

kumeu Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

- Pet tips and advice
- Marble cheesecake
- Home and garden
- Property market report

INSIDE WAITAKERE TOWNSHIP

Circulation is 10,000 print copies and 3371 opened and read email copies.
Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.
Contact Sarah Brightwell on 021 250 7324 or sarahbrightwell022@gmail.com

March 2016

Intro

Welcome to the March edition. The days are still hot but I can feel Autumn creeping in as it gets dark earlier and there's definitely a chill in the night air! However, there is still plenty of time to enjoy the beautiful weather and our wonderful communities. If you are looking for something to do and you love gardening, Otimai is an historical Guide Home in the Waitakere Ranges that needs a dedicated team of gardeners and woodsmen to care for its grounds. They need people to assist with weeding, trimming and pruning of the gardens and eradication of noxious weeds. Morning tea and Lunch are provided. If you would like to help and are happy to meet every first Wednesday of the month from 9am to 2pm, please contact Alison Hucke on 021138 3341. If you need a bit more cardio then Hallertau Brewery proudly present the 3rd annual Riverhead Rampage. Join in on Sat 12th March for a 5km, 10km walk / run or 21km run in Riverhead Forest. Teams welcome. Wind down afterwards with a cold beer at Hallertau Brewery and catch some running themed films from the Reel Wild Film Festival. All monies raised on the day go to Riverhead School. Sign up via www.riverheadrampage.co.nz. Perhaps a more relaxed event is more your style, if so, the Riverhead have decided to celebrate their 5th birthday by having a 'Family Fun Day' in The Boat House on Sunday 20th March. The Boat House will open at 11.00am and the entertainment will be a ukulele band starting at 2pm with a quick lessons for anyone with a ukulele beforehand. So bring the kids and your ukulele and join in the fun. There will be face painting, ice-creams with plenty of space for the kids to run around on the lawn. Make a day of it and help celebrate 5 years of new life for New Zealand's Oldest Riverside Tavern, The Riverhead. As always, Stay safe – Be Kind.

Sarah,
Editor.



kumeu Courier

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PHELAN'S LOCAL BOARD UPDATE

This summer visitors have been flocking to the magnificent North West of Auckland visiting our vineyards, restaurants, beaches, hot pools and other attractions. The growing popularity of our district as not only a destination but also a great place to come and live has brought with it a downside, increased traffic and with that, more accidents.

I'd guess by now everyone has been caught in Kumeu's growing rush hour jam or seen the tragic accidents along State Highway 16. It's clear that in the last year this problem has got worse.

Back in 2013 when Nick Smith (Minister of Housing at the time) announced the Housing Accord with Auckland Council that brought us Special Housing Areas (SHA), he also promised that infrastructure would be put in place to cope with the growth.

Auckland Transport has committed some funds towards road projects on their roads around the 'Huapai Triangle' SHA, \$9.9 million to date, a good start but probably no-where near enough given the other developments already underway.

The huge hole in the transport planning is NZTA, the Government Agency that is responsible for SH16. The most obvious projects (aside from Public Transport

which is Auckland Transport responsibility) to mitigate growing congestion are four-laning from Birgham's Creek to Huapai, putting in a safer and usable intersection on the junction of Coatesville Riverhead Highway, fast tracking the Tapu Rd and Station Rd intersection and looking at vastly improved safety measures along the dangerous stretches – possibly median barriers being installed.

To draw NZTA's attention to this I have started an online petition to allow locals to make their frustration heard, so far over 2000 signatures have been collected but the goal is 5000. You can sign this petition by going to 'www.change.org/p/nzta-fix-state-highway-16'.

Naturally these measures alone will not solve all the issues. A comprehensive plan needs to be worked on with Council and a long term budget identified.

Planning work has started, Auckland Transport is holding a 'Have Your Say' event around what they are calling the 'Transport for Future Urban Growth Strategy'. This is a wide ranging piece of work covering everything from roads to public transport. The chance to drop in, discuss proposals with transport planners and make your suggestions and comment is on March 10th from 4pm to 8pm. It's essential as many people as possible get along to this to make their views known to the planners!

If you need advice or assistance with any issues relating to council or if you want to achieve something locally for the community please don't hesitate to contact me. phelan.pirrie@aucklandcouncil.govt.nz or 021 837 167.

ART MOVEMENTS EXHIBITION

On until Saturday the 12th March 2016, celebrating the artistic ideals, styles and technical approaches to art through the centuries. Materials and Poems - An exhibition by Greer Olsen



Monday the 14th March - Sat 26th March 2016. Greer has been painting for over 20 years and has been strongly influenced by Kandinsky's principle of inner necessity. Her process is intuitive and often layered rather like an archaeology of the subconscious. The works are oil/acrylic on canvas, semi -abstract with titles that are a key to the painting. Visit our website www.kumeuartscentre.co.nz for more information on upcoming events, exhibitions, workshops and classes for both adults and children.

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COMMUNITY NOTICE BOARD

FAMILY FUN DAY

Five years have sped past since Stephen and Paula Pepperell moved to Riverhead



and purchased the Riverhead Tavern as it was then called. It was a sunny day in December 2010 when they first visited the tavern. They remember that day well.... there were no cars in the carpark, leaves were blowing through the restaurant, and there were a handful of patrons in the public bar where they were instructed to place their order. They took their drinks through to the decks in front of the restaurant and envisaged what they could do with the place. They ordered some fish & chips and a seafood basket, (food from the freezer directly to the fryer) and nearly jumped out of their skins when they heard "who ordered the burger?" Shouted from the open door to the decks.

Occasionally they got a pungent whiff of sewerage, somebody had flushed a toilet!, They would later learn this was due to a completely dysfunctional sewage system. A family were relaxing on the lower deck in front of the restaurant and debating whether to stay or go. They clearly wanted to stay as it was one of those memorable moments with the setting sun casting a warm glow over the inlet, a clear sky, and a just the gentlest of breezes.

But without any lighting and the com-

plete absence of any service what so ever they reluctantly moved on and to dine elsewhere.

Paula and Stephen could see the potential and observing this cemented their decision to put in an offer to buy the tavern.

At the time, Riverhead had no reticulated sewerage; the extension of the motorway was still to get underway, the Northwest Mall hadn't yet been designed or consented and of course there were no new Riverhead or Huapai subdivisions.

That was 6 years ago. Now they are celebrating being open for 5 years this month.

As some of you will remember, they made the huge miscalculation of reopening The Riverhead on February 14th. Little did they know the Monday they chose to open on in early February is traditionally known in hospitality circles as the largest trading day of the year! It was Valentine's Day!

To avoid making the same mistake twice they have decided to celebrate their 5th birthday by having a 'Family Fun Day' in The Boat House on Sunday 20th March.

The Boat House will open at 11.00am and the entertainment will be a ukulele band starting at 2pm with a quick lesson beforehand for anyone with a ukulele. So bring the kids and your ukulele and join in the fun. There will be face painting, ice-creams and plenty of space for the kids to run around on the lawn. Make a day of it and help celebrate 5 years of new life for New Zealand's oldest riverside tavern; The Riverhead.... All welcome!

WOODHILL SANDS AON INSURANCE PREMIER SHOW

The weather gods were smiling on Woodhill Sands for the Aon Insurance Premier Show with a top class line up of New Zealand and Australian riders.

The Aon Insurance Premier Horse Grand Prix was won by Australian James Arkins, with runner up Waikato's Natasha Brooks. Over 450 horses enjoyed the three day jumping festival.

Photo: Action from the Aon Insurance Premier Show photo by Ned Dawson.



KUMEU RUGBY CLUB



Kumeu Rugby Club has been in the Kumeu district area for 52 years. We have over 260 junior players from the ages of 5-13 and field 6 senior teams from the Western Pioneers, Premier Reserves, Presidents, Under 85s Restricted Grade, Under 21s and our new Under 19s.. We also run a large successful touch rugby module during the summer months which attracts many adult and kids teams.

Our Vision is to build on the club's strong traditions, remaining country and community focused. Kumeu's family friendly atmosphere fosters the growth and development of rugby talent within the community providing our members with

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the facilities and environment required to achieve at a high level. Kumeu Rugby Club has an exciting year planned for 2016; we have a Junior Sevens tournament on Sunday 13th March which is the first of its kind for Junior rugby at the club.

Girls Rippa rugby grades are also being launched this year for U12, U10 and U8 girls wanting to take up rugby. Schools are eligible to enter Girls Rippa rugby teams through Kumeu Rugby Club with games being played on Saturday mornings.

Registrations for Junior rugby will be kicking off soon and there will be signs going up around our area.

Registration dates are: Wednesday 2nd March - 5.00pm-8.00pm, Saturday 5th March - 1.00pm-4.00pm. Muster - Wednesday 9th March 5.30pm (if raining 4.30pm J5-J8 and 5.30pm J1-J4). For more information go to <http://kumeurugby.co.nz/index.php/our-juniors>.

PRINTING TIPS FOR THE NEW AUTHOR

Historic Kaukapakapa Library Sunday 20 March 10am to 1pm. If you are a new author wanting to get your book printed or you are considering writing a book and would like some information on publishing and printing come along and meet Chris Else from bookprinting.co.nz

Chris will be talking about printing and self-publishing for new authors with handy tips and advice on the decisions you need to make before you get started or get your book printed.

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

For more information on upcoming dates and events go to www.facebook.com/kaukapakapavillagemarket or if you are interested in having an exhibition or holding a book reading contact Sarah ph 027 483 1542 or email sarah1@maxnet.co.nz. 947 Kaipara Coast Highway, SH16, Kaukapakapa.

WE'RE STUDYING INSECTS!

At Nature's Explorers this month we are busy exploring and making discoveries in our outdoor environment.

The children are bringing in cicada shells, bugs, and plenty of dead flies to share with their friends.

At Nature's Explorers we love being a part of our community and we welcome your children to be a part of ours. Phone 09 412 8800.



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SAFER COMMUNITIES

New Zealanders may be back at work but the summer focus on safe driving continues.

With 23 deaths on the road already in 2016, Police staff continue to concentrate on the most common factors in serious injury and fatal crashes – speed, fatigue, alcohol, distraction and lack of restraints.

Enforcement of the reduced 4kmh threshold will continue until the end of January.

Inspector Peter McKennie, Acting National Manager Road Policing, says motorists need to keep safety front of mind as they switch back into 'business as usual' mode after the holiday.

"Twenty-three deaths on the road represent a terrible burden of grief and suffering," he says. "So many fatal crashes could be avoided if motorists made the smart decisions which allow them, their passengers and other road users to reach their destinations safely."

Motorists are urged to stay sharp by avoiding alcohol before driving and taking rest breaks to avoid fatigue.

It is the driver's responsibility to ensure passengers are properly restrained and to always drive to the conditions.

"Remember the speed limit is the maximum speed you can travel safely in ideal conditions," says Peter. "Conditions are often far from ideal and drivers must respond accordingly.

"We're still out there enforcing the law – but the prime responsibility for safety on the road lies with the road users themselves."

2016 is a good year to assist a local community group. If you or your family are not presently volunteering in your community then make a call to donate some time to help yourself through your community. The benefits include:

- meeting new people with similar interests
- developing new skills and experiences
- getting a greater sense of personal achievement
- a feeling of involvement and participation in the community
- having a number of buddies to do things with
- engaging on a business, social and personal level

If you have a few spare hours a week and want to volunteer some time on a part time or regular basis it starts with a phone call to the group

With Easter just around the corner and a nice 4 day weekend if you are going away then please turn off any appliances at the wall. Take care on the roads and allow for extra travel time. This is also a good time to start thinking about autumn and winter preparations such as fire wood, chimney swept, stock fenced off from water ways and check your smoke alarms.

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





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LOCAL CYBER TALK

Phoenix Beauty Therapy - Now open 84 Main Road Kumeu (entrance next to Zac's Pizza) Mon-Fri 9.30-2.30 with 3 late nights Tues, Wednes and Thurs till 8.30pm!! Book on 09 412 5380 or go online to www.willowbeauty.co.nz to book.

First Aid Gardens is looking to extend their team! Casual Contractor leading to permanent part time work. \$15-\$20 an hour depending on experience. Must have previous experience in Hort or natural talent and a quick learner. Fit, healthy and reliable and also have own transport. Please send C.V.s to info@firstaidgardens.co.nz. Or visit www.facebook.com/firstaidgardens/?ref=hl.

I'm a parent/ guitar/vocal teacher here in Riverhead for a few years now. Taught many children from Riverhead School, also Senior kids at college and few adults along the way. Am doing my annual student collection, please give me call in time for the new term if keen 027 486 3110.

We are looking for homestay families for Korean students visiting Waitakere Primary School again. The children are 11-13 yrs old and mainly boys. They are here for one - two weeks. If you can help at all please contact me at 09 810 7118 or wendymelles@gmail.com.

At 2:15 on 5th February 2016. I had the pleasure to see a live banded rail/moho-pereru in the gutter opposite 12 Anzac Valley Road. These small weka-like ground-dwelling birds are very elusive and sadly endangered (official status is declining) due to loss of habitat and predation by stoats, rats and (feral) cats. I'd ask drivers on Anzac Valley Rd to be aware of them. (my photo was taken at another location).



