

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

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

KUMEU FIRE BRIGADE ADDS TO RESPONSE

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 2017

Intro

Welcome to the June edition and the start of winter. With the recent cold snaps now is a good time to look at maintaining that good health you have had for the last 6 months and making sure winter doesn't get you down. Black Lotus Float is a new business opening in June in Riverhead that is sure to be a winner with people from all walks of life. Floating is a way to pause the hectic, saturated world and enter a state of deep mental and physical relaxation. Floating has many benefits to the overall health and well-being of your body and can be used as a tool to aid in the relief of stress, depression and anxiety, deep relaxation, pain reduction and aid in the elimination of addictive habits. If you think you could be in need of some deep relaxation or just some quiet "me time" get in contact with them via Facebook and Instagram for discounted floats, specials and competitions @blacklotusfloatstudio or book online at www.black-lotus.co.nz.

Winter is also the time for indulging in gorgeous wines and delicious food and we are certainly spoilt for choice in our wonderful region – Soljans Estate Winery is holding its annual Winter Wine Fair from 7th - 23rd July 2017. It is the perfect time to pick up some remarkable deals on Soljans award winning wines. If Beer is more your tippie, then perhaps a weekend gathering with friends and family at Hal-lertau is in order. We know they are good, after all they just won best Licensed Hospitality at the inaugural North West Business awards. More than 150 local business operators and their staff, friends and family enjoyed a gala dinner held at The Riverhead with Wallace Chapman as MC. Sixteen local North West businesses were recognised with awards for doing excellent business. Congratulations to you all and a huge thank you to all those who support these business by buying local. For more info on great places to eat out check out our Food and Beverage section.

ated. Cups of tea and brekkie in bed are also highly welcomed...

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



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

kumeu Courier

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Cover photo: Kumeu Volunteer Fire Brigade - From left: Karl Canham, Jeremy Burnett, Kris Lean, Mike Hutchins, Stephen Briggs, Ryan Jackson, Daley Jones, Caroline Cave, Aimee Murray, Laila Alkamil, Todd Rakels & Andrew Beattie.

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KUMEU FIRE BRIGADE ADDS TO RESPONSE

By Geoff Dobson

Thanks to community support, the Kumeu Volunteer Fire Brigade has a new vehicle for beach incidents, large animal rescues and better access for personnel and equipment.

The four-wheel drive Nissan Ute will be outfitted with all the gear, including extra lights, sirens and a winch. It is due to be completed and commissioned within the month after some final additions and training.

All up, the new support vehicle will cost about \$75,000, all of which has been fundraised by the brigade and provided by the Kumeu, Huapai and surrounding community.

"The brigade thanks the community for its support," chief fire officer Andrew Beattie says.

He expects the support ute will be busy. The brigade now has three vehicles and its 30 members attend around 300 call-outs annually.

It's not just fires either. Crashes, farm and recreational incidents, flooding and medical emergencies make up many more.

Rescues of horses and stock – usually from drains or holes – differentiate the Kumeu brigade from many other Auckland brigades.

Kumeu and Silverdale brigades are among the few carrying a large animal rescue kit, which will be allocated to the new ute. The ute will also be used to support the brigade's other appliances at emergencies.

Andrew says the new vehicle has been eagerly awaited and will greatly help the brigade's response.

Retiring an aged van from the fleet and replacing it with this 4WD will give the brigade another very useful tool for their kit when protecting the community in which they all live, he says. Meanwhile, the constant challenge faced by brigades like Kumeu to meet their requirements should gain relief under new rules due to take effect from July 1.

That's when the new Fire and Emergency New Zealand (FENZ) will bring together more than 40 separate organisations, over 600 fire forces, more than 12,000 volunteers, and about 3000 paid staff into a single new organisation.

It's essentially a merging of urban and rural fire services, with full integration expected to take four years.

A unified fire services board will also cater for Department of Conservation, Defence Force and industrial fire services.

FENZ is one of the most significant changes to the fire sector since the 1940s. It will ensure New Zealand has a modern, fit for purpose and well-funded fire service, Internal Affairs Minister Peter Dunne says.

Firefighters respond to a wide range of emergencies, including medical callouts, flooding, hazardous spills, and crashes.

This "non-fire" activity now takes up more time – about 60 per cent – compared to responding to either building fires or vegetation or forest fires, the Department of Internal Affairs says.

It says a number of developing issues will impact on the future of fire services unless they are addressed.

One is the need for fire services to be adaptable when responding to the particular risk profile of different communities and industries.

"There is also a growing awareness that with an ageing population and increasing urbanisation, the pool of volunteer firefighters is under pressure, particular in small rural towns. Volunteers make up 80 per cent of our firefighting workforce – more commitment to volunteer firefighters is crucial to strengthen our overall ability to respond effectively."

Issues raised during public consultation included changing legal, societal, and role expectations of firefighters; variable leadership and lack of coordination within and between fire services; inconsistent investment for some community needs; and cultural differences between fire services and other emergency services causing operational coordination problems.

The FENZ bill (which passed its third reading on International



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PEOPLE & PLACES

Firefighter's Day, May 4) also provides for an updated offences and penalties regime, new powers for managing hazardous substances incidents, new measures to encourage compliance among levy payers and to protect the levy's integrity; and new powers for firefighters to enter premises to investigate fire causes and to take samples.

Lobby group, The New Zealand Taxpayers Union, says the reform will see a 40 per cent increase in fire levy rates on insurance policies. For residential insurance-holders the fire levy only applies to the first \$100,000 of cover, so the increase will be a maximum of \$36.20 per annum, union economist Mac McKenna is reported as saying. "However, because the cap does not apply to non-residential property the average levy paid will be substantially larger"

Levies have not risen since 2008.

Muriwai Volunteer Fire Brigade officer in charge, Phelan Pirrie, says demands on services are growing, particularly with increasing population.

He says both urban and rural services have been under the New Zealand Fire Service Commission with slightly different command structures but very different funding models – the Fire Service mainly from insurance levies, and rural services funded mainly by ratepayers.

"Combining these into one service with centrally sourced equipment, training, uniform and fleets makes perfect sense."

The Rodney Local Board deputy chairman also says many councils are struggling to fund their fire services.

Phelan says a budget increase is long overdue and he believes the reform will see the public get a better service for an annual cost that is two days' worth of national health spending.

The Kumeu Volunteer Fire Brigade especially thanks Huapai-Kumeu Lions, Waimauku Lions, Cottle Motors and Auto Electrix, West Auckland Nissan, Colliers West - Oktober Fest Function, Truck and Machinery Show 2016, Stihl Kumeu, Fonterra Grass Roots Funds, 5 Station poker run 2016, TDL Tyres, Kumeu Tyres, Access Mobile Radio, Huapai District School, Goodwood Park Healthcare, Barton Brothers, Logan Signs and Camco Industries.

TOP NORTH WEST BUSINESSES HONOURED



Scott and Sue Narbey, centre, of Physio Flex receive the supreme award at the inaugural North West Business Awards. Also pictured are North West District Business Association chairman Tony Forlong, left, and Richard Thomas of sponsors Thomas Consultants and a winner in the Westpac Auckland Best of the Best awards, right. Photo: Anita Hodgman.

Physio Flex was named the supreme winner of the inaugural North West Business Awards.

It's another win for Sue and Scott Narbey who recently cleaned up the Ballance Farm Environment Awards Auckland, taking the supreme award for their Helensville farm.

A physiotherapist, Sue has run Helensville's Physio Flex for 10 years, employing 10 staff in the business owned by the pair.

The couple met in their late teens at the Helensville Rugby Club and have two children - Bella, 7, and Ollie, 5.

Sue acknowledges staff and the five physiotherapists, saying the award is really for them and a reflection of their commitment.

She says they're also proud to sponsor many clubs and schools in the area.

"We all enjoy living and working in such a fantastic community." The Narbeys were among 155 nominations for the business awards, with 46 finalists selected across eight categories. About 7000 public votes were cast.

More than 150 local business operators and their staff, friends and family enjoyed at a gala dinner at The Riverhead with master of ceremonies Wallace Chapman.

The winners for each of the eight categories were announced, including the People's Choice award, which went to Woodhill Mountain Bike Park.

North West District Business Association chairman Tony Forlong says the awards are a chance to celebrate the diversity of business in the area and recognise some exceptional businesses. The awards were also sponsored by Thomas Consultants and

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The Riverhead.

Finalists were judged on a range of factors, including a mystery shop, public voting and a submission of their choice prepared by each business. It was here that the North West creativity shone with submissions including videos, a fish and chip meal made out of chocolate and a business story told entirely on the lids of multiple boxes.

TAUPAKI COOKBOOK PROJECT ON THE BOIL



Taupaki cookbook project team members on the job include, from left, Helen Kruse, Kerry Sanders, Linda Roodt (project coordinator) and Nicola Topping (project coordinator and photographer).

The inviting aroma of home baking is wafting through Taupaki as preparation gets underway for a fundraising cookbook project.

Recipes ranging from goat's milk yoghurt to lamb shanks slow cooked in port and red wine will feature in the 230-page book Gather, raising money for Taupaki School.

Dishes have to be tried and tested for the mouth-watering venture.

Project coordinator and professional photographer Nicola Topping of Taupaki then has the massive task of photographing 105 dishes from family kitchens all over the area.

"The recipes within the book aren't ambitious or pretentious," Nicola says. "They are highly achievable family favourites and recipes that use the produce grown or produced on properties throughout our district."

Planning of these dishes has taken some months and has seen the Taupaki cookbook team amass several hundred props and styling accessories, now in Nicola's studio ready to be photographed.

The book is due to be published in October as a professionally bound, full-colour cookbook. Each recipe will be accompanied by a photograph.

"People tend to eat visually," Nicola says, who has also photo-

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graphed food for Viva, Canvas, New Idea and other cookbook publications for various schools around New Zealand.

"If it looks good you tend to have more faith that it is also going to taste good."

This is not the first time Taupaki School has produced a cookbook. It put out an A5 spiral-bound book in the 1980s. This book featured more than 300 carefully typed recipes and is still used by many families throughout the district today.

Coordinators for the latest project hope this new book will become as much a favourite cooking companion as the old one. "We are already incredibly proud of this book, and what a small community can come together to achieve," Nicola says.

The team aims to raise \$25,000 to \$35,000 from sales of the book, printed on lumi silk paper with a matt laminate cover. It will be section stitched and limp bound.

Sections of the book are sponsored too, while at the back is a "Time out of the Kitchen" category featuring local eateries.

The number of printed copies has yet to be determined, but more can be reprinted if they sell out quickly.

Gather will be available for \$30 at the school's Monster Fireworks event at the Kumeu Showgrounds just prior to Guy Fawkes, via the Taupaki School website or directly from Taupaki school families.

HUAPAI RESERVE GAINS MORE FACILITIES



Caption: Hayley Brown demonstrates how to use the new Huapai Reserve Fitness Station under Peter Bristow's supervision. Development around the Kumeu district is having one notable spin-off – increasing use of the extensive Huapai Reserve. It's not just the well-used football fields, cricket pitches, netball courts and other organised sports that are seeing the growth. A big playground is popular with visiting families, and a wide concrete path around the park perimeter has walkers, children, skateboarders and the occasional cyclist taking full advantage. A new addition to this is a fitness station – the first of three proposed by the Huapai Reserve Advisory Committee. The group, chaired by Gary Moss, and representatives from all

park user groups, had suggested a walking path around the park for more than 20 years.

A member of the committee and strong advocate for the path has been Monte Neal, whose father, Brian, was among Kumeu Cricket Club members who first developed the park in the 1950s.

The need for safe places in Huapai-Kumeu to walk, run and cycle away from traffic, fumes and noise has been recognised for many years and its use for casual recreational activity has grown, Monte says.

He says other park works took priority, so it was some time before the pathway could be done, starting in 2015.

The Neal family will contribute a bench seat, with another coming from the Kumeu Women's Institute as the committee is keen to encourage the more passive recreational aspect and get people and businesses involved in contributing.

The first fitness station near the park's northern boundary is a good example.

A \$5000 donation towards the station has come from the Huapai-Kumeu Lions Club, and \$10,000 was provided by the Rodney Local Board.

Peter Bristow from B3 Personal Training, a Kumeu business he started about 20 years ago, got involved in the fitness station project too.

He wanted to ensure the station was suitable for most people to use and that it helped provide as much fitness benefits as possible. Son Harrison, 3, was keen to try it out too.

"Being Kumeu born and bred, I have such a passion for helping local people get fit, feel good and seeing them lead the most fulfilling lives they can," Peter says.

"During my time running my business, I've worked with hundreds of locals in one-on-one or group training sessions, I've run boot camps and B3 8-Week Challenges - giving away \$10,000 to the 'biggest loser'."

Peter went to live in Sydney five years ago, but since his return in 2015 he's again been working with locals to help them achieve their health and wellness goals.

The Kumeu company Playco, made fitness station helps with many bodyweight exercises like chin-ups, dips, push-ups and more, Peter says.

After the station cheque presentation from Lions representatives Gavin Bertelsen and Roger Harris to Monte Neal, Peter spent more than an hour helping guide park visitors through the station's procedures.

