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Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

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

REHABILITATION THERAPIST HELPS CANCER PATIENTS

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

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

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

June 2018

Intro

Welcome to Winter and our wonderful June edition! Although some of you might feel like hibernating already don't let the weather get to you, get out into our wonderful community instead. If the garden needs some attention at this time of year then check out the gardening tips from Central Landscape Supplies - it's the perfect time to plant strawberries, garlic and asparagus and also a great time to introduce some colour and scent into the garden to get you through the gloomy months ahead.

This month we profile the lovely Laura Jefferson who is a fully qualified cancer rehabilitation physiotherapist with Kumeu-based NorthWest Physio+ is believed to be the only such therapist in West Auckland. A major part of being able to provide these services is having the funding to assist clients who struggle to afford the service, Laura says. "Cancer does not just impact on a person's physical well-being, but also has a huge impact on their social, financial and emotional well-being." As fundraising is essential to allow clients to be accepted for Pinc & Steel support, a Pilates'athon will be held for that purpose on June 30. A raffle and massage will be offered, all funds going directly into helping fund clients for access to the services. Visit www.northwestphysioplus.co.nz, www.pincandsteel.com, or email laura@nwphysioplus.co.nz for more information.

On Wednesday 6th June at 7pm, Waimauku School will be hosting an informative parenting talk by David Curtis from Activ8 Auckland. Waimauku School is in partnership with Activ8, whose programmes have a strong emphasis on practical skills & problem-solving frameworks that can be applied to real life situations, and building on learned skills to provide opportunities to practise problem solving, social, emotional & team skills in real group situations. Tickets are just \$5 per person. The school office will be selling tickets between 8.30am & 3.30pm on weekdays but if these hours do not suit, please phone the office on 09 411 8222 so they can add your name to the door sales list.

Many thanks to our contributors this month - there are some great reads in this issue. As usual we couldn't do it without you, and we wouldn't want to anyway.

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. Articles are not to be re-published unless consent is granted from the publisher.

kumeu Courier

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Cover photo: Laura Jefferson - NorthWest Physio+

Print run is 10,000 copies through Treehouse Print
Email database is managed by Sublime NZ

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PEOPLE & PLACES

REHABILITATION THERAPIST HELPS CANCER PATIENTS

Stories by Geoff Dobson.

A fully qualified cancer rehabilitation physiotherapist with Kumeu-based NorthWest Physio + is believed to be the only such therapist in West Auckland. Therapist Laura Jefferson, pictured, supports, guides and rehabilitates people through every stage of their treatment and recovery. Pinc & Steel physiotherapists such as Laura are dedicated to helping men, women and young people with any type of cancer. There are now more people surviving a cancer diagnosis, but they can face an increased risk of extended health problems, premature mortality and harsh side effects from their treatment. This is where Laura can work alongside her patients to help minimise treatment side effects and encourage them to have the best quality of life they can. Cancer treatments are tough. The treatments are more manageable when people know what to expect and are given good advice on everything they can do to maximise their own recovery and help them take positive steps for their future health and wellbeing. Pinc & Steel physiotherapists are movement-based therapists. The individualised rehabilitation programming is formatted into four phases. Timing of each phase is dependent upon the patient's physical condition, the length of the healing process, the type of surgery involved, and the courses of adjuvant treatment. Laura will assess each patient

individually for physical impairments and effects of their treatment. She will then work with each patient to create a rehabilitation programme to suit their stage in recovery. The sessions can include a combination of services including manual physiotherapy, graduated resistance training, clinical Pilates, fatigue management and exercise prescription. The Pinc & Steel Cancer Rehabilitation Trust is a registered charitable trust working to improve the quality of life of women and men affected by cancer. Its mission is to inspire and allow anyone with cancer the opportunity to rehabilitate and regain their strength and confidence, and to incorporate exercise into their lifestyle. "Our goal is to actively support thousands of New Zealanders to move over cancer this year," the trust says. "Every year we help fund over 1000 cancer patients (both men and women) through our certified oncology physiotherapy and rehabilitation programmes including Pinc (for women), Steel (for men), Next Steps – a 10-week group programme for women and men recovering from cancer treatment and PaddleOn – a four-week stand up paddle board programme for men and women recovering from cancer treatment." Laura gained a Bachelor of Science Honours degree in physiotherapy in 2011 in Glasgow, Scotland. She worked at both her home in Northern Ireland and Scotland, operating in the hospital system for three years before making the move to Australia in 2014. Working out of Darwin, Laura travelled to indigenous communities in the Northern Territory. In 2015, she came to Auckland and began Pilates training before starting work in St Heliers. "My Pilates training has played a huge role in my physiotherapy work over the last three years, and it is where I began to come across clients undergoing cancer treatments receiving physio and Pilates rehabilitation," Laura says. "When I moved to work in Kumeu in May 2017, I started with offering Pilates classes at the clinic and soon realised there was nobody in the area offering Pinc & Steel rehab services." Laura says having clients come to the clinic for Pilates classes who had undergone the rehabilitation with providers in other parts of Auckland encouraged her to sign up for the training last year. "Oncology was

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a totally new field for me in the world of physiotherapy, despite working in hospitals for three years. It has been really interesting learning more about this area, especially when most people don't realise how much a physiotherapist can help these clients. "Like everyone, we have all got family and friends who have battled with cancer. I feel very privileged to now be able to spend time helping these clients and be able to play a positive role in their journey." Laura received a Pinc & Steel scholarship which helped towards funding the course. "Once I finished the Pinc course I decided I did not want men being left out of my service, so I am currently completing the Steel course (finishing before June). Laura is also completing the Next Steps course. She will consider PaddleOn classes closer to next summer. A major part of being able to provide these services is having the funding to assist clients who struggle to afford the service, Laura says. "Cancer does not just impact on a person's physical well-being, but also has a huge impact on their social, financial and emotional well-being." As fundraising is essential to allow clients to be accepted for Pinc & Steel support, a Pilates'athon will be held for that purpose on June 30. A raffle and massage will be offered, all funds going directly into helping fund clients for access to the services. "We will be keeping the information updated on how to book and donate via our website and Facebook page." There are more than 70 certified Pinc & Steel trained physiotherapy clinics across New Zealand (and networks in Australia, UK, Ireland and South Africa). The Pinc & Steel Cancer Rehabilitation Programmes were founded and developed by Lou James, MNZM, who established the trust in 2006, and Professor Rod MacLeod, a senior staff specialist in palliative care and joint professor of the University of Sydney, now based at Hibiscus Coast Hospice. Visit www.northwestphysioplus.co.nz, www.pincandsteel.com, or email laura@nwphysioplus.co.nz for more information.

EDGY MADDREN HOMES SHOWPIECE OPENS

A newly opened show home at Maddren Homes in Kumeu invites more than just a second glance.

The aptly named "Woodhill" 147 square metre three-bedroom home is modern in look yet extensively uses an old favourite in building materials - cedar.

Designer and architect Richard Furze explained the unique home's styling to guests at its launch on April 7.

The single-level home's exterior is of vertical shiplap cedar HP55, offset by painted steel PFC framed pergolas with fixed blade louvre screens covering much of the 64.4sqm of vitex



hardwood decking. A stand-out addition is the big pizza oven/fire place on the main deck.

These break up the home's rectangular appearance accentuated by a four-degree pitch long run steel roof in trapezoidal profile.

Entering the front door, the walls ahead and to the side are also in eye-catching vertical cedar – but here's the interesting part. These walls conceal doors with no door handles. Simply pushing lightly on them will open the soft-closing doors to reveal a hidden laundry on the left, a separate toilet area in front, plus storage.

Even the big, open plan kitchen, dining, lounge area has something similar to disguise the scullery or walk-in pantry.

"Things like that might cost a little more, but they add heaps to the home's value," Richard says.

Light floods in everywhere through extensive double-glazed windows. Some of them are frosted in areas like the 2.5 bathrooms, and at the end of the hall where the vertical glass panel can be replaced with a door if another building module or garage is added.

The three bedrooms are roomy with plenty of storage, the master bedroom opening out to another pergola enclosed deck and also having an ensuite.

Despite facing Kumeu's main road, the living/kitchen area is quiet, road noise not intruding into conversation even when the glassed deck doors are open.

The deck is designed so a louvre roof can be added, which can be opened in good weather, providing even more family space.

"Such roofs are no longer experimental", Richard says.

He explains the design is about maximising floor space – "so you don't need a big house".

The "three rooms in the one room" living area has clean lines; dark paneling covering most of the storage spaces, and the fireplace is set into a recess which includes more storage. The chimney is covered by a bulkhead wall which also hides the heat distribution system and air-conditioning.

"Everything is ready to go," Richard says.

He says the exterior design is particularly useful for areas like the coast where rain will clean the cladding of salt spray deposits for you.

It has all mod cons, such as under-tile heating in the ensuite and bathroom with programmable touch screen thermostats, Fisher and Paykel appliances, black kitchen and sink faucets, and many other custom high-quality items.

Maddren Homes general manager Rodger Scott, pictured left with Richard, says the home takes only about seven months to assemble on site.

He says that Richard, who is the man to design any home to be different or unique, has done seven homes for Maddren, which also has about three other architects to call on, all offering a different design experience.

Rodger prefers not to put a price on the home – he'd rather peo-



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ple come and see it first to realise its value.

Maddren Homes are a multi-award-winning Master Builder, long established in the Kumeu area, and the company takes pride in the quality design and build process.

It won four gold awards, one silver and one "lifestyle" award for homes over \$2 million in the Master Builders House of the Year awards last year.

A gold reserve and category award were also given by Volume Group Builders for homes up to \$450,000.

Discover the new Woodhill show home is at 248 Main Road, Kumeu. It's open seven days from 11am to 4pm.

Visit www.maddrenhomes.co.nz for more information.

SPEEDY IN WORLD BMX CHAMPS

James Speedy is living up to his name in BMX racing. The 13-year-old from Waimauku, pictured, is on his way to the world BMX championships in Azerbaijan at the Western Asia/Eastern Europe crossroads on June 5-9 with his family. James' first major overseas trip follows his selection for the New Zealand team after he performed well in national, North Island and regional events. He won the 13-14 years 24-inch cruiser class national



title at Easter in New Plymouth. For good measure, James added a hard fought second placing in the 14 years boys' 20-inch class, coming from the rear of the field after a bad start. "Stoked" with his national success, James expects very tough competition from the 100 or so riders from around the world competing in his class at the 2018 UCI World BMX Championships in Baku, Azerbaijan's largest city. The North Harbour BMX Club member is ready for it though, having undergone extensive training with coaches Toni James from the Waitakere BMX Club and Bryan Joyce of Papakura. James, who attends Kaipara College, started riding bikes at the tender age of six. A keen football player with Norwest United Football Club, James often enjoyed riding his bike through mud and around venues where he was playing, having started kicking a ball at the age of four. Family friends got James interested in BMX competition, suggesting he try it, and he hasn't looked back since. Parents Andrew and Heather encouraged his participation, and now take him to events throughout the country. James first won a national title about two years ago, but this year he has really hit his straps. "All his hard work is paying off," Andrew says. The trip to the world champs will cost the family around \$20,000 all up, so they've been fundraising as much as possible, from doing garage sales to running a Givealittle page. The cost includes the entry fees, tickets to the event, travel, insurance (including special cover for James while competing), accommodation, food and more.



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He also has to take his two BMX racing bikes. "Any support we can get is greatly appreciated," Andrew says, with James also thanking his supporters. "I'm looking forward to it (the world event)," James adds. He'll update progress through his "James Speedy #188" Facebook page. The Speedy family planned to leave on May 30 and return about mid-June. When they return there's also the prospect of a new North Harbour BMX facility being established in Oteha Valley Road to look forward to. James might even be able to work towards a career in BMX riding, perhaps along the lines of the Nitro Circus and Crusty Demons world tours. But for now, it's purely for the fun and the thrill of competing.

SIMON BRIDGE'S HUAPAI TALK POPULAR

Transport, taxes, child poverty, health and more were covered by Opposition Leader Simon Bridges, pictured, during a packed public meeting in Huapai.

He's on a tour of electorates involving 70 to 80 such meetings to learn more about issues and with the aim of leading the next government. "In about two-and-a-half years, or earlier, I'll be asking you to vote for me as Prime Minister."



Simon says the present government is "awash" with money (he cites \$34 billion to spend over the next four years from taxes) "which allows them to do a whole lot of things".

He says the Labour-led coalition "played Santa Claus" going into the October election" and that it now comes down to priorities. "This government is taxing you more (fuel tax, etc), borrowing more and spending more," Simon warns. He says the key risk is slowing economic growth.

"Those guys have put the anchor out. We can't change industrial laws back to the way they were in the 1970s and not expect effects. We can't change immigration laws or we won't get some of the skilled workers needed."

Simon says the government also can't "lop off \$2.4 billion" from the oil and gas sector either, with no new exploration permits to be issued for offshore gas and oil fields to support its commitment on climate change.

He is also critical of government moves to stop the four-lane highway between Whangarei and Northport he proposed in March last year as Transport Minister. "It's on hold while yet another study is done."

The four-lane highway from Warkworth to Whangarei under the Roads of National Significance should continue too as it will not only provide a vital trade and tourism link but will improve safety in that region, Simon says.

He says talk of upgrading the northern railway line for freight such as logs still won't remove many trucks from the roads. That was in response to Dawn Kendall's call for more logging trucks to be removed from Auckland-Northland roads.

And the East-West Auckland motorway \$1.8 billion link previously identified by the former National Government from State Highway 1 at Sylvia Park to State Highway 20 at Onehunga, is still needed to reduce congestion and improve freight flow, Simon says.

The project was pulled by Prime Minister Jacinda Ardern and Auckland Mayor Phil Goff in November. It is now an \$800 million option under the ten-year Auckland Transport Alignment Project (ATAP) which intends putting \$28 billion into upgrading

Auckland's transport infrastructure.

Simon says the ATAP is "all about getting people into the CBD, but he believes there's a need to invest in the "deep South and the deep West".

Light rail (trams) from downtown Auckland to the airport via Dominion Road, and elsewhere, will cost much more than first thought, he says. He agrees with Auckland councillor Mike Lee's reported remarks that light rail to the airport risks being a costly failure and that more investment is needed in heavy rail (electric trains) instead.

Mike puts the cost of light rail to the airport and Westgate at around \$4 billion, which he says Aucklanders will pay through rates and fuel tax.

Transport Minister Phil Twyford is very confident it will start before the next election, Simon says. "But I would be very surprised (if that happens), and I'm talking about real construction."

Simon says heavy rail, as in electric trains, has better potential for Auckland than trams and that, over time, electric rail could be extended further west to Kumeu and Helensville.

He also talked about a tunnel as a second Waitemata Harbour crossing, saying it could cost \$4 billion to \$7 billion and would be the largest project New Zealand has seen. Simon says planning has been done and "the legal stuff" for the tunnel designation is underway. He was responding to a question from Christine Miller of Coatesville about how traffic would cope if problems developed with the Auckland Harbour Bridge.

Others among more than 120 at the meeting in St Patrick's Church hall sought Simon's views on child poverty, health issues, the economy, law and order, and more.

Simon says the poverty point was also raised at his Hamilton meeting. "People there said it's not child poverty – it's child neglect." He says the National Government had been providing people with skills to overcome such issues.