Muriwai Volunteer Fire Brigade is looking for one more recruit for 2016 to bring our numbers up to full strength. If you're a permanent resident of Muriwai living on Motutara, Domain, Waitea, Edwin Mitchelson, Berridge or Ngatira Roads click on the link below and see if you have what it takes and contact me on phelan.pirrie@fire.org.nz.



Well in Touch - CHI Professional - We are currently seeking a dynamic person to work in accounts/admin/customer service for Hair Product company based in Riverhead. Ideally Tuesday, Wednesday & Thursday. Would suit school hours. Please send photo CV to info@wellintouch.co.nz.

The Tasting Shed is looking for an experienced gardener to manage the veggie and flower beds, working with our Head Chef to ensure that produce and herbs for the kitchen are growing seasonally for the menu. Approximately 6-8 hours a week, starting beginning of March. No lawn mowing required. Please email jo@thetastingshed.com for further info.

We have just started up a Lawn Mowing business based in West Auckland (but can go anywhere) If you would like a free no obligation quote, ring Kane on 021 070 6615. Prompt and reliable service guaranteed.

Digger Operator - Coatesville based company require digger operator to join their team, must be experienced and have a great work ethic, excellent wages with added bonuses for the right person, phone 027 497 7612.

We are hiring! Hallertau Brewery need front of house and kitchen superstars. Positions at all levels, kitchen porters, commis chefs, floor staff and supervisors. Energetic, hard working, team players with an enthusiasm for

craft beer welcome. You must have a valid NZ work visa. CVs and expressions of interest to shaun@hallertau.co.nz.

My husband Allan is an Employment Law Consultant. He assists employers and employees with all work related issues. He is familiar with all various employment procedures (mediation, disciplinary meetings, exit packages). You can contact him 09 473 8115 or 021 172 2519, email: as.employmentlawconsultants@gmail.com. Please bear in mind that he is not a recruitment agent and cannot assist you in obtaining employment.

Make dinner time easy - We prepare meals that are delivered frozen. If you're a dog devotee, we think you will love our simple no-fuss packaged meals, each designed for your dog's energy requirements and individual needs. Every dog's health and wellbeing is important to us and we are dedicated to delivering quality raw bones, meat and tripe that form part of a natural diet. We are your local doggie meal delivery specialists - just a click away. www.facebook.com/rawpawtions/.

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Eurhythmics: (musical expression through movement). A method based on Dalcroze method where toddlers and young children learn to express rhythmic aspects of music through movement and learn the elements of music making. Orff percussion instruments will be used to develop music making. Thursdays 3.30pm - 4.30pm. Contact Mario at sulorac19@vodafone.co.nz or 021 084 43577 for more information. Alternatively you can register online at <https://semitonis.musicteachershelper.com/eurhythmics>. \$250 per student per ten week block.

Wanted to rent - 1 bedroom flat/unit for 54 yr old kiwi male. Please phone 021 230 6863.

IN BRIEF

UPDATES:EVENTS

OTIMAI VOLUNTEER HELP NEEDED

Otimai is an historical Guide Home in the Waitakere Ranges. It needs a dedicated team of gardeners and woodsmen to care for its grounds. We need people to assist with weeding, trimming and pruning of the gardens and eradication of noxious weeds. M.T. and Lunch are provided. If you would like to help and are happy to meet every first Wednesday of the month from 9am to 2pm, please contact Alison Hucke, whucke@slingshot.co.nz or phone 021 138 3341. Next gardening bee is on Wed. 2nd March. Please support our generous sponsors – Mitre10, Westgate and Palmers Planet, Westgate..

SENIORNET NORWEST

SeniorNet NorWest thoroughly enjoyed our Speaker for February, Sue Blomeley with her experience in Hypnotherapy amazed SeniorNet Members, leaving us all so relaxed and feeling pleasant. For those requiring help, just contact Sue, sblomeley@vodafone.co.nz. She will make you feel much better, help solve your problems, help you relax. I am sure Sue will be a regular speaker at our St Chad's days. Entry is \$3. Everyone is invited, not just Members, pop in just before 10am, free coffee/tea & Biscuit, Raffles (plural) \$2. For 1, \$5 for 3. The Speaker at St Chad's on Monday March 7th at 10am - Grant Sidaway from

the Federation will be amazing us once again with his knowledge of computers and gadgets so that we will leave St Chad's buzzing with excitement, to head home and try out some of his knowledge. Don't forget to mark your calendar for Wednesday 6th April to find out from Bev and Denece how to download and install the free PICASA photo program, find out how you can improve your photos, then make your special photo into one you can hand colour, creating an enlargement for your wall. Anyone wishing to become a member of SeniorNet phone Joan on 09 416 7172 to find out more about our Club.

BERBA CROATIAN HARVEST FESTIVAL

The nets have gone on, harvest is coming up, which of course means our annual Berba Harvest celebration is only just around the corner. Don't forget to mark the dates out in your diaries; Easter Saturday 26th, Sunday 27th & Monday 28th of March. There will be plenty to do at Soljans Estate to celebrate the Croatian Harvest Festival.

Grape stomping, entertainment, winery tours, great food, new wine available to try. Keep an eye on our website and Facebook page for more details. Berba Croatian Harvest Festival at Soljans Estate Winery - Easter Weekend: March 26th, 27th and 28th (closed Good Friday).

In other news our Head Chef Paul Reid has achieved the highest culinary standard in beef and lamb, receiving the 2016

Beef and Lamb Excellence Award. This is the 10th time Soljans Estate Winery has won this prestigious accolade and we're very proud of the dishes our fabulous chefs have created. www.soljans.co.nz.

THE BRENDON HAM BAND

Acclaimed NZ country act, The Brendon Ham Band is proud to be invited to play along-



side and share the stage with legendary NZ fiddler and recording artist Marian Burns for the 2016 Kumeu Fire Brigade Hoedown event Saturday 16th April at Kumeu Showgrounds. Well cemented on the Kumeu Fire Brigades calendar, this fund-raiser hoedown party is pure party central cowboy and cowgirl kickin' fun with dancing, spit roast dinner and fully licensed bar facilities to boot.

Having shared the stage with such international artists as Kenny Rogers, Ricky Skaggs and the Topp Twins as well as influences from the honesty of a few generations of real music, award winners Brendon Ham and Marian Burns along with supreme band, live and breathe the music they love and have deservedly earned the respect of a growing fan base across the ages and genres eager to enjoy the unique package that these dynamic performers deliver. Be sure to dust off your best cowboy boots, buckles and tight jeans - not forgetting the essential cowboy hat! The band kicks in at 8:00pm and along with headliners Brendon Ham and Marian Burns there will be a guest appearance from Janine Beatty. Tickets available from Norwest Liquor, Kumeu. Phone 09 412 2953. To catch them live at their next gig, join up to the newsletter or to enquire for your next function or event, please visit www.brendonham.com or www.marianburns.co.nz.

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SOUTH KAIPARA U3A

Our March Meeting will be on the 4th at 1pm, St John Ambulance Rooms, 7 Rata Street, Helensville.

Gold coin entry - lovely afternoon tea. Come along and join our friendly group. Ann Morris, from Green Prescription, Harbour Sport will be our guest speaker. She will tell us about ways we can exercise, make lifestyle changes, and get active to benefit our health and overall wellbeing.

At our 1 April Meeting we will have Christine Pikett (a member of SKU3A) and Joan O'Keefe talking about the history of 'Rural Women' to the present day.

AMBIENCE HOME & GIFTS

Located at 325 Main Rd, Huapai, Kumeu. Hop into store and see our lovely range



of Easter bunnies and Easter adornments, coming into store early March. We are now open 6 days from 9 - 4 and Sundays 11-3. Also new furniture is arriving daily so do check us out.

POWER OF A PROMOTIONAL PRODUCT

The power of a promotional product is often underestimated. Think about what you've seen people carrying when you're out and about. Take a look around your home, office or car. How many items are close to hand with someone's (not yours!) logo and contact details printed on them?

Here are some facts you probably didn't know about promotional products:

80% of consumers own between one and

ten promotional products. Out of this 80%, 53% use a promotional product at least once a week. 60% of these people will keep a promotional product for up to two years. Only one in five people will throw away an unwanted promotional product.

Tea Larsen, ASAP Promo's Director, has been part of the North-West Auckland community for over 15 years. She is an expert at creating effective solutions for your brand merchandising, all within your budget. Give her a call on 09 973 4352 and talk to her about helping your business grow. www.facebook.com/asappromonz.

KUMEU LIBRARY

Why should the kids have all the fun at Kumeu Library? We have two exciting activities starting up for the grown-ups:

Colour Your World Adult Colouring: Come to Kumeu Library and chat over a cup of tea while enjoying some colouring in. Colouring sheets and pencils provided, or you are welcome to bring your own. This free activity takes place on the second Wednesday of each month, 2.00 to 3.00pm.

Crafternoon for Adults: Kumeu Library is a great place to have fun, meet new people, and try something creative! Free, but some events may require a gold coin donation. Join us on the last Wednesday of each month, 2.00 to 3.00pm.

Come along to Kumeu Library and try something new!

PURE ALLIES NZ

With lots of controversy regarding use of chemicals on our skin and



food, and research pointing to long term health ailments, there's never been a

better time to consider using nourishing purely natural alternatives.

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We strive to keep products affordable, with minimal but sustainable packaging. From natural sun screen, deodorants, baby wind relief, moisturizers thru to lip balms, insect repellents and pain relief balms, just to name a few. Look them up Pure Allies NZ on Facebook or pureallies@gmail.com.

KUMEU GYM - NEW YEAR, NEW YOU LADIES CHALLENGE

Celebrate the start of the New Year with the Kumeu Gym Team - Women supporting Women, kicking off - Monday 14 March 2016.

Ladies - Does this sound familiar "I can't, I'm tired, I'm too busy, and I'm too self-conscious?" Strength comes in all shapes and sizes; don't spend all of your time trying to be someone who you are not supposed to be, most of us have a pre-determined mindset at this time of the year.

You are the strongest as you and even stronger as the best of you. Embrace who you are and build your own strength.

This ladies only New Year, New You Challenge is here to help remove these common misconceptions, to change these "I can't's" into "I can, I will, I'm strong, I'm worth it", to build your own authentic you and reach the goals you want to achieve while meeting new people and having loads of fun along the way.

For more information or to register go to www.kumeugym.co.nz, email admin@kumeugym.co.nz or call 09 412 8932.

What have you got to lose?

Kumeu Gym, 250C Main Road, Kumeu (behind the Bakehouse).

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RIVERHEAD RAMPAGE

Hallertau Brewery proudly present the 3rd annual Riverhead Ramage. Join us on Sat 12th March for a 5km, 10km walk / run or 21km run in Riverhead Forest. Teams welcome. Wind down afterwards with a cold beer at Hallertau Brewery and catch some running themed films from the Reel Wild Film Festival. All monies raised for Riverhead School. Sign up via www.riverheadrampage.co.nz.



MEACTIVITY

Muriwai township is looking green and lush for the time of year. January was blue Agapanthus along the verges, February seems to be golden ginger. Hedychium gardnerianum, or ginger lily, can grow aerial stems 2 m tall, from massive, taro-like rhizomes. These ginger-smelling roots can withstand crushing, the ocean, and being soil deprived for 4 years! Flower heads (25-45 cm tall) with many fragrant, lemon-yellow flowers and conspicuous red stamens develop into fruiting spikes with fleshy orange fruits (15-20 mm long) containing many bright scarlet seeds.

This synopsis of just one weed reflects a fight that NZ is losing. Our own backyards unknowingly shelter pests that are later transferred to bush and reserves. It's the time of year for weed control, especially if you harbour hope of restoration or landscape planting this coming winter.

Pest plants go out of control with the weather we've had of late. They outcompete native plants, resulting in less habitat availability for nesting, foraging and refuge for native fauna including birds, skinks and insects.

Check out weedbusters.org.nz for advice on how to deal with pests, and doc.govt.nz for the wider picture on biodiversity. Available from www.tapac.org.nz and www.popuglobe.co.nz.



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Kumeu Huapai

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PHILIP GRIMMER

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**The Riverhead
...its your local**

Family Fun Day,
Our 5th Brithday
Sunday, 20th March
The Nukes,
Ukulele Band 2-6pm with
workshop beforehand.
Gates open at 11am



PLANT ZERO FLORIST

March is here already and we now have available potted Asiatic and Oriental Lilies at our Plant Zero Florist Shop @ only \$7.50 each (RRP \$12.99) when you mention this article. We have limited numbers



available so be in quick. We also carry single stem Lilies along with our lovely roses. If you are looking for wedding flowers then come and see us as we can make up gorgeous natural and

**“is this your space
\$75+gst”**

Contact Sarah Brightwell on 021 250 7324 or
sarahcartwright022@gmail.com to book

you will recieve a months worth of local exposure

eco-friendly bridal bouquets, mixed petals, button holes, corsages and source flowers for you too. We are starting to carry a new range of Linden Leaves Skincare range that you can buy from the shop or add an extra special something to your bouquet order. Remember we can deliver flowers to most parts of Auckland and you can also pick up from us @ 108 Station Road, Huapai. Follow us on Facebook by searching The Flower Barn by Plant Zero.

TOP TIPS FOR BUILDING AND GROWING A SMALL BUSINESS BRAND

Our community is full of small businesses and sometimes it's hard to know where to start in regards to growing your brand -without breaking the bank!

