

kumeu Courier

FREE monthly community magazine for Kumeu & districts

TRANSPORT FUNDING AT A CROSSROAD MURIWAI MUZZIES BOOK FAIR

- Caramel slice
- Riverhead is being burgled
- Events & updates
- Taupaki residents update

NWDBA GETS DOWN TO BUSINESS

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

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

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

kumeuCOURIER/ March 2015

Intro

February is nearly over and this year seems to be getting off to a cracking start for many people. There was some major excitement on the night of the Meteor shower last week with some terrific footage on social media the day after – I personally was lucky enough to be staring straight at the sky when it happened. For all those who missed out on not of the cosmic display we have some more earthy events available for your pleasure. Soljans Estate welcome back the Berba Croatian festival again this year over Easter weekend and invite one and all to come join the festivities, while Corbans Estate have an Open Arts Day coming up on the 28th of March – fun for the whole family. There are also a few fundraising activities going on in our community so be sure to make an appearance if you can and support our locals. In this edition we have some new contributions from the community with plenty of great reading and some healthy handy tips so thank you to all who shared with us.

As always, stay safe and be kind.

Sarah,
Editor.



kumeu Courier

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Print run is 10,500 copies through Treehouse Print
Email database is managed by Sublime NZ
Cover photo is supplied by Open2View



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NWDBA GETS DOWN TO BUSINESS

Auckland Mayor Len Brown was guest speaker earlier this month at the North West District Business Association's (NWDBA) first networking breakfast for 2015 and addressed a gathering of more than 70 local business owners and operators at The Riverhead.



There were a number of challenging questions for the Mayor from the audience on key issues affecting the North West which included business rates, development contributions, road sealing, the lack of rail and bus services to the area and the lack of progress on providing basic infrastructure to many parts of the North West.

The NWDBA is jointly hosting a public meeting with the Public Transport Users Association on Monday 23rd March at 7.30pm at the Kumeu Community Hall, 35 Access Rd, Kumeu in support of their campaign to improve rail and public transport in general to Kumeu and the wider North West area. The Association is keen to keep up the pressure on these particular matters with Auckland Council, Rodney Local Board and Auckland Transport. Encompassing the commercial business districts of Kumeu / Huapai, Helensville, Riverhead, Waimauku, Parakai and

Kaukapakapa, the NWDBA was formed to provide a united voice on behalf of its members and advocate to Council, Government and other key stakeholders for improvements to the area and support local business growth and opportunities. Guided by BID Manager Gary Holmes, the Association is supported by Member Services and Support Manager Shona Oliver and Hannah Stoddart in Events and Communications. For further information please contact Gary Holmes on 0274 966283 or email manager@north-westbusiness.co.nz

COVER PHOTO

Cascades Falls is a hidden in the rocks waterfall in Waitakere Ranges Regional Park. Located in the northern part of the Regional Park the waterfall is the most popular in this place due to a warm and large pool which is suitable for swimming. An easy all vehicle types drive takes roughly 50 to 60 min from Auckland city center. The road surface is sealed becoming the unsealed one for the last 3-5km.

There is a car park at the end of Falls Rd with toilets and very well maintained picnic area. To find Cascade Falls follow Auckland City Walk from the end of Falls Rd up to the sign 'Falls' then turn to the falls direction. There is a huge rock at the end of the track so be prepared to climb on it. Be very careful because the rock surface is slippery all the time.

BERBA HARVEST CELEBRATION

The nets have gone on, harvest is coming up, which of course means our annual Berba Harvest Celebration is



only around the corner. Don't forget to mark the dates out in your diaries; Easter Saturday 4th, Sunday 5th & Monday 6th April. There will be plenty to do at Soljans Estate to celebrate the Croatian Harvest Festival: grape stomping, entertainment, winery tours, great food and new wine available to try. Keep an eye on our website and Facebook page for more details. BERBA CROATIAN HARVEST FESTIVAL @ Soljans Estate Winery Easter Weekend: April 4th, 5th & 6th (closed Good Friday). In other news our Head Chef Paul Reid has achieved the highest culinary standard in beef and lamb, receiving the 2015 Beef and Lamb Excellence Award. This is the ninth time Soljans Estate Winery has won this prestigious accolade and we're very proud of the dishes our fabulous chefs have created. Visit our website www.soljans.co.nz or Facebook: www.facebook.com/SoljansEstate.

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Escape from the summer heat of the city with Kiwi Estate Winery's Trophy winning Boysenberry Sparkling Wine. Let the delightful combination of berries and bubbles transport you, your friends, and family to a simpler world where good taste and friendships shine.

As a long standing member of the Kumeu business community, Kiwi Estate Winery has been winning awards for our outstanding wines since 2008, and in 2014 alone, our wines won 2 trophies, 1 gold medal, 3 silver medals and 2 bronze medals at the Fruit Wine and Cider Makers of New Zealand Awards. Please visit our website at www.kiwiestatewines.com to discover the beauty of these award winning wines. Phone: 09 412 8875

NOR-WEST SENIORNET

Our first 2015 Nor-west SeniorNet meeting held at St Chads Hall was a great success, with guest speaker Grant Sidaway from Senior-net HQ. As always Grant gave a very interesting talk, specializing on the amazing 3D Printer, (which he had running while he spoke), turning out a sample for us to view (it looked like a slice of cheese, to me) but turned out to be a very handy little door stop.

As always Grant's talk, along with the showing of many small items made on the 3D Printer to Members, created a lot of very interesting questions. It was good to sign up 10 new members - our Tutors will be busy at the Learning Centre, helping everyone to learn more about their Computers etc.

Our next Nor-west SeniorNet St Chads day will be on Monday 2nd March at 10am. Our Speaker on this day will be Lisa Talbot who will demonstrate the Cap Tel (Captioned) Telephone, a phone with a screen showing your conversation, via Good Soundz Ltd, a subsidiary of The National Foundation for the Deaf, to help people with hearing impairment.

Entry fee \$3, so just drop in and enjoy our Guest Speaker Lisa Talbot.

Enjoy morning tea/coffee & our regular raffle which last month produced 5 lucky recipients of donated goodies.

KUMEU BOUNCY CASTLES

We are a local family-run business located in Kumeu/Huapai.

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SCRAPBOOKING WITH YVONNE

I am an Independent Consultant for Close To My Heart. I help people put their treasured photos into albums so they are safe and ready to pass onto the next generation. I hold workshops/crops day and nights as well as card classes. I have a monthly workshop/crop day at the Taupaki Hall on the 2nd Saturday of each month from 10am - 4pm. I also provide one on ones for those wanting to learn how to scrapbook. I carry a range of stock but you are also able to go online at yvonne.shopctmh.co.nz and order product direct and it will be delivered to your door. If you would like more information please contact me - phone 09 412 7997 mobile 024 798 8116 or email yvonne@xtra.co.nz

CORBANS OPEN ARTS DAY

A fun, relaxed, family-friendly event, Corban Estate Arts Centre's annual Open



Arts Day provides the perfect opportunity to see behind the scenes at this diverse creative hub. This year over twenty artists including renowned sculptors Chiara Corbelleto and Stephen Woodward will be opening their studios to the public,

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alongside exhibitions, hands-on arts activities, studio tours, and graffiti demonstrations. There will also be a full schedule of live acts including DJ's, music and performances, including Kapahaka by Kurawaka and hip hop dance by Fresh Movement. Come and see the Reuben Paterson show and have an Italian cooking lesson with artist Robbie Fraser; or drop by at rehearsals by the highly acclaimed Red Leap Theatre and Mixit. Open Arts Day is the perfect place to spend a Saturday at the end of summer. Bring the whole family. Entry is FREE, and all are welcome. 10am – 4pm on Saturday 28 March. For information visit www.ceac.org.nz.

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Diamond Lodge Equestrian offers horse riding lessons by qualified coaches with safe quiet horses/ponies for your experience. We also offer group or private lessons and run school holiday programmes for those wanting to do something fun with the kids in the holidays. We have competitive prices and a good selection of camps, beach and farm rides to suit everyone. Contact us on 027 570 2488. Muriwai Valley Road Waimauku.



OOH LA LA – FRANCE COMES TO KUMEU!

Guillaume and Gwen come from the Perigord, a beautiful area located in South West of France, very famous for the gastronomy (foie gras, duck confit, ceps, strawberries, walnuts and black truffles, and Bergerac wine) but also for the castles, Caves and historic villages. They decided to open "Le Petit Perigord" to share a little bit of their local food and culture, as well as the traditional French cuisine of their grandmother.



Guillaume, the French Chef, prepares typical dishes such as "Coq au Vin", "Boeuf Bourguignon", crepes, omelettes, Caneles de Bordeaux and many other delicious homemade treats. They offer French pastries like Croissants, Pain au Chocolat, Pains aux Raisins and bread with a delicious coffee made by the lovely Gwen. Guillaume and Gwen would love to see you, so pop in and make yourself acquainted and let them treat you with fine French goodies.

AT HOME STAGING LTD

Summer is both a hot and competitive time for selling homes. The main thing to consider in these summer months is anything and everything to do with light. You want to show off how light and bright your home can be. To achieve this your windows should be clean so they are glistening and letting as much light through as possible, ensuring all your blinds and curtains are pulled back to show off all your homes light capacity. Be aware that any hidden dirt and flaws will be more visible, so remember to keep it clean. Darker colours can be oppressive during the summer so if you are thinking of repainting the interior walls consider using light and neutral tones. As always the de-clutter staging rule applies in the summer as it does during every season. For Home Staging enquiries, please contact: Anna or Tracey on 021 136 3750 or 029 200 9011 Email athomestaging@xtra.co.nz

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SAFER COMMUNITIES

Do you have a neighbourhood support group on your street? If not now may be the time to think about starting one for your neighbourhood. Don't wait until it's too late, be proactive in helping the Police prevent crime in your area. Neighbourhood Support works alongside the NZ Police and aims to make our homes, streets, neighbourhoods and communities safer and more caring places in which to live. It is not time consuming, but involves taking ownership of your community, getting to know your neighbours, encouraging your neighbours to look out for one another and each others' properties, and liaising with local Police about crime in your area. If you are interested in becoming a street coordinator or could like to know more information about neighbourhood support in your area, contact your local community Police station (Kumeu) on 09 412 5194.

