

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES
LOCAL BOARD UPDATE

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

FROM TIGER TO FOX

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

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

March 2017

Intro

Welcome to the March edition - 3 months into 2017 already! In this issue we chat with the talented Steve Williams, featured on the cover, about his career highlights and how he views the changes in and around Kumeu. Steve has been a Kumeu resident for around 20 years and although he travels extensively he and his family still feel the pull of all our rural community has to offer. Whether you are a speedway enthusiast, a philanthropist or golf enthusiast I'm sure you will agree that Steve and his wife Kirsty are assets to our community. Perhaps none of those activities is your thing- maybe you like the arts better? For all those with musical talents, why not put them to use in the community choir, Kumeu Blend. They are welcoming new singers of all ages and abilities into the friendly and relaxed culture of the choir. It's a great place to make new friends, develop your vocal talent and be enriched by a varied repertoire of music. Rehearsals are Mondays 7.30pm at St Chad's in Huapai. No auditions needed, just try it out and see if it's for you. Contact Margaret Lindsay- 09 849 8070 or email margaret@lindsays.co.nz for more information. For all those Mums and Dads out there that have rejoiced the kids going back to school- how about spending some time looking after yourself? Check out our health and beauty section with interesting articles about Geopathic stress, the benefits of massage, compress therapy and of course emotional wellbeing. Remember- you are no good to anyone if your own tank is empty. If your tank happens to be particularly full and you are rearing to go, then you should enter yourself in the Club Physical Whenuapai Half Marathon Event. You can do either a 6km, 10km or 21km, walk or run just for you. They have also created a new 2km event so the kids can join in too. You will get to experience a scenic course going through the rural area around Whenuapai and its Airbase, while the 21km goes around Herald Island. On your way you can see the new developments around the area and of course everyone gets a medal for finishing. All details of registering is on the website www.whenuapaihalf.co.nz Have fun and get the whole family involved while summer is still here.

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



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

kumeu Courier

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Cover photo: Steve Williams and wife Kirsty with one of Steve's Caddyshack Racing cars. Photo: Joseph Boon

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FROM TIGER TO FOX



Steve Williams had intended retiring at the end of 2014.

But this year still finds the Kumeu resident caddying - albeit part-time - for Australian golfer Adam Scott and now Kiwi Ryan Fox.

Steve will caddy for Ryan at the ISPS Handa New Zealand Open on March 9-12 at Queenstown, then carry the bag for Adam at the Shell Houston Open, March 30-April 2.

After offering a little advice in Ryan's formative years, Steve struck up a friendship with the son of All Black great Grant Fox. "I'm really looking forward to it," Steve says of the upcoming NZ Open.

"Ryan has a huge future in the sport and I like the way he plays." Steve had planned to give away caddying before the 2015 season. "Now I don't know how long I will caddy for, but moving to part-time has definitely been rejuvenating."

Celebrating 40 years of caddying next year, Steve reckons he's cut his time at the job by half from about 30 weeks a year to around 15.

That gives him more time to spend with wife Kirsty and son Jett, 11, and work around their four hectare lifestyle block.

Of course, Steve remains involved with his Steve Williams Foundation, initially formed 16 years ago to help junior golfers and now concentrated on supporting the Auckland Starship Children's Hospital cancer ward and Ronald McDonald House. Kirsty runs the foundation and also assists with other projects.

The foundation has helped ensure a massive upgrading of the cancer unit.

Steve was made a Member of the New Zealand Order of Merit in the 2007 Queen's Birthday honours for his charity work.

Speedway racing is a long-time passion of Steve's. He has won the national super saloon car championship twice, and started this season winning five out of six events. Running two Mustangs under his Caddyshack Racing brand in saloon and super saloon, Steve should enjoy a lot more success by the end of April.

Then there's his duties as South Head Golf Club patron, where



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PEOPLE & PLACES

he plays when he can.

"I think South Head will do well as this area is growing fast," Steve says.

Now 53, Steve's not overly thrilled with some of the changes in the district.

He came to Kumeu about 20 years ago, attracted by the lifestyle, open spaces and other benefits country living brings.

"But that's all changing. While it's still a lovely area it's probably not as desirable for the reasons people came here years ago."

Steve says it will always be a wonderful place to live, being close to west coast beaches, wineries and other recreational activities.

Yet he believes, like many, that infrastructure is failing to keep pace with the rapid growth.

"Why are Special Housing Areas and developments allowed to go ahead before all the infrastructure is in place?" he asks.

"The traffic situation, schools and where they're placed, public transport – all should have been sorted."

Steve had, at one stage, considered moving to the United States to be nearer his work.

But he intends remaining in Kumeu, saying if he ever does give up caddying that he'd like to help younger players.

And he has a wealth of experience to share after spending a lifetime in golf, caddying at the age of 13 for Australian great Peter Thomson in the New Zealand Open, then working with Ian Baker-Finch, Ray Floyd, Greg Norman and for many years with Tiger Woods.

Tiger wrote the foreword to Steve and Hugh de Lacy's book *Hitting the Zone*. He then came to Steve and Kirsty's wedding in Waimauku in 2005, before Tiger's much publicised fall from grace. Meanwhile, Steve's hoping to help guide Adam Scott to more than one win in a major. And he's just as keen to see Ryan Fox do well too. So it's unlikely Steve will pack away the golf bag anytime soon.

Visit www.kiwicaddy.co.nz for more.

HERITAGE GROUP FORMED

Preservation of the Kumeu, Huapai and districts' history is a step closer.

The NorWest Heritage group is formed to ensure the heritage,

stories and artefacts of the Kumeu district and surrounds are not lost.

As the area develops there's an urgency to capture the stories and lessons of the past before they are overtaken by that future, West Auckland Historical Society president Gai Bishop told an earlier meeting to form the new group.

She is pictured left at that meeting with NorWest Heritage acting chairwoman Bunty Condon and other interested people.

Gai was back at a second meeting of about 15 people to advise on forming a constitution and other steps needed in setting up NorWest Heritage as a registered charity.

Legal advice is being sought in helping establish the group, with a solicitor and other professionals likely to provide information considered for honorary membership.

A steering committee of eight members has been established to assist with NorWest Heritage's formation and ongoing work.

A West Auckland Research Centre librarian, Vivien Burgess, also attended the last meeting to outline her work and discuss how family photos can be collected, copied or digitised to help preserve local history.

A website will be established to help disseminate and gather information for NorWest Heritage, and committee positions will be voted on later, Bunty Condon of Huapai says.

She's pleased with the interest shown in forming the group and is hearing from more keen supporters with a family history in the area. Bunty and others hope to see a museum eventually established in one of the area's historical buildings, which will be a destination of interest for visitors and locals.



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Another meeting to progress the group is on March 23, 6.30pm, at the Kumeu Cricket Club, Huapai Reserve, and anyone interested in the preservation of the area's heritage is welcome to attend.

Contact Bunty on 09 412 9451, 027 440 0044 or email buntycondon@xtra.co.nz for information.

CARING FOR HOMELESS CATS

Real Housewives of Auckland star Anne Batley-Burton is passionate about cats.

So concerned is Anne about their welfare that she has a "Pussy Palace for Pensioners" at her Huapai property of six years, a sanctuary catering for hard to home cats. Many of them would have been put to sleep needlessly were it not for Anne's intervention.

And she throws "Pussy Galore" cat dress up parties to fundraise for her feline friends which can't be rehomed for various reasons, including health related issues or just too timid.



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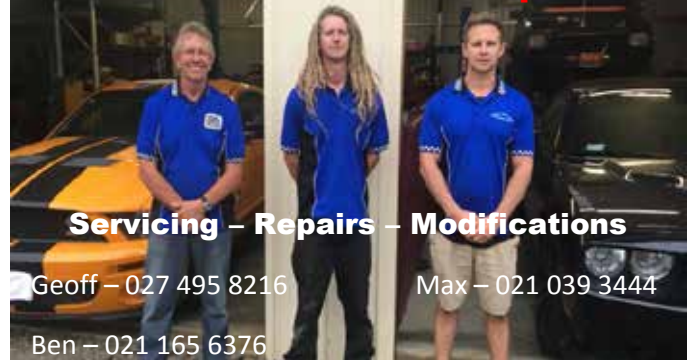
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Anne has "too many cats to count" in her special enclosures, with even a few favourites around the house like "Champagne", pictured. But she needs volunteers to help her and others with feeding the palace residents and odd jobs associated with their care. Donations of money and food, such as cat biscuits, are welcomed.

Anne established and chairs The NZ Cat Foundation, a charitable trust caring for stray and community cats and helping educate people about cat welfare. She's also a member of the Community Cat Coalition, bringing those who help with cat care in the wider community together to share ideas.

Animal lover Anne dislikes suggestions from some that community cats should be exterminated. She says it's proven worldwide that the only humane way of effectively managing stray cats is through the targeted trap, neuter and return method, or T-TNR.

That means catching the cats and de-sexing them so they don't keep adding to the stray population. They can then live outdoors without the need to survive on wildlife, Anne says.

One such colony she helps care for is dubbed the "Parnell Pussies", although some in that area refer to them as the "Rose Garden Cats" after the area they live near. One of her regular trips to feed the "Parnell Pussies" featured on the Real Housewives television series.

Anne has another home in Parnell – and one in France too – all with a few cats, of course.

Known also as the "Champagne Lady" for importing Champagne and other French wine over many years, Anne has a commerce degree and is married to financier Richard Burton. At their "Goose Creek" Huapai lifestyle block, complete with olive grove and lake, Anne's love of animals – especially cats – is readily apparent. The front door mat states: "A home without a cat is just a house". Another item has the saying: "Life without cats? I don't think so", and there are a few cat shaped door stoppers. Anne often wears a beautifully crafted necklace featuring a draped panther, and she has matching rings, a bracelet and ear rings as well.

Favourite cats which have died have their ashes in little wooden boxes at home. It's little wonder she can add the title "Cat Lady" to her other handles. But she is equally concerned about any other injured birds or animals. She once stopped to rescue a pukeko struck by a car, taking it to a local vet, although it was too badly injured to save. Birds, including fantails, geese and pukeko, share the Huapai property too.

Anne's cat rescue activities even extend to France. She took in a small black cat she called "Louis" from near a village restaurant when it wasn't wanted there. Friends managed to secure the cat a home with British broadcaster Noel Edmonds who informed them "King Louis" was living the high life at his home with even a servant in attendance.

Meanwhile, Anne needs help with her Huapai cats which cannot attain that standard of living.

Visit www.thenzcatfoundation.org.nz for information or if you can assist. Photo: Chris Piper.

MILITARY RE-ENACTMENT SHOWS PLANNED

Gunfire will echo around the Kumeu Show on Sunday, March 12.

It's part of a Special Operations Force Re-enactment club's demonstration at 11.30am and 2.30pm.

The club is for military memorabilia collectors, people who have been involved with the military, and young people enthusiastic about this type of thing who perhaps want to progress to a mil-

itary career.

So says Crown Xu of Huapai who formed the Special Operations Forces segment of the Military Re-enactment Society of New Zealand about a year ago. The non-profit Kumeu based group has 25 members, but Crown hopes to see it reach 50 shortly.

"We take men and women from 16 to 60 or more, and we're looking for people with military skills especially," Crown says. He says people can learn more about the group at the Kumeu Show's second day.

This differs from many re-enactment groups, which generally cover World War II, in that it's about more modern operations and equipment.

Crown also prefers more movement in their shows, rather than just static displays.

Members already have a Spartan armoured personnel carrier, a Scorpion ex-British Army tank, Kiwi military trucks, weapons and other gear. Another British tank, an Abbot, is due soon.

Many of the bigger vehicles require five or so people to operate, hence the need for more members, Crown says.

The group has regular training sessions, under former Special Air Services people, in preparation for shows and battle re-enactments.

"If we get 50 to 70 members we can do a really great show," Crown says.

"Many young people know about weapons as they often play computer games based around modern warfare."

Crown says they're careful around the selection of members who must abide by their rules, and many collectors and former military people have already been police checked. Shows involve the use of smoke, blank ammunition, explosives and easily assembled buildings.

A military collector himself, Crown has had considerable experience with the Chinese military – mainly in filming – before coming to New Zealand about 20 years ago and establishing a property management company, living mostly around Auckland.

Crown loves what the Kumeu area can offer, particularly its access to open spaces. He has four children and hopes some of them will also enjoy his hobby.

Crown wants to run more events at the Kumeu Showgrounds and around Auckland.

The group's already doing several more, including the MOTAT Military Day on March 4, a military show expected at Kumeu on March 25, and the group features in an open day for the Warbirds at Ardmore.

Go to www.specialops.nz, email specialopsreenactment@gmail.com or phone 021 66 80 28 to join the group or for more information.

Free one-day passes are offered by the Kumeu Courier for the Kumeu Show on March 11 and 12.

Email your name, address and contact phone number to geoffdobson2017@gmail.com to go in the draw.



SAFER COMMUNITIES

We trust you have all had a good summer break. We thought we would pass on some general burglary tips. Firstly put yourself in a burglar's shoes. If you "think like a thief" you will be able to identify signs of security weaknesses in your home. Lock doors and windows. (This includes locking up the front of the house if you are enjoying the backyard). Record the serial numbers of expensive electronic items and photograph these and other valuables such as jewellery. Keep valuables out of sight i.e. Jewellery/cameras/electronic games/laptops. Consider investing in an alarm system or getting sensor lights fitted. Keep garden sheds and garages locked when not in use and ensure ladders are stored away from sight. Keep hedges or plants around doors well trimmed – don't give a burglar a place to hide. Check for weak spots where a thief could get into your garden e.g. Low or sagging fence or a back gate with a weak lock. Keep the house secure when you are out in the garden or yard. Use a chain on the door – don't open the door to strangers, unless the chain is attached. Note down registrations of any suspicious vehicles – often burglars will scope out a place beforehand. Join a community patrol or form a neighbourhood support group. Check with your local station for details. Register serial numbers on snap website [www. Snap. Org.nz](http://www.Snap.Org.nz).

