

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

**EVENTS AND UPDATES**  
**KUMEU SHOW TURNS 97**

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

**KUMEU FILM STUDIOS A "MASSIVE" ASSET**

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

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

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

March 2019

# Intro

Time and tide wait for no man, that's clearly true as somehow, it's already March! I'm sure it was Christmas just 2 weeks ago. As we head further into 2019 there are plenty of fun things to do out in our wonderful community. Enjoy the beautiful warm weather while you can and make the most of this lovely summer by attending the 97th Kumeu Agricultural and Horticultural Show on March 9 and 10. It will be a massive event where a resurrection of some old time displays and competitions is planned to make it even more memorable. After proving a show favourite last time, Chelsea Marriner and her performing Dog Stars are back to wow the crowds. They featured on TVNZ's New Zealand's Got Talent in 2008 and 2012 and have performed at many events around the country, such as the Mystery Creek Fielddays. Entertainment includes a More FM talent quest for groups and individuals on Saturday March 9, with details on its website. Two bands will be in action, and carnival rides from Mahons Amusements on both days are sure to attract the younger set. A poultry show, indoor exhibits such as baking, preserves, art, photography, home crafts and more; alpacas, Highland dancing, and equestrian displays help round out many of the events. More than 200 trade displays will be there, along with plenty of food stands. The Kumeu Film Studios has a display about its nearby facility at the former particle board factory site. Huapai District School will also be promoting its centennial the following week. Sunday's line-up includes a Strongman Competition, the giant pumpkin competition, a motocross display and a tractor parade led by a pipe band. More than 30,000 visitors are likely to attend the two-day show, with traffic management systems in place and alternative routes available. Show parking is free. Visit [www.kumeushow.co.nz](http://www.kumeushow.co.nz) for more information. Remember to book the weekend of the 6th and 7th April to visit the Muriwai Arts Open Studios. Nine studios will be open representing 12 artists. Media include ceramics, embroidery, jewellery, mixed media, painting, photography and sculpture. Most studios will be open from 11am - 5pm where you can meet the artists in their creative spaces. To plan your self-guided tour with friends and family open studio maps will be available from the Kumeu library, the Surf Club at Muriwai and on [muriwaiarts.co.nz](http://muriwaiarts.co.nz). For more information contact Judy Stokes [judydystokesphotography@gmail.com](mailto:judydystokesphotography@gmail.com) or Joss Hong [joss.hong@gmail.com](mailto:joss.hong@gmail.com).

As always, Stay safe – Be Kind  
Sarah

**Disclaimer:** Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Kumeu Courier Limited. Articles are not to be re-published unless written consent is granted from the publisher (Graham McIntyre).



# kumeu Courier

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Cover photo: Kumeu Film Studios

Print run is 10,000 copies through Treehouse Print

Email database is managed by Sublime NZ



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# PEOPLE & PLACES

## KUMEU FILM STUDIOS A "MASSIVE" ASSET

Stories by Geoff Dobson.

The thriving Kumeu Film Studios are a key contributor to the Auckland region's economically important screen industry while benefitting the Kumeu district and surrounds.

The industry earned more than \$1.1 billion in gross revenue from production and post-production, the former sector supporting 3500 jobs across 1600 businesses (2017 figures) mainly in the West Auckland screen heartland.

The studios are attracting significant attention worldwide, and high demand for the world-class facilities at Kumeu is likely to see them at capacity for the foreseeable future, says Pam Ford, economic development general manager at Auckland Tourism, Events and Economic Development (ATEED), which operates the Kumeu Film Studios (KFS).

She cites as an example of the value KFS creates, that when major productions are in full swing there can be hundreds of people working on site, many spending discretionary income in the area.

"The productions themselves spend a lot of money directly



with local suppliers of materials such as timber for set building, additional security if using locations, rental equipment such as generators, food and beverages for staff on site, and accommodation for visiting crew and cast."

During filming of international shark block-buster *The Meg* at KFS and on the seas around Auckland in 2016, 13,300 accommodation nights were spent in New Zealand.

The former Fletchers industrial site and the studios on it are owned by Korean New Zealanders the Ryu family.

The studios were established through an agreement between international studio giants Warner Bros (US) and Gravity Pictures (China), the New Zealand Film Commission on behalf of the Government, and ATEED on behalf of the Auckland Council. ATEED signed a long-term lease with the Ryu family to secure the site.

ATEED manages the studios and recently appointed experienced professional studio managers to ensure its continued smooth running.

The studios' development for *The Meg* included Warner Bros and Gravity funding construction of the first two film studio water tanks ever built in New Zealand - an indoor five-metre deep, 1.3 million litre dive tank with pure heated water; and an outdoor 3m deep, 2.5 million litre ocean horizon tank backed by an 864 sqm green screen wall.

The Ryu's land was ideal for a significant film studio, with warehouse buildings for production and costume needs, lots of space, a forested backlot, and proximity to many of our region's key outdoor shooting locations, Pam says.

The original manufacturing buildings have been extensively upgraded for use by production houses, while two new sound stages of 2336.3 sqm each have been added.

The site also features an additional 4036 sqm stage nine to 11 metres high, a 6160 sqm workshop and secondary stage/manufacturing space, a 1215 sqm production offices area with fibre connection and wi-fi fit out, the two water tanks, a permanent



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70.6m by 13m green screen wall with a 920 sqm surface area, and the 12ha forest backlot.

Strong interest is shown in more infrastructure to support the high volume of productions wanting to come to Auckland, Pam says. "This reflects a significant ongoing growth in world demand for studios. KFS is one of many such facilities that is being considered for extension."

Tours of KFS are unlikely.

"While we would love to share the success of KFS with the community and tell them more, we are governed by strict confidentiality agreements with production companies around what is being filmed," Pam says. Health and safety regulations around potential hazards such as the pools and moving machinery also severely limits access.

"We had hoped to host an open day at the site itself. However, back-to-back productions and the nature of the site meant that wasn't possible," Pam says.

Instead, KFS will have a Kumeu Show stand to talk directly to locals.

"We intend to invite a number of the studios' direct neighbours to come along, but obviously welcome the wider community to visit the stand and see some of the great things happening at the studios," Pam says.

"We are keen to develop positive relationships within the local community and build an awareness of the facility and the value that it brings to the region."

The major television series *The New Legend of Monkey* (Netflix, Jump Film and See Saw Films) and the feature film *Adrift* (Huayi Brothers, Lakeshore Entertainment, RVK Studios and STX Entertainment) followed *The Meg* into production at Kumeu.

Last year, the studios were used to film a major feature film for Disney.

The facility has also been used by a number of smaller productions including television series and commercials.

Some included Auckland Council-owned public places where permit fees apply based on the size of the production. A percentage of those fees are then channeled back to the relevant local board where filming took place, with the aim of supporting the local community.



During major productions more than 1000 people can be on site daily.

The *Meg*, for instance, saw Kiwis form 87% of the 909 crew, while 14 heads of departments were New Zealand residents and more than 2200 New Zealand extras were employed.

Productions at Kumeu have accelerated the experience and ability of many individuals involved in our region's screen industry, Pam says.

Noise and lighting may impact on immediate neighbours, with traffic management on Access Road sometimes required.

"We really appreciate the community's understanding. Our site manager's goal is to keep dialogue open with our neighbours, and we can assure local residents that we do our best to work with productions to minimise any inconvenience," Pam says.

"We believe the studios are a massive asset to Kumeu."

## KUMEU SHOW TURNS 97

The 97th Kumeu Agricultural and Horticultural Show on March 9 and 10 will barely be over when preparations begin for the show's centennial in 2022. It will be a massive event where a resurrection of some old time displays and competitions is planned to make it even more memorable.



In the meantime, organisers such as Kumeu A & H Society president Jane Sparnon, and show manager Lizelle Westman, are working hard to ensure the success of this month's event.

A possible drawback has been turned into a plus following cancellation of most cattle displays and competitions because of the threat of mycoplasma bovis disease.

The show's cattle sheds will instead become a walkthrough farm zoo where children and adults alike can view, pet and feed a variety of farm animals, including sheep, pigs, goats and rabbits.

Highland cattle from a mycoplasma bovis-free farm will also be on show.

Woodchopping returns with world champion axeman Jason Wynyard again leading the Auckland Axemen's Club team in an international timber sports competition, much of it featuring on Sky Sport.

Jason's wife Carmen, a notable competitor herself, hopes to inspire a women's competition.

Shearing remains a big attraction with the Kumeu Summer Shears and the ANZ Northland Shearing Competition finals on at the show, the events including about 10 top national contenders.

After proving a show favourite last time, Chelsea Marriner and



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her performing Dog Stars are back to wow the crowds. They featured on TVNZ's New Zealand's Got Talent in 2008 and 2012 and have performed at many events around the country, such as the Mystery Creek Fieldays.

Entertainment includes a More FM talent quest for groups and individuals on Saturday March 9, with details on its website.

Two bands will be in action, and carnival rides from Mahons Amusements on both days are sure to attract the younger set.

A poultry show, indoor exhibits such as baking, preserves, art, photography, home crafts and more; alpacas, Highland dancing, and equestrian displays help round out many of the events.

The show aims to get schools involved with a Saturday competition for pet lambs

More than 200 trade displays will be there, along with plenty of food stands. The Kumeu Film Studios has a display about its nearby facility at the former particle board factory site.

Huapai District School will also be promoting its centennial the following week.

Sunday's line-up includes a Strongman Competition, the giant pumpkin competition, a motocross display and a tractor parade led by a pipe band.

The Strongman Competition was a spectator drawcard in the late 1990s and early 2000s.

The main stage on Saturday features musician Brian Baillie, the More FM Talent Quest, Applause Dance Group, and Line Dancers.

Sunday sees the Boom Boom Deluxe band and the Steel n Beats band take the stand.

Visiting dignitaries are expected to include Auckland mayor Phil Goff, and Helensville MP and show patron Chris Penk who will officially open the 97th show.

More than 30,000 visitors are likely to attend the two-day show, with traffic management systems in place and alternative routes available.

Show parking is free.

Visit [www.kumeushow.co.nz](http://www.kumeushow.co.nz) for more information.

## HUAPAI DISTRICT SCHOOL CELEBRATES CENTENNIAL

Kiwi pop stars The Chicks return to Huapai District School for its 100th anniversary on March 15 and 16.

The Donaldson sisters – Suzanne Lynch and Judy Hindman, aka The Chicks who shot to fame on television pop series C'mon in the 1960s – were pupils at the school in the late 1950s and early



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1960s.

Both are expected back for the celebrations, with Suzanne and her band performing at the Saturday night's gala dinner in the Kumeu Community Centre.

The Chicks went their separate ways with Suzanne continuing on Happen Inn with Pete Sinclair, formerly of Muriwai Beach, in the follow-up show to C'mon.

New Zealand Entertainer of the Year in 1970 and a Loxene Golden Disc Award winner in 1972, Suzanne moved to the United Kingdom where she was in Cat Steven's vocal group.

She's continued performing back in New Zealand, more recently with The Lady Killers including Tina Cross and Jackie Clarke after working in shows such as New Zealand Idol and Stars in Their Eyes.

The Chicks reformed in 2014 after 30 years for a special project, helping with the film 3 Mile Limit based on Radio Hauraki's early days as a pirate radio station in which Suzanne also had some involvement.