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

This month's safety message is on kitchen fire safety as 25% of ALL house fires start in the kitchen. Below are a few safety hints that may save your life:

If you must leave the room, TURN OFF the stove
Clean your stove grill after each use to prevent the build up of spilled fats and burnt foods
Clean rangehood filters regularly
Curtains, tea towels, oven mitts and any flammable items should be kept well away from the cooking area
Have a fire extinguisher and/or fire blanket correctly located in your kitchen and make sure you know how to use them
Never throw water on to a frypan that's on fire
Never, ever attempt to carry a burning frypan outside
If your frypan is on fire, wet a teatowel and place it over the pan or use a large flat object (like a chopping board) to starve the fire of oxygen
If you do have a fire on your stove, try (if you can) to turn the power or gas off either at the stove or at the mains. Alcohol is involved in 50% of all fatal fires. So don't drink and fry, get take-aways delivered instead or use the microwave. If in doubt get out and call 111.

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AREA PROPERTY STATS

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

Address	Max	Median	Minimum	Most Recent Sale
COATESVILLE				
Lifestyle	\$3,050,000	\$2,000,000	\$1,340,000	\$1,340,000
HERALD ISLAND				
Residential	\$1,200,000	\$900,000	\$830,000	\$830,000
HOBSONVILLE				
Residential	\$1,260,000	\$695,000	\$565,000	\$693,000
HUAPAI - KUMEU				
Residential	\$880,000	\$755,000	\$667,000	\$755,000
Lifestyle	\$1,900,000	\$2,500,000	\$935,000	\$2,200,000
MURIWAI				
Residential	\$665,000	\$715,000	\$370,000	\$665,000
RIVERHEAD				
Residential	\$805,000	\$750,000	\$405,000	\$605,000
TAUPAKI				
Lifestyle	\$1,145,000	\$1,008,000	\$740,000	\$1,145,000
WAIMAUKU				
Residential	\$1,095,000	\$820,000	\$660,000	\$720,000
Lifestyle	\$1,045,000	\$850,000	\$601,000	\$995,000
WAITAKERE TOWNSHIP				
Residential	\$1,032,000	\$637,000	\$510,000	\$510,000
WESTHARBOUR				
Residential	\$1,450,000	\$718,000	\$545,000	\$703,000
WHENUAPAI				
Residential	\$4,150,000	\$1,650,000	\$490,000	\$866,000

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

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The much-publicized "mortgage-war" has heated up and we are now seeing a staggering amount of lending options on offer. Each lender has their own niche loan product and offering. To ensure you get the best solution for your needs you can either spend days dealing with the individual lenders or use the services of a Mortgage Advisor. As we have access to almost every bank in the country we know who is offering what and which bank will best fit you and your situation. Interest rates continue to slowly return to the low 5% range and they should stay here for a while. We are noticing that the longer term interest rates are becoming more comparable to the shorter term options. These low level interest rates coupled with cash incentives from the banks make it an ideal time to buy or re-finance. Call us for a no obligation and confidential review of your lending needs. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz



David Lloyd
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IN BRIEF

UPDATES:EVENTS

GROWING RURAL BUSINESS NETWORKING GROUP TO HOLD VISITORS DAY IN MARCH

Late last year we launched a new networking group for businesses in the norwest area. We've already had 20 businesses join and this year we're looking to grow even larger.

To build our group, BNI Norwest, we're holding a special event in early March where visitors can experience our networking breakfast and see how referral business works, for free.

BNI (Business Network International) is the global leader in business networking. Now's the perfect time to see how your local BNI group can help your business grow. Only one business of any type can be represented and we currently have various professions from a lawyer, mortgage broker, to electrician and web designer among others. These businesses come from around the area including Helensville, Riverhead and Muriwai.

We meet at Carriages Café in Kumeu weekly for breakfast. To reserve your place contact me, Michael Baxter, President for BNI Norwest, on 027 695 77 88 or michael@utopia.co.nz It's a great opportunity for your business and one not to be missed.

SAME SAME BUT DIFFERENT

Mr Binz has added a new vehicle to their fleet, 0800 Grablt same same but differ-

ent. Same great service, local knowledge, same drivers, same expertise in removing your unwanted bulk rubbish and materials. As well as our bin services over the years we also have offered a bulk removal service with one of our Crane mounted trucks equipped with a clam shell grab. The increase in demand for this service has seen this new vehicle join the fleet late 2014.

We can remove that bulk pile of rubbish, easier, quicker and safer than usual methods of removal. We have 35 cubic metre capacity, a standard large jumbo bin is 9 cubic metre. Best thing about this service is you don't have to handle that pile of rubbish again, job done, by calling 0800 Grablt.

Great also for removing vegetation, plants, hedges and flax in particular. With a reach of 10 metres from the truck, we can get to vegetation without damaging any of your other plants. Recent jobs have included soil removal from sites with poor access for diggers; rock placements for landscapers; trees removed for arborists; and crop removal from glasshouse growers. All done easier, faster and safer.

So if you have any piles of rubbish or material/product needing to be moved, give Stephen a call on 0800 Grablt 0800 472 248 "making the hard jobs easy".

KUMEU ARTS CENTRE

EBB and FLOW by Kirsten Reid at Kumeu Arts Centre (300 Main Road, Huapai – behind the Kumeu Library)

Showing from Mon 16th until Saturday 28th March 2015. This solo photographic exhibition by local photographer Kirsten Reid features her photographs, montages and mixed media work. Titled 'Ebb and Flow' Kirsten's images capture the ebb and flow of the tides, nature, life. The exhibition opening will be on Monday 16th March from 7pm – 9pm. All are welcome to come along to view and chat over a glass of wine. Kumeu Arts Centre also offers many classes and workshops including ceramics, flax weaving, special needs art classes, children's term and school holiday classes, mosaic, painting (abstract and realism) knitting, lifedrawing and much more www.kumeuartscentre.co.nz or thetinshed@clear.net.nz or 09 412 9480 for more info.

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"Where do we start to say thank you? Vineyard Cottages is truly magical and made for an incredibly memorable start and end to the biggest day of our lives!" - Carl and Lisa

"A perfect location for a weekend getaway or for a conference venue. We held a sales conference here and the feedback from the team was overwhelmingly positive. We were made to feel like the place was our own." - Ian J, Tasman Liquor

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ATTENTION ! HORSES & RIDERS

Waitemata Hunt is a friendly local equestrian organisation and we invite you to discover the traditions and excitement that is hunting to hounds. The Hunt season is fast approaching, so if you are pondering whether you would like to give it a go this season, let us give you a leg up by inviting you to join our preseason Hunt School rides. The first of the Hunt School's is on Saturday 21 February and the second is Sunday 01 March. For more information visit www.waitematahunt.co.nz or contact Julia Kennedy our Secretary on 021638113 or email info@waitematahunt.co.nz



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LIONS TO COMBINE WITH MURIWAI MUZZIES

Members of Huapai-Kumeu Lions will be assisted by members of the Muriwai Muzzies female surf boat team at their next Book Fair to be held in the Kumeu Community Centre on the 27th and 28th of March. Lions will donate a portion of the profits to the team of women to assist them with their participation in the under-23 women's division of the Gallipoli 100 surf boat competition in Turkey. Significant personal cost is involved in the team getting to Gallipoli including freighting costs for the boat and the Huapai-Kumeu Lions sees supporting

their endeavor at this Gallipoli centennial event particularly significant. For the fair, donations of unwanted books would be most welcome and they can be left at KiwiSpan NZ, 329 Main Road, Huapai or at Sunnyview Orchards on Highway 16.

A vast range of books is expected at the Fair for sale at \$2 for hardbacks and \$1 for soft covers and the event is again likely to be popular with book-lovers looking for a bargain. The Fair will again be staged over two days, Saturday and Sunday and the Lions Club appreciates the support given by the community by either donating books or purchasing them in support of local groups such as the Muriwai Muzzies surf boat team. At previous Book Fairs the Lions have received help from and shared profits with Riverhead Scouts and Massey High School netball teams.

RETIRED...BUT NOT TIRED OF LEARNING?

South Kaipara U3A will meet on Friday 6 March at 1pm at the St.John Ambulance Rooms, 7 Rata Street, Helensville. All welcome, gold coin entry - excellent afternoon tea. Come and hear our guest speaker, Victoria Crone, NZ Managing Director of Xero and instigator of Gigtown. Her topic is "Busting the Myth of the Cloud". I'm assured she speaks in simple terms. Mini-Speaker: Bunty Condon, on Jowett cars. Call Judy, 09 411 8322 for more information. Next Meeting: April 10. Guest Speaker, Dawn Preston - Thomas on "Restorative Justice" and Mini-Speaker, Chrissie Jones, Frech Estate Business, Shelly Beach.

IT'S KUMEU SHOW TIME!



This tradition A&P show is something that is part of New Zealand's rural traditions and each year the show seems to get bigger and bigger. This year the 93rd Annual Show will be held on the 14th and 15th March 2015 with a new face behind the scenes - Lizelle Westman, Show Manager. New to the Show this year is Free-style NZ motocross with 5 displays on the Sunday. Make sure you are there to experience this breathtaking event. All the fun of a traditional A&P show from giant pumpkins to pony rides can be seen at the Kumeu Showgrounds from 8.30am to 5pm. Families will delight at the traditional array of animals like sheep, cattle, horses, goats, alpacas, guinea pigs and donkeys. The Small Landowners bring along their well-behaved pet animals which will allow kids to get up close with their favourite four-legged creature. Don't miss out on seeing some new Trade Exhibits this year. Come and have "Udderly Great Family Entertainment" with us.

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

Special thanks

We have a number of pick-up-boxes in the area and we would like to thank the following companies for their support:

Carriages Cafe	Kumeu
Countdown	Westgate
Freshchoice	Waimauku
Jacks Dairy	Waitakere Township
Kumeu Post Shop	Kumeu
New World	Kumeu
Top Shop	Muriwai

CAN YOUR CUSTOMERS HEAR YOU?