- Make sure you know what your brand is... it's more than your logo or products, it's the experience that customers have with your business! Word of mouth can be your greatest lead generator .Essential in a small community.
- Be reliable – do what you say you are going to do... every time!
- Build a network on social media– this doesn't cost a cent and is a great way to gain trust and build awareness for your customers.
- Participate in events such as fundraisers, charities and sponsorship in your local community, goodwill can't be purchased. It is earned. If the community can see you are supportive you will garner support

Smashing Promotions are currently marrying up corporates that want a social presence in the community with sports teams and clubs that are wanting corporate support, just relay your interest for either , and we will assist you to make it work , by providing branded apparel , bottles and the like , giving you an ongoing physical presence

Check out what we are doing on Facebook www.facebook.com/smashingpromotions or give us a call on 09 412 6235 for more information.

COMING UP AT WOODHILL SANDS

Woodhills winter season will shortly kick off and we don't stop all winter. Days planned included Show Jumping, Show Hunter, Mini ODE's and Dressage plus Easter weekend will be the final major show of the season with Waitemata Show Jumping being the hosts of the North Island Show Jumping Championships. All the winter days are non graded and all are welcome, ponies, hacks, amateur riders etc, Something for everyone including ribbon days and bitless dressage classes. We'd love to see you there.



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PROPERTY

NEWS & ADVICE

MARKET REPORT

2016 is set to be a roller coaster with a steady range of buyers in most categories. The Auckland market has undergone some degree of cooling off, while in other areas, Whangarei, Hamilton and Tauranga have undergone a wave of Auckland buyer activity. This is clearly a signalling from Auckland Investors that there may be better gains in provincial New Zealand. Although supply has been slower than previous years it is evident that buyers are very aware of where individual value resides. Our prediction of a more reserved and stable price platform is proving accurate with price movement only being a result of multiple buyer interest. There is a lot of discussion by buyers about the lack of planning and infrastructure in the area which is impacting on developers. Developers have been unable to negotiate infrastructure upgrades from Transit or Auckland City Council. This may reduce or stall the demand for new subdivisions in the area, buyers not willing to tolerate endless queuing and poor access to motorway connections. So let's see what has caught our eye this month:

Coatesville and Riverhead markets include a mix of options; lifestyle at \$3,00,000, residential new around 1,150,00 and residential refurbished at \$750,000

Helensville sales volume is up but sales sitting at \$575,000 to \$685,000 with the odd lifestyle property achieving \$1,200,000

Huapai sales of refurbished residential at \$850,000 while lifestyle sits around

\$1,700,000 to \$2,300,000

Muriwai Beach has seen light trading, residential refurbished at \$750,000 to \$950,000

Taupaki residential at \$860,000 and lifestyle at \$1,548,000

Waimauku residential sales are \$880,000 while lifestyle sits at \$1,200,000

Two strong buyer groups are early nesters and mature downsizers, both groups very active. While the supply of properties remains lower than normal and buyer sentiments remain cautious about the value that a property represents we suggest that Sellers consult with us on changes in the market, the indicative value and the best process of going to market. No one size fits all, so be open minded, and stay current with the market. This is a market in change, and change is about being nimble on your feet and understanding of the market. We'll save you a minimum of \$2,000 on your commission and provide a \$6,000 multi-media marketing campaign. Phone 0800 900 700 or view www.grahammcintyre.co.nz – Licensed REAA (2008).

MONEY MATTERS

A new year often brings about new personal goals and health challenges but apart from saying "this year I want to save more and spend less" we often overlook the need to do a thorough check on the health of our finances. For most of us our mortgage repayments represent our biggest monthly outgoing and hence this area provides the biggest opportunity to save money with the right home loan

structure in place. Whether it is sacrificing a few coffees each week to pay a little extra off the loan balance or really negotiating hard with the banks to get a little bit more off the interest rate, it is surprising how little changes can save you thousands over the life of your mortgage. For a free, impartial, no obligation review of your home loan call us.

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

AT HOME STAGING LETS DECLUTTER!!



Decluttering requires a willingness to eliminate the unnecessary. It means ruthlessly pruning out everything that you don't need to make room for the things that matter. It is as much a material change of lifestyle as a mental one. The more you eliminate, the more you will treasure and use what's left over.

A more minimalistic approach to decorating allows for more visual and physical space. People are naturally attracted to clutter-free homes.

A few decluttering tips:

*Change the junk room into a guest room or study.

*Clear kitchen clutter and create space for the items you use most often.

*Create a haven in your living room by removing all unnecessary items.

*Remember your dining room is just that, a dining room – take out your computer desk and any other paraphernalia that is inhibiting the space.

For any further information please contact Anna or Tracey on 021 136 3750 or



David Lloyd
Director

David Lloyd Mortgages Ltd
Tel: 09 411 9251
Mob: 027 411 9255
Email: david@davidlloydmortgages.co.nz

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6 HOT TIPS TO ENSURE YOUR PROPERTY SELLS

Imagine yourself as the buyer walk around the property as if it's the first time, make notes on anything you notice that needs attention and repair or replace any items as required.

1: Repaint the walls neutral colours - As much as you love that bright red dining room, it could turn off the majority of buyers. So repaint in neutral tones such as whites and tans, so buyers will focus on the spaces not the colours.

2: Simplify the décor - To assist buyers imagine themselves in your space remove any art work or other décor that might turn people with different tastes off, such as that bear skin rug or that large nude painting above the bed.

3: Remove Personal Items - Buyers need to be able to imagine themselves living in your home so remove anything that is over personal such as walls of family photos in the hallway or the 6ft parrot cage in the kitchen.

4: Tackle that must do list - All those little jobs you've been meaning to do? Buyers will notice them and they will detract from the value of your home. Set aside a day to fix that broken hinge tighten the loose door knobs fix the leaking tap and paint the scuffed wall etc.

5: Keep it flowing - The last thing you want is buyers bumping into furniture as they tour your home, this will disrupt their focus and make your spaces look cramped. Do a dry run yourself walking around your home so it flows well and tweak anything that disrupts the flow.

6: Kerb Appeal - More than one buyer has decided not to view a house based on its kerb appeal. Ensure hedges and shrubs are trimmed lawns are always neat and tidy and keep entrance way clear. Paint the front door if necessary and delineate front pathways.

Contact Ian Sneddon for more information on 027 209 0789 Licensed REAA (2008).

ANNUAL AUTUMN UPKEEP



Spring isn't the only time of year to have a thorough clean out of your home. Autumn presents the perfect opportunity to have everything ship-shape and prepared for the impending wintery weather.

Maintain Your Home Heating - With the cooler weather on its way, it's safe to say that your wood burner and heat pump will get a little more attention. Therefore, it's now the best time of year to call in the professionals to inspect and clean your heating solutions.

Wood burners - While you can clear out ash and charred wood from your wood burner, a chimney sweep will perform a number of tasks that include cleaning the flue, ensuring the vents are clean and in good condition and they will also check that the damper is tightly closed to reduce draughts. This is just a few of the jobs they will undertake, but all will ensure the safety and efficiency of your chimney.

Heat pumps - Annual maintenance is also essential for your heat pump and it will ensure not only efficiency but that your home is circulating clean, fresh air. A professional will clean dirty air filters, vents and check both your indoor and outdoor unit to ensure your heat pump delivers continuous comfort.

Clean Your Gutters and Downspouts - Clearing out your guttering is a necessary chore associated with the cooler months of the year and it will prevent

debris clogging your gutters that can result in water drainage issues around your property. Safety is paramount, so if it's a job you choose to undertake yourself then it pays to be extra careful when using a ladder. Alternatively, it could be a job that you leave up to the experts.

Caulking the Cracks - Take a look around your windows and doors to make sure there aren't any gaps that could let in cold draughts. If there are, then you will need to apply exterior caulk. This preventative measure will ultimately keep your house warm while also reducing your power bills.

TRUSTEES AND RUNNING A FAMILY TRUST

Trustees have an obligation to account for the assets held in the trust. Usually this is quite easy to achieve if the only asset is a family home. However, charging rent and claiming interest means tax accounts will be necessary. Trusts which own a business should generally do this through a limited liability company structure - supported by legal and accounting advice. This is generally to keep the business risks contained within the limited liability company. The trust tax accounts will show that the trust has investments in the company - including showing the extent to which the company has paid dividend income to the trust.

Increasingly, beneficiaries are asking for Trustees to disclose the trust tax accounts and resolutions made by the Trustees. The theory behind this is that beneficiaries have the most to lose if the Trustees make poor decisions about trust assets. Many trustees are surprised to learn that that the court supports beneficiaries who take steps - often with legal help to make those Trustees accountable for the assets of the trust.

Luke Kemp - Kemp Barristers & Solicitors phone 09 412 9600 or email luke@kemp-solicitors.co.nz.

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P: PO Box 91 629, Auckland 1142

AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	1,200,000	3.6HA	220M2	1,470,000
	1,575,000	1HA	0M2	1,000,000
	840,000	1.7HA	100M2	1,675,000
	1,125,000	1.7HA	202M2	1,700,000
	1,450,000	1.6HA	385M2	2,226,000
	750,000	1HA	99M2	1,055,000
	850,000	1HA	0M2	1,450,000
	1,525,000	1HA	282M2	1,300,000
Helensville	375,000	677M2	120M2	485,000
	710,000	1HA	194M2	800,000
Huapai	590,000	951M2	140M2	755,000
Kumeu	810,000	1217M2	130M2	750,000
	820,000	2438M2	218M2	1,140,000
	820,000	746M2	216M2	965,000
	1,125,000	2.8HA	260M2	1,588,000
	1,150,000	4HA	233M2	1,500,000
	1,350,000	1HA	342M2	2,700,000
Parakai	370,000	1280M2	100M2	560,000
	430,000	511M2	140M2	520,000
	600,000	1159M2	169M2	775,000
Riverhead	580,000	809M2	100M2	815,000
	700,000	809M2	134M2	770,000
	1,600,000	7.6HA	322M2	3,010,000
Taupaki	1,150,000	4.45HA	140M2	1,250,000
Waimauku	890,000	1500M2	285M2	935,000
	840,000	1076M2	274M2	875,000
Woodhill	800,000	2.7HA	230M2	917,300
	1,175,000	6.1HA	320M2	2,500,000

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

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Graham McIntyre
Brand & Territory Owner



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327 Main Road, Kumeu

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"It has been my pleasure to meet an honest, polite Real Estate Agent who knew what he was talking about. Graham McIntyre took time to explain everything to my wife and I in terms that we could understand. He made the whole daunting process of listing our property a much easier process that we had thought possible. We are very pleased that we decided to use Graham McIntyre. He is a credit to his profession and we would gladly recommend him to anyone. Mike, you are a lucky man to have Graham McIntyre in your team. Thank you Stacey." Jack & Robyn 2015

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LIFESTYLE LIVING NEAR WAIMAUKU

4 1

By Negotiation

1548 State Highway 16, Woodhill
By Negotiation

A delicious hard to come by Woodhill lifestyle property of 1872 square meters which has plenty of room for the family, pets and friends. This undulating property offers gardens, native and mature fruit trees. The 1950's bungalow allows for easy living and a pleasant rural outlook. Elevated north facing decks and lawns give a private setting with great outdoor living. The home features 4 bedrooms, 1 bathroom, and multiple car parking (there's even room for the boat). The CV on this property is \$540,000. Please email graham.mcintyre@mikepero.com for recent sales in the area.



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027 632 0421
09 412 9602

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Lyndsay Kerr
027 5544 240
09 412 9602

lyndsay.kerr@mikepero.com

www.mikepero.com/RX666090

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Lyndsay Kerr

027 5544 240

lyndsay.kerr@mikepero.com

Office Location: 327 Main Road, Kumeu

www.mikepero.com



BREATHTAKING HIDEAWAY CLOSE TO MURIWAI AND WAIMAUKU 4 2 2

Set Date of Sale

37 Hamilton Road, Waimauku
Set Date of Sale - 5pm, Wednesday 9th March 2016

This three bedroom plus study home is freshly decorated and provides superior indoor/outdoor flow. With a large open plan kitchen dining leading onto a paved courtyard area, the living and separate lounge area with woodburner open out to decking as does the main bedroom, with ensuite and walk in wardrobe. Internal access is from a large double garage. The land at 2023sqm is landscaped and easy care providing great living with all the benefits of being in the country. The CV on this property is \$840,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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TUSCANY IN COATESVILLE PLUS BIG BARN ON 2 HECTARES 4 1 2

By Negotiation

557 Ridge Road, Coatesville
By Negotiation

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



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VILLAGE OUTLOOK - COLONIAL DESIGN - WAIMAUKU



Set Date of Sale

8 Mabbett Lane, Waimauku

Set Date of Sale - 5pm, Wednesday 23rd March 2016

Looking for a country aspect with a traditional 1/4 acre section, neighbourly quiet country lane and services and high decile schooling close by? Look no further than 8 Mabbett Lane, Waimauku. A country style home with 4 bedrooms, 2 bathrooms, open style living and dining opening to decking to the North and South. Elevated cul-de-sac living environment, single garage, and minutes from Waimauku Primary School, parks, convenience shopping and transport links. The CV on this property is \$580,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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Office Location: 327 Main Road, Kumeu

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ELEVATED FAMILY HOME WITH PANORAMIC RURAL VIEWS

3 2 1

\$660,000

13 Hand Road, Helensville
Asking Price \$660,000

This well appointed brick and tile family home is looking for new owners. Set high on a large 1305 sq metre section with glimpses of the river this home is an entertainer's delight offering three bedrooms, main bathroom and double garage. Great decks, great gardens and a well appointed granny flat further enhance this lovely home. There is so much on offer you really need to come and have a look. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.