He recalls when playing for the Norwest United Football Club that the park's facilities were limited.

Now Peter enjoys seeing people use the many available now, and says it's got to be good for them.

Workout videos and more free workouts at fitness stations will be released on his B3 Personal Training Facebook page.

Peter also continues to run boot camps every Monday evening at Taupaki School, and Wednesday evening and Saturday morning at Huapai District Primary School.

Rodney Local Board deputy chairman Phelan Pirrie attended the fitness station launch and says the board has put about \$3 million into the park's development over three years.

A multi-sport indoor venue worth around \$5 million to \$10m is being considered for the reserve, catering for cricket, football, squash and badminton.

Phelan says a steering committee is working on the project and he says it's the board's main advocacy item this financial year.

Much of the funding is expected to come from development contributions, another spin-off from the area's growth.

SAFER COMMUNITIES

The members of the Waitakere Brigade have been involved in two important events recently. First was being part of the Swanson and Waitakere RSA's ANZAC Day Parades which was an honour for us to be involved. This is a very important day for New Zealand and Australia and I hope you made time to reflect on the sacrifices made by our service men and women.

The second was on the 13th May 2017 when four members of the Waitakere Volunteer Fire Brigade joined the 900 firefighters from around NZ, Australia and the USA to brave the Sky Tower's 51 flights being 1,103 steps while wearing 25kg of full firefighting gear and breathing apparatus to fundraise for Leukaemia and Blood Cancer NZ.

The four team members were Graham McIntyre, Stephen Bishop, Wendy Paltridge, and William Grigg.

The total funds raised for Leukaemia and Blood Cancer NZ this year was \$1,258,780. This is a fantastic effort!

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COMMUNITY NEWS

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KUMEU LIBRARY IS GETTING CRAFTY IN JUNE

As the weather gets cooler indoor occupations are much more attractive, and Kumeu Library has a wealth of material to inspire you, no matter what your favourite type of craft is. Our main display for the month will feature the work of the KumeuKnitty knitting group. We will be highlighting the library's collection of craft material – our items include books, DVDs, eBooks and magazines on knitting, crochet, quilting, sewing, painting, drawing, scrapbooking, cardmaking and toy-

making, and many more to inspire you. Tuesday 13 June is Worldwide Knit in Public Day, and the KumeuKnitty group will be knitting up a storm at Kumeu Library between 10am and 12 noon – grab your needles and come and join us! This group is also planning an installation in the area for International Yarn Bombing Day. This group of talented knitters meets at the Kumeu Arts Centre every Tuesday between 10am and 12 noon (cost is \$3 per session).

Come and join us on Saturday 17 June, and learn how to make a Sock Monkey Sloth! This is a free craft class for adults – most materials are provided, all you need to bring is a pair of socks! Basic sewing skills recommended.

Our regular monthly Crafternoon for adults is on Wednesday 28 June from 2.00 to 3.00pm – this is a free, fun, relaxed session with all materials provided. Make sure you pop in to Kumeu Library during June to make new friends, learn something new, and get inspired! Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with all the events and news from Kumeu Library.

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WOW - THE MONTHS ARE ROLLING BY

We've had a busy few weeks at Heart Saver, organising event medic cover for sports matches and corporates, booking in first aid courses for businesses and community groups, and unpacking our latest shipment of AEDs - check out those boxes! Thankfully we have MD and EMT Mike Mander here to keep a handle on them (pictured). Have you liked our Facebook page yet? Please do - we share lots of health tips and heart news, as well as behind-the-scenes shots of the Heart Saver team. Search for Heart Saver NZ. And if you are looking at purchasing an AED, now's the time - while we have some in stock! www.heartsaver.co.nz.



JUNE AT KUMEU ARTS CENTRE

The word 'space' can be interpreted broadly. As in, the area beyond the limit of earth's atmosphere, a business term, a gap between characters, the personal sense that small children lack understanding of, the sacred or the framework to sense direction and quantify distances. In this exhibition, part of the Auckland Festival of Photography, photographers were invited to boldly go where no photographers have gone before to depict this homonym. It runs until June the 16th. Following on from 'Space' is an exhibition of paintings called 'Wild West

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Coast' by Bethells artist Joelle Bunt. Joelle, who won First Prize in the Trusts Annual Art Awards last year, says... "I come from a long line of creative women and was raised free-range out at Te Henga. Spending my childhood roaming and exploring, the landscape became ingrained in me." Joelle's first ever solo show is set to be very special.



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PEST FREE MURIWAI

Pest Free Muriwai is a project initiated by MEACT and is now on a roll. We have the start of a "ring fence" of traps from the beach, past the tennis courts, along the forest track up to Mosquito bend. Currently we are setting up neighbourhood groups to infill the area. Our first group in Domain Crescent is well established with encouraging buy-in from the street community. Two more groups are ready to lay their first bait or trap stations, Top of Oaia and Edwin Mitchelson area. The next three area coordinators will soon be visiting households in Waitea (upper and lower west) and along Motutara (Centre north).

Eventually we plan to cover whole village (60-80%) laying bait in a coordinated "pulse" action. The rats will have nowhere to go!!

We need area coordinators in Motutara and Oaia. Ideally each coordinator will look after 25 - 30 households. We are bulk-buying traps and bait and on selling bait stations for \$28 including a one year bait supply. gerry@muriwai-environment.org.

CARIBBEAN CRUISING

Last month I travelled to Miami for a 7 night cruise on the beautiful 5 star Celebrity Reflection around the Western Caribbean. I went with friends and we took a few balcony cabins on the same side of the ship next to each other, the advantage of that is that we could open up the partitions on the balconies between each of the cabins and have one long balcony with lots of seating. There are also some advantages in paying, not a lot more, to upgrade with Celebrity to Concierge Class. This allows you priority boarding on and off the ship, your own reception area (no standing in those queues), a longer breakfast menu that will be delivered to your cabin at a time of your choosing, and a few other perks as well. The destinations we visited included Cozumel in

Mexico, George Town in Grand Cayman, Falmouth in Jamaica and Labadee in Haiti. Cruising the Caribbean is gorgeous with blue green water that you can see to the bottom, mixed in with their unique culture and of course scenery that takes your breath away.

The staff in our office have travelled on many of the very different Cruise ships throughout the world and we would be happy to help you with any of your Cruise needs. Lesley Johns is based at helloworld Hobsonville on 09 416 1799 or email Lesley.johns@helloworld.co.nz.



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KAUKAPAKAPA LIBRARY PRESENTS A VIDEO FEAST OF HISTORIC AND CONTEMPORARY PHOTOGRAPHS

Kaukapakapa Historic Library will be presenting a video feast of historic and contemporary photographs on Sunday 18 June to coincide with the Auckland Festival of Photography which runs from 1-24 June.



William Smoock, his wife, Frank Day, Leslie Day, W. Langford, Nellie Day, (seated) William Smoock (1930), Percy Day, Kate Langford, Dore in front of St. John's.

Photographs, assembled and taken by photographer Colin Lunt will include those featured during the 150th anniversary of European settlers arriving in Kaukapakapa, the subsequent weekend of festivities and a collection of contemporary photographs of Kaukapakapa, its people and places.

In preparing for the 150th anniversary celebrations a goldmine of material came to light which included some truly historic photographs from a collection assembled by the late Alan Jordan whose Eden Vale farm was where Wyn Close is now.

During the run-up to the celebrations and throughout the weekend, photographer Colin Lunt, who coincidentally lived in Wyn Close, photographed the festivities serving as a permanent record. Pictures along with a selection of Alan Jordan's pictures included in a video about the history of Kaukapakapa. Since 2010, some 500 more photographs from the Alan Jordan Collection have come to light and are now kept in Kaukapakapa's historic library.

The Alan Jordan collection of photographs, along with those from the 150th celebrations and contemporary images, will be screened in the library at set times throughout the morning of Sunday 18 June. Many of these photographs have never been seen in public before. DVDs of the collections will be available for sale.

KNOW ME, EAT ME

By Alison, Shar, Brodie, Rachel & Jo, teachers at Waimauku Kindergarten. Waimauku Kindergarten has joined the 'Know Me Eat Me' programme, a full-year, Te Whariki-linked programme for Early Childhood Centres which has children exploring the food we eat, where it comes from, why it is good



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for us and most importantly – what it tastes like. We are carrying out science and growing experiments and cooking and preparing food. Our children are building confidence around making healthy choices and testing their taste buds with many new flavours.

This month in the Know Me Eat Me programme our focus is Miraka = Milk. The children have made their own butter the old-fashioned way, and also yummy apple and yoghurt ring snacks. We are showing the children in different ways about healthy foods that are good for us, learning how milk is produced, what it can be made into and how it is good for our teeth and bones. The children have very much enjoyed the making and tasting of food made of milk. All are gaining a deeper understanding about the food we eat and where it comes from. Through the Know Me Eat Me programme children are encouraged to try foods in a relaxed, supportive and interactive way and in a time that's right for them. In June we will look at Karoti = Carrot and in July Huakiwi = Kiwifruit.

If you are interested in finding out more about us, please drop in or give us a call. We have a fantastic policy of NO FEES for Under 3 year olds (if doing under 20 hours per week).

Waimauku Kindergarten: 18 Freshfields Rd, Waimauku, Phone 09 411 8890, E: admin.waimauku@naka.co.nz, W: www.naka.co.nz/kindergartens/waimauku.

3 GOOGLE SEARCH ENGINES

There are actually three instances of a Google search engine in each country, Google Desktop, Google Mobile and Google Maps. This creates an opportunity when ranking for keywords so you can work on rankings in all 3 search engines.

What is Google My Business?



In the spreadsheet screenshot attached you can see keywords on the left and in each column a different ranking for that keyword in either Google Desktop, Google Mobile or Google Maps. For a business that has a physical location it is extremely important to have an optimised Google My Business listing with all the details filled out about opening hours, having the correct categories of services or products and accompanying images. The optimisation of this listing with specific keywords is where the opportunity to rank comes in and the importance of this listing in Google Maps experts say is of around 15-19% ranking benefit. David Partis – Website Optimisers – www.websiteoptimisers.net.

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IN BRIEF

UPDATES:EVENTS

ALL THINGS BERNINA

All Things Bernina formally known as All Things Patchwork has relocated to the Westgate Outlet Centre 3/7 Westgate Drive.

We offer the same professional friendly services that we were renowned for at Waimauku with sales on Bernina and Bernette sewing machines a particular focus. Buying a new machine is only the start of our customer service as with each machine comes free lessons on how to use the machine, a 5 to 10-year warranty depending on model and at least 1 free service.

Products and services, we offer include: Workshops with international tutors, in-house classes from beginners to advanced, quality designer fabrics, quilting notions, haberdashery, Bernina and Bernette sewing machines and overlocker sales and service, Full machine servicing of most sewing machine and overlocker brands.

Come in and visit us soon. Shop hours Mon – Sat 9:30am - 5pm. Phone 09 832 6994.

SENIORNET KUMEU

Today's Smartphones and Tablets are amazing devices, not only can smartphones make telephone calls, they can also have lots of other useful features such as: alarm clock, flashlight, GPS map reader, compass, spirit level, book reader - I could go on and on.

Tablets can also do all of the above, with the exception of phone calls (Although

there are some that can even do that)

At SeniorNet Kumeu we are helping our members to get the very best from their smartphones and tablets, through our meetings, training sessions and "Drop in" days.

If you would like to have fun learning how to get the most from your smartphone, tablet (including iPads) and computer, why not join our friendly and informal club with tutors who teach what you need at a pace that suits you.

We meet at 10am on the first Wednesday of each month at St Chads Church Hall Huapai, just come along to our next meeting on June 7th or contact: Brian Lacey on 022 183 1811 brian@lacey.nz or Nigel Dempster at nigeldem@outlook.com.

EMBODYBIRTH™ PREGNANCY AND BIRTH PREPARATION WORKSHOPS

EmbodyBirth™ one day workshops will be running in Kumeu, starting this June. These profound workshops include mindful movement for birth, gentle pre-natal yoga, meditation, holistic birth education, sharing and support. The techniques used help prepare and can help to have a more conscious, rewarding experience of birth. "So many of us women have anxieties around birth" says teacher Maree Delmar, who is a mother herself and also has five years' experience teaching pre-natal yoga here in Kumeu. "The techniques learned in Embody-Birth can really help to deal with anxiety

and to prepare for a healthy birth". The mindful movement is based around the ancient art of belly dance, which actually began as a birth dance. "It is incredibly strengthening for the birthing muscles" Maree says "and also you get to learn how to use those muscles and move your hips before going into birthing. It also helps to tune you in with your instincts, which is where we need to be to allow birth to happen". The movements used are very slow and basic and no dance experience of any kind is necessary. Dates for Kumeu are the 10th of June or the 5th of August, \$89 earlybird. Contact Maree to book (limited places) embodybirth.maree@gmail.com or 021 022 93012.



THUMBS UP FROM HUAPAI SCHOOL

A big thanks to the local businesses that assisted with funding 130 new performance sports tops. The unique striking pattern was a result of a school competition which the kids contributed their own design ideas and then voted for the winner. Smashing promotions turned their drawing into reality with the assistance of Vodanovich Law, Harcourts Kumeu

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Western ITM, Kumeu Motors, Craig Walker Building removals, Alpha Electrical, Autoworx Moters, Water FX Plumbing, and G J Gardner Homes.