Writing a regular newsletter is a skilful task that involves providing information and persuasion. Good newsletter writing gives readers an insight into the services and products that you offer. Providing truly useful content is the essence of good newsletter writing. Newsletters can help advertise your products to a wider market and at the same time earn you loyal readership. Writing a newsletter that is innovative and informative is essential for good marketing. That should be the basic aim of your newsletter - to offer significant information. It's about sharing what you know. Here are some simple tips for making your newsletters successful: send a newsletter every 1-2 months; keep it short with news, success stories and a product or service you are selling; get a list of all the people you have emailed in the past; add all new customers to your database; and make sure people can manually sign up to your mailing list from your website. Consistency between your newsletter and website are import. Utopia can help you establish a template for your newsletters to match your existing branding and recommend the best online distribution method. Contact Michael Baxter at Utopia on 412 2473 or michael@utopia.co.nz. We are based in Kumeu providing website design, consultancy and development of purpose built business applications.



BESPOKE BUILDING AT ITS BEST

Are you concerned that a lot of the new homes being built in Kumeu look the same or look like they came out of the building companies standard plan range? Could this affect the resale value of your new home in years to come? At Build7 every home we build is unique to you, the owner. You will never see your house built anywhere in New Zealand. Our unique design service with our architectural and engineering partners means we can meet you on site, help you make a decision regarding your site and take a design brief from you, with our expert advice guiding you through the engineering designing and budgeting process. We will then design floor plans, elevations and renders sited on your site in accordance with your design brief and budget. What makes this service so special is that we are able to provide all of this architectural and engineering service free of charge - that's our investment in the relationship. Why pay your architect or building company thousands or tens of thousands of dollars to reach the same stage? Contact Steve Karpik on mobile 027 607 0707, or email skarpik@build7.co.nz or visit our website www.build7.co.nz

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MEACTIVITY

RUBBISH AND RECYCLING WITH SJ:



Recycling Bins - Most of us are better at the recycle part of the mantra that ends "reuse, reduce". This can mean that blue recycling bins overflow, with rubbish ending up on the street. An easy solution is to order another one. Each household is allowed 3 recycling bins - simply call Auckland Council's customer services team to order yours (09) 301 0101. They deliver them on a Friday to your door. The Council says: remember you can recycle packaging from the kitchen, bathroom and laundry. Please:

- Rinse and squash all containers
 - Leave the lids on all bottles and containers
 - Containers should be no larger than 4 litres
 - Don't put plastic bags in your Auckland Council recycling bin
- E-Waste recycling - Having a New Year clear out? Did you know you can now recycle all your E-Waste? This stuff is toxic so we want to keep it out of our landfills. Do the right thing and check out this website for prices, www.ecomatters.org.nz

SH 16 ROADING NIGHTMARE

Heading North from Kumeu to Waimauku you'll notice a patchwork of roading surfaces, just holding together. You don't have to be a rocket scientist to understand the dynamics of a coating, a patch and the alternative - an excellent surface. Most people in our community would have an inherent understanding of the word "foundation" be that on the face, or under the house or shed. So to see Downers busily spraying tar and



dumping stone chip on SH16 for the umpteenth time in the last 12 months was an immense disappointment. It is the old saying "if it looks like a pig and it acts like a pig it is a pig" and simply putting mascara and lipstick on the pig does not make the pig look or act any differently. What we are saying is that the foundation and the core substructure to SH16 between Kumeu and Waimauku is a pig. It needs to be compacted, reformatted and coated. In this process if it is raining or if the traffic flow negates the structure of the seal the only option is like any other project, detour or single lane at night. I have no interest to be a roading engineer but the basics are simple, a good foundation can deliver a good result, ie; no pig. Between Transit and Downers can you please do your job properly.

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PROPERTY

NEWS & ADVICE

WHY YOU SHOULD LIST WITH MIKE PERO REAL ESTATE

Reason #6, Unsurpassed databases of buyers and influencers. Some real estate brands have a database of buyers, and transactional data (buyers and sellers).

Few real estate companies have the depth and complexity of data that is collected from our range of sources, delivering more value to potential buyers and their influencers and extended families. So what does this actually mean? Mike Pero Real Estate collects data every week from enquiry, be it telephone, web, text, viewings and open home traffic. All this data is collected within a contact management database and utilised to match buyer and seller interest. In addition, we have a database of buyers and sellers that are engaged through Mike Pero Mortgages and are active in understanding their finance needs prior to making real estate commitments. Owners of properties for sale in the region receive a regular update of Mike Pero Real Estate properties for sale as they are already actively engaged in the process of selling then buying a home. In addition to all this activity Mike Pero Real Estate and Kumeu Courier actively add names and email contacts to the Kumeu Courier database which sits at over 5,000 individual email addresses. These individuals are made up of a wide mix of local residents and people that wish to keep up to date with activity within the region. So when other real estate agents talk of databases of buyers you can have confidence that Mike Pero Real Estate has an offer that

will make most others look shallow. For more information and a free no obligation appraisal, please call us on 0800 900 700.

FROM THE RED CHAIR

The smorgasbord of media comment through Auckland provides little clarity on the current climate or the future of house prices in Auckland regions, pricing fuelled by a lack of houses and the ability for onshore and offshore funding to buyers. There is a river of truth that flows through Auckland's rising house prices: the Auckland Public's love affair with owning their own home. In addition, we see significant property speculation coming from the Chinese and the Indian communities, where syndicates of buyers use their existing equity and the income of individuals within the syndicate to facilitate the purchase and servicing of mortgage funds to allow for speculation. This model also seems to be favoured by many first home buyers that are using Mum and Dad's equity and their income to fund first home buying. This ongoing funding creativity and change is increasing demand for property that is entry level or rent ready, and in turn raising the entry level to the property market. We then see this create a flow on effect through the market as buyers become sellers and move into newer homes and more affluent areas. The supply of new homes is still too slow. A cocktail of stubborn red tape, lack of clarity and speed by Council and a lack of building resources to satisfy growth is delivering slow prog-

ress of new homes and the price points of those homes is geared to a more mature buyer rather than an investor or first home buyer. Whatever your view, it is a great time to sell your residential palace and more to a lifestyle estate as the gap between the two has never been smaller. I believe the best way to start your journey is to give me, or one of our team a call on 0800 900 700 and request a free no obligation appraisal. We can discuss your thoughts, needs and the journey that you are thinking about, and deliver some clarity, price points and advice. Whatever your reasons, trading up your family home is still the best way to make tax free earnings and capital gain. Here to help, call 0800 900 700 or email kumeu@mikepero.com.

HOUSE GIFT A THANK-YOU TO AUCKLAND'S MASSEY HIGH SCHOOL



The latest player hoping to make some big bucks off the frenzied Auckland property market is a school.

Massey High will auction a two-bedroom bungalow at a gala day next month, with all profits destined to go to a foundation for its students.

Kumeu businessman Craig Walker donated the 65sq m house as a way of giving back to the institution he attended as a founding student in 1969.

"Business has been OK to me and I don't personally want for anything. I have a good family and drive around in a nice motor car and live in a nice house so it's a good way to help out," Mr Walker said.

"It's important to be supportive of youth and to make a better society. I like to help



David Lloyd
Director

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the community in positive ways.”

Mr Walker, who owns Craig Walker Building Removals, will deliver the house to anywhere in the Auckland region for a reduced fee of \$5000, which will also go to the Massey High School Foundation.

The new owner would pay for amenity connection.

School development manager Jacob Bish said the house would be a perfect bach. It was small enough to act as a secondary dwelling on a property. While it was 20 years old, it still had a good bathroom, kitchen and laundry and had been painted, with new carpet and lino.

A reserve was yet to be set, but the school was hopeful to sell the house on auction day. It was holding a gala event before bidding, with stalls and a bouncy castle, to attract a crowd on March 28 to the school.

RIVERHEAD IS BEING BURGLED AND PLUNDERED

The North West Business District Association hosted a breakfast this morning at the stunning Boathouse venue at The Riverhead, and our guest speaker was Auckland's Mayor Len Brown. What an double-bonus opportunity, to go along for a lovely breakfast AND to verbally get stuck into the boss of Auckland at the same time!! Couldn't help myself really, it just had to be said! So, lets rewind the clock a bit so I can tell you how this came about...

Some 8 years ago, I was the Chairperson of the Riverhead Residents and Ratepayers Assoc, and at that time we as a community collectively created a new 'Vision Document' and 'Structure Plan', as Council recommended, to ensure we had the growth of Riverhead just right, encompassing the new subdivision areas. These documents were to be the guiding plans for the growth of Riverhead's new areas and highlighted how these new areas would blend in with our existing community, especially to mitigate the old-new transition as well as cater for doubling the size of our township! Fabulous... the developers were happy as they needed these documents to proceed, and we, the existing residents, were happy too as we knew we had a guiding document, a set of plans and rules, to ensure we wouldn't get lost with all the "new" happening around us.

Fast forward a few years and the township started rumbling and bumping with all the new streets being created and housing going up. The developers paid dearly to Council, as they have had to stick by Council rules in creating streets with nice curbing and channelling, footpaths (Wow!) and street lighting and planting. It all looks fabulous!! Developers also had to pay Council what's called "Development Contributions" (or DC's) for the privilege of getting these new subdivisions consented, and in Council speak – "DC's" are paid to contribute to the greater load on infrastructure that the new housing will affect.

I did some digging about info on the DC's about a year ago, as no-one at Council would give me a straight answer. In fact I had to use the official Local Government Information Act in the end to get the answers I was looking for. Our developers have paid Council \$5.5MIL in DC's to get their subdivisions approved. I wonder where all that money has gone???? Certainly not here in Riverhead! There are no new footpaths here in our town, not even one on the connecting road from the new area to the park/shop/school. It's an absolute disgrace! No new street lighting, nothing. We have been robbed (burgled I say!) of the DC's that were taken by Council for "infrastructure to support the growth".

What's to stop this happening again and again? Huapai's new

subdivisions being built at present, and the up-coming SHA (special housing area) planned for Huapai too? Kaukapakapa are suffering the same growth with no infrastructure to support it. i.e. a new footpath to connect new area to existing town/shops/school. This is criminal; it's downright thievery when Council take money for a purpose and flitter it away somewhere else!