On law and order, Simon says there is a risk of "going soft" on criminals to ease jail crowding and other issues, particularly with talk of easing bail rules. "Most serious trials come down to drugs," the former Crown prosecutor says. "I reckon methamphetamine is getting worse in New Zealand. Gangs peddle the stuff. The risk is if people being prosecuted get bail the witnesses either go missing or shut up. If we soften up the laws that's where we'll end up."

Asked about how mental health is being tackled, Simon says he was surprised as a politician how big an issue it is, especially when many young people were raising the matter. He says it's complex, with social media playing a big role in many young people's lives.

Simon says chief science advisor Sir Peter Gluckman had raised points around mental health and climbing youth suicide rates. Sir Peter is reported as saying that as well as changes in family structure and parenting practices, children were growing up with different levels of parental engagement, and technology had changed the nature of their social networks and communication.

"There were about 17 things that Sir Peter Gluckman said needed doing," Simon says.

But Simon says he's generally disappointed there's mainly been just workings groups and inquiries on the issue "because this Government didn't come in with enough plans".

He says the Government has shelved \$100 million worth of work earmarked by the previous National government for mental health initiatives while holding an inquiry.

Meanwhile, Simon says National will remain a strong Opposition to test the present Government, something he feels might have been lacking while National was in power.

SAFER COMMUNITIES

Police have noticed a recent increase in complaints of bullying, threats, and harassment through the internet. In 2015 the Harmful Digital Communications Act was introduced. It aims to deter, prevent and lessen harmful digital communications. This includes cyber bullying and harassment posted online through emails, text, websites, applications or social media. Harmful digital communication and cyber bullying also includes: sending or publishing threatening or offensive material, spreading damaging rumours, sending or publishing sensitive personal information such as embarrassing photos and videos.

Digital communication is any form of electronic message such as text, Facebook and Facebook messenger, photos, recordings etc.

Determining whether something is Harmful Digital communication or not can be difficult but a key factor is determining whether the communication was designed to cause serious emotional stress.

If you are experiencing anything like this or if you think you might be but are unsure if it fits the criteria, and you would like some more information, I would encourage you in the first instance to either make a report to Netsafe, or visit their website at www.netsafe.org.nz. Netsafe offers good advice about online security and how to prevent bullying, abuse, and scams. They also offer some great advice for parents on how to keep your children safe online, including up to date tips for parents and how to create a safety plan. Netsafe will then refer you on to the correct channels including the Police if they believe a Criminal Offence has been committed.

Melissa Haven, Community Constable, Kumeu Police.

Five members of the Waitakere Fire Station along with approximately 700 fire fighters completed the Auckland Sky Tower stair climb on 19th May 2018. The aim is to raise money for the Leukaemia and Blood Cancer charity. Last year they raised \$1.2 million dollars.

This is not a walk in the park and is fact a gruelling challenge to climb the 1,103 stairs while wearing full structure firefighting gear that weighs 25kg. This is a great event cause that challenges fire fighters fitness as well as raising money.

21,000 Kiwis live with blood cancer with six people diagnosed every day,

Thank you to all of the residents who came down to the Waitakere Station open day in April. The team enjoyed showing you around the station including the new fire truck. The team are usually on site Sunday mornings around 9am so if you are passing call in and say hi.

Denis Cooper
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COMMUNITY NEWS

KUMEU BLEND CHOIR – SINGERS WANTED



Rehearsals Monday evenings 7:30 – 9:00
Our rehearsal venue has changed. St Chad's Church, Huapai is closed for repairs. We are currently rehearsing at the Westgate Baptist Church, 67 Hobsonville Rd, West Harbour, (just up from the fire station). For our recent concert we joined with another choir and the West Auckland Concert Band (see photo) with an audience of 300. After our success singing with the Auckland Youth Concert Band last year we have been invited back again on Sunday afternoon, July 1st at St Luke's Church, Remuera. That means we need more singers. All are welcome – basses, tenors, altos and sopranos as we look forward to another busy, exciting year. We are a friendly group and enjoy a wide variety of music. Previous choral experience and ability to read music is helpful. Enquiries Margaret Lindsay on 021 042 8855 or 09 849 8070 email Margaret@lindsays.co.nz.

DAFFODIL DAY COLLECTORS NEEDED

Become a Daffodil Day Street Collector in Huapai, Kumeu, Waimauku, or Whenuapai- If you can spare some time on

Friday 31 August 2018, please sign up to volunteer. It'll only take 2 hours, and you can choose a time and place that suits you. www.auckland-northland.cancernz.org.nz/how-to-get-involved/volunteer/volunteer-for-an-event/daffodil-day-street-collector.

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KUMEU BOUNCY CASTLES

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portunities to host a party with a bouncy castle so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, school events, etc. Amazing Face Painter and entertainers - Pirate, Fairy, Clown, Magician and Balloon Twister! Remember to ask us about local community halls for hire so that you don't need to worry about the weather. All of our bouncy castle hire prices include local delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. No cancellation fee. Phone Cindy 021 1192 573 or email kumeubouncycastle@gmail.com.

WAIMAUKU PLAYCENTRE



Waimauku Playcentre would like to thank everyone who voted for us during the recent Good in the Hood fundraiser at Z in Kumeu, and the local businesses who displayed our posters. The money raised will go towards a sunshade over the sandpit. This is one of the most popular areas at Playcentre and will protect the children from harmful UV rays. If you have children aged 0-6 years and would like to pop in to check out Playcentre and have a cuppa we are at 69 Muriwai Road. Our sessions are Tuesday, Thursday & Friday 9am - 12pm. We look forward to meeting you!

KUMEU LIBRARY

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tion. We have an ever-changing series of displays throughout the year, all of which highlight different parts of our collection and provide endless reading inspiration, both fiction and non-fiction. Our "new book" shelf is a great place to start looking, and another of our regular displays features books read and recommended by those attending both Book Chat and Book Club. Book Chat meets on the first Tuesday of each month at 10.30am at Kumeu Library. It is a relaxed, casual chat over morning tea about the best books we have read in the past month – any book, any genre. Even if you can't join us for the meetings, you can sign up to receive email copies of the lists of books recommended, or pick up a copy at the Library. Book Club meets on the fourth Thursday of each month at 7.00pm at Kumeu Library. Each month the group reads and discusses a different author, theme or genre. Another great source of reading inspiration is the Auckland Libraries' website (www.aucklandlibraries.govt.nz). Here you can look at the great range of new titles arriving all the time, find lists of recommended books, or ask for personalised recommendations through MyLibrarian. Of course, the best resource we have is our helpful staff. We all read ourselves, and are always happy to help you find something new to read! Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with Kumeu Library's news and events.

SENIORNET KUMEU



SeniorNet Kumeu Inc. is dedicated to helping people who want to keep up with today's technology, who either don't how to use a computer, smartphone, or tablet or simply want to improve their skills. We are a relaxed and informal club with

tutors who teach at a pace that suits our members. Technology is here, not to ruin our lives, nor to make our lives more complicated. In fact, it's the other way around. Technology can help us become more informed so we can make better, sound decisions. All Seniors should embrace it. Keeping up with tech is fun and easy. Just get started! Membership is now open to people of all ages, who have an interest in meeting like-minded people and want to have fun learning how to get the most from their Computers, Smartphones, iPads, Samsung (or any other make of pad) etc. If you would like to join our friendly and informal club, just come along to our next meeting on June 6th at 10am at "Norwest Soccer Club" in the Huapai Domain Huapai, or contact: Brian Lacey on 022 183 1811 brian@lacey.nz.

CRUISING THE ITALIAN RIVIERA



Seabourn cruises are classed as a 6 star cruise line and you may ask what makes a cruise line 6 star? Service, service, service. And is it worth the price difference? You bet! Seabourn actually doesn't cost a lot more if you compare the price with another 5 star line in a suite, and sometimes will work out cheaper. The Seabourn Quest, which I have just experienced, has only 450 guests onboard and 350 staff so that is what you pay for. We arrived in Rome very early in the morning and rather than hanging around in Civitavecchia Port arriving just as most of the passengers were disembarking. We were noticed waiting and the guest services director got us onboard and in our cabin before most people arrived to embark

– amazing! They even knew our names before I gave them. Most of the service staff seemed to know our names and our drinks at the bar we liked. While we were sitting around the pool (no queueing for loungers either) cocktails and ice cold towels were brought around to us continually. Drinks are all inclusive onboard Seabourn as are gratuities which I love and the food was exceptional. We cruised the Italian Riviera and in some small ports we were the only ship in, that is the benefit of small ship cruising. We are having an information evening on small ship cruising covering Seabourn and Oceania on Wednesday 23rd May at 6pm and all are welcome to attend. Please rsvp for venue details if you would like to attend or if you would like more information on small ship cruising please phone 09 416 1799 or email hobsonville@helloworld.co.nz.

KARATE CLASSES IN TAUPAKI



Taupaki Dojo is a long established family friendly place to learn traditional Okinawan Goju Ryu Karate under the guidance of Sensei Bryan Williams, 5th dan black belt and accredited Jundokan instructor. Emphasis is placed on self defence, building strength, co-ordination, endurance and flexibility which drastically improve fitness and confidence levels. Goju Ryu can be practised by anyone, regardless of build, gender, age, athletic ability and whatever your physical condition. We offer a 2 week free trial so why not come along and try it out? Tuesday & Thursday at Taupaki Hall - Taupaki Rd. Junior (7 +) 6 - 7pm. Senior (13+) 7 - 8.30pm. Contact: Julia Williams 09 412 9768 or ju-

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TREASURED TREASURES

Do you see these shells on the beach? Did you know they are actually not shells? They are buoyancy chambers found in squid. Called Spirula spirula or Ram's Horn Shells, I am a sucker for them and my kids know it! Any time we are at the beach they instantly search for them to give to me, knowing how much I love them. So



I decided to turn one into solid Sterling Silver. That way I can wear this pendant and be reminded of so many things. The beach, my happy place. Days at the beach with my kids. My kids joy when they find one of these 'shells' and not to mention just how adorable that swirl is. Do you have a favourite shell, beach find or other item that you would like to wear to be reminded of special days, moments or memories? I'd love to help turn them into something to treasure forever. Email me at jo@preciousimprint.co.nz to discuss the possibilities today.

KAUKAPAKAPA LIBRARY HOSTS PHOTO COMPETITION

Come along to the Kaukapakapa Village Market on Sunday 17th June and view the entries for "A Week in the Life of Kaukapakapa", the annual photo competition. Hosted by the Kaukapakapa Library, photos must be taken and



entered between 3rd and 10th June. Prizes for best under 12, over 12 and People's Choice will be awarded at midday. Full details available @ www.clc-photographic.com, or contact Megan Paterson, threehorses@xtra.co.nz or 021 959 017.

EQUESTRIAN CENTRE SENDS THANKS

Woodhill Sands was not unaffected by the April storm, strong winds blew down trees over buildings and destroyed the judges boxes and jumps. With secondary schools from throughout Auckland coming to partake in equine education as part of their sports curriculum the following day the community rallied to help clear the debris. Special mentioned needs to go to Tony Bult, Chris and Shelley Ross, Nicky Bushnell, Sascha



Crossman, Emma Buckingham, David and Christine Bullock, Krista and Paul Treneary and community legends Joe Oliver and Allan Kerr Taylor who came armed with chainsaws and trailers. Plus local business Maxlife Batteries came to the party and sponsored repairs of the three devastated judges' boxes ready for the winter show jumping series. We would like to pass on our sincere thanks to these individuals and businesses who stepped in and helped out in our time of need.

WHEN 'CLOSE ENOUGH' ISN'T GOOD ENOUGH

The Touch Up Guys have invested in state of the art equipment which allows them to perfectly match any colour when repairing your vehicle. A Spectrophotometer – or Spectro for short – takes a digital image of the



paint on a surface, and with the software we have in our vans we can get a perfect colour match so you can rest assured no one will ever know that you needed a touch up in the first place. Our vans are like a mobile paint shop, we have everything needed to repair bumpers, scratches, stone chips or perform a cut and polish to the highest standard right at your doorstep. Get the convenience without sacrificing the quality! The Touch Up Guys is a family owned and operated business that started in Australia and has been in New Zealand since 1993. Your local Touch Up Guy, Tom, lives in Waimauku and has owned the West Auckland franchise since 2016 after 10 years as a panelbeater. Call for a free quote on 021406618 or email tom.williamson@touchupguys.co.nz.



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SIMPLY DINNER

Stuck for inspiration for a last minute dinner solution? New World has launched Simply Dinner, a \$20 meal for four, all the ingredients are bagged up in one place with the recipe and nutritional breakdown included. There are a number of dinners to choose from and the selection changes during the week. You will find Simply Dinner in our delicatessen. These are ideal for people who still want a home cooked meal but are short on time to prepare the food or to scope the store for the ingredients. Wade Brown, the owner/operator of New World Kumeu is excited about this offer and is in the planning process of remodelling the store to accommodate a "grab and go" section for meal solutions. Watch this space!



MATARIKI FESTIVAL 30 JUNE TO 22 JULY 2018

Light up your winter with an unforgettable dawn karakia, spine-tingling kapa haka, family kite-flying events, street dance and kai party, and much more at Matariki Festival 2018. Experience the spectacle of Auckland coming alive with the sights, sounds and tastes of Matariki, the Māori New Year, at more than 100 events region-wide from 30



June to 22 July.

Don't miss the chance to be a part of Auckland's premier winter festival: join us celebrating our Māori heritage.

Matariki Festival is proudly hosted by Auckland Council in partnership with iwi manaaki (host iwi), Te Kawerau a Maki. Go to matarikifestival.org.nz or follow @MatarikiFestival on Facebook for programme announcements.

Image credit: Poi 360 and Pātea Māori Club performing at Te Korakora on Federal, Matariki Festival 2016. Photography by Serena Stevenson, courtesy of Auckland Council.

WOULD YOU LIKE TO KEEP WARM IN OUR COSY BOOK NOOK?

With the colder months heading our way, Nature's Explorers children have perfect little nooks throughout Kindy to keep warm. Our cosy little book nook at Kindy is the perfect spot to relax with blankets, pillows, books and good friends, it is loved



by so many. The teachers observe so many great conversations and love that children have a passion for learning at Kindy and have so much kindness to share with their friends. We pride ourselves in our home away from home environment the teachers and children just love it here. If you are thinking about care for your child in 2019 please feel free pop in and see us at 1 Maude Street Riverhead, call us on 09 412 8800 or email office. kinderergarten@xtra.co.nz to book a visit or enrol.

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IN BRIEF

UPDATES:EVENTS

WAIMAUKU SCOUTS

Gala Market Day Sunday 10 June from 9am at the Glasgow Park Den, (Pony Club/ Playcentre) in Waimauku. Yummy food & drinks, arts & crafts, baking & preserves, fun games and bric a brac, car boot sales and much more. Come along and support the Scouts & our Venturers fundraising for their next jamborees. Fantastic first aid kits. Large kits with 77 items at just \$ 39 each, small kits with 25 items at just \$ 14 each. Buy them from Horselands Kumeu, from the 10 June Gala, or contact waimauku.scouts@gmail.com. Every home, and every business vehicle should have one.