Waitakere fire has been busy helping out others in the past month with senior member's part of the incident manager team at the Whitianga fire in January. We also lead a team from Auckland to Hastings to help at the out of control fires that were plaguing them. Our Facebook page www.facebook.com/WaitakereFireStation/ has further information.

This month's safety message is on kitchen fire safety as 25% of ALL house fires start in the kitchen. Below are a few safety hints that may save your life; If you must leave the room, TURN OFF the stove, Clean your stove grill after each use to prevent the build-up of spilled fats and burnt foods, Clean range hood filters regularly. Curtains, tea towels, oven mitts and any flammable items should be kept well away from the cooking area.

Have a fire extinguisher and/or fire blanket correctly located in your kitchen and make sure you know how to use them.

Never throw water on to a frypan that's on fire.

Never, ever attempt to carry a burning frypan outside.

If your frypan is on fire, wet a teatowel and place it over the pan or use a large flat object (like a chopping board) to starve the fire of oxygen.

If you do have a fire on your stove, try (if you can) to turn the power or gas off either at the stove or at the mains. If in doubt get out and call 111

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COMMUNITY NEWS

LOCALS LOVING THEIR NEW STORE



The new home and gift store, Flourish sure has been the talk of town of late, but all for the right reasons. Talk about a makeover, the store is full to the brim with all things lovely, the moment you step in you'll be delighted with the sights and smells to please every taste. New local owner Karlene Johnston said the response to the new store has been over-whelming "We are really excited with the feedback we are getting from our local customers, we wanted to create something special that was not only on trend but catered to our local Kumeu community too, a place where locals could find that one off special piece for their home or gifts or pop in to replace their favourite candle or hand cream regularly. We are growing our range every week to keep Flourish interesting and exciting and hope locals will continue to support us". 325 Main Road, Huapai, 09 412 2466.

KUMEU RUGBY - JUNIOR REGISTRATIONS 2017

Kumeu Rugby Club is now taking registrations for Junior Rugby players and Girls Ripa players ages 4 - 13 or in school

years 0 - 8. Fees \$140 per player which includes socks, mouth guard, shorts, bag for new players to the club and team photo. Registration Dates; Saturday 4/3/17 - 1pm - 4pm. Wednesday 8/3/17 - 5.30pm - 7pm. Saturday 11/3/17 - 1pm - 4pm. Wednesday 15/3/17 - 5.30pm - 7pm. ALL players must be officially weighed in and collect gear for 2017 on one of the dates above. Online registration invites have been emailed to all registered 2016 players. You can check and edit your child's details plus pay online by either credit card or direct debit. Email rugby.kjrc@gmail.com if you have not received your email invite and were registered in 2016.

New players not registered at Kumeu can do so by going to our website www.kumeurugby.co.nz select the Junior Rugby page and use the registration link.



BRIDGESTONE KUMEU

Its summer time here at Bridgestone Tyre Centre Kumeu and we hope you had an enjoyable break over Christmas and New Year.

It's been an unusual summer so far and this throws up some challenges for your tyres. Roads that are dry for weeks then get rain can become greasy and unpredictable.

The best option is to keep a safe driving distance from the driver in front which helps to avoid sudden and hard braking. Hard braking puts a lot of stress on your car and can lead to uneven wearing on tyres.

We can help by checking your tyres regularly to ensure all 4 tyres are wearing evenly - we recommend you do this often, at least every 8,000 to 10,000 km's - this is a free service and only takes a minute.

Call in anytime to Johnny at: Bridgestone Tyre Centre, 43 Main Road, Kumeu (opposite Z) - Johnny and the boys will only be too happy to look after you. Bridgestone Kumeu - keeping you safe on the roads. Phone 09 412 9111, email firestone-kumeu@xtra.co.nz or visit www.bridgestonekumeu.co.nz.



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SENIORNET KUMEU INC.



Heads were in the clouds at our first meeting of 2017, as our speaker Nigel Dempster gave an informative talk on "An Introduction to Cloud Computing".

This was followed by a question and answers session and will almost certainly result in a training course for our members on "How to make best use of the Cloud". Something not to be missed.

Nigel then showed a short video, which looked at the funnier side of how to deal with "Spam".

The members had an opportunity to mingle and chat over tea and some really delicious cake provided by Bev Meredith and our raffle winners went home delighted with their prizes after another successful raffle organised by Judy Heck. "Drop In" days are held on the 3rd Wednesday of each month from 12.30 to

2.30pm at St Chad's Hall. These are where members can simply drop in and speak to our tutors on any specific problems they may have concerning their computers etc. If you would like to join our friendly and informal club, just come along to our next meeting on March 1st at 10am at St Chads Church Hall Huapai, or contact: Brian Lacey on 022 183 1811 brian@lacey.nz or Nigel Dempster at nigeldem@outlook.com. Membership is now open to people of all ages, who have an interest in meeting like-minded people and want to have fun learning how to get the most from their computers, smartphones, iPads, Samsung (or any other make of pad) etc.

READY, SET, SWING

Hospice West Auckland is honoured to be one of the recipient charities for this year's Henderson Rotary Club's Charity Golf tournament. With a long history of more than 40 years, this tournament is a fantastic day at the wonderful Huapai Golf Club. Entries are now open. Get your team together and get ready to make a difference to the people of West Auckland. Entry forms are available on our website www.hwa.org.nz/news/ready-set-swing. Date: Thursday 23 March, Huapai Golf Club, 12:30 pm shotgun start. Cost: \$100 per person or \$500 for the team. Entries close 16 March 2017. The entry fee includes your evening meal, on-course food and all refreshments. Great prizes available on the day as well.

KUMEU ARTS CENTRE

There are two must-see exhibitions at Kumeu Arts Centre in March. Firstly, Irina Velman is sure to illuminate the gallery with her exhibition 'A Corner of Paradise'. Irina is becoming well known for her distinctive, bold and colourful painting style. Her work is loved by many because it radiates beauty, and passion for her environment. Her exhibition runs until the 11th of March. Following on from Irina,

Taniwha Tales will be exhibiting their incredible carvings. Taniwha Tales is a community organisation set up by the Waipareira Trust in West Auckland which helps less fortunate people in the community and assists the homeless. Come along and see the stunning work they produce and show your support for this cause. As well as fantastic classes and workshops, there is also some great music on offer this month, with award-winning singer songwriter Mel Parsons playing in concert on March the 3rd.

SINGING IMPROVES HEALTH



Yes, it's true! The many benefits of singing have been reliably researched and well documented. Singing is a total body workout that improves your posture and increases your lung capacity. It releases the same feel-good brain chemicals as chocolate. So it improves your mood and relieves stress. Research shows singing even boosts your immune system. No wonder choral singers live on such a healthy high. You can give yourself a health boost and hone your skills with the established community choir, Kumeu Blend. We welcome new singers of all ages and abilities into the friendly and relaxed culture of the choir. It's a great place to make new friends, develop your vocal talent and be enriched by a varied repertoire of music. All vocal parts are welcome; so let your talents shine – it's a great way to unwind and enjoy life. Rehearsals are Mondays 7.30pm at St Chad's in Huapai. No auditions needed, just try it out. Sight-reading is a bonus but not essential. Margaret Lindsay the conductor will be happy to answer any other questions – 09 849 8070 or email margaret@lindsays.co.nz.

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Our team of experienced, enthusiastic and qualified coaches are trained to bring out the best in your child. With backgrounds in physical education and gymnastics they have the skills to deliver fun and safe classes that will keep children engaged. Gym Zone – Where movement begins. 4 Workspace Drive, Hobsonville. Read more at www.gymzone.co.nz.

BECOME A PART OF NEW ZEALAND'S LEADING YOUTH ORGANISATION

St John Youth focuses on teaching young people aged between 6 and 18 first aid, healthcare, leadership and life skills - all in a fun and encouraging environment that celebrates growth and diversity. If you have a drive to succeed and are up for a real challenge then you could have what it takes to become a youth member in St John. The Kumeu Youth Division meets at the Huapai District School Hall every Tuesday during the school term at 6.30pm. For more information contact Natalia on 021 029 27996 or natalia.dick@stjohn.org.nz.

LOCAL COMMUNITY SPONSORSHIP WORKS

Thanks to the generous contribution of several local businesses in conjunction with Smashing Promotions. Huapai District School is to receive 130 x premium quality branded sports tops.



The School have created their own bespoke designed tops, for playing; hockey, basketball, soccer, softball, netball and touch. Ensuring the sponsors' logos are showcased to the community generating goodwill for all involved. Do you have a requirement for sponsored apparel? Does your business wish to support lo-

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cal teams?

For further information call Mark at Smashing Promotions on 09 412 6235, or email mark@smashingpromotions.co.nz, and we endeavour to make it happen. A big thanks to all the generous sponsors: Alpha Electrical, Autoworx, Craig Walker building removals, G.J. Gardner Homes, Kumeu Motors, Mortgagelink, Vodanovich Law, Water FX and Western ITM. Please support them where you can.

HEART SAVER AED

A huge congratulations to Kumeu Gym & Indoor Sports Centre for purchasing a Heart Saver AED at the end of last year. This is fantastic news for both gym-goers and those in the area - it means that if there is a cardiac arrest, an AED is close to hand, which will dramatically increase their chance of survival. You may have seen Dr John Mayhew recently sharing news of his cardiac arrest while he was at the gym last April - it was having an AED nearby that saved his life. Check out our website (www.heartsaver.co.nz) to see Dr John talk about his experience and why he thinks we need more AEDs in NZ. While you're there, check out our Become a Heart Saver campaign, where we are giving away one AED a month for the next year. Well done to Cathy McBride and the Over 60s Fitness for Function Group, who worked so hard to fundraise for this AED - we take our hats off to you for your community spirit! www.heartsaver.co.nz; www.facebook.com/heartsaver.co.nz/.



THE JP SERVICE DESK CONTINUES

A 3-month regional trial in 2016 of a regular Saturday morning JP Clinic proved successful and this service will recommence on Saturday March 4th at the Helensville Plunket Rooms, 10am - 12 noon. No appointments are necessary. The service is free. Plunket rooms every Saturday 10am - 12pm. Contact Grev Walker 09 420 7173 or Chas Holst 09 420 8008.

\$75 = EXPOSURE FOR A MONTH

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

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IN BRIEF

UPDATES:EVENTS

JEWELLERY THAT CONNECTS TO YOUR HEART



Since becoming a Mum there is one thing I have always wanted my children to know, and that is, they are always in my thoughts and in everything I do. "wherever I go, you go with me"

From this idea, Precious Imprints - Personalised Jewellery & Keepsakes was born. That is, personalised and symbolic jewellery, custom made especially for you and inspired by the ones you love. Like me, this jewellery allows you to feel connected to your family. So wherever you are, you know and they know that you are always together, connected and cherished.

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Visit my website www.preciousimprints.co.nz for ideas, inspiration or to place an order, or email me jo@preciousimprints.co.nz.

co.nz to discuss a design idea you may have.

SPECTACULAR SUMMER EVENT FOR AESI



Auckland Equestrian Sports saw the completion of their second event of the season over Auckland Anniversary Weekend at Woodhill Sands. Special congratulations go to Megan Finlayson for taking out the CNC1* class with her mount Greensleeves. Other notable winners were Briarna Haigh (CNC105 R and CNC80 R), Lee Gabriel (CNC105 Open), Juliet Wood (CNC95 Open), Tyler Porteous (CNC95 R), Lauren Alexander (CNC80 Open), Ady Bone (CNC65 Open) and Sue Pennington (CNC65 R). The courses were dressed beautifully, the entire event ran like clockwork, the weather turned it on and the riding was spectacular. A very special thanks to the class sponsors Peninsula Medical, NPD Maintenance Ltd, NZ Horse & Pony Magazine, SportsHub, Healthy Water Tanks, Woodhill Sands, Burmester Realty, Ride In Style, and Max-life Batteries. Pictured is Megan Finlayson and Greensleeves on their way to a win in the CNC1* class. Photo thanks to Northern Equine NZ.

WAIMAUKU PLAYCENTRE



Term 1 has officially started at Waimauku Playcentre. It's great to be back. We've been working to enhance our beautiful surroundings and make some areas of play more vibrant and exciting for the whole whanau. We have a beautiful new deck outside, extending our undercover outside area, and inside, the library is taking shape with our stage up. Plays and stories are coming alive as they are told through the children's voices and ours. At Waimauku Playcentre we inspire, create and learn through play with our awesome tamariki.

We have room for new enrolments on all our session days: Tuesday, Thursday and Friday mornings 9-12 School terms.

All new families are welcome to 3 FREE sessions to get a feel for whether Playcentre is the right ECE setting for you and your whanau.

We look forward to meeting you. Phone/text: 022 063 7153, email; waimauku@playcentre.org.nz, or just pop in!

WESTON AUTOMOTIVE LTD

Geoff Weston has been in the motor trade for 44 years running his own successful business in Henderson Valley. After selling the business Geoff and Max his younger son left New Zealand to work for Stang Fever in Australia to further their knowledge and experience on converting American cars and trucks to right hand drive.

Ben the eldest son also went overseas to be an engineer on the ever growing su-

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per-yachts, seeing the world. Now Geoff, Max and Ben have combined their skills and have formed Weston Automotive Ltd. We have a brand new workshop in Taupaki. We carry out all servicing, repairs and modifications on a wide range of vehicles, plus bikes and quads. Contact us on Geoff 027 958 216 Or Max 021 039 3444.