Suzanne spoke to pupils at the school in November last year and heard performances from its young musicians.

"I remember being very excited as every year we had 'Calf Club Day' and I always used to take along my pet lamb to that day, and often won first prize," she recalls.

The lamb was taken to the other side of the field and called to see if it would come.

"Mine always came running.... I loved them! I seemed to be given one each year by the local sheep farmer to raise. We ended up with several very tame sheep in our paddock."

Suzanne and Judy also usually entered a sand-posy competition – "not sure I was so good at that".

"I loved my time at Huapai School.... Judy and I were there between 1956 (I was five and Judy was eight-years-old) and both left in 1962 when we moved house.

"I remember I cried for a week at leaving the country (we moved to a town) and leaving my friends and the school I loved.

"I'm hoping to catch up with my two best friends, Elizabeth Kay and Mary Rust, at the reunion."

The Donaldsons are probably among the better known of Huapai District School's famous pupils.

Others include former All Black Anthony Boric, cook book author Chelsea Winter, Olympic judo bronze medallist Nicola Morris, junior world orienteering champion Matt Ogden, and actor/theatre critic Matthew Baker whose talent was first recognised in a school production.

Some of the school's oldest former pupils expected at the centennial include Jack Garry, 93, who is also a life member of the Kumeu Agricultural and Horticultural Society, and Monty Harris, 90.

Graeme Attwood, chairman of the 50th jubilee committee, and Graeme Andrew who chaired the 75th jubilee committee, are both likely to attend.

Former principals such as Tim Armstrong and Kevin Cronin

could also be there.

Meanwhile, the welcome mat is out for other former staff, pupils and supporters – but centennial working group co-chairs Julianne Bryant and Andrew Barber, pictured outside the oldest classroom, warn those intending to go to be in quick as numbers are limited at some events.

A former pupil, Julianne returned as a teacher aide and asked principal John Petrie if she could form a working group to organise the centennial.

Andrew, who was a pupil until about 1984 and who served on the board of trustees for five years, was also keen to get involved.

They promise a programme to suit everyone.

It starts with a mix and mingle on Friday March 15 in the school hall with a spread of locally grown finger food, photographs and memorabilia, and a cash bar run by The Hunting Lodge.

A school picnic opens the celebrations on Saturday March 16 with an array of food trucks, coffee vendors and again The Hunting Lodge bar in attendance.

"We are hoping to begin the day at 10am-10.30am with the ringing of the old school bell, leading into a powhiri, cutting of the cake and student performances," Julianne says. Official decade photos are expected to begin at midday.

Doors open at the Kumeu Community Centre at 6.30pm for the gala dinner (ticket required). Refreshment is provided by Delectable Cuisine's buffet feast and The Hunting Lodge cash bar.

Displays about the school's history will also feature, and a jubilee magazine is planned after the centennial so it can include photos and stories from the celebrations.

A video is planned to be shown with extracts from six young pupils interviewing six older former pupils about their time at the school.

The school opened with 41 pupils in one room on April 2, 1919 and had 67 by the end of that year.

A story around the first head teacher Mr FW Shepherd has it that he turned up for work on April 1, but locals thought it was an April Fool's joke and so the pupils didn't start until the following day.

His grand-daughter Jilleen (now Lockie) attended from 1963-1969, returning in 1975 as a student teacher for three weeks and undertaking various roles until later becoming assistant principal before retiring at the end of 2017.

The school now has more than 500 students.

Visit [www.HDS100.nz](http://www.HDS100.nz) or <https://www.facebook.com/Huapai-District-School-Centennial-228934167618507>, email [hds100@huapaidistrict.school.nz](mailto:hds100@huapaidistrict.school.nz), phone 09 412 5042 for more information.



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# SAFER COMMUNITIES

Not an ordinary day in the office

The Nelson Bush fire is 2340 hectares with a 23 kilometre perimeter. It is New Zealand's single largest wildfire event and I was fortunate to be able to attend this fire for a week as Field Safety Officer. To date the cost is over 15 million dollars in suppression costs.

On an average day there are 300 people involved in the front facing and support facing efforts. As we go to print suppression efforts enter their 20th day.

Although only one home was destroyed, land owners have lost millions of dollars of forest, stock, horticulture and infrastructure. The cause of the fire has been determined to be the discing of one of the fields in Pigeon Valley.

This is common practice in the area to split the soil and allows for re-seeding or cropping. It is understood that a spark resulted which told hold and the fire ran through the field and up the hill into brush and logging slash. It does highlight the importance of having adequate fire suppression measures in place where you are working.

Ensure that given the conditions the fire suppression is scaled up to meet the conditions and the possibility that an accident could result in a fast changing situation.

The fire status for Auckland and Northland remains "Prohibited", no fires at all.

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# COMMUNITY NEWS

## KAUKAPAKAPA LIBRARY

Sunday 17th March. 10am to 1pm.

Authors of "Down, Across & Up", Genevieve and Kerrin Revell spent a year navigating New Zealand by horseback whilst raising funds for CanTeen. Not only can the Helensville locals write, they also run their own video production and photography companies. Their latest venture, released in January, "The Sillyverse" is a charming collection of nonsense poetry and fun illustrations for kids.

Join us in the Sillyverse at the Kaukapakapa Library and find a world from giggles to wriggles, meet an upside down cat and find a poem that isn't there. Enough fun to make you spit out your juice.

For more info contact Megan Paterson 021 959 017, threehorses@xtra.co.nz, Kaukapakapa Library Facebook page. Library open in conjunction with the Kaukapakapa Village Market.

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"...Before Kip McGrath I was struggling to

help my daughter understand some of her school work resulting in both of us being frustrated." Mrs P

"... We cannot thank you enough for helping our son. His latest report was the best he's ever had." Mr & Mrs G

"... Her report did reflect the extra tuition and her teacher did see a great change in her confidence and achievement." W

"...I am so grateful for the support that Kip McGrath has given my son. His progress has been well noticed by his school." Mrs H

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## KUMEU ARTS CENTRE



March is set to be an exciting time at Kumeu Arts Centre. With the arrival of a new, additional building and an exhibition of work by Brent Wong. Manager, Jago Neal believes Wong's show will further establish the Centre as a successful Auckland fringe gallery while the additional building will be a pivotal moment in its history. Wong will display a number of Giclee prints from his impressive collection of iconic works. The painter who lives in nearby Muriwai is a long-standing member of Kumeu Arts Centre but stopped painting 10 years ago to work on another creative outlet, music. The exhibition (also part of the Muriwai Arts Trail) will present an opportunity to own a signed, limited edition print by the influential New Zealand artist. There's also an exciting range of concerts, classes and workshops on at your local Arts Centre. Come and discover 'the hidden gem' of Kumeu. [kumeuartscentre.co.nz](http://kumeuartscentre.co.nz)

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Photo 'Matrix' © Image - Brent Wong.

## KAUKAPAKAPA VILLAGE MARKET



Sunday 17 March 8.30am to 1pm. There is always something fresh to experience with different musicians, entertainment and new stall holders joining the market each month - a great morning out for the family with free face painting for the kids and a craft table plus a great selection of quality stalls with everything from locally hand-made crafts, fresh fruit & vegetables to pre-loved treasures and collectibles, books, plants, freshly made coffee, great food, sausage sizzle and much more. This month our live music is from the Ukulele Union performing between 10am and 12pm.

For more information contact Sarah 0274 831542 or email sarah1@maxnet.co.nz.

## MURIWAI ARTS OPEN STUDIOS 6-7 APRIL

Remember to book the weekend of the 6th and 7th April to visit the Muriwai Arts Open Studios. Nine studios will be open representing 12 artists. Media include ceramics, embroidery, jewellery, mixed media, painting, photography and sculpture. Most studios will be open from 11am - 5pm where you can meet the artists in their creative spaces. To plan your self-guided tour with friends and family open studio maps will be available from the Kumeu library, the Surf Club at Muriwai and on <http://muriwaiarts.co.nz> The

Muriwai Arts Group Show will be on that same weekend at the Muriwai Surf Club with more than 30 artists exhibiting. For more information contact Judy Stokes [judykstokesphotography@gmail.com](mailto:judykstokesphotography@gmail.com) or Joss Hong [joss.hong@gmail.com](mailto:joss.hong@gmail.com).

## HEY MUMS, SCHOOL'S BACK!



School's back, which means routines and commitments and rushing. A whole lot of rushing, and maybe a bit of stressing. Oh who am I kidding, a whole lot of stressing. Amongst all the "busy-ness" however, catching a glimpse of my Stacking Heart rings is a timely reminder of what truly matters most. Not deadlines, being late for after school activities, if dinner is late or bed times broken. It's family. Precious family. Loving and supporting each other but most of all cherishing our time spent together.

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## THE WEATHER AND YOUR TYRES

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the affect the weather may be having on your tyres.

The tyres on your car are made of rubber and filled with pressurised air. The heat can cause the tyres to get really hot and become overinflated, this in turn can cause handling issues especially around corners.

The other affect is that it can degrade the rubber on older tyres. If tyres are constantly exposed to the weather (ie the car is not garaged) over the years the rubber can become brittle and it can crack and leak, most tyres have a date code on them. This is often called weather rot and old weathered tyres, even with lots of tread, can be a hazard and may blow out. If you are unsure or your car is not handling the best we are always happy to give your tyres our free health and safety check, call to see us anytime 7.30am to 5pm Monday – Friday and 8am to 1pm on Saturday, we are the big red building at 43 Main Road, Kumeu, phone 09 412 9111.

Honest advice from experienced tyre guys, Bridgestone Tyre Centre, Kumeu, your local family owned tyre store, serving this Community for over 20 years and #keepingyousafeontheroad.

## WE NEED LEADERS



Scouts is a volunteer organisation and without leaders this 111 year old organisation would not exist!

So, how do I become a leader?

Firstly you must be 18 years or over and there is no age limit.

Then you need to meet Police vetting requirements, in a similar way that parents

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need to before attending School camps.

Once you are qualified to lead (warranted), you will have the opportunity to take part in a wide range of training courses to build on your skills and experiences. Things such as, but not limited to, camping skills, kayaking skills, knots, bush craft, outdoor first aid, games and much more.

So, "what's in it for me" I hear you ask. Being a leader is also a huge confidence builder, it gives people skills that help them interact, stretches people's perception of what they are capable of and reminds them that they are logical, competent individuals.

What sort of people become Scout leaders? Not a tough question, we have parents, Scouts that have progressed through to Rovers and want to share their knowledge with a younger generation and people from all walks of life, especially trainee teachers who find it a great place to apply practical and hands on skills from their training.

If you are interested in becoming a leader, or have children that are interested in knowing more about Scouts, then head to [www.scouts.org.nz](http://www.scouts.org.nz), or email me below.

Watch out for us at the Kumeu Show, pop in and say hello and take part in one of our activities.

Craig Paltridge - Waitoru Zone Leader, email [Zl.waitoru@zone.scouts.nz](mailto:Zl.waitoru@zone.scouts.nz).

## FLIPPIN' FUN TRAMPOLINE PARK

The place for parties, skills, toddlers and much more bouncing fun!

With the school holidays over, Flippin' Fun's normal week day activities are back.

Of course it's not just in normal bounce sessions that you can experience the benefits of



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trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 1.