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www.mikepero.com/RX691583

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LAND FOR BANK OR FOR LIFESTYLE - NEAR KUMEU

3 3 2

By Negotiation

81 Foster Road, Kumeu
By Negotiation

Whether you are seeking an investment for the future or a property with multiple incomes this idyllic lifestyle property offers a tantalising 4 hectare (10 acre) gentle sloping backdrop with which to buy and hold or buy and invest. The land has a three bedroom brick home, storage sheds (that are rented) and cool store. The property also has a water bore for a buyer wanting to use the land for horticultural use. Close to schools, parks, convenience shopping centres and transport links. The CV on this property is \$1,125,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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1 HECTARE LIFESTYLE BLOCK CLOSE TO KUMEU

By Negotiation

Lot 3 Access Road, Kumeu By Negotiation

Often hunted but seldom found, this beautifully presented, boundary fenced 1 hectare block offers an idyllic lifestyle opportunity to those wanting to build a brand new home within an established lifestyle area, a short distance from Kumeu Showgrounds and Kumeu Village. Post and rail fencing on the road front, concrete access way and heavy designer gate provide the perfect start for you to build upon. Services including power and water at the roadside. The CV on this property is \$555,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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



WESTGATE'S BEST OF THE BEST - FLETCHER BUILT 3 2 2

Enquiries Over \$919,000

8 Cinnabar Place, Westgate
Enquiries Over \$919,000

An outstanding Fletcher Homes show-piece offering elaborate space, high stud and light and breezy living with uncompromised alfresco living to the north west. The home over three levels delivers defined spaces through lounge, open plan kitchen dining and separate bedroom wing, delivering generous three bedrooms, bathroom and ensuite and open perspective. Fully fenced the property would suit a family or investor wanting a higher spec property. Great neighbourhood and cul-de-sac environment minutes from transport, schools, shopping and parks. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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09 412 9602

susan.annett@mikepero.com

www.mikepero.com/RX689652



ELEVATED TUDOR STYLE ON ELIZABETH DRIVE, NEAR WESTGATE 3 2 1

Enquiries Over \$719,000

33 Elizabeth Drive, West Harbour
Enquiries Over \$719,000

From the first time you lock eyes on this property it resonates a special connection, a sense of family fun and a statement of classic ambience. The section is elevated, boasting approximately 760 sqm, fully fenced front and back yard with a peppering of mature shade and fruit trees. An extensive patio with servery windows from the modern and fully renovated kitchen, the open living feel of the home makes it easy for family living and entertaining. Offering three generous rooms and detached double garage it is not short of space for the family nor the toys. The home overlooks Midgley Park and offers easy access to North West Mall, Westgate, West Harbour School, Transport Links and motorway access.



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Susan Annett
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CHARACTER COTTAGE IN WHENUAPAI - 1135M2 OF LAND 3 1 1

By Negotiation

58 Waimarie Road, Whenuapai
By Negotiation

Cute as a button, this two level board and baton cottage has plenty of character and room to spare, resting upon 1135 square meters of flat land. The home enjoys three bedrooms (one up, two down), open plan lounge and entertaining leading out onto patio and gardens. If your next home is about character and personality, this is a must see. An independent single garage with carport delivers additional value. A short distance from convenience shopping, restaurant, schooling, parks and inner harbour. The CV on this property is \$675,000. For a complete transaction list please email graham.mcintyre@mikepero.com.



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BUY, BORROW AND BUILD - DEVELOPER OPTIONS 4 2 1

By Negotiation

111 Metcalfe Road, Ranui
By Negotiation

This original 1960's bungalow, positioned to the front of the section offers excellent position and sound building integrity. Four rooms, open kitchen and dining leading to separate lounge. Concrete drive to an independent double garage, the land at 809 sqm (more or less) offers excellent opportunity for further enhancement. We have an independent opinion from Terra Nova planners for development consideration. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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SURPLUS TO INVESTMENT PORTFOLIO - GOLD IN KUMEU 3 3 1

Set Date of Sale

50 Trigg Road, Huapai
Set Date of Sale - 5pm, Monday 21st March 2016

Established semi-rural setting, this tidy three bedroom weatherboard bungalow set on 1049sqm is a golden opportunity. An idyllic setting with white picket fence, and extensive entertaining decking leading out to north facing pool, this home offers an investor or a family a substantial home with options to add value in the future. This picture perfect setting is located across the road from Huapai School and is literally minutes to parks, playgrounds, convenience shopping and transport links. The CV on this property is \$740,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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AUCTION

74A Waitakere Road, Waitakere
Auction - 12pm, Sunday 3rd April 2016

2 Hectares of elevated lifestyle offering 360 views from the top of a hill with wraparound decks on lower and upper levels. This North facing cedar home delivers great options for an extended family or a family with older children wanting their own environment. The home can be split into two self-contained areas if desired. Extensive views over Taupaki and Waitakere Ranges with an aspect that takes in the beauty of the land interacting with its surroundings. Large four car garage, extended concrete parking and driveway compliment the offer. Minutes to kindergartens, schools, good links to motorway, Swanson park and ride and Bethells Beach. The CV on this property is \$980,000, email graham.mcintyre@mikepero.com for recent sales.



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ELEVATED SECTION, NO COVENANTS - 2046 SQM

Enquiries Over \$295,000

48 Kitewaho Road, Swanson
Enquiries Over \$295,000

Situated in the Waitakere Foothills with commanding views and a North East aspect. The land is a sloping contour bush block but delivers some excellent options for the purchaser with vision, resource and enthusiasm. The land is over 2000sqm with unobstructed street access. Kitewaho Road is a cul-de-sac street with a range of homes that make the most of the environment and the spectacular view. Close to Swanson café, train station, parks, reserves, bush walks and school.



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HEALTH AND BEAUTY

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How you take care of yourself today will have an impact on how healthy you are in the future. If you want to be healthy and active as you age, your spine and nervous system must be healthy.



Over time, your spine and nervous system can deteriorate, not because of age, but because of subluxations. Just like the tyres on your car wear down unevenly when they are misaligned, the same can happen in your spine. You may have some areas in your spine that look and feel like they are seventy years old while you have other areas that are more like a twenty year old.

Researchers found that when the spine is misaligned it can begin to deteriorate within two weeks. Think about how many two weeks have passed since that childhood fall to age fifty? Is it any wonder why more than fifteen million people world-wide are diagnosed with osteoarthritis each year?

Come and chat to us at this year's Kumeu Show and take us up on our "50% off - Kumeu Show Special Offer"

Call us now at Kumeu Chiropractic for an appointment 09 412 5536.

DO YOU LOVE YOUR JOB?

Have you ever wondered how you could

start a job for a few months, absolutely love it, then in a very short time, find that your boss irritates you. Your work colleagues seriously 'annoy the heck out of you' and yet when you first met them you really thought you'd love working with them.

As the weeks went on the tension got out of control, you wondered why you ever took the job?

You need the job, more than anything, but this is not what you signed up for. How could everything change so quickly?

Geopathic Stress, (GS) that is how?

GS could irritate where you sit at work and make you feel so uncomfortable that you could not imagine the possibility something so simple will drive you so crazy!

Make sure you KNOW where you sit and have the Geopathic Stress tested in your office (and your home). Do not hate your boss for nothing. www.clearenergy-homes.com, phone Nicky 021 545 299 or 09 213 7309.

AN INVITATION

You are invited to come and browse amongst our new arrivals.

Hobsonville Optometrists - Glasses and Gifts, at 413 Hobsonville Road, offers something unique. Our Optometry practice offers not only eye examinations, a large selection of frames, contact



lenses and sunglasses, but also gorgeous quality homewares and gifts.

We have a tasteful and extensive selection of gifts for men and we stock Dion Nash's Triumph and Disaster cosmetics for men - cool!

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DO YOU HAVE A HAIR GOAL?


Every year we make ourselves new goals to achieve. Whether it be to increase our fitness, lose weight, buy a new house or whatever your goal may be we need to put steps into place to get to that finish line. Hair is no different... it needs a plan or a goal to achieve what you want. Do you have curly, unruly hair that seems to be out of control and you are unsure of what to do to manage this? Do you have colours that continually fade and appear washed out even though you spend a fortune in the salon? Do you have a haircut that looks great upon leaving the salon but is totally unmanageable when you try and do it?

Or do you want to create a colour that seems far out of reach for your hair right now? Zash Hair can help you put all the steps into place to achieve these goals. Small steps can make big changes and they are easier when you have a stylist to walk with you through this. Take the time today to make your appointment with us and let's set your new Hair Goals for this year. Zash Hair 021 81 4663.

SPOTLIGHT ON: FACIAL OILS

The use of oils on the complexion, once considered a no-no, is now a trend we should all be following. The use of facial oils dates back hundreds of years. Then fancier face creams came





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along, offering similar moisturization and protection benefits. I believe some people still shy away from using facial oils because they (mistakenly) think it will result in shiny, oily skin, which may be considered unsophisticated — or even dirty. Plus, facial oils are often thought to be congestive and are associated with breakouts. The truth is that refined oils are wonderful for our complexions.

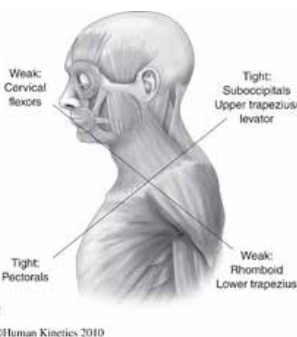
The general public was under the assumption that oils were too thick and wouldn't penetrate the skin, and that they would leave the complexion greasy. Little did they know that a good oil is the best thing you can put on your skin!

I'm from Europe, where facial oils have been popular for decades. When I first started our spa here in Waimauku, nearly 15 years ago, I couldn't believe that nobody here was using them. I think people were afraid that all oils were comedogenic and would clog the pores. Plus, the trend at that time was for skin to be matte, with no shine or dewiness.

Pure oils, such as the Hydrating Pinotage Face Oil by Theravine, penetrate deeper into the epidermis because they're usually a finer blend of ingredients. When clients are in their late 30s and early 40s and their skin begins to dry out, they're doing themselves a disservice if they don't add a high-quality, pure face oil to their nightly skincare routine. I recommend putting on oils right after a shower or bath, when the skin is still moist. But they must be high-quality oils, otherwise the skin may break out or become irritated. Find out more about facial oils, including how to select the right one and the best ways to incorporate them into skincare at home, from Paula at Spa Di Vine, Ph. 09 411 5290 or check website www.spadvine.co.nz.

DO YOU SUFFER FROM UPPER CROSS SYNDROME?

Upper cross syndrome (UCS) is a imbalance of the muscles located in the neck, shoulders and upper back. Some muscles (trapezius and pectoral muscles) become tight and other muscles (neck flexors and rhomboids) become weak. Long term this can lead to pain and dysfunction. UCS is commonly seen in people working at a desk or sitting a lot and people with poor posture.



Common signs of UCS include neck/upper back pains, headaches, a forward head posture, hunching the upper back and elevated shoulders.

Tips to avoid UCS:

- 1) Desk setup- ensure your computer is at eye level and your chair is the right height for you
- 2) Regular breaks to avoid sitting in the same position all day

- 3) Stretches for the pectoral and trapezius muscles (see below)
- 4) Assess your posture- is your neck forward and back hunched? They shouldn't be.

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

IS FUNCTION FITNESS FOR YOU?

Do you live to exercise? Unless you're an elite athlete, you probably answered no to that question. Most people, in fact, would say they exercise to improve their quality of life. And that's the focus of functional fitness. Functional exercises are designed to train and develop your muscles to make it easier and safer to perform everyday activities, such as carrying groceries or playing a game of soccer with your kids.

What is functional fitness training? Functional exercises train your muscles to work together and prepare them for daily tasks by using common movements you might do each day. While using various muscles in the upper and lower body at the same time, functional exercises also increase core stability and improve your posture. For example, a squat is a functional exercise because it trains the muscles used when you get up and down from a chair or pick up low objects. By training your muscles to work the way they do in everyday tasks, you prepare your body to perform well in a variety of common situations.

What are the benefits of functional fitness training? Functional exercises tend to be multijoint, multimuscle exercises. Instead of only moving the elbows, for example, a functional exercise might involve the elbows, shoulders, arms and back, such as push-ups. This type of training can make everyday activities easier, reduce your risk of injury, improve balance and strength thereby also improving your quality of life.

What are examples of functional fitness exercises? Now you know why functional exercises are great for you, but what exercises are functional? Here are some examples: lunges, squats, push-ups, dips, bench press, step ups.

