut bacteria). Diet definitely affects behaviour. We know from studies in children that coloured fizzy drinks heighten excitement levels.



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What if your excitable puppy was actually reacting to additives and preservatives in his food? An easy way to find out is to pop in to one of stores. Tell us about the quirky behaviours you are facing with your own pet. We love your stories and we especially love being part of the solution! A diet of high quality raw meaty bones, organs and tripe might just be the answer. Your pets will love you for it. 250D Main Road, Kumeu. Phone 09 281 055, email info@rawessentials.co.nz or visit www.rawessentials.co.nz.

KEEPING YOUR DOG HAPPY

Winter weather makes it more challenging for us to take our dogs out. Therefore, it is important to consider enrichment programmes. An enrichment programme provides your dog with active mental and physical stimulation to keep your dog happy and healthy. There are a large number of activities available and offering variety and challenges is the key to a successful programme. A great way to provide mental stimulation is through problem-solving activities and many are easily made from everyday items. Remember, dogs don't need to eat from a bowl! Something as simple as placing their kibble inside a plastic milk bottle (cap and ring removed) to work out how to get their food out is excellent stimulation (make sure your dog doesn't eat the bottle). Contact me for your free copy of the full list of problem solving activities. Physical stimulation can be in the form of games and simple conditioning exercises. These exercises do not require any specialised equipment and are great to keep your dog 'body fit'. Contact me today, to design an enrichment programme for your dog. Tania Evans DipAnPhys, Cert CF. Phone 027 459 6675 or email tania.evans@inspire.net.nz.



IT'S A DOG'S LIFE

We often hear the expression, but what's it really like for our pet dogs? "I spend a lot of time indoors alone while my humans have other things to do. They come home and provide me with food and love and they take me out, but during the week sometimes we don't get to go as it's too dark, or bad weather, or we may go out quickly, then it's back to the house with nothing much to do. The boredom sometimes stresses me out" A dog walker can break up your dog's day and give them the kind of exercise you only fit in on weekends. Relieving your dog of boredom and stress and creating a happy, healthy dog is



a good investment. My customers find their dogs are more content, sleep well and have better social skills. Paws to Hooves Pet Care offer beach and forest walks as well as boutique farmstay/daycare. Affordable rates. Contact Lisa@pawstohooves.co.nz see www.pawstohooves.co.nz or call 027 380 0265.

ARTHRITIS IN CATS

With the colder months, we often see more cases of cats "slowing down". People often think it's due to age but it can also be caused by osteoarthritis. Cats are exceptionally good at disguising pain and the signs of arthritis in cats can be very subtle and until recently, it wasn't a widely recognised condition in cats.



Some subtle changes in the behaviour of our cats can give us a clue if they are suffering from osteoarthritis. These include:

- Reduced mobility (stiffness or reluctance to jump up or down from things)
- Reduced activity (sleeping more, playing less)
- Changes in mood (being more aggressive and not wanting contact)
- Reduced hygiene (matted coat, longer and thicker nails)

There are various treatment options available that can help alleviate the pain of osteoarthritis ranging from supplements and special diets to pain relief with anti-inflammatories. Get your cat checked at the vet for this condition. West Harbour Vet Clinic 77 Hobsonville Road, West Harbour Phone 09 416 6388.

AUTUMN WINTER 2016 COLLECTION FOR DOGS

Animates, which has one of the biggest ranges of pet supplies and pet products in the country, has just launched its Autumn Winter 2016 collection for dogs. The range, which includes fashion and bedding, is designed to keep your dog warm as well as stylish this winter. The looks include cozy outdoor wear, statement coats and winter knitwear. The one stop shop for all your pet requirements, Animates also offers a range of grooming services to ensure your dog steps out in style. If you're not sure about sizing why not come in and see our friendly staff who are on hand to help you with all your pet care needs. The Autumn Winter 2016 collection is now available in the Albany, Glenfield and Silverdale stores as well as stores nationwide and online. Fashion range prices start from \$14.98. To view the collection or find out more about the grooming services go to www.animates.co.nz.