Please support these community minded businesses, where you can, The kids have flash new sports gear, looking sharp and ready for action. Is your school or business looking for sponsorship or to sponsor call Mark 09 412 6235 or mark@smashingpromotions.co.nz.



MR BINZ – BIN THERE, DONE THAT!

After 19 years we have handed over the reins of Mr Binz to new owners. We spent those years building our fleet of new trucks to service the local community of businesses with their weekly waste requirements and homeowners with their yearly clean outs.

Working with local builders has been a highlight, being a small part of a team of professionals building amazing homes in some stunning locations.

The growth out west has at times been hard to keep up with but by employing drivers who take pride in their work and have the same values that we strived for, have kept us at the top of our game.

Mr Binz has had from the beginning a clamshell grab service, which we use to pick up large volumes of waste. With a capacity of 20 cubic metres to be moved at once this was becoming a popular option. In 2014 with the grab bulk work growing we added a Isuzu 8 wheeler Grab Truck with a 30 cubic metre capacity and rebranding this side of the company 0800 Grabit and in 2016 we added another Grab Truck to the fleet.

It is now time for us to concentrate on the Bulk Grab work and pass on the bin work to Green Gorilla.

They are a progressive company founded in 2007 with a big focus on diverting and recycling as much waste before it ends up in the landfill. With a modern fleet of vehicles and modern recycling facility they are a company looking to lead the way in waste recycling and handling.

Green Gorilla and Mr Binz are now servicing our former permanent and casual customers.

We are still operating from our base in Kumeu and will continue to operate and offer the best service we can with our years of experience in the industry and look forward to the venture ahead with 0800 Grabit – Grab Truck Specialists.

We thank all our valued customers for their support over the years – it has been a pleasure. Stephen and Jane Sparnon.

JUSTICE OF THE PEACE AVAILABLE

A Justice of the Peace service is available every Saturday morning at the Kumeu Library in Huapai between 10am and 12 noon and between 1pm and 3 pm weekdays at the Massey CAB in the Massey library. There is no charge nor appointment needed for this service.

Whilst JP's are not legal advisers, there are some legal processes that a JP can assist with and save people having to visit a lawyer. A JP can witness signatures on documents and certify copies of documents as true copies of originals or images/texts viewable on a computer or smartphone screen. They also take declarations for documents requiring a Statutory Declaration and oaths or affirmations on court related documents requiring an affidavit. They can also officiate at Citizenship ceremonies.

Some of the documents commonly presented requiring Statutory Declarations relate to immigration matters such as sponsorship, bank documents, change of name, Kiwisaver withdrawals, insurance claims, rates rebate applications, etc. Certification of photos as being a true likeness are common as is certifying that

people receiving overseas pensions are still alive!

There are some things people needing a JP need to note. If they want a printed copy of an original to be certified, they must bring that original with them, or be able to show it on their smartphone screen. For Affidavits or Statutory Declarations, the person making the declaration must be present. You can't do this for someone else! Bring your driver's Licence or passport with you so the JP can confirm you are the person making the declaration. Avoid signing the form before you come, and do this in front of the JP. There are about 20 JP's in the Riverhead, Taupaki, Kumeu, Huapai and Muriwai areas and they are also happy to help at their homes, providing you telephone first and make an appointment. Names and addresses of JP's can be found in the Telephone book yellow pages, the local Lions phone directory and on the website www.jpfed.org.nz.

WEDDING TIPS AND ADVISES FROM ANNA MOROZ

Your local wedding Planner and Wedding Celebrant. Choosing your wedding date Investigate local events and other activities such as trade conference, charity runs, concerts and alike that could affect traffic and hotel room availability. If you already have your day selected it is still good to know what might be going on at the same time so that you can at least plan for it. Check more at www.wedding-girl.co.nz or give me a call on 027 440 8665 if you need help with planning your Big Day.



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PROPERTY

NEWS & ADVICE

MARKET REPORT WITH GRAHAM

Sometimes the best Real Estate analogies are found in the hands of the avid angler. When the fish are hard to find and those few fish are not biting it takes a skilled and patient hunter to peak the curiosity and instil confidence in the prize be that bait or burley. This property market with few buyers and plenty of sellers has the same characteristics. The key to selling in this environment is to enlist a highly skilled professional that understands the market, has a body of knowledge, an extensive list of buyers and influencers and can massage the buyers and the property into a competitive buyer zone.

After twelve years in Real Estate and over twenty five years in advertising and marketing and an AREINZ skill qualification at the top of the profession Graham McIntyre is one individual you would be wise to consult before you buy or sell residential property. It costs no more to use a highly skilled professional and the savings and profits can be significant.

Let's consider the market: Coatesville lifestyle \$2,350,000 to \$3,550,000. Helensville residential \$480,000 to \$748,000. Helensville lifestyle \$1,170,000 to \$1,370,000. Parakai residential \$499,000 to \$879,000. Huapai residential \$1,100,000 to \$1,300,000. Muriwai lifestyle \$1,235,000 to \$1,250,000. Riverhead residential \$1,500,000. Riverhead lifestyle \$2,950,000. Waimauku residential \$850,000. Waitakere residential \$950,000 to \$1,170,000. Waitakere lifestyle \$835,000. Whenuapai residential \$850,000 to \$1,100,000. So what-ever you decide and when you decide, it

costs nothing to give us a call, or get us around, for a discussion about how we support you through the marketing and decision making process associated with selling your home or investment. Great thing with Mike Pero Real Estate is that you could save thousands in commissions and receive our complimentary multi-media marketing package including TV and Magazine exposure at no cost to you.

Give me a call directly on 0800 900 700 or go to www.grahammcintyre.co.nz. Licensed REAA (2008).

HAVING YOUR CAKE AND EATING IT: PART 2

Well it's a new financial year and it's time to get your statements together for your rental tax returns. Happy days!

It's a time to reflect on how your rental properties are performing, not just in terms of capital gain, vacancies, etc., but also the lending arrangements that you have in place.

This article follows on from last month, looking at opportunities to pay down your personal debt, without having to sell your investment property.

Typically, when a client purchases a rental property, the property expenses are greater than the income received, especially at the beginning of the ownership. This is known as negative gearing, and by the looks it, will become a hot topic of debate with the upcoming 2017 election. A lot of people do not know that these losses over time accrue against the rental portfolio.

In most parts, the losses have been funded from an investors own cash flow or salary.

Think of all the months and years where you have "topped" up the investment mortgage, repaired a broken window or fixed up leaking taps at the rental.

Well, like all the missing left socks in the world, these losses do end up somewhere, and are summarised in the back your financial returns prepared by the accountant. So, it pays to read them. If you are in any doubt then ask for advice.

A client of mine had over \$50,000 in accrued losses. After discussions with his accountant, the client applied for a \$50,000 top up loan with the bank, under his rental company.

This \$50,000 was then used to pay down his personal home mortgage. Effectively moving the debt from his personal situation, to the company.

It's highly advisable that a professional accountant is used to prepare your financial returns, and give advice regarding the above. If you prepare your own tax accounts, then please consider getting an accountant's second opinion around your workings.

For further details or feedback feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan.urlich@mikepero.co.nz. Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

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Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years.

Precision Roofing and Spouting - phone 0800 002 222, email roofingprecision@gmail.com or visit www.precisionroofing.co.nz.

EASY WINTER HOME IMPROVEMENT PROJECTS



Why not break the monotony of winter this year by working on some home improvement projects?

Some of these easy and inexpensive winter projects will not only make your home more comfortable to live in and

save you money on your utility bills, but will make your home more saleable and even increase your property value.

Add Insulation: Adding insulation may not make a difference to the look of your home, but it will make a difference to your power bill, and it will make your home more comfortable and healthy to live in. Today, a well-insulated home is often considered a necessity by many homebuyers so it is worthwhile insulating the ceiling and underfloor of your home, followed by the walls if you can.

Flooring: Is your carpet threadbare? Are your hardwood floors damaged, draughty and freezing your feet? Installing underlay and carpet is a great winter project because it will increase the comfort of your home dramatically, and you will save money on your power bills.

Repaint: Repainting rooms, or retouching and spot painting walls and interior doors is an easy way to modernise and freshen up the look and feel of your home. Professional painters tend to slow down over winter, so it can be a budget friendly time to consider painting a couple of rooms, or you may have left over paint that you can use for the touch up jobs.

Update the bathroom & kitchen: Kitchens and bathrooms sell homes. There are plenty of ways to update and modernise these rooms on a budget which are easy for the do-it-yourselfer, and can be completed over the winter months. Updates such as a fresh coat of paint, replacing dated cabinet and drawer fronts, handles, lights and faucets, removing or replacing stained or mouldy grout and damaged flooring will make a big difference.

Declutter: Rainy, cold days means more time inside, time which you can be used to declutter and re-organise your home. Put aside some time every week and focus on an area or room at a time so that you get each space looking exactly how you want it.

Make use of unused or redundant spaces While you are decluttering and organising your home, look at how you can make use of redundant or un-used spac-

es. These spaces around the home can be transformed, or assimilated into another room to create a wardrobe or a home office niche and will make your home more saleable when it comes time to sell.

So, rather than hibernate in front of the TV this winter, spend the winter months working on some easy home improvement projects. It is a great way to keep yourself active over winter, your home will be more comfortable to live in and more saleable when you decide to put your home on the market.

Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

RELATIONSHIP PROPERTY AND DISCLOSURE

Courts have the power to cancel a relationship property agreement if it is unfair. The unfairness can relate how the agreement was made, or the result it produces. This applies both to agreements made in anticipation of or during a relationship (contracting out) or agreements made the end of a relationship. Problematically, cancellation can occur long after you have arranged your affairs. Worse still, your ex-partner may want more money or assets in addition to what they have already received. A further complication is property held in a Trust, which can potentially be subject to relationship property orders.

Guarding against cancellation involves making sure you disclose the value of all your assets at the time you make an agreement, whether you think they are separate property or not, and not exploiting desperation or some other emotional state in order to try and get the best deal. Arithmetical equality goes a long way to making a division of assets fair.

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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	1,575,000	6.5HA	160M2	2,350,000
	2,100,000	1.8HA	400M2	3,550,000
	1,900,000	1.9HA	280M2	3,280,000
Helensville	275,000	1055M2	80M2	480,000
	460,000	621M2	137M2	748,000
	520,000	491M2	110M2	710,000
	430,000	631M2	172M2	590,000
	445,000	784M2	125M2	668,000
	385,000	473M2	90M2	670,000
	260,000	0M2	60M2	465,000
	385,000	675M2	90M2	650,000
	445,000	2615M2	103M2	735,000
	930,000	4.1HA	198M2	1,170,000
	670,000	3.2HA	73M2	1,305,000
820,000	4.4HA	125M2	1,370,000	
Huapai	710,000	1535M2	180M2	1,100,000
Kumeu	910,000	2132M2	120M2	1,300,000
	990,000	1HA	180M2	1,650,000
	1,425,000	1HA	350M2	2,800,000
	860,000	1HA	162M2	1,515,000
	1,025,000	2HA	170M2	1,510,000
Muriwai	810,000	1.1HA	174M2	1,250,000
	910,000	1.2HA	242M2	1,235,000
Parakai	350,000	1012M2	90M2	645,000
	450,000	483M2	169M2	730,000
	305,000	559M2	82M2	499,000
	600,000	1387M2	240M2	879,000
Riverhead	980,000	803M2	259M2	1,500,000
	2,050,000	4.2HA	296M2	2,950,000
Waimauku	660,000	1.7HA	100M2	850,000
Waitakere	740,000	616M2	180M2	953,000
	800,000	4440M2	200M2	1,170,000
	610,000	4HA	140M2	835,000
Whenuapai	670,000	809M2	140M2	850,000
	700,000	845M2	120M2	1,100,000

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

Mike Pero
REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Kumeu

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REFURBISHED 4 ROOMS, PRIVACY ON 2600SQM IN WAITAKERE TOWNSHIP

3 2 1

By Negotiation

2A Northfield Road, Waitakere
By Negotiation

A beautifully presented, 2600sqm with a fully refurbished and modernised three bedroom plus sleepout home. A new kitchen, bathroom and laundry certainly delivers the oohh aaaah factor. Open plan living and entertaining out to alfresco decking with a distinctly private and serene backdrop. The home enjoys an easy-living style including a study nook, a large sleepout and double garage with ample storage. Good transport links including train from Swanson and School bus close to drive. Seeking some semi-rural space and peace, then forget Titirangi and Waitarua, this property may be just the ticket. 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/RX1092569



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027 632 0421
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MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

Open plan living, with expansive decking and alfresco leading on to partially fenced lawn areas, perfect for the pets or children. The home has a formal entrance opening to two lounges, dining and kitchen. Three generous bedrooms and a study nook with complementary bathroom and ensuite. The home has the added benefit of internal accessed double garage with exclusive drive off a quite cul-de-sac street. Close to Waimauku School, convenience shopping, parks and transport links. The CV on this property is \$780,000. 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/RX952890