So... I asked Mayor Len Brown this morning, exactly where Riverhead's money has gone, and why it hasn't been spent here? I asked if him and his cohorts are in cahoots to spend it all on parties at the waterfront? I suggested he take a drive on a few of our roads as he exits Riverhead after his breakfast, I even offered to drive him! Sadly, he declined my taxi service and started rambling on about having my say by submitting to the Council LTP (long term plan) so that items such as footpaths may appear in the budget "at some stage".

Thank goodness our local Board Member Phelan Pirrie was present for breakfast, and he immediately backed me up with some really great info, using Council terminology, that slammed Len Brown shut so quickly, it was a joy to witness for all those present. The sad reality is that the main LTP and the transport related RLTP set budgets from now until 2025... and we have nothing in there except a Tapu Road intersection re-vamp somewhere between 2018-2025. Pretty sad really... even the budget for road sealing and maintenance has been reduced. No new footpaths, no park'n'rides, and definitely none of our stolen DC's being spent here.

PS... where's our one Rodney Councillor, Penny Webster, with regards to all of this? AWOL??

Karen Body – Rowdy Riverhead Resident.



AT HOME STAGING LIMITED

Founders of AT Home Staging Anna and Tracey went into business a year ago after seeing a gap in the home staging market for on trend, affordable interior staging.

Home staging was created to give sellers a competitive advantage in their respective real estate market. With minimal investment, statistics show that staged homes sell faster compared to a non-staged property.

A well staged house should be inviting, desirable, spacious and balanced. This makes it easy for the potential buyer to visualise themselves living in your home, and by doing so, you can attract a broader range of buyers.

In today's market most people search via the Internet first and then visit the homes they have seen online. If your photos don't immediately capture their attention you may have lost a significant amount of prospective buyer traffic.

Remember you only have one chance to make a first impression. Whether that first impression is on line or in person you only have a few seconds to make them stop and take notice - this is why staging is so important.

For any further information please contact Anna or Tracey on 021 136 3750 or 029 200 9011.



CALLING ALL WESTGATE BUYERS!

3 2 2

Enquiries Over

48 Garton Drive, Massey
Enquiries Over \$659,000 - Viewing by appointment

Sitting elevated on a full site of 502 square meters, this home offers you three generous double bedrooms, two bathrooms, spacious open plan living area and entertainers kitchen, linking with alfresco to the north and east with decking leading onto fenced lawn, ideal for children at play or pets. Established gardens and planting provide shade and privacy. Extensive double garaging and plenty of storage areas that will put a smile on your face and keep your toys and tools safe. Come and enjoy the pleasures of this home designed for comfort and leisure, the entertainment and security options that this home delivers. Conveniently located just off the North Western Motorway, a short walk to many shops and just around the corner from the ever-growing Westgate Shopping Centre, West Harbour Marina and Hobsonville Point.



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SOUNDS LIKE TITIRANGI, CLOSE TO WAIATARUA

6 3

Enquiries Over

188 Mountain Road, Henderson Valley
Enquiries Over \$779,000 - Viewing by appointment

Tranquility, Harmony, Peace and Bird Song is found at this remarkable character home at the Scenic Road end of Mountain Road. We offer a unique home with plenty of lines and angles and surrounded by tropical native rainforest. A multi-tiered home featuring 6 rooms and three bathrooms over three levels. The first level you will find bedroom, entertainment room, bathroom and laundry. The second level is the kitchen, dining and lounge area, plus more bedrooms. Level three finds the master bedroom with ensuite, another living area that flows to a sunny deck. Come sit, relax, absorb the sun, listen to the birds, take in the beautiful views and enjoy the tree top views overlooking the bush canopy. The home enjoys plenty of alfresco living with outdoor decks, providing for great barbecues and outdoor entertaining. This is a very special home and haven, come enjoy the bush canopy views and space.



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www.mikepero.com



CALLING ALL WAIMAUKU HORSE ESTATE BUYERS

3 2 1

Enquiries Over

1314 Old North Road, Waimauku
Enquiries over \$875,000 - Viewing by appointment

Amble down this rural drive you will discover a delightful North West facing character bungalow. The land is an ample selection of gentle sloping paddocks (10 acres) with stables and barn to support horse and buyer. The land is accessed off an easy driveway directly to the stables area. In addition this distinctive stucco house provides DIY options for cosmetic updating. The home features three bedrooms and study with excellent alfresco from rooms and living area onto decking and patio. Close to schools, shopping and transport.



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Introducing Joanne O'Brien

Jo comes from a background in business management, administration and accounting. She has run her own successful Health & Wellness Consultancy business for the last 9 years.

Jo has just completed the last 12 months in Property Management as a Letting Specialist and is now ready to sell you your next home.

Jo is a motivated and positive person with high energy, she is warm, friendly and approachable, a person with heart, she connects well with people from all walks of life.

Helping people is paramount to Jo, so give her a call so she can deliver great service to you.



Joanne O'Brien

027 683 3366

joanne.obrien@mikepero.com



ELLIS AVE - THE HEART OF MT ROSKILL LIVING

3 1

Auction

51 Ellis Avenue, Mount Roskill
Auction - 3pm Saturday 14th March 2015

This 1960's kiwiana bungalow is a honest and clean representation of a life which had a lawn big enough for backyard cricket and a home that catered for the growing family with the mandatory under-house workshop and storage area. With the house set back off the road, on 683 square meters the property has an ample front yard while the home enjoys plentiful sunshine with three generous bedrooms, separate laundry and sunroom-conservatory leading onto decking to the north. This property lends itself to development now or in the future. Come and enjoy the views through to the Waitakere Ranges, the space, and the opportunity this great location presents. Some DIY will add value to this property while delivering a home you will truly love to spend time with. This property with so much potential is the opportunity you have been waiting for. Act quickly and take the advantage.



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WAITAKERE LIFESTYLE NEAR TAUPAKI

4 2 2

By Neg

17 Burnham Road, Waitakere
By Negotiation - Viewing by appointment

With commanding views over the Waitakere foothills this unique lifestyle property delivers some unique prospects. Almost an acre of land suitable for pony, pet or play. A well presented and refurbished 4 bedroom home with extensive open plan entertaining kitchen, dining and lounge with excellent alfresco to decking stepping down to designer pool. North west facing the home is a fantastic suntrap. In addition the home has a double garage and workshop/ man-shed. Close to school, transport links, RSA and convenience shopping. A unique lifestyle choice, make it yours.



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WHENUAPAI LIFESTYLE NEAR TO WESTGATE

4 1

By Neg

15 Mamari Rd, Whenuapai
By Negotiation - Viewing by appointment

Over 2 acres of park like lifestyle, perfect for the family and the business with oversize carport and loft suitable for trucks and large equipment. Centrally located on the land features a oversize three bedroom, two bathroom, two lounge family home plus a 65 square meter additional dwelling adding value and income potential to a buyer. Constructed in weatherboard with expansive alfresco living from open plan lounge, dining and kitchen. Close to school, parks, shopping and development. Make this your future.



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Introducing Mark Sun

Are you seeking to market your home to European and Asian buying groups?

Fluent in three languages (English, Mandarin and Malay)

Mark has a broad network of national and international contacts. He is able to use his multi-lingual negotiation skills to achieve the best outcome for clients wanting to communicate with a multinational audience.

A professional, dedicated and proven negotiator with positive energy that will achieve the very best results. Mark Sun's qualifications in law and experience in property investment delivers a winning combination to achieve the best price and service outcome for his clients.

If you are seeking a real estate professional, Mark would love to share his vast experience to assist.



Mark Sun

021 207 2632

mark.sun@mikepero.com



1 ACRE WITH VIEWS IN WAITAKERE TOWNSHIP

Set Date of Sale

26C McEntee Road, Waitakere

Set Date of Sale 4pm Thursday 5th March 2015 - Viewing by appointment

Seldom available, this elevated rolling land with established plantings offers the perfect platform for the buyer that seeks privacy, extensive views within a country village environment. Services including power, water and teleco are at the gateway, while the land has several options for excellent building sites that will enjoy sunsets and views through to the Waitakere foothills. Close to Waitakere Primary School (High decile and ERO rating), Convenience shop, RSA and transport links this opportunity delivers an exciting option for a family, mature couple or investor. Waitakere Township is a village which has grown independently over the last 100 years, it is steeped with tradition as a railway township and gateway to the Bethells Valley.



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LAND AT 1500 SQM

Enquiries Over

Lot 2 Cane Road, Waimauku

Enquiries Over \$395,000 - Viewing by appointment

Attention all Kumeu and Riverhead Land buyers

1500 sqm site in Waimauku offering rural views and a flat building site. Excellent proposition for the large family home.

The section is in a quiet cul-de-sac location, cane road in Waimauku. Close to School, Shopping Parks and Transport links.

Well worth a look.



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EXTENSIVE UNLIMITED SEA VIEWS

Set Date of Sale

445 Oaia Road, Muriwai

Set Date of Sale Tuesday 26th February 2015 at 5pm - Viewing by appointment

Set Date of Sale Thursday 26th February 2015 at 5pm.

Muriwai Lifestyle with 360 degree views. Views are plentiful and alfresco is not compromised overlooking reserve and north west over Oaia Rock and down Muriwai Beach towards the heads. Your build site has commanding, elevated views, providing outstanding alfresco living options which delivers lifestyle living at its absolute best. With only 15.2 km to Kumeu, this 1.01 hectare of life style block commanding your inspection. The potential is wide ranging from building your dream home to land banking. Your build site will have commanding and elevated views overlooking reserve, Oaia Rock and Muriwai Beach towards the heads. This is an opportunity not to be missed.

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ELEGANT COUNTRY ESTATE - MINUTES TO KUMEU

4 2 3

By Neg

368 Matua Road, Kumeu
By Negotiation - Viewing by appointment

Life in this beautiful home and rural environment comes with privacy created by extensive established gardens and surrounding rural grazing. Set within a tranquil glade the home has been crafted using native and exotic timber throughout the inside of the home. Entertainers kitchen and dining with alfresco to north facing patio and separate lounge, the home is designed for separation between the bedroom areas allowing for an extended family, guests and noisy siblings. Extensive parking, gardens and storage, delivers exceptional value for money in this fast developing rural township. This exquisite country home will deliver peace, tranquility and relaxation options.