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Our grassroots - Kiwi-owned and operated, the success story behind Classic Builders began almost 20 years ago. This was when Peter Cooney and Matt Lagerberg saw a need in the market for quality, value-for-money homes, delivered within a pre-agreed time frame and at a fixed price. Founded in the Bay of Plenty, Classic Builders has grown to include the Waikato, Northland, Auckland and Queenstown. The company has expanded to become the largest residential house builder in the Bay of Plenty and Waikato, and is the fifth largest residential building company in New Zealand. We build almost 450 homes a year. This growth is phenomenal, as Peter and Matt personally oversee every region, choosing to avoid the franchise model of home building, which inevitably adds additional costs to a customer's home build. Matt and Peter also wanted to grow digital technology within the building industry, for the benefit of customers. Today, as leaders in building technology, they implement a highly functional computer system that supports the building process. In turn, this means client services run seamlessly from beginning to end of a home build. More about our directors - As the company has grown Peter and Matt's roles have evolved. Peter now takes a more strategic role in the development of the Classic Group. The Classic Group consists of Classic Builders, CBC Construction and Classic Developments. Peter



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advocates for customers through his role in the Development Working Party for the Bay of Plenty Region, as well as working with the Affordable Housing Community in New Zealand. Matt is a qualified Joiner and Project Manager and as co-director he oversees all aspects of the business. Matt personally ensures that your home is constructed using quality products to the highest workmanship. The Classic Builders 10-year Guarantee offers you an assurance of quality, as well as the certainty we will stand by your home for the years ahead. But really... it's all about you! - Building a home should be life changing and choosing the right builder is crucial in making this change a good one. We take all the stress out of the process; our builders and designers are the best in the industry. The majority of our home building is a direct result of customer referrals, which is a testament to our excellent customer service.

With a portfolio of over 150 house plans available, ranging from \$100,000 homes to multi-million dollar residencies, we believe we offer a wide range of options and have a great team of people to help walk you through the building process. Our teams have local building experience and knowledge, and they work together with you to design and build a home that suits your needs, and your lifestyle. Come and visit one of our show homes. We'd love to meet you! For more information go to www.classicbuilders.co.nz.

THINKING OF BUILDING?

Meet Your local New Home Consultant - Lloyd Hallett is based in Kumeu and has been with Signature Homes for three years. He has over 20 years knowledge and experience in the building industry. Lloyd is committed to ensuring customer service and satisfaction. With his proactive approach, lateral thinking and high standard of professionalism, he has gained the respect and friendship of many of his clients. In his role as a New Home Consultant he can assist you in finding that perfect piece of land right through to a turn-key solution. Alternatively he can guide you through a subdivision or a knock-down and re-build proposition. All proposals include our architectural and interior design service and of course our comprehensive guarantees. The quality workmanship, plans



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and design modifications that Signature Homes offer is what Lloyd believes makes Signature Homes Kumeu stand out in today's competitive building environment. So if you're thinking of building, get in touch with Lloyd Hallett, email: lloydhallett@signature.co.nz or phone 021 175 1670.

RENDERING TO REALITY

One of the first hurdles you face when you start planning your dream home is visualising the spaces. Traditionally you would collect together some images of things you liked and your architect or designer would produce some hand sketches and 2D plans to look at and try to visualise. This process would then be repeated a number of times as you refine your ideas and the plans. While this first step is critical in getting everything you want in your dream home, it can be time consuming and relies on you being able to visualise one dimensional plans as three dimensional reality. Seeing design in 3D is a whole lot easier and quicker. 3D rendering is rapidly changing both how you see your new designs and how you interact with them. Today, 3D rendering is used for analysis and approval in the building process. "3D rendering has completely changed the new home design process. Those who are not good with visualising plans find it so helpful seeing in detail how their house will look and function." Paul Reid Maddren Homes. 3D rendering makes it simpler and quicker for architects and designers to try different design variations. Revisions and changes can be made quickly and efficiently. Changes are made in a flexible environment which means they don't involve having to start from scratch. Walk throughs, fly overs and video modelling can even show the effects the sun will have to the design of the home.