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AFFORDABLE, SUNNY, SEMI-RURAL LIVING - WAITAKERE

3 1 1

By Negotiation

29 Bethells Road, Waitakere
By Negotiation

This spacious sun drenched family home offers significant value to a family wanting the very best of fun, function and features. A home that gets all day sun, with large open plan lounge and dining linking seamlessly to elevated decking with rural views. Three bedrooms, fully renovated bathroom upstairs and a workshop, study or office with carport and garage downstairs. Internal access makes this house function well and provides options for a growing family. Set upon 1014 square meters the land is fenced and has secure parking for a boat, trailer or motorhome, plus raised bed gardens. A stone throw to Waitakere Primary School and neighbouring parks the home delivers space in a location that is easy to get to convenience shopping, transport links, walking tracks and wide open spaces.

www.mikepero.com/RX1116908



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ULTIMATE LIFESTYLE PROPERTY

6 2 4

By Negotiation

45 Ararimu Valley Road, Waimauku
By Negotiation

This lifestyle property ticks all the boxes. Set well off the road amidst beautiful grounds just 5 minutes from Kumeu you will enjoy the peace and serenity this unique property has to offer. There are two centrally heated homes, the main house is 210m2 with a uniquely large, second dwelling of 170m2. If you wish to renovate you can live next door. The gardens which back onto the Ararimu Stream are very mature with stunning specimen trees and a wide variety of fruit and nuts just waiting to be harvested. There is a planting plan available. Ducks wandering around the pond add to the rural charm this home provides. An unlimited crystal clear water supply is provided by an artesian bore. This water is bottled under a number of brands further down the valley. You can swim in it in the large heated pool.

www.mikepero.com/RX892144



Lyndsay Kerr
027 554 4240
09 412 9602

lyndsay.kerr@mikepero.com



HILLTOP RETREAT - VIEWS OVER CASCADE FALLS 3  2  2 

By Negotiation

45 Jonkers Road, Waitakere
By Negotiation

This beautiful home has been positioned to complement its surroundings and make the most of the expansive Valley Views over Cascade Falls and through the Bethells Valley. High on the ridge line where Tui's and Kereru's swoop and play. Amongst this delightful bush habitat is a wonderfully designed home over three levels, including double garage and workshop, three generous bedrooms, bathroom and ensuite and open plan entertainers kitchen, living and dining area delivering alfresco living and expansive views. Set on a hectare you have the ultimate in privacy, tranquillity and peace. As this home is best served in private, we welcome your interest and are happy to open it exclusively for you by appointment, but be warned you will not want to leave.

www.mikepero.com/RX1006917



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ELEVATED EAST FACING ON 809 SQM - KUMEU 4  1  2 

By Negotiation

49 Matua Road, Huapai
By Negotiation

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$6000,000. 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/RX1033818



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE, ELEVATED, SUNNY HOME IN WAITAKERE TOWNSHIP 2 2 1

By Negotiation

57 Waitakere Road, Waitakere
By Negotiation

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$540,000. 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/RX1154898



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



MASSEY - FULLY REFURBISHED 4 ROOM - MOVE IN TOMORROW. 3 1 1

By Negotiation

72 Gallony Avenue, Massey
By Negotiation

Set on 474 square meters overlooking Emerald Valley Park, this fully refurbished three bedroom plus sleepout/office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook, peace and quiet and easy living over one level. The CV on this property is \$410,000. 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/RX1118896



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



EXPANSIVE WATER VIEWS, CLOSE TO MARINA VIEW PRIMARY SCHOOL 3 2 2

Set Date of Sale

95 Luckens Road, West Harbour

Set Date of Sale - 5pm, Saturday 10th June 2017 (unless brought forward).

This extensive, refurbished family home offers entertainers living and excellent family space to meet the needs of adults and children's. Three levels, delivering quiet accommodation, linking to open plan family space and onto entertaining formal lounge. Breathtaking views from all levels of the home and easy alfresco to decking and patio linking to the 370sqm low maintenance section. A short distance to Marina View Primary School, convenience shopping, inner harbour access, parks and transport links. Everything has been done, buy and move straight in. The CV on this property is \$690,000. 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

Peter Carson
027 277 1904
09 412 9602
peter.carson@mikepero.com

www.mikepero.com/RX1151507



AFFORDABLE LAND - WATER SPRINGS - WAIMAUKU 3 3 1

By Negotiation

122 McPike Road, Waimauku

By Negotiation

This three bedroom cottage, with office, workshop and chiller room has character and personality that is sure to impress, with kitchen and bathroom that could be developed to add value, or invest in a brand new build subject to consent on the proposed house site further up the hill. 7 hectares of flowing grasslands and established plantings for shelter and orchard ensure a lifestyle that can deliver plentiful reward for a creative couple. Bring your cheque book and imagination, our vendors are ready to seize another opportunity. The land has several natural springs which provide opportunity for horticulture. The CV on this property is \$910,000. 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/RX1037756



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

By Negotiation

132 Hinau Road, Waimauku By Negotiation

This hilltop bungalow offers generous space from the large high stud shed through to almost ½ an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. 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/RX1034803



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



DELIGHTFUL RIVERSIDE LIFESTYLE PROPERTY - TAUPAKI

8 4 4

By Negotiation

339 Waitakere Road, Taupaki By Negotiation

Two full sized consented character dwellings fully renovated, total bedrooms 8, both with extensive decks garaging and range of accessory buildings offering significant incomes. Set 5 acres apart for privacy and seclusion. Alfresco at its best! Flat fully usable 4 hectares (10 acres) land, fully fenced, excellent pasture and plenty of water supply, from bore tank or river options. Close to Kumeu, and only 25 minutes to Auckland City and Albany. Close to North West Mall, parks, primary and secondary schools, convenience shopping and transport links. The CV on this property is \$1,275,000. 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/RX1116907



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 KIWITAHU ROAD, HELENSVILLE
By Negotiation

High on the ridgeline, a harmony home which delivers commanding 180 degree views over rolling landscape through to the Kaipara Harbour. The views will certainly impress while the grounds have been developed to be easy care and hold character in large stone and driftwood. Set over 1.9 hectares of pasture suitable for horse, cow or sheep, the home looks down over the land. The home has lounge room, family room opening onto alfresco decking to the north and south, three bedrooms (master with walk-in and en-suite) off a central hallway and bathroom and an en-suite. An internal access double garage for the tools and toys compliments this outstanding lifestyle home. Opportunity here for some improvements, while the view and the aspect doesn't look like changing any time soon.

www.mikepero.com/RX1065529



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A RIDGE ROAD, RIVERHEAD
By Negotiation

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$510,000. 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/RX1055369



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

HOME & GARDEN

GROWING CITRUS TREES

No orchard is complete without some citrus trees growing. Awa Nursery recognises this, and we have just received our new season stock, newly bagged up and ready to go into your gardens. If you are after a mature ready-made 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.

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Citrus trees like to be fertilised regularly especially in spring and summer to encourage maximum fruiting and flowering. Awa Nursery has a fertiliser specifically catering to citrus should you require a bag. Come and see us at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.

SELLING A LIFESTYLE PROPERTY IN A FLAT MARKET

There has been a lot of talk and press recently about the slow-down of sales in the property market.

I believe the market is just taking a deep breath after enduring one of most frantic real estate periods this country has experienced. Strong pricing and no lack of buyers helped fuel this market with vendors cashing in on the increased value of their properties and it seemed an endless supply of buyers not wishing to be left behind in the market.

This market affected lifestyle properties more than other niche real estate markets.

With the rapidly rising cost of urban real estate a lot of potential lifestyle vendors shelved plans to sell their properties as despite achieving good prices for their rural land the cost of buying in town or perhaps a retirement property in the likes of Tauranga was outpacing their purchasing ability.

Now that episode is behind us we need to look at the market in a new light.

There will always be properties for sale and buyers looking to purchase.

This new market will give you the time to sell your property to your best advantage and allow you the time to consider what options are available to you as you move on to the next phase of your life.

It is time to get back to the basics of selling real estate.

If your property has been on the market for some time and you have had good traffic the problem is probably the price all other issues are secondary if the price is right. This could be a good time to take your property off the market and have a break from the pressures of keeping your home in that "it looks like nobody lives here look".

This break is the time to plan the sale of your home. No doubt there has been plenty of feedback from buyers and agents. Sit down and make a list of the things that people liked and a list of negative comments. Like "too dear", "too much money to be spent on it", "too much maintenance", "too small", "too big" I could go on forever.

Now is the time to call an experienced real estate professional and review these comments and plan how you can market your properties strengths and review, cost, prioritise and remediate issues which may have had a negative effect on selling your home.

An experienced local agent will be able to advise you on what



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buyers are looking for in your area and what people are prepared to pay. Once you have completed this exercise you should be refreshed and better armed to take your property to market and achieve your goal.

Please give me a call if you would like an obligation free opportunity to discuss how best to prepare your home to stand out in this more considered market. Lyndsay Kerr, Mike Pero Real Estate Kumeu on 027 554 4240 or lyndsay.kerr@mikepero.com. Licensed REAA (2008).

LIVESTOCK REPORT

Saturday's cattle sale at Pukekohe saw prices surprisingly buoyant on good cattle, considering reports from other areas. Killing space is at a premium and this, coupled with ongoing wet weather, has created some negativity in the market. However, it is anticipated this could change once the processors get through the next couple of weeks and boner cow numbers slow down. As always at this time of the year, buyers become very discerning as wet and cold conditions certainly command significant premiums over poor condition or badly bred stock.

CATTLE

Medium 2 year steers	\$1,105 to \$1,240
Very plain yearling steers	\$720 to \$900
X bred weaner steers	\$640 to \$740
Very plain x bred weaner steers	\$270 to \$510
Best prime heifers	\$1,300 to \$1,690
Medium 15 month heifers	\$840 to \$1,145
Medium weaner heifers	\$440 to \$650
Boner cows	\$500 to \$1,070
Bulls	\$1,000 to \$1,600
Fat lambs	\$91.50 to \$120.50

Store lambs	\$86 to \$90
Ewes	\$93 to \$105
Hoggets	\$86
Beef bulls	\$167 to \$270
Beef heifers	\$90 to \$170
Friesian bulls	\$90 to \$165
X bred bulls	\$65 to \$120
Other heifers	\$90 to \$100

TAX DEDUCTIBLE EXPENSES ON RENTAL PROPERTIES

If you have a rental property, be aware of the rules regarding tax deductible expenses if you begin using that rental for personal residency. When a tenant vacates your rental and you switch to using the property for personal use, any repairs and maintenance expenses incurred after that date become non tax deductible. This is true even if the expenses relate to damage inflicted by the tenants. If you do not switch the property to personal residency use then the expenses continue to be tax deductible.

As soon as you make a property available for renting and are marketing it as available to rent (even if it remains vacant for some time), any property maintenance costs become tax deductible. For example, lawn mowing and garden maintenance, rates and house cleaning costs would all be tax deductible from the time the property is available for renting - not from the time it is actually tenanted.

For more advice on tax deductible expenses contact the UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

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Forest Furniture manufactures solid timber furniture right here in NZ and can furnish you entire home. With over 500 items, in a range of styles, stains, handles and upholstery fabrics to suit your needs, the possibilities are endless.

Did you know that Forest Furniture offers a consultation service? By visiting your home or working off building plans in store. Measure up. Work out a floor plan with you to meet your family needs. There is a small consultation fee if visiting a site. However, this is deducted from any order made, so it really doesn't cost you a cent.

Come view our range at the Westgate store, Maki Street, Westgate Lifestyle Centre phonn 09 216 7674. Meet the team. With over 10 years' combined experience helping customers and designing furniture, there is nothing they haven't seen or heard. Come in today and have a package put together for you.

WOULD YOU LIKE TO GET YOUR CAR OFF THE STREET AND INSIDE YOUR GARAGE THIS WINTER?

Is your garage full of clutter? Stealing Spaces installers are now busy installing ceiling storage racks around the North West. We're proving particularly popular in Hobsonville Point and Huapai where the high garage ceilings, tight spaces and a lack of street parking make good garage storage systems essential. To keep up with demand and make sure we're delivering snappy service levels we signed a new local installation partner this month. Take a look at our website www.stealingspaces.co.nz and get your garage sorted for winter!



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Whether you have a weekend project underway, building and maintaining farm fencing/sheds or constructing your dream home, no job is too big or too small for the team at Western ITM in Kumeu. Visit westernitm.co.nz today for a free online quotation. Western ITM - 154 Main Road Kumeu. Phone 09 412 8148 - open 7 days.





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BUILD

NEW

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At Signature Homes we pride ourselves on following a process. This ensures transparency and quality of delivery. Our process engages the professional services of a variety of people. Each person offers a piece of the puzzle to ensure the smooth development of your build.



Colour consultant - An integral part of producing a high quality home is attention to detail. An important part of this comes down to the final styling and colours of your home. At Signature Homes we provide you with a colour/style consultation. This time is set aside with our interior designer who personally helps you to select colours, tiles, flooring and fittings to reflect your individual style. The result is a home which showcases your personality. This is one of the many valuable aspects of building a Signature home.

NEW SHOWHOME NOW OPEN

G.J. Gardner Homes is proud to present our new showhome – located in prime position at 7 Grove Way, Riverhead.