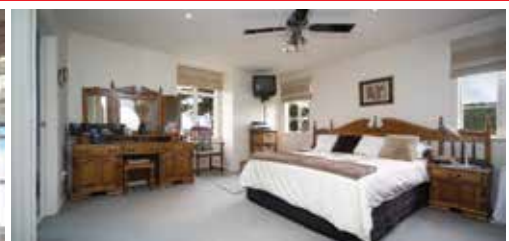


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MOVE OVER TITIRANGI, THIS IS TEHENGA

5 2 3

Set Date of Sale

171 Stoney Creek Drive, Waitakere
Set Date of Sale 4pm Tuesday 3rd March 2015 - Viewing by appointment

A glorious North facing, family homestead, built around 2004, delivers some of the best of kiwi living. Offering 5 hectares of bush with an elevated 1/2 acre of usable lawn. The home has five generous bedrooms, upstairs, three substantial bathrooms and a very funky entertainers kitchen and dining area opening out to wrap around decking. Enjoying an elevated north facing position, the house and land get great sunshine and extensive 270 degree views, easy alfresco living, and extensive views of farm paddocks, bush, and valleys through to the Tasman Ocean. About 15 minutes, relaxed drive to the brand new Westgate development, Swanson station café, or Auckland's hidden gem Bethells Beach. Develop your own private bush track across 5 HA of native bush and let the kids enjoy the best that NZ nature can offer.



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LAST OF THE DO UPS IN RIVERHEAD - DIY

4 1 2

By Neg

1027 Coatesville-Riverhead Highway, Riverhead
By Negotiation - Viewing by appointment

Situated at 1027 Coatesville-Riverhead Highway, this oversized 300sqm plus family home situated on a 1094sqm site provides DIY options for a large or extended family. This home is offering 4 bedrooms and 2 bathrooms with a one bedroom, 1 bathroom and garage separate studio. Some "roll up your sleeves" handy work could be just the ticket on this home that deliver on "Big" be that a cosmetic revamp or make over. We are seeking interested buyers that are happy to wait for title issue which is due in 2 to 6 months, subject to council consent. Close to Riverhead School, Kauri Gum Store-Café, Parks and Convenience shopping.



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BEAUTIFUL TAUPAKI BUNGALOW - NEAR RIVERHEAD

4 2 2

Enquiries Over

5 Taupaki Road, Taupaki
Enquiries Over \$695,000 - Viewing by appointment

A beautifully presented 1920's bungalow with extensive section, front and back, fully fenced and family friendly. Set amongst a smorgasbord of fruit trees and with ample space this Kiwiana 1/4 acre property will suit a family looking to enjoy the good life. The home has three generous bedrooms and an office/study, two bathrooms and open plan kitchen dining area. Heavily featuring natural native timbers and earthy tones, the home has character and old world style. Outside is a playground featuring hut, stairs aloft and swing. Close to Taupaki's Harry James Reserve, Taupaki School, Taupaki Hall and is an active village community. We invite your interest today in this exceptional home.



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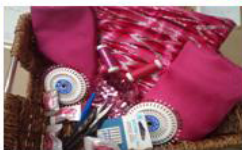
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WHAT A DIFFERENCE THE WEATHER MAKES...THE RIVERHEAD IS LOVING IT!

We hope you are all enjoying this superb weather... whilst our hearts go out for the farmers, orchardists and anyone on tank water, we say 'bring it on!' There's nothing better than sitting on our decks in the shade, with a cool drink....



We are thrilled with the result of our new venue The Boat House. It is proving to be extremely popular with bookings for weddings, Christmas parties, business meetings, training sessions, seminars and product launches. Yes, I did say Christmas parties (and it's only February!). The area is open to the public every Sunday, so if you haven't seen it yet and are looking for just the right venue to hold your next function, come on down and take a good look around. It could be yours exclusively for a day or a night! It's a blank canvas that can be adapted to whatever you can conjure up....call our team on 09 412 8902 or email us at book@theriverhead.co.nz today and let us know what you have in mind...we'll make it happen!

Mark in your diaries Sunday 15th March...we will be celebrating St Patrick's Day on the Sunday before the real St. Patricks Day with a pure dinkum Irish duo. You can check out their youtube site by following this link www.youtube.com/gerryoneilmusic. Tá súil agam go bhfeicfidh mé ansin sibh!

GOODWOOD COVERS

With the weather changing day by day and the evening getting cooler, it won't be too long before that slightly heavier rug needs to come off the shelf. We make jute and cotton under rugs, along with nose guards and full face sun masks. We



also make a great sun shade cover that also allows horses to remain cool, not sweating, with great air flow. Wash and waterproofing is \$50. We sell a great range of Zilco covers at great prices. We also offer a while you wait repair service along with repairs for tents, boat covers and leather work - we can do most things. Located upstairs at the Western ITM building, Main Road, Kumeu. Contact Shelley 027 258 1805.



SUBMIT YOUR EDITORIAL FREE FROM COST

Every month we seek editorial contributions from the community at no cost. We ask for 150 words plus a colour photo for inclusion in Kumeu Courier. If you would like to submit editorial please email us at glms@xtra.co.nz with the word editorial and we will send you reminders and editorial updates.

AVALON 2015 RIVER CRUISE DEALS

Book selected 2015 Avalon Waterways cruises and departures and save up to \$2460 per couple. Book by 31 March, or until cruise is sold out. Other cruises and departures later into the year, save up to \$1800 per couple.


Tulip time cruise - 8 days amsterdam to amsterdam, now from \$2103 per person twin share (based on 02/04/15 cat e). applicable dates: 2, 30 april 2015.

Austrian highlights & bavaria - 9 days vienna to munich, now from \$2538 per person twin share (based on 07/04/15 cat e). applicable dates: 7, 28 april 2015.

Balkan discovery - 12 days budapest to bucharest, now from \$3217 per person twin share (based on 15/04/15 cat e). applicable dates: 15 april 2015.

Burgundy & provence - 11 days cote d'azur to paris, now from \$3260 per person twin share (based on 23/03/15 cat e). applicable dates: 23, 27 mar; 24 apr; 18 may 2015.

Avalon includes fantastic a la carte meals, sparkling wine with breakfasts and regional wines and beers at dinner, sightseeing accompanied by certified local guides, complimentary wifi on board and so much more! there are still some great early bird airfares out to get you to europe - don't wait too long to contact me as they are filling so quickly, you may miss out! these are applicable for economy, premium & business class. Please contact tanya franklin, your local travel broker on 09 411 9105, 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!



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colour with a very lightweight technology that makes hair feel incredibly light and supple. High, glossy reflections: specifically designed to enhance the shine of Wella Professionals Colour, making it up to 86% more reflective. Wella Professionals Oil Reflections can be used in a number of different ways:

Conditioning — apply a few drops of oil onto damp hair for an instant, lightweight smoothening effect.

Styling — apply a few drops of oil to wet hair before you dry for additional protection.

Finishing — apply after styling to give hair extra shine, and to intensify colour reflection.

Zash Hair is now offering for this month a moisture intense conditioning treatment for \$35.00.

Treatment includes Wella Enrich moisturizing mask and to seal and protect after an application of Wella oil reflections.

Come in this month and enjoy the relaxing, hydrating service of this treatment done in salon while you sit back and have a coffee and catch up on some you time. Call or text today for your appointment at Zash Hair 021 814 663

THE IMPORTANCE OF INBOUND LINKS

One of the main factors that affects your website position in the Google search engine is the quantity and quality of the

number of websites that are linking to yours. An inbound link is a link from another website to yours and is perceived in the eyes of Google as a vote of trust for your website content.

It is not however just about the quantity of the links, it is more about the quality of the link and whether the link is relevant to the content of your website and what value that link has in Google's eyes. An example of relevance might be a Wedding Directory linking to a hairdressing website or a Property Management company linking to a building services company.

A link that is not perceived as relevant might be a Wedding Directory linking to a plumbing website for example. Google measures the quality of the links that are pointing to your website and apportions value to relevant high quality links and often penalises your search engine results positioning with poor or unrelated links.

To find out how many links you have coming in to your website you can set up Google Webmaster Tools to monitor your website health and there is an option in there showing the number of inbound links and where these are coming from. David Partis (Designhand Limited) www.designhand.co.nz

THE ART OF STORYTELLING AT JOJO'S CHILDCARE

Reading books and storytelling are very different skills, both are very important and support

one another however both take on different meaning for our teachers and children at Jojo's. The art of storytelling is a passion of one of our regular relievers and her knowledge is spreading. We have recently begun a Centre wide learning initiative focused around storytelling and imagination. Our teachers have spent



time learning together through professional development workshops to add more skills to their repertoire and learning about different styles of storytelling. The Pāua and Kūtai Room children and their teachers are involved in performing arts sessions weekly with Megan from Peaches and Pickles Performing Arts, further developing confidence in expression and imagination, creativity is everywhere.

We currently have limited vacancies in our over 2's classrooms so come in and see us at any time for a chat, give us a call (09) 412 5325, find us on our website www.jojoschildcare.co.nz or Facebook <http://www.facebook.com/JojosChildcareLtd>.

5 SIMPLE TIPS TO FEELING "DAM HEALTHY"

Portion sizes - remember quality is more important than quantity. In the last 100 years our culture has increased our portion sizes dramatically. So get a smaller plate, eat less, feel lighter!

Eat more fresh vegetables and fruit – they will get your bod in tip top shape, leaving you feeling energised and making your skin glow. Forget 5 a day, aim for 10!

Hydrate - ensure you are well hydrated. Often when we feel hungry between meals we are really just thirsty. Ensure you are drinking enough water. Don't like water? Try chilling herbal tea for a change of flavour.

Get active - movement creates energy. If you're too tired to exercise chances are you're the one that needs it most. Add it to your daily routine, catch up with friends on a walk rather than at a coffee shop.

Sleep - important to sustain healthy energy levels and ensure you are on top of your game mentally and physically. So jump into bed that little bit earlier.

For Naturopathic and Nutrition Consultations to bring your body back into balance naturally, contact Selena Quinn, Ph 027 448 7096, www.damhealthy.com, Family Osteopathic Clinic, 39 Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, facebook @ Dam Healthy

PURE BALANCE

I came up with the idea of Pure Balance as I felt there was a shortage of Beauty Therapists in the area. We have the ideal space and setting for Beauty Therapy,

along with the Piori range of products which are fantastic for anti-ageing and very active. The salon is very inviting, comfortable and relaxing. Ideal for your everyday needs of Waxing, Tinting, Spray Tans and also Invigorating Facials. I want



people to feel that they are special but comfortable. I am a fully qualified Beauty Therapist, with an International Qualification, and look forward to meeting you. Sandy Jackson Phone: 021 720 405 or 09 412 7237 or email bookings@purebalance.co.nz. Web: www.purebalance.co.nz.