Large kit just \$ 39 with 77 items incl digital thermometer, icepack, thermal blankets, CPR mask, gloves and SO much more
A heavy duty waterproof zip up bag with internal pockets 24cm x 18cm x 9cm



JUNE AT KUMEU ARTS CENTRE

This June we are proud to be part of the Auckland Festival of Photography again with a group exhibition called 'The Emanating Light – Te Ahuahu'. Photographers were invited to 'find the light'. Will they find it emanating from a window, the horizon, the night sky or the surface of the ocean? How will they capture this with

their cameras? Come along until June the 16th to find out. Following that we have an exhibition by Sara Shekarachi. Expect to discover the gallery transformed into a visual feast of line, pattern and colour. Canvases, furniture and objects will be intricately decorated and adorned. Enjoy a glimpse into Sara's personal story and trace the steps of an artist and a life. There is also the usual exciting array of classes and concerts on offer. So, if you haven't already come along and discover Kumeu Arts Centre - 'the hidden gem' in your community. www.kumeuartscentre.co.nz. Image for 'The Emanating Light' exhibition. Title- 'Rays of Light'. Photographer- Michelle Durrant.



WAIMAUKU SCHOOL

Gorilla Bags - convenient low cost alternative to mini skips, perfect for household & garden cleans ups & renovations. These bags take 3 cubic metres and are only \$ 150 incl GST and this includes pick up. (Area covers from Parakai/Helensville through to Taupaki/Riverhead. They are a flat packed bag. This is cheaper than buying the bags from retail stores, and you are supporting the Waimauku PTA fundraising efforts. You can purchase from the Waimauku School office weekdays from 8.30am till 3.30pm, we have eftpos. Con-

tact: pta@waimauku.school.nz.

HISTORY OF BENJAMIN BOWRING PRINT & SIGNS



In 1803 at the age of 25, Benjamin Bowring opened up a watchmakers shop in Exeter, England. By 1823 Benjamin owned his own wharf and schooner, 'Charlotte', which enabled him to ship his own goods between continents. Benjamin Bowring died in 1846, and was succeeded by his 4 sons who became known as the 'Bowring Brothers'. The 'Brothers' continued to prosper and over the years built up a substantial number of sailing vessels. It was one of their ships, the famous 'Terra Nova' which was sailed to New Zealand by Captain Scott in 1910. The 'Bowring - Vallings' family, John and Jane Vallings, moved to Kumeu, New Zealand from Exeter, England with their 5 children in 1955. Benjamin John Bowring Vallings established Benjamin Bowring Print in 1987 in Kumeu (starting in the little bread shop on the main road in Huapai). Over the course of 30 years he has steered BBP's reputation as being a reliable and professional printing company, offering hands-on control over every aspect of the job to deliver exceptional results. From design to completion BBP provides a fast, flexible response to a full range of custom print services for businesses and individuals. Benjamin's children, Thomas and Charlotte, are both now involved with the business. By diversifying and continually updating technologies, procedures and communications, BBP has maintained high quality standards across all aspects of the business.

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OFFICE OPENING - IT'S OFFICIAL



The Helensville Electorate Office has undergone a quiet transformation over the last few months, following last year's election. While the office has been up and running since Chris Penk was elected as the local MP, a blue ribbon was cut on 11 May to mark the occasion officially. Local community leaders were in attendance and a blessing was given by Chaplain Stuart Hight from the RNZAF Air Base at Whenuapai. National Party leader, Hon Simon Bridges was also in attendance to support one of his newest MPs on the block. Chris has been actively working in the electorate: meeting with constituents, attending local events and advocating on issues that are important to locals, as well connecting with police, fire and other volunteer community groups. "Advocating with local and central government about the challenges we face with transport and other infrastructure is one

of my biggest priorities", says Chris. "I've met with many constituents who bring up these issues and I've taken those concerns forward into meetings with Auckland Council, Auckland Transport and NZTA. I'll keep fighting the good fight!" The electorate office is open and fully staffed so you can call in Monday – Friday. Chris' staff will be able to assist you with issues and also make an appointment if you'd like to meet with Chris. He can be contacted by email at chris.penkmp@parliament.govt.nz or phone on 09 412 2496.

IVY COTTAGE PARTIES

Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids entertained? We'd LOVE to come to your party. Let us weave a wondrous spell of happiness & joy to make your child's party an unforgettable experience ~ your child will be made to feel so special and have a party that they will always remember. We'll keep the kids absolutely captivated with our magical games, flying lessons, treasure hunts, magic bubbles, enchanting stories, wishing dust and fun craft activities. Phone or text us on 022 312 5116 or email: fairies@ivycottage.co.nz.



PARENTING TALK

Wednesday 6th June, 7pm at Waimauku School. Please join us for an informative parenting talk by David Curtis from Activ8 Auckland. Some areas covered will include: Social skills training for school students. Problem solving techniques. Team play and the importance of play.

How you tell your child what you want from them and the three best and worst ways to do so. The Activ8 Auckland Programme. Activ8 Auckland has been operating programmes to its own private groups and through third party organisations (including schools) since 1999. Waimauku School is in partnership with Activ8, whose programmes have a strong emphasis on practical skills & problem-solving frameworks that can be applied to real life situations, and building on learned skills to provide opportunities to practise problem solving, social, emotional & team skills in real group situations. Tickets are just \$ 5 per person. The Waimauku School office will be selling tickets between 8.30am & 3.30pm weekdays, we have eftpos. If these hours do not suit, please phone the office on 09 411 8222 so we can add your name to a list for door sales (we need advance numbers) and you can give cash on the door on the night. Waimauku School PTA Fundraiser - proceeds towards outdoor playground equipment.

KAUKAPAKAPA VILLAGE MARKET

Sunday 17 June 8.30am to 1pm. A great morning out for the family, this lively village market hosts a wide selection of quality stalls with everything from locally hand-made crafts, fresh fruit & vegetables to pre-loved treasures and collectibles. Bring the kids along for free face painting. Enjoy a freshly made coffee while you check out the stalls or sit and relax with something tasty from our artisan makers and bakers while you listen to live music from Foster on the tenor sax. There is always something fresh to experience with different musicians, entertainment and new stall holders joining the market each month. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.

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PROPERTY

NEWS & ADVICE

MARKET REPORT

Steady interest rates, steady supply and fewer than normal buyers makes for a great buying platform if you're seeking to put money into real estate. As winter looms and supply reduces it may be the best time to put your gumboots on and buy a home or investment. These periods of pause and re-adjustment historically are short lived and looking to overseas examples in Sydney or Vancouver seem to start self-pressurising and demand comes back with a flurry. Likewise, I might just be the eternal optimist. We will all know in twelve months. Let's have a look at the sales: Helensville Residential \$635,000 to \$792,000. Helensville Lifestyle \$905,000 to \$2,025,000. Huapai Residential \$820,000 to \$1,065,000. Kumeu Lifestyle \$1,900,000. Muriwai Lifestyle \$1,267,000 to \$1,510,000. Riverhead Residential \$830,000 to \$1,700,000. Waimauku Residential \$980,000 to \$1,210,000. Waitakere \$720,000 to \$1,625,000. Whenuapai Residential \$937,000 to \$1,800,000.

If you are seeking an opinion, thinking about improvements or change, I would suggest a no-obligation chat with me that will provide some clarity on potential gains, market changes and values that are at play in your street and area. Like-wise, before you go to market, have a chat with a few highly educated real estate professionals about the best process, marketing support and relationship that will deliver the best return on your asset. It may well save you thousands, make you thousands and deliver a much more enjoyable experience. Call me today on

0800 900 700, text 027 632 0421 or view www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

WHY CREDIT CARDS KILL HOME LOAN APPLICATIONS



Credit cards are convenient, but they can damage your home loan application. We crunch some numbers that might just surprise you.

Did you know that just having a credit card – even if you do not have a balance – can dash your chances of getting the home of your dreams?

That is because lenders will typically calculate your borrowing power based on the assumption that your credit card limit is fully used.

To help you understand how big an impact a credit card can have on borrowing power, we crunched some numbers for you.

For a couple with a joint income of \$130,000, we put in an application through ten different lenders on our panel and then increased the credit card limit in \$5,000 increments. The impacts on borrowing power were:

So what options do you have?

Always think twice before using the plastic. Anyone applying for a home loan can help themselves by either getting rid of certain credit cards or reducing the avail-

able limit.

If you want to know more about how your credit card affects your chances of getting a home loan, speak to Ivan Urlich today. He can help you put your best foot forward when applying for a home loan, find a solution to help pay off loans sooner and show you different debt consolidation options too.

For further details or feedback feel free to contact Ivan 027 577 5995 or email ivan.urlich@mikepero.co.nz. Ivan Urlich is a registered Financial Advisor specialising in Mortgages, his disclosure statement is available free of charge on request.

WINTER MAINTENANCE AND REPAIR TIPS



With winter fast approaching it is important to take the time to ensure your roof and associated components are in good condition to withstand the many different weather scenarios, heavy rain, and strong winds.

Any roof leaks or other problems you experience with your roof during winter can be doubly difficult to deal with, since cold temperatures make repairing roof issues even more complex.

With that in mind, here are a few tips to follow to ensure you enjoy a leak-free winter.

Keep your roof clean – Debris is one of the leading causes of roof damage and leaks. Ensure that it is free of dead leaves, wayward branches, rubbish and other waste.

Trim overhanging tree branches – If you have trees with branches that hang over your roof, have the branches trimmed. This will greatly reduce the amount of organic debris that ends up on your roof in

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the first place, making the need for roofing repairs less likely. It also helps lower the possibility of branches falling on or scraping the house in snow or heavy winds.

Clean your gutters – Clean and check your gutters as per the section below.

Upgrade your insulation – Good insulation can prevent some roof leaks.

Look for interior signs of leaks – Roof leaks will often reveal themselves as stains on your ceiling or as stains and wet areas in your attic. However, not all roofing problems are obvious and the absence of drafts or leaks doesn't necessarily mean your roof is structurally sound.

Inspect the condition of your shingles & flashings – Look for curled, cracked, loose or missing shingles from the ground. (Use binoculars if you need to) Over time, exposure to the elements, as well as storm related debris can damage your roof deck compromising the integrity of your roof shingles. If possible, check flashings and other penetrations, including around chimneys and exhaust vents. Be sure these areas are properly sealed against the weather.

If in doubt, have a roof inspection done to ensure it will protect you during heavy rain, hail and strong winds.

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

WET WET WET AND FIELD DAY SPECIALS

With wet weather upon us, there is no better time to install that extra water storage. Don't get caught short this summer. Early bird Field Day Specials at Kumeu Plumbing Ltd for water storage tanks 5,000L to 31,000L. Winter is just around the corner, have you thought about energy efficient ways to keep warm this winter? Call into our showroom to view a range of wood burners and cookers, free standing and inbuilt models available. KPL will supply, install and consent.

Free quotes available. We look forward to hearing from you. KPL 156 Main Road Kumeu in the big blue building.

THE BENEFITS OF CONDUCTING A PRE-SETTLEMENT INSPECTION



By Fiona Taylor, Smith and Partners Lawyers. You are entitled to do a final inspection of the property before the settlement date. It is best that this is done as close to the settlement date as possible. In this inspection, you should look to see if there has been any damage to the property that wasn't there when you first viewed it and check that the chattels in the agreement are in the same condition as when you entered the agreement. If you do find new damage to the property, you should tell your lawyer before the settlement date so they can contact the vendor and request for them to repair, replace it, or reduce the purchase price accordingly. A pre-settlement inspection is particularly important if the property is tenanted.

CHANGES TO THE BRIGHT-LINE PROPERTY TEST

If you are planning to buy or sell residential property, you need to be aware of the recent extension to the bright-line property rule. From 29th March 2018 onwards, anyone who buys a residential

property and then sells that property within five years of purchasing it must pay income tax on any gains, unless it is their main home or another exception to the rule applies. For anyone who purchased a house between 1 October 2015 and 28 March 2018, the original 2 year bright-line test still applies. If you sell a property outside of whichever bright-line period is relevant for you, the bright-line rule won't apply but the intention test may still apply. We recommend seeking expert advice on your particular situation before buying or selling residential property that is not your main home. For advice on all accounting and taxation issues, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

KEMP BARRISTERS WELCOME DAIL JONES

Despite numerous stints in Parliament and a vibrant political career, it's fair to say Dail Jones' first love was the law. He's worked in the legal profession 'in one form or another' since 1960, and says "there's always another facet to see." Dail has called Kumeu home to his legal practice since 1975, and expresses great fondness for the land and the locals. In his new role at Kemp Solicitors, Dail quips that being paid to work for and with people he likes feels "very good indeed". On a meaningful note, Dail points out "all facets of life are covered in the practice of law". Though his legal knowledge is formidable, his rich experience with people throughout life's ages and stages makes Dail truly exceptional in his work. It's all part of what makes him a great fit with the caring, compassionate team of legal professionals at Kemp Barristers & Solicitors. Dail can be contacted at Kemp Barristers & Solicitors on 09 412 6000 or dail@kempsolicitors.co.nz.



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AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Helensville	1,175,000	2685M2	376M2	1,480,000
	940,000	1038M2	263M2	792,000
	600,000	675M2	83M2	635,000
	1,300,000	1.9HA	164M2	905,000
	1,200,000	1HA	180M2	1,100,000
	1,500,000	10HA	110M2	2,025,000
	1,525,000	3.9HA	120M2	1,650,000
	2,881,000	85HA	120M2	3,000,000
Huapai	1,150,000	741M2	236M2	1,065,000
	870,000	809M2	160M2	820,000
Kumeu	2,725,000	1.7HA	210M2	1,900,000
Muriwai	1,675,000	1474M2	277M2	1,510,000
	1,050,000	9003M2	123M2	1,267,000
Riverhead	810,000	0M2	86M2	830,000
	600,000	809M2	236M2	1,380,000
	1,400,000	1317M2	298M2	1,500,000
	1,250,000	1601M2	120M2	1,650,000
	990,000	937M2	118M2	890,000
	1,175,000	801M2	221M2	1,315,000
	1,475,000	2.9HA	141M2	1,700,000
Taupaki	990,000	2.5HA	206M2	1,430,000
Waimauku	970,000	2029M2	143M2	980,000
	545,000	941M2	126M2	770,000
	1,375,000	1563m2	219m2	1,210,000
Waitakere	800,000	1401M2	155M2	720,000
	1,475,000	5HA	269M2	1,625,000
Whenuapai	1,100,000	314M2	243M2	1,053,000
	1,075,000	330M2	216M2	1,033,888
	1,125,000	303M2	245M2	1,070,000
	865,000	1012M2	190M2	937,000
	1,500,000	803M2	230M2	1,800,000

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Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



List today for a
\$6,000 multi-media
marketing kick start.