Open from 12 – 4pm every day, this executive family home provides a



generous scale which sets a new standard of premium affordability. Boasting an impressive 4 living areas including 2 lounges, media room and even a children's activity nook - it needs to be seen to be believed.

The 3 double bedrooms and a master retreat with designer ensuite cater for all family sizes and the heart of the home is brought to life by the stunning entertainer's kitchen with working scullery and supersized laundry. Everything about this home declares quality and value.

Come in today to see one of our experienced new home consultants and be inspired for your new build.

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REDUCE THE EFFECTS OF FLOODING WITH COMPASS HOMES

In a conventional home the damage during a flood or accidental sink or bath overflow can result in a lengthy and costly clean up. The restoration of wet timber walls and floors is something many of us would rather do without.



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Concrete in-situ homes are specifically designed and engineered to provide superior weather-tightness, protecting against leaking or flooding. Poured on site, in one solid piece with no joins, results in a stronger more durable and weather-tight home.

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cur in your next home, knowing it is specifically built to better withstand leaks and floods.

For more information contact scott.gordon@compasshomes.co.nz, or visit our showhome - 3 Larmer Drive, Huapai, www.compasshomes.co.nz.

TRADIE OF THE MONTH

Maddren Homes would like to congratulate Jamie Hillis from JH Construction for being our Tradie of the month.. Jamie and his team continually deliver the highest quality of workmanship on all Maddren projects.

Our project managers would like to thank Jamie personally for keeping them on their toes when it comes to scheduling work, ensuring jobs run smoothly and on time.

"Jamie is a fantastic communicator and has never let us down, his quality and finishing is always of the highest standard"

This is very much appreciated by us all at Maddren Homes, especially in a buoyant market where communication and reliability is paramount.

So thanks again Jamie we really appreciate all you do for us and of course our home owners.

Maddren Homes would also like to thank Western ITM for their continued support and contribution towards our Monthly award.



"Old hands at building award winning new homes"

- R.S.



PETS

TIPS & ADVICE

THE MOST IMPORTANT RULE OF DOG SAFETY FOR CHILDREN

Always Ask! Yes it sounds simple but it is the number one rule to drill into your children's minds: it can keep them safe.

Teach your children that they should always ask the owner before approaching a dog.

Asking 'Please can I pat your dog?' or 'Please can I say hello to your dog?' firstly announces to both the dog and its owner that the child is there and would like to interact with the dog.

Imagine if you were walking down the street and a complete stranger randomly walked up to you and hugged you or your child; we can guarantee most of you would be pretty worried and unimpressed, uneasy at the least. The same goes for when someone is walking their dog and suddenly there's a group of children touching the dog.

Secondly, by asking you are giving the owner the opportunity to say 'no'. If they say no there is probably a reason why not. It may be that the dog isn't particularly fond of children or has had a bad experience with them in the past. It may be that your child is wearing a hat and people wearing hats spook the dog. It could be that the dog is ill, injured, tired or just having a bad day and the owner knows the dog won't appreciate being touched by strangers. The dog could be in training and the owner needs the dog's full concentration on them, it may be that the dog is new to the family and they aren't sure yet on how it reacts to children. There are so many reasons why an owner may say no, but remember it is highly likely the 'no' is coming for you and your child's safety so please teach children not to take it personally when it happens. Instead of getting sad, or grumpy, teach them that it is okay and it might be that the next dog they see they are able to say hi to.

The 'Always Ask' rule is also a great way of teaching children what to do if the owner is not there. If the owner is not there then there is nobody to ask, and as they always have to ask: the answer is No!



This could be if a dog is tied up outside a shop waiting for its owner or a dog may be poking its head out of a hole in the fence. Children need to be taught that if they see a dog on its own then they leave it alone.

Please teach the children (and grownups!) in your family to Always Ask before touching a dog.

Always Ask is the first of 3 Golden Rules from Kids Safe with Dogs Charitable Trust (KSWD). You can find out more information on keeping your children safe around dogs and the great work KSWD do on their website www.kidssafewithdogs.co.nz.

RAW ESSENTIALS

Cats and dogs will heed the call of the wild, and bound into Raw Essentials once they hear what is on offer.

A specialist pet food store; we stock chicken, turkey, duck, veal, rabbit, fish, possum, wallaby, venison and more.

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Raw Essentials is focused on education. Our friendly, highly-trained staff will answer all your questions, and provide ongoing support.

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So, if you want to find out more about a raw food diet for your pet, pop in to see the Raw Essentials team at your local store.

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training kept simple. Your time is precious. We make sure it does not get wasted. Independent of age, breed or behavioural problem we offer you a common sense approach to dog and puppy training that works, empowers you and relaxes your dog. The focus is on the relationship between you and your dog and how you can build more respect, trust and understanding. After all you want a sound solution for the issues you are facing, not a band-aid. If you are busy and do not have enough time for your dog, TheK9Way's professional dog

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walking & sitting services will fulfil your dog's mental and physical needs. Book a free phone consultation or free Meet & Greet online at www.thek9way.co.nz or call us now on 021 239 0635. We speak dog; let us teach you to do the same.

KANIKA PARK

We would like to thank everyone for their support and feedback on the opening of Kanika Park Cat Retreat last month. It was a year in the making and we can't express how much it means to us to be able to offer a luxury holiday experience for your feline baby.



As we know, cats by nature are territorial and do not like to share space with strangers. Which is why at Kanika Park, we only offer individual suites and only cats from the same family will share a suite.

If you would like more information or to arrange a viewing give us a call on 09 411 5326 / 027 550 1406, or find us on Facebook at Kanika Park Cat Retreat.

TIPS FOR KEEPING YOUR DOG HAPPY AND HEALTHY THROUGH WINTER

As much as we like to think we are in the winter-less North, Auckland does experience wild weather and already this year the temperatures at night are quite chilly! Make sure your best friend's



needs are met. If your dog is an outside dog, make sure the shelter is dry and out of the wind, with extra bedding and a coat at night; increase food for outside dogs will help them keep warmer. Even inside dogs can feel the benefit of something warm to snuggle in, a jumper or jacket. Locally based Saddlery Warehouse stocks reasonably priced and well made waterproof coats for dogs of all sizes. Your dog's fur is likely to get more matted and tangled in winter. Fur that is un-groomed is less able to maintain heat. Be sure to regularly brush and check paws. If you're leaving home in the dark and coming back in the dark finding the motivation and time for dog exercise can become a chore. If getting out is really impossible, play games inside! Hide and seek with food is a good one: throw a treat and then go hide in another part of the house, you'll have a great time and tire out your dog, while practicing the come command! Have a

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go at clicker training: you can pick up a clicker for a few dollars and get yourself some delicious treats. Start with simple targeting: get your dog to touch the back of your hand and every time she does, click and treat. Soon you'll have built a tool to get her attention. There's heaps of resources out there for clicker training, it's fun and can stimulate your dog's mind when exercise opportunity is restricted. A dog walking service is invaluable in winter months. Reduce your guilt and know that your dog is getting his exercise needs met while you work. Country Pets is Muriwai's local dog walking service; Pet First Aid Certified and with Public Liability insurance. See Country Pets on Facebook or contact Lisa on 027 380 0265.

MURIWAI GOLF LINKS

Trillion Trek in support of the Police Blue Light charity, supporting Youth in the Regions - Charity Open Day. Friday 23rd June 2017 (Day before All Blacks V Lions Test @ Eden Park).

Attractive hole sponsorship packages available at \$1,300 + GST including: Eligibility to win great prizes on the day. Complimentary meal after the golf plus nibbles during the round. Complimentary drinks during and after the round. Promotion and advertising on the hole of your choice. (First in first choice). Individual entry of \$100 per player or \$400 per team. The event will be individual stableford, and team stableford (best 2 scores at each hole count). Limited to 28 teams of 4. Contact David Shorter on 021 610 910 or david@shortercars.co.nz or Muriwai Golf Links on 09 411 8454 or muriwai.manager@golf.co.nz.

\$75 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahbrightwell022@gmail.com.

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FOOD & BEVERAGE

SOLJANS ESTATE WINERY

Soljans Estate Winery is holding its annual Winter Wine Fair from 7th - 23rd July 2017. It is the perfect time to pick up some remarkable deals on Soljans award winning wines. There will be the case specials, super winter specials and the desirable \$9.90 bin ends. Check out the "Red Star Sale" items at the gift shop for your early Christmas shopping. Don't forget to sample the mulled wine, definitely a perfect drink in the cold winter. Following on, indulge yourself with delicate wine and food at the award-winning Winery Café for brunches/lunches. Soljans winery café has repeatedly won the Beef and Lamb Award in the country and Trip Advisor's 'Certificate of Excellence'. If you have any questions regarding the Soljans Winter Wine Fair, please contact our Cellar Door on 09 412 5858 or the café on 09 412 2680 to reserve a table.

BEST OF NORTH WEST

Hallertau Brewery won best Licensed Hospitality at the inaugural North West Business awards. The awards gala dinner was hosted by The Riverhead Tavern with Wallace Chapman as MC. A celebration of our best local




SOLJANS
 ESTATE WINERY

Winter

WINE
FAIR

7TH - 23RD JULY 2017

BACK BY POPULAR DEMAND

*THE DESIRABLE \$9.90 BIN ENDS *SUPER WINTER SPECIALS
*MIXED CASE SPECIALS *GIFT SHOP SPECIALS

businesses saw category wins for Woodhill Mountain Bike Park, Kaipara Coast Sculpture Gardens with Physio Flex picking supreme winner. Hallertau would like to thank everyone who voted for us, drank our beer and enjoyed our food, and the whole team at Hallertau Brewery who make it possible.

APRICOT AND GINGER LOAF

Put into a pot:

1 cup Water
1 cup Sugar
115g Butter
1 cup Dried Apricots
¼ cup Preserved Ginger
Boil for 5 minutes and let cool.

Sift together and add:

2 cups Flour
½ tsp Baking Powder
1 tsp Baking Soda
½ tsp Ground Ginger

Bake in loaf tin at 180 degrees for approx. 1 hour

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



PEKO PEKO JAPANESE TAKEAWAY

It's getting colder day by day and winter is now just here. Japanese curry is back on and popular again for those cold wintery days. Our opening hours are lunch Tuesday to Thursday 11:30am to 1:30pm, dinner Tuesday to Sunday 4:30pm to 8pm. We are a little food truck located in the Passion Produce vegetable shop car park at 92 Hobsonville Rd. Phone orders recommended on 022 431 3462 and please check our Facebook page for the latest updates.



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That's Amore Ristorante Italiano, 329A Main Road, Huapai, phone 09 412 2001 or visit www.Thatsamore.co.nz.

TANDOORI BAR AND EATERY

Winter is at our doorstep as we have witnessed sudden temperature drops in past couple of weeks, an ideal time for food that makes one look forward to cooler weather.



For centuries, Ayurveda dictated Indian meals as food should provide necessary mineral and vitamins against ailments. With summer fading into the past, drop in for a heart-warming meal at Tandoori which will be loaded with spices that aid fight colds and flu.

Warm ambiance coupled with some of the fine wines on the menu will definitely be indulgent but at a reasonable price. Try Goat Curry with a deep Willowglen Shiraz or Andhra Prawns with Rua Pinot Noir.

Popular Butter Chicken paired with wide range of Pinot Gris on offer which enhances flavour of the dish.

THE FLAGSHIP

The Lions Series kicks off this month, and The Flagship will be showing all of the games live. Visit www.theflagship.co.nz for the full line up. A special game platter will be available as well as beer jugs from \$20. 15 Clearwater Cove, West Harbour.



MARKET FAVOURITE MOVES ON

Locals may remember Mary as a regular exhibitor and award winner at the Hobsonville Farmers Market, and although producing her range of NoShortcuts gourmet chutneys keeps her so busy these days that she can no longer be there, she's making the market special available online this month at www.noshortcuts.co.nz.

There you can buy any jar at \$10 each or 3 for \$25 (plus courier or you



can pick up from Mary in Albany).

Mary Brons' passion and love of fine food inspired her to create the NoShortcuts range of gourmet chutneys, relishes, pickles and jams.

Her philosophy is to stick to good old fashioned methods of cooking to ensure flavours are enhanced and all the health benefits are retained.

Mary adds no fillers, concentrates or chemicals – instead her artisan products are packed full of fresh, locally grown fruits and vegetables. It's all handmade - just like mum made.

The NoShortcuts chutneys, relishes and pickles are also stocked in the Northwest by Farro Fresh and Organics Out West.

For those in the food service industry, Mary has introduced the economy and convenience of larger 1kg and 2kg Catering Packs, which can be ordered via email to mary@noshortcuts.co.nz

Keep up with Mary at Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

WE'RE CELEBRATING 12 OF NEW ZEALAND'S BEST WINERIES WITH ONE SPECIAL EVENT

The Tasting Shed presents The Family of Twelve - New Zealand's wine family Hosted by Kumeu River Wines. The Family of Twelve are: Kumeu River • Villa Maria • Milton Vineyards • Craggy Range • Ata Rangi • Palliser Estate • Neudorf Vineyards • Fromm Winery • Lawson's Dry Hills • Nautilus Estate • Pegasus Bay Winery • Felton Road.