Are functional fitness exercises for everyone? Functional exercises can be altered for all levels of fitness or skill. It's always a good idea to start with exercises that use only your own body weight for resistance. As you become fitter and ready for more of a challenge, you can add more resistance in the form of weights, resistance tubing or performing movements in the water. As you add more functional exercises to your workout, you should see improvements in your ability to perform your everyday activities. What better investment than one that improves your quality of life. If you have any questions or unsure where to start, give me a call 021 798 435 or flick me an email info@benefityou.co.nz.

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DOES YOUR BUSINESS NEED AN APP?

Today's businesses only stand to benefit by making themselves accessible via mobile devices. With a mobile web



application or mobile app, businesses can boost sales and keep customers by adding ways for them to get or view information. The question is which type of mobile presence is best for your business? A mobile web application is designed specifically for smartphones and tablets. It can be accessed like a normal website using a specific address with the advantage of it being made to be viewed easily on the device's screen. The primary benefit is that it makes regular websites more accessible for mobile users. Also if you have special features on your existing website these can be adapted so they are also usable by people on a mobile device. Apps are smartphone or tablet applications. Unlike a web application, an app must be downloaded and installed from an app marketplace. Although apps function a lot like a mobile website, they have the advantage of having their own corner on a customer's device. For instance, a mobile app can be closed or inactive, but still work in the background to send notifications and perform for the customer. Apps appear more professional as they display

on a devices desktop and are available in one quick tap. They can also be made to work when the device is not connected up to any wi-fi network. Utopia has years of experience in all forms of mobile web applications and apps. We can discuss the options you have for your business and how to improve your sales and customer retention. If you wish to discuss this with our team please contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

WHAT YOU KNOW RIGHT NOW IS ENOUGH

Right now you know a lot of things. You have knowledge. You have experience. In this moment you are immensely capable. Experts have their place – but you have lived too.

So what are all the things you KNOW right now?

I know that when I eat right I have more energy, brighter eyes and a lighter body and I smile more.

I know that when I meditate it connects me with peace.

I know that when I drink alcohol, the next day I'm grumpy and don't connect with the people around me properly.

I know that when I make the phone calls I tend to put off, I feel more alive and then I seem to make more phone calls.

I know that when I get up early I'm more organised, less stressed and have a more peaceful morning getting everyone out

of the house.

I know that when I get out and exercise I have more energy and a feeling of being proud.

I know that when I smile more at people I have better connections and feel happier.

(I could go on and on..)

These are the things I know. Experience and failure, happiness and utter despair have led me to know these things, and I have an inkling that if I stuck to even half of what I know I would be unstoppable! The fact that we don't implement these things into our daily lives has always puzzled me. So why don't I just put my highest desires for myself into action? So what's the problem? All our greatest wishes for ourselves cannot remain on paper or in our heads. The highest philosophies in life cannot remain in books or as feel good quotes – we could actually start living them if we wanted to!!

'To know and not to do, is actually not to know'. I have always enjoyed this quote because we all know so much. Action seems to be the hardest thing. Is there perhaps something else we need to know? Is there a level of wisdom that is missing here - because it's not will power, or lack of desire or laziness!

Go back to the first initial thoughts of wanting to change. In the beginning our desire for change usually comes from not wanting or not approving with what we have. Think about it –are we absolutely in love with ourselves and can't get enough of our life but want to change? No, we usually want something better for ourselves because a part of ourselves is not ideal or good enough anymore. Perhaps here lies the problem. Now I applaud striving to be the best version of ourselves and there are some situations that we just need to move on from - but not being happy with a part of ourselves in the first place creates tension. We are not lovingly wanting change, we are desperately needing it to feel better about ourselves. We are giving ourselves a very strong message here and it's along the lines of 'you are not good enough, things

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need to change around here! It's subtle but it's there. The goal is not created with love, it was actually created in fear - so yes, it will be like pushing s**t uphill. We are a weaker version of ourselves when we operate from this place.

So all this stuff you know is invaluable and is enough to create some big life changing stuff. But I am proposing that we use our knowledge differently than before. Write down what you want in the first person. Be specific, and write it as if it's already happened... and then be in the moment - this moment, not tomorrow or one day. In this moment know with every cell in your body that you are enough, that you are loved. Feel gratitude in the moment. It is this person that can now more easily live the new. This person, free of tension can more easily take actions in line with higher self. This grateful, loving person is now creating from a place that is expansive.

I love creating the new, as humans we are capable of so much. I love goals- but its how they are created and how we focus on them that is the key. We are always 'being' something. We are always creating, sending out messages and life responds every day. If its time to give your body and your life a different kind of message, an unchanging powerful message, then contact me for a session. Anna Wheeler phone 021 555 658 or anna@thin-yourbest.co.nz.

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I have had some amazing deals in February to coincide with the launch of helloworld in New Zealand.

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Please take a moment to check out my website to find out what the current deals are, and click on the link to be added to my newsletter database.

I only send out one newsletter a month with specials, so will not clutter your inbox.

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

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UNITARY PLAN UPDATE

I am prompted to write about the situation in our communities around Kumeu, Huapai and the surrounding areas I have been involved with the Kumeu/Huapai Residents and Ratepayers Ass for many years and I am presently on the Committee of this group.

As you will all know we have been selected by Central Government and the Auckland Council, as an area for rapid growth and as a consequence of this, several Special Housing Areas have been or will be activated. The local communities have not prompted this desire for rapid growth yet, it is these communities that are now suffering the consequences.

Growth is inevitable now but such growth should be guided by a structure planning process and the structure planning should be inclusive of the communities affected! What we are getting at present is virtually "ad hoc" development driven by the desire of Central Government to supply housing land. The Special Housing Areas are planned by the dictates of the Central Government legislation; they are being placed locally in poor locations, and have little or no community input and poor community connections, most will have to use cars to shop locally! Government is very keen to release land quickly but not keen to fund the required public amenity infrastructure.

The Auckland planners have in turn identified a Future Urban Zone around our communities, large enough to build a city! This is without any idea of how or when the required community infrastructure will be provided they can't even connect up the footpaths! This is simply dumb planning! The consequence of such a proposed Future Urban Zone is to inflate land values, then rates. This land is in turn being acquired by land bankers and developers, who are motivated by profits. The process does not provide affordable land or affordable houses it simply destroys existing communities by inflating land values and the Councils rate take!

We all know the problems of traffic and lack of public transport and community facility provision, yet no one in the Auckland Council, Auckland Transport, Transport NZ or Water Care are prepared to address our problems in public or give us time lines and dates for such infrastructure provision.

We also have the privilege of having John Key as our community representative and I know he understands our community's problems especially when it comes to SH16. Why is it we never hear from Mr Key as to how and when his government will address our concerns? Is he not interested in his locals?

For me the communities we choose to live in are paramount to our Nations' well-being yet our communities are being "shafted" by both Central Government and the Auckland Council. We don't just want to be consulted we want to be fully involved in the planning of our communities. Graeme Hammonds.


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TUMMY TIME FOR BABIES – THE NATURAL APPROACH

Within our Baby Bear Centre, we aspire to the RIE approach. One of the values is not to place a baby in a position where they are not able to get into themselves. We often have parents ask



us why, and our answer to this is as simple as “their muscles are not yet ready for that position”. As adults, if we wanted to run a marathon, we would spend weeks/months training for this event, getting our muscles physically ready for this challenge. The same can be said for babies and their development.

While the babies are on their backs, they can have full access to their whole body, enabling them to kick, stretch, twist and move. These movements strengthen the muscles necessary for making the roll onto their tummy a natural progression, resulting in this being more comfortable for the baby.

Once there, babies are able to strengthen and develop the muscles in their necks, and then they will eventually learn to

support themselves by lifting up their upper body, and extending their arms. This can be a very tiring process and some babies often get quite distressed. They can roll onto their stomachs, but have not yet learnt to roll back. The dedicated and qualified teachers at Country Bears are aware of each child’s individual development and will guide the baby back using communication and slow, respectful gestures.

If you would like to visit our wonderful new Baby Centre space, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu - phone 09 412 8055.

Station) phone 09 412 9111 we can check your tyres with our equipment and ensure that the pressures are correct. Many of our customers call in once a month to ensure their pressures are at manufacturer’s recommended pressure, this is a free, no obligation service and it often leads to extending the life of the tyres. Bridgestone Tyre Centre, Kumeu - keeping you safe on the roads!

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Please feel free to call in and see Johnny and the Team at Bridgestone Tyre Centre, 43 Main Road, Kumeu (Opposite Z Petrol



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PTO

HUAPAI-KUMEU LIONS SEEKING NEW MEMBERS

Huapai-Kumeu Lions are seeking men who might like to join the local club. A membership drive is being undertaken during March culminating in an information and social evening in the Kumeu Community Centre on Tuesday 22 March. Huapai-Kumeu Lions have a long history supporting people in need and causes internationally but more importantly within the local community. Forty seven years ago when local men started the club one of its first projects was organising the establishment of the Kumeu Fire Brigade in a small shed next to the old Post Office which was located opposite the Access Road intersection. Numerous other projects have been carried out by Lions over the years including beautification of land between the railway line and main road, assistance with building the Kumeu Community Centre while many groups and individuals have received financial support from Lions.

In recent years The Vintage Shop at the Pomona hall which is run by the club has become an important source of funds to support local projects and organisations. Support for youth is regarded highly by Lions members, funding being recently given to the Huapai St Johns Cadet unit and to Riverhead scouts who will also partnering with Lions in their coming Book Fair on 9th and 10th April.

Lions believe in their motto "service to others" but also enjoy social interaction at their fortnightly dinner meetings. Local resident and Radio NZ correspondent, Todd Nial will be the guest speaker at the special new members meeting on Tuesday 22 March where it is hoped a taste of what Lions is all about will be given to men thinking of joining. Anyone wanting further information should contact Gary Moss 09 412 7752.

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NO AGE BARRIER TO LIFEGUARDING IN NORTHERN REGION

This summer our lifeguards have spent hours on the beach watching over thousands of people.

There is a lot more to these lifeguards than meet the eye. Throughout the hundreds of lifeguards northern region have generated, there is a great variety in age and gender.

When applying to become a lifeguard, northern region take pride and care in the selecting process. There are many young lifeguards who have been selected for regional guarding, due to their high levels of commitment and dedication to their clubs.

One of the youngest regional guards northern have hired is 16 year old Muriwai club member, Jack Birch...

How long have you been involved in surf? I have been a lifeguard for two seasons but this is my first regional lifeguarding season. Five years ago I moved to Auckland from Christchurch

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after the Christchurch earthquakes. It wasn't until I moved to Auckland that I started getting into surf. I love it and wish I did it ages ago!

Do you keep up with the more experienced guards for trainings or do they eat your dust? I compete for Muriwai so you know I'm all right. It's actually funny because I am probably better than the guards here, especially when it comes to knee boarding and I think this is what sets me apart from the other younger guards. Do you find it difficult being a regional lifeguard at this age? Do the public listen to you? Well the good thing is the public don't know the difference between the lifeguard's positions, all they see is the uniform. However, because this is my first season they may see me a little bit more on edge than the more experienced guys.

Because this is your first season do you ever feel uncomfortable? I get a little anxious about it from time to time but then again that's with everything. Once you're out there then the nerves seem to disappear.

Do you feel your skills are limited in anyway? There are certain certificates I don't have yet like my IRB and drivers licence to drive the Viking. However in regards to the actual lifeguarding, it's all about who's there. For example if it was me and a guard with five years' experience then he would go however, I would never wait for someone if I could do it myself.

Do they pick on you being the youngest? Oh of course, they tease and joke around with me all the time. They just make me do the type of jobs you expect to do when first starting out in any job like washing the equipment down at the end of the day and washing the dishes from time to time.

Just the other day I was on my knee board and fell off and I thought no one had seen me but when I got back up to patrolling the guards wouldn't stop laughing and joking around about it.

One of the worst jobs we talk about here at Muriwai is PA (pre-

ventative action) this is where you have to stand in the water and tell people to get back between the flags. It's just one of those jobs that you spend hours doing and it continues to happen over and over.

One of the more experienced guards got me to call surfcom to get a bit more practice and I called up and completely stuffed it up. So they now make me call in every day. This sort of joking round is rewarding though because they embarrass you so much that you would never want to make that mistake again!

The best thing about working with the experienced guards is they know when they can joke around and have a laugh but they also know when they have to be serious.

Do you look up to the experienced guards? For sure. I have a lot of respect for them. They give me the jobs to do, not because they want to make my day dumb, they give them to me because they have all been in my position before and they know what learning needs to be done in order to be a great lifeguard. Vice patrol captain, Lincoln cut in and added "Hey Jack, the jug's boiled, were ready for our teas" he laughed.

How long do you think you will continue to lifeguard for? I would love to stay for as long as possible. It's great fitness, learning, amazing qualifications and a great look on the CV. Ha ha. When Secondary school finishes for me I plan to go to University and continue to lifeguard over the breaks.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahbrihtwell022@gmail.com.



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Northern Auckland Kindergarten Association

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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>

MARBLE CHEESECAKE WITH BERRIES

Base:

250gm Krispie biscuits
125gm melted butter

Pulse biscuits in a food processor until finely chopped and pour in melted butter. Combine together and press into a 9inch loose bottom tin and place in fridge while preparing filling.