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 misinterpreted 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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GET YOUR WINTER PROJECTS SORTED

WARM & DRY

\$109

Nouveau
Glass Panel
Heater 1500W
319048



\$138

Goldair
Micathermic
Panel Heater
2000W Grey
297131



\$147

Dimplex
Mini Cube
1.5kW Portable Electric
Optiflame Coal Effect Fire
121604



\$284

Goldair
Dehumidifier
w/Tank 12L White
279415



\$169

Nouveau
8L White
Electronic
Dehumidifier
317623



HOME DIY

\$69⁵⁰

Browns
Gutter Whiskers
900m Gutter
Filter 6 Pack
121711



\$257

Werner
Multi-Fold
Aluminium
Ladder
243705



\$99⁸⁴

Black & Decker
18V Li-Ion Drill
Driver + 1.5Ah
Battery
289699



\$139

Jobmate
16 inch Chainsaw
45.4cc
318664



\$159

Stanley
Tool Chest
& 75 Piece
Accessories Kit
30000



PRUNE & PROTECT

\$29⁹⁸

Fiskars
Deluxe Bypass
235mm Secateurs
Black & Orange
120889



\$14⁹⁹

Omni
Red & Black
Gloves
107165



(Sizes: S, M, L, XL)

\$199

Hozelock
Auto Reel with
20m Hose
103762



\$10⁹⁹

Intruder
The Better
Mouse Trap
2 Pack
138822



\$9⁵⁰

Kiwicare
No Rats & Mice
One Feed
Blocks 160g
232953



GARDEN JOBS

3 FOR \$10⁵⁰

Growfresh
Vegetable
Cell 6 Pack
188431



\$11⁹⁸

Tui
Sheep Pellets
8kg
307385



\$13⁹⁸

Tui
Vegetable
Mix 40L
142734



\$39⁹⁸

Stanley
Fork
28996



\$9⁹⁸

Tui
Compost
40L
141806



Products shown are available at Mitre 10 MEGA Westgate & Henderson. Subject to availability and whilst stocks last.

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**MITRE 10
MEGA**

**WESTGATE &
HENDERSON**



CLOSE TO EVERYTHING 3 1 1 **\$540,000**

2A Parakai Avenue, Parakai
\$540,000

This private three bedroom bungalow is close to everything, across the road from the shops an easy walk to school, surrounded by the various hot springs and pools Parakai is famous for and just down the road from the park. This weatherboard bungalow has good indoor/outdoor flow with a great deck off the large lounge room. There is a large single car garage.

www.mikepero.com/RX1401169



Lydsay Kerr
027 554 4240



THE KIWI DREAM 4 2 1 **\$995,000**

289 Motutara Road, Muriwai
\$995,000

Four bedroom home on quarter of an acre (1037m2) with the beach a ten minute stroll down the road. This beautifully built character home has extensive use of Kauri and other quality timbers. A modern kitchen is complimented by a pristine Shacklock range with a wetback. The formal lounge overlooks the lovely gardens. The master bedroom is a spacious light filled room.

www.mikepero.com/RX1332459



Lydsay Kerr
027 554 4240



THE PERFECT LIFESTYLE PROPERTY 4 2 2 **\$1,298,000**

87 Zanders Road, Waimauku
\$1,298,000

This is the most sought after lifestyle property, 1.9HA (5 acres approx.) nestled in a quite rural cul-de-sac in the Ararimu Valley. Spacious four bedroom, two bathroom brick home with internal access to a large double garage. A double bi-fold door opens onto a concrete courtyard, from the large kitchen/family room area. Land is easy to moderate contour and enjoys a pleasant rural outlook.

www.mikepero.com/RX1323109



Lydsay Kerr
027 554 4240



RARE EARTH **\$720,000**

1056 Peak Road, Waimauku
\$720,000

Overlooking the Tikokopu Valley this 1.25 hectares (3.1 acres) is waiting for you to build your lifestyle dream. Multiple terraces provide a variety of building platforms. The views are panoramic. Animal lovers can build on the top platform allowing you to observe your animals at all times. Rarely does land become available in this choice location.

www.mikepero.com/RX1369391



Lydsay Kerr
027 554 4240



POTENTIAL, POSITION AND PERSONALITY 2 1 1 By Negotiation

46 Orahā Road, Kumeu
By Negotiation

Often sought, seldom found, this character filled stucco bungalow offering an honest and genuine two bedroom, one bathroom home with separate kitchen, dining room and lounge leading to westerly decking. Rustic storage outbuilding and ROW access top and bottom, the door is open to explore development options given the large section size.

www.mikepero.com/RX1470382



Graham McIntyre
027 632 0421



SELLING, SELLING... 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. Independent double garage.

www.mikepero.com/RX1154898



Graham McIntyre
027 632 0421



BRICK AND TILE ON 2403SQM 4 2 2 By Negotiation

14 McEntee Road, Waitakere
By Negotiation

Elevated views over the valleys and green fields of Waitakere Township with over half an acre of land. Constructed of beautiful big brick and concrete tile roof. A spacious four bedroom home with two living areas, two bathrooms, separate laundry and oodles of storage is an outstanding family friendly layout with separation and integration when and where you want it.

www.mikepero.com/RX25082



Graham McIntyre
027 632 0421



EXTENSIVE VIEWS, SWANSON 4 4 Offers Over \$839,000

1084 Scenic Drive, Swanson
Offers Over \$839,000

A beautifully refurbished home with extensive bush valley views with four rooms, two lounges, four bathrooms, guest w/c and study/office. An elegant and Art Decor look that seamlessly links the best of period piece living and the beautiful outlook of the Waitakere's Foothills. Extensive alfresco to wrap around decking to integrate with plentiful uncluttered views.

www.mikepero.com/RX1363436



Graham McIntyre
027 632 0421



BRICK AND TILE ON ¼ ACRE 3 1 1 Offers Over \$839,000

18 Trigg Road, Huapai
Offers Over \$839,000

Picturesque brick bungalow boasting three rooms, bathroom, open plan kitchen, lounge, dining with decking to the front and back delivering excellent indoor-outdoor flow. A stand-alone single garage and workshop for storage or man-caving. 1019sqm section, fully fenced and peppered with fruit trees and a chicken run for the good-life.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1417919



FULL DEER FENCING 3 2 Offers Over \$729,000

236 Kiwitahi Road, Helensville
Offers Over \$729,000

This character filled open plan bungalow with wrap around decking enjoying expansive views through the Waimauku valley. The home has four general rooms that can be developed further with a functional kitchen and bathroom. Large lawn areas with established plantings for shelter and shade covering an impressive 6109sqm (1.5 acres).



Graham McIntyre
027 632 0421

www.mikepero.com/RX1369936



EASY CARE, FLAT SECTION, STAND-ALONE 3 2 1 **By Negotiation**

12 Crampton Court, Orewa
By Negotiation

Open plan kitchen, dining, entertaining and lounge, the home opens to North facing wrap around decking with easy care lawn areas. Fully fenced rear section for pets or children. Upgraded kitchen and bathrooms with the convenience of a heat pump for heating or cooling. Three generous bedrooms, bathroom and ensuite and internal access to a carpeted garage.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1469681



FAMILY ON 4,295SQM 3 2 2 **By Negotiation**

21 Buttercup Place, Waimauku
By Negotiation

This majestic Queenslander style character brick home stands in easy care grounds, down a private right of way. Featuring a wide formal entrance, an office, 3 double bedrooms (master with ensuite), a formal lounge plus a combined family room/dining adjacent to the kitchen. Open plan living area, spacious and light with access to a wrap around verandah.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1286702



AFFORDABLE AND NEAR NEW 2 1 1 **By Negotiation**

22 Oioi Road, Hobsonville
By Negotiation

The home offers entertainment space, customised kitchen including breakfast bar, dining and lounge on the ground floor with high ceilings and large storage cupboard under the stairs. Two generous bedrooms, huge master bedroom with sea views of the harbour, and bathroom upstairs with plentiful sunshine delivering warmth and ambience.

www.mikepero.com/RX1439102



Cherry Kingsley-Smith
021 888 824



HOME, VIEWS ON 1092M2 4 2 1 **By Negotiation**

77 Royal Road, Massey
By Negotiation

Positioned on a massive 1092m2 of land stands a solid four bedroom 1960's weatherboard home on concrete block, with tandem garage, rumpus, storage and oodles of extra parking. Enjoy the amazing views from the spacious open plan kitchen, dining and master bedroom deck. A relaxing lounge with wood fire and French doors leads to extensive outdoor decks.

www.mikepero.com/RX1449850



Cherry Kingsley-Smith
021 888 824



ELEGANT, COMFORTABLE, MODERN LIVING 3 2 2 **By Negotiation**

33 Rangihina Road, Hobsonville
By Negotiation

Downstairs is open plan living and entertaining with generous open spaces integrating lounge, dining and kitchen. The lounge opens to the north, linking to an attractive sheltered easy care garden with oodles of sunshine. Upstairs is all about restful private spaces, reading nook, 3 double bedrooms, main bathroom and ensuite along with pleasant views and generous sunshine.

www.mikepero.com/RX1462027



Graham McIntyre
027 632 0421



SUNSHINE, VIEWS AND TWO PARKS 2 2 **By Negotiation**

301A/160 Hobsonville Point Road, Hobsonville
By Negotiation

Seldom available, this well presented two bedroom Brickworks apartment delivers a convenient home or rental property for the discerning property buyer. North facing with extensive windows and alfresco deck with lovely views across the park through to the Inner Harbour, this property has plenty to celebrate.

www.mikepero.com/RX1431549



Cherry Kingsley-Smith
021 888 824



PICTURE THIS, NEW HOME ON 48 HECTARES

By Negotiation

1295 Old North Road, Waimauku

By Negotiation

Elevated land, no power lines, rural outlook. Seldom found - amazing rolling grazing land with bush glades, multiple house sites, and an uncompromised rural valley view. If you are searching for tranquillity and an environment to create your very own ponderosa, with a mixed compliment of around 24 hectares of grazing and the same in covenanted bush including tea tree.

www.mikepero.com/RX1326808



Graham McIntyre
027 632 0421



EXTENSIVE PANORAMIC VIEWS

Offers Over \$729,000

731A Ridge Road, Riverhead

Offers Over \$729,000

Elevated mixed pasture and bush in an upmarket and established development. One of the last sections available. Options here to capture the view, create a little paradise and enjoy. 2.3943 ha (approx 5.6 acres) of land in an established country lane. 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.

www.mikepero.com/RX1055369



Graham McIntyre
027 632 0421



AFFORDABLE SECTION - CLEARED BUILDING SITE

By Negotiation

747 Scenic Drive, Henderson Valley

By Negotiation

This flat circa 1600 sqm section boasts a flat, cleared building site with plenty of potential and possibility, delivering an opportunity to create a footprint of peace, tranquillity and sustainability. Elevated and generous sunshine envelopes the section which currently has an old derelict work-shed on site. Value has been added to this property by an architectural design house.

www.mikepero.com/RX1449850



Graham McIntyre
027 632 0421



2 FOR THE PRICE OF 1 - EXTENDED FAMILY 6 2 3

By Negotiation

11 San Pedro Place, Henderson

By Negotiation

The home boasts six bedrooms, two lounges and three bathrooms over two levels with an internal access double garage. You will be genuinely impressed with the thought that has gone into the layout that separates the bedrooms and maximises the open style alfresco linking inside with outside, clever, fun and very functional.

www.mikepero.com/RX1360146



Graham McIntyre
027 632 0421

RURAL NEWS

BOER GOAT ARE A GREAT LIFESTYLE BLOCK ANIMAL

Last month I wrote an article on alpaca for lifestyle blocks, another favourite of mine is the Boer goat.

This is a hardy breed of goats that are becoming increasingly popular in NZ. You can run a small herd on a lifestyle block and find a ready market for the meat. Stocking rate is approximately six goats per hectare depending on the quality of the pasture and browse available.



The Boer goat is purely indigenous to Africa and more so to South Africa, the Boer goat has developed into the most favoured meat goat in the world, producing a low calorie, heart friendly meat.

The Boer goat has much to offer the New Zealand Goat Meat Industry. It is suitable for a wide range of pastoral conditions. Boers under good management will reach carcass weights of 14-18kg at eight months of age. With its high fertility, rapid growth rate and quality carcass conformation combined with the Boer's ability to maintain economic production for six years or longer make the Boer goat a valuable commodity.

In an increasingly health conscious world, demand in New Zealand and overseas for low fat, low calorie Boer goat meat is strong and growing with increasing returns for the farmer.

The Boer goat is an effective alternative aid in the fight against weeds. Goats are browsers and are excellent at controlling blackberry, gorse, broom, thistles, ragwort, etc and with the removal of these weeds, pasture quality is improved for other livestock use. Recent trials have shown that Boer goats can utilise land that is not suitable for other livestock so therefore in an extensive farming operation, total stock units can be increased thus giving a better financial return for the farm.

Information for this article was obtained from the NZ Boer Goat Breeders Association, please visit their website to find out more about these fascinating animals. www.nzbgba.co.nz.

If you require any further information on Boer goats or any other lifestyle property pursuit please give me a call on 09 411 784 or 027 554 4240, if I don't know the answer I will know somebody who does. Lyndsay Kerr your local Mike Pero Real Estate lifestyle block and real estate specialist.

LIVESTOCK REPORT

Good buyer turnout saw prices solid once more at Pukekohe on Saturday. Prime cattle quality was good, but not particularly heavy, however killable cattle still sold very strongly as did

some nice quality younger cattle that were on offer.

Cattle	Lowest Price	Highest Price
Medium steers	\$1,080	\$1,510
Medium rising 1-year steers	\$690	\$830
Weaner x bred steers	\$490	\$690
Medium prime heifers	\$1,260	\$1,450
Light heifers	\$1,000	\$1,060
15 -month heifers	\$860	\$990
Medium rising 1-year heifers	\$640	\$790
Medium weaner heifers	\$440	\$500
Boner cows	\$985	
Bulls	\$1,660	\$1,880
Sheep		
Fat lambs	\$110	\$156
Store lambs	\$52	
Hoggets	\$110	\$128
Ewes	\$120	\$156
Rams	\$20	\$106
Pigs		
Weaners	\$90	\$97
Porkers	\$150	

WHAT SHOULD YOU KNOW ABOUT PRE-PURCHASE SOIL SAMPLING?

Collection and analysis of soil samples from a property prior to purchase is becoming routine but how reliable are these pre-purchase assessments? A common misconception is that a reasonable assessment regarding the



contamination status of a property can be done with just a couple of samples. In reality, the appropriate number of samples needed is dependent upon the size of the property and the past activities that have occurred. Collecting fewer samples costs less but if the number of samples is too small the risk that existing land contamination will not be identified increases. A quote that proposes one or two samples to assess a property for contamination before purchase should be scrutinised to make sure that the property is being adequately investigated. Also, care should be taken to make sure that samples are analysed for the appropriate potential contaminants. When it comes to pre-purchase soil sampling, you really do get what you pay for. Make sure you talk to Thomas Consultants to make sure you get the best advice. Call Greg on 09 836 1804.

LIFESTYLE PROPERTY/FARM SUPPLIES

Western ITM in Kumeu specialise in the stock and supply of lifestyle block/farm supplies. Posts, strainers, battens, fence rails/palings. Metal & wooden farm gates & heavy-duty gate hardware. Portable electric fencing & Strainrite fencing tools. Water troughs (round/rectangular). Western ITM - 154 Main Road Kumeu. Phone 09 412 8148 - Open Mon-Fri 6:30am-5pm, Saturday 8am-4pm.

HOME & GARDEN

GROWING CITRUS TREES

No orchard is complete without some citrus trees. 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 readymade fruit 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 hold and fill the remaining hole with soil. Make sure your soil is no higher than where the soil came to when it was in the bag. Stake the tree until it is established. Be sure to water your tree, if there has been no rain, every three days or so until established. Mulching the area around your citrus tree is a good idea also. Again, keep

the mulch away from the trunk.

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

Awa Nursery phone 09 411 8712 or visit www.awanursery.co.nz.

MEET LASER WHENUPAI'S PLUMBING MANAGER BRETT LOVEDAY



Brett is our Plumbing Manager and oversees all major plumbing projects. He brings over 30 years of plumbing expertise to Laser Plumbing and can provide solutions for all your plumbing needs.