An Exclusive evening pouring TWELVE World Renowned New Zealand wines matched with the adventurous culinary spirit of The Tasting Shed. Friday 16th June 2017, 6:30pm \$188 pp. To book email briar@thetastingshed.com. Limited seating.

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AN UPDATE FROM NORTH WEST

A MESSAGE FROM NWDBA CHAIR: TONY FORLONG



It's been a busy year for the North West District Business Association. The Committee have been working hard to achieve our goals and in turn, firmly make the North West the desired destination for people to live, work and explore.

In this, our third full year of operation, we have been focused on talking with groups in our business areas, such as Helensville Commercial Property Owners, Business Owners, and with our very supportive Rodney Local Board. We have welcomed their feedback as it helps us ensure we are focusing on areas that our members see as the most important. We have set ourselves some big goals for the year. One was to establish a signature event showcasing the unique hospitality offerings in the North West. This was a great success - the inaugural North West Wine, Beer and Food Festival was very popular, with attendance at capacity and the iconic Dave Dobbyn as the headliner. It's our aim to make this an annual festival that will continue to include local businesses and expose the wider Auckland public to the treasure trove of businesses in the North West.

Our second significant goal was to showcase the quality of businesses. The first North West Business Awards aims to acknowledge all types of great businesses, across all industries, and had many nominations from across the whole area. The Riverhead was a fantastic host venue for the Awards Dinner, and it was clear all the categories were a very close call! So congratulations to the winners and runners up again - a full list and photos can be found on the North West Country website.

All in all, the Business Association faces a unique challenge in being the only Business Improvement District (BID) that covers multiple town centres and a large area, but we are making great progress, and are very proud to be sharing this update with you. If you would like to be more involved, get in touch, or remember all are welcome at our AGM, to be held later this year.

In the next few months, keep an eye out for our mobile app, and gateway signage - we're excited, and we hope you are too!

2016

1st September - Father's Day promotion.

Over 80 North West stores participated, with hundreds of entries from local shoppers, and a wide social media reach.

14th November - Helensville commercial property owners meeting.

A key group with the aim to "improve and enhance our townships, to make them desirable places to work, live and visit".

5th December - Accommodation brochure.

Showcasing the very best of accommodation to capitalise on the summer season and events attracting visitors to the area.

COMING UP...

- **Rail to Huapai campaign** - we are working alongside the Chair of Public Transport Users Association to support the Rail to Huapai Campaign.
- **Signage** - we have submitted a formal application to NZTA for two main information signage boards for Kumeu and Helensville. These will show area specific information, history, things to do, maps and itineraries offering visitors the opportunity to discover new things in the North West area.
- **Buy Local Mobile App** - Currently under development is a Buy Local App especially for our members. This will be packed with information on the areas, business locations, trails, shopping promotions, and events with scope for further functionality.

COUNTRY

16th December - Christmas Promotion.

Over 60 North West stores participated, with the majority of retail store across all town centres involved.

North West Wine, Beer and Food Festival

2017

13th March - Helensville business owners meeting.

Getting feedback from the local business community about what they want to see happen in their town. Further actions and consultations are underway.

11th February

Great new annual event established, enticing Dave Dobbyn, Trinity Roots and Nomad to perform for over 2,000 attendees. The event gained wide media coverage and put the North West on the map.



CONTACT US:

www.northwestcountry.co.nz

[facebook.com/nwdba](https://www.facebook.com/nwdba)

or: [facebook.com/NorthWestCountryNZ](https://www.facebook.com/NorthWestCountryNZ)

info@northwestbusiness.co.nz

26th April - Mothers Day Promotion.

Over 60 North West stores participated in our Mother's day promotion which attracted over 1,000 entries from local shoppers, and gained a wide social media audience.

North West Business Awards

2nd May

More than 150 local business operators and their staff, friends and family enjoyed a gala dinner held at The Riverhead with Wallace Chapman as MC. Sixteen local North West businesses were recognised with awards for doing excellent business.



HEALTH AND BEAUTY

BLACK LOTUS FLOAT STUDIO OPEN IN JUNE

We are very excited to announce that the Black Lotus float studio will be opening its doors this June in Riverhead. What is floating? Floating is a way to pause the hectic, saturated world and enter a state of deep mental and physical relaxation. By giving yourself a break from the endless input of sensory experiences, your mind and body has a chance to recharge, rest and emerge to face the world with renewed perspective and energy. Floating has many benefits to the overall health and well-being of your body. Floating can be used as a tool to aid in the relief of stress, depression and anxiety, deep relaxation, pain reduction and aid in the elimination of addictive habits. Rest and sleep are essential to the body's ability to repair itself, 1 hour of floatation in a tank is equivalent to 4 hours sleep. Come try the ultimate relaxation experience yourself. Follow us on Facebook and Instagram for discounted floats, specials and competitions @blacklotusfloatstudio or book online at www.black-lotus.co.nz.



PREGNANCY AND CHIROPRACTIC CARE

Pregnancy is a special time for every woman, and the transformation your body goes through is simply amazing. However, sometimes those changes can result in back ache or pain, shoulder stiffness, sciatica or pelvic problems – to name just a few. If not addressed, these conditions can have a negative impact on your pregnancy and possibly the delivery of your baby.

The good news for you – and your baby – is that chiropractic care has a long history of helping women suffering back, neck, pelvic and/or shoulder pain during pregnancy. Chris and Nolene



McMaster, the Chiropractors at Kumeu Chiropractic, would love to help you during this special time with a natural, drug-free solution to alleviate your pain and to also partner you through a more satisfying and problem free pregnancy. They have cared for many pregnant women over the last thirty years, many from conception through to birth, and some families even continuing their care through to their third generation of babies.

"84% of patients receiving spinal manipulative therapy [chiropractic care] reported relief of back pain during pregnancy. There was significantly less likelihood of back labour when spinal manipulative therapy was administered during pregnancy." Please call 09 412 5536 for an examination and assessment of your spine now.

HOT STONE BODY MASSAGE GREAT FOR WINTER

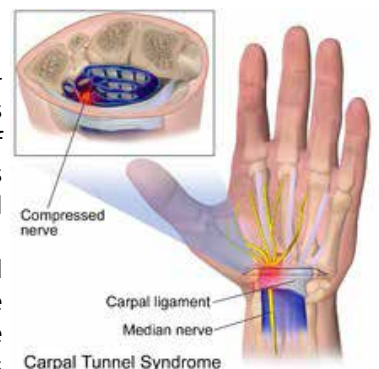
Spa Di Vine's Sacred Hot Stone Therapy body massage with beautifully smooth, rounded, heated basalt stones is everyone's favourite and perfect for colder months. This hot stone treatment is deeply relaxing as the stones gently heat the muscle tissue during massage, perfect for releasing tension. Spa Di Vine's treatments and packages, which include hot stone massage, are the individual sacred stone massage for 60 minutes and there is a 90min session, for extended relaxation. The spa package for two people also includes a warm-up in the spa pool before a side by side hot stone massage plus a foot scrub and foot massage.

All treatments finish with refreshing fresh fruits coupe, enjoyed in the relaxation lounge overlooking the terrace and gardens. Phone Spa Di Vine to book your treatment on 4115290 or email us on relax@spadivine.co.nz Website: spadivine.co.nz Spa Di Vine, open by appointment, 12 Taylor Road, Waimauku.



DO YOU WAKE AT NIGHT WITH PINS AND NEEDLES IN YOUR HAND?

You may have carpal tunnel syndrome (CTS), CTS is caused by compression of the median nerve as it runs beneath the carpal tunnel ligament at the wrist. Symptoms include: pins and needles or numbness in the thumb or fingers that wake you at night; pain, weakness



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

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Spa Di Vine

Country Spa Retreat

Ph.09-4115290
relax@spadivine.co.nz
www.spadivine.co.nz

or dropping things. These symptoms may also be caused by other conditions.

At the Hand Institute we provide comprehensive assessment of your symptoms and can refer you to a specialist if indicated. Interventions for CTS: splinting; activity modification and exercises; post-surgical interventions. Call us to book in an assessment at the Hand Institute - Kumeu 09 412 8558.

HOME REMEDIES - HOW TO MAKE A NATURAL FOOT SOAK

If you like to pamper your feet and prefer to use natural products then read on for Shoe Talk's recipe on how to make a foot soak you can use at home.

Supplies needed - 1 cup lemon juice, ¼ tsp cinnamon powder, 2 tbsp. olive oil, ¼ cup milk, water, tub. Instructions - Fill a tub with warm water and put the lemon juice, cinnamon powder, olive oil and milk in it. Mix well. Relax and put your feet in the tub and let them soak in the water for 10-15 minutes. Now, wash your feet with a mild soap, dry them with a towel. We also have a second store location so come in and see us at either 401A Great North Road or 1/32 Clyde Road, Browns Bay.



DO I HAVE AN INGROWN NAIL?

As the weather gets cooler many people are returning their feet to enclosed footwear after a summer in sandals or jandals. With this there can be a period of adjustment, especially from the toes and toenails. Many people present to the clinic at this time of the year with complaints of ingrown nails.

What is an ingrown toenail? It is when a piece of nail pierces the skin next to the nail, the sulci. If left untreated the skin can become infected - red, swollen and sometimes with yellow pus present. When treated in the early stages, an ingrown toenail is easily managed and a lot of pain can be prevented. Left too long, it becomes more difficult to treat and many will require surgery to completely settle.

What does treatment involve? If the skin is broken it is best to clean the area with warm salty water (or other antiseptic), dry the area and cover it with a bandage and antiseptic ointment. This should prevent any infections. This dressing should be changed daily. The next thing to do is to book in with a Podiatrist so they can remove the offending piece of nail. If the nail spike or jagged edge is left there, it will prevent healing.

Do I need antibiotics? If your toe is very sore and swollen, it can be an idea to get antibiotics prior to your appointment with a

Podiatrist.

My skin isn't broken but it is really sore, it feels like I have a piece of nail in there! This is quite a common complaint, some nails are very wide, or curved in nature, as a result they can place a lot of pressure on the skin surrounding the nail. In response the skin thickens to protect itself from the pressure. Many people can have a buildup of callus, or even a small corn next to, or underneath, the toenail. In the tight space next to the nail this can cause a lot of discomfort. The removal of this skin results in a lot of pain relief. Removing the skin is a pain free procedure, as the skin is dead. Lauren Peet - Hobsonville Podiatry, level 1, 124 Hobsonville Road, 09 390 4184.

COULD YOUR EYES BE TRYING TO TELL YOU SOMETHING?

Did you know that if you wear contact lenses instead of glasses, you should watch out for white spots on your cornea (the clear layer over the front of your eyeball)? This can be a sign of a corneal infection. Stress can show



in many ways, one of which is an eye twitch. It can be very annoying but is nothing to be worried about, other than a sign you need to get some more rest and reduce your stress levels. If you have any concerns or would like more information, please contact the team at For Eyes Optometrists in the Kumeu Village.

HUAPAI MASSAGE THERAPY

Victoria Wiltshire is a Qualified Massage Therapist at Huapai Massage Therapy. She graduated from the New Zealand College of Massage in 2010 with two Diplomas in Health Science.

Her massage clinic is based in Huapai at her mother's osteopathic practice. She spent two years working in London at a busy multi-disciplinary health clinic and during her time there she saw a wide variety of interesting clients including athletes, office workers, pregnant women and even a few celebrities.

She is also a professional dancer, therefore is particularly interested in injury prevention and rehabilitation through massage and sports therapy techniques.



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Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
1/32 Clyde Road, Browns Bay Ph: 09 479 7807.
www.shoetalk.co.nz

Gillian Wiltshire D.O.

**Registered Osteopath
ACC Accredited**

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

Whether you have an injury, postural and work related issues, or just need some time out for relaxation, she can tailor her massage techniques to suit your individual requirements. For more information call 021 755 745 or visit www.huapaimassage-therapy.co.nz.

TIME FOR AN EYE EXAM?

Even if you feel there has been no change in your vision, you need to check that your eyes are healthy. Regular checks, at least every two years, enables your optometrist to monitor your eye health and to determine any changes that may occur over time. Early detection of eye diseases and early intervention can save your sight. Forming an ongoing relationship with your healthcare professional is very important. At Hobsonville Optometrists at 413 Hobsonville Road, allow 45 minutes for an in-depth eye examination with Frank Snell or Kevin Wong, your local eyecare professionals. Phone 09 416 3937 to make an appointment. Mon - Sat 9am - 5.30pm.

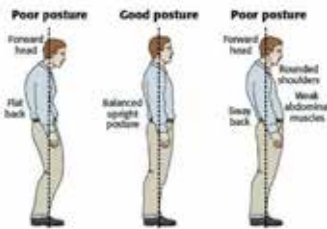


WHAT EVERYBODY OUGHT TO KNOW ABOUT POSTURAL STRESS

Postural stress is the stress load on our bodies due to poor posture. "Poor" posture is defined as when our spine is positioned in unnatural positions, in which the curves are emphasised resulting in the joints, muscles and vertebrae being in stressful positions. This prolonged poor positioning results in a build-up of pressure on these tissues. Correct posture is the position where minimal stress is applied to each joint.