"The advantages of video computer modelling are that the client gets to experience the full house and all the design features and structure that you miss between the usual still images. It also allows for solar modelling that portrays the design characteristics that have been included to further enhance the overall livability and efficiency of the home." Richard Furze Furze Architecture + Design 3D rendering doesn't just shorten the design cycle though. A final design can now be viewed via the internet or captured on a USB for wider distribution to key stakeholders. Teams can work together to identify different solutions and find out what works best and the most efficient ways to build. Any feedback or changes can then be made to the original CAD file easily. Building companies have been using 3D renders to capture static renders of new homes for some time, but this new generation of 3D visualisation creates a whole new level of value. From design improvements to greater efficiency in the building process. If you would like to see how your dream home could be rendered into reality contact Paul at Maddren Homes on 09 412 1000.

MADDREN'S TRADIE OF THE MONTH

Congratulations to Ian of Pannel Decorators for being the inaugural winner of the Maddren Homes Tradie of the Month. Maddren Homes is grateful to have Tradespeople like Mike who offer such high quality professional service consistently. Pannel Decorators are very reliable and continually meet timeframes which makes planning and project management that much easier whilst maintaining a high quality of workmanship. Maddren Homes understands the importance of having good quality tradespeople as a part of the overall team to help produce high quality homes that our owners can be proud of www.maddrenhomes.co.nz.



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JACOB CURRAN
Director

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WEST AUCKLAND SPACE

West Auckland SPACE has a new programme starting this month in Kumeu. Parents and their babies will get to meet each week to enjoy play/music, development discussions & guest speakers. A new baby can be very isolating. The focus of SPACE is to bring parents together as a community to enjoy playing with their babies. The SPACE programme has been designed to support parents through the first year of their child's developmental journey. The programme runs weekly for 3-4 terms (i.e. 30-40 weeks). The sessions are run by qualified facilitators who have knowledge, experience, and training in early childhood care and education. Parents love the support and ongoing friendships they make at SPACE. They also love the ideas and confidence that builds as they interact with baby in a supportive environment. For further information and to enrol please email space@teakoranga.org.nz or phone 09 09 838 8849 to enquire further.



KUMEU PLUNKET CLINIC

The local Kumeu Plunket clinic is community owned and local families have taken an interest and would like to see the small building receive a much needed facelift, with some external painting and cleaning, internal painting and a re-arrangement of seating and storage, rewiring of the building and some plumbing work carried out. Local parents have taken an interest in supporting Plunket services in Kumeu by trying to make Kumeu Plunket Clinic a welcoming place for local families to visit for well child health checks and community services such as parent groups and education. This building is in need of some TLC and has a number of issues to be addressed. Some local tradespeople are already helping out which is fantastic. Lions Huapai/Kumeu group have made a donation to help upgrade the facility and local parents are hoping other organisations/

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businesses will help with the upgrade. A local parent has designed an upgrade as part of an assignment and other parents are hoping to put some of the design in place depending on how much money is fundraised locally to pay for the upgrade. Any financial donations can be banked to: RNZPS Waitemata Area Inc, Bank of New Zealand, 02 0500 0966362 00, Reference: Kumeu. If you contact the Plunket WaitemataFinance@plunket.org.nz with your contact details you will be issued an official Plunket receipt and thank you letter with an appreciation certificate for your own display.

WAIMAUKU PLAYCENTRE FAMILIES WELCOME YOU TO "COME IN FOR A CUPPA AND A PLAY"

Come and learn more about this wonderful resource in our community and the unique opportunity it could provide you to share in the precious early childhood education experience alongside your children. At Waimauku Playcentre we have a unique group of families from both Waimauku, Muriwai and surrounding areas. Some mums are stay at home mums, some mums work part-time, we have grandmas who bring their grandchildren, we have children who attend both playcentre and kindy, we have families who only attend playcentre, we have families who home school and those that will head to school. It's a great melting pot of fun and one of the great things about playcentre is your child forms relationships with both children and adults, in a group setting at their own pace, feeling confident whilst with their family member. It is a great place too for mums and dads to socialise, we have regular Friday family fun nights. 69 Muriwai Road. Our sessions run on a Monday, Tuesday, Thursday & Friday from 9am - 12pm. Or for more information please phone 411 8256 or email; info@waimaukuplaycentre.org.nz.



MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Wed 1 Jun	05:54	12:28	18:33	-	-
Thu 2 Jun	-	01:00	06:59	13:29	19:36
Fri 3 Jun -	02:00	08:00	14:27	20:36	
Sat 4 Jun	-	02:57	08:57	15:22	21:30
Sun 5 Jun	-	03:50	09:51	16:13	22:20
Mon 6 Jun	-	04:40	10:41	17:01	23:08
Tue 7 Jun	-	05:28	11:29	17:47	23:53
Wed 8 Jun	-	06:14	12:15	18:33	-
Thu 9 Jun	00:38	07:01	13:01	19:18	-
Fri 10 Jun	01:23	07:48	13:47	20:04	-
Sat 11 Jun	02:09	08:37	14:36	20:53	-
Sun 12 Jun	02:59	09:29	15:29	21:47	-
Mon 13 Jun	03:54	10:24	16:27	22:46	-
Tue 14 Jun	04:52	11:21	17:26	23:47	-
Wed 15 Jun	05:49	12:17	18:25	-	-
Thu 16 Jun	-	00:46	06:45	13:11	19:20
Fri 17 Jun	-	01:40	07:37	14:01	20:09
Sat 18 Jun	-	02:28	08:24	14:46	20:53
Sun 19 Jun	-	03:11	09:07	15:29	21:33
Mon 20 Jun	-	03:52	09:48	16:09	22:12
Tue 21 Jun	-	04:32	10:28	16:49	22:50
Wed 22 Jun	-	05:12	11:08	17:29	23:29
Thu 23 Jun	-	05:53	11:49	18:10	-
Fri 24 Jun	00:09	06:35	12:31	18:53	-
Sat 25 Jun	00:51	07:20	13:16	19:38	-
Sun 26 Jun	01:37	08:08	14:04	20:27	-
Mon 27 Jun	02:28	09:00	14:58	21:22	-
Tue 28 Jun	03:24	09:57	15:58	22:23	-
Wed 29 Jun	04:24	10:57	17:02	23:28	-
Thu 30 Jun	05:28	12:01	18:08	-	-

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



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ognises this, and we have just received our new season's stock, newly bagged up and ready to go into your gardens. If you are after a mature readymade fruiting tree, we have those in stock as well.

Now is the best time to plant citrus trees, as they have winter and spring to get established before summer. Citrus trees prefer a sunny spot, preferably frost free, sheltered from strong winds and a well-drained position.

Our citrus have just been wrenched, which is a process where the roots are cut without lifting the plant, then uplifted and bagged up. You will find the soil is loose in the bags and the root ball quite small. This is normal and your plant will thrive provided it is planted in good free draining soil.

Dig a hole approximately twice the depth and width of the bag and partly fill with garden mix. Place your tree in the hole and fill the remaining hole with soil. Make sure your soil is no higher than where the soil came to when it was in the bag. Stake the tree until it is established. Be sure to water your tree if there has been no rain every three days or so until established. Mulching the area around your citrus tree is a good idea also. Again keep the mulch away from the trunk.

Citrus trees like to be fertilised regularly especially in spring and summer to encourage maximum fruiting and flowering. Awa Nursery has a fertiliser specifically catered to citrus should you require a bag.

UPDATE FROM SPARKN

Firstly, a huge thank you to all the parents and children of Waimauku Primary School who came along on the Runway Challenge. Distances of between 3 and 10 km were raced with the aim of raising money for Waimauku School. The sausages and bread were consumed rapidly after all the exercise!

This month we have been renovating a farm out in Helensville and repairing the farm equipment as well as working on a new build up near Awa. We are getting involved in a great deal of lighting design work, something Tony has a flair for. We love setting up outdoor lighting and highlighting garden features and it is particularly rewarding at this time of year with the darker evenings. Please contact Tony on 021 772 756 to discuss your electrical needs.