Filling:

250gm cream cheese
1 x 400gm can condensed milk
2 tsp gelatine
1/3 cup lemon juice
1 1/2 cups whipped cream
1 cup dark chocolate melts



Frozen berries to scatter on top, Beat cream cheese until smooth, add condensed milk and beat until smooth. In a heat proof mug sprinkle gelatine over lemon juice and leave to 'sponge'. Place mug in microwave for 30 sec and stir until gelatine has dissolved. Cool slightly then beat into cream cheese mixture with the whipped cream. Divide mixture into two bowls. Melt dark chocolate melts and beat quickly into one half of the mixture. Place spoonfuls of chocolate mixture and plain mixture randomly over the base. With a knife swirl the mixtures together to form a marble effect. Scatter semi thawed berries on top to decorate. Refrigerate at least 2 hours.

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajane-cakes.co.nz or visit paulajane-cakes.co.nz.



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WATER TANK LOW?

It's been a hot one! The hotter it gets, the more water we tend to use. At this time of the year, we are watching our tanks like hawks, carefully trying to avoid that moment you hop into the shower after a hard day's work and bam, no water! Install a tank level indicator, options in store. Water smelly? KPL have the solution for you. Whilst our tanks are low, it's a great time to think about getting your tank cleaned. Call KPL to discuss or book in your tank clean today, get rid of all those nasties, don't home them for another year longer. Autumn leaves are about to fall, some land on your roof and will end up in your tank. Keep your tank clean of debris. Pre Tank Filtration options in store. We also have a large range of UV Filtration options to keep your



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Director

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MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Tue1 Mar	03:12	09:32	15:32	21:59	-
Wed2 Mar	04:01	10:22	16:25	22:53	-
Thu3 Mar	05:01	11:26	17:29	-	-
Fri4 Mar -	00:00	06:12	12:43	18:42	
Sat5 Mar	-	01:16	07:26	13:58	19:56
Sun6 Mar	-	02:27	08:33	15:01	21:01
Mon7 Mar	-	03:26	09:29	15:55	21:56
Tue8 Mar	-	04:18	10:20	16:44	22:46
Wed9 Mar	-	05:06	11:07	17:31	23:33
Thu10 Mar	-	05:52	11:52	18:16	-
Fri11 Mar	00:18	06:37	12:37	19:01	-
Sat12 Mar	01:03	07:22	13:22	19:46	-
Sun13 Mar	01:48	08:08	14:08	20:33	-
Mon14 Mar	02:35	08:56	14:57	21:22	-
Tue15 Mar	03:26	09:49	15:51	22:16	-
Wed16 Mar	04:25	10:50	16:54	23:18	-
Thu17 Mar	05:33	11:59	18:05	-	-
Fri18 Mar	-	00:28	06:46	13:10	19:17
Sat19 Mar	-	01:39	07:53	14:15	20:21
Sun20 Mar	-	02:41	08:51	15:10	21:16
Mon21 Mar	-	03:34	09:40	15:58	22:03
Tue22 Mar	-	04:19	10:23	16:41	22:43
Wed23 Mar	-	04:59	11:00	17:19	23:20
Thu24 Mar	-	05:36	11:34	17:55	23:53
Fri25 Mar	-	06:10	12:06	18:28	-
Sat26 Mar	00:24	06:43	12:37	19:01	-
Sun27 Mar	00:55	07:15	13:08	19:34	-
Mon28 Mar	01:28	07:48	13:42	20:08	-
Tue29 Mar	02:04	08:25	14:20	20:46	-
Wed30 Mar	02:44	09:06	15:03	21:29	-
Thu31 Mar	03:31	09:55	15:55	22:21	-

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WAIMAUKU LIONS GALA

The Lions Club of Waimauku is gearing up to have another successful year. In 2016 we want to raise funds for a local project in Waimauku. Several fundraising events will be held, with our Gala being one of the main events.



The annual Waimauku Lions GALA will be held on Sunday 3 April 2016, from 9am to 3pm, at the Waimauku village shops. The Gala has become Waimauku's annual community event, and an opportunity for all of our community groups to showcase their work.

We will again have lots of stalls, musical entertainment, a garage sale, firewood raffle, sausage sizzle and other food, a bouncy castle and other fun things for kids and adults.

There will be more information on this year's local project available at the Gala.

If you are keen to have a stall, table or car boot sale at our Gala, please book your space by emailing Carla at lionswaimauku@gmail.com before 23 March.

We are asking everyone to bring their own table(s) and chair(s). A fee of \$20 will apply.

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VOLUNTEER FOR ST JOHN

Outreach Therapy Pets is a joint initiative between St John and SPCA Auckland. The programme involves volunteers and their pets visiting rest homes, hospitals and other health services.

Animal-assisted therapy has been shown to promote emotional wellbeing in hospitals and rest homes. It's also used as an added therapy for children suffering from a variety of illnesses. Contact with gentle animals provides comfort and helps people to be happier.

At the moment, we operate in Auckland, Kerikeri, Waihi and Thames. The programme involves more than 300 people and animal volunteers visiting rest homes, hospitals and other establishments to bring comfort to residents and patients.

Two kinds of therapy are offered through the programme: animal assisted activity and animal assisted therapy. A variety of animals are involved - cats, dogs, rabbits, guinea pigs, hens, donkeys and miniature horses.

The benefits of contact with pets

- Animals don't judge or criticise
- They treat everybody equally
- They aren't shocked by human ailments, frailties, handicaps and confusion
- They can reduce the stress and fears associated with illness or old age

- They offer unconditional love and friendship

What skills and training do our volunteers have?

Outreach Therapy Pets volunteers understand the need for care and want to make a difference to people in the community. St John and SPCA Auckland provides animal expertise, training and ongoing support to all our volunteers and their animals.

Would you like to find out more about using the Outreach Therapy Pets service?

To find out about visits from Outreach Therapy Pets, call us on

0800 000 606 or email enquiries@stjohn.org.nz.

COMMUNITY PROJECTS

Inspired by a community placemaking workshop, facilitated by Milenko Matanovic and supported by the Rodney Local Board, along with the backing of the Riverhead Residents and Ratepayers Association, a group formed in March 2015 to start developing the ideas behind cleaning up and developing the many paper roads in Riverhead.

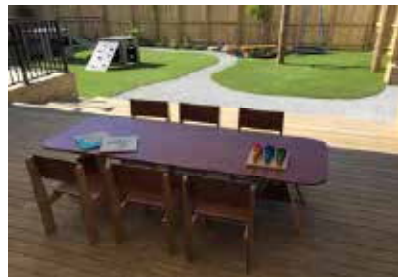
The group aims to slowly transform the unused paper roads – adding walkways, community orchards, and environmental plantings whilst removing weeds, rubbish and other hazards.

The first project is the Alexander Street paper road. We had a well-attended working bee to slash weeds and remove rubbish. We soon discovered we needed more help due to a large unsightly pile of soil left over from the 1970's. Contract Landscapes Ltd came to our aid, removing huge volumes of soil from the site. Bryson Middleton – Area Manager Northern Utilities of Treescape kindly donated their resources to remove a large weed tree adjacent the power lines (not something community working bees can attempt!) More recently a local Riverhead landscape firm Virtuoso Landscapes came to the party with path formation and topsoil spreading for the grass planting planned for April. We couldn't have done it without the help of our local contractors.

We will be holding another community working bee shortly to establish the garden areas and form the metal footpath. Let's hope the kids bring some more homemade lemonade to share! For more details contact the secretary of the Riverhead Residents and Ratepayers Association: georgedebbieclarke@gmail.com.

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EAR DISEASE IN PETS

Is your pet shaking or scratching their ears? Do their ears appear inflamed, smelly or even painful when touched? These are some of the signs of ear disease, or "otitis", which is a common problem especially in the warm and humid months of summer.

Some dogs and cats have primary factors that make them prone to getting otitis. Anatomic factors such as floppy ears, narrow ear canals, excessive hair in the canals can make the ear harder to dry out and make a lovely warm environment for bugs like yeast and bacteria to grow and cause otitis. Skin allergies (food, contact and seasonal allergies) are often the most common underlying cause of recurrent otitis. Other causes include parasites (ear mites), foreign bodies (like grass seeds) hormonal imbalances and even tumours. With animals that get recurrent ear disease it is important to establish an underlying reason why. So get your pet checked out if they are showing any of these signs. A picture of an infected ear (above) and the culprit of that infection being a type of yeast called Malassezia.

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K9 Heaven caters for big dogs & small dogs, all shapes & sizes. Our small dogs have their own area and own staff. K9 Heaven has no breed-bias, and therefore unlike many places - all dogs are welcome. A younger generation of professional dog care providers, with the ability & capability, fitness and dedication to deliver what it is that family dogs want. You will simply not find anywhere in NZ in an established 24/7 dog care provider, the dog exercising, fun, and exploration to levels K9 Heaven does. And we are proud to provide such a place. An extensive layer of recorded & monitored CCTV providing over watch, owner's onsite 24/7 & interacting 24/7 to dog's needs. 7 days in operation during the day, professional, qualified and dedicated staff playing, walking, health checking, and socialising with your companion and their friends daily. There is something for everyone at K9 Heaven, and likeminded social companion dogs get to actually be friends, and hang out with each other all day. A 100% completely social environment which is a lot of fun for outgoing, companion dogs. Whether it's day care, boarding or grooming you are looking for, K9 Heaven is your long term, caring and professional option. Perched peacefully in the beautiful and laid back Massey West, K9 Heaven dominates a lush green landscape with acres of native bush to explore. Views of the fast paced city, are as close as it gets for our happy, content, laid back members. K9 Heaven is a dog's true getaway for dogs of all walks of life. K9 Heaven provides boarding (long term or short term), doggy day care, dog grooming (qualified groomers), international pet transport (MPI Certified) & dog socialisation. As well as being a foster home for Auckland City Council foster dogs, K9 Heaven assists various not for profit groups, such as Chained Dog Awareness with fostering or socialisation assistance.

THE DANGERS OF 1080 POISONING FOR DOMESTIC PETS

Fluoroacetates do occur naturally in some plants, but our main losses are to domestic animals such as dogs that have ingested baits of synthetic fluoroacetate (1080), which has been used in New Zealand for vermin control since the 1950's.

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1080 as it is more commonly known is tasteless, odourless, water-soluble and kills for months after it has been dropped. It is the most commonly used poison against feral cats, rats, rabbits, possum and wild pigs.



Though it is restricted to licensed operators it is a common poisoning in dogs sheep and cattle. Because rodents require a relatively high dose of 1080 to be killed, secondary poisoning can occur to cats and dogs if they eat dead or dying rodents. 1080 has been found in possum carcasses 3 months after poisoning. Signs of poisoning may appear between 30 minutes or up to several hours after the bait has been ingested.

Signs: restlessness, hyperactivity, disorientation, sensitive to touch, aggressive, circling, barking or howling. The second stage would be excessive drooling, vomiting, defecation, urination, muscle tremors and convulsions.

Death can occur within 2-12 hours of poisoning. Although there is no antidote, you need to contact your vet immediately. They may recommend making the animal vomit – but you can only induce vomiting if you are sure that your pet has taken 1080 as other poisons can cause damage when vomited.

Use some common sense when you are walking your dog in areas that are known to have drops.

- Go to Department of Conservation to see where any pesticide operations are taking place.

<http://www.doc.govt.nz/nature/pests-and-threats/animal-pests/pesticide-summaries/northern-north-island/>

- Keep your dog on a lead
- Consider a muzzle if your dog can tolerate it
- Don't let it forage or drink from streams or ponds where there have been drops
- Bath your dog if it has entered a stream or pond that may have been contaminated
- Don't let it eat dead rodents, birds or possums.
- Watch out for warning signs

Jo Clough – Director PET First Aid & Training

RAW-FEEDING - KEEP IT SIMPLE

Processed food has become the dietary mainstay for most people. Processed food has become the dietary mainstay for most people and their pets.

Many of us feed our pets (and ourselves) food-like products full of ingredients that sound like they belong in a laboratory – not on a plate. The thought of changing to real food can be daunting.

But it doesn't have to be scary – we can re-claim our food-confidence! Nature provides a template. Carnivores (eg. wolves, li-

ons, cats and dogs) are designed to thrive on a diet on whole prey. It's that simple.

Cats and dogs should eat real raw meat, bones, organs and tripe (from a range of prey species) that is as close to its natural state as possible; nothing added or altered. We are very fortunate to have an abundance of nutrient-dense wild prey and high quality farmed prey species in our country, so we don't need to add in supplements, so we really can keep it simple.

Vet nurse, Amanda, and her team at Raw Essentials Kumeu can help your pet discover the joys of a real food diet.

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INSIDER

WAITAKERE TOWNSHIP

DENIS COOPER - WAITAKERE FIRE SERVICE

What do you like about Waitakere Township? Still has the small town rural feeling but close to local amenities. You go to the local dairy and there is a high chance you will know someone there, which is really cool as this is rare in most parts of Auckland. You can still walk along a road with open drains next to paddocks with horses, cows and sheep. The other big advantage Waitakere Township has is that it is on the door step of the Waitakere Ranges and Bethells Beach. What more do you need. What would you change if you could? Closing the train service from Waitakere was short sighted. With all of the building going on in Kumeu and Riverhead it would have been a smart move to build the public transport infrastructure into the building plan. It will never be as cheap as it is today.