WOODHILL SANDS WINTER SERIES



Many locals will be heading to Hastings to the Horse of the Year competition and that used to signal the end of the season for many riders. However with the 3 acres of all weather surface Woodhill Sands plus all weather truck parking, competitions continue all winter long, this year starting in March we have practice Cross Country, Mini ODE's, Show Jumping, Show Hunter and Dressage competitions – classes for beginners to the pros. Please go to www.woodhillsands.co.nz for the full event calendar. Spectators are always welcome, cafe on site, no dogs please.

THE DRIVING SCHOOL

The Driving School has been operating in North West Auckland and the North Shore for over 10 years. We offer lesson for manual and automatic driving. We teach people of all experience levels, from complete beginners to those older drivers needing refresher courses. Our two instructors Sylvia and Melissa are patient and professional with their own dual pedal cars.

We also offer a regular Defensive Driving Course which allows people on restricted licenses to sit their full test six months earlier. You can register for the next available course on our website www.thedrivingschool.co.nz.

Feel free to contact us to make an appointment either through our website www.thedrivingschool.co.nz or give us a call on 09 420 2524.



BEST TEAM OF THE YEAR OFF TO GLOBAL GAMES IN TAUPO

Last year, a great little rugby team of kids aged 7-11, won the title of "Best team of the Year" for Kumeu Rugby and our coaching team was awarded the "Best coaching team of the year" too! It was a great way to top off a fantastic season. For 2017 the majority of the kids have returned to the team for another season. Whilst registrations for Kumeu Rugby have just opened and training officially starts at the end of this month, this is not the case for this committed team of kids and parents – who in fact started training in January during school holidays. These kids are motivated not only to beat their record (of only 1 loss last season) but they have a huge goal in mind. They are proud to have been accepted to represent Kumeu Rugby at the Global Games in Taupo in September 2017. This is an opportunity of a lifetime. These children will compete alongside 100 other teams from around the country and the world over a weekend. The opportunity to compete in a competition of this magnitude will

help to develop a foundation of sportsmanship, enjoyment and friendship. Opportunities like this are what grassroots rugby in NZ is all about.

Community rugby survives because of the love of the game and amazing parents who volunteer their time to run local clubs such as the great club we have in Kumeu Rugby www.kumeurugby.co.nz, they manage teams, coach our kids and ref games in all kinds of weather over the winter period.

We are so lucky with this great team to have parents that are committed to ensuring our kids have the best experience possible. As you can imagine, to take 20 plus players away and coaching staff for the tournament will cost in excess of \$10,000 including entry fee, uniforms, travel and accommodation. We have kicked off our fundraising campaign with a give a little page. www.givealittle.co.nz/cause/kumeuj3black. We are calling on donations to help us raise \$1,400 to purchase a trailer, please support these cool kids by donating today. Once the trailer funds have been raised we need the support of local businesses to help us fill the trailer with goods such as BBQ's, power tools, outdoor furniture etc. The kids will need to drive the fundraising from this point onwards, (after all it can't all be handed to them on a silver platter!) and over the rugby season they will sell raffle tickets to fundraise their way to Taupo. Any offers of support by our wonderful business community, please contact Gail McIntyre on 027 532 0420.



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PROPERTY

NEWS & ADVICE

MARKET REPORT WITH GRAHAM

Continued mortgage restrictions are having an impact on this market especially Auckland were the median house value sits just under \$1,050,000. The effect of mortgage restrictions is to dramatically limit people's ability to get a mortgage, meaning that fewer people are competing for properties and so the rate of value increase could eventually drop.

Back in September 2016 sales volumes and value growth showed relatively rapid increases. In the latest three months there is a significant reduction in numbers of sales in the area. The rate of value increase has slowed or even flattened in Auckland. Likewise in Hamilton, Tauranga, the lower North Island and Christchurch.

There is still strength in the smaller centres in the Far North and Waikato, while there are a few smaller centres in the North Island dropping in value. New Plymouth, Whanganui, Napier and Nelson are all unchanged, while Dunedin and Invercargill have actually slightly picked up the pace.

The investor restrictions are starting to bite in Auckland, and on Auckland purchasers in Hamilton and Tauranga. This is not a permanent tenure and the market generally finds ways of getting around bank restrictions and changing mortgage envelopes. In times like this, mortgage brokers do very well because they are not tied to a system nor a process that is directed by the reserve bank, therefore may I suggest you call Stuart Anderson, Mike Pero Mortgages on 09 306 6687 or 021 880 200, or David Lloyd from David

Lloyd Mortgages on for a free no obligation opinion.

Let's look at the local sales: Coatesville lifestyle \$1,245,000 to \$1,655,000. Helensville lifestyle \$1,057,000. Helensville residential \$550,000 to \$730,000. Parakai residential \$525,000. Huapai and Kumeu residential \$750,000 to \$1,370,000. Kumeu lifestyle \$1,375,000 to \$3,050,000. Riverhead residential \$1,290,000. Riverhead lifestyle \$4,075,000. Taupaki lifestyle \$900,000 to \$1,700,000. Waimauku residential \$960,000. Waitakere residential \$660,000 to \$1,400,000. Waitakere lifestyle \$1,450,000. Whenuapai residential \$830,000 to \$1,800,000.

This year is election year, therefore if you are considering a property change I suggest you get on with it before July when the market becomes absorbed with election issues and billboards, give me a call for a free, no obligation opinion on your home and the value it may represent in this current market.

Go to www.grahammcintyre.co.nz or phone 0800 900 700. Licensed REAA (2008).

MONEY MATTERS

How much can we borrow? This is a question I get asked a lot and it's one which is hard to answer. Changes in your personal circumstances can greatly affect your borrowing capacity, for example, starting a family and dropping down to one income. But also coming into play is how much you spend on living? Do you travel or entertain a lot? Do you spend more than what your neighbour does? I generally work on 5 times the family income as

a guide so according to Statistics NZ, the average Kiwi earns around \$46,000 per annum (allowing for a loan of \$230,000) and the average couple earns approx. \$95,000 per year which increases borrowing power to \$475,000 but as I say, this is very much a "ball-park" number. To get an exact idea on your ability to borrow please call me for a no obligation and confidential chat.

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

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SELLING YOUR HOME? HOW TO IMPROVE STREET APPEAL



First impressions are crucial, especially when it comes to selling your home. Your home's street appeal is important and by making a few simple improvements on the outside, you can entice potential buyers to look inside.

Clean, green garden - The front garden is likely to be the first thing that a potential buyer will see, so make sure that your garden is well-manicured. It's a good idea to mow and water the lawns, prune any shrubs, trim overgrown footpaths and clear any weeds or rubbish. If your house is not maintained on the outside, then buyers may assume that this carries on into the home. If you don't have a garden, then you could add potted plants or planter boxes to your outdoor area. Herbs or perennials plants are good option and both add great colour to any space.

Fix the Fence - A fence is a welcoming feature to any home and it can be a great addition to consider when it comes to selling your home. A fence provides not only a sense of security and privacy but it also defines your property from the street.

If you already have a fence, then make sure it's clean and in good condition. If your fence is looking a little worse for wear then give it a bit of TLC - tighten loose latches, replace broken panels and give it a fresh coat of paint if necessary. **Freshen up the front door** - The front door is the first thing that potential buyers will see when entering your home so make sure your front door is warm and welcoming and makes a good first impression. Here are some easy ways you can update your front door with minimum effort.

Paint the front door and trim - glossy black is always a perfect and classic choice. Add a couple of potted plants to your porch to provide some colour and give it a fresh feel, or make sure that existing plants are well watered and pots are clean. A welcome mat says just that, welcome, so make sure to replace any worn mats with a new one for an instant boost. Polish the existing door hardware so that they gleam or update with a new fancy handle for instant glamour. And make sure that your door bell is working, or add some charm to the front door by adding a door knocker.

Love your Letterbox - Many potential buyers will drive by your property before viewing so don't forget to fix and paint your letterbox. It is also important to make sure that any surrounding garden is cut back and is tidy so that the numbers on your letterbox can be seen clearly from the roadside.

Add some outdoor lighting - Exterior lighting can make a big impact - it can not only complement your home but it can also showcase your property to prospective buyers who drive by at night time. Strategically placed landscape lighting can also be used to illuminate walkways, emphasise key features of your garden and can add an overall

charm to your home after dark.

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

STAGE IT YOURSELF - STAGING WITH A DIFFERENCE



As we head well into our summer are you thinking of selling your property? If you are, one of the most important factors is presentation. As we walk around an open home where there is too much of the homeowners personal items, beds made untidily, vanity units cluttered with toiletries, front doorways messy, we all know these affect our visual and could possibly deter us from being a prospective buyer. With many properties being sold at this time of year it is important to enlist the help of someone to assist you in making your property shine, to get the attention of every prospective buyer. Stage It Yourself can come and help for only \$50 + GST. I will offer a comprehensive list of ideas and suggestions to help you achieve this, the consultation will last approximately an hour and after I will e-mail everything we discussed - so easy I hear you say. I also have a full range of accessories, from bedcovers to cushions, to bath towels to decor items for hire for the period of the promotional pictures and open homes starting at only \$250 + GST. Call me today to save yourself time and money Frances 021 065 2611.



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AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	1,750,000	1.1HA	194M2	1,575,000
	920,000	2HA	200M2	1,655,000
	1,025,000	1.6HA	190M2	1,245,000
Helensville	485,000	741M2	100M2	655,000
	550,000	4449M2	186M2	1,057,000
	405,000	491M2	100M2	550,000
	460,000	599M2	120M2	730,000
	425,000	675M2	80M2	610,000
Huapai	1,050,000	1506M2	246M2	1,400,000
	390,000	743M2	250M2	1,075,000
	870,000	1510M2	210M2	1,310,000
Kumeu	475,000	0M2	186M2	750,000
	1,375,000	785M2	350M2	1,370,000
	1,625,000	1.1HA	275M2	3,050,000
	1,000,000	1.4HA	160M2	2,200,000
	490,000	.3HA	105M2	1,375,000
Parakai	280,000	0M2	90M2	525,000
Riverhead	810,000	1176M2	160M2	1,290,000
	1,700,000	7.3HA	269M2	4,075,000
Taupaki	580,000	2038M2	110M2	986,000
	720,000	1.1HA	120M2	900,000
	1,275,000	9439M2	309M2	1,700,000
Waimauku	780,000	1000M2	205M2	960,000
Waitakere	450,000	809M2	80M2	660,000
	920,000	4027M2	237M2	1,400,000
	660,000	2HA	183M2	1,450,000
Whenuapai	580,000	809M2	110M2	830,000
	650,000	809M2	148M2	865,000
	960,000	905M2	50M2	1,800,000

"We charge 2.95% not 4% that others may charge" "We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked" Phone 0800 900 700.

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

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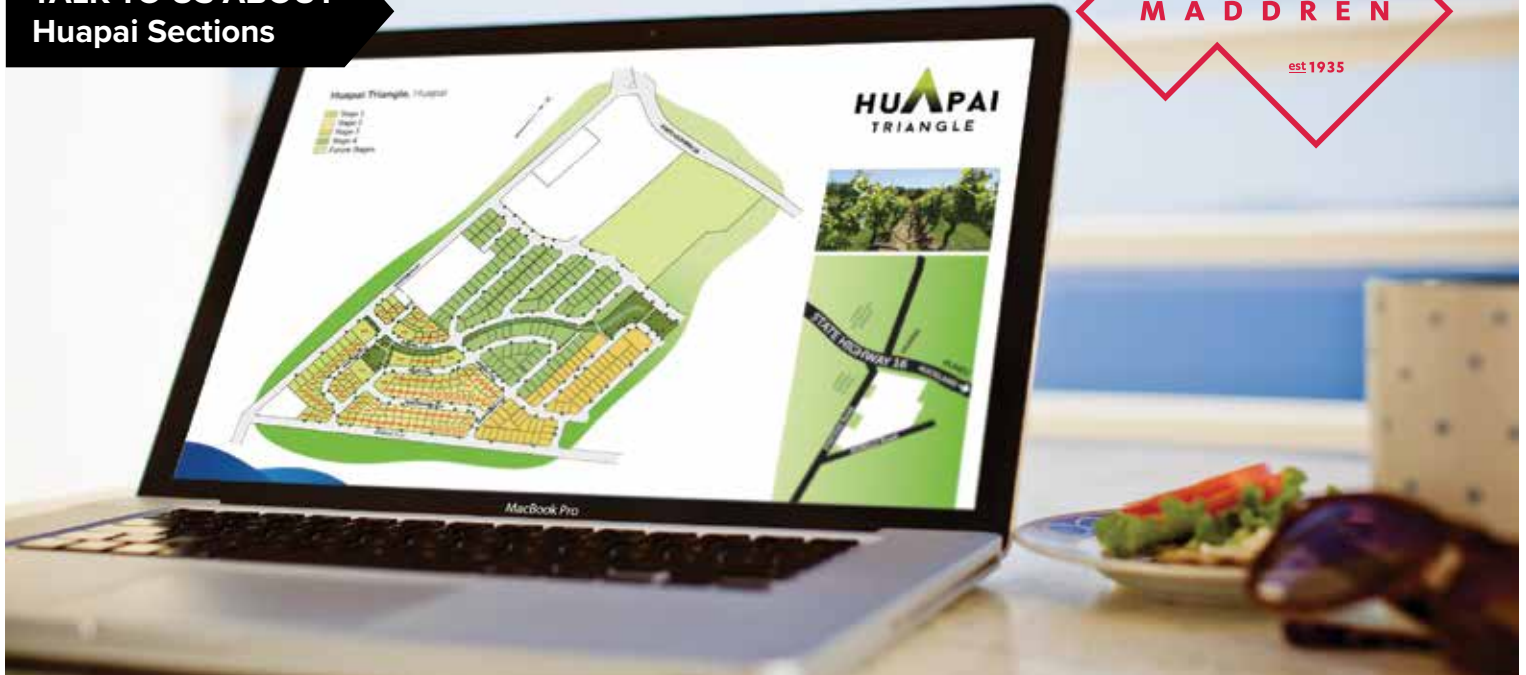
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5 2 3