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FIELD DAY SPECIALS ON TANKS

TANKS - Call into KPL for information on our Mystery Creek Field Day specials on Aqua Tanks 10,000L – 31,000L. Specials begin June 15th 2016 and are valid until 30th June 2016. FREE delivery! With very little rain for this time of year, seasons are becoming more and more unpredictable. Think ahead and install your extra water tank for the upcoming Winter months. WOODFIRES – Turn up the heat and install a Wood Fire, FREE flue kit promotion currently running with Kent Wood Fires. A large range of Firenzo, Kent and Wagener Woodfires are on display in our showroom available in Clean Air and Non Clean Air options. Call into KPL to view. SMOKE ALARMS – Time to install smoke alarms, replace that old one. KPL stock Cavius Smoke Alarms, World's smallest Photoelectric Smoke Alarm, with some big features; 10 year long life battery, a penetrating sound at 85 dB(A) at 3 metres, 10 minute pause, unique smart clip mechanism, aesthetically pleasing, environmentally friendly, value for money, NZ Building Code Compliant. Available in



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LIVESTOCK REPORT

Cattle at Pukekohe on Saturday sold to recent trends, but buyers were less enthusiastic for some reason despite cattle numbers being fewer. In fact, judging by the noise levels during the auction, it looks as though many turned up just for a chat! Still, quality cattle continue to be most sought after, with medium WF steers selling very well indeed with best to \$1,300 and a nice weaner S/H bull made \$1,180. The forecast rain could very well set the store market alight as the growing conditions have rarely been better than they are at present.

CATTLE

Medium 2 year steers	\$1,120 to \$1,425
Very light 15 month Fresian steers	\$610 to \$640
Medium weaner steers	\$520 to \$690
Smaller x bred steers	\$450 to \$510
Medium prime heifers	\$1,100 to \$1,300
MT 15 month Fresian heifers	\$460 to \$535
Boner cows	\$695 to \$1,450
Very light cows	\$365 to \$570

SHEEP

Fat lambs	\$85.50 to \$100
Store lambs	\$30 to \$73
Ewes	\$51 to \$70
Rams	\$20 to \$53

FEEDER CALVES


W/H bulls	\$150 to \$250
Fresian bulls	\$30 to \$167
W/H heifers	\$200 to \$350
Heifers	\$92 to \$94

PIGS



Weaners	\$85
Store	\$130
Porkers	\$160

NEW HOMES REQUIRE INTERIOR HELP

Building a new home can be daunting. A lot of you are going through the process right now. Once you have decided on your building company, it is important to enlist the help of an interior designer for at least one consultation. If you go for a template design, get an interior designer to really look at the layout and help you make decisions on increasing the size here and there, heightening the stud in areas or fleshing out your storage requirements. Secondly an interior designer is a great asset to help you decide your scheme. Paint, carpet, tiles, hardware, and electrical requirements for the future. And thirdly I have provided many 3D renders for families to really make them un-



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derstand the space. We all know that moving into a new house with your old furniture just doesn't look the same so it's about being smart and compromising on a few top pieces that you should retain and purchase to reflect the overall integrity of your new beautiful home. For more information, or a consultation, contact Pocketspace Interiors. www.pocketspaceinteriors.com.

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EDIBLE GARDENING

This winter, make a trip to Auckland's Botanic Gardens, where their brick-walled, edible garden is outstanding in its display of winter food crops. Warmer than usual temperatures have assisted- there's plenty of inspiration and take-home tips for growing food as we finally head into winter.

- Cold hardy vegetables – Giant Mustard, silver beet, fennel, red and green cabbages, kale and mibuna are all good to grow as we head into winter. Iceberg-type lettuce varieties tend to be

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the strongest in the winter months.

- Garlic - great time to put a crop of garlic in. Gently separate out healthy cloves from a head of garlic and plant 10 – 15 cm apart with the 'pointy end' facing upward.
- The many uses of rosemary – subtle flavouring for winter cooking, beautiful blue flowers – winter are two of the benefits of growing rosemary. But check out the Botanic Gardens' stunning rosemary hedges around their vegetables beds.
- Fruit tree clean-up – ahead of pruning, pick up fallen leaves and rotting fruit to eradicate risk of leaving diseased spores in the soil. Spray after leaf fall with copper and oil to further clean-up for spring growth.
- Dig in lupin green manure crops – when they get to knee-high and ahead of flowering, cut down the plants and dig through the soil.
- Liquid Frost Cloth – if you tend to get frost in winter, now's the time to protect citrus and other vulnerable bushes by spraying over liquid frost cloth, a heavy oil-based cover that helps lessen frost damage on leaves.