Flip fit classes – with summer on the way it's time to start thinking about getting back that beach bod.

Flip classes – Fly with the best! For age 8 yrs+. Learn new tricks to impress your friends.

Junior flippers – a fundamental movements programme for kids aged 5 -7 yrs teaching skills core to many sports.

Little flippers – a super fun toddler session for the 5 & unders – no older kids allowed.

Be the most popular parent around and book your child's special birthday with Flippin' Fun. They're enormous fun and hassle free. Our party webpage has all the information you need.

For pricing and times be sure to check [www.flippinfun.co.nz](http://www.flippinfun.co.nz) or call us on 09 833 6880.

## NEW STAFF MEMBER JOINS THE YOU TRAVEL TEAM

After over fifteen years of caring for customers in the Northwest precinct, Jade Leverno has joined the established team at YOU Travel Westgate.

An award winning manager and sales consultant, Jade's special interest is streamlining group bookings, and coordinating all those little elements that make for a smooth and decadently stress-free travel experience.

Offering a personalised service, right down to supplying her mobile number to help tackle those last minute obstacles, and possessing a keen passion for exploring the globe, she believes the trip starts from the moment you walk in the door or pick up the phone.

Offering faultless service, and inside tips and tricks for booking family holidays, girly shopping weekends away, or smooth executive experiences, she looks forward to being of assistance.

Whether it be flying, cruising; International travel or domestic local exploring; the trip of a lifetime is a few Jade-tweaks away.

YOU Travel Westgate - 18 Westgate Drive, Westgate. phone 09 831 0018 or 027 327 2865, email [jade@youtravel.co.nz](mailto:jade@youtravel.co.nz).

YOU Travel Westgate - 18 Westgate Drive, Westgate. phone 09 831 0018 or 027 327 2865, email [jade@youtravel.co.nz](mailto:jade@youtravel.co.nz).



## SMART KIDS TRAINING PROGRAM

Kumeu Gym is opening their SMART Personal Training Programme up specifically for kids 10 - 14 years Tuesdays and Thursdays from 4.00pm - 4.45pm

Our SMART Kids Training Program has been adapted from our SMART Shared Personal Training System but tailored for children.

The sessions will be run in a class format teaching kids to exercise in a safe yet fun manner, eventually progressing to super-



### MURIWAI GOLF LINKS

**Andrew Jackson**  
General Manager

**Mobile: 021 2253907 Ph: 09 4118454**  
[muriwai.manager@golf.co.nz](mailto:muriwai.manager@golf.co.nz) [www.muriwaigolfclub.co.nz](http://www.muriwaigolfclub.co.nz)  
P O Box 45 Waimauku 0842, Auckland , New Zealand

vised sessions in the gym. We have designed this system so that when our kids hit 14 and are able to exercise in the gym with their friends, they understand how to exercise and the importance of safe technique.

Our programmes will change daily and will be designed to keep kids engaged with exercises and activities utilising a variety of movement patterns that all levels can tap into. We will challenge their cardiovascular system, speed, agility, balance and muscle strength while keeping it fun.

Costs of the sessions will be \$12 per session paid up front for the term or \$15 per session on a casual basis. Bookings are essential as classes spaces are limited.

Go to [www.kumeugym.co.nz/smart-kids](http://www.kumeugym.co.nz/smart-kids) to register or call 412 8932.

## WANT TO TRY KARATE?

Taupaki Dojo is a long established family friendly place for children and adults to learn traditional Goju Ryu karate.

Under the guidance of accredited instructor Sensei Bryan Williams, 5th dan Black Belt, you will learn a style of karate that trains the mind as well as the body. Emphasis is placed on learning practical self defence skills, building strength, co-ordination, endurance and flexibility which drastically improve fitness and confidence levels.



Goju Ryu can be practised by anyone, regardless of build, gender, age or athletic ability and whatever your physical condition. No previous proficiency in sport is needed, rather a commitment and a desire to progress.

We are members of Jundokan New Zealand (an official branch of Jundokan Japan) a non profit organisation established to promote the practice and study of Goju Ryu (hard & soft style) karate in New Zealand. Our training fees are kept as low to encourage continued participation, with any profit returned to the club for the benefit of the students.

Anyone can open a Dojo but not everyone is qualified to teach you or your child. Taupaki Dojo is a member of an Internationally recognised Karate style with a traceable lineage to Okinawa. Bryan Williams - Sensei, is an accredited instructor. This means your grade and certificate will be recognised by Jundokan worldwide.

Our recent open night resulted in an increase in student numbers however we still have spaces available and welcome new members at any time of the year. Just come along to a class and try it out. We offer a two week free trial so why not come and see what we do?

Taupaki Hall (Opposite Harry James Reserve, Taupaki Road, Taupaki) on Tuesday & Thursday Junior training (7+) - 6-7pm

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PO Box 737 Kumeu  
280 Main Road, Kumeu, SH 16

Senior training (ages 13 +) - 7-8.30pm. Contact [julia@bwainsolvency.co.nz](mailto:julia@bwainsolvency.co.nz) or 09 412 9768. [www.taupakikarate.co.nz](http://www.taupakikarate.co.nz).

## LITTLE MISS ENCHANTED

Set up your very own enchanted wonderland right in your own living room! Our DIY Tee Pee package offers you an affordable birthday solution.

Only \$199 - You will get; 5x Tee Pees - extra tee pees (\$30 each), Streamer bunting, Mink blanket with duvet cover each, Blow up mattress and bedding, Night lights, Fur rugs, Soft toys, Decorative cushions, Lap tray, Cherry Blossom flowers for Tee Pees, Gorgeous cushions and Pump.



Instructions - set up takes approx 45min-1hr

We get everything ready for you to pick up and set up your own Enchanting Tee Pee Slumber Party.

We also have the Magical Mermaid theme available!

Wanting more for your party? Add on DIY Pampering station for \$80.

Foot soaks with unicorn bath sprinkles, unicorn fluff cleanser, masks and hot chocolate moisturiser!

Plus you get to keep the gorgeous products from The Bon Bon Factory. Interested? Send us a message at [info@littlemissenchanted.co.nz](mailto:info@littlemissenchanted.co.nz).

## CAT LOVERS URGENTLY NEEDED

Volunteers required to help with cleaning duties etc at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at [thenzcatfoundation.org.nz](http://thenzcatfoundation.org.nz). Phone 09 412 2636 or 021 929 999 for further information.

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# IN BRIEF

## UPDATES:EVENTS

### YOU BE THE GUIDE



Adventure, conservation, technology, camping, crafts, community action and advocacy – GirlGuiding NZ is a place where girls can be girls, where they will discover their passions, contribute to their communities and form friendships in a safe and positive environment.

GirlGuiding NZ delivers their girl-led programme to Kiwi girls through an extraordinary team of volunteers around the country. The enthusiasm and energy of these generous and proactive people use fun, adventure and friendship to build girls' confidence and life skills.

Being a volunteer with GirlGuiding is rewarding. You have the chance to learn new skills, develop friendships, grow professionally and personally and give something back to your community. And, it's great fun!

"The girls make me smile (and usually laugh out loud!) all the time - but also give me a completely different perspective on situations which keeps me learning." - Emma, GirlGuiding NZ Unit Leader  
 GirlGuiding NZ is looking for volunteers throughout the West Auckland area to work with girls at all ages - Pippins 5-7 years, Brownies 7-9 years, Guides 9.5-

12.5 years, Rangers 12.5-17 years. Local units meet in Kumeu, Waitakere, Henderson and Te Atatu Peninsula. There is also a vacancy for an enthusiastic and committed volunteer to reopen the Massey Brownies unit.

Guiding offers a range of options for volunteering that are flexible and adaptable to your lifestyle. If you are interested, check out [girlguidingnz.org.nz/volunteers](http://girlguidingnz.org.nz/volunteers) or call 0800 22 22 92 for more information.

### PROMOTING INDEPENDENCE

Why is my child better behaved at Kindy? We have all asked ourselves this from time to time! She's as good as gold at Kindy but can be quite challenging at home. So why is this? Our children behave worse for us than anyone else because they trust that we will love them no matter what and can continually push the boundaries. So what do they do at Kindy that we as parents don't? Maybe they expect just that little bit more. At Natures Explorers you will see children as young as 2 managing their belongings, getting their lunch boxes for morning tea, pouring themselves a glass of water, putting their shoes on, finding their hats and changing their clothes. And we all know that putting their shoes on alone at home can take hours, so we jump in and do it for them. I was amazed to see at our Talented Tots centre toddlers in the baby room where they are provided meals, after they have finished, taking their plates, scraping the left over's into a scrap bin and putting the plates in the sink! I struggle to get my 11 year old to do that some

days!

So what can we do at home to promote a little more independence? Asking your child "Do you want me to help you or can you do that yourself?" Give them some time to problem solve, an inside out sleeve or a jigsaw puzzle, before jumping in to fix things for them straight away. Perhaps give them a job, some responsibility; you'll be surprised how much it can build confidence and a sense of competency. Feeding the cat, helping fold the washing, even tiny people can hand pegs to their mum when she's hanging out the washing.

All this being said, your children will always save their worst bits for you, but don't worry its totally normal.

Phone Nerys at Natures Explorers Kindergarten now on 09 412 8800 or email [nerys.natures@gmail.com](mailto:nerys.natures@gmail.com) as spaces are available. Quote code: KCOURIER to receive 50% discount of the first month's fees.

### SENIORNET KUMEU INC



It was a great feeling for our club to be back at the lovely St Chad's Church, which has recently re-opened following extensive renovations. St Chad's will now be Seniornet's home for the foreseeable future, for both our monthly meetings and training sessions.

SeniorNet Kumeu Inc is dedicated to helping people who want to keep up with today's technology, who either don't how to use a computer or simply want to improve their skills. We are a friendly and informal club with tutors who teach at a pace that suits our "seniors"

So join in the fun and learn how to do

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the things that you would like to do. Our small, friendly and stress-free classes, will help you gain the skills and confidence you need to get the most out of information technology.

Membership is now open to anyone who has an interest in meeting like-minded people and want to have fun learning how to get the most from their laptops, smartphones, iPads, Samsung (or any other make of Android tablet) etc.

If you would like to join our club, we meet at 10am on the first Wednesday of each month at St Chad's Church Hall Huapai, just come along to our next meeting on Wednesday 6th March or contact: Brian Lacey on 022 1831811 [brian@lacey.nz](mailto:brian@lacey.nz) or Nigel Dempster at [nigeldem@outlook.com](mailto:nigeldem@outlook.com).

## TURNING THE TIDE



Hundreds of people are expected to turn out next month for an epic 17-kilometre walk down Muriwai Beach in support of a family-violence free northwest Auckland. It's the third year of the Turning the Tide Fundraising Walk organised by the local women's refuge, Kia Timata Ano Trust. The event on Sunday 28 April sees walkers register at Muriwai Surf Lifesaving Club, then bus to Rimmer Road access of the beach near Helensville and walk back to the Surf Club along the beach. There's also a shorter 4-kilometre option for those who want to support the cause but aren't up to the full distance. Last year's event raised \$16,000 which, along with a grant from SKYCITY Auckland Community Trust, allowed the refuge to employ its first male advocate. Funds raised this year will go towards running support groups and programmes

for both men and women.