By Negotiation

3 Maple Lane, Huapai By Negotiation

Designed to enjoy spacious open plan living, alfresco to covered patio and raised bed gardens on fully fenced yard. So much is packed into this 801 sqm section including three bedroom and a office/ study with two bathrooms and a guest w/c. Well planned through to a attached but very separate one bedroom flat with kitchen, bathroom and alfresco patio to the west. If you are seeking a high quality build with options for family, friends or income this two level G.J. Gardner home delivers great value. Close to Huapai School, Sports fields, convenience shopping and transport links. The CV on this property is \$1,150,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1037755



Steve Cotter
021 171 3941
09 412 9602

Graham McIntyre
027 632 0421
09 412 9602

steve.cotter@mikepero.com

graham.mcintyre@mikepero.com



HILLTOP RETREAT - VIEWS OVER CASCADE FALLS

3 2 2

By Negotiation

45 Jonkers Road, Waitakere By Negotiation

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

www.mikepero.com/RX1006917



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku By Negotiation

Open plan living, with expansive decking and alfresco leading on to partially fenced lawn areas, perfect for the pets or children. The home has a formal entrance opening to two lounges, dining and kitchen. Three generous bedrooms and a study nook with complementary bathroom and ensuite. The home has the added benefit of internal accessed double garage with exclusive drive off a quite cul-de-sac street. Close to Waimauku School, convenience shopping, parks and transport links. The CV on this property is \$780,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX952890



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Offers Over \$950,000

49 Matua Road, Huapai Offers Over \$950,000

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$6000,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1033818



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE LAND - ELEVATED - WAIMAUKU

3 3 1

By Negotiation

122 McPike Road, Waimauku By Negotiation

This three bedroom cottage has character and personality that is sure to impress, with kitchen and bathroom that could be developed to add value, or invest in a brand new build subject to consent on the proposed house site further up the hill. 7 hectares of flowing grasslands and established plantings for shelter and orchard ensure a lifestyle that can deliver plentiful reward for a creative couple. Bring your cheque book and imagination, our vendors are ready to seize another opportunity. The CV on this property is \$910,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1037756



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

By Negotiation

132 Hinau Road, Waimauku By Negotiation

This hilltop bungalow offers generous space from the large high stud shed through to almost ½ an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1034803



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



HILLTOP OASIS, ALL-DAY-SUN, VIEWS

2 1 1

By Negotiation

124 McEntee Road, Waitakere By Negotiation

Set on four hectare of bush and pasture this delightful country cottage delivers ambience, character and alfresco living. The home enjoys all day sun, open plan living, dining and kitchen opening onto north facing decking. Two bedrooms and bathroom off a central short corridor. Outstanding views to the South East and plentiful bird life. A sleepout and independent garage provides options for storage, office and guests. The CV on this property is \$760,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1015805



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



CUTE AS - ENTRY LEVEL - WAITAKERE

2 2 1

By Negotiation

423B Wairere Road, Waitakere By Negotiation

Elevated, bush clad wilderness property set in a private glade with a few neighbours that blend rather than boast. The home is a large 150 sqm but its contemporary nature delivers open plan space, two rooms upstairs and options for a life less ordinary with character at every door, attention to detail and the craft of a boat-builders touch. Set on 4 hectares of bush that links naturally to parks and conservation lands aligned to the Waitakere Foothills, this is away from cell towers, high voltage power lines but delivers ease of living, quaint and quiet. It is as magical as it is endearing, and it could be all yours. A small drive to Waitakere and Swanson Villages, Train and Bus services and Waitakere Primary School and Bethells Beach.

www.mikepero.com/RX939232



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027 632 0421
09 412 9602
graham.mcintyre@mikepero.com



Ian Sneddon
027 209 0789
09 412 9602
ian.sneddon@mikepero.com



ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A Ridge Road, Riverhead By Negotiation

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$510,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1055369



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ELEVATED BRICK AND TILE NEAR WEST HARBOUR

4 2 2

By Negotiation

14 Fresil Lane, Massey By Negotiation

This home offers a high quality brick and tile build, elevated land of 574sqm overlooking Council Parks Reserve. Single level, the layout provides open plan entertainers kitchen, dining and living which extends off a central hallway to four rooms, bathroom and ensuite. A double garage and a garden shed provides good storage options while the fully fenced yard with cantilevered electric gate offers security and pet containment. Close to convenience shopping, Primary schools, Parks and reserves and transport links. A short drive to NorthWest Shopping Centre. The CV on this property is \$610,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1037754



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



IRRESISTIBLE - INSPIRED - AFFORDABLE - HOBSONVILLE POINT



By Negotiation

12 Vincent Lane, Hobsonville
By Negotiation

Beautifully crafted and appointed with attention to detail and design. This split level G.J. Gardner home makes excellent use of its corner site location and receives generous light and space. A private lawn and patio which seamlessly links to open plan entertainers kitchen dining and family room, with two additional living areas within the home. Two bathrooms, guest toilet, and easy living with four rooms upstairs enjoying a northerly aspect. Designer shutters, integrated colours, upgraded cat6 cabling, this home is much more than what initially meets the eye. In close proximity to primary and secondary schools, food and convenience shopping, parks, walk-ways and cycle trails, inner harbour access and transport links.

www.mikepero.com/RX1058124



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI



By Negotiation

525 Kiwitahi Road, Helensville
By Negotiation

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

www.mikepero.com/RX1065529



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

HOME & GARDEN

LANDLORDS - ARE YOU UP TO DATE WITH THE NEW RENTAL PROPERTY LAWS?

New laws came into effect on 1 July 2016 affecting minimum standards for rental properties.

In particular, properties are required to have minimum standards of insulation and smoke alarms. The requirements relating to smoke alarms apply from 1 July 2016. The requirements regarding insulation are phased in and apply initially to subsidised rental housing. In due course all rental housing will be required to comply by 2019.

Do the laws apply to rental properties sold or purchased?

To a degree, these changes will have no effect on house sales. It will not be an offence to sell a house without insulation or smoke alarms, and the sale can simply proceed. However, sensible purchasers will be wise to ensure that any house purchased for the purpose of renting meets these requirements.

What if a rental property doesn't comply with the new laws?

While it is correct to say there is no technical effect on a house purchase, the regulations will have a significant impact and they cannot be ignored. Leaving aside the simple truth that an insulated house with working smoke alarms is a better, more desirable and safer house, it will be an offence to rent out a house without these in place. Tenants will have remedies under the Residential Tenancies Act, fines can be imposed and a smart tenant can use breaches to avoid their obligations.

The effects of non-compliance on insurance and lending

What this means is that a failure to have a working smoke alarm in a rental property may well invalidate an insurance policy. If a landowner makes a claim for fire damage, an insurance company will rightly ask if smoke alarms were installed. If they weren't then claims might be denied. More generally, if there aren't smoke alarms installed then an insurance company might simply refuse to insure a property or will restrict the cover available. If the house can't be insured then banks won't lend.

Thinking of buying a rental property?

A prudent purchaser buying a property to rent will need to check for themselves and their bank that the property complies with the rules. To do this, a specific clause could be inserted in the agreement for sale and purchase requiring compliance, or the purchaser could rely on their own investigation and checking, or on a building inspection clause.

If you're considering purchasing a property to rent, talk to us today. We can offer specific advice about the best way to protect your interests.

Henderson Reeves is an established law firm that has recently opened a mobile office in West Auckland. We are a full service law firm, and we also offer competitive fixed prices for people buying and selling property. Taina Henderson and Shelley Funnell are your friendly local lawyers offering smart legal solutions. Check out our website www.hendersonreevesauckland.co.nz or Facebook page (search Henderson Reeves Auckland) for more information, or you can call us on 09 281 3723.

NATIVE GARDEN

Many of our customers at Awa Nursery have a theme in mind when they visit our Nursery. Some choose to only have NZ natives in the garden, or are looking for colour, or the lush tropical look. New Zealand natives can be used in traditional garden designs of hedges, or foliage colour, flowering displays, or architectural form such as the unusual *Pseudopanax Ferox*. The subtropical display from nikau, coloured flaxes, *Pittosporum Cornifolium*, ferns, many groundcovers, coloured Tea Tree, Puka and the *Griselinia Lucida* are some of the many options available. There is a suitable native plant for every kind of garden style you might desire. The added bonus with many of the natives is the food for our native birds who are attracted to the nectar or berries. It is hard not to enjoy watching a tui feeding from a kowhai tree, or flax, or marvelling at how a large wood pigeon is able to balance on the smallest of branches and enjoy the berries from a karaka tree or puriri. Awa Nursery has over 400 different plants to choose from, many in multiple sizes, whether it be a New Zealand native or exotics, so we are bound to have something to suite the theme you have in mind. . Come and see us at Awa Nursery. Phone 09 411 8712



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LIVESTOCK REPORT

A very large yarding of cattle met with very strong demand on Saturday. The auction room was full to overflowing with farmers keen to purchase some of the quality cattle on offer, and only one pen failed to reach vendor's expectations! Weaner cattle sold generally above expectation and expected rain this week will only keep this market bubbling along strongly. Killable cattle sold very well again, with steers making to \$1,760, heifers \$1,485, cows \$1,600 and bulls \$1,520.

Best prime steers	\$1,295 to \$1,760
Medium 20 month steers	\$1,010 to \$1,200
Very light yearling steers	\$575 to \$790
Good weaner steers	\$850
Medium x bred weaner steers	\$520 to \$685
Small x bred steers	\$360 to \$500
Best prime heifers	\$1,275 to \$1,485
Other good 20 month heifers	\$1,000 to \$1,140
Medium 15 month heifers	\$840 to \$920
Medium weaner heifers	\$450 to \$610
Small x bred heifers	\$270 to \$435
Heavy cows	\$1,600
Light boner cows	\$490 to \$630
Bulls	\$1,520
Fat lambs	\$85 to \$150
Store lambs	\$30 to \$78
Rams	\$20 to \$150
Hoggets	\$50 to \$68
Ewes	\$39 to \$88
Friesian bulls	\$162

Weaners	\$80 to \$87
Store	\$90 to \$120
Porkers	\$120 to \$170

HERE AT AOTEAROA ROOFING & SPOUTING WE LOVE THE LAND OF THE LONG WHITE CLOUD

We understand that New Zealand is a land subject to diverse weather and have been covering all types of Kiwi homes since 1986.

We're specialists in re-roofing and roofing, new roofs and roof repairs, from long run colour steel, slate and tile roofs to all other types of

roofing. We also offer full spouting & guttering services.

Aotearoa Roofing & Spouting is a family owned and operated business that offers its roofing services in Auckland, Whangarei, Kaipara and around the Far North (please inquire).

We take on jobs of all sizes, with no job too small or too large for our roofing contractors.

We have a passion for customer service, an eye for detail and friendly helpful service is guaranteed.

With combined roofing expertise and experience of over 25 years, we are able to deliver on any industrial, commercial or domestic roofing project to meet your needs.

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COMPASS HOMES- NEW HOME FOR OLD PRICE

Hunting the Auckland housing market for your dream home? You might be missing an easier opportunity.

By the time you've completed 15 weekends of open homes, Compass Homes

Rodney could be handing you the keys to your new home that's safer, warmer and healthier than existing properties on the market.

In the current market, the pricing for buying a new home versus an existing home is very comparable. The difference? When you build new you are creating your dream home, not one that requires renovating or altering. The lending on new homes is also favourable, with the Reserve Bank offering house & land packages for 10% LVR deposit across the board.

For an affordable home that lasts, take a look through Compass Homes Rodney. Their Concrete in-situ homes are designed to stand the test of time and come with a 10-year Master Builders Guarantee. Contact Scott scott.gordon@compasshomes.co.nz, or visit our showhome - 3 Larmer Drive, Huapai, www.compass-homes.co.nz.



STREAMLINE ELECTRICAL

Streamline Electrical is a newly developed local electrical company. The company established itself in early 2016 and due to demands has exponentially grown in size, completing a significant



number of new residential and commercial builds. The company is managed and directed by a registered experienced electrician of over 11 years in the industry. Through this time his electrical knowledge has been gained and developed both within New Zealand and overseas. Streamline Electrical specialities include residential and commercial services, electrical upgrades, home and commercial wiring and re-wiring, phone cable and data services, alarm and security as well as gate and automation. As a locally based company we are based on honest hard work at a price that deems high quality and high of standard at a reasonable price. We use the highest quality of materials to meet your individual or company needs. Call us today on 021 488 274 or email us at chris@streamlineelectrical.nz for a quote or an inquiry.



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Alyssa actually came to us through personal experience of building her first home with us at Kumeu Signature Homes. Aspects which drew her to our company also compelled her to join us. Alyssa was attracted by our robust systems and guarantees. Additionally the flexibility to personalise existing plans and add bespoke design features.

Similarly it was Alyssa's flexibility and accommodating manner not to mention her background in design which prompted us to approach her to join our team. As a new home consultant Alyssa is available as a valuable resource for any who are consid-



ering a new home, rental, knock down/rebuild or subdivision. She acts as an intermediary; equipped with the knowledge to facilitate your vision. From practical knowledge of council rules and coordination, to design flair and product.

Additionally striving to accommodate your wishlist /requirements within a given budget. Alyssa will create a package detailing your build, including detailed specifications, timed payments, guarantees, and expected timeframes.

So call in and meet our new arrival; allow her the opportunity to discuss our predesigned plans or perhaps an architectural design and build project.