THE BROWN BEAN DRIVE THRU ESPRESSO

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



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PRE-SCHOOL PHONICS & NUMBER SKILLS

My name is Lucie Hawkins. I am a pre-school kindergarten teacher with over 20 years experience. I started Blue Penguin Pre-School Learning in 2010. I work with 3-5 year old children on a 'one to one' basis for 1 hour each week. I create individualised programmes for each child depending on what age and stage they are at. I focus primarily on phonics (sound/ letter and word recognition) and number skills ensuring they have the best preparation for entering school. I am a qualified Montessori teacher and my belief is children of this age are capable of absorbing so much and I am passionate about making learning fun in a nurturing positive environment. My role is to develop your child's thirst for knowledge and love of learning, and build their confidence and concentration so they are able to start to work independently. To find out more please call Lucie on : 09 412 9979 or 021 112 3054



HEART SAVER NZ LIMITED

Heart Saver NZ Limited is your local provider of top quality AED's, First Aid Training and resources. Based in Kumeu, we are in touch with our local community; in fact our Managing Director, Mike Mander, has been a Volunteer Fire Fighter for almost 20 years at West Harbour, also turning out for the Kumeu Volunteer Fire Brigade.



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Upcoming Event? Heart Saver also offers Event Medic Cover to help ensure that your event's staff, participants and spectators are in good hands should they require medical assistance. Recent events we have covered include Oceania Football Championships, Trust Stadium Spooks & Sparks, International Netball Fast Five, Puhinui 3 Day Event. Want to know more? Contact us today! 0800 2 DEFIB (33342) www.heartsaver.co.nz.

MURRAY COUTTS – CELEBRANT

Murray's role is to work with you in creating memories. The ceremony is over all too soon and it is the memories of the ceremony which will last. You bring your values, your vision, your dreams and perhaps things that you have liked or disliked about other ceremonies that you attended. Murray brings extensive experience in public speaking, event management and listening skills. Each ceremony will be customised to the client's wishes. He is an independent marriage and civil union celebrant appointed by Births Deaths and Marriages; a member of the Celebrants Association of New Zealand Inc. (CANZ), a Distinguished Toastmaster and a past NZ District Governor of Toastmasters International. In addition to Weddings, Funerals and Memorial Services, Murray is a very experienced Master of Ceremonies and is available for community events. No event is too big or too small. Phone: 021 0233 2092, Email: murray@murraycoutts.com, website: www.murraycoutts.com.

THE GREEN MAN – LIFESTYLE GARDENER AND RESEARCHER

The Green Man is gardening, landscaping and research services provided by Kim Murphy-Stewart. Kim has a background in social work but has now turned his skills back to the land. Making things grow and restoring our landscape is the focus of his work. Kim can remove all unwanted plants, compost your soil and make your garden bloom. He can also build your fence, your garden beds and all those myriad of things that make your garden beautiful.

Contact Kim for a consultation on 021 187 0495 or at thegreenmannz.kms@gmail.com. Follow Kim's projects on Facebook - The Green Man Lifestyle Gardener and Researcher. <https://www.facebook.com/pages/The-Green-Man-Lifestyle-Gardener-Researcher/320872371421669?ref=hl>

COUNTRY BEARS

We have an amazing team of very experienced and qualified teachers that are organising wonderful programmes for the coming months. Our outdoor programme has been seeing our children,

including babies, enjoy exploring the landscape and trees around our centre. As a centre with lots of space, our children have been exploring and examining the changes within their environment. Insects and plants are always top of the list to learn more about and it's exciting for them to see the little things we as adults often take for granted. The sounds of the cicadas and their empty shells on the bark of the trees, to the monarch butterflies hatching out. Our 'Elements of Life programme' captures the essence of our learning and caring based centre for all our children, babies to 5 year olds. We are still taking enrollments for this year. Please don't hesitate to call. Country Bears Early Childhood Centre, on rural land at 79 Oraha Road, Kumeu 09 412 8055 www.countrybears.co.nz please check out our facebook page linked through our website.

HELP FOR HELEN

Hello my name is Helen Willetts. I have worked as a youth worker/Social worker for the past 11 years around the North Island. I am currently employed by the New Zealand Police



to work with Youth offenders aged 8-13 years old. I have been granted a year with leave without pay from 30th April 2015 until April 2016 to volunteer for a year around the world. My trip will consist of going to different countries to volunteer and support where I can. I intend to work with different organisations and services but focus primarily on poverty stricken regions where there are strong welfare issues. I will be paying for all my own travel, living and accommodation costs which will be very basic. I am fundraising for funds I can donate to organisations I will be working for. SO every dollar counts. I will be starting in Cambodia at an organisation called Wat Opot. The Wat Opot Community currently houses 53 children and 10 adults, many of whom are infected with HIV and AIDS. Next I will be in Vienna with an organisation called The Desert Flower Foundation who work with women who are victims and also do prevention work around Female Genital Mutilation. The reason I am sharing my story in the Kumeu Courier is because I want the community to know that there is someone from it that is out to make a difference in the world and if they would like to contribute in some way they can. I am also planning some fundraising events in the coming months and would love the opportunity for people to come

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Current fees from April 2014

Babies 3 months – 3 years old

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

3 & 4 year olds

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

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

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

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



Waimauku Kindergarten

Northern Auckland Kindergarten Association

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

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

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

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

You are welcome to come and visit us and see our programme in action—also check us out on Facebook
<https://www.facebook.com/pages/Waimauku-Kindergarten/306950549331812>

along to them or to help organise one of them. I aim to raise 1 million dollars so I can help fund services and programmes I come across on my travels. I have currently raised \$3060 since starting in November 2014.

If you would like to follow me on my journey or donate please follow me on facebook www.facebook.com/GiveALittleToGiveBack <https://givealittle.co.nz/cause/givealittletogiveback>
Bank account 03 0430 0472737 002

Thank you for your time and support - Helen Willetts - 021 425 994. Give A Little To Give Back

KUMEU LIBRARY SCHEDULE

Mondays – Storytime, 10:30 am

Free - Stories, books and music that help early literacy development. Recommended for 3 to 5 years although all children welcome.

Mondays (during term time) - Storytime for 4&UP, NEW starting February 9, 2:00pm.

Free - Get ready for school with stories, books and music, pre-writing skills and craft. Recommended for age 4 years+.

Thursdays (during term time) - Make, build, do, 3:30 - 4:30 pm

Free - For 9 - 12 years olds. What can you construct or create in one hour? Join our group of 9 - 12 year olds at Kumeu Library to find out if you're up for the challenge.

Fridays – Rhymetime, 9:30 - 10:00 am

Free - Recommended for pre-schoolers aged 18 months to 3 years although all children welcome. Music and rhyme, great for language development

Fridays (during term time) - Wriggle & Rhyme, 10:30 - 11.00 am

Free - Recommended for babies to 2 years although all children welcome. Active movement for early learning (2 years and under). To find out more about any of these sessions: phone 09 301 0101 or visit www.aucklandlibraries.govt.nz; or www.Facebook.com/Kumeulibrary

HEALTH - HOME - HAPPINESS

This is the first article of many to come on a wide variety of different topics about Health and Wellbeing.

THE BASICS - As you are all aware a good start is a healthy diet, as it will allow you to maintain a healthy weight level, balancing our diet and

lifestyle and keeping our stress levels to a minimum.

DIET - Vegetables and juicing are a fantastic way to start your health journey. It is better to make a simple smoothie. Don't add too many ingredients as doing so will not only make it difficult to digest but will also reduce the benefits. Consume it as is and not part of a meal. Drink first thing in the morning or at an afternoon break or when hunger is at its peak, you will ab-

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Auckland 0841

Telephone 412 6000

Facsimile 412 6016

Email luke@kempsolitors.co.nz

sorb more nutrients and help to avoid putting on weight. Avoid adding large volumes of seeds, oils, nuts, supplements or other ingredients to green smoothies.

Here are a couple of recipes to begin with:-

Cleanse and Refresh - Juice 2 apples, add 115 grams honeydew melon, cucumber and 50 grams baby spinach. You could also add 15 grams of wheatgrass.

The Energiser – 1 cooked, peeled beetroot, 2 carrots peeled, 100 grams baby spinach and cucumber. This provides a vitamin overload, giving you peak performance

STRESS - If you are having a stressful time try using the Bach Flower Remedies, these help to balance the emotions during times of stress and change as our lives are constantly changing (like selling and moving house, relationship break ups or divorce, death and bereavement) . A blend of up to 7 remedies can be customised to how you are feeling right now. Check the Bach Flower Remedies Section on our website - www.naturally4u.co.nz

ORGANISATION - Be organised and have some form of law and order to your life; you will have better focus, things will be clearer, you will achieve more and feel a lot better if you have a plan or programme to work to - you may need some tools and resources to provide better help.

FUTURE ARTICLES – Cell Salt or Tissue Salt Therapy, Rife Therapy, Diagnostic Scanning - Vitamin and Mineral Therapy, Foods and Diets, Natural Skin and Body Products, Colour and Wardrobe / Colour Therapy and more on the Bach Flowers.

Phone Jo: 027 683 3366 or 09 833 3966

Holistic Health Coach, Professional Organiser

TAUPAKI RESIDENTS & RATEPAYERS ASSOCIATION

The Association continues to work for the local populace in dealings with the Local Board and Auckland Council. Submissions on the Unitary Plan were lodged and several local residents helped with their own submissions. Our annual letter to Auckland Transport detailed current roading problems in the area and progress has been made. Support for the local school continues as does the support of the local community for the Association.

The retirement of Harry James from the committee last year marked the end of an era, longer than most of us can remember and his knowledge will be sorely missed.

The Taupaki hall marks 100 years in existence this year and is still providing a sterling service to the community.

The first of what is hoped to be a monthly Taupaki Market was held in February and received plenty of support.