Tickets are available now at [turningthetidewalk2019.eventbrite.co.nz](http://turningthetidewalk2019.eventbrite.co.nz).

## LEARN FRENCH AND SPANISH



ABC Language Tuition offers Adult French and Spanish Language classes during the day or evening.

All classes are at the Kumeu Arts Centre. Beginner and Intermediate level are offered. All classes are taught by native speakers.

Small classes and a fun learning environment.

ABC Language Tuition also offer After school language classes at Waimauku, Waitakere, Riverhead, Taupaki school and HPPS. Book your spot now [www.abclanguage.co.nz](http://www.abclanguage.co.nz) or 027 490 4321.

## KUMEU LIBRARY

There's always a lot going on at Kumeu Library, and the month of March is no exception.

On Monday 4 March at 10.30am we have an extra special Storytime, with Tim Bray from the Tim Bray Theatre Company reading *The Man Whose Mother Was a Pirate* by Margaret Mahy – the story behind the company's upcoming production. The Tim Bray Theatre company has been one of Auckland's leading theatre companies for over 27 years, and each school holidays they present a production for children at the Pump House in Takapuna - *The Man Whose Mother Was a Pirate* will be playing in the next school holidays.

On Tuesday 5 March at 10.30am, Book Chat convenes at Kumeu Library. This is a relaxed event held monthly over morn-

ing tea, during which participants share great books they have read over the past month. Come and join in – it's a fun, easy way to find some great reading inspiration, and make new friends.

Kumeu Library's display for March focuses on Book to Movie. This is a great chance to read the book that your favourite movie was based on, or watch the movie based on your favourite book – there will be plenty of choices on our display! Then you can decide: which was better – the book or the movie?

Keep up with all of Kumeu Library's events and news by following us on Facebook ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)).

## WAIMAUKU LIONS

The Lions Club of Waimauku is gearing up to have another successful year.

In 2019 we want to raise funds for upgrades to the Community playground on Freshfields Road. Several fundraising events will be held, with our Gala being one of the main events.

The annual Waimauku Lions Gala will be held on Sunday 24th March, from 9am to 3pm, at the Waimauku village shops. The Gala has become Waimauku's Annual Community event, and an opportunity for all of our community groups and individuals to showcase their work.

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

If you are keen to have a stall, table or carboot sale at our Gala, please book your space by emailing Cherie at [lionswaimauku@gmail.com](mailto:lionswaimauku@gmail.com) before 28 February 2019.

We are asking stallholders to bring their own table(s) and chair(s). There will be more information regarding the garage sale and when we will be accepting items for the sale in the next few weeks.

If you have already contacted us regarding a space then we will be in touch with you very soon!

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# PROPERTY

## NEWS & ADVICE

### PROPERTY MARKET REPORT

The New Zealand property market has been manipulated, pulled and tugged to penalise investors and restrict kiwi buyers that wish to trade up the property ladder. Although frustrating and some of the side effects are increased homelessness caused by fewer mum and dad investors over time it has an uncanny way of migrating back to a normalised market before spring-boarding off again. We are within a normalised market and although many will dislike the increase in days on market we are not seeing big numbers of homes on market nor a complete evaporation in buyers. Things change very quickly in real estate.

Market figures:

Helensville	\$463,500 to \$775,000.
Huapai	\$720,000 to \$1,048,000.
Kumeu	\$926,000 to \$1,024,500.
Muriwai	\$85,000.
Parakai	\$420,000 to \$545,000.
Riverhead	\$830,000 to \$1,435,000.
Swanson	\$925,000.
Waimauku	\$810,000 to \$1,800,000.
Waitakere	\$860,000 to \$1,500,000.
Whenuapai	\$1,050,000.

Whether you are looking to improve your property, sell, or buy, I would like to talk with you about making the best decision possible in a changing market. Every day I am assisting people just like you to make decisions that are based on fact, extensive transaction reports and thorough discussion. You will feel a great deal of peace-of-mind and certainty by having your very own property specialist available to you seven days a week.

Call 0800 900 700, Text 027 632 0421 or

email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) or for more information go to [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

### PRECISION ROOFING



We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered.

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to variable weather conditions. Our team gives attention to detail, so all our work is Precision quality.

The Precision Roofing teams are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

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

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email [info@precisionroofing.co.nz](mailto:info@precisionroofing.co.nz) or visit [www.precisionroofing.co.nz](http://www.precisionroofing.co.nz).

### HOW I CAN HELP WITH YOUR INVESTMENT LOAN

Kiwis have always had a love affair with investing in bricks and mortar and the benefits are obvious. Property represents a tangible and reliable investment and when there are favourable interest rates it's relatively cost effective to manage. Mortgage brokers understand how important it is that investors get the right investment loan – that's why Mike Pero Advisers have access to a wide panel of lenders that cater to most borrowers. From standard investment loans to out of the box solutions – there's something at Mike Pero for almost everyone.

Important things to know about deposits Where you want to buy and who you borrow from may dictate the size of the deposit you need. For most, the minimum deposit is 30% of the value of the property. However, the good news is that if you have a smaller deposit, there are other options available outside standard bank loans. So, whatever your situation, it's worth talking with a Mike Pero Adviser to explore all the possibilities.

A gifted deposit can help your portfolio Although traditional lenders typically like to see borrowers save for their deposit over an extended period of time, Mike Pero also has access to those lenders that accept savings from other sources as a deposit. So, if you've recently inherited money, or sold one of your family vehicles, or even been gifted money – the choice becomes yours whether to use these funds to build your investment portfolio.

Invest in living the coastal lifestyle



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Most Kiwis dreams of owning a holiday house by the beach. It opens up the ability to spend weekends away from the hustle and bustle of the city and provides an option for retirement further down the track. However, for an investor, buying property by the coast is a major decision. If you want to use it regularly then you can't put tenants in it and even if you do rent it out, a location could mean the rental market may not be as strong as a city dwelling. More and more, Mike Pero is seeing couples use the equity in their city home to help purchase coastal property. So, if this sounds like your dream and you need help crunching the numbers, then connect with your local Mike Pero Adviser today and get moving.

Build the right team around you They say one of the most valuable things to investors is their support team. Not surprisingly, Mike Pero Advisers are often the first specialists that investors team up with when starting their investment property portfolio. So, if you are looking to invest in property and haven't yet connected with your local Mike Pero Adviser, make a call today!

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

## CONTRACT DISPUTES ARBITRATION AND MEDIATION

Some contracts have mediation or arbitration clauses. If so, it is tactically important and often necessary to use the mediation or arbitration clauses before going to court. Ignoring those provisions can be costly if a court insists that an arbitration or some other mediation takes place before the court can decide the matter. This is because such clauses are already part of the contract between you. If you can resolve your differences in arbitration or mediation then you save the expense

and delay of court. Mediation involves a mediator who is independent of both parties who will try and assist the parties to a resolution. A mediator cannot make an order. An arbitration is more like court because the arbitrator can make an order upon hearing all of the evidence. An arbitrator's decision is binding like a court except that you both pay the judge. The upside of arbitration is that you can usually organise an arbitration much sooner than getting something through the courts system. These are all areas for expert legal advice. Luke Kemp – 09 412 6000 or [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## USING KIWISAVER TO PURCHASE FIRST HOME

If you are a first home buyer and you have been in Kiwisaver for more than 3 years then you may qualify to withdraw funds from your Kiwisaver to help buy your first home. The first thing you need to know is that you have to have a contract to purchase in place.

There are two scenarios:

- You need the funds to pay the Deposit to the Real Estate Agent; and/or
- You need the funds to pay the balance of the Purchase Price on Settlement Date

In the first scenario you need to get moving on your application as soon as possible after your offer has been accepted. You will need to download an application pack from your Providers website and fill it out. Part of the application form is swearing a Statutory Declaration – you can do this in front of your Solicitor or a Justice of the Peace.

In the second scenario your solicitor can only send your application to your Kiwisaver Provider after your contract has become unconditional. So in this case you could wait until you are unconditional to get your application organised. Just remember your Kiwisaver provider will usually need 10 business days to process the application so this needs to be organised about three weeks before settlement date. If you are using your

Kiwisaver you will have to purchase the property in your individual name (i.e. cannot nominate a trust or a company to be the purchaser). ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you in buying your first home. Telephone 09 973 5102 if you have more questions about buying property or using your Kiwisaver.

## GINA JANSEN LAWYERS

Gina Jansen Lawyers are new to West Harbour so we are your new local law firm. We are a boutique law practice, but we can help our clients with most legal matters, so please feel free to enquire with us first by phone, email or simply by visiting our website at [www.ginajansen.co.nz](http://www.ginajansen.co.nz). Our legal team (made up of experienced lawyers and legal executives with 20 plus years' experience) can appear in any Court for debts, bankruptcies, liquidations, criminal prosecutions or limited work licences; deal with Inland Revenue for tax debts, audits or disputes; advise small to medium businesses about business planning, property leases, commercial purchase; prepare relationship property agreements for couples; and assist with the purchase or sale of your house(s) or the refinance to a new Bank. In the short time we have been in West Harbour, we have quickly established a solid network of local and highly reputable mortgage brokers, accountants, Banks and real estate agents that we hold in high regard and are delighted to work with/refer our clients to. This takes the hard work out for our clients trying to find professionals to use in the jigsaw puzzle that can arise in trying to solve legal problems. Members in our network are professional, ethical and hardworking business people we are more than happy to stand by. We look forward to helping you with any legal matter, so call us now at Gina Jansen Lawyers 09 869 5820, or email [gina@ginajansen.co.nz](mailto:gina@ginajansen.co.nz) or visit our website at [www.ginajansen.co.nz](http://www.ginajansen.co.nz) for more information.



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# AREA PROPERTY STATS

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.

Suburb	CV	Land Area	Floor Area	Sale Price
Helensville	740,000	1582M2	169M2	760,000
	480,000	0M2	70M2	480,000
	630,000	471M2	118M2	580,000
	720,000	988M2	140M2	712,000
	670,000	1094M2	103M2	725,000
	600,000	792M2	74M2	463,500
	730,000	1566M2	112M2	775,000
Huapai	1,100,000	450M2	261M2	985,000
	1,075,000	627M2	219M2	975,000
	1,050,000	574M2	211M2	1,048,000
	1,100,000	671M2	222M2	1,035,000
	890,000	630M2	150M2	720,000
Kumeu	1,050,000	477M2	217M2	1,015,000
	940,000	450M2	180M2	926,000
	940,000	2028M2	125M2	1,024,500
Muriwai	970,000	835M2	95M2	885,000
Parakai	640,000	2071M2	92M2	545,000
	500,000	0M2	76M2	420,000
Riverhead	1,450,000	795M2	263M2	1,435,000
	1,350,000	608M2	263M2	1,190,000
	1,125,000	1371M2	160M2	830,000
	910,000	809M2	200M2	928,000
Swanson	1,080,000	1638M2	210M2	925,000
Waimauku	1,900,000	1.01ha	290M2	1,800,000
	745,000	1.02HA	0M2	810,000
Waitakere	465,000	30M2	2.76HA	990,000
	1,375,000	295M2	4.28HA	1,500,000
	950,000	1.03HA	123M2	860,000
Whenuapai	1,150,000	315M2	242M2	1,050,000

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

"we charge  
2.95% to  
390,000  
then 1.95%  
thereafter"

\* plus \$490 base fee and gst

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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.