The rest of the garden

- Hardwood cuttings – Perfect time to take cuttings of roses, hydrangeas, viburnums etc. Cut 15-20cm pieces of up to 1cm thick and remove leaves. Make sure the top is cut on a slant just above a leaf node. Place cuttings in Propagating sand and water regularly until the cuttings have taken root when you can transfer to their own pot. (Hydrangeas cuttings can go straight into the garden).
- Drainage in Lawns. If your lawn doesn't drain well in winter, apply a layer of gypsum ahead of rain. Repeat in a fortnight's time.
- Inside – Reduce water to house plants, letting them dry out between watering. Tidy up old leaves and wipe dusty foliage with a damp cloth.

HOW TO CARE FOR YOUR SEWING MACHINE

How do you keep your machine in good working order? I do get asked how often you need to service a sewing machine. Some machines come with 1 or 2 free services in the first two years. If you use your machine regularly then a yearly service would keep your machine in tip top condition. If you do not sew that often then every 2 years would suffice.

To keep your machine running smoothly you should clean it regularly. This involves taking out the bobbin and bobbin case, hook if it has one and removing the stitch plate. Using a small dry brush, clean out all of the lint (looks like lint out of the dryer) or a small blast with an air compressor or suck out with a vacuum cleaner. Once lint is removed you can use a cotton bud to wipe surfaces free of oil and other grime. A few drops of machine oil on to the hook (if your machine has one) and then reassemble. Put a new needle in, thread the machine and

using a scrap piece of fabric sew test. I often use a zig zag back and forwards to get any excess oil used up before you start on your new project. To help keep your machine lint free for longer you should use a good quality thread. Often the cheap thread you pick up from bargain shops can be old or not good quality, causing breakages and excessive lint build up.

If you are not sure about how to remove your bobbin case or stitch plate please call into All Things Patchwork as we are only too happy to help. 09 411 7618.

INDEPENDENT PRE-PURCHASE HOUSE INSPECTIONS

If you are investing in residential property, an Independent Pre-Purchase House Inspection takes some of the stress out of property transactions by providing a comprehensive building report of all aspects of the property; you can then precede in your property transactions with full transparency.

We place special emphasis on leak detection, movement or subsidence, unusual signs of deterioration, insect infestation, and any other concerns that may affect the value of a property. See below for the list of what is included in the inspection.

Our promise to you - Your inspection will be carried out in a thorough and professional manner by a very experienced and competent builder. We will provide a verbal report by phone, and via e-mail a detailed written report clearly outlining all findings. A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005.

We are totally independent and work only in the interest of the perspective purchaser. We cover the entire Auckland area, from Orewa to Pukekohe and beyond. Reports are promised within 24 hours but are usually sent on the same day as the inspection. Competitive prices – from \$350 (single level, verbal only).

Our inspectors Kevin and Keith have over 100 years building experience between them. There is a lifetime of experience behind our eyes. To speak to Kevin call him on 021 288 0101 or email kevinmontgomerie@gmail.com.

GETTING YOUR PROPERTY 'OPEN HOME' READY TOP TIP NO 4

Walking into a house that smells divine evokes quick pleasure responses from us human beings. It can be as simple as triggering a positive feeling or bringing a nostalgic memory immediately to mind.

Equally walking into a property that has lingering odours from cooking, pets (cat urine or doggy smells) or faint whiffs of dirty laundry has the power to subtly or not so subtly repel us even if



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we are not consciously aware of it.

There are many simple and cheap ways to kick a room's odours.

1) Simmer water in a small pan and add citrus slices and herbs like lavender or mint. The heat permeates the sweet scent throughout the house.

2) Clean your garbage disposal. First try spritzing a dollop of lemon scented dish soap down the disposal, run the water, then turn it on. You can also run lemon or lemon rinds through the disposal with lots of water. If the smell persists, pour in half a cup of baking soda while running warm water.