Laser Whenuapai are your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations, Laser Whenuapai also offer a state-of-the-art drainage unblocking service. In addition to these services, it also has 24 hour service available for any plumbing emergencies - as these can come at any time.

Laser Whenuapai has been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai. The team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Contact Laser Plumbing & Whenuapai for all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110. Open five days a week from 7am-5pm, we are located in new offices at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

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TYRES, TYRES, TYRES

Do you use old tyres in your garden - they can get a bit heavy and earth clogged so we remove the sidewall which makes them easier to move around. We supply some local community gardens who use them around the trees in the Community



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Orchard for protection. If you think they would be useful in your garden, please call in, we will be happy to help you out. Winter time means slippery roads....roads that have been dry get very greasy when the rain starts and this affects braking distances. This is a good time to get the tyres checked and sometimes a tyre rotation will help elongate the life of the tyres. Call to see us at 43 Main Road, Kumeu, phone 09 412 9111 or email on firestonekumeu@xtra.co.nz, we will perform a free tyre pressure check, free tread depth check and we are happy to check your spare tyre at the same time. We are your local family owned independent tyre store and we have been part of this community for over 20 years.

TRIP TO HAMILTON GARDENS

What a fantastic Day!

You will see an amazing series of gardens that have transformed the Hamilton Council rubbish tip.

You don't even have to travel overseas, you can visit different places right here in Hamilton.

Each path leads you to a new story, a new garden, a new place, a different time or country.

Imagine a carpet of flowers, an Old English Garden, a Kitchen Garden, a Herb Garden, a Modernist Garden, a whimsical boat floating in midair, an Indian Garden, an Italian Garden, a Maori Garden even showing kumara mounds and storage houses.

The door from The Lion, the Witch and the Wardrobe lead you into the Tudor Garden. So much to see, so much to do.

We asked for a guided tour, well worthwhile, as we learned about the artist's vision and how he brought everything to life.

Katherine Mansfield's Home and Garden is in the process of coming to life and a Fantasy Garden I believe. I can't wait! Try

the Cafe too, great choice of food and service.

Put a visit in your diary now.

June 21 is Mid-Winter Christmas Lunch at Settlers, July 19 Potential City Excursion, and August, somewhere local. Do join us. Althea 021 123 6448, Bette 021 145 1854, Diana 027 478 8928, Jan 021 108 7925, Judith 027 272 9994.

BRIGHT LINE TEST AND RESIDENTIAL PROPERTY

You now pay tax on any gain you make on a residential property if you sell it within 5 years of registration of the transfer to you. However, not every sale of residential property is caught by the bright line test. Examples include getting half of the property as a result of a relationship property settlement within the 5 year period. Secondly, selling your main home is not taxable. This is known as the main home exemption. A residential property held by a family trust may be within the main home exemption if the principal settlor and beneficiary of the trust lives in the property (and the principal settlor does not have any other main home). Complications can arise if you rent more than 50 % of the liveable area in the family home say if there is a granny flat or other rental. These are all areas for specialist legal or tax advice. Luke Kemp or Dail Jones, property lawyers 09 412 6000.

HEALTH AND SAFETY AND VOLUNTEERING AS AN OFFICER OF PCBU

Are you a President, or Secretary or a Treasurer of a club or organisation? In other words, you're a club officer. Are you concerned about something going wrong within your club and you

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Congratulations to the 2018 North West Country Business Award Winners!

Thanks to all those that entered, voted and attended the North West Country Business Awards ceremony - what a great night it was!

Finalists were those businesses which had been nominated (either by themselves or by a member of the public) and then went on to complete the entry process.

The winners were then chosen after input from a mystery shop (where applicable), evaluation of their submission from an independent panel of qualified judges, and the public vote combined.

Congratulations to the finalists in each category, and photos from the night will be available on our website!

Visit: northwestcountry.co.nz/bizawards for more photos from the awards night!



2018 Supreme Award winners - Skydive Auckland with North West Country Chairman, Tony Forlong.



2018 People's Choice winners - The Riverhead with North West Country Chairman, Tony Forlong and Rodney Local Board member, Phelan Pirrie.

2018 CATEGORY WINNERS:

Business & Professional:

Gumboots Early Learning Centre
Highly Commended:
E-Pack Kumeu & MBS Insurance

Hospitality (non-licensed):

Juicy NZ
Highly Commended:
Gourmet Gannet

Retail:

Parakai Four Square & Cafe
Highly Commended:
Love Flowers

Health & Beauty:

In The Cut Barbershop
Highly Commended:
Celtic Rose

Hospitality (Licensed):

The Riverhead
Highly Commended:
The Hunting Lodge

Rural Services:

Country Meat Services
Highly Commended:
Vets North Kumeu



| BUSINESS AWARDS 2018 |

Recreation:

Skydive Auckland
Highly Commended:
Kaipara Coast Sculpture Gardens

Manufacturing & Trade:

Hallertau Brewery
Highly Commended:
Mama's Brew Shop

as a volunteer being faced with a visit from Worksafe?

As a club officer or official you have a duty to ensure that your organisation complies with its duties and obligations under the Health and Safety Act, this is known as due diligence. Part of that due diligence is to ensure that your organisation (a PCBU) complies with its health and safety duties.

So, what is due diligence or what do you need to do. Firstly, ensure that you understand the Health and Safety at Work Act 2015. Check that you know what your organisations risks and hazards are and if you do not know, ask for advice from a suitably qualified person. Discuss the hazards and risks with members, volunteers and officers and any workers that you may require.

Ensure that your organisation has the resources available and processes in place to deal with the risks and hazards associated with your organisation. This may require sending an instructor or volunteer on a first aid course, or a first aid kit available. The coach or manager your child's rugby team possibly should have a first aid certificate. Or the Girl Guide den may have a trip hazard in the entrance way, then mark it or eliminate it if you can. The fire extinguishers may not have been serviced.

Keep tabs of what you find and what you do and devote a section in the minute book to health and safety, recording resolutions and resources that are set aside to eliminate or minimise a risk under the heading of health and safety, just as you have a section in the minutes for financial resolutions.

Set up a book for accident and incident recording and discuss incidents and accidents at your monthly meetings, how you have dealt with an incident, what happened that caused the accident, how you may be able to prevent the incident happening again.

If you consider due diligence under the act you should be immune from prosecution. You may be prosecuted as an "other person" if you do not take reasonable care of your own or another person's health and safety. That means if as a club you ignore fixing a trip hazard in the club rooms, especially after it has been pointed out then you could be liable if someone does trip and injure themselves. Or if someone needs to use the fire extinguisher and it is found to be faulty and required servicing several months ago.

John Riddell, Securo Health and Safety Consultant, www.securo.co.nz or email securo4@securo.co.nz.

\$85 = 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 \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at sarahbrightwell022@gmail.com.

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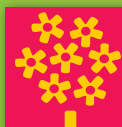
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CENTRAL'S TIPS

JUNE 2018



Winter has come - protect fragile young citrus, tamarillo and passionfruit by making frost shelters.

Brighten up your winter outdoors by planting rainbow stemmed chards, daphne, azaleas and hellebores and stake up broad beans.

IN THE VEGGIE PATCH

- **In go the strawberry plants, asparagus crowns, shallots and garlic.** Snip and plant runners off existing strawberries. Plant asparagus crowns around 50cm apart. Place garlic cloves 10cms apart and 5cm deep, in their upright position (the wide root side facing down and pointed end facing up).
- **Stake or build supports around broad beans** as they grow
- If frost is an issue, **build frost shelters** for young citrus, tamarillo plants and passionfruit vines. Frost cloth or newspaper is also a cheap and easy option on the nights where the temperature dips
- **For eye-catching colour** in the vegetable garden plant rainbow stemmed chard

LAWNS

- **A little mowing and control of porina caterpillar** is sufficient during this time



Build Frost Shelters

Protect young citrus, tamarillo and passionfruit from frost bite as the temperatures drop!



Time to plant Strawberries

If you have runners coming off last year's strawberry plants, snip them and plant into fresh soil

THE REST OF THE GARDEN -

FOCUS ON FRAGRANCE AND COLOUR:

- **For delicious scent** wafting over the garden for the next month or two, plant daphne bushes, boronias, wintersweet and the very special Daphne Bholua
- **Winter Colour:** azaleas and early flowering camellias and rhododendrons brighten up the winter garden. Witch-hazel, winter jasmine and mahonia are all interesting shrubs that offer yellow tones on dull days
- **Plant winter roses (hellebores)** in raised beds or on banks to view the remarkable and varied interiors of their beautiful flowers



Focus on fragrance and colour

Plant daphne bushes, boronias, wintersweet and the very special Daphne Bholua for a fragrant winter garden and azaleas, early flowering camellias and rhododendrons for colour.



**WE ARE OPEN
QUEENS BIRTHDAY
WEEKEND**

WE DIG WEEKENDS... EVEN IN WINTER

Central Landscape Supplies Swanson has you covered for winter - pick up firewood, pebbles and drainage for boggy areas and it's a great time to add a bit of compost to condition the soil.

Talk to our friendly Central Landscape Supplies team at Swanson about all your winter outdoor needs.

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 833 4093 • 598 Swanson Road, Swanson

BUILD

NEW

MAKE THE MOST OUT OF YOUR SHOW HOME VISIT

Building companies build show homes to showcase the quality and design features you can expect from them, and to inspire you with ideas you might not have thought of yet.

As a homebuyer, visiting a show home isn't just about price comparisons and deciding who you want to build with, it's an opportunity to create your wish list. Interiors magazines and social media are a great source of inspiration but there's nothing quite like standing in a real home to understand exactly what you do and don't want.

The more planning and decision-making you do in the early stages, the smoother your building experience will be, and the more likely you are to get your dream home.

Here are our top tips to get the most out of your visit to a show home.

Ask questions - There will always be a company representative at the show home, and it's their job to answer all your questions. From big (How long does the build take, between signing the contract and moving in?) to little (Can I have that exact bathroom tap?), don't be shy about asking as many questions as you need to.

Ask about the cost of the show home, including upgrades and extras. Most show homes have special features that add to the build cost of a standard home. What's not included? Initial outgoings and ongoing costs? Who made the kitchen cabinetry? If the show home is in a housing development, ask about local services and facilities. How far is it to the school? Where is the public transport? How accessible is the motorway? Are there shared green spaces? How flexible is the floor plan? What changes could you make without affecting the cost? What is the deposit required? What is the length of time between signing the contract and receiving the keys? Most take around 9 months, but it's an important factor in your planning. What guarantees is the new home covered by?

Take photos - See something you like? Take photos and keep a record from each show home you visit. Although it's fun to be inspired by soft furnishings and the 'pretty stuff', take note of big ticket items such as the roof, cladding, window frames, kitchen positioning and cabinetry, heating options and general layout. These are important decisions that will impact the permanent look, feel and functionality of your new home.

Make a list of must-haves - When building new, you have the luxury of future-proofing your home and a show home can help you see your options. How many bedrooms and bathrooms will you need? One storey or two? Butler's pantry? Separate living space for teenage children? Underfloor heating in the bathroom? Indoor outdoor flow with a covered patio? Smart home options? Make a list of the things you won't compromise on so that they can be factored into your budget early on.

Keep an open mind - You may be certain you want a two-storey gabled home with wooden floors and all the bedrooms upstairs, but then you walk into the perfect single-storey pavilion-style show home and everything changes. Good show homes make use of cutting edge design and the latest features

STUNNING NEW HOBSONVILLE SHOWHOME

30 Myland Drive (off Scott Road), Hobsonville | Open Wed-Sun 12-4pm



Looking for design inspiration for your dream home? Visit our newest showhome today to start your journey.

Striking white-washed oak floors give this house a modern suburban feel, which is enhanced by a cool, light colour palette. Beautifully appointed throughout you can't help but be enveloped in the sense of sophisticated style, with bold features and colours adding a little flair.

Our experienced team can talk you through a design that might work for you and your section, or show you some of the house and land options available in the area.

SHOWROOM/OFFICE:

80 Main Rd, Kumeu, Auckland
Open Mon-Fri 8:30am-5pm
Sat-Sun 10am-2pm

HOBSONVILLE SHOWHOME:

30 Myland Dr, Auckland, Hobsonville
Open Wed-Sun 12pm-4pm
signature.co.nz | 0800 020 600

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before they reach the general market, so chances are you will see things you haven't seen before. Keep an open mind, and if you do a 180 after falling in love with something completely different, be thankful it happened now and not after you'd signed on the dotted line.

Measure, measure, measure! What looks like a generous bedroom in photos can turn out to be pokey and cramped in person. Likewise, it can be difficult to imagine shared living spaces from a house plan. A tape measure is a great tool to take with you and don't be shy about using it.

If you find the perfect master bedroom or living room in a show home, measure it and sketch the layout so you know what you're looking for. Take note of bathroom and ensuite sizes, especially details such as the shower space. How big is your ideal wardrobe? What size is the patio? How big is the front door? If you see details you love, measure them and write down the specs. Reading house plans is so much easier when you know what you're looking for. If you have a favourite piece of furniture that will be part of your new home, measure it before you go and check that it will fit. Sideboards, super king beds, dining tables and pianos can take up a lot of room, and it's better to know now that they won't fit, rather than on move-in day. Every week, thousands of kiwis visit show homes around the country. With a little know-how, the visit can be a really useful part of your new home planning. Signature Homes has a number of beautiful show homes available to view around the country.

G.J. GARDNER HOMES

G.J. Gardner Homes are delighted to offer Ready Living options currently under construction in the fantastic new Huapai Triangle Cabra subdivision. These homes have been designed for

family living and are a great example of comfort, functionality and style. Fully fenced and lawned, with heatpump, F&P appliances, double glazed windows and numerous other features that have to be seen, all backed with G.J. Gardner's 10 year warranty to provide peace of mind.

These are great options offering the benefits of a brand new home, and if you secure yours quickly the colour choices can still be yours. Homes will be move in ready from August 2018. Our New Home Consultants would be happy to show you through, contact any one of our team from the Rodney West office on 0800 42 45 46 to arrange a time.

MADDREN HOMES TRADIE OF THE MONTH

When it comes to doors and stairs, Paula Lane from HiQual knows all the ins and outs. Not only that, she knows what customers need, what building companies need and how to juggle everything in between. Which is why she's earned herself the Maddren Homes Tradie of the Month nomination. Recently, when a client of Maddren's wanted bespoke French country doors for their new house, Paula spent a lot of time working with them to accommodate their specific needs. And it's this can-do attitude that speaks volumes and deserves recognition. Paula's dedication has seen her walk away with a voucher from sponsor Western ITM. Great work Paula.



RODNEY WEST OFFICE
3C Matua Road, Huapai.
(09) 412 5371

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G.J. Gardner. HOMES

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PETS

TIPS & ADVICE

KIDS SAFE WITH DOGS CHARITABLE TRUST

Did you know that in the past 10 years ACC have had over 125,000 reported dog bites? Costing almost \$40 million dollars in medical fees. Each year the number of reported dog bites increases. ACC started keeping records in 2005 where the number of reported bites was 8854. Last year in 2017 we reported 14,694 dog bites, which is an increase of over 39%.