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Four bedroom, family focused homes - Every aspect of modern family life has been carefully considered in these superb single level homes - set on spacious sections, with two car garaging. Family life will centre on the large open plan kitchen, dining and living area.

Jalcon's land and house packages at Matua Residential Estate are all at fixed prices - no surprises, no budget blowouts! And if you make a purchase within the next month you can choose your roof style between mono-pitch and gable styles.

Maximising outdoor living - Enjoy two enticing outdoor living spaces: the first features an expansive, protected deck and the other is west-facing; perfect for evening entertaining and catching the last rays of sun. The architecture was influenced by barn and hangar design, to complement the surrounding rural landscape.

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Jalcon is family-owned and managed. For over 20 years we have been trusted to build homes of quality - Jalcon has built homes for over 1,600 families. We take great pride in our design and workmanship... First and foremost it's about quality - inside

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Discover how easy it is by calling 0800 52 52 66 to talk to one of our sales consultants or you can find out more by visiting our new Showhome in Huapai for details of this home and to see other quality built Jalcon homes and designs.

Visit Jalcon's latest purpose built Matua Residential Estate, Huapai show home and discover the Jalcon way. 2 Eric Farley Drive, Huapai. Open Wednesdays - Sundays, 12 - 4 pm. www.jalcon.co.nz phone 0800 52 52 66.

TRADIE OF THE MONTH

Maddren Homes would like to congratulate Ian Hunter from Concrete Floors for being our February Tradie of the Month.

Ian and the team at Concrete Floors continually provide the highest quality of workmanship. Demanding time schedules given in a buoyant market have never affected the quality and service received from Concrete Floors, and this is a testament to their systems and team.

Maddrens would like to thank you personally Ian for the amazing communication we get throughout our jobs. It really is appreciated by all our project managers and staff.



“Old hands at building award winning new homes”

- R.S.



PETS

TIPS & ADVICE

DOG&CO

Most photographers are not crazy enough to dedicate their time solely to subjects with four paws and a wet nose. Animals aren't exactly the easiest to capture, direct or make stay still for that matter. I must be mad. I am a pet photographer and absolutely love it.

One of the reasons why a lot of pet owners book portrait sessions is because they struggle to take their own photos of their pet for a number of reasons, whether it's because they can't get their pet to stay still, or their pet is a dark colour and is hard to capture. That's why I thought I would offer some tips to pet owners who want to be able to take better photos of their companion whether it's on your own camera or even a phone.

1. Get that energy out! If you are photographing your dog, give them some exercise first to let some of that energy go. It is far easier to photograph a lazy dog than one who is full of beans and thinks it is playtime. I once photographed a very excitable dog who thought my camera looked like the toy of his dreams. Thankfully after a few throws of the ball he settled down enough to get some awesome shots.

2. It's all about lighting. Using a natural light source is the best way to achieve an effective shot which is both flattering and captures detail. So get outside, preferably on an overcast day to avoid harsh light and strong shadows. Alternatively, position your pet by a window and take advantage of that light streaming in. Being able to see a highlight in your subject's eyes (catchlights) is something you should aim to achieve, as this draws attention to those eyes that you undoubtedly find utterly irresistible.

3. Get on their level. Yes, sometimes it is super cute to get a photo of your pet looking straight up at you (I have many) but it is often far more effective to photograph your pet from the way they see the world. This might mean sitting or lying on the floor to get the right angle, but it is worth it to capture your pet from



eye level. Keep that focus sharp on the eyes because remember "eyes are the window to the soul."

4. Capture their personality. Sometimes a candid shot can express the essence of your pet more than an image of them posing perfectly for the camera. If you have a notoriously lazy cat, try to catch them mid-yawn. Or if you have a playful dog, try to get an action shot of them playing or doing a trick. Often it is the photos that convey character which end up being the best keepsakes.

With these tips you will be getting some awesome shots of your beloved companions in no time, but if you want to leave it to a professional then I'd love to meet you and your pal!

As well as doing full photography sessions, I also offer mini-sessions in my "dog booth" to any dog lucky enough to be accompanying their owners to local markets such as Hobsonville Point, Coatesville, and Te Atatu Night Markets. I do this alongside my parents who are selling gorgeous, leather dog collars handcrafted in the USA. So be sure to check out the Dog&Co (@dogandconz) Facebook page to see where we will be next! Kirsty.

SOME COMMON ACCIDENTS, WHAT TO DO IF THEY HAPPEN AND HOW TO AVOID THEM

I was once asked to do a talk at my local W.I. (Woman's Institute) in the Welsh Village where I used to live and work. As I pondered on what to talk about with a friend who was an old vet from a neighbouring practice, he said, "I have got just the thing!" and presented me with a big cardboard box full of strange looking bags. "Just hand these around he said and get the ladies to guess what they are and what they have in common". On the evening of the talk I did just that, handing round some autoclaved bags containing strange looking objects in various states of disrepair. Some were more easily identifiable, a squash ball, a golf ball, a very frayed tennis ball, marbles, peach pips and others were more exotic, like tights, a ladies bra, a sock, some lacy knickers and a small teddy bear. The strange objects all caused much laughter and in the end I explained that what they all had in common was that they were all objects that dogs had swallowed, and needed surgery to remove. If your dog is drooling a lot, reluctant to eat or keeps vomiting, these are all signs of a possible obstruction and veterinary advice should be sought.

We can't always anticipate what our dogs will think of swallowing next but I would recommend if your dog likes playing with a ball, use a hard one that can't be chewed into pieces which get swallowed, and one that is not too small to avoid the peril of the ball getting swallowed or stuck at the back of the throat. At Dr Bobs we sell Kong Balls which are virtually indestructible, I use one for my ball-mad spaniel that has destroyed every other type of ball he has found. They come in various sizes so you can choose one that is safe for the size of your dog's mouth. A ball of the right size and strength is much safer than throwing

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a stick which again can cause problems if it splinters and gets swallowed or lodged in the back of the throat.

If your dog has swallowed something and starts to choke, veterinary advice should be sought immediately for what is potentially a life threatening situation. Various internet web sites like wiki help describe in detail what you may need to do in an emergency if your dog is choking and can't breathe but basically you will need to open the dog's mouth wide and examine the back of the throat. I find a combination of squeezing from behind the obstruction to push it forward and using my fingers inside the mouth to pull the object forward is often sufficient in a situation where there just is not enough time to get to a vet. Another accident associated with ball throwing is a torn cruciate ligament. This is a common footballer's injury and can occur when your dog leaps into the air to catch a ball and twists his knee joint on landing. Surgery is usually needed to repair the ligament or rebuild the joint. I would recommend throwing a ball low on the ground rather than high in the air to reduce the risk of knee injury. We see a high incidence of this type of injury in certain bigger heavier breeds of dogs, but smaller dogs can be affected as well.

To summarise, watch out what your dog is eating, do not throw or make a game of objects that may be swallowed and buy good quality pet toys that can't easily be chewed up and destroyed. By taking a few precautions you can have a lot of fun which is safe fun with your best friend!

Dr Ross Milner, Dr Bob's Veterinary Clinics, Waimauku 09 411 7575 and Huapai 09 412 7577.

WE ALL KNOW THAT CATS ROCK OUR WORLD, SO HERE'S OUR TOP 7 THINGS WE LOVE ABOUT OUR CATS

1. That silky soft fur – there's something incredibly soothing about stroking his shiny coat.

2. Head bunts - is there anything more satisfying than a cat's head bunting and rubbing up against you for more fuss.

3. They're excellent listeners – no matter what, they'll listen and never judge you.

4. Slow blinks - you know you've made it to your cat's "acceptable person" list when he slow blinks to you.

5. Purrs – snuggles with a purring cat are the best.

6. Those hypnotic eyes – you feel as though they're looking right into your soul.

7. Feeling him wrap himself around your legs – who can resist



the loving gesture of trying to trip you up.

Head over to our Facebook Page Kanika Park – Country Cat Retreat @kanikapark and leave a comment on this post. Tell us what you love about your cat and you could claw some Glamour Puss No Rinse Cat Shampoo or Purrfect Condition Cat Spray by Animology.

WARNING FOR DOG OWNERS AS TEMPERATURES PREDICTED TO RISE

Vets are warning pet owners to be vigilant, following a warmer weather prediction for the first half of February.

While the rise in temperature is welcome news to Kiwis looking to finally embrace summer, vets are expecting an influx in cases of heat-related ailments and poisoning.

Vet Director Dr Allan Probert from Vetcare Group comments, "Whether heading to the beach, native walks or the local park with your pet, there are a number of potential health hazards to watch out for.

"Sunburn can be a major issue so it's important to remember to apply a pet sunscreen when heading outside, and at the beach keep an eye out for algae bloom and jelly fish," says Allan.

"The karaka tree is also now in season. The berries remain toxic after they've fallen off the tree which can cause poisoning in dogs. Symptoms are quite often delayed by 24-48 hours, but can be fatal if not treated in time. Slug bait is another watch out. Many pets are attracted to the bait due to the palatable ingredients, but the bait contains Metaldehyde which is extremely toxic to animals if ingested."

Dr Probert has collated the following tips to help care for pets during the warmer weather:

1 Sunburn – pets that have lighter colour fur are more prone to sunburn, but all pets can get burnt if they lie in the sun for too long. Use a pet sunscreen when you know they'll be outside. Be extra cautious if you're heading to the beach or walking on asphalt on a hot day, as both can burn your dog's paws.

2 Exercise / swimming - exercise your dog during the cooler parts of the day. If swimming, always rinse your pet with clean water afterwards to reduce the risk of skin irritation.

3 Prevent your pet from overheating – try to encourage them to stay in shaded areas and ensure they have fresh drinking water at all times.

4 Toxic plants – aside from karaka berries, some types of decorative plants are toxic to dogs and cats. These include lilies, daffodils and poinsettia.

5 Travel – when travelling with your pet it's best to not feed them for the 4-6 hours beforehand.



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FOOD & BEVERAGE

HOME MADE PLUM PIE

Filling:

1 – 1½ kg Fresh dark flesh plums - pitted and cut in half

¾ cup sugar

2 ½ Tablespoons water

2 Tablespoons custard powder

Pastry:

4 cups plain flour

Pinch salt

1 cup icing sugar

300 gms butter

2 eggs



To make the pastry: Place flour and icing sugar in a food processor, pulse to combine then add firm butter and pulse to form 'breadcrumb' look then add eggs and mix until dough forms.

Separate dough into 2 batches and glad wrap flattened circles and place in fridge to firm up for at least 30 mins.

Meanwhile stew plums by placing plums, sugar and water in a saucepan. Stir and boil until plums soften up and blend together.

Combine custard powder and a little water together to form a paste and then stir into hot plum mixture to thicken slightly.

Roll out pastry in between 2 sheets of glad wrap and place into a greased pie dish. Pour hot filling on top and then top with other sheet of pastry or cut into strips and form a lattice on the top.

Bake at 190 for approx. 30 mins until pastry is golden

Allow to cool slightly, dust with icing sugar.

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

SOLJANS ESTATE WINERY

Soljans Estate Winery has been providing a spectacular venue for a vast range of weddings, birthdays, anniversaries and corporate functions. The Winery was purpose built with functions in mind. We offer varying options for the sizes of your group with our function spaces able to be spilt into sections with bi-folding doors for intimate or free flowing functions. We can offer numerous styles of menus which are served with a high standard of service from our staff. Our dedicated team will look after every detail to ensure this. Watch this space for this year's BERBA! We have in the pipeline a wide range of activities during the Easter weekend. Stay tuned. For more information, please contact our Functions Coordinator Brittany Willemse on 09 412 2824 or email functions@soljans.co.nz.



THE RIVERHEAD...CONTINUE TO EVOLVE WITH US

The latest National Geographic looks at 'booze' and humanity's 9000 year love affair with it. It's interesting to hear its history and how it potentially made the difference to human survival.

The ancient Greeks were a good example. Greek hosts served their wine mixed with water in decorated vessels called a krater, the first for health, the next for pleasure, the third for sleep. 'When this bowl is drunk up the wise guests go home' according to the poet Eubulus, 4th century B.C. The poem goes on... the fourth is ours no longer, but belongs to violence, the fifth to uproar, the sixth to drunken revel, the seventh to black eyes. The eighth is the policeman's; the ninth belongs to biliousness; and the tenth to madness and the hurling of furniture!

Have a drink, socialise with friends, relax, talk, communicate and feel creative: these things are good for you... in moderation and we know the best place to do it. Visit The Riverhead.

THE FIREPLACE - PLACE TO WINE & DINE

Well 2017 is well under way and we have some great new specials for the year – the season's new promotions are getting great feedback from the dinners. We have something of added value for you every day of the week. Brunch/lunch special: Mon – Sunday 10.am – 3pm. All meals \$12.99.

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<p><i>Exclusive</i> WINERY VENUE</p> <p>Soljans Estate Winery is a special place as it is Kumeu Wine Country's premier Winery Venue. So add a little Mediterranean magic into your next event or function!</p> <p>We have great facility options to add character and be the perfect venue for your next event, function, wedding or product launch.</p>	 <p>WEDDINGS/SPECIAL OCCASIONS</p>



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THE HUNTING LODGE

The Hunting Lodge kicks off harvest this month and with relatively light crops and dry conditions, the 2017 harvest is shaping up to be a great one locally.

"We're looking forward to crafting more alternative styles from some of the oldest Sauvignon Blanc vines in the country," says Pete Turner, Winemaker at The Hunting Lodge. He continues to say, "the smoky, herbal and tropical notes respond well to barrel fermentation, producing a rich, textural style of Savvie with a touch of funk. We will also be harvesting our first crop of Chardonnay from the vineyard, which is really exciting." Auckland has cemented itself as one of the best Chardonnay regions in New Zealand - the combination of the maritime climate and clay soils produces complex wines with superb structure. Plus, we're in good company with several of our neighbours producing iconic NZ Chardonnays.