**WAIMAUKU SINGLE LEVEL - 5 ROOMS, 2 LIVING AREAS** 5 2 2

**By Negotiation**

**3 Waimauku Station Road, Waimauku**  
By Negotiation

Looking for a big home on a flat fully fenced site. This single level home delivers significant space in all areas: Five bedrooms, Bathroom and Ensuite, Two living rooms, Double garage and Separate Laundry. Great family friendly layout allows for the complete family to enjoy themselves with space on the inside and the outside. Set on a big 1100 square meter site the land is flat, with a fully fenced back yard and front yard. It has excellent all day sun and options for garden, orchard or just kicking a ball around. Situated right in the heart of Waimauku Village, moments to a café, transport links, convenience shopping and primary school.

[www.mikepero.com/RX1750761](http://www.mikepero.com/RX1750761)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**FAMILY PERFECT! CHARACTER, SUN & SEA VIEWS** 4 2 1

**By Negotiation**

**5 Seaview Terrace, Mount Albert**  
By Negotiation

Welcome to your family perfect home enjoying a beautiful elevated sunny position in a prime street in Mt Albert with sea and urban views and an abundance of space, character and lawn to play. Lovers of character homes will be delighted by the high wooden beamed ceilings, gorgeous original fire place surround and impressive native timber entrance way leading into the formal lounge. Four bedrooms, two living areas, spacious kitchen, sun room, front and back decks for alfresco dining, large front lawn, double garage and ample off street parking make living here a breeze with room for all the family. Providing the very best in education, you can watch the children leave for school with Gladstone Primary across the road, in zone for Mt Albert Grammar, Carrington Unitec nearby.

[www.mikepero.com/RX1736226](http://www.mikepero.com/RX1736226)



**Cherry Kingsley-Smith**  
021 888 824  
09 412 9602

[cherry@mikepero.com](mailto:cherry@mikepero.com)



## KUMEU - HUAPAI - EASY LIVING BRICK AND TILE

4 2 2

Set Date of Sale

### 8 Remana Crescent, Huapai

Set Date of Sale - 4pm, Tuesday 19th March 2019 (unless sold prior).

Distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area. Set on 743sqm section it has ample space to play and create while being easy to manage and maintain. Flat site with a grassed lawn area and option to park a boat, caravan or motorhome. A short drive to schools, shops, transport links and parks.

[www.mikepero.com/RX1807811](http://www.mikepero.com/RX1807811)



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09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## HERALD ISLAND BLISS, SUN AND WATER VIEWS

4 2 2

Set Date of Sale

### 12 Twin Wharf Road, Herald Island

Set Date of Sale - 4pm, Tuesday 19th March 2019 (unless sold prior).

This sun trapped, beautifully refurbished home offers a large 270sqm open plan home catering for a family that enjoys quiet spaces, easy living and beautiful outlooks. Upstairs you will find the master bedroom with wardrobe, overlooking great water views, separate bathroom, second double bedroom and extra large third double bedroom. Ground level offers a fourth double bedroom with mezzanine accessed by the ladder on the wall and a big office space or fifth bedroom, main bathroom with separate toilet and laundry area. A spacious open plan, modern kitchen and dining area, and separate living areas, opens up to alfresco wrap around decking. Stroll down and relax to the outdoor seated timber area, amidst the lawn and garden. Situated on a large 842sqm section. With an internal access double garage.

[www.mikepero.com/RX1801053](http://www.mikepero.com/RX1801053)



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**B&B OR MULTI-GENERATIONAL FAMILIES**

5 5 3

**By Negotiation**

**12 Amber Place, Waimauku**  
By Negotiation

Generous dimensions and flexible formatting combine over 329 squares of highly adaptive floor plan in a home offering incredible flexibility for a range of buyer requirements. In-laws, teens or B&B guests can be accommodated in a self-contained flat featuring two bedrooms, bathroom, kitchen, lounge and decking with tidy and quiet separation from the main house by triple-car garaging. Designed for diversity, the primary residence features multi-zoned living areas comprising kitchen facing into the dining area while separate lounges offer discrete spaces for formal or casual hosting. Covered decks off dining and main lounge sort you for summer or winter while triple heat pumps, twin DVS units and ceiling fans throughout, keep social zones and all bedrooms comfortable throughout summer or winter.

[www.mikepero.com/RX1675880](http://www.mikepero.com/RX1675880)



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[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**HIGHLY MOTIVATED - AFFORDABLE IN WAIMAUKU**

4 3 2

**By Negotiation**

**16 Denehurst Drive, Waimauku**  
By Negotiation

Big home, brick, block, tile, roofing eaves, on a large 1236 sqm site. Four bedrooms (master with ensuite and walk in wardrobe), two bathrooms feature in this expansive two level home delivering space to work, live and play, all under one roof. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for teenage retreat/ office or games area. Extensively refurbished, easy living on a big section. Teenager retreat/ games room/ workshop. Sunny north facing decking. Room for additional garaging. Close to Waimauku Primary School, convenience shopping, cafés and a short drive to Muriwai Beach.

[www.mikepero.com/RX1575586](http://www.mikepero.com/RX1575586)



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**Cherry Kingsley-Smith**  
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[cherry@mikepero.com](mailto:cherry@mikepero.com)



## WHENUAPAI - AFFORDABLE SEMI-RURAL LIVING

3 1 1

By Negotiation

### 17 Kauri Road, Whenuapai By Negotiation

Three bedroom bungalow with internal access garaging and workshop. The home has easy access, single living environment with alfresco to an expansive North facing deck overlooking big back yard. Large, open plan kitchen/dining leading into lounge area. Bedrooms and bathroom are all off a central corridor. Garaging and Workshop/Storage area is all down-stairs offering easy access. Set on a 809sqm section, with flat/gentle sloping, fenced back yard for Pets and Children. A short drive to convenience shopping, parks, inner harbour access and Whenuapai Primary School.

[www.mikepero.com/RX1778553](http://www.mikepero.com/RX1778553)



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[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## AFFORDABLE CUL-DE-SAC LIVING - HOBSONVILLE AREA

3 2 1

Set Date of Sale

### 38A Sailfish Drive, West Harbour

Set Date of Sale - 4pm, Tuesday 19th March 2019 (unless sold prior).

Located a small drive from Westgate, NorthWest Shopping Centre and Hobsonville shop's, the location is absolutely brilliant while the cul-de-sac position delivers safety and solidity. In zone for Marina View, Hobsonville School and Hobsonville Point Secondary School. On offer is a gorgeous fully refurbished, brick, weatherboard & tile three bedroom single level home, with all rooms off a central hallway and uncompromised alfresco to expansive and usable decking. Modern open plan kitchen and dining area opening out to alfresco to expansive decking. Master bedroom with wardrobe, en-suite and two double bedrooms. The internal access double garage offers options to be used as a rumpus, workshop, games room or traditional storage. The yard is fully fenced and very safe for children and pets.

[www.mikepero.com/RX1805391](http://www.mikepero.com/RX1805391)



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[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



VACANT, AFFORDABLE, FAMILY HOME - WEST HARBOUR



By Negotiation

**56 Fitzherbert Avenue, West Harbour**  
By Negotiation

Ready for you to move in, this character, weatherboard home delivers more than first meets the eye. An extensive, easy care, flat and fully fenced rear yard, perfect for the summer BBQ's, children's play area and pet safety. A covered decking area links seamlessly to an open plan kitchen, dining, lounge, attracting generous all day sunshine. The bedrooms are split over two levels, two upstairs one downstairs with a central bathroom and laundry. In addition the property has an attached single garage with ladder to a carpeted, powered loft suitable for storage/ office or retreat. Character styled, the home can be opened up to enjoy the breeze on those hot summer days and closed up tight on those winter nights with a closed woodburner and insulation.

[www.mikepero.com/RX1733165](http://www.mikepero.com/RX1733165)



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09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



SUN, SURF AND STYLING - AFFORDABLE IN MURIWAI



By Negotiation

**78 Motutara Road, Muriwai**  
By Negotiation

Vacant for Christmas - Make this your best summer ever. A home, within nature's playground in keeping with the rustic natural ambience of the area and a simple uncluttered lifestyle. Often sort but seldom found, this two bedroom home with two bathrooms and a cluster of garaging, parking, gardening and entertaining options set upon 932sqm. This home that enjoys plenty of sunshine, plenty of parking, and has an easy in-door-outdoor flow. A smorgasbord of options for a buyer wanting to enjoy life to its full. Minutes from the Top Shop and a short drive to Muriwai Surf Club and Maori Bay. The CV on this property is \$770,000. 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](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1715709](http://www.mikepero.com/RX1715709)



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09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## LIFESTYLE, BIG BARN - WAIMAUKU, HELENSVILLE FRINGE

3 2 2

By Negotiation

### 125 Alf Access Road, Helensville By Negotiation

Brick and tile, elevated home with extensive views to the North. Refurbished and ready for you to move in. The home offers a very comfortable, entertainers open plan environment, large kitchen dining area, leading to second living area, with wrap around decking joining to large living area. Extensive decking leads out to the view. Three double bedrooms, including large master room with ensuite and walk in wardrobe, opening on to deck. Main bathroom includes shower and bath separate to toilet. Office / study or fourth single bedroom. This lifestyle property is 1.8 hectares with easy access for boat or motorhome, double garaging and additional access way to the barn and vegetable garden. Easy access, off a no-exit road, close to Waimauku and Helensville.

[www.mikepero.com/RX1662304](http://www.mikepero.com/RX1662304)



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[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## SUNSHINE, SURF AND SIMPLICITY - BETHELLS BEACH

1 1

By Negotiation

### 208 Bethells Road, Bethells Beach By Negotiation

If you have a passion for quality, character and a unique living space, this is one classic Kiwi Beach Bach. Situated a small walk from Bethells Beach and coastal walkway, including the renowned Hillary trail. A one bedroom, one bathroom beach bach with a rustic and real feel. Recently renovated and much loved you will find a spacious open plan style living arrangement with polished concrete kitchen tops and solid timber cupboards. Upstairs is a mezzanine bedroom where you can listening to the breakers and watch the stars through the roof skylight and wake to the sound of Tuis in the morning. The outdoor lifestyle here is awesome, many a party has been had making good use of the pizza oven. Set on 1100 square meter section, and spectacular views of the wetlands up and down the valley.

[www.mikepero.com/RX1788062](http://www.mikepero.com/RX1788062)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## TAUPAKI LIFESTYLE HOME NEAR KUMEU

5 6 3

By Negotiation

### 296 Taupaki Road, Taupaki By Negotiation

Elevated living with a generous serving of land, stables and sheds. The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. The living areas and bedrooms open out to an exquisite garden, pool and lawn area that delivers options for glamping, marquees, or lazing away long summer evenings. The House offers options to close off areas so that it can be used for guests or family delivering great flexibility. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze. Mains gas, good water storage, heat pumps galore and options for extended family or storage income.