3) Turn on the oven. Nothing beats the aroma of warm baked goods. Something simple like cinnamon rolls or cooking bread rolls fills the house with good old fashioned yumminess.

4) Place candles strategically. Candles are an obvious way to make your home smell sweet and clever placement can increase their efficiency. Try putting an unlit candle in the linen cupboard or storage areas and when buyers open cupboards the scent will give them a nice surprise.

5) Lastly, don't leave smelly socks laying in laundry hampers, or run a drier before an open home. Open windows to create air flow and to help rid any lingering smells. Invest in a spray bottle of room fragrance and apply a spritz to every room prior to the open home.

For an appraisal or any questions you may have about the current market please contact Susan Annett on 021 345 788. susan.annett@mikepero.com.

LET'S GET THOSE CURTAINS RIGHT

Renovating or building? The Lou Brown Design Paint Colour workshop evening is just around the corner – Thursday 2nd

June. Take the guess work out of selecting paint colours for your interior and exterior, be inspired with creative and fresh ideas, and gain the skill set to confidently select the RIGHT colours for your home or business. The last workshop sold out and this one is not far off, visit www.loubrown.co.nz, under the colour workshop tab to book your spot.

Right, on with this month's blog, how to get your curtains right.

Select the right pleat style. For a modern, clean look go no further than a wave heading. If you like a plush and full look, go for a French pleat. This pleat style will use more fabric and therefore expect to pay more. If budget is a factor, use a pencil, inverted or New York pleat as these use less fabric. For a casual, French Country look, a tab or tie heading will do the trick.

Let the light in! Order your track or rod at a customised length so it spans far enough either side of the glazing to allow your drapes to stack entirely off the glass. This ensures your view is unobstructed, maximum daylight enters your home and your curtain fabric is protected from sun damage.

Take full advantage of the height of your space. By taking your curtains right up to the ceiling you will extend the sense of height in your room, and who doesn't want their room to look spacious. True no? As a rule of thumb, tracks and rods should be mounted at least 200mm above the architrave, and if you have a high ceiling don't be afraid to take them right up close to the ceiling line.

Nothing screams luxury like puddling drapes. Ok so it's not everyone's cup of tea, so if you'd prefer not to go for that look,



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at least let them relax on the floor by 10 – 20mm. Most fabrics absorb moisture and shrink during the dry months, and this will prevent a gap between the curtain and the floor – it's like having your fav pair of pants shortened just that bit too much. Ouch! Even if you have a half height window, take the curtains right down to the floor. It looks ten times better. Promise.

Track colour. Unless you have a feature rod that you'd like to be on show, match your track colour to your wall colour. This will seamlessly blend the track into the wall, allowing your drapes to be the wow factor.

For more of my helpful interior blogs visit my website or Facebook page www.facebook.com/loubrowndesign. Feel free to come down and visit us at the gorgeous Studio Black stocking boutique collections of handpicked designer products. Shop hours are Thursday and Friday, 10am – 4:30pm or by appointment 021 814 329.

DO YOU KNOW WHAT WIDTH YOUR FEET ARE?

Many women struggle to find shoes that fit them comfortably, while many men can't fit into narrow men's European fittings.

Take this test – to measure the width of your foot:

- Put a piece of paper on the floor against a wall and stand on it so that your heel touches the wall. Put a mark where your biggest toe ends do for both feet.
- Get a tape measure and place it under the ball of your foot, bring one end past your little toe and the other past your ball joint and bring the ends of the tape measure together.
- Then check your measurements

If your width measurement is 10mm less than your length you are a W fit and if it matches your length you are a WW and both mean you have Kiwi feet. Check out Shoe Talk today where we cater for the Kiwi foot.



It's time to plant STRAWBERRIES



Strawberry
4-pack
8⁹⁹



Strawberry
Mix
15⁹⁹

Strawberry
Food
8⁹⁹

Strawberry
Straw
6⁹⁹

Top Tips

- Plant your strawberries now for a great summer crop.
- Allow 5 plants per household member to ensure there are enough to go around.
- Strawberries will happily grow in pots, troughs and hanging baskets – get creative!
- Place strawberry straw around the base of your plants to keep the soil warm and protect the berries.



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