PEKO PEKO JAPANESE TAKEAWAY

Have you tried our best seller meal Katsu Chicken bowl? Katsu is deep fried with panko bread crumbs and it is a very popular dish in Japan. We often eat deep fried meals back in Japan but usually have them with fresh salad. At Peko Peko, we make our salad everyday by hand, making our own sauces and using 100% rice bran oil to



make our food as healthy as we can. Our goal is to introduce healthier takeaway options to our lovely neighbourhood. We are the little food truck located at 92 Hobsonville Rd, in the car park of Passion Produce vegetable shop. Open for lunch Tuesday-Thursday 11:30-1:30pm, dinner Tuesday-Sunday 4:30pm-8pm or earlier if food sold out. Please check our Facebook page for more menu details. Phone order recommended 022 431 3462.

\$75 = EXPOSURE FOR A MONTH

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

The Riverhead's Rituals

Monday Night **Local Pool Comp** \$5 to enter, cash prizes to be won! from 7pm in
A fun way to meet other locals | The Portage Bar

Tuesday Night **The Riv's Ribs** All you can eat \$32pp from 5pm

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! Bookings Essential. from 7.30pm in
The Portage Bar

Thursday Night **Two for One Pizza's** Dine in only from 5pm in
The Portage Bar

Friday Night **Cocktail Night** Why go all the way to town? from 5pm

Saturday Night **Rugby on the BIG screen** from kick off time in
The Portage Bar

Sunday Afternoon **Sunday Live** Live music from 1-5pm. Free entry most Sundays. Bring the family gates open at 12 -5pm
in The Boat House

Call 412 8902 or email our team on book@theriverhead.co.nz

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HEALTH AND BEAUTY

ADENT DENTAL JUST OPENED ITS DOORS IN HUAPAI

After looking all over Auckland for a place to settle with his family, Dr. Alejandro Aubone (Alex) chose Huapai to live and work in.

With 17 years in dental care, Alex is an experienced dentist with a special interest in restorative dentistry and implants.

His curiosity and creativity served him well as a product design consultant for an innovative New Zealand dental manufacturing company, Triodent. Two of the dental instruments the company currently markets worldwide were designed by him. Currently he acts as a consultant and clinical director for the dental manufacturing company, Rhodium.

Alex's great passion for dentistry is well acknowledged by his patients. With a warm and empathic attitude, he endears himself to everyone. A preventative approach and attention to detail brings peace of mind to his patients who clearly see that Alex cares. Phone 09 281 5005, email info@adent.co.nz.



DO YOU HAVE OCCUPATIONAL OVERUSE SYNDROME?

We have all heard of it but what is it? Occupational overuse syndrome (OOS) or repetitive strain injury (RSI) are terms used to describe problems that often develop as a result of repetitive movements, restricted postures and constant muscle contractions. Symptoms include muscle discomfort, aches and pains, hot or cold feelings, muscles tightness and spasms, numbness and tingling. You may also experience associated symptoms of tiredness, headaches, anxiety and loss of concentration. If left



untreated the pain and discomfort may become constant and lead to loss of muscle strength, burning sensations in the tissues, and sleep disturbances.

OOS effects everyone. Especially those with repetitive jobs such as desk workers, painters, builders, carpet layers, hairdressers, carpenters, musicians, cleaners, chefs etc.

How to prevent OOS/RSI:

- 1) Check your work station setup
- 2) Take regular breaks. It is recommended that for every 30 minutes of sitting, you then get up and move for at least 30 seconds
- 3) Release muscle tension by stretching regularly
- 4) Book in to see your Osteopath for a postural check up

At the Body Clinic, we can assess your posture, treat the cause of the problem and give stretches that can help. We can also advise on ergonomics. 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.

KIDS ARE BACK AT SCHOOL

The kids are back at school and now it's time to get back to normality.

Did you go away on holiday and now you're back at home, things feel stressed? Is this because you are back at home, back at work, back to the mundane weekly things you do, or is it because 'home' is stressed in another way?

Geopathic STRESS

Geopathic Stress is created by noxious earth energy that is created by Earth's magnetic fields or underground water and if they are crossing in your home where you sleep, or spend a lot of time still, then it will STRESS you. It will make you feel irritated and generally lower your immunity so everything gets you down. Don't let this invisible 'energy' make you sick.

Call me today and I can check it for you. Nicky at Clear Energy Homes. www.clearenergyhomes.com Or 021 545 299.

THANK YOU FROM KUMEU CHIROPRACTIC

We would like to take this opportunity to thank all our practice members who donated to our Christmas Food Bank Appeal at the end of last year. Thanks to your generous donations, and the help of a local distributor, we were able to help a number local families-in-need, over the Christmas and New Year period with food, household cleaners and children's Christmas presents. We are assured that it made a huge difference to these families, and



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the total amount of goods we received means we will be able to contribute a little more into the first few months of the New Year. The community spirit is alive and well in our fabulous Nor-West area and we are looking forward to being able to contribute again, with your help, later in the year.

If you want to learn more about the Chiropractic approach to better health, call us at Kumeu Chiropractic - phone 09 412 5536, to make an appointment.

KUMEU VILLAGE OPTOMETRIST GETS KIDS READING

The optometrists at For Eyes can detect and prescribe colour filter lenses to treat reading problems, dyslexia and migraines in both children and adults.



Children who are behind with reading or who can't concentrate on their work may be suffering from visual stress. Their eyes send the visual message to the brain, but when it is processed the complexity of the print causes over-stimulation of some areas of the visual cortex. Print can appear to shimmer or fade in and out and it makes reading hard work – sometimes causing headaches or triggering a migraine.

Reading glasses with a personalised specific tint, diagnosed by Matthew Whittington on his Wilkens Colorimeter, calms the over-stimulation to dramatically improve reading ability and prevent headaches.

For Eyes is conveniently situated in the Kumeu Village. Call today on 09 412 8172 and book an assessment for you or your child.

THE NEW NAIL WARRIOR

Natural Nails...toughen, strengthen, smooth and protect with an IBX Nail Treatment. This innovative two-part system offers revolutionary benefits.



An intense in-salon treatment used to improve natural nails imperfections and weaknesses. From particularly weak, soft nails to damaged nails, peeling or splitting nails. Even ridges and unevenness can be corrected with this amazing treatment.

If you struggle with your Gel Polish/Shellac sticking, or have damaged your nails from picking your gel/Shellac off, IBX can help this too.

A penetrating toughening agent that fuses together the nails

top layers, making them stronger, enabling them to grow into healthy, long nails.

IBX can be teamed with a Gel Manicure for added strength and durability or on its own on bare natural nails.

For more information contact Larissa at The Polish Room 027 407 2264 or via facebook.com/thepolishroom.

\$10 OFF YOUR FIRST MASSAGE WITH TOP NOTCH

At Top Notch Massage Therapy, we understand the stress that is placed on the modern life; whether that is from a hard training session, the pressure of work and a busy lifestyle, or the impact that pregnancy has on the body. Our professionally trained therapists are ready to work



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

WHEN IS MASSAGE THERAPY NOT A GOOD IDEA?

Massage is good for you, it boosts the immune system, relieves tension and there are numerous physical and mental benefits – so is there a time when massage is not good for you? Absolutely! Certain conditions contraindicate massage, either because of the risk it may pose to the client or the risk to the therapist and other clients.

Firstly, some terminology:

- Indicated vs. contraindicated - if something is indicated, it means that it is safe and appropriate. If contraindicated, it means that it is inappropriate for the situation and potentially unsafe.
 - Systemic vs. local - systemic refers to the entire body, while local refers to a specific area. So, if you have a systemic contraindication, all massage is inappropriate. If you have a local contraindication, massage is indicated except at the area affected.
- Systemic Contraindications- Infections - Colds/flu or other contagious viral or bacterial infection – when your body is fighting off an infection, massage can make matters worse.
- Intoxication - Alcohol alters your perception of pain. Things that should hurt don't because the pain receptors have been dulled.

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Prescription and Over-the-Counter Pain Meds - Massage is about touch, pain medication can alter the way you feel touch, and you are likely not going to be as aware if something is wrong. Blood thinners may result in bruising with heavy pressure or deep tissue work.

Medical Conditions - Certain medical conditions may contraindicate specific types of massage. For example, if someone has heart or kidney failure, circulatory massage may place excess demands on already failing organs.

Local contraindications

Injury - Injuries are generally a local contraindication. If there is damage to the area, massage may actually interfere with the healing process.

Vaccinations/immunisations - If you have just had any sort of injection, massage is locally contraindicated for a few days.

Rashes - Depending on the cause, a rash may or may not be a local contraindication.

Body-Balance Massage & Neuromuscular Therapy - 021 120 2175.

DO YOU HAVE TOENAILS LIKE THESE?

If so, you may have a fungal nail infection, or onychomycosis (OM).

OM is the same infection as Tinea Pedis (athlete's foot) but in the nail and nail bed. It affects about 10% of our population. It can be very

difficult to treat, particularly if it has been present for a long time. If you have tinea pedis in your feet, this places you at higher risk of developing OM.

Below are some tips to help treat fungal nail infections (if you don't have an infection these would be good preventative measures to take to ensure you don't contract an infection).

1. Avoid wearing nail polish - nail polish acts as an incubator, sealing the fungus in and providing it with a lovely warm environment where it will flourish. Often people remove their nail polish and find the infection has got worse!

2. Use an antifungal foot powder, particularly in the warmer months or if you have sweaty feet. Fungal infections love warm, damp environments, by using a powder this will help reduce the moisture in your shoes and the antifungal ingredients will help deal to the fungal debris that may be present in your footwear.

3. Clean your feet regularly.

4. Clean your sheets, socks, trousers, slippers using an anti-fungal rinse in the rinse cycle of your washing - these are available at your local Pak'n'Save - Canestan and Dettol are two recommended brands.



5. Clean your shower regularly with either bleach, tea tree oil dilution or white vinegar dilution. These will help tackle any fungi that are lurking in the shower tray.

6. Clean your nail clippers to ensure you are not spreading the infection to your other toes, or other members of the family.

7. Keep your nails short, this removes all old fungal debris, meaning there is less around to infect the new nail growing through. If you continue to struggle with fungal infections in your nails and you are looking for further treatment, call Hobsonville Podiatry and our friendly Podiatrist, Lauren will be happy to help.

****Not all discoloured/misshapen nails are fungal toe nails.** Psoriatic nails, drug reactions, bacterial infections, yellow nail syndrome, melanomas under the nail, thyroid disease and periodic nail shedding can all present very similarly. Prior to commencing any type of treatment for your nails you should get a professional diagnosis.

Lauren Peet, Podiatrist visit www.hobsonvillepodiatry.co.nz or phone 09 390 4184.

HERE COMES THE SUN

And even if it doesn't, do you know you need to wear sunglasses anyway? It's all about glare and the damage that ultra violet light can do to your eyes. Wear good quality polarised sunglasses as soon as you walk outside and you will be amazed how relaxed your eyes are at the end of the day. And you have protected them.




The best sunglasses are Maui Jims from the US. Look through these amazing lenses and be prepared to be wowed. And you can also have them in your prescription.

Try Maui Jims, Rayban, Oakley and high French fashion sunglasses at Hobsonville Optometrists 413 Hobsonville Road in the old service station!!

HOW FULL IS YOUR EMOTIONAL CONTAINER?

For most of us, a normal and good life involves exposure to stressful events. A metaphor that therapists sometimes use to illustrate the psychological ability to be resilient and manage stress, is that of an internal container. This container can overflow when we haven't kept the levels down and this can look like having a meltdown, a panic attack, depression, or fighting with the people you love. Working with a therapist can not only help prevent this container overwhelm, but can help you develop more resilience via self-care and good connected communi-



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cation. Sometimes we aren't aware that our container is close to overflowing because we don't often check in with that aspect of ourselves and then we (as well the person who triggers the reaction) are surprised by our loss of emotional control. Don't feel bad if you have experienced this, sometimes our container is stretched to breaking point by current circumstances that resemble old traumatic events from our past that we had thought were resolved. Psychotherapy and counselling can help both with accepting yourself and lowering the level of the contents in your container. If this sounds interesting please phone Sarah Hamilton, Psychotherapist practising in Riverhead Road 021 477 523.

BENEFIC THAI HERBAL COMPRESS THERAPY

Benefic Thai Herbal Compress Massage Therapy provides a unique therapeutic treatment whose benefits have been enjoyed for centuries in Thailand and throughout the world.



The exquisite and powerful effect of combining herbal, aromatic, thermal and massage therapies simultaneously in one treatment is simple yet extremely effective. Once the compresses are steamed to release their powerful oils, the scent emanating from the compresses gives a rich preview of what's to come. The pores open allowing the holistic healing properties of moist medicinal herbs to be absorbed into the skin and body. This induces a deeply relaxed state, where ailments such as; stiff, sore or pulled muscles and ligaments, back and neck tension, stress and anxiety will get relief. This truly holistic treatment leaves you totally rejuvenated with a true sense of well-being. Phone Paula at Spa Di Vine 09 411 5290 or email relax@spadivine.co.nz for your appointment.