Finally the Association would like to thank all those who provide support in both time and skills to ensure that we can continue to represent your views to the governing bodies.



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AN UPDATE FROM CRAIGWEIL

The new year has been and gone and we are in the middle of February already, but the weather is amazing - long evenings eating outdoors and enjoying walks and picnics with family and friends. Our residents are all doing well and managing to muster up energy for another day in the slow lane of life. They do love to go out in the Craigweil bus for a spot of shopping or an icecream, and our ladies cannot resist a clothing sale or specials at the Warehouse.

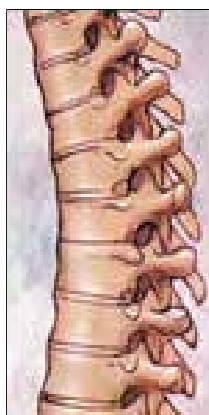
A gentleman who is with us loves to help out the gardener doing little jobs or pulling out the bean plants that have finished providing us with beautiful beans; a resident gave us the seeds which were a purple type of bean - very yummy.

One lady resident will be 100 years old in May and she is not letting us forget the event! So we will have to make sure we have all the bells and whistles going on that day; such a huge milestone to reach that grand old age of 100 years.

I was looking at our resident register and realised we have four couples in residence and maybe five in the near future. That is quite something, and very interesting listening to all their stories and yarns about how they have managed to still be together. A fantastic achievement in this day and age, well done to them all.

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We have devoured our share of chocolate at Craigweil over the summer period but the next excuse will be Easter Eggs. We hope they bring out some special tasting and combinations of flavours in the range not just the same old marshmallow and hollow eggs. We'll have to wait and see but in the meantime I am very partial to Whitakers mint dark chocolate.

Craigweil have an afternoon tea on the 27th March at 1.30 pm - anyone is welcome to join us and have a wander around the facility. Sharyn

DECK AND FENCE PRO

After withstanding all sorts of weather for years, wooden decks, fences and outdoor furniture can look decidedly unattractive. Replacing them completely or trying to restore them yourself can involve lots of time, expense and frustration. But now there's another option that's not only affordable, but will also bring them back to their original beauty, just in time for summer. Deck and Fence Pro specialise in the complete restoration of weathered decks, fences, garden furniture and more – and the results are so good they astound customers, say local franchise owners Zane and Jaimi Scott. Fully trained in the latest techniques they employ professional cleaning and restoration technology which is environmentally friendly. They use Deck and Fence Pro's own range of special cleaning solutions before applying the company's specially formulated range of linseed oil-based stains - or paint if you prefer, to make the restored items look like new. Removing UV damage, lichen, dirt and stains is no problem and the service is quick and efficient. The company also cleans and restores brick, block and plaster fences, as well as water blasting to clean driveways, garden paths and other outdoor areas. Deck and Fence Pro also supply and fit garage carpet, an option that appeals to an increasing number of people using their garage as extra living space. Carpet can be professionally fitted in just half a day and will transform the look of your garage.

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LIVESTOCK SALES REPORT

A very good line up of forward heifers and steers saw buyers travelling to attend the Pukekohe sale on Saturday. Despite significant schedule drops, prices were very good indeed, with steers to \$1,870, heifers \$1,200, cows \$1,210 and bulls \$1,980. All cattle on offer were eagerly snapped up with demand exceeding supply. Hopefully schedules should not drop much more and with an autumnal feel about the weather prices could indeed improve quickly once we receive a little more rain!

CATTLE

Best prime steers	\$1,260 to \$1,870
Other medium 2 year steers	\$930 to \$1,120
Medium weaner steers	\$465 to \$580
Small x bred steers	\$360 to \$445
Best prime heifers	\$1,000 to \$1,200
Forward 18 month heifers	\$920 to \$980
Medium yearling heifers	\$635 to \$700
Good weaner heifers	\$520 to \$580
Medium weaner heifers	\$420 to \$470
Small x bred heifers	\$290 to \$350
Bulls	\$475 to \$1,980
Boner cows	\$630 to \$1,210

SHEEP

Fat lambs	\$76 to \$114
Store lambs	\$35 to \$65
Spring lambs	\$35 to \$114
Ewes	\$5 to \$70

PIGS

Weaner pigs	\$105 to \$120
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 - 1/3 cup brown sugar
 - 125g butter
 - 1 Tbsp water



Rub butter into dry ingredients (or mix in kitchen whizz)

Wrap in glad wrap – place in freezer for 30 mins

- Base:
- 125g butter
 - 1/4 cup caster sugar
 - 1 cup flour
 - 1/4 cup self-raising flour

Cream butter and sugar

Add flours - press into tin (approx. 20x30cm tin),

Bake at 180°C – 10 mins

- Filling:
- 1 can condensed milk
 - 30g butter
 - 2 Tbsp golden syrup

Heat all together, pour over base, crumble topping over the top
Bake for 10-15 mins or until firm. Sprinkle with icing sugar.



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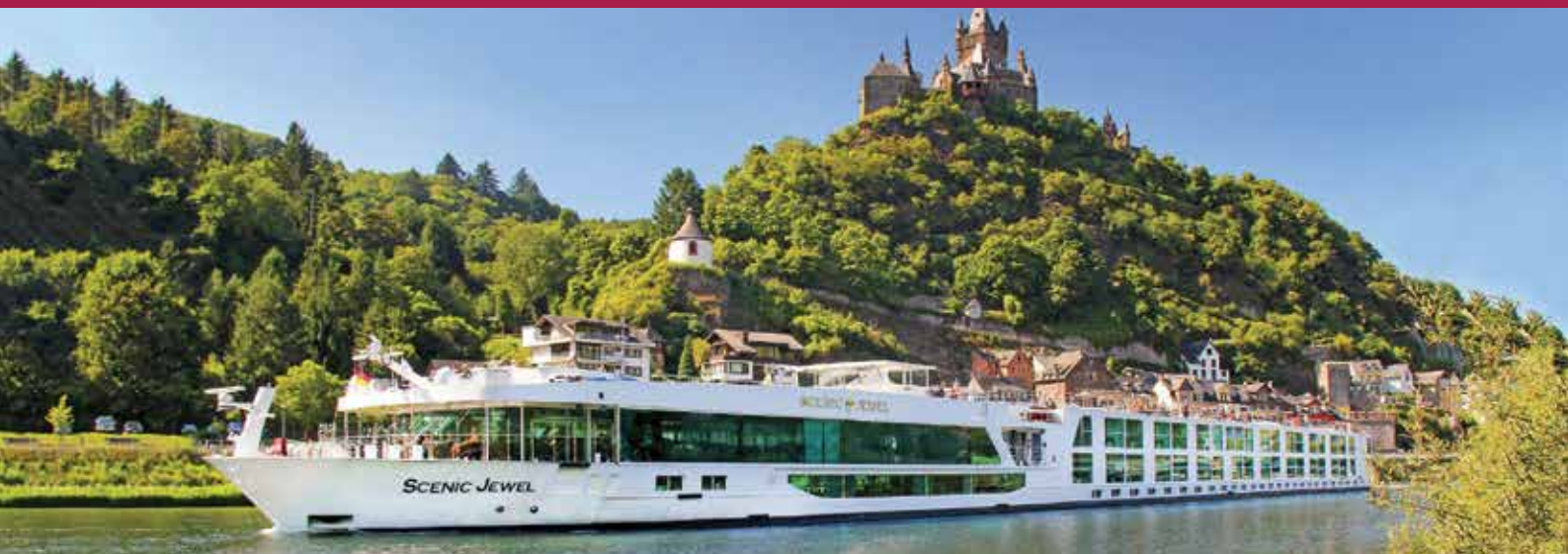
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If you see our NZ TACTICAL vehicle driving around or see our guards walking around don't be shy to stop and say hi and pick up an information pack from them. We are happy to answer any questions you may have and we are happy to come do a free security check of your premises for you. We look forward to getting to know our new clients on a much more personal level with communication and follow up being key to maintaining a safer community.

MITRE 10 MEGA WESTGATE

The new Mega store has opened in the Westgate development. All welcome to come and meet the friendly and knowledgeable team. Start off your shopping experience with a coffee at our renowned Columbus Café. The kids can play and have fun in the play zone. The super store offers a full Trade and Retail Shopping experience. The Trade Department has the capacity to do full house plan takeoffs and

quotations. The highly experienced and knowledgeable Trade team, will gladly assist all builders and diyers alike. We offer all materials from concrete, pavers, soft and hard gardening, structural timber and building supplies. Knowledgeable and friendly Retail experience throughout the store. Paint mixing service, complete garden requirements, designer kitchens and appliances and a full outdoor furniture range all on display.

The store offers a full delivery service and loan trailers for the smaller loads, that do not fit into your car.

The complete team are looking forward to meeting all our new customers into the store.

WAIMAUKU LIONS

The Waimauku Lions are busy organising their annual Gala for Sunday 29 March 2015. As always it is at the Waimauku Village shops, from 9am to 3pm.

We will be fundraising for a Hart Walker for a local child who cannot walk unaided. The Hart Walkers are nearly \$10,000 each, and Waimauku Lions hope to raise enough in 2015 from the Gala and other fundraising events during the year to completely pay for this. The Gala will offer the usual bouncy castle, kids games, food, firewood raffle, garage sale, lots of stalls, carboot sales and a book fair. To get a stall or table, please email lionswaimauku@gmail.com.

PLAYING WITH PUZZLES: IT'S NOT ALL FUN AND GAMES

Playing with jigsaw puzzles and Lego blocks may seem like just fun and games to children, but new research, published in Psychological Science, shows that these spatial forms of play are associated with the development of cognitive skills. Children who frequently play with puzzles, board games, Legos, and building blocks tend to have better spatial reasoning skills. Spatial thinking is a critical part of everyday life for both children and adults. Being able to traverse a busy parking lot, parallel park, assemble furniture, and even load a dishwasher are skills that require us to navigate space.

Developing spatial reasoning skills in early childhood is not only important for one's later ability to park on a street, but these skills are particularly important for academic and professional success in STEM (science, technology, engineering, and mathematics) fields.

In order to examine the impact spatial play has on children's cognitive reasoning, researchers analysed data from 847 children, ages 4 to 7, on various measures of cognitive skills, general intelligence, and home life.