[www.mikepero.com/RX1730148](http://www.mikepero.com/RX1730148)



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027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## APARTMENT BLISS, SPACIOUS PENTHOUSE WITH SEA VIEWS

2 2 2

By Negotiation

### 305D / 160 Hobsonville Point Road, Hobsonville By Negotiation

Fall in love with this immaculate, sunny and spacious top level corner apartment, North facing with incredible sweeping views over the park and across the Inner Harbour, from Herald Island to the Sky Tower. This is the premium Brickworks apartment. Built with the largest floor plan at 111m<sup>2</sup> and an edgy modern design with a high vaulted ceiling, large well appointed kitchen, ample storage, butlers pantry/laundry, fully tiled main bathroom and ensuite. Relax and enjoy the views and breeze from the unique twin decks, located off the living and master bedroom, ideal for that early morning cup of tea as you watch the sunrise or superb alfresco dining. A gated carpark provides security for two carparks and access to your storage locker and bike room. Lifts and stairs allow easy access.

[www.mikepero.com/RX1807931](http://www.mikepero.com/RX1807931)



**Cherry Kingsley-Smith**  
021 888 824  
09 412 9602

[cherry@mikepero.com](mailto:cherry@mikepero.com)



**TRANQUILITY, PEACE & QUIET - ENTERTAINER'S PARADISE**

4 2 2

**By Negotiation**

**433 Wairere Road, Waitakere**  
By Negotiation

Nestled between Muriwai and Bethells and a short distance from Goldies Bush is this near new, finely presented, single level home. Not only is it an entertainers paradise it is set in a glade that offers a tranquility and peace that is seldom found. Open plan alfresco through the East and West delivers an aspect that takes you into the environment which you might think that you are in a resort or an exclusive spa. Offering four bedrooms, two bathrooms, laundry and double garage. The kitchen, dining and lounge is integrated with expansive sliders to open up the indoors to the outdoors. An easy care section, planted for pockets of colour and richness of grass and bush tones. The construction is big-brick and Decramastic tile, enhanced by shist features, planters and fish pond.

[www.mikepero.com/RX1713683](http://www.mikepero.com/RX1713683)



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**THE PERFECT LIFESTYLE PROPERTY**

4 2 2

**Asking Price \$1,550,000**

**535 Peak Road, Kaukapakapa**  
Asking Price \$1,550,000

This property enjoys north facing panoramic views of the surrounding countryside. A spacious 252 m2 four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. This house has great indoor/outdoor flow, there is a spa pool inset into the lower deck. This home is complimented with a high quality renovated kitchen with marble benchtops and a modern bathroom and ensuite. There is a well appointed sleepout for when guests come to stay and a large double garage which includes a workshop. There is plenty of grazing on this 3.1 ha property (7.66 acres) with four paddocks a set of yards and a loading ramp.

[www.mikepero.com/RX1803721](http://www.mikepero.com/RX1803721)



**Lyndsay Kerr**  
027 554 4240

[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)





## HELENSVILLE LIFESTYLE PROPERTY ON 1.8 HECTARES

3 2 2

By Negotiation

### 707B Inland Road, Helensville By Negotiation

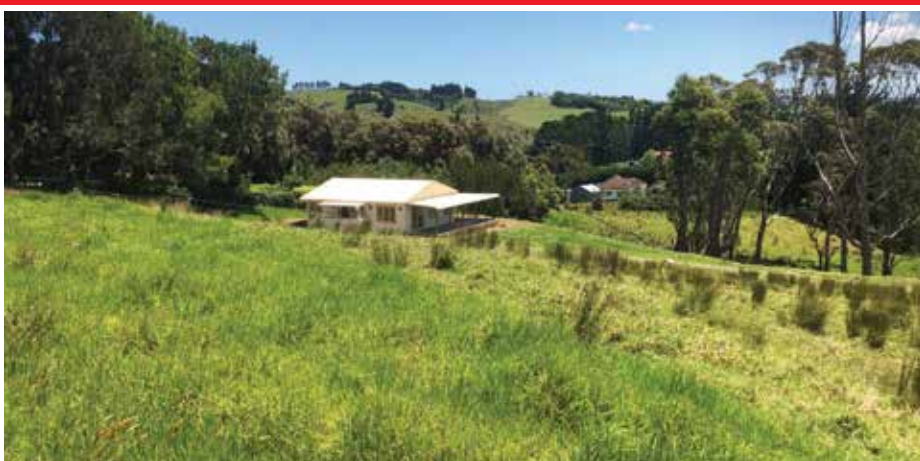
Private, sun-soaked property in a quiet glade South East of Helensville Township. Offering the perfect retreat for a family to create the good-life, with ample space for gardens to complement the already impressive orchard. An impressive open plan entertainer's home that provides space and harmony with alfresco access to patio and a view over the land. Three bedrooms, plus an office or second lounge with bathroom and ensuite. An impressive styled home allowing lifestyle living at its best, uncluttered and unfettered the home is sheltered from the prevailing SW wind and enjoys all day sunshine. A double garage and barn storage completes the offer. Four paddocks, fenced, water to troughs, a character barn and an all season propagation house deliver a lifestyle option.

[www.mikepero.com/RX1732363](http://www.mikepero.com/RX1732363)



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027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## BIG BARN, BIGGER VIEW, 3 ACRES - CLOSE TO HELENSVILLE

2 1

Asking Price \$1,095,000

### 1742 South Head Road, Shelly Beach Asking Price \$1,095,000

The views arc from the North-West to the East taking in the very best of the Kaipara Harbour and the moody blues that shadow the clouds. Rolling pasture cuts through briefly but make this an inspiring picture. American style barn at 8mtrs x 12mtrs. A fully renovated and immaculately presented two bedroom cottage adorns the property offering open plan living in a sheltered glade whilst still retaining a commanding view. Locally there are many activities and facilities that support lifestyle living. Close to primary school, Shelly Beach café and boat ramp and a short drive to Helensville. Unsurprising that South Head and surrounds are being discovered more and more with good proximity to the CBD.

[www.mikepero.com/RX1762863](http://www.mikepero.com/RX1762863)



**Graham McIntyre**  
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# HOME & GARDEN

## KUMEU GARDEN HUB

Sale time at the Kumeu Garden Hub. Lots of specials, end of lines, we are making space for new stock. Autumn is great for planting so get ready! 299 Main Road, Kumeu, next to Carriages Café. Plenty of parking right outside. Phone: 09 412 9002, Email: kumeugardenhub@xtra.co.nz. Opening hours: 8.30am to 5pm seven days a week.



## LASER PLUMBING & ROOFING WHENUAPAI - YOUR PLUMBING, ROOFING & DRAINAGE EXPERTS

Laser Plumbing & Roofing is your local plumbing company based in Whenuapai. We are committed to servicing our local community families and businesses with great service at reasonable rates. No job is too big or too small for Laser Plumbing & Roofing Whenuapai! Whether you have a dripping tap or a blocked toi-



let, our experienced and friendly Maintenance Plumbers, Dave and Nathan will be there when you need them. With years of experience, Dave and Nathan are very thorough and meticulous, and never leave any mess behind! You can rely on Dave, Nathan and all our Laser Plumbing staff to offer complete plumbing solutions.

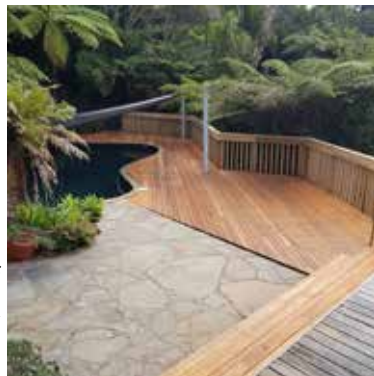
Laser Plumbing & Roofing Whenuapai are also your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations. We also offer a state of the art drainage un-blocking service. And you will always receive our 'Totally Dependable' service, guaranteed.

Open five days a week from 7am-5pm, Laser Plumbing & Roofing is located locally at Unit 4/3 Northside Drive, Whenuapai. Give us a call today on 09- 471-0110 or visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## NORTH HARBOUR LANDSCAPES

Originally started in September 2016, we specialise in decks, fencing and retaining walls. We also do minor excavation work. We are currently based in Whenuapai, and cover a fair distance whether it be out south or up north.

If you wish to see some of our work, feel free to check out [www.facebook.com/nhlscapes](http://www.facebook.com/nhlscapes). For any enquiries please flick us an email at [northharbourlandscapes@gmail.com](mailto:northharbourlandscapes@gmail.com) or give Ricky a call on 021 572 237.



## TIME IS PRECIOUS

Back to work? Kids back at school? Sitting in that crazy traffic on State Highway 16? How will you get the time to fix that door, wall or floor? From that well used deck for much loved summer barbecues or the back door, what about the fence that needs dog proofing for that new puppy?

To all those repairs that need to be fixed, to the final touches on the renovation, and to the tricky jobs that are best solved by the experts, locally owned and operated, Fixy was born from a desire to help people with fixing, repairing and creating solutions so, people like you, can get more done in their day.

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## 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 crassifolius* commonly known as the Lancewood. The subtropical display from Nikaus, coloured flaxes, *Pittosporum cornifolium*, ferns, many ground-covers, coloured Tea tree, *Astelia*, and *Cordyline Showoffs* are

some of the many options available. There is a suitable native plant for every kind of garden style you may 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 hundreds of different plants to choose from, many in multiple sizes, whether it be a New Zealand native, or exotic. We are bound to have something to suite the theme you have in mind. With Autumn nearly upon us, it's a great time to plant.

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Greg from GK Creations has been a part of the Huapai/Kumeu community since 1979. He began GK Creations 15 years ago and has been proudly landscaping and maintaining properties ever since. Greg and his team specialise in giving you back your time! Living where we do, we know there is so much fun to be had. Let GK Creations do the hard work so you can do more of the things you love. To book a no obligation free quote give Greg a call 027 579 0001. A few of the services we can help you with include: Landscaping (hard and soft), Premium garden maintenance, Low maintenance garden solutions, Pre-sale property preparation, Planting and Privacy screening. For a full list please see our website www.gkcreations.co.nz If it's outdoors we do it!

## GATE HANGING WORKSHOP

Sunday 31st March (9.30am to 11.30am). Does the image above look a bit familiar? If so, this is a "must attend" workshop for you. After his very well received fencing presentation in November, by popular demand Roy Herbert from North Harbour Fencing will be returning to demonstrate how various gates should be installed. Elements that Roy will be explaining and demonstrating in his fun and interactive presentation will include: Gate selection, site preparation, gate hardware, tooling required and installation methodologies. These events are very popular and there are limited spaces available so booking is essential (see below for details). We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through. A great opportunity to enhance your DIY skills in a relaxing and informal environment and we're only a few minutes' drive North of Kaukapakapa (and around 35 minutes from downtown Auckland). Our knowledgeable and friendly staff will also be on hand to help with any garden related questions. 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. \$20 per person, to book: info@kaiparacoast.co.nz or phone 09 420 5655.