CALLING OUT TO ALL LADIES

New Year New You 2017 - 8 week ladies challenge. Let's celebrate the start of a New Year - women supporting women. Ladies - most of us have a pre-determined mindset this time of the year we've set New Year's resolutions and not long after it has started "I can't" sets in. Strength comes in all shapes and sizes, don't spend all of your time trying to be someone you are not supposed to be, you are the strongest as you and even stronger as the best of you. Embrace who you are and build your own strength. Kumeu Gym Ladies only New Year New You Challenge is here to help remove these common misconceptions, to change these "I can't" into "I can, I will, I'm strong, I'm determined" to build your



Ladies only Weight Loss Challenge

- Body Composition before, midway and end
- Assessments, before, midway and end
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- Tips, Advice & Motivation along the way!!
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own you and reach the goals you are wanting to achieve. If you are new to the area, this is a fantastic opportunity to meet new people all while getting fit in a fun and safe environment. Check out our link Kumeu Gym website and face book for details or ask at gym reception www.kumeugym.co.nz/new-year-new-you.html. Register now - Challenge start date is Saturday the 18th March - limited spaces.

LOOK SWELL AND PROTECT YOUR EYES THIS SUMMER

With the unseasonably cool weather behind us, we think it's safe to assume an Indian summer is on its way. With that said, there's no better time to ensure you have the correct sun protection for your eyes. Our polarised sunglasses lenses have an ESPF of 50+ giving you 100% UV protection. The best part? They're prescriptible. Pair them with one of our stylish new season frames using our sun wear package.



Westgate Optometrists

Phone: 09 831 0202, Website: www.westopt.nz, Facebook: www.facebook.com/westgateoptometrists.

\$75 = EXPOSURE FOR A MONTH

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





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I only send out one newsletter every month or so with specials, so I will not clutter your inbox!

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

See: www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

HOW SECURE IS YOUR WEBSITE?

As we rely on the web and mobile app solutions more and more we need to consider the protection we are providing our customers. One of the many ways to improve protection is to operate your web site behind a Content Distribution Network (CDN). A CDN is a globally distributed network of servers deployed in multiple locations

around the globe. Their goal is to deliver content to users with high availability and high performance and at the same time manage and improve security. When a customer accesses your website they are actually connecting with a CDN server close to them - rather than wherever your server is located. This greatly improves performance for your customers around the world. At the same time the CDN monitors access to stop hackers. When something bad is detected it can take appropriate steps to block the hacker. There are many CDN solutions available today - all aimed at different sorts of customers. If you value the continued performance and security of your website or application please contact 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.



CHILDREN AND FINE MOTOR SKILLS

Teachers are often concerned at the number of children entering their classrooms who have under-developed fine motor skills. This usually means they do not hold their pencil in the best way to produce neat, legible handwriting efficiently.

What are Fine Motor Skills? Motor Skills are divided into two categories: Gross Motor and Fine Motor. Gross Motor Skills are the coordination of movements that are required for large movements: crawling, running, jumping, throwing, climbing, etc. These are the skills that develop first. Fine Motor Skills are the coordination of movements that are required for small mus-

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cle movements: cutting, writing, opening water bottles, tying shoes, etc. Both sets of motor skills work together to help us function through our day, but fine motor skills are the more detailed of the two skills.

Why Develop Fine Motor Skills? Do you really need to focus on Fine Motor Skills? Won't kids just pick up on them? To a certain extent, yes, kids will develop them as they go through life, but I'd argue that they might not be fully developed without some intentional practice. If we truly want to set up our children for success, I think it is important for us to set up opportunities for them develop.

Fine motor skills are important because they directly impact how well a child can write and cut paper. In this digital age, this skill is often neglected as children spend so much time on touch-screen devices from an early age.

At Kip McGrath Education Centres we ensure that children who need to develop their fine-motor skills are given the opportunity to do so, each time they come for a lesson.

Contact Lynne at the Westgate Kip McGrath Centre for more information – 09 831 0272.

COME ON, TRY SOMETHING NEW IN 2017

Activities for Children:

Storytime: Mondays at 10.30am - Stories, songs, rhymes and a fun activity for children aged 3 to 5 years.

Homeschoolers' Make: Build: Do: Wednesdays during school term at 10.30am, starting 8 February - An hour of constructing, creating and fun for children aged 8 to 13.

Make: Build: Do: Thursdays during school term at 3.30pm for children aged 8 to 12, starting 9 February - What can you build in one hour?

Rhymetime: Fridays at 9.30 - 10.00am - for pre-schoolers aged 18 months to 3 years.

Wriggle & Rhyme: Fridays at 10.30 - 11.00am - for babies 0 to 2 years.

Activities for Adults:

Book Chat: 10.30am on the first Tuesday of every month, starting 7 February - come and chat over a cup of tea about what you

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have enjoyed reading.

Crafternoon: 2.30pm on the last Wednesday of every month, starting 25 January – make a different craft every month.

Book Club: 7.00pm on the 4th Thursday of each month, starting 26 January. Join in our lively discussions – every month we read a different author, genre or theme.

There's always something happening at Kumeu Library - follow us on Facebook to keep up-to-date (www.facebook.com/kumeulibrary)!

NEW MURIWAI BEACH RESCUE VEHICLE READY

A new main emergency response vehicle has been introduced at Muriwai Beach this summer, thanks to two local businesses.

When the Muriwai Volunteer Lifeguard Service needed to replace its key rescue vehicle, a lifeline was thrown by Kumeu's Cottle Motors and North Western Toyota.

Geoff Cottle and his team have donated their time for years servicing the club's equipment. "So when they needed help to outfit their new four-wheel drive ute and equip it for life on the beach we were only too happy to swing into action and enlist the help of some other local firms also," Geoff says.

The double cab Toyota Hilux has been outfitted with surf life saving equipment and emergency medical kits, including a defibrillator, with Cottle Motors installing warning lights and sirens, radio communications, arranging corrosion resistant undersealing and providing a preventative maintenance pro-



gramme.

"It will play a vital role in the response by lifeguards to a wide variety of incidents along Muriwai Beach, as well as in the adjoining Woodhill forest and often farther afield," head lifeguard Oliver Tyack says.

"Muriwai's operating conditions demand an emergency life-guard response vehicle of this type and standard", Oliver says. "Increasingly, we are being called to incidents a long way up the beach, sometimes as far as the Kaipara Harbour 35km away." It was used during the Francie boating tragedy in which eight men died.

The new ute is not just for surf rescues. Lifeguards frequently back up the local fire brigade and St John Ambulance first responders.

"Sometimes we are the first to arrive, and we need the proper gear to deal to situations," Oliver says.

Costed at \$40,000, the vehicle was about to present the Muriwai club with a major funding challenge. But North Western Toyota provided a sponsorship package and Avondale based Vehicle Construction and Maintenance built and installed equipment rack systems. Along with Cottle Motors' involvement, that reduced the club's cost by half.

Lifeguards are on duty every weekend and during public holidays until Easter.

Visit www.lifesaving.org.nz or search Surf Life Saving Northern Region on Facebook for more.

WAIMAUKU TENNIS CLUB

Waimauku Tennis Club is recognising two significant milestones with the re-opening of the tennis courts on February 22nd.

When Helen Fisher took over as President of the 108 year old



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club she knew that she had over one hundred club members relying on her to continue the dedicated work of the previous presidents and volunteers. "I recognised we had some challenges, the courts were in urgent need of re-surfacing, but I also knew I had the support of Dave Patterson, the past president, and the committee to get the job done". Finding in excess of \$80,000 was no easy task but years of community fund-raising by the club meant they had a reasonable portion and with the assistance of NZCT and Four Winds Foundation who provided generous grants the club was able to proceed with the project. Club members were canvassed on the court colour, narrowly voting for the striking blue and green colours. The new Tiger Turf courts have totally transformed the club, when visiting teams come to play the members can be proud of the high quality playing surface and lights which were installed in 2013. Reading the club archives shows the members knew the value of having a tennis club in the heart of the community and just how forward thinking the club has been. Back in 2008 the then Rodney Council was drafting the Waimauku Structure Plan, the club recognised their future was at risk as the land the club occupied was owned by the Bowling Club and was zoned residential. Wanting to ensure the club could continue to be enjoyed by the community the club worked with the bowling club and the RSA and prepared a submission to the then Rodney District Council to propose the land could be vested in the Council and zoned open space under the district plan. The council responded positively by zoning the land as open space within the draft structural plan and then completing the purchase of the land from the Bowling Club in 2014(?). The Rodney Local board is now working with the club on issuing a community lease which will allow the club to continue to occupy the land. The club is one of 23 clubs affiliated to Tennis Northern and enters junior and senior teams in the Tennis Northern Interclub

and North Shore Ladies Day competitions. Senior Club tennis runs Monday, Wednesday and Friday mornings all year round with twilight social tennis under the lights on Wednesday evenings. The club has a thriving junior membership which means the busiest day at the club is Wednesday when the juniors get together for their club day. All sessions are open to visitors and the club welcomes new members. Tennis Monsters operates from the club providing professional coaching for juniors and seniors most days of the week. For more information:- www.sporty.co.nz/waimaukutennis or email waimaukutennis@gmail.com or www.tennismonsters.com.

INACTION IS DETRIMENTAL

Usually the difference between what we want and what we get can be lack of action. It can be said that our results are in direct proportion to the amount of action we are prepared to put in. The funny thing is, lack of action is not about not knowing what to do.

I think we all have a fair idea about what to do. The actual things we are required to do to get what we want aren't hard – picking up the phone and speaking words to somebody isn't hard. The act of going to the fridge and picking carrots and humus instead of making toast isn't strenuous. Typing that overdue email isn't tough – you can do it sitting down. Even getting out for a walk or a run or the gym requires you to put clothes on, put shoes on and move your body. None of this requires a special skill that we don't have yet. It's the fact that we don't do the things that will give us great satisfaction and a sense of progress that is so interesting. Some of us can see our 'not doing' very clearly for what it is, and for some of us it is a blind spot.

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We are excited to announce the newest addition to our Showhome collection, Huapai, has opened its doors.

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This showhome is a must see with its modern twist on a barn design, clever use of black accents throughout (very unique!) and the beautiful contemporary styling.



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My job isn't to convince you to act. Any convincing is pointless. It doesn't work. We can talk about what you're going to do and how you'll feel when you do it but it's usually not enough. You may be different and do different things for the next couple of days or you may do a lot of talking about our idea and what you are going to do but most of us find long term change tough. To change and start taking actions in line with someone who earns double what you earn right now requires change. To start taking actions in line with someone who weighs 8kgs less than you weigh now means something must shift.

I think we need to feel inspiration and motivation in our own bodies in our own ways. We are all different. Something needs to go 'click' for each of us personally to WANT to take action. You really can't force action. It's a by-product of a feeling or a way of being. And that feeling is usually 'yes I will!'. How we each get to our 'yes I damn well can and I will' is different.

So my job is to help you know - and know extremely well - what it is you want and then remember what it is you want every day. If action starts with a different feeling, then I am an expert in getting you to feel exactly what you need to so more action naturally occurs. A lot of us under estimate just how much of our day we spend emotionally pushing away all the things that would make us happy. We emotionally want what we don't want without meaning to. What I do is unique. It is coaching and goal setting but you don't leave having done an exercise in values. I instigate a conversation where you have no choice but to tune into your own truths. You leave after you have completed your first meditation - purposefully choosing from your wisest place feelings and emotions in line with greatness. (Don't worry its really easy) Doing a mediation like this is extremely powerful and healing (I would like to start working with people with illness). When we choose to feel powerful, positive inspir-

ing emotions - on purpose - our life starts to play out differently. We now start creating on purpose. I believe that life is playing out equal to who you being (thinking and feeling). So look out when you start putting yourself in the 'zone' each day. Our bodies have a chemical, biological reaction to any emotion we feel and life starts to respond in remarkable ways. ACTION starts to become easier and more natural. Call or email Anna for a session. 021 555 658. anna@thinkyourbest.co.nz.

SHOE TALK'S TIPS ON HOW TO FIT SHOES

- Try both shoes on, you really want to have the footwear on both feet as it will feel different and sit differently on each foot. Also have you ever tried on a high heel when you had a sneaker on the other foot and then done the "bob-hop" around the shop?
- Buy the shoes that fit your larger foot. You can always make a shoe fit better with heel grips and insoles.
- I love high heels but ladies if you are going to be walking a long distance, wear a pair of flats or sneakers and change over at your destination.
- There needs to be room for your toes, they should not feel cramped and in sports shoes you should be able to wiggle them up and down and side to side.
- Try to select footwear that is shaped like your foot, if you have bunions, select footwear that has a nice supple or soft leather upper, so that it will stretch over this area.
- Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down



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excessively on your heel when you walk.

- Buy shoes with padded insoles and good out soles. These take the impact away from your joints.
- Your foot bed should not be wider than the shoe, there should be no spill out, spill over, or ballet flats that do not cover the tops of your feet at all.

If you are selecting footwear and the ones you "love" don't fit correctly and the ones you "like" do, buy the ones you "like" your feet will "love" you forever!

CHANGING LIVES ONE WORD AT A TIME

Sunday 19th March. 10am to 1pm

Using the proven DanksDavis programme, Jeanette Williams helps tutor those with dyslexia and other learning difficulties. The method, which was developed by a New Zealander with dyslexia, improves spelling, reading, writing and comprehension by following a Seven Step programme.



Tailored to suit each individual's learning style, and successful with both adults and children, Jeanette still finds the work very rewarding after sixteen years. She loves to see the students' confidence improve as they realise they can do it. Kaukapakapa Library is open in conjunction with the Kaukapakapa Village Market, every third Sunday of the month. Contact Megan Paterson 021 959 017 or threehorses@xtra.co.nz.

2ND APRIL 2017 - ARE YOU READY?

It's the Club Physical Whenuapai Half Marathon Event. Are you training for a bigger event or just wanting to achieve a milestone in your exercise plan? Come and do either a 6km, 10km or 21km, walk or run just for you. New event is a 2km for kids only. Experience the course going through the rural area around Whenuapai and its Airbase. For the 21km going around Herald Island. See the new developments around the area and get a medal for finishing. All details of registering is on the website whenuapaihalf.co.nz. See you there.