Poor posture results from certain muscles tightening or shortening while others lengthen creating weakness, this is often a result of one's daily activities. Various factors can impact on posture including occupational activities, repetitive activities and job stress and strain. Workers with high levels of job stress are more likely to develop neck and shoulder symptoms.

Postural Stress risk factors: Athletes whose sport involves long periods of bent-forward positions such as hockey players, cyclists, baseball catchers and cricket wicket keepers. Seden-



tary lifestyle. Excessive use of laptops/computers and mobile phones. Poor ergonomic setup at work or home. Weak core. Tight muscles and stiff joints. Lifestyle or occupation which entails excessive amount of sitting, lifting, bending, or shoulder-forward positions. Improper sleeping pillow.

Although it may take some time to change the effects of postural stress, the good news is that muscle balance restoration and spine health can be achieved via posture awareness and care. Massage therapy is an effective way to help improve your posture, a series of treatments will release the tight muscles thereby creating the space for change in the body. It is also important to strengthen the areas that have weakened and to stretch the muscles that were tight to maintain postural improvements.

Call me if you experience aches and pains from postural stress such as upper or lower back pain, neck, shoulder and arm pain; lower limb pain, including leg, hip, knee or ankle pain, and muscle fatigue or headaches from tension in the upper back, neck and shoulders. Debbie from Body-Balance Massage & Neuromuscular Therapy – 021 120 2175.

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At Top Notch Massage Therapy, we understand the stress that is placed on the modern life; whether that is from a



hard training session, the pressure of work and a busy lifestyle, or the impact that pregnancy has on the body. Our professionally trained therapists are ready to work with you towards better health, ensuring you get more out of life. So if you want to get better results in the sporting arena, re-balance yourself or make that pregnancy more manageable, then you need to get in touch with Top Notch today. Clinics are located in Massey and Hobsonville. We are currently offering \$10 off all massages for new clients, so take advantage of this deal today. You can book online at www.topnotchmassage.co.nz or call 021 181 8380.

KUMEU GYM

Fitness for Function at Kumeu Gym For the "MATURE" person (suggested 60+ years)! · No Lycra · No Leotards · No Leaping. This class is fun, prescribed exercise for any level, with the focus on movement and health while socialising with friendly locals. This class is held on Wednesdays from 10.15am to 11.00am (although feel free to stay behind for a cuppa!) and has been put together and is taken by Wade Russell (Personal Trainer at Kumeu Gym) and is for anyone - whether you have never exercised, are overweight, unmotivated or if you have health or physical problems (arthritis, joint replacements etc). For more info call Kumeu Gym phone 09 412 8932 or by email admin@kumeugym.co.nz



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kumeugym.co.nz. You need to bring: Towel, water bottle, wear loose clothing and covered in shoes. Costs: \$6 per class or buy a concession card of 10 visits for \$50 (at the gym).

YOUR HEALTH IN THE WORKPLACE

Every year thousands of New Zealanders suffer from a work-related injury. There is a range of physiotherapy services that can help you to be better at work, including; Analysing current work tasks and recommending changes. Education about injury prevention in the workplace, including back care, manual handling and prevention of occupational overuse syndrome. Treatment of work related injuries. Stress management and relaxation therapies. Pain management. Meanwhile, here are some tips: If you use your hands a lot (such as typing), then give your hands and wrists a quick break every 30 minutes. Practise good posture at your desk and consider an ergonomic chair. Help prevent back injuries by learning the correct way to lift (with your legs) and using appropriate lifting equipment where necessary. Report any hazardous equipment or areas such as slippery floors or loose carpet. For more advice call us on 09 412 2945 or contact us via our website www.north-westphysioplus.co.nz.



SO YOU HAVE A DISC HERNIA?

Forty years ago disc hernias could only be discovered during a surgery or on autopsy and their role in back pain and sciatica was obscure. Then after CT and MRI scans becoming widely available doctors thought the cause of the majority of the spinal issues could be identified and fixed surgically or otherwise. Now, few years down the track, we now that things are more complex. Indeed, some patients suffer from disc hernia that causes compression of a nerve resulting in pain, tingling, weakness etc. In other patients disc hernia might be a complicating factor, however, pain might be caused by muscle spasm, joint restrictions and tissues tension. This latter group can benefit greatly from manual treatment, such as manipulation by an osteopath, chiropractor or physiotherapist. And it has been found that many people develop intervertebral disc hernia without any significant discomfort. Finally, majority of disc hernias tend to improve and shrink a bit with time and thus easing the symptoms. It might take a few months or some years though, so be patient here. At Family Osteopathic Clinic we are experienced in treating back pain with the relation to disc hernia with or without nerve compression and will be happy to assist. Phone 09

417 0097, www.familyosteop.com.

ELEVATE CHIROPRACTIC

Is your body whispering or screaming? I recently read this great quote, "If you listen to your body when it whispers, you won't have to hear it scream". I often see people that say they had a niggle for several weeks and just thought it would go



away and ignored it. Then suddenly, they did something simple and their back started 'screaming'. When your body 'whispers' too you, you should listen. Often these little niggles or aches and pains are the starting point of something bigger. If you can catch them early, hopefully you will be able to stop them getting worse. If you are currently suffering from some aches or pains and want to try and avoid the 'screaming' give us a call and arrange a checkup. Your body will thank you for it. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

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Ted's eye for detail remains as true to his roots as ever in his coveted optical collection. Quirky distinctive styling meets hand-crafted quality, for an ocular spectacular that mixes and matches bold colours and patterns to create unparalleled, individual eyewear for both ladies and men. With frames lined in unique prints, and hidden trims concealing messages, Ted's eyewear is as inventive and original as it is upbeat and vibrant... just like the man himself, in fact. Ted Baker's optical range is now available here at Westgate Optometrists, stop by to check it out! Phone 09 8310202 or visit www.westopt.nz.

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SOCIAL MEDIA FOR YOUR BUSINESS

In today's digital world, social media can be the making or breaking of your company's branding efforts. As part of your internet marketing strategy you need to concentrate on social media profiles. Social media profiles should never be rushed or completed merely as an afterthought. As the platform from which all your tweets, updates, messages will launch from – and thus something your audience will see on a regular basis – each of your profiles should wear your company's image and values on their sleeves, and let people know exactly who you are. In fact visiting your social media profile could be the first time a potential customer encounters your company, and we all know the importance of first impressions. For this reason, it's good to think of each of your social media pages as a landing page for your brand. And, like a landing page, each of your profiles should deliver a succinct message and aim to generate engagement. Do you know if your competition is using social media and therefore getting customers right in your neighbourhood? To help you make the most of your profiles Utopia can create all your social media profiles for you. This service includes using all your ex-



isting branding (including logos, photos and tag lines) across platforms like Facebook, Twitter and LinkedIn. As with first impressions you need to get this right from the beginning. To get your business social media profiles set up give me a call here at Utopia on 09 412 2473 or email michael@utopia.co.nz. We are based in Kumeu and provide web marketing, website design, consultancy and app development to a range of businesses all over New Zealand.

DREAMS OF TAHITI WITH WINDSTAR CRUISES

A graceful yacht is the perfect way to experience the true wonder of Tahiti.

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Includes: Return economy class flights with Air Tahiti Nui from Auckland to Papeete. All transfers. 1 night pre & 2 nights post cruise accommodation in Papeete. 7 night cruise onboard Windstar Cruises 'Wind Spirit'. Welcome cocktails at reception. All meals onboard, including 24-hour room service. All non-alcoholic beverages, including cappuccino, espresso, and other specialty non-alcoholic drinks. Sail, swim, and kayak from the yacht's water sports platform throughout the voyage. Exclusive Private Event – Bora Bora: Celebration Festival.

Cruise roundtrip from Papeete, to Moorea (overnight), Tahaa, Raiatea (overnight), Bora Bora (overnight) & Huahine.

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Other departures & stateroom categories may be available at a surcharge.

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The 5 star Wind Spirit is a sleek, 4-masted sailing yacht accommodating 148 guests. With four decks and a gross tonnage of 5,736, Wind Spirit feels like your own private yacht.

Wind Spirit features wide open, teak decks—quite unusual for small ships. Guests will find hidden nooks for private moments giving them a feeling of being on their own private veranda.

All staterooms have ocean views, queen beds, flat-screen TV with DVD player, and Bose Sound Dock speakers for Apple iPods. The Owner's Suite includes a sitting area.

Wind Spirit offers 'Amphora' restaurant for gourmet, course-by-course cuisine in the evenings. For dining under the stars, make



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a reservation for 'Candles'.

'Veranda' restaurant offers casual buffet and full-service dining for breakfast and lunch. All dining is open seating.

Wind Spirit amenities include: wind spa, the water sports platform, casino, lounge, library, pool, and hot tub.

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Please take a moment to check out my website to discover our current deals: www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

JOIN THE KERERU KINDY FAMILY

We're at Kereru Kindy, Huapai's newest early childhood centre.

Kereru Kindy offers a welcoming environment with its family approach and small class size.

Differing from other centres, Kereru Kindy only takes 23 children but is proud of its small size, which allows friendships between children to form and gives staff capacity to meet every child's needs.

Sporting a daily programme driven by children's interests, Kereru Kindy incorporates learning with play, says manager Hayley. "Literacy and numeracy can be done in everything we do throughout the day, from drawing their name in the sand to learning how to measure wood or count toys," she explains.

"If a child is engaged in what they are doing, the learning is much more meaningful to them, than if we took them away to a desk"

There are still some spaces left at Kereru Kindy - so get in quick to enrol. Pop into the centre to meet the friendly team and spend some time here with your child, and you'll find a welcoming, fun environment they'll be sad to leave.

Open weekdays from 7.30am - 5.30pm, call 09 412 2624 for more information or visit www.kererukindy.co.nz/huapai-kumeu-childcare.



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NATURE'S EXPLORERS KINDERGARTEN CREATING YOGA ENRICHED CHILDREN

Once a week at Nature's Explorers Kindergarten the children get to join in for yoga classes with Renee. We believe that yoga is something that can bring the children a lot of joy and calming techniques throughout the day. We have seen many



benefits of yoga with our and they are so excited and keen to learn each time we have a class. Below are some of the benefits that the children learn and develop throughout the class: Develop body awareness. Manage stress through breathing, awareness, meditation and healthy movement. Build concentration. Increase their confidence and positive self-image. If you are interested in joining us a Nature's Explorers we are offering the first four weeks FREE *conditions apply please bring this add with you when you come to visit us at 1 Maude Street Riverhead 09 412 8800 or office.kindergarten@xtra.co.nz.

NEGOTIATING WITH NZTA

Since the end of 2016, the Kumeu-Huapai Residents & Ratepayers Association, have managed to have meetings with a Director of NZTA and Auckland Transport. The discussions have been informal but there has been a willingness to listen from NZTA's point of view. They have acknowl-

edged that they are a long way behind with their planning of the roading network for our District, but have now formed a development team considering growth over the next 30 years. There is a general agreement that the long term solution for Kumeu-Huapai transport issues is the provision of improved access on S.H/Way 16 and a bypass or alternative access road. That road is 10 years away and will be, we are told a four lane expressway, similar to the Cambridge expressway, where there is limited access points to the expressway.

This means that the existing S.H/Way 16 to Kumeu will revert to an Auckland Transport road corridor.

The Transit Officials acknowledge that the North-West traffic and transport problems are the worst in the Auckland area.

The Association has made it clear that there has to be an interim solution for the traffic holdups in Kumeu, waiting for 10 years isn't an option.

The Association will have a public meeting with the Transport Officials along.

Transit acknowledges that the solution has to be a team effort and the Council Planners cannot make decisions in isolation.

We will keep you posted. Pete Sinton, Chairman. Phone 09 412 2016 or petesinton@townplanner.co.nz.

TIME FOR A CLEAN OUT – IT BENEFITS YOU IN SURPRISING WAYS

How we tend to keep our wardrobes and cupboards, garages and spare rooms, can be looked at as a reflection of self. Of course however we keep them is our doing, but perhaps our environment is giving us a message about ourselves. Our outer world is a reflection of our inner world. Perhaps any clutter

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we are living in is symbolic for any clutter going on within ourselves. Maybe the way we habitually 'keep' our house and our stuff is a clue for us?

It's easy to get comfy about the way we do things and the way things are – but getting comfy often does not equal anything new coming along.

Are you trying to lose weight? If so what does your fridge and pantry look like? Any old food in there? Is the vege bin fresh and clean, do you need to go through the freezer and throw out stuff that is not in line with who you are wanting to be? Are you in business? What does your home office look like? Does it need a good sort out and a better system put in place? The kitchen is often the heart of the house– can the draws and cupboards breathe? Are they brimming with plastic containers you don't need? This can be extended to our cars – how do you keep yours?

I knew a woman whose house was always impeccably kept – dishes were always done, cushions were in the right place, there was never any washing lying around and it always looked like it had just been vacuumed. I surprised to gradually learn that most of her cupboards were bursting at the seams. She had bits and pieces all through her house hiding behind cupboard doors. What she presented on the surface was perhaps not what was really going on. Those cupboards were another side of her. A good clean out is symbolic of so many things. You are getting rid of the old, making way for the new. You are giving new energy to YOUR space. In a manifesting book I read recently, it suggested that when you are creating anything new in your life – any clutter and anything old you don't need will distract you from your goal. Your 'old' stuff is just not in line with your higher vision. Make your environment a clearer reflection of YOU.