## WAIMAUKU GARDEN CLUB

Time is flying already! By the time you read this our first trip to Landsend and Mincher will have happened. Now we are looking forward to March 21 when we travel to East Auckland and visit 2 gardens, Pandora and Photina. April 19, Chelsea Sugarworks and FernGlen. Looks like we may visit the Howick Historic Village in May. We've had a positive response to our editorials with new members joining us. We want you to come with us. We'd love to see you. For more information contact; Judy 027 272 9994, Diana 027 478 8928, Althea 021 123 6448, Jan 021 108 7925, Veronica 027 755 4645 or Bette 021 145 1854

## MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Fri 1 Mar	-	00:37	06:52	13:20	19:22
Sat 2 Mar	-	01:47	08:01	14:25	20:28
Sun 3 Mar	-	02:49	08:59	15:19	21:23
Mon 4 Mar	-	03:40	09:46	16:05	22:08
Tue 5 Mar	-	04:23	10:27	16:45	22:48
Wed 6 Mar	-	05:02	11:03	17:22	23:23
Thu 7 Mar	-	05:37	11:36	17:57	23:56
Fri 8 Mar	-	06:11	12:08	18:30	-
Sat 9 Mar	00:27	06:44	12:40	19:04	-
Sun 10 Mar	01:00	07:19	13:13	19:39	-
Mon 11 Mar	01:34	07:55	13:49	20:16	-
Tue 12 Mar	02:11	08:34	14:28	20:57	-
Wed 13 Mar	02:52	09:18	15:13	21:43	-
Thu 14 Mar	03:41	10:10	16:06	22:39	-
Fri 15 Mar	04:41	11:16	17:12	23:47	-
Sat 16 Mar	05:55	12:33	18:28	-	-
Sun 17 Mar	-	01:04	07:16	13:49	19:49
Mon 18 Mar	-	02:18	08:29	14:55	20:59
Tue 19 Mar	-	03:22	09:30	15:53	21:58
Wed 20 Mar	-	04:17	10:23	16:44	22:49
Thu 21 Mar	-	05:06	11:11	17:32	23:36
Fri 22 Mar	-	05:53	11:56	18:17	-
Sat 23 Mar	00:20	06:37	12:39	19:01	-
Sun 24 Mar	01:02	07:20	13:20	19:43	-
Mon 25 Mar	01:43	08:02	14:01	20:25	-
Tue 26 Mar	02:23	08:45	14:42	21:08	-
Wed 27 Mar	03:06	09:31	15:27	21:55	-
Thu 28 Mar	03:55	10:25	16:20	22:49	-
Fri 29 Mar	04:57	11:31	17:30	23:57	-
Sat 30 Mar	06:13	12:45	18:49	-	-
Sun 31 Mar	-	01:11	07:25	13:52	19:56

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



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# RURAL NEWS

## NIGERIAN DWARF GOATS

Continuing my series on animals suitable for lifestyle blocks, have a look at this great breed of goat.

Nigerian Dwarf goats are popular as pets and family milkers due to their easy maintenance and small stature.

They are also used by some goat dairy farms to make cheese because of their high butterfat content. This is the key reason Nigerian Dwarf Dairy goats are of interest to us. Nigerian Dwarf Dairy goats are registered by the American Dairy Goat Association, the American Goat Society, and the Nigerian Dwarf Goat Association.

The American Dairy Goat Association (ADGA) sets a maximum height at the withers of 22.5 inches (57cm) for does and 23.5 (60cms) for bucks. All coat patterns are acceptable. Eyes can be brown, gold or blue. The ears are erect and the face is straight or dished.

Temperament: Nigerian Dwarf goats are gentle and easily trainable. This, along with their small size and colourful appearance, makes them popular as pets. Some breeders bottle-feed kids, which makes them more bonded with humans. Others prefer to let their mothers raise them naturally, finding bottle-fed kids to be overly clingy. With either method, they can be very friendly and can easily be trained to walk on a leash. Some goats even enjoy coming into the house with their owners. Adult goats should not live in the house, however, because as ruminants, they need to spend a large part of the day eating hay, pasture, or browse.

Nigerian Dwarfs, especially does and wethers, do well with children. Nigerian dwarfs also are easy birthers with very few birthing problems.

Coat colours and patterns: The Nigerian Dwarf comes in many colours: white, black, gold, red, cream and patterns such as buckskin (brown with a black cape over the head and neck along with other black markings) and chamoisee (similar to an Oberhasli goat), with or without white spots. Some have white "frosting" on the ears. Although most are naturally horned, generally breeders disbud them at a young age (usually less than 2 weeks of age) for safety to the goat, its herd mates, and human caregivers. Some Nigerian Dwarf goats have blue eyes, which is a dominant trait in goats.

Milk: Nigerian Dwarf goats give a surprising quantity of milk for their size. Their production ranges from 1 to 8 pounds of milk per day (one quart of milk weighs roughly 2 pounds), with an average doe producing about 2.5 pounds (1.10 litres), although it can produce up to 1.8 litres of milk per day. Production depends upon genetics, how many times the doe has freshened (given birth), quality and type of feed, and general good management. Since Nigerians breed year-round, it is easy to stagger freshening in a herd for year-round production of milk. Thus, they are ideal milk goats for most families. Their milk has a higher butterfat content than milk from full-sized dairy goats, aver-



aging 6.5% according to the American Dairy Goat Association. Later in lactation, butterfat can go up to 10% or even higher. This makes Nigerian Dwarf goat milk excellent for ice cream, desserts, yogurt, and especially, cheeses and soap making.

For more information go to [www.goldengrove.co.nz](http://www.goldengrove.co.nz)

If you require any information on maintaining your lifestyle block or are interested in a current appraisal of your property please contact Lyndsay Kerr, Mike Pero Real Estate Kumeu your local rural and lifestyle block specialist 027 554 4240 or [Lynsay.kerr@mikeperocom.com](mailto:Lynsay.kerr@mikeperocom.com).

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For further advice/information visit us instore today OR visit [westernitm.co.nz](http://westernitm.co.nz) for a free quotation.

Western ITM Kumeu, 154 Main Road, Kumeu. Phone 09 412 8148. Open Monday to Saturday.

## LIVESTOCK REPORT

Pukekohe on Saturday saw prices drop in accordance with dropping cattle schedules, short weeks, and dry conditions. This was probably more evident due to the exceedingly strong sale the previous week! Cattle still continue to make great money, with best steers to \$2,140 and heifers \$1,700. Quality cattle continue to command top prices as farmers become very choosy regards quality at this time of the year, and rightly so as paying a little extra at purchase times nearly always results in an increased margin at selling time. Plus, they are nicer to look at!

Cattle	Lowest	Highest
Prime steers	\$1,480	\$2,140
Plainer steers	\$1,100	\$1,340
Medium 15 month steers	\$1,040	\$1,060
Medium weaner steers	\$560	\$617
Small steers	\$480	\$540
Medium prime heifers	\$1,200	\$1,700
Good forward heifers	\$1,075	\$1,165
Medium 15 month heifers	\$835	\$870
Medium weaner heifers	\$410	\$510
Light boner cows	\$480	\$855
Fat lambs	\$130	\$146
Store lambs	\$67	\$126
Ewes	\$52	\$126
Rams	\$52	\$250
Hoggets	\$120	
Weaners	\$144	\$146
Sow	\$185	
Porkers	\$158	

# Central's Tips

## March 2019



It's time to sow root vegetables like carrots, beetroot and parsnips and do some garden maintenance after the hot, hot summer months. Prune hedges and topiaries, de-thatch your lawn and re-sow bare areas. Pumpkins, melons and grapes and figs are starting to ripen - yum!



### Keep melon and pumpkin bases dry

Make sure your melons and pumpkins are on a dry base - a layer of straw is good for preventing moist soil from rotting crops

### In the Veggie Patch

- **Rejuvenate the vegetable patch** by taking out spent crops and vines such as corn and tomatoes.
- **Directly sow** carrots, beetroot and parsnip now into the vegetable patch
- Good time to **plant herbs** such as parsley, coriander and winter savory
- **Ripening melons** and **pumpkins** need a dry base to sit on, such as straw
- **Cover figs** and **grapes** with bird netting



### Feed citrus trees

Ripening citrus fruit are gross feeders, so keep fertilising. A layer of sheep pellets now will assist. Regular watering will ensure plenty of juice in the fruit.

### The rest of the Garden

- **Prune hedges and topiaries** - lightly dig some compost around the stems
- **Stop dead-heading and feeding roses** - leaving on stems lets them 'harden up' for winter and signals time for dormancy is coming. Plus, pick up any diseased foliage as it begins to fall
- **There's a big range of bulbs at the garden centre right now** - most can be stored in paper in the 'fridge to help them break dormancy - ready for planting in April
- **Plant winter flower seedlings** like pansy, viola, poppies and snapdragons
- **Plant new trees and shrubs** so they can have time to establish over the cooler winter months
- **De-thatch your lawn** and **over-sow thin** areas of the lawn, with **Prolawn seed** and **Turfmaster Starter**
- Continue to **feed and water citrus trees** - it's particularly important as the fruit is ripening

## Project for March

### Condition your soil with compost

Regular applications break up clay and offer valuable nutrients to plants. Get a trailer-load from Centrals - your garden will love you for it

See our tips here [centrallandscapes/products/living-earth-organic-compost](http://centrallandscapes/products/living-earth-organic-compost)





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## THE NUTS AND BOLTS OF A MADDREN BUILD

Anzor literally supply the stainless steel nuts, bolts and connection hardware for Maddren builds, and now also Maddren Homes TOM (Tradie of the Month). Antony Burke has been with Anzor for 3 years and in that time has built up a strong relationship with Maddrens. His service is second to none and he will drop everything to help if an urgent call goes out. His extensive product knowledge and willingness to be there when we need him, makes him this month's deserving recipient of our Tradie of the month and voucher from proud sponsor Western ITM. Keep up the great work Anthony.



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Ltd), a company set up solely to underwrite the guarantee. RIL is independent from the Signature Homes Franchise Builder who you contract to build your home. Other building guarantees have set limits in relation to the total amount that can be paid out for loss of deposit and/or non-completion, and some have excesses to pay on any claim. This means that the difference in the claim limit set by the guarantee company and the actual costs to complete the home then need to be paid by the client. RIL's Home Completion Guarantee has no set limits around how much any client can claim. Should there be a problem, RIL simply guarantees to finish the home as per the building agreement – at no extra cost to the client. There are no excesses to pay on any claim made against RIL's Guarantees.

When do the guarantees start and finish? The loss of deposit and completion aspects of the Comprehensive Guarantee Programme come into effect from the date your application is accepted by RIL (usually within two weeks of your building agreement becoming unconditional) and the cover remains in place until the practical completion of your home. Non-structural defects are covered for two years and structural and weathertightness defects are both covered for a period of 10 years from Practical Completion.

Are the guarantees transferable to the next owner of the home? Yes they can be repeatedly transferred at no cost, unlike many other building guarantees. Are there any conditions or general exclusions I need to be aware of? Yes – such matters as landscaping, materials supplied or work performed by others, acts of God etc. These are similar to other insurance policies and guarantees, and are covered in the terms and conditions of the guarantee document. Phone 0800 020 600 or one of our showhomes for more information.

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# FOOD & BEVERAGE

## THE BEER SPOT OPENS IN HUAPAI

Fresh from winning the Westpac Auckland Business Award for Best Emerging Business – North/West, The Beer Spot has opened a second branch - at 321 Main Road in Huapai.

"We need to build more taps, covering more areas for over 200 amazing New Zealand brewers who struggle to get retail tap space," says Jason Payne, formerly of Huapai and Helensville.

Payne is one of the founding partners of The Beer Spot in Northcote and a director of the company.