But help is on the way. There is a charity called Kids Safe with Dogs that are working with holiday programmes and local schools to educate children, families and communities. With support from local businesses they are coming to schools all over the region. The Trusts recently gave them over \$5000 to enable them to visit more schools and Local Council gave them \$1000 last year.

The programmes are designed for different age groups and have been peer reviewed by a psychologist at Massey University. This ensures that the programmes are age appropriate and address the issues in a way that allow children of all ages to develop empathy and understand the reasons that a dog may bite.



They also run Canine Body Language courses for adults that teach us how to understand what our dog is saying to us and how we can use this information to keep both ourselves, the public and our dogs safe.

The Three Golden Rules are simple and easily remembered by children of all ages.

1. Always ask: always ask permission before you touch a dog – which means if the dog is alone do not approach it.
2. Where to touch: Only ever pat a strange dog on its side or back – which means never touch anywhere around the head. How would you feel if a stranger came and touched you under the chin or on your chest?
3. Stand like a tree: If a dog comes up to you cross your arms, stand still and look at your feet – which means don't run, don't wave your arms and don't scream. The majority of the time the dog will lose interest and move away.

If you want more information or if you want them to come to your school or holiday programme you can visit their website www.kidssafewithdogs.co.nz or info@dogsafeworkplace.com or call them on 0508 DOG SAFE.

TOP TIPS ON HOW TO TAKE AMAZING PHOTOS OF YOUR DOG

You love to flood the internet with adorable photographs of your dog, but you feel your instafeed can be better. Keep reading - it's easy.

I am pet photographer YELLOW LAB (@yellowlabpetphoto on insta) and today I'm sharing my top tips on how to take better photos so you can up your instagame and your doggy become the influencer he deserves to be.

Clean lens: This happens to me all the time. With my big DSLR camera AND my iPhone. I am snapping away and can just not figure out why the photograph looks out of focus. Use a microfibre cloth or clean it with your shirt.

Focus: Camera apps let you decide where you want the focus to be. Choose your focal point by tapping on the part of the screen you want in focus.

Shoot from your dog's eye level: You bond most when you are nose to nose with your pup and your photos will shine.

Get their attention: This stops scrolling on feeds. Get your dog's attention with their favourite toy or treats. Hold it close to the phone's camera. Sometimes it's difficult to do it all on your own, get help. Try to make funny sounds (dog crying sound, meowing or even barking!). Different sounds get other expressions and head tilts.

Download your copy of my eBook with 15 Photographer's Se-





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crets to Shoot Your Dog with Your Phone at yellowlab.co.nz. Have fun! Love, Salome.

*Mention this editorial when you book your and your pooch's magazine style photoshoot to receive \$200 print credit.

KANIKA PARK CAT RETREAT

Noticed your cat limping or any stiffness, these four things may help.

Watching your cat age is unavoidable, there are ways to make their life as comfortable and painless as possible. Weight - An indoor lifestyle of lounging around, add a poor diet, and your cat has little chance at keeping fit.

Introduce exercise slowly so you don't overburden their muscles/joints. Chasing catnip mice, swatting at laser pointers etc. Modify Their Lifestyle - As cats' age, simple tasks suddenly become more complicated.

Heated cat beds, ramps, low sided litter boxes, raised food bowls are all inexpensive products your cat will appreciate.

Visit the Vet - If you suspect your adult cat is suffering from poor joint health, visit your vet.

Daily Supplements - Omega-3 fatty acids are anti-inflammatory. Omega-6 relieves nerve pain and reduces stiffness, omega-9 helps maintain healthy cholesterol. Your cat will benefit most from a supplement that includes all three.

Read the full article at facebook.com/kanikapark. For one on one care contact Kanika Park Cat Retreat 09 411 5326 or email info@kanikapark.nz.



WHEN TO START GROOMING YOUR PUPPY

Puppies should ideally be introduced to grooming as early as possible. We recommend booking your puppy in for their first groom a week after their last vaccination. Starting the grooming experience early will ensure a

positive relationship is developed between puppy and groomer and will get the puppy used to having a groom on a regular basis. This will ensure their long-term association with grooming is one of wellbeing and acceptance.

At Angels Grooming Parlour we offer free weekly puppy washes after your first paid groom, up to the age of 6 months. This is our way of introducing your puppy to regular grooming with us. It forms the bonds and trust required to make sure your puppy



feels safe and accepting of grooming at our parlour now and as they grow into adulthood. Ring Angels Grooming for further information and bookings on 09 833 5571.

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 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.

CAT LOVERS URGENTLY NEEDED

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at the www.nzcatfoundation.org.nz/donate. Please get in touch with Carolyn on 021 143 6815.



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FOOD & BEVERAGE

JAM FIT FOR A QUEEN

Being so close to Queen's Birthday weekend, it seems appropriate to share the news that our 'NoShortcuts' Feijoa & Ginger jam was among 8 products recently presented to the Queen. The exclusively designed gift hamper containing artisan NZ products was presented by Prime Minister Jacinda Ardern to Her Majesty the Queen at a private meeting on April 20th. 'NoShortcuts' is both thrilled and honoured to have our Feijoa & Ginger jam chosen by 'Paddock to Pantry' as part of their hamper and hope Her Majesty enjoys her little taste of Kiwiana. The award-winning NoShortcuts range of gourmet chutney, relish, pickle and jam offers fresh, wholesome food that is full of flavour and contains no added fillers, colours or preservatives – all in the fast and easy convenience of a jar. This month you can eat like a queen too - and get 20% off our Feijoa & Ginger jam online at www.noshortcuts.co.nz.



ARE YOU HUNGRY FOR SOMETHING DIFFERENT?

Come to try our traditional Italian dishes, we have Neapolitan pizza, homemade pasta like gnocchi, fettuccine, tortellini, lasagna... Let our chef's creativity surprise you with our weekly



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special. Now on is a tasty Seafood Bisque Gnocchi. We try our best to bring you a piece of Italy. That's Amore Ristorante Italiano, 329A Main Road, Huapai, phone 09 412 2001 or visit www.Thatsamore.co.nz.

RHUBARB AND APPLE PUDDING

3/4 cup flour
1 tsp baking powder
1/2 cup rolled oats
3/4 cup white sugar
100g butter melted
4 cups diced rhubarb stalks
3/4 cup brown sugar
1 Tbsp cornflour
1/4 cup boiling water
1 425gm tin of sliced apples
Sift flour and baking powder into a bowl. Add rolled



oats and white sugar, and then mix in melted butter to make crust mixture. Put diced rhubarb and tinned apple slices into a greased ovenproof dish, such as a small lasagne dish or deep pie plate. Sprinkle crust mixture evenly over rhubarb. In the discarded bowl, combine brown sugar and cornflour. Spoon over the crust mixture. Carefully pour the boiling water over the top. Do not stir. Bake for 30 minutes at 180°C.

Serve with custard or cream and if desired dust with icing sugar. This recipe is based on a Chelsea sugar recipe. 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 www.paulajanecakes.co.nz.

WARM UP YOUR TUMMY WITH SOLJANS NEW WINTER MENU

Winter is here and with the new season comes new dishes. So it is time to head over to Soljans Estate Winery & Café to try our new satisfying warming winter menu. Head Chef, Paul Reid has produced a winter menu to exemplify



the stunning crisp winter mornings amongst our vineyard setting. One of Soljans new winter dishes is the all-time popular lamb shanks with truffle oil mash and a tomato and red currant jelly. Soljans Café is sufficiently heated with a gas fireplace, outdoor heaters and a controlled heat pump, leaving no excuse of being cold. The menu is available 7 days from 11:00am-2:30pm, with weekends available for breakfast too. Come and enjoy the

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winter by calling the café on 09 412 2680 to book your table now.

NEW ZEALAND HERBAL BREW TEA

New Zealand Herbal Brew teas aren't just leaves in a bag for making a cuppa; there's a lot of thought behind them. This new range has been meticulously developed, tested and tweaked by Kumeu local Rebecca Stenbeck —a qualified herbalist and naturopath – resulting in teas for both interest and therapeutic qualities.... "A therapeutic dose can be achieved in three to six cups of tea a day, depending on the ailment and person." Her range currently includes health teas for liver, digestion, heart & circulation issues and coughs & colds – with more therapeutic blends to come. It also includes single blends like hibiscus, lemon balm, peppermint and chamomile as well as fun blends like a craft beer tea with malt and hops - great gift for enthusiastic craft beer lovers. Teas are available in small and large jars, along with re-sealable pouches. For more information visit www.newzealandherbalbrew.co.nz or [Facebook.com/NewZealandHerbalBrew](https://www.facebook.com/NewZealandHerbalBrew).



JESTERS WESTGATE PIE VAN

Visit Westgate Shopping Centre first thing in the morning and you will see a familiar sight at the Jesters Pie shop, next to Countdown. Tray after tray of freshly made pies being loaded into the Jesters Pie Van in preparation for its popular daily pie runs. The



van covers a large area, stopping at offices and factories in West Auckland and Albany throughout the work week. On weekends and public holidays it caters for hungry mountain bike riders and tree adventurers at Woodhill Forest. In addition, the Jesters Pie Van is often booked for company organised staff shouts or community events. A recent fundraising event was held at Hobsonville School where hot pies were preordered by the kids and staff and delivered hot to the school over 2 days. A portion of the sales were kept by the school and they raised several hundred dollars from the event. To have the van call at your workplace or you have an event or fundraising enquiry, call our shop 09 832 6060 and ask for Angelica or Tony.

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A BEER FOR ALL SEASONS

As we head into the autumn and winter months here at Hallertau Brewery our appetite for darker beer grows. Our latest seasonal release Nocturne Double Stout weighs in with a hefty 8.8% alcohol, it is a riot of roasted flavours with coffee and dark chocolate notes. This is very much a stout in the American style with everything turned up to eleven. A small portion of this beer has been diverted into Thomson Whisky casks (their Distillery is onsite at Hallertau) for a keg only release to create a whisky barrel aged version which adds an oaky vanilla whisky complexity. Pouring at Hallertau with limited 500ml bottles available.



GGs WOOD FIRED PIZZA

Kumeu's most well-known wood fired pizzeria has been under a few guises in its time and now new owners Scott and Abby Limbrick are keeping the fire stoked as GGs wood fired pizza. Using a local supply of 100% manuka and kanuka wood to fire the oven, ensures these are some of the tastiest pizzas around and can become, as a few of the locals have found out, quite addictive. GGs use only high quality local and imported salamis and meats, quality New Zealand cheese and veg and have a surprisingly extensive menu to please every taste, items like Smokey BBQ wings, hand cut wedges with smoked garlic aioli, salads, deserts and drinks. GGs will also sell you dough balls or precooked bases for those who love to make pizzas at home. GGs Wood Fired Pizzas - 316 Main Road Kumeu, phone 09 412 5060.

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HEALTH AND BEAUTY

PERIOD PAIN AND ACUPUNCTURE

Medical researchers in New Zealand and Australia have found that acupuncture treatment significantly reduces period pain intensity, duration and symptoms over time, with improvements being sustained up to a year after treatment.



Research paper: journals.plos.org/plosone/article?id=10.1371/journal.pone.0180177.

Menstrual or period pain is most common in women aged under 25. It is also the most common gynaecological problem among women generally, with four out of five encountering it during their reproductive years. Cramping and period pain is caused by an overproduction of prostaglandins in the muscle wall of the uterus.

Acupuncture can be used to help regulate menstrual cycles, reduce stress and improve blood flow to the pelvic area and uterine lining.

As well as acupuncture a treatment programme will usually include a combination of herbal medicine, dietary, and lifestyle modifications, which are designed to help rebalance your body and regulate your cycle.

Acupuncture is safe and has few common side effects, which is why so many prefer it to painkillers and medication.

So, if you've been struggling with heavy, painful, and seemingly never-ending periods and want to know more about how acupuncture might be able to help you, you can read more at www.northwestphysioplus.co.nz/menstrual-pain-and-acupuncture or contact May Woo at may@nwphysioplus.co.nz or on 09 412 2945.

A SIMPLE EXERCISE TO HELP IMPROVE POSTURE

I recently posted a video showing a really simple exercise called the 'Bruggers Relief Position'. This exercise is designed to improve posture, especially if you spend a lot of time sitting in front of a computer or driving. It can be done easily whilst you are at work at your desk and can be used as a micro break to help keep your body mobile. Want to see the video? Simply look at the blog section on our website or on our Facebook page. Your body will thank you for it.

Facebook page - www.facebook.com/elevatechiropractic.

Website - www.elevatechiropractic.co.nz.

Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

WHAT IS A PATIENT PORTAL?

A patient portal is a secure online website that gives patients convenient, 24-hour access to personal health information from anywhere with an Internet connection. It uses a secure username and password. Currently our patients can view health information such as: recent doctor visits, medications, lab results, immunisations, allergies and the ability to book their own appointments.

Waimauku Doctors and Silver Fern Medical are actively promoting the patient portal and are encouraging our patients to be registered. All you need to do is phone or drop by and ask to be registered for the patient portal and as long as you have an email address we will send your request through to our portal provider Health 365. They will then notify you by an email to 'set up' your user name and password.

For more information go to www.health365.co.nz.

HOT STONE MASSAGE EXPERIENCE FOR TWO

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



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muscle tissue during massage, perfect for releasing tension. The spa package for two people includes a warm-up in the luxury spa pool before experiencing a side by side hot stone massage plus foot scrub and foot massage. The spa package finishes with a refreshing fresh fruits coupe, enjoyed in the relaxation lounge with lazy boy chairs and cozy fireplace, overlooking the terrace and gardens. (2 hours total \$379 for two). Phone Spa Di Vine to book your treat for two on 09 411 5290 or email us relax@spadivine.co.nz www.spadivine.co.nz. Spa Di Vine, open by appointment, 12 Taylor Road, Waimauku.

THE HAND INSTITUTE AT HUAPAI/KUMEU

The Hand Institute has moved. We are located at 321 Main Road, and are open 3 days a week from 8am till 6pm. Our team of Hand Therapists have further education in the diagnosis and management of elbow, wrist, hand and digit injuries. This can be from simple lacerations, strains and sprains to fractures and overuse injuries from sport, work or hobbies such as music.



We now have Mr Michael Boland, Specialist Hand and Elbow Surgeon attending the clinic once a month.

We are a team of specialists that can manage your acute and chronic injuries. We can refer for x-ray or ultra sound and then manage your fracture in either a fibreglass cast or individually custom made thermoplastic splints. We can get further tests such as MRI or CT's if required.

Once a cast/splint is removed we have expert knowledge in establishing for you a specifically designed rehabilitation programme to get your injured limb back to full function with specific exercises of stretching and strengthening.

Call now on 09 412 8558 for an appointment.

WHAT YOUR EYES CAN TELL YOU ABOUT YOUR HEALTH

Our series continues - Natasha Herz, M.D.*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist.



Today's tip: You have allergies - If your eyes are super dry and the skin around them looks a little worn, you might be unconsciously rubbing your eyes too often. "Rubbing your eye hard or often can cause your eyelid to become looser, more relaxed and even saggy," Herz warns. "If the eyelid sags away from eye, it not only causes wrinkles, but also increases exposure to air so the eye becomes overly dry." One of the most common culprits of itchy eyes: seasonal allergies.

Phone 09 412 8172 for your comprehensive eye examination with Matthew or Molly Whittington at For Eyes in the Kumeu Village.

(*Acknowledgement: M. Bonner, Marie Claire).