Children's spatial ability was measured using a standard Block Design test in which the participants were asked to reproduce specific 2D designs using various building blocks. The results of this spatial reasoning test were then compared to information collected from the children's parents regarding their play behaviour at home. The researchers also gathered data on children's socioeconomic status, vocabulary skills, working memory, and language processing speed.

The findings revealed that socioeconomic status, gender, and general intelligence were shown to have the most significant impact on children's block test performance. Children from middle- to high-socioeconomic families performed higher on the block design task than children from low-socioeconomic families.

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Additionally, boys were found to score higher on the block design test compared to girls. Parents also reported that boys engaged in spatial play more frequently than girls which may account for the differences in block test scores.

Furthermore, parents who reported that their children, regardless of gender, played with puzzles, board games, and blocks more than six times per week had higher block design scores than children who played with them sometimes (three to five times per week) or rarely/never.

So, the moral of the story research is ... parents should encourage playtime with their children, especially if playtime involves puzzles and other spatial play. Targeting children's spatial play at home and at school is one possible intervention for improving children's spatial reasoning skills.

The implications of this research provide practical suggestions for anyone who has some influence on children's access to toys and playtime, such as parents, teachers, administrators, and childcare providers.

We hope that you found this of interest and that you are amongst those who actively encourage playtime with their children By Rita Eastell, Dip of Teaching ECE

Please feel free to come up and look at what Country Bears Early Childhood Centre has to offer your family and child. We have our fantastic Baby Bears Centre and our main centre with a transition to school classroom for our Bigger Bears. Come and meet our team of qualified teachers and team. www.countrybears.co.nz 09 412 8055 @ 79 Oraha Road, Kumeu, 0892

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One year ago Animal Avenue Pet Store down in the Kumeu Village opened its doors offering pets and pet supplies to Kumeu and surrounding areas. We carry a broad range of products for all of your pet needs and requirements including toys, food, grooming products, bedding and housing. At the moment it is 'kitten season' so if you have been thinking about a new addition for your family come down and see the little cuties we have in store looking for their forever homes. We also have some fantastic new product ranges to start the New Year including the brand new Animology Pet Care range of shampoos, sprays and wipes. If your dog is getting out and about over the summer months and needs a quality shampoo or just a freshen up while you're on the go, then this is for you. Come in and see us anytime even if just to visit our in store pets! Animal Avenue Kumeu Village (Down from BNZ) P. 412 2581, pets@animalavenue.co.nz. Like us on facebook to keep up to date with our new pets and competitions. Open 7 days!



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HOW YOUR HOME CAN HELP YOU RECOVER FROM WORK STRESS

Calm the senses - Bring the aromas of the forest indoors with a potpourri of bark and leaves, or essential oils. "Promote a deep, restful mood with frankincense," suggests aromatherapist Catherine Cervasio, who recommends rosemary for clarity and lemon to pep up energy.

Avoid artificial lighting that's too harsh, bright or dark, and maximise natural light in your main living space. Ashworth recommends earthy colours for calm: soft whites, natural browns and greens. Urban noise, the television and the hum of fluorescent lighting and appliances can be stress-inducing. "Ensure all appliances are as quiet as you can afford," Ashworth advises. Mask unpleasant sounds with an indoor fountain or music that mimics nature.

Nurture connection - Studies show that hard furniture, or heavy furniture that doesn't move or is lined side by side against walls, can hinder social interaction. Encourage companionship with comfy, movable furniture configured in circles or semi-circles. Open-plan kitchens enable communication while cooking, the modern version of gathering at the hearth. Warm indoor temperatures foster social interaction, according to research published in *Psychological Science*.

Declutter - Clutter saps our mental resources, leading to potential for greater stress. Peter Walsh, author of *Does This Clutter Make My Butt Look Fat?*, also believes it can make us overweight. He blames clutter and obesity on loss of personal control and a culture that encourages instant gratification and the consumption of more than we need. Walsh has a simple decluttering recipe: go through every room methodically, and ditch

anything you haven't used in the past year or don't love with a passion. List everything you need for the house and don't buy anything else. Don't let stuff rule you: do you really want piles of old newspapers on the kitchen table?

Think natural - In alpine areas, beds made of stone pine are said to improve sleep quality. A study by Austria's Human Research Institute reported that sleeping in a stone pine bed could reduce heart rate and induce a more restful sleep, greater sense of wellbeing and higher extroversion. Flavonoids in the pine's essential oils are thought to be responsible.

Natural materials link us to nature, says Ashworth. Choose wood, stone, bamboo and paper rather than plastic, and pieces that age gracefully. "It's all about how your home feels rather than how it looks," he says.

"More than 90 per cent of everything we find in the home is manufactured," says Nicole Bijlsma, author of *Healthy Home, Healthy Family*. She warns that many chemicals found in the home are unregulated and toxic to human health. Bijlsma's strategy is "less is best". Avoid pesticides, chemical cleaners, plastics and artificial fragrances. Open windows to air the house, and use damp microfibre cloths for cleaning.

Set the scene - Those without a pleasant outlook needn't lament: pictures of nature also elicit calm, according to studies by Roger Ulrich, an architecture professor at Sweden's Chalmers University of Technology. Hide a brick wall with displays of leafy branches, indoor plants or a nature-themed screen. And keep washing or paperwork out of view - it can cause stress.

Give peace a chance - Ashworth recommends dedicating a small space as a "peace" zone to retreat to when life overwhelms you. Reflect tranquility with an inspirational painting, spiritual emblem, candle or positive affirmations. It's a reminder that home is where our inner harmony resides.

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TRANSPORT FUNDING AT A CROSSROAD

Currently the Council and Auckland Transport are seeking feedback on two draft plans, the LTP (Long Term Plan) and the RLTP (Regional Land Transport Plan). These set the budgets for the next 10 years on key spending in our area. The bad news is it is thin pickings for our area in both of these draft plans.

The RLTP offers two proposals;

One is a 'Basic Transport Program' which will happen with the existing funding (after the costs for the Central Rail Loop have been taken out of the budget) and this plan gives us less than what we currently get.

There is no new public transport, no Park'n'Ride for Kumeu (yet 20 others planned across Auckland) no train to Huapai, reduced spending on road maintenance, sealing of metal roads and road safety programs such as those with schools, no money for the SH16 Station/Tapu Rd realignment.

The other proposal, the 'Auckland Transport Plan', requires more money which will either come from a \$2 motorway toll, fuel taxes, increased rates or a mixture of those. Obviously this will require Central Government agreement.

This option offers a small glimmer of hope. Road sealing increases to \$3million pa, still well short of the \$10million the Local Board wants, and the Station/Tapu Rd intersection makes an appearance sometime after 2018. But that's about it, still no public transport and no clarity around new footpaths.

Neither option is acceptable in my view; it essentially leaves us out in the cold until 2025. Unless we send a clear message to City Hall that's what we may get.

Take 5 minutes, go online and make your voice heard, google 'Auckland Transport RLTP' to find a feedback link and documents outlining the proposals.

You can also pop into the Kumeu Arts Centre on the Thursday 5th March from 6:30pm to provide feedback in person... hope to see you then!

Phelan Pirrie

Chair, Transport & Infrastructure Committee

Rodney Local Board

FOUR TIPS TO HOME OWNERSHIP

When buying a house seems a bridge too far, here's what can help you leap the gap.

1. Make it your dream - When you start work, set yourself a big, audacious goal to save for a housing deposit. It may be hard to see your future self settling down, but put in the time to think about the long term. How much will you need?

2. Hammer your expenses - Once you've worked out how much you'll need, work out a money plan to get there. This will mean cutting down on anything non-essential and funnelling all extra cash towards your goal, but it's worth it.

3. Skip the debt - Any debt that comes with interest, like a credit card or car loan, will only slow you down as you edge towards your goal. Racking up debt is a rite of passage you want to avoid entirely if possible.

4. Team up - Working towards buying a house with a partner obviously helps, but so does buying with a few friends, which can also get you there faster. Another way to share the costs is to buy a home and rent out rooms to friends.

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Date	High	Low	High	Low	High
Sun 1 Mar	-	01:29	07:45	14:08	20:11
Mon 2 Mar	-	02:33	08:44	15:04	21:07
Tue 3 Mar	-	03:27	09:34	15:22	21:54
Wed 4 Mar	-	04:12	10:16	16:34	22:35
Thu 5 Mar	-	04:51	10:53	17:12	23:12
Fri 6 Mar	-	05:27	11:27	17:47	23:45
Sat 7 Mar	-	06:01	11:58	18:21	-
Sun 8 Mar	00:16	6:34	12:29	18:24	-
Mon 9 Mar	00:48	07:07	13:02	19:27	-
Tue 10 Mar	01:22	07:41	13:36	20:03	-
Wed 11 Mar	01:57	08:18	14:14	20:42	-
Thu 12 Mar	02:37	09:00	14:57	21:25	-
Fri 13 Mar	03:24	09:48	15:47	22:17	-
Sat 14 Mar	04:20	10:48	16:48	23:20	-
Sun 15 Mar	05:28	12:01	18:00	-	-
Mon 16 Mar	-	00:35	06:43	13:18	19:18
Tue 17 Mar	-	01:50	07:56	14:27	20:29
Wed 18 Mar	-	02:55	09:00	15:27	21:31
Thu 19 Mar	-	03:52	09:56	16:20	22:25
Fri 20 Mar	-	04:44	10:47	17:09	23:14
Sat 21 Mar	-	05:32	11:34	17:56	-
Sun 22 Mar	00:00	06:18	12:19	18:41	-
Mon 23 Mar	00:45	07:02	13:04	19:25	-
Tue 24 Mar	01:29	07:47	13:47	20:10	-
Wed 25 Mar	02:12	08:33	14:32	20:55	-
Thu 26 Mar	02:59	09:24	15:20	21:43	-
Fri 27 Mar	03:50	10:16	16:16	22:39	-
Sat 28 Mar	04:52	11:20	17:22	23:45	-
Sun 29 Mar	06:02	12:30	18:33	-	-
Mon 30 Mar	-	00:57	07:10	13:36	19:39
Tue 31 Mar	-	02:02	08:10	14:33	20:36

Provided by MetService

TALK TO THE EDITOR?



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



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