HIREPOOL - ALL THE GEAR FOR ALL THE JOBS

Towards the end of last year Kumeu Hire joined the Hirepool Family and so far so good... Hirepool have been in the hire game a long time... over 60 years and we don't plan on retiring any time soon. Our national footprint now totals over 80 branches

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THE HERBALIST CRAFT BEER

The Herbalist craft beer has been created by local woman Rebecca Stenbeck, who has grown up and lived in Kumeu all of her life. Rebecca was exposed to brewing from a very young age by her grandmother and has carried on this ancient tradition of women brewing for their menfolk.



Incorporating brewing and her experience as a qualified Herbalist and Naturopath has allowed Rebecca to create a range of tasty craft beers that are infused with herbs and brewed with GE-free New Zealand barley and hops.

Manuka Ale, 5.4% - This highly refreshing ale is finely infused with Manuka Leaves, Fennel Seeds and Burdock Root.

Rosemary and Liquorice Ale, 5.4% - Infused with a hint of Rosemary and Liquorice to excite the taste buds and pair to lots of foods.

Nettle & Bilberry Lager, 5.3% - Well balanced and layered with subtle interesting flavours.

Local stockists: The Bottle-O Huapai, Norwest Liquor, Boric Food Market Kumeu, Hobsonville Kitchen and 4 Square Parakai. Visit www.theherbalist.co.nz.

NEW BEER MAKES RED WINE & MEAT PAIRING A THING OF THE PAST

Kumeu News

In breaking news, a new herbal-infused craft beer has been hailed as the new favourite when it comes to pairing red meat at dinner time. THE HERBALIST has formulated a Rosemary & Liquorice Ale using real Rosemary leaves and Liquorice Root (not to be confused with the confectionary form we are used to), along with New Zealand-grown hops and malt, and made in the style of a pale ale. The Rosemary & Liquorice Ale enhances the diner's experience of enjoying their favourite roast lamb or beef, herbed sausages and even Asian-style stir fries. One country woman reports the Rosemary & Liquorice Ale even pairs well with cakes and desserts (good heavens, what next!). Get yours today and join the beer and meat pairing revolution.



The alleged beer making waves in dinner circles. Available at: The Bottle-O Huapai, Norwest Liquor, Boric Food Market & Hobsonville Kitchen.

HELLOWORLD HOBSONVILLE SCOOPS AWARD

Lesley Johns of helloworld Hobsonville once again was the top agent for Scenic River Cruises across New Zealand for the 4th year in a row. The glamorous event, held at the Ivy Ballroom in Sydney, recognised the ongoing hard work and commitment from its top agents in Australia and New Zealand.



Carolyn Hedley, also pictured, holding her Masters of Cruise Consulting Certificate awarded by CLIA (Cruise Lines International Association Australasia). The Masters Certificate is the highest level that can be achieved after significant training to provide professional cruise information and reservations.

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If you would like to visit our wonderful Centre, 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 09412 8055.

PHELAN'S LOCAL BOARD UPDATE MARCH 2017

There is a glimmer of light on the horizon with our traffic woes.



Between Waimauku and Brighams Creek \$73 million will be spent over the next two years on road improvements. Briefly the projects are;

The new Waimauku Roundabout (\$6 million) an NZTA (central government) project due to be finished in early 2018, maybe sooner depending on weather conditions over winter – my fingers are crossed for a dry one. The webpage for this project is: www.nzta.govt.nz/projects/muriwai-roundabout/
The Station Road / Tapu Road realignment and Access Road /



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SH16 improvements (\$24 million) both of which are related to the 'Huapai Triangle' development on Station Road. This is an Auckland Transport (Auckland Council) planning is underway with construction due to start at the end of this year. This will see a new traffic light controlled intersection on SH16 with Station and Tapu Rd opposite each other. Access Rd will see an extended slip lane for traffic turning into Access Rd from SH16 and level crossing improvements.

The 'Safe Roads Alliance', a consortium of NZTA and construction firms that's goal is to deliver "timely and tangible" projects – this means they specifically look at projects that can be completed quickly. This \$43 million project is looking at a number of things including a new roundabout at Coatesville Riverhead Highway / SH16, plans are due out early this year. You can keep an eye on this here: www.nzta.govt.nz/projects/sh16-brigham-creek-and-waimauku/

The above work is the first part of the 30 year transport plan that was consulted on last year. This is a joint plan between NZTA and AT identifying major transport links, public transport provision and alternative routes to accommodate urban growth in the North West. The timing of this work will be dependent on Council's revised Future Urban land release strategy and by the time you read this it is likely this will be public. If council chooses to delay green field developments in favour of inner city intensification this will give us some breathing space to ensure detailed plans and budgets are in place well before the next wave of development starts in Huapai and Riverhead.

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

FACIAL ECZEMA – IT'S THAT TIME OF THE YEAR

Each year I like to send out a reminder around FE time to jog people's memory as to the hazard it presents.

To put it in perspective FE is responsible for serious production losses in NZ each year to the tune of around \$200 million to the sheep, cattle, dairy and our alpacas.

The disease causes liver and skin damage, reduced fertility, reduced milk and meat production and if left unprotected can cause death.

During summer and autumn months, warm humid conditions together with dead litter in pasture support the growth of fungus (*Pithomyces chaturum*) in pasture. Animals graze toxic pasture and once in the rumen, the spores release a mycotoxin sporidesmin which severely affects the liver. Animals will show signs of photosensitisation (avoid strong light) and look distressed. The first signs are reddening and swelling of skin exposed to the sun as well as restlessness, shaking and rubbing of the head and ears, and seeking shade.

Most vets in the area can test grass samples for spore counts which will give you an indication as to your level of risk and rec-

ommend various treatment or prevention methods generally based around the application of zinc in a variety of manner depending on what stock you run.

At this point in time Rodney has a quite low spore count, this can change due to climatic conditions. The only way to prevent stock losses is to remain vigilant, test your pasture and consult your local vet who will have a handle on what's happening in your area.

If you have any further questions on this critical issue or any other questions on maintaining your lifestyle block contact Lyndsay Kerr from Mike Pero Real Estate, Kumeu your local rural & lifestyle real estate specialist lyndsay.kerr@mikepero.com or 027 554 420, if I don't know the answer I know somebody who will.

AUCKLAND POULTRY AND PIGEON ASSOCIATION

Auckland Poultry and Pigeon Association 91st Annual Winter Show Venue: Gate 2, Kumeu Showgrounds, Access Road, Kumeu. Date: 4th & 5th July. Entry is \$5 and Children are FREE. Sausage sizzle and refreshments available. There will also be chickens for sale and poultry care products for sale. The show is an exhibition of many different breeds of heritage poultry and pigeons. (Open to the public after the Judging) Saturday 12pm - 5pm, Sunday 9am - 1pm.

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Rainer and Edith Zeltwanger, the company owners, have got some very exciting news.

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Andreas worked previously at Giltrap Group in VW technical product support, Porsche technical support and training and as Audi technical trainer teaching franchise technicians from all over New Zealand the latest technology. Two first places in the New Zealand VW technician of the year competition are further proof of his outstanding ability.

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URBAN DEVELOPMENT AUTHORITIES – GOVERNMENTS NEW TWIST ON HOUSING

Last week the Minister Nick Smith proposed a 'new phase of development' under a proposed 'Urban Development Authority' being created by the Government.

The proposal is to have a new Authority will have the power to compulsory acquire land and levy costs for infrastructure. This proposal, if it becomes Law, will enable this new authority to bypass the current and proposed zoning of the new Unitary Plan in Auckland.

Whilst consultation is promised, that didn't occur with the old SHAs proposals in our District.

This authority if it ever became Law will negate the long process of zoning and zoning changes under the Unitary Plan. That can lead to 'ad hoc' developments being proposed by the authority

without any respect to the zoning or structure plan processes. The indisputable evidence from the SHA planning is that designs have been done to suit developers interests. With the absence of a Structure Plan in place for Kumeu-Huapai there is little to prevent further intensification occurring.

The lack of infrastructure of roading, schools and transport solutions didn't halt the two SHAs underway in our District. The new growth hasn't addressed the need for a overall plan to be in place.

The clear indication is for the minister to pick off areas irrespective of zoning and services to create the new housing areas.

The obligation to consult the community, I have doubts about, as the SHA process in the past had a very limited opportunity for public participation.

Kumeu has very limited acceptable infrastructure therefore levies on new development might not solve all the issues.

Given that the Auckland council is now delaying the Structure Plan for the area until 2018, the potential for further damage by 'one off' development blocks in Kumeu is a possibility. The absence of the Structure Plan means we will have little protection from the Minister's new initiative.

Yes, we do need more housing to satisfy demand, but the placement needs to be in areas where infrastructure is provided.

Otherwise the increase in housing will create further pressure on roading and services in our District.

Solving the housing problems in our area will simply create more infrastructure pressures.

Pete Sinton, Chairman - Kumeu-Huapai Residents & Ratespayers Association phone 09 412 2016 or petesinton@townplanner.co.nz.

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Prize includes: Return flights on Air New Zealand from Auckland to Samoa, return airport to resort transfers, 3 nights accommodation staying at Sinalei Reef Resort & Spa, daily full buffet breakfast, afternoon tea, complimentary use of kayaks, snorkels, golf course and tennis courts. Valued at \$2,089. Booking conditions: Valid for travel March - May 31 2017, Guests must be 12 years of age or over, Prize is not transferable, cannot be sold or redeemed for cash.



Beautiful
SAMOA



AIR NEW ZEALAND 

See us instore today **09 831 0018**
18 Westgate Drive, Westgate

Our opening hours are Monday to Friday 9am – 5pm, but we're more than happy to accommodate any other times after hours or during weekends by appointment.

Located on Westgate Drive, there's ample parking out front and friendly, professional, knowledgeable customer service waiting for you to help plan your dream holiday.



\$75 = EXPOSURE FOR A MONTH

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

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Wed 1 Mar	00:36	06:56	12:54	19:19	-
Thu 2 Mar	01:17	07:38	13:36	20:03	-
Fri 3 Mar	02:01	08:23	14:21	20:48	-
Sat 4 Mar	02:47	09:11	15:09	21:38	-
Sun 5 Mar	03:39	10:05	16:04	22:33	-
Mon 6 Mar	04:39	11:07	17:09	23:38	-
Tue 7 Mar	05:50	12:19	18:22	-	-
Wed 8 Mar	-	00:50	07:06	13:33	19:38
Thu 9 Mar	-	02:02	08:17	14:39	20:45
Fri 10 Mar	-	03:06	09:17	15:36	21:42
Sat 11 Mar	-	03:59	10:08	16:26	22:31
Sun 12 Mar	-	04:47	10:52	17:10	23:14
Mon 13 Mar	-	05:29	11:33	17:51	23:53
Tue 14 Mar	-	06:08	12:09	18:30	-
Wed 15 Mar	00:28	06:45	12:43	19:05	-
Thu 16 Mar	01:01	07:20	13:15	19:40	-
Fri 17 Mar	01:33	07:54	13:46	20:13	-
Sat 18 Mar	02:06	08:27	14:21	20:48	-
Sun 19 Mar	02:43	09:04	15:00	21:26	-
Mon 20 Mar	03:25	09:46	15:46	22:11	-
Tue 21 Mar	04:18	10:41	16:44	23:10	-
Wed 22 Mar	05:23	11:53	17:53	-	-
Thu 23 Mar	-	00:24	06:38	13:12	19:10
Fri 24 Mar	-	01:40	07:48	14:18	20:18
Sat 25 Mar	-	02:43	08:46	15:12	21:14
Sun 26 Mar	-	03:35	09:36	16:01	22:03
Mon 27 Mar	-	04:22	10:22	16:46	22:48
Tue 28 Mar	-	05:07	11:06	17:31	23:32
Wed 29 Mar	-	05:51	11:50	18:14	-
Thu 30 Mar	00:15	06:35	12:33	18:58	-
Fri 31 Mar	00:59	07:20	13:18	19:43	-

Source: LINZ

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

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

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Feijoa
Unique
NOW
\$12⁹⁹



Feijoa Unique is the only truly self fertile variety.



Daffodil
Cheerfulness
25 pack
NOW
\$9⁹⁹

Now's the time to start planning your spring bulb garden

Wanaka 23 Jet Spa

NOW ONLY
\$5,999

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SAVE **\$1,000**



FREE



Cedar Steps
Valued at **\$299**

OR

FREE



Cover Lifter
Valued at **\$349**

with any OTHER spa pool*

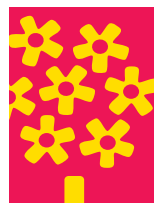
*Free offer applies to any model EXCEPT Wanaka.

Offer valid until Sunday 2nd April 2017.

Not eligible for Palmers Rewards points.

Trueform
SPA POOLS

Northside Drive, Westgate. Ph: 09 810 8385
Mon-Fri: 8.30am - 5.30pm Sat-Sun: 8.00am - 5.30pm



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CANADA AND ALASKA, 10 NIGHT CRUISE

From **\$5,700***
pp Deluxe Ocean View

Departs Seattle 21 August 2016,
Arrives Vancouver 31 August 2017



Other Stateroom Prices:

Category A3 Concierge Level Veranda: \$7220pp

Category A2 Concierge Level Veranda: \$7300pp

Category A1 concierge Level Veranda: \$7590pp

Category PH3 Penthouse Suite: \$9160pp

Category PH2 Penthouse Suite: \$8450pp

Limited cabins at these prices.

COME ALONG TO AN INSPIRING & INFORMATIVE CANADA / ALASKA EVENING

Includes:

Rocky Mountaineer, Cruising,
Guest Speaker, Wine & Nibbles.

**6pm, Wednesday
15th March 2017**

Please phone or email to register