What are the challenges facing the district? Increased development putting a strain on roading and infrastructure. From a fire station point of view it is difficult to recruit people that are available for day crews as there is no industry in the area so people leave the area to work elsewhere.

What do you feel are some of the challenges that will face the district in the coming years? The pressure will come to develop the area once Kumeu, Riverhead and Westgate have been developed. Urbanisation versus rural living will be the area's biggest challenge.



CARLA BENNET - ZASH HAIR

What do you like about Waitakere township? It is great living in an area that is removed from the craziness of a town and yet still close enough to feel part of one. What would you change if you could? Waitakere needs footpaths and a working train station. As the area continues to grow we also need to grow with it instead of going backwards. What are the challenges facing the district?

As mentioned above I feel that a large challenge or obstacle right now is the removal of our trains from Waitakere. This effects so many of our youth and workers each day.

What do you feel are some of the challenges facing the district in coming years?

It will be interesting to see if Waitakere remains a small community or if the housing sector will catch up and we will see many new areas starting to fill up with new houses. I know this is already starting in Swanson so watch this space in the future.

Changes you have noticed over the last few years?

Waitakere seems to have remained unchanged in comparison to a lot of neighbouring areas.

Waitakere has been an awesome place for us as a family to live and grow. It has always felt safe and the people are friendly and welcoming and it has been a pleasure to run a salon in an area that offers this.



WAITAKERE PRIMARY SCHOOL

Heather and Denise are the brains-trust (not their term but mine) of Waitakere Primary School. An organisation that lives and breathes its values, community and vision. A well balanced extended family of students, parents, teachers, board, associations and community working with empathy and engagement. When we had the pleasure to sit down and talk, the discussions are about the harmony of a supportive community working together and linked to the PTA, environmental groups, action groups, fire brigade, neighbourhood watch and ratepayers to engage, grow and be better than today.

Waitakere Primary School's motto is "not for ourselves alone" and it resonates through the school and the school's partners. It empowers the services and empathy of working together, working on cultural understanding. It is in everything the school does in the footprint and the legacy, which has 100% buy in and support. As an outsider it is a credit to the leadership team to embrace such a philosophical position but it works.

Visitors to Waitakere Primary School understand, this is where we stand, and this is a piece of all of us. It travels with you and supports you but it also asks you a very pertinent question in life. Most people speak highly of the school.

There is a strong community and student voice within the school and decisions are made collaboratively and bought into for today and the future. It drivers leadership, integrity and ability.

The creativity in changing status quo has developed boys only classes to encourage learning and a mentoring programme at the school with boys to help change stereotypes and encourage integration. Sports are encouraged at Waitakere Primary School that link with life-skills and a programme of learning that links sport and mana. This in turn delivers more balanced athletes but also keeps children balanced to consider creativity and change for better results.

Problem solvers and creative leadership, have ensured high numbers of scholarships into local secondary schools. In addition they have won the soap box derby twice and travelled to



the USA to compete in the world challenge. No small feat from a smaller country school.

The school has a shared professional learning network with other area schools, linking in a collaborative way to achieve the best teaching and management in the North West.

Teachers at the school do look at other subjects in the learning arena, in arts, and culture which may have better outcomes. An ongoing challenge is to make the budgets work with e-learning environments, a priority to ensure students are engaged with digital learning tools.

A community of learners with staff, teachers working together, spreading leadership roles. Waitakere Primary School demonstrates an open team environment and flat management style approach which touches all stakeholders.

A concern for the school is road safety and the walking school bus. These are very important areas as they represent the biggest safety issues. With this in the sights the school is actively seeking parent assistance drive change and positive outcomes in these areas and welcome all and any parents to come forward.

The school has been subject to an increased amount of vandalism, tampering and rubbish from youths in the area that are abusing the school. If you see youths loitering around the school grounds please call 111 and report this immediately to the police.

In our discussion with Waitakere Primary School we understood it inclusive stance in providing for all students of all walks of life. The children are so aware of the needs of others and live and breathe acceptance and schools values. Waitakere Primary would also encourage that all parents need to get more involved with their children's learning, at school, at home, and at sport. This will encourage better outcomes for all.

Pictured first row left to right Aiyana, Sophie, Maya, Finn, Second row left to right Heather, Denise, Alex.

HERITAGE FARM

We have both lived in Waitakere city all our lives and on our farm for the past 12 years. We are passionate about our New Zealand Heritage and enjoy showing people what and how things worked in days gone by.

Our love of heritage went far beyond just machinery. We became interested in our heritage breed chickens in New Zealand and other animals which came over with settlers in earlier times. My family originally came over from Wales and Ireland in 1840 and, through genealogy, I got interested in how they managed when they got to New Zealand. This led to Gary and I belonging to many Vintage Clubs, Historical societies and establishing

close contacts with MOTAT. We now go to shows all over New Zealand for Vintage Machinery, Steam and Poultry.

We have a sustainable farm and have heritage trees which were already here when we moved in - our home is 100 years old. The



bees are a lovely addition to our farm and as a species are in need of protection from all the nasties out there. We have some lovely aparies on the farm and the bees seem to be liking it because the honey was great this year. We belong to the Auckland Bee Keeping club and enjoy our meetings and information sharing with other members. It seems that birds and bees go together somehow. We have 25 New Zealand Rare Breed Poultry on our farm and we're proud of every single one of them and the blood lines we've built up. We are more than happy to assist people with setting up their own flock of backyard chickens. We can supply the chickens, the coops and loads of expert advice.

We hope you enjoy our web site and information on Heritage Farm. With prior arrangement we welcome visitors to our farm to reminisce on days gone by and enjoy a day out with the animals. Please note that visitors to the farm need to take care as there is machinery and livestock. This is especially important when bring children out to Heritage Farm.

Heritage Farm is the source of many different quality products ranging from heritage breed chickens through to honey, pigs, beehives and more to come. We are boutique producers who treat our livestock as part of the family and we believe in maintaining our history through perservering with raising rare breeds and doing things the traditonal way.

We are only too happy to provide advice to people who would like to have poultry at home - we can steer you in the right direction for accommodation, feed, care, expectations - in fact anything to do with poultry.

Gary and Raewyn Norton - Phone 09 810 8690 or email heritagefarmnz@gmail.com.

WAITAKERE PROPERTY REPORT

Recent sales in Waitakere Township continue to highlight the diversity of real estate options that exist in the area that stretches from Tunnel Hill through to Taupaki. This small sheltered village developed as a transit point to Te Henga and Bethells Valley. The rail siding, rail cottages and small community blossomed in the 1970's with many homes being re-sited bungalows (similar to Riverhead). More recently some smaller developments have been granted by Auckland City Council allowing larger new homes to be built in the area. The area has a dozen or so residential and lifestyle properties per annum that come onto market with demand being strong from family buyers. The village environment, fire brigade, RSA, halls, dairy and post shop all deliver a small piece of unique Kiwiana that delivers good culture and old fashioned neighbourly mucking in.

Refurbished residential homes on 800sqm to 1300sqm will cost you \$ 550,000 to \$750,000, while a new lifestyle home in the area may set you back \$1,250,000 to \$1,750,000 subject to age, aspect and acreage.

One thing is certain, Waitakere Township continues to deliver excellent value in comparison to Riverhead, Huapai and



Waimauku. The Township also has three access points, therefore travel to Henderson, Massey or Kumeu is only about 10 minutes. The school, community flavour and location all feature highly in why people buy into the area. If you are wanting to purchase in the area, do register for updates on property coming to market, email kumeu@mikepero.com. Likewise if you own property in Waitakere Township and wish to sell, we will ensure that you save a minimum of \$2000 commission and receive our \$6000 multi-media marketing offer. Call today 0800 900 700 or view www.grahammcintyre.com.

WAITAKERE FIRE BRIGADE EST 1984

Early in 1984 a small group of residents met to discuss the emergency management needs of the Waitakere Township community. Feedback from the community highlighted the response times from Henderson to the township and the need to have a remote emergency and civil defence facility. The growth in population in the township was two fold, the community needed a response service and the community had a growing number of willing residents with which to recruit into the fire station. One of the founding members John Jull was at the time a paid firefighter at Henderson and had the contacts and the resources to slowly assist in the equipping of the fledgling station. Fund-raising and donations of services and equipment slowly transformed the idea into a reality, with an old shed, and old Bedford Transit Van, tool kit and a few hoses, Waitakere Fire Party was responding to assist the community. It provided peace of mind for the community and engaged in other service organisations of the time including the RSA and the School. In 2011 plans were drawn up and funding secured for a brand new, state of the art civil defence and emergency response facility for Waita-



kere Township. The facility has the capability to be entirely self sufficient for over 72 hours and able to offer a central civil defence hub and emergency management staging point. Further in November 2014 the brigade was transferred to New Zealand Fire Service which is the main management and funding provider for urban fire protection and prevention in New Zealand. This in turn provided a boost in funding, training and resourcing for the brigade and brigade members. Under the stewardship of Denis Cooper and Graham McIntyre the brigade has 15 active members and is about to embark on another recruitment campaign to lift membership numbers into 2016/2017. If you live within 5km of Waitakere Township and would like to discuss the possibility of becoming a brigade member please phone 09 810 9251, Denis on 027 562 6942 or Graham 027 632 042.

WAITAKERE FALLS

The highest waterfall in Auckland Region, Waitakere Falls is lo-



cated in the northern part of Waitakere Ranges Regional Park. It is an absolutely spectacular after a rain waterfall which does not receive the attention it deserves.

Waitakere Falls is roughly a 40 minutes' drive away from Auckland City. The road surface is always sealed.

You have two options to approach the carpark: either follow the road to Piha and turn right into Scenic Drive, or follow the road to Bethells Beach and turn left into Scenic Drive. The carpark, on your left if you choose the first option, is located on Scenic Drive and has a sign 'Waitakere Dam Walk'.

A relatively easy 30-minutes Waitakere Dam Walk leads to the Waitakere Dam (perfect place for a picnic). From the Dam follow Waitakere Tramline Walk for 5-15 minutes and admit the beauty of the waterfall from a distance. Return via the same track.

You have two more options to approach the waterfall:

- Combine a walking Cascade Track and a tramping Fence Line Track (roughly 2.5-3h return from Falls Rd);
- Combine a tramping Anderson Track and Waitakere Tramline Walk (roughly 2.5-3h return from Scenic Dr).

However, if you don't want or can't walk such a long track, you still have a chance to see the waterfall. Drive north on Scenic Drive until you reach Pukematekeo Lookout carpark, on your left. Leave your car there and climb on the hill (2-5 minutes) - you will see Waitakere Falls from a distance.

Don't be disappointed! Waitakere Falls is a type of waterfalls which may have little or no water at all during a dry summer. Hence if the summer is dry with no rain for a few weeks, please don't expect to see a powerful waterfall.

WAITAKERE RSA

We are located in Township Road, Waitakere township, close to the Waitakere Railway Station, West Auckland, with plenty of parking available.

We have a large membership, who are justifiably proud of our Club and its' facilities. The Club provides various entertainment regularly along with excellent drinking and dining facilities for our members and guests.

If you wish any further information on the Club please contact our Club Secretary Heather Fitzgerald, Phone/Fax 09 810 9856, email waitakerersa@xtra.co.nz. Quiz night is 3rd Thursday of the month 7.30pm

WAITAKERE GOLF CLUB

The inception of Waitakere Golf Club goes way back to 1876. The land on which our course stands was owned & farmed by two families. The Walter Sisam family farmed an area which takes in most of the first nine holes while the William



Meikle family farmed an area covering the majority of the back nine. The Sisam family built their first homestead in the paddock next to our second fairway which is now deemed the horse paddock. They proceeded to build two more homes, one around the third tee area & the last in 1909 at the back of the 9th tee, about where the ranger's house is today.

The William Meikle family homestead was built above the 16th tee where we now have our water tank.

Both families owned & farmed cattle through to 1925. It was then the council bought both properties as a Regional Park. It was agreed that they both could continue farming and leasing the land, which they did until 1940.

Waitakere Golf Club was first registered in 1948 and has a colourful history that started at Bastion Point in 1936 as the Orakei Golf Club.

In 1942 the NZ Army was given the land at Bastion Point and the club had to look for another venue to play golf. The Committee at the time decided they would continue as Orakei Golf Club but play at Chamberlain Park. In 1947 a group of members got together with the Committee and approached the Waitakere City Council to lease some land. They were able to negotiate a long term lease on the land we currently occupy. The lease was signed in July 1948 to run from the 1st of January 1948.

On the 20th February 1948 the Orakei Golf Club changed its name to the "Waitakere Golf Club".

Waitakere Golf Club is situated only 30min from the city centre. It is nestled amongst truly magnificent native bush surrounds in the renowned Waitakere Ranges and is adjacent to the Cascades Kauri Park Reserve.

The golf course has been developed with little or no change to the natural landscape with breathtaking views of some of NZ's well known native bush.

The course is only 5140 metres long but this belies the challenge it presents.

Once you visit this haven it will leave many fond memories. Whether your golf is bad or just plain terrible, Waitakere can't be faulted as a venue of pure pleasure. Falls Rd, Waitakere, Auckland. Ph: 09 810 9399, email: waitakere@golf.co.nz.

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HOME & GARDEN

SUBTROPICAL GARDEN

With the recent weather we have been having, it is a great time to consider the favourite of many gardeners, the subtropical garden. The warmth and humidity can produce astonishing growth rates which can appease even the most impatient gardener.