Having a good clean out is good for the soul; it's a beautiful statement about self, it's leading ourselves, an act of love! I get so inspired and super excited about them. I love everything about a good spring clean. In fact, I try to go through my wardrobe every couple of weeks.

Within any fresh start is a new way of feeling, a fresh perspective. Wiping the slate clean – inside and out. It's preparing the new. To throw something away today that you didn't throw away 6 months ago means your perception of it and how it impacts your life has now changed. It's often a positive change. A shift has occurred. It can feel like a big job, but hopefully this article gives you another way of looking at your stuff. See you at the Salvation Army.

I help my clients create what they want in life using thoughts and a new way of focusing. When we start consciously focusing on exactly what we want, great things start to happen. I have a giggle listening to clients talk about coincidences that happen after a session. When you start 'thinking and feeling and being' differently, then life naturally starts to be different. It's not hard work - in fact if it was hard work it wouldn't work. For a session call Anna 021 555 658. anna@thinkyourbest.co.nz.

TAUPAKI PUPILS WIN GRANT TO TRANSFORM DIGITAL TECHNOLOGY PROGRAMME

Taupaki School has won funding for its "Fearless Future" project, which aims to build pupil's digital technology and leadership skills.

Taupaki School will receive \$10,000 through the Potentia Future Innovators in Tech (FIT) initiative.



"As a key contributor to tech-focused careers of many New Zealanders, we're eager to support the next generation of innovators and ensure that this support extends all the way down to the grassroots of the technology sector," says Nathan Bryant-Taukiri, Managing Director of Potentia, the Auckland-based specialist recruitment business focusing on digital and technology jobs. "The FIT programme is one way we can do this.

"Congratulations to Pete [Hall, Principal] and everyone at Taupaki School on winning this year's grant - it is dedication, drive and passion like theirs that will help kids to learn tech-centric skills at school and encourage them to go on to become the influential developers, entrepreneurs and start-up founders within the growing NZ tech sector and broader business community," adds Bryant-Taukiri.

Nathan Bryant-Taukiri, Managing Director of Potentia (left) with Taupaki School Principal Pete Hall (right)

Taupaki School beat Sunny Hills School, The Gardens, Marist College and Mairangi Bay School to the prize after what was a closely-run race. Twenty-five Auckland schools applied for the programme, with five being shortlisted for a public vote held on Potentia's Facebook page to determine the winner.

"We were particularly impressed and inspired by the quality of applications and the response from the teachers and the tech community to our Future Innovators in Tech initiative. Almost 3,500 votes were cast during the week-long voting period, with all of the schools shortlisted attracting strong support," said Bryant-Taukiri.

Taupaki School plans to use the grant to kick-start a two-day workshop for teachers and students to learn about and experiment with new, digital technologies alongside chief ninja [CEO], Tim Carr from Mindkits. The experience will then be used as a stepping stone to create a series of student-led problem solving challenges across the whole school and community with a focus on increasing digital literacy and preparing students for the future.

Pete Hall, Principal of Taupaki School, said the Future Innovators in Tech triumph will enable them to significantly boost their digital technology programme: "The best thing about the

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Potentia award was the freedom we were given to define the project on our own terms in a way that supported our community. We wanted this to inspire student leadership and bring our teachers and community on a journey that gets them excited and confident learning and experimenting with digital technologies, at school and at home."

Launched in April 2017, FIT is part of Potentia's scholarship and awards programme that helps young people develop digital skills, the first step on the ladder to an amazing career in tech. From potentia.co.nz/insights/news/taupaki-pupils-win-grant-to-transform-digital-technology-programme/.

PHELAN'S RODNEY LOCAL BOARD UPDATE

The ink isn't dry on our annual budget and we are straight into our three year 'Local Board Plan'. This plan will set the overall direction for the work we do from July 2018 to 2022. Once we finish this around mid-year we then have to get approval for the budgets from Councillors through the Long Term Plan refresh at the end of the year.

I got a bit of flack on Facebook for posting about this year's main advocacy project – a multi-sport facility for Huapai. Why were we wasting time on this when the roads needed sorting out? It's a good question. The Local Board has budget responsibility for local parks and amenities like halls and community hubs. We also make decisions on local matters, provide local leadership and support local communities. In addition we advocate for you giving local input into region-wide strategies and plans including those of the council-controlled organisations (CCOs). Auckland Transport is the CCO that provides our roads and public transport (not to be confused with the central government agency NZTA that controls SH16). Being a CCO means it is at arm's length from politicians, there are some pluses and minuses with this. We don't get to interfere in operational matters,

something that used to happen in Rodney District Council and didn't have good outcomes. It can, however, lead to a perception that the organisation is ignoring local concerns however we meet monthly and provide a lot of feedback on issues.

Back to the Local Board. Our focus over the next few years will be on a few realistically achievable advocacy items outside our budgetary control, these will be taken to the Governing Body (Councillors) and CCO's. Naturally these will be around population growth related issues; public transport, roads and planning. In addition we will be using our budget to focus on; providing sports fields and public parks with the infrastructure to cope with our growing population; providing safe and user friendly walking, cycling and riding links across Rodney and in our townships; improving the environmental health of our main harbours which are important economically and recreationally and an ongoing budget to kick start the plans sitting on a shelf in Orewa to provide much needed town centre improvements. We are also seeking your feedback on a suggested targeted rate specifically to Rodney that could be used to deal with three issues; road sealing, park'n'ride provision and a train service to Huapai. Why isn't this being done out of general rates? Council currently has a \$200million hole in the annual budget due to the limitations of the 2.5% rate increase. The community seems to be telling us these are three transport issues it wants sorted out, if we want to bring forward the provision of these services one way is a specifically targeted rate that can only be spent on these projects.

When providing feedback I would urge people to think beyond their immediate neighbourhood. A train service to Huapai may not seem to be very useful to someone in Helensville, but getting traffic off the roads benefits everyone from local businesses to commuters. We have tried to get an even spread of projects however we must prioritise how we spend your rates to achieve the best results. Spending small amounts of money on a myriad of tiny projects hasn't delivered transformation benefits we need. Our plan is about dealing with growth, providing better townships and facilities, and helping you get around our area safely while also trying to tackle a long term environmental problem in our harbours and waterways.

Consultation opens on the 22nd May, visit www.shapeauckland.co.nz and make sure you tell us what you think!

Phelan Pirrie, Deputy Chair, Rodney Local Board. phelan.pirrie@aucklandcouncil.govt.nz.

TIME OUT: TURN ANY WALK INTO A NATURE WALK

Every walk is an opportunity for children to learn about the natural world. Walking around the block with a child could take an hour because there is always something new to explore.

As you explore your environment / back yard / neighbourhood: Be open to the wonder of noticing small details and new growth. Leave electronic toys at home so that you and your child/ren



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can focus on the world around them. Bring paper and crayons so children can draw what they see. Walk at different times of the day or night to increase your chances of seeing something new. Ask, "What's different about what you see today?" each time you and your child walk outside. Model using all five senses. You might say, "I'm seeing the big clouds", "I'm touching the wet grass", "I'm hearing the jets of an airplane", or "I'm smelling the fallen pine tree needles" or "I'm tasting the raindrops that fall into my mouth from the sky". Carry along an inexpensive magnifying glass so children can get up close and personal with nature. Make dressing for the weather part of the learning experience by singing songs about the weather as you and your child put on sunscreen, hats, or several layers of clothing. Let your child figure out how a zipper works or put on boots, just long enough so they can learn these tasks, but not so long that they become frustrated.

Observe the weather - On the walk, use your magnifying glass to look closely at drops of rain hanging from a leaf or to examine its structure. If it has recently rained, take a medicine dropper so your child can suck up rain from puddles and squirt it back out again. Watch where the water flows and ask, "I wonder where it will go from here?" If it is sunny, make shadows with your body or jump over the shadow of a family member. Use chalk to draw the shapes or shadows of the clouds you see.

Animals - Use your magnifying glass to look closely at small wildlife such as spiders, ants, worms, and any insect that will hold still long enough. Ask your child to show you how the worm or ant moves, and join in as they wiggle or crawl. Ask your child to think about how well animals move, even though their bodies are so different from our own.

Count the number of larger animals you see on your walk. Look for birds in bushes and on power lines. Are there cows or sheep in the field or dogs going for a walk around the block? Talk with your child about what these animals are doing.

Plants - Look closely at the different shapes, sizes, and structures of leaves and flowers. Collect leaf shapes and then make rubbings of different types of leaves. To do this, put a piece of paper over a leaf resting on a hard surface, then rub or wipe the paper with a crayon held sideways to reveal the leaf's veins and edges. Collect fallen leaves and seeds by pressing them into the sticky side of a loop of tape. Ask your child to measure how tall a plant is in relation to their body ("This bush is as tall as my knee").

Observe changes in the life cycle of a plant. If a plant has a bud on it, ask your child to guess how many days it will take to open. Then count the days as you revisit the plant on your walks. If your children are old enough, have them record their findings in a notebook.

Rocks - Use your magnifying glass to see the tiny shapes of crystals or pieces of sediment that make up the rocks in your neighbourhood. If rocks are not part of the landscape where you usually walk, take a field trip to a local creek where you might see some naturally deposited rock. Compare sizes and colours. Try using them as chalk on other rocks or on your sidewalk.

Learn More - Check your local library for books that will help children learn more about animals, plants, and whatever else they observe. Children love to see the variety of caterpillars, birds, local mammals, and flowers in these identification books. Internet sites and apps are also great resources for identifying animals and more.

Keys ideas taken from Peggy Ashbrook book 'Science is Simple'. With over 20 years' experience as preschool educators and carers within our community, we are proud to provide the Country Bears children an educational programme with a difference. We provide specific, intentionally designed areas for child development, in a rural and natural setting, alongside our educational Elements of Life programme. As in the past, all our children are well received in the local schools as being confident and knowledgeable children, with the lifelong tools to take on their next



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MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Thu 1 Jun	02:51	09:18	15:23	21:39	-
Fri 2 Jun	03:51	10:17	16:24	22:40	-
Sat 3 Jun		04:52	11:16	17:24	23:42
Sun 4 Jun	05:50	12:14	18:23	-	-
Mon 5 Jun	-	00:42	06:46	13:09	19:18
Tue 6 Jun	-	01:37	07:39	14:00	20:08
Wed 7 Jun	-	02:26	08:26	14:47	20:53
Thu 8 Jun	-	03:11	09:09	15:29	21:34
Fri 9 Jun	-	03:51	09:48	16:08	22:11
Sat 10 Jun	-	04:29	10:24	16:45	22:45
Sun 11 Jun	-	05:06	10:59	17:21	23:19
Mon 12 Jun	-	05:42	11:35	17:56	23:54
Tue 13 Jun	-	06:19	12:12	18:33	-
Wed 14 Jun	00:31	06:58	12:51	19:13	-
Thu 15 Jun	01:11	07:40	13:34	19:56	-
Fri 16 Jun	01:56	08:27	14:22	20:45	-
Sat 17 Jun	02:46	09:20	15:17	21:41	-
Sun 18 Jun	03:43	10:18	16:17	22:44	-
Mon 19 Jun	04:45	11:20	17:22	23:50	-
Tue 20 Jun	05:48	12:23	18:28	-	-
Wed 21 Jun	-	00:56	06:53	13:26	19:33
Thu 22 Jun	-	01:59	07:56	14:25	20:33
Fri 23 Jun	-	02:57	08:56	15:21	21:29
Sat 24 Jun	-	03:51	09:52	16:14	22:21
Sun 25 Jun	-	04:42	10:44	17:04	23:10
Mon 26 Jun	-	05:32	11:34	17:52	23:58
Tue 27 Jun	-	06:20	12:22	18:39	-
Wed 28 Jun	00:45	07:09	13:11	19:27	-
Thu 29 Jun	01:33	07:58	-	-	-

Source: LINZ

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

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\$500 OFF
ANY SPA POOL
PLUS

FREE

**Cedar Steps or
 Cover Lifter**



Trueform
 SPA POOLS



Palmer's Rewards apply

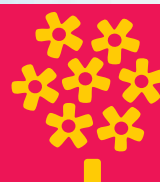
**Earn a \$10 Reward
 with every \$100 spend**

Join in store or online today at mypalmer'srewards.nz

Offer valid from Tuesday 30th May till Monday 19th June 2017

Northside Drive, Westgate. Ph: 09 810 8385

Open 8.30am - 5.00pm 7 days



Palmer's



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Join us for an inspiring evening with special guest speakers from Southern and East Africa who will take you on a journey through extraordinary safari and travel experiences. Learn about private game reserves, luxury rail journeys, experience the sights and sounds of the wild and engage with local cultures.

When: 6pm, Thursday 15th June

Where: RSVP for venue details

RSVP: By 6th June to hobsonville@helloworld.co.nz. Limited seats available

Sundowner drinks, wines, and canapés will be served



helloworld Hobsonville

 124 Hobsonville Road  09 416 1799  hobsonville@helloworld.co.nz