THANK YOU

As we head into winter, we would like to take the opportunity to thank the people of the wonderful Nor-West for their continued support of Kumeu Chiropractic, and



of chiropractic care in general. The summer months have been busy with the usual outdoor-activity related strains and sprains and the winter is now upon us with its usual stressors about to hit us with a vengeance.

At Kumeu Chiropractic our focus is on more than just relief of back and neck pain. Good spinal health is about performance, injury prevention, healing and general well-being. Improving spinal function through Chiropractic Care assists your body to work better and to heal better; it's as simple as that.

So, it is our mission to create a healthier and happier community by adjusting as many spines as we can to promote a more natural healing process within every one of us. We can only do this through your referrals and we appreciate all those who have told their friends and family to give Chiropractic a go. We have the best practice members around, and we have miracles happen in our office every day. That's why we love what we do. The team at Kumeu Chiropractic are looking forward to helping even more people to achieve their health-goals over the next year and we wish to invite you to investigate how chiropractic care may benefit you and your family.

Give us a call now. Phone 09 412 5536. Kumeu Chiropractic. 8 Shamrock Drive, Kumeu.

HOW MASSAGE ASSISTS THE MIND AND BODY

Besides relaxation, regular massage has numerous and exceptional benefits, from helping with anxiety and depression to reducing inflammation. A regular massage routine helps keep stress at bay which also helps defend against physiological ten-

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sion. It's an opportunity to power down the brain and nervous system for an hour or so.

Many of our mundane activities of daily living, such as scrunching our shoulders, craning our necks, sitting for hours, driving to-and-from in rush-hour traffic - can create "holding" patterns of muscle tension. When muscles are chronically tense or tweaked, it can have a nasty effect on our bodies and our minds. Persistent musculoskeletal tension can restrict blood circulation and nutrient supplies to the body's organs and tissues. As the web-like connective tissue (fascia) that envelops the muscles gets increasingly dense and less mobile, it can negatively affect posture and breathing. The experience of low-grade, habitual tension can contribute to chronic hormonal, biochemical and neurological problems of all kinds. Massage interrupts such stress-inducing patterns and helps nudge the body back into a natural state of balance.

Read on to find out more about the subtleties of massage, and the powerful healing potential they might hold for you.

Alleviate anxiety - A popular explanation is that massage lowers the body's levels of cortisol, the hormone notorious for triggering the body's fight-or-flight response.

Relieve lower-back pain - Aside from stress, if there's one thing that drives people to the massage table, it's pain - especially lower-back pain.

"Physical pain is like the alarm system of a house, with acute pain, like a burn or a broken bone, the pain signal indicates something is wrong. But, if you have pain every day, like chronic back pain, the alarm is malfunctioning. Massage may not be able to turn off the alarm, but it can lower the volume." Andrea Furlan PhD.

You'll get more lasting, long-term relief from lower-back pain by supplementing massage with isometric core exercises that focus on strengthening the muscles that support and guide the spine's movements.

Tension headaches - Tension leads to headaches, so it follows that massage would help ease them.

Restore deep sleep - Lack of sleep alters the body's biochemistry, making it more vulnerable to inflammation and lowered immunity, and more sensitive to pain. The relationship between

pain and sleep deprivation is a vicious cycle - your body doesn't get the rest it needs to heal.

Because massage therapy stimulates the body's "rest-and-digest" nervous system (the opposite of its "fight-or-flight" response), it counters both physical and mental stresses - giving you a better shot at enjoying the sleep you need to repair tissue during the night and to cope better during the day.

Reduce symptoms of depression - It may seem surprising that physically manipulating the body can help counter a malady we associate with the brain. Massage boosts the body's natural levels of serotonin, a substance that works much like anti-depressants in the brain - massage also encourages the brain to release dopamine, a mood enhancer, as well as oxytocin, a hormone that generates feelings of contentment.

Lower blood pressure - Given how positively it affects the rest of the body and mind, and how well it moderates stress, it probably comes as no surprise that massage therapy can also benefit the heart - in part by reducing blood pressure, at least temporarily.

To find out more contact Debbie from Realign Massage & NMT, 021 120 2175.

IS YOUR CHILD STRUGGLING TO SEE IN THE DISTANCE?

This problem is called short-sightedness or Myopia.

Myopia can't be removed.

Glasses or contact lenses can be used to improve distance vision if your child has only a little amount of myopia.

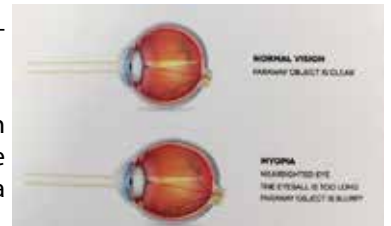
If your child has a high level of myopia, there are much higher risks to their sight in the longer term - glaucoma, retinal detachment (which can lead to blindness) and cataracts.

Act now to prevent your child becoming highly myopic.

We can't cure myopia, but it can be treated, perhaps with contact lenses or eye drops.

Please ring Hobsonville Optometrists on 09 416 3937 and book your child in for an initial assessment.

413 Hobsonville Road. Open Monday to Friday 9am - 5pm and Saturdays. Late bookings on request.



TIPS TO HELP PREVENT SPORTS INJURIES

Be in the best physical condition to play a sport. Know and abide by the rules of the sport. Wear appropriate protective gear and equipment. Always warm up before playing. Avoid playing when very tired or in pain. AND REST!

What to do if you get an injury? R.I.C.E.

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As soon as possible after an injury – Rest, Ice, Compression and Elevation.

And most importantly, get your spine checked by one of our chiropractors to make sure your body is working as well as it can be.

Hobsonville Chiropractic Centre, phone 09 416 7589 or come in 295 Hobsonville Road, Hobsonville.

TIPS ON HOW TO CARE FOR YOUR FEET DURING WINTER

A monthly pedicure - either by a professional or go for a lovely home pedicure.....don't forget the red wine and chocolate to add to this process. The reason you need to do this is to get rid of dead skin, improve circulation, keep your toenails in check and to keep the skin soft on your feet.



Another top tip to keep your feet in great shape is, buy a pair of natural fibre socks, rub Vaseline all over your feet and then put on the socks, you can do this just before you go to bed. Combine this with gently scrubbing your feet with a pumice stone.

Wear slippers inside or a big pair of fluffy socks.

Don't try and warm up your feet too quickly if they are chilled, this can cause chilblains. Just pop on some warm socks, slippers and move about, your feet will soon be toasty.

Reduce chance of fungal infections -don't wear the same shoes every day, in winter there is more chance of your shoes becoming wet, make sure they have a chance to completely dry out before you wear them again.

Shoe Talk - 401A Great North Road, Henderson phone 09 835 9936 or www.shoetalk.co.nz.

DO YOU HAVE A SHORT LEG?

There are many people who suffer from recurrent aches and pain in their back, hip or leg.

Sometimes they notice that their pants are not sitting evenly on their hips or they wear one shoe faster than the other. Those are possible signs of the leg length inequality.



One leg being shorter or longer may shift the pelvic balance so that it becomes tilted to one side and generate a strain on the leg, spine or even a neck.

In some cases the difference in leg length can be developmental

Gillian Wiltshire D.O.
 Registered Osteopath
 ACC Accredited
 36 Sunny Crescent
 Kumeu
 Auckland 0810
 Ph/Fax (09) 412 5977
 0212330413
gill.wiltshire@gmail.com

or a result of a trauma such as a broken bone. Such cases might benefit from a foot lift or a heel lift to balance up the pelvis. In other cases the legs are even, but the mechanical derangements in the leg or pelvis make it look like the legs are uneven. This scenario is potentially amendable and can be corrected by osteopathic manipulation. At Family Osteopathic Clinic we can assess the alignment of your joints and soft tissues, including the leg length. Most of the time we will be able to treat or recommend further action if a problem is present. Call us 09 416 0097 to make an appointment.

IS PREGNANCY MASSAGE SAFE?

We receive a lot of questions not only from mums to be, but also husbands or friends uncertain if pregnancy massage is beneficial and how it may help; especially if the mum to be is someone who does not receive regular massage therapy.



Pregnancy massage is very safe to receive throughout your entire pregnancy. At Top Notch Massage Therapy, we have therapists who can treat from conception right through to birth. Your therapist is professionally trained in understanding the language that is used in pregnancy and they know how to treat you safely.

If you are experiencing achiness and pains in the lower back, pelvic area, between the ribs, shoulder and neck or just 'everywhere', we can help to calm and relieve those areas to make your pregnancy more manageable. Scheduling a massage appointment gives you that precious time out to recharge; it provides you an opportunity to be more in tune with your body and reconnect with your baby.

Book online at www.topnotchmassage.co.nz or call 09 212 8753 & 021 181 8380. We are currently promoting \$10 off your first

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AUCKLAND TRAFFIC... LITERALLY A PAIN IN THE NECK!

It's 5pm on a Friday night on SH1, Auckland and you ain't going nowhere. It's gridlock on Groundhog Day! It's not just Fridays' but almost every day of the week you sit on your bum in your car looking left, looking right, looking in the mirror and looking ahead, you have a headache, your backside is numb and your shoulders hurt. Oh dear! The good(ish) news is that you are not the only one and we are not the only city or country to have this issue.

Millions of drivers in the UK could be in need of physiotherapy treatment due to spending too long sat uncomfortably behind the wheel of a car, the results of a recent survey suggest.

The British Chiropractic Association (BCA) teamed up with Citroen for the research to question 2,066 drivers on whether they suffered from back or neck pain.

Overall, more than three-quarters (79.5 per cent) did, with 13 per cent already linking this to spending too much time sitting in the car. Most put it down to an uncomfortable seat causing them to strain their neck or sit awkwardly.

Based on this figure, the BCA and Citroen have estimated that as many as 5.5 million car drivers in Britain could be in need of vital physiotherapy to ease their neck and back pain. That's a lot of potential clients. Although yes, great for business it's not great for your health.

While physio's can help to ease the pain, ultimately, if changes are not made to our driving position then our pain will return.

1) Therefore here are a few tips to help permanently alleviate that niggly ache 45min and 4km into that gigantic traffic jam you are stuck in...

Check the alignment of your mirrors, if you need to strain or crane your neck to see out of them, adjust them.

2) Check the alignment of your steering wheel, you do not need your arms fully extended and elevated above your shoulders; a slight bend and chest height is perfectly adequate.

3) Adjust the seat to fit you, not your wife/husband/child, and make use of that build in lumbar support that you likely paid extra for.

4) Men, make sure your back jean pockets are empty, not only do you have the potential to break your iPhone but you can also through your pelvis out of alignment due to you sitting on an uneven surface for hours on end.

5) Take regular breaks if you are on a long journey. A quick bend and stretch will suffice and take you 2 minutes.

By making these simple changes you can at least relieve your back, neck and shoulder pain and minimise your time face down on our physio table. I hate to talk Hobsonville Physio physiotherapists out of a job here but if you set yourself up properly we can't magic the traffic away but we can help make the journey at least not as physically painful as it might be mentally.

THERAPEUTIC MASSAGE FOR WOMEN

Fleur Williams has been massaging for over twenty years, and works locally in Massey.

Fleur's therapeutic massage is about muscle pain, relief, relaxation and the feeling of cheerfulness that follows the removal of anxiety, pain and stress. 'Therapeutic' means relating to the treatment and cure. Having muscle tissue pain in the body can signal that something is out of balance. With the art of massage, Fleur can help reduce muscle pain and bring relaxation to your body. This can bring about a fast release (relief?) and your body can start to recover and heal.

Fleur brings a holistic approach to her massage sessions, Holistic healing means bringing mind, body and spirit back into balance, for a happier, healthier wellbeing.

Book a therapeutic massage with fleur on 021 069 4708 or fleur8970@gmail.com.

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THE GREAT OUTDOORS

JUST ANOTHER REASON WHY WE'RE OUT THERE DOING IT

I was once asked, why do you work for a business that promotes the killing of animals? My response was considered as my thoughts began to assemble into some sense, order and plausible reason. The first thing I wanted to know before I answered, was why this question was being asked of me? I didn't



want to get ahead of myself thinking the question was necessarily an objection. Nor did I feel a need to justify. But I felt there was an opportunity to open the conversation up with a level of balance and context. My initial response to the question was introduced with a condition for this discussion. The condition was to exchange questions constructively, without judgment or argument, so we could explore the value of any point of view as individuals with a right to have that point of view. I started my response by asking this person if she had any boys. She didn't, she had three girls. I said having boys is not in itself a justification to hunt and fish, but I explained, one challenge I have to deal with, as many other parents and kids have to deal with, is their reactions to a simple request – especially when they are occupied by a game on a screen or on a mobile, a common and prolific preoccupation in today's society. Imagine this situation, I explained. I ask my son if he has fed the dog. He is consumed by a game on his mobile phone, eyes fixed intently on the screen with his thumbs racing the visual cues and sound explosions in what appears to be a crazed car racing scene. The dog, I asked. An eyebrow flinches with a slight lift of acknowledgement. The dog, have you fed the dog? Yes! Yes, yes ... oh I mean no, I'll get to it when I get a chance. OK! I thought to myself, if I had a blonde his age standing next to me quietly, the one he had been texting the night before, and she wasn't wearing a fragrance, he would be none the wiser. He can't see beyond the linear vision, noise and his testosterone driven by that screen. Missing something, I thought? Perhaps. I recall walking with him when he was young, down a busy main street. We were about to cross the road – not at the pedestrian crossing as we should have been, and I asked him to wait. Then it became an instruction. Stop! Stop! It was within a whisker when I pulled him back from a passing bus. I then ask myself, if stop, or wait, or feed the dog were requests worthy of contemplation, let alone any measure of acknowledgement. After all, these were not being received as words of guidance or observed with any measure of discipline. The dog stayed hungry a while longer. The peripheral vision didn't exist so the girlfriend opportunity was missed. Some simple lessons of life were ignored for the moment, to focus on the most important, intoxicating and seemingly endless pursuit of virtual entertainment. Which begs the question, has our society become so conditioned and preoccupied by what's in front of them, much of it manufactured, without any apparent reason, that no proper consideration is given to the concept of real life skills? Then I moved the conversation to raising girls. I asked the person who asked me why I worked for Hunting & Fishing New Zealand, what do you feed your girls? Answer: chicken, plenty of chicken, vegetables, salads and, occasionally but not often, fish. That's too expensive, fish. My response. Much of New Zealand's retail choice of chicken is no more than eight weeks old. It's batch raised, filled with growth hormones and antibiotics, raised in unnatural environments, humanely slaughtered, processed and packed in non-biodegradable plastic and there we have it. Food. No red meat, I asked? No. Where do they get their