At Awa Nursery we have many plants which are tailor made for the subtropical garden, flowering spectacularly or that lush shiny foliage. Our Hibiscus are now in stock and these are fantastic, brightening up your garden with its long flowering period. We also have the Vireya rhododendrons in stock which is another plant which grows superbly in the subtropical garden. So many colours and flowering intermittently throughout the year these are a firm favourite.

Our list of fantastic plants for your subtropical garden theme is quite substantial. Consider the Cordyline Showoff with its green and purple foliage, the strappy Clivia with that splash of orange or lemon coloured flowers, the Gardenia with that heady scent, the wonderful foliage on the Philodendron Xanadu, the Hen n' Chick ferns, and not forgetting the bromeliads! From large palms to the small black Mondo grass, there is plenty of choices for those wishing to add to their



existing subtropical themed garden, or starting afresh.

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CENTRAL LANDSCAPES

Building up to a great harvest

- Apples, Pears & Quinces – in the final days to picking and eating make sure that the watering is deep and fairly regular. A good tip to test for ripeness is to pick up and cut open the windfalls to see what stage the fruit is at.

- Verrucosis on citrus trees – Unsightly pustules in the leaves and scabbing of the skin (sounds delightful) are generally a sign of citrus verrucosis. While this is not a serious disease it is easily remedied by spraying the tree with copper two or three times a year.

- Best fig forward: The nicely forming figs are going to become very attractive to birds in a month or so. Once they're the size of a walnut consider covering the tree with bird-netting to save the crop.

- Kiwifruit care – While they need excellent drainage it is absolutely vital that kiwifruit plants do not dry out now, especially the small cocktail kiwis.

- Plant a green crop – lupins, mustard seeds – in areas where the soil could do with a nitrogen boost and some good structure

Hot Orange for the autumn garden

- Gather seeds of favourite flowering plants and vegetables (1), when they are dry and rattling in their pods.

- Collect on a sunny day when conditions are nice and dry

- For tomato seeds sieve the pulp until you have only the clean seeds left, then dry them for a couple of days

- Place in paper bags or envelopes or in wooden trays

- Store in a cool, dry and dark area.

- Good seeds to collect from flowers in the garden: the umbelliferae – Queen Anne's Lace and bronze fennel, plus poppies, cerinthe (honeywort), asters and Echinacea

Remember that F1 hybrid vegetables and flowering annuals will not necessarily be



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the same plant next season – they may revert to the stronger parent in their cross. Collect from heirloom vegetables and perennials.

BEDDING

Before I start, I have some exciting news to tell you! Lou Brown Design will be holding a workshop in our brand new studio on COLOUR!

Take the guess work out of selecting paint colours and gain the skills to confidently select the RIGHT colours for your home. Learn how to put tones together, current trends, how to push the boundaries, use bold colours, tricks of the trade and more!



More details will be revealed soon, but for now please save the date Thursday 26th March at 6:30pm at Studio Black, 1058a Coatesville Riverhead Highway. Strictly limited spaces. Send me an email to express your interest hayley@loubrown.co.nz.

Right, let's talk bedding. Experts say that you should not make your bed during the day. Pulling your sheets back and allowing your bed to be aired kills those moisture lov'n mites.

I tend to air my bed during the week days, making it early evening so I still get that hit of satisfaction seeing my bed clothed in all its glory. During the weekends, when it's more likely to "bug" me seeing it unmade, I can't help but make it in the morning.

Here's another trick, when you do decide to make your bed, place your fitted sheet facing the right way up and your flat sheet the wrong way up. This way when you fold the sheet back you'll see the right side up.

Anchor it. The three key areas of opportunity you have to anchor your bed are the head, foot and above. With the head of the bed, you can use a headboard, wallpaper, artwork or a bold wall colour to achieve weight.

Next step. Your bed needs balancing at the foot; a rug under the bed, a throw or two on the top of the bed or a bench seat will do the trick. Now for the cherry on top – pendant lights. This could be an oversized, low hanging light centered over your bed. Or perhaps one or more feature pendants hanging to one side (or both sides) of your bed.

If wiring up is going to be a nightmare, find freestanding lights that will offer you height variation in your room.

Styling your bed. There are a multitude of ways you can successfully style your bed depending on what look you want to achieve; messy, minimalist, luxurious, traditional and so on. Delving into how to achieve each look is a post I'll save for another day.

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One of the easiest techniques I use is the triangle. Start off large with a couple of Euros (you can use three if you have a king or larger), then continue to layer more cushions, decreasing their size and quantity until you're left with one front cushion – the shining jewel!

Just don't go overboard with cushions – your husband will resent you! I tend to stick with no more than 5 cushions and I make sure the fabric packs a punch! Find out what bedding style you like best by taking a look at my Bedding To Die For Pinterest board.

Feathers do wonders. Feather cushion inners instantly turn your cushions from bland to yummy – promise. There's simply no point in spending your precious time and money to find the right fabric or cushion covers, only to stuff them with lumpy, lifeless polyester. Feather inners give your cushions an undeniable sense of elegance and fullness.

Here's a trick of the trade, make your cushion cover slightly smaller than your feather inner, this achieves the ultimate plush look. Feather inners don't have to cost the earth, Queen B is a great online shop.

Never miss a post by hopping onto my website www.loubrown.co.nz and clicking the subscribe button to receive my weekly gems of interior wisdom. I'm also constantly updating my Facebook so you can keep up to date with my journey through the exciting world of interiors. Hayley-Anne Brown – Phone 021 814 329 or visit www.facebook.com/loubrowndesign.

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LIVESTOCK REPORT

Numbers of cattle on Saturday were small as farmers hold cattle to eat the abundant grass, despite very strong prices being realised. Following schedule lifts over the weekend, all killable cattle sold very well again, with steers to \$1,730 and bulls \$2,260. Young cattle too sold very well with all weaner cattle in big demand; best steers to \$775 and heifers \$700! It is expected that killable cattle will be in big demand for the next month or so, and store cattle probably more depending on what happens with the weather. The high temperatures of late have some farmers getting nervous.

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Small x bred steers	\$400 to \$560
Light prime heifers	\$1,120 to \$1,160
Yearling heifers	\$640 to \$915
Good weaner heifers	\$640 to \$700
Medium weaner heifers	\$455 to \$510
Small heifers	\$350
Boner cows	\$420 to \$790
Bulls	\$2,260

LOCAL LANDFILLS

Local residents are rallying to put a stop to random landfill sites being approved by Auckland Council.

Landfill site applications have been discovered for Nixon Road in Taupaki, Horseshoe Bush Road in Waitoki, Glenmore Road in Coatesville and Blackbridge Road in Dairy Flat, however, there is currently no requirement for Auckland Council to fully publicly notify such applications so there could be more in the pipeline.



Mr Warwick Hojem, Chairman of the Blackbridge Environmental Protection Society says they have had enough of an increasing number of land fill applications in the Rodney area.

At a February public meeting attended by 106 concerned residents a unanimous vote was cast to lobby Auckland Council to suspend any further resource consents for all managed landfill and clean fill sites until Council had developed a long-term and sustainable landfill policy.

Residents were concerned about the accumulative effects of noise, waterway contamination, dust nuisance and safety hazards resultant from up to 400 truck trips a day on narrow rural roads with one lane bridges.

Rodney Local Board member Mr Greg Sayers was the guest speaker and he believes suitable fill sites are not being identified by Council but instead are being identified by contractors who approach landowners offering significant financial incentives to dump waste from building developments onto their land.

“There needs to be suitable land zoned as part of the Unitary Plan,” says Mr Sayers. “And a Policy stating how firms should proactively manage the environmental impacts, including resource consents being publically notified.”

Mr Sayers says submissions calling for changes to land fill practices have been lodged with the Unitary Plan commissioners

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who will be making their final recommendations to Auckland Council in July this year.

“Stopping ad-hoc fill sites costs a lot of money for private citizens,” he says. “The Blackbridge people have to somehow raise \$100,000 but are optimistic of halting the resource consent application.”

Mr Sayers says a good local example is the people of Worrall Road in Kumeu who were successful in preventing a similar dump site opening in Pioneer Lane.

FACIAL ECZEMA - PART ONE

WHAT IS IT?

- FE is a disease of sheep, cattle, goats, and deer. It also affects alpacas but not horses
 - Affected stock show photosensitisation or sunburn which can be severe, and animals are very uncomfortable, irritable from the itch and obviously in discomfort or even pain.
 - The skin damage is secondary to liver damage, and both together can result in ill-thrift, lowered milk production, low fertility, metabolic diseases and death.
 - Severe cases can be so bad that the animals should be euthanased.
 - Affected stock sent to the works may be condemned.
 - They should not be kept for home kill for human consumption.
- Where and when does it occur?
- It's mainly a disease of the North Island but it can also occur on the west coast of the South Island, the Nelson area and in Canterbury on irrigated dairy pastures.
 - The warm, moist summer and autumn conditions on dry pastures after rain or heavy dews bring it on. It can start in January and can carry on till late May, as long as soils are warm.

SIGNS: Sheep

- The first signs in sheep are drooping ears and swollen eyes, so the sheep may be effectively blind.
- Affected sheep shake their heads and rub their eyes on fence posts and gates, which causes sores and bleeding.
- Sheep are desperate to find shade and are loathe to come out to eat or drink.
- Their lesions are often attacked by blowflies.
- Badly affected sheep stop eating and often die very quickly.
- On post-mortem they have abnormal hard misshapen livers and jaundiced fat.

Cattle

- The first signs are reddening and flaking skin on hairless skin and white skin areas exposed to the sun, i.e. the skin along the back, under the front legs, the udder and teats and around the eyes, ears, and nose.
- Animals are restless and are desperate to find some shade.
- They try to nibble the affected areas, which are itchy particularly when wet from rain.

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- The flaking skin sloughs off (often in great lumps) and the raw flesh left beneath can become infected and very sore.
- The bare skin of the udder and around the vulva can be affected. The teats can be severely affected, and become raw so cows cannot be milked.

Look out for Part Two in the next issue of the Kumeu Courier.

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 makes your skin glow. Forget 5 a day, aim for 10!
- Hydrate- Insure 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 insure 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, Phone 027 448 7096, www.damhealthy.com, Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, Facebook @ Dam Healthy.

PRINTING TIPS FOR THE NEW AUTHOR

Historic Kaukapakapa Library Sunday 20 March 10am to 1pm
If you are a new author wanting to get your book printed or you are considering writing a book and would like some information on publishing and printing come along and meet Chris Else from bookprinting.co.nz

Chris will be talking about printing and self-publishing for new authors with handy tips and advice on the decisions you need to make before you get started or get your book printed.

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

For more information on upcoming dates and events go to www.facebook.com/kaukapakapavillagemarket or if you are interested in having an exhibition or holding a book reading contact Sarah ph 027 483 1542 or email sarah1@maxnet.co.nz. 947 Kaipara Coast Highway, SH16, Kaukapakapa.

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Welcoming the new season



It's time to plant your spring bulbs - check out the fabulous new varieties in store now!



It's also citrus planting time and our new season's range is arriving this month.

As we start to leave behind yet another fabulous kiwi summer, for many autumn is a fantastic time to be in the garden.

With cooler mornings and evenings (no one is missing that humidity!) gardening can become pleasant once more. With the ground becoming moist, but still warm, it is ideal for planting trees and shrubs that will have time to establish before winter. Early season annuals start to arrive in store, such as pansies, polyanthus, calendula, poppies and snapdragon which will make a welcome change to your pots and garden beds.

It's also a great time to get some spring bulbs in the ground. There is a myriad of spring bulbs in store now, both in variety and colour. There's always new varieties on offer to inspire, from rich plum colours perfect for a striking contrast against white and pastels, through to the eternally cheerful favorites like daffodils and freesias. The new, and exclusive to Palmer's, Bridal Crown daffodil is one to look out for, an excellent pot variety with showy double blooms with a blush pink centre.

Remember if you stagger your bulb planting over several weeks it will ensure you get a longer flowering period in your garden so it's worthwhile to find out which varieties flower early in the season and those that flower later in spring. Ask our experts in store to help you select what you need.

With the change in season we're celebrating all things food this month, from growing to eating and preserving. With garden crops like tomatoes, beans, sweetcorn and beetroot now in abundance, it's the perfect time to be making

jams, jellies, chutneys and salsas to give that summer feeling to your meals during the winter months. There's a great range of cook books in store to get you inspired, or try making your own cheese and butter with the amazing DIY kits from Mad Millie.

The first of the new season's citrus arrive in store this month, and growing your own supply of Vitamin C could not be easier with a great varieties of lemons, limes, mandarins & tangelo's on offer. The standard shape makes them perfect for larger pots or wine barrels, and they can also be used to frame a pathway or to create height in a low planted or new garden.

Inside, it's time to put away that frangipani candle and start thinking about décor accents that add seasonal warmth and texture. Rusty hues are cosy and inviting, and using throws, cushions and metallic accessories are simple and subtle nods to the new season. We love bringing nature indoors and hanging gardens are a great way to do this and look fabulous, with minimal care throughout the colder months.

Make sure to keep an eye out for our next issue of **Fresh Living** magazine which will be in store later on this month.

Till then, happy gardening

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