iron from? Tablets. OK, so I can go to the supermarket and get lots of chicken, or I can do this ... Prepare for a walk, learn about what I need, where I am going and map that out with adequate provisions. Walk in company, talk to each other, take in the sights and perhaps take a few photographs. Take a path less travelled even, and at this point I'm only talking about tramping. Stay overnight in the bush, light a fire, heat a billy, toast some marshmallows and lean back to stare into the stars. A form of camping, you might say. I'm thinking my field of vision is wider, my sense of responsibility is greater and the way I have to operate in my environment, outside, requires a level of arrangement but man, am I relaxed! So, I suggest, think about the seasons, learn about some new kind of active outdoor recreation activity and yes, perhaps with hunters, intelligent, fit and practised hunters. Learn about distance and aim (there is a goal to shoot for and that may be getting back out of the bush safely), take a shot if you want to, brave the kill and show some humility with that decision, then take responsibility to carry it out. Think about the fact this animal has been running wild for some time, procreating like I wish I could have, eating and living natural ingredients all its life – organic food source, plenty of iron, no fat and I'm reminded a bloody good walk helped reduce my own body fat. Might try my hand at fishing the river next week as well I'm thinking, just for a bit of variety. Or simply going for another big long walk. That's why I work for Hunting & Fishing New Zealand. We're out there doing it and the natural benefits, properly observed, are immense. And my sons have fortunately, all made the outdoors their true place of adventure. I still feed the dog. For more information phone 09 869 3331 or go to www.huntingandfishing.co.nz.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Fri 1 Jun	-	05:41	11:32	17:55	23:52
Sat 2 Jun	-	06:16	12:06	18:30	-
Sun 3 Jun	00:26	06:53	12:43	19:06	-
Mon 4 Jun	01:03	07:31	13:23	19:44	-
Tue 5 Jun	01:44	08:13	14:08	20:28	-
Wed 6 Jun	02:32	09:02	15:01	21:19	-
Thu 7 Jun	03:27	09:58	16:00	22:20	-
Fri 8 Jun	04:26	10:59	17:02	23:25	-
Sat 9 Jun	05:27	12:00	18:04	-	-
Sun 10 Jun	-	00:30	06:26	13:00	19:04
Mon 11 Jun	-	01:31	07:25	13:57	20:02
Tue 12 Jun	-	02:27	08:21	14:51	20:56
Wed 13 Jun	-	03:20	09:16	15:43	21:48
Thu 14 Jun	-	04:11	10:08	16:33	22:37
Fri 15 Jun	-	05:00	10:59	17:21	23:26
Sat 16 Jun	-	05:49	11:49	18:10	-
Sun 17 Jun	00:15	06:39	12:40	18:59	-
Mon 18 Jun	01:05	07:30	13:33	19:49	-
Tue 19 Jun	01:58	08:23	14:28	20:43	-
Wed 20 Jun	02:54	09:19	15:26	21:40	-
Thu 21 Jun	03:53	10:17	16:26	22:42	-
Fri 22 Jun	04:52	11:16	17:25	23:44	-
Sat 23 Jun	05:51	12:15	18:25	-	-
Sun 24 Jun	-	00:46	06:49	13:13	19:22
Mon 25 Jun	-	01:43	07:43	14:06	20:14
Tue 26 Jun	-	02:35	08:33	14:55	21:01
Wed 27 Jun	-	03:21	09:19	15:39	21:44
Thu 28 Jun	-	04:03	10:00	16:20	22:22
Fri 29 Jun	-	04:42	10:38	16:57	22:57
Sat 30 Jun	-	05:19	-	-	-

Source: LINZ.

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



AREA COLUMNISTS

INEXPENSIVE TOYS GROW CHILDREN'S IMAGINATIONS

We have often marvelled at the long hours children can spend playing with simple materials like boxes, rocks, shells, sand, or water. As you've probably noted yourself, children are often more interested in the packaging than in the toys themselves.



One of the best ways to enhance children's natural curiosity and imagination is to introduce a wide variety of the materials we call "loose parts" into their play settings.

Loose parts are alluring, beautiful, objects and materials that children can move, manipulate, control, and change while they play. Children can carry, combine, redesign, line up, take apart, and put loose parts back together in almost endless ways. Children will turn them into whatever they desire: a stone can become a character in a story; a pine cone can become an ingredient in an imaginary soup.

These objects invite conversations and interactions. They encourage collaboration and cooperation. All of these are highly valued skills in adult life today.

Emily Standen is Centre Manager at Kereru Kindy, 10 Oraha Road, Huapai. Kereru Kindy has very limited spaces – maximum 23 children aged –2-5 years. Hours 7.30-5.30 daily. All welcome.



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Dream Cruises is the first luxury cruise line in Asia, aiming to redefine cruise holidays with transformational journeys at sea. Their first ship, Genting Dream, debuted in November 2016 and cruises from its homeport of Singapore, and transports its passengers to exciting destinations such as Malaysia, Thailand, Indonesia and Cambodia.

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

GOLF AT REDWOOD PARK DELIVERS MANY BENEFITS TO YOUNG PLAYERS

Hitting a golf ball is fun for kids. They can smack it, chip it and putt it; they can play with friends, and develop good levels of fitness.

Redwood Park Golf Club in Swanson, has a great junior programme that is affordable and provides many choices for the child and parent. To start with, the first few weeks are free- just come and experience the game. Golf clubs are not required.

There are some good reasons why children like golf.

It is fun gathering with other young people to spend time playing and practising. Golf is played by many people from all walks of life. The diversity found at our golf club opens young players to a broader view of their community.

Spending time outdoors, walking and being active develops good exercise habits and improves breathing and the heart rate. Conditioning for golf improves the strength of core mus-



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cles that support the spine, improves flexibility and allows players to improve their fitness.

Golf challenges the player towards constant self-improvement. Players analyse what they did well and what has to change to improve. It encourages a positive outlook. Learning from your mistakes and overcoming obstacles improves a player's self-awareness and control.

Golf is an active game and is less injury prone than contact sports. There is not the pressure of performing as part of a team sport, with parents screaming on the side-line.

Golf has a rich tradition of etiquette which lives on today. Playing golf teaches young people how to behave towards others and imparts values such as honesty and strength during adversity.

For more information on the junior programme, please contact Redwood Park Golf Park, Swanson; phone 09 833 8253; manager@redwoodparkgolf.co.nz; or www.redwoodparkgolf.co.nz/juniors.

SETTLING CHILDREN: THE TRANSITION FROM HOME TO AN EARLY CHILDHOOD CENTRE

The transition from home to a new environment such as an early childhood centre, can be different for everyone. Children and parents can often have differing experiences that are unique to them, and at Country Bears, we look at each child (and their family) as individuals.

As the time approaches for parents to return to work, this can often be an overwhelming time. Parents can have mixed emo-



tions ranging from guilt, anxiousness, stress and uncertainty as they leave their child for sometimes, the first time. If returning to work, having flexible working hours in the first few weeks can help with this transition period. Also having an alternative care person who is able to pick up or care for your child if needed, can be invaluable.

Regular visits to the centre prior to starting will help to build relationships with the new environment and the teachers. This allows the child, parents and teachers to build trust and knowledge, so on the first day of the official drop off, the parent feels confident that the teachers understand the needs of their child. If children can see their parents enjoying the environment at the centre, the child will no doubt follow. Having conversations at home about the centre, talking about the names of the staff will also help the child to make connections to the centre, which will usually result in a smoother transition.

By supplying the teachers with information on what your child gains comfort from, what they like, what is important to your family and culture and any difficulties, will help the child to gain a sense of belonging. Country Bears have a Primary Care system where one special teacher will be responsible for the care of your child in those early settling times. This enables the child to build a relationship with the teacher quickly as they know that their needs will be met. Once the child has settled, we find that the child naturally gravitates to the other teachers when they feel comfortable.

There is no place like home, but we like to think that we are the next best thing. Pop in and see us, at our beautiful rural based centre with lots of open areas for outdoor exploring. Check out our Facebook page: www.facebook.com/cbearsecc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu 09 412 8055.



Remember adventuring everyday in a diverse natural environment, immersed in nature; playing confidently amongst the trees, paddocks, vege gardens & treehuts?
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Contact Angela: 09 4128055
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HOME OF THE TASTY SAUSAGE

Andy Cummings, pictured, is the new owner of Kumeu Meat Processors.

He's taken over from Devon Woodley who ran the specialist home kill business for four years.

Andy's had 15 years of food industry experience, previously with Colonial Bacon and Ham in Auckland.

Kumeu Meat Processors butcher Leith Mohi has 24 years' experience and, alongside contracted experienced slaughtermen, the team does the whole home kill package.

They'll take the beef, lamb, pig or deer and provide the full service, even down to the customer's choice of cuts and delivery.

Known as "the home of the tasty sausage", the business specialises in providing many different flavoured sausages, like merlot and cracked pepper – even a flavoursome manuka smoked salami.

Kumeu Meat Processors covers all West Auckland.

Andy is well known in the Helensville area where he plays for the Raging Bulls Helensville rugby team and organises events like Chill in the Ville.

Specials are frequently offered, so contact Andy on 09 412 2007, 021 685 199, email info@meat.net.nz or visit www.meat.net.nz for more information.



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WHY DON'T YOU JUST DO WHAT YOU SAID YOU WERE GOING TO DO?

At any point in time we often have a number of things that we should have done or want to do. We all have a long list of 'I shoulda's' and 'I wishes'. All our wants are based on who we would like to be, which is great – it's fun choosing all things on offer in life. But an 'I should of' means we haven't done it yet. I should eat healthier. I should go back to the gym, I should have chosen the

salad instead of the pie. I should have gone for that walk yesterday. I really need to get onto those new business cards. I should have called such and such about that idea. I wanted to join that group, but I didn't go again, I've been wanting more clients but didn't make the calls I said I was going to make.

The obvious question is why not? Why didn't you do what you said you were going to do? Why don't you just get on with it? If it's potentially going to make you happier, healthier and richer or bring you more of what you want, then why don't you go and do the one thing that would make the biggest difference? Most of us might say it's because 'I don't have enough time' or 'I look after my kids and I can't get out' 'I'm too tired', 'there's not enough money to do that' or 'I'm just lazy' or 'I don't know anything about that' All of those reasons are valid but none are the reasons you're not getting round to it. This is what's happening on the surface – not doing something is a symptom of something else. I also don't believe in lack of discipline or lack of motivation - those things are symptoms as-well.

Not actioning something is showing you something you don't know about yourself yet. Something that has nothing to do with your body your business or your bank account. The problem of 'never doing what I say I'm going to do' is your biggest lesson ever and has everything to do with your beliefs and perceptions of self. I love the saying, to know and not to do, is actually not to know. So there's something you don't know about yourself yet. Where your actions come from is where you are living from – which says a lot about what you believe. Yes, emotion and how we perceive ourselves is all wrapped up what happens in our whole lives. Not doing things is about what we are really saying to ourselves about it – and it will be a blind spot. I actually don't expect you to read this article and suddenly know. It's very hard to write this article and have a clear answer for everyone as we all feel differently about who we are. It can take a bit of dissect-



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ing and we often can't see it until somebody helps us out. Your life is a reflection of how you feel about yourself. We can't really escape this. Our self-perceptions have been with us since birth - it feels the same as water does to a fish. Seeing it is hard, but our lives are a living example of it all. Everything you do or don't do is an outcome of this. Come for a session. Get some outside help in pointing out why your creating what your creating and why you're not getting on with the all your wants. Call Anna with any questions you may have. 021 555 658 or anna@thinkyourbest.co.nz.

PHELAN'S LOCAL BOARD UPDATE

This month I'm going to borrow from an excellent column our Local Board Chair, Beth Houlbrooke has written.

By the time you read this the Board will have made a decision which way it has headed on the 'Rodney Local Board's Transport Targeted Rate' proposal. The proposal was a local targeted rate that would only be spent in Rodney on bringing forward investment in a range of projects across the Local Board area.

Whatever the outcome, this has not been an easy process for us politically. Given some of the comments directed at us online one would think that we have raised this possibility simply to make ourselves unpopular, but what could our motivation be? We consistently hear that transport is a priority for Rodney, that the local board is "toothless", lacks influence, and that our residents want more local decisions made locally.

You may recall where this all started. We have all been paying \$114 on our rates bill as an Interim Transport Levy for the past three years. Many people believe that we have not seen any benefit from this rate, and that the money has all gone towards central city projects. So, the local board asked: how can we ring fence the levy so that it is only spent in Rodney? The answer to that question was that the only mechanism that would achieve the objective of having 100 percent of the money collected in Rodney, spent in Rodney, was via a targeted rate.

Whatever is decided, it has been a very useful exercise for a number of reasons. It's highlighted the constraints the local board has to work within - a very small footpath budget, and only advocacy on road sealing and parking. It's revealed that there are options open to us if the public want us to use them. And it has given some very useful feedback that we can take to the Governing Body of Auckland Council, to demonstrate the frustrations of our residents.

We have had one of two choices: not to implement a targeted rate and continue to work with inadequate budget to address the lack of better public transport, a long list of footpath requests, and a continuation of the current rate of road sealing; or: implement the targeted rate and finally start to see things happening. In other words, we have the ability to do something about this, make some progress, or still be talking about it

next year, and the year after, and again in three years at the next long-term planning cycle.

The decision may be unpopular either way, but do you want your elected representatives to be more concerned about their re-election, or to be courageous and seek the change they came into this job to make? In the words of another more famous (or infamous) politician: We do these things not because they are easy, but because they are hard.

Please don't hesitate to contact me if you need assistance with Council related matters; email: phelan.pirrie@aucklandcouncil.govt.nz or phone 021 837 167.

PINTEREST WEDDING

Let's be honest, we are all a bit obsessed with social media. But when it comes to weddings, Pinterest social sharing site seems like the world's most compulsive addiction. There are around 40 million people using Pinterest to plan their wedding, saving around 900 million pins and 70 percent of brides make bridal inspiration boards before they're event engaged.

Planning a wedding is not simple, and while we all need some inspiration at times the information overload that is caused by the influx of stunning photos and amazing ideas is causing most bridal brains to swirl in circles. Thus, rather than making wedding planning easier, a lot of brides discover that Pinterest Induced Stress Syndrome is, in fact, a real thing.

This doesn't mean you shouldn't use Pinterest. Use it wisely and do you study prior. There are a lot of very useful blogs out there that teach you how to stay focused and on track.

For now, remember these few things:

It's the execution that makes an idea successful - Pinterest is chocka full of beautiful ideas. But they are just that - ideas. You still need to source, create and execute those ideas. Many of the pins on Pinterest have been professionally styled and photographed. Most of them aren't even a real event but a photo-shoot set with no practical side to them.

Having a pin board organised doesn't mean you have your wedding planned - Most people underestimate the time it will take to DIY the projects that they have lined up for themselves and their partner, ending up stressed and disappointed when some of them do not turn up the way they were intended.

Also, keep in mind that your budget and resources may not match.

Those baby pink peonies might not be in season for your January wedding, and that couture gown may be way out of your price range. Is the cosy Bohemian set up going to work for your wedding of 70 guests or is that more suitable for an Elopement type of ceremony?



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Too many ideas pulling you in different directions can also result in rather tasteless event focused on unnecessary details. Just because you like a pin, doesn't mean you have to incorporate it into your event. Ask yourself why do you like the item – what element of the pin is appealing to you – is it the colour, layout, the overall look? What is the cost vs impact that it will have on your event? Would you rather spend a week decorating glass jars that would be mounted somewhere high over a fire-place because there are no other place for them to go, or spend that week creating a moody playlist for your guests to enjoy as they enter the ceremony site? Are those "absolute must have loan games" a true must have for your event during an unstable March weather? Would you have a "wet weather place" to have them set up under or are your guests going to be entertained by watching those giant knots & crosses soak under the rain? Remember, while scrolling through images is fun, make sure you know what your are looking for and ensure you know how to filter out, refine and organise you elements of inspiration (not the replica of YOUR wedding look). Brought to you by your local Wedding Planner – Anna Moroz @Wedding Girl. www.wedding-girl.co.nz.

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