"It's amazing that great beer is still not as appreciated around our country as wine is. The process is just as complex and brewers can get some incredible flavours from four simple ingredients," he says.

Often touted as 'craft' beer, The Beer Spot has a different approach.

"We don't use the 'craft' word," says Jason, pictured with co-founder Laurence Van Dam of Whenuapai. "We believe that word is for the brewers. They are the true craftspeople. During our research phase, we found the 'craft' word was a barrier to market for 'mainstream' beer drinkers.

"Folks often drink the same beer as their mates or dads. We're here to encourage people to be brave, try something new and



realise the opportunities and flavours you can experience with great beer.

"There's a beer for everyone. And, of course, we have a great selection of wines and spirits too."

The Beer Spot Huapai has the same set up as Northcote.

'The Tap 40' features 40 constantly changing beers from all over New Zealand and there's a different food truck each week on site.

"We think a collaborative approach to business is a helpful one," Jason says. "Small breweries and food trucks work so hard to bring you a good experience; our job is to give them a place to do that."

The Beer Spot is family and dog friendly too and is happy to support local schools, organisations and sports teams with fundraising and sponsorship.

"Having served on boards of trustees and charitable organisations, I completely understand how difficult it is to fundraise from communities already under pressure.

"We're not a party bar," Jason says. "Liquor has a pretty bad social stigma and we're working hard to change that."

"We run reduced hours, don't have any screens, jukeboxes, pokies or pool tables. The idea is to come in, grab a great beer and talk with each other.

"We'd like to think The Beer Spot is a great place to conduct 'beersness'."

Jason says he'd like to see The Beer Spot in five places around Auckland by 2020.

## 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%

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## HARVEST AT SOLJANS ESTATE WINERY

It's a busy time of year for us at the moment! After such a great summer we will be harvesting our grapes in Kumeu in the next few weeks, just waiting for the right moment to pick to get the best ripeness possible! Come along whilst the sun is still shining to get to know a little bit more about our family and our wine making, with a tasting in our cellar door followed by a stunning winery lunch in our café. Find out more on our website [www.soljans.co.nz](http://www.soljans.co.nz).



## TRY THIS TASTY DUCK & MANGO SALAD

Serves 2

280g duck breast, oven roasted until nearly cooked, rest/cool and slice.

1 Mango peeled and cubed.

For the salad, mix together:

¼ cabbage, finely sliced

¼ lettuce, finely shredded

1 large carrot, grated or shredded

½ cucumber, julienned

100g bean sprouts

3 sprigs coriander, chopped

1 red or Spring Onion, finely sliced

¼ cup almond flakes

Dressing:

¼ cup white wine vinegar

¼ cup castor sugar

2 Tbsp sesame oil

¼ cup olive oil

1 Tbsp soya sauce

1 Tbsp fresh ginger, grated

1 clove garlic, crushed garlic

Shake ingredients together in jar and pour required amount over salad when you are ready to eat. Add the duck and cubed mango.

Any leftover dressing can be stored in the fridge for your next salad.

Season and top with NoShortcuts Plum Chutney; order online [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz).

## IMPROVING FAMILY MEALTIME

Every parent feels pressure to be providing their child with nutritious meals and getting them to eat their vegetables. Unfortunately, this pressure felt by parents passes down as pressure on the children to eat. A meal time battle ensues, becoming a daily stress for everyone involved.



A key way to help your child grown into a happy confident eater and learn to love a wide variety of foods is actually to remove all pressure at the dinner table. What does this mean? It means ditching phrases such as "just have three more bites" and "no pudding unless you eat your peas". Instead, dinner table conversation could include anything but talk about how much food everyone should be eating. Imagine how much more pleasant this family time could be, without having to monitor and negotiate over children's intakes.

Removing pressure, along with other improvements to the eating environment is much more likely to lead to healthy relationships with food and eating for the child as they grow towards adulthood, as well as much happier family meal memories.

Interested in learning more about reducing stress around meals and improving family meal times? Registered Dietitian Jacqueline Tyler is available in Hobsonville. Contact [hello@bodybalancenutrition.co.nz](mailto:hello@bodybalancenutrition.co.nz) or make a booking via [www.bodybalancenutrition.co.nz](http://www.bodybalancenutrition.co.nz).

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# PETS

## TIPS & ADVICE

### WARNING ON KARAKA BERRIES AND THEIR SEEDS — HIGHLY TOXIC TO DOGS

Karaka trees are native to New Zealand and are prevalent in many parks and forest areas (including Hobsonville Point). The berry kernels, however, contain virulent poisons, that are yet to be fully described in terms of their individual effects on dogs and humans.

Most warnings online will show only photos of the berries, brightly coloured and hard to miss. In reality, it is hardly ever these bright yellow/orange/green berries (labelled 1 and 2) that you will see on the ground, but the rotting or decaying outer husks (labelled 3 and 4). These can sometimes be partially covered in some remaining orange flesh, but more often than not they look very dry and seemingly dead.



The powerful neurotoxins are in fact contained in the inner kernel/seed, shown here (label 5) inside the soft outer husk, and at label 6, removed from the husk. Even when the outer husks seem dry and old, the toxin will still remain strong. The outer husk is very thin and can easily be chewed through by a small dog.

If your dog ingests ANY part of a Karaka berry, fleshy fruit, husk or seed, take them to a Veterinarian immediately and without delay. If taken soon enough, the dog can be made to vomit and hopefully the effects reduced.

Hopefully these images will help dog owners to identify the husks on the ground, as well as the fleshy fruit that most people associate with toxicity.

Credit Lauren Prior. [www.unitec.ac.nz/about-us/contact-us/practice-pathway-groups/environmental-and-animal-sciences](http://www.unitec.ac.nz/about-us/contact-us/practice-pathway-groups/environmental-and-animal-sciences)

### EVERLASTING MEMORIES OF YOUR PETS.

Put yourself in my shoes for a second. You have been booked as a photographer to capture beautiful professional photos of a beloved pet rabbit. It is elderly and unwell, deaf and blind. Woah! That is both a massive challenge, as well as a big responsibility! You are tasked with creating photos that a family will cherish forever. This was a scenario I found myself in just last week. I love the challenge and appreciate how rewarding these photo shoots can be.

A large amount of the photoshoots I do are for elderly pets.



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\*Prices shown in NZD excl GST valid only through 31st March, 2019. Price includes pre delivery, freight, assembly or dealer charges. <sup>2</sup>Conditions apply. John Deere Financial Ltd. Approved commercial applicants only. <sup>1</sup>Valid on 1-4 Family Compact Utility Tractors. <sup>1</sup>Entry form must be filled out in person at the mentioned events, winner will be drawn at random and contacted personally. Images. Conditions apply. 6 year/2000 hours (whichever comes first). Images used are for illustrative purposes only and may show features or attachments not included in the price. Products, specifications and availability are subject to change without notice.

There is nothing more special than capturing special moments and memories of your pet through photographic art, especially when they are in their golden years. I just love photographing the different aspects of their personality, their quirks, and cutest qualities.

Another photo session I recently did was for Jipsy (pictured). She is an elderly girl, and although she is still the happiest wee thing, her health is declining due to old age. She is her mum's entire world and we had the best morning at the Auckland Botanic Gardens finding gorgeous photo opportunities and letting Jipsy have a fabulous time. The experience and memories of the photo session itself is almost as valuable as the resulting photos (which turned out beautifully).

I can't stress enough how special it is to have quality photos of your pets. They are our family after all. If you are wanting some photographic art of your own pets, don't hesitate to contact me for a chat. I am based in Taupaki, but travel all over Auckland as a specialist in on-location photography utilising natural light. All of the information about packages and pricing is on my website, along with a gallery of some of my favourite work. [www.dogandco.nz](http://www.dogandco.nz).

## HEALTH ADVANTAGES TO HAVING PETS IN THE WORKPLACE

Many of us know the benefits of owning pets, companionship, exercise, unconditional love to name a few but did you know that studies show that dog owners are less likely to suffer from depression than those without pets. They have lower blood pressure in stressful situations and playing with animals can elevate levels of serotonin and dopamine, which calm and relax you.



One study found that when people with borderline hypertension adopted dogs from a shelter, their blood pressure declined significantly within five months. Test results also show pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) and the list goes on. So do these benefits transfer to the workplace? According to a research study in the US there are three major benefits for bringing your pet into the workplace.

1. It reduces stress a 2012 research study published in the International Journal of Workplace Health Management states that: On-the-job stress levels fell among a group of employees when they had their dogs at work with them.

2. It encourages longer working hours. Employees don't have to rush home to check on their pet. Studies show that organisations that allow pets in the workplace have employees who are

willing to work longer hours and that absenteeism fell.

3. It improves working relationships amongst employees. Suddenly that person with bad manners and smelly breath becomes someone you can talk with when they bring their cute puppy into work.

One Auckland company have really stepping up and as part of their staff training brought in experts to run 6 classes and put over 300 of their employees through a Canine Body Language course. Not only was it fun and educational but it was a really positive and forward thinking educational programme for their team.

With the new Health & Safety at work act 2015 it highlights that the PCBU is responsible for risk assessment and have to either eliminate or minimise risk. So it becomes more important that companies have the buy in of their staff and training to minimise the risk around dog bites.

For more information or if you wish to discuss Canine Body Language email [jo@dogsafeworkplace.com](mailto:jo@dogsafeworkplace.com) or go to [www.dogsafeworkplace.com](http://www.dogsafeworkplace.com).

## KANIKA PARK CAT RETREAT

Cat Nap Facts from [modern-cat.com](http://modern-cat.com). We all know that cats love sleep. Here are five fun facts that help to explain their sleep cycles and habits!



1. When cats doze their bodies are rigid, ready to wake up and react!
2. Kittens do not go through the dozing part of the sleep cycle, they go straight into deep sleep, for their first month
3. Your sleeping, twitching kitty IS dreaming! Very likely chasing dream mice
4. Cats record smells and sounds during most of their sleep cycle so they can detect any anomalies in their environment while they sleep
5. While cats are normally awake during dawn and sundown, they tend to adapt to their favourite people's schedules so they can be awake when their humans are up and around

At Kanika Park Cat Retreat your pussy cat can doze as long as he wishes. We have individual suites, air conditioning, music. Full article is on our Facebook page. For further information contact 09 411 5326 or [info@kanikapark.nz](mailto:info@kanikapark.nz).

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# HEALTH AND BEAUTY

## OUTDOOR YOGA

At the Murray Jones Reserve, Riverhead.

Outdoor Yoga requires a unique sense of perseverance and focus, as the space around us can be full of active and unexpected sights and sounds. One moment sun, and the next rain on our mats. Come and find the steadiness of your breath in a one hour vinyasa flow, surrounded by fresh air beside the beautiful Rangitopuni Stream. \$10. Suitable for all levels.



## E-GREEN E-BIKE UP FOR GRABS EACH MONTH DURING MARCH AND APRIL

Summer is here, and what a difference in brightness between indoors and outdoors! Reduce discomfort and eliminate the need to always carry two pairs of glasses with Transitions® Light Intelligent lenses™.

Transitions automatically and quickly adapt to changing light conditions to reduce glare. Responding to the light around you, they intelligently darken as you go outdoors and change back to clear when you return. They protect from our strong New Zealand UV rays emitted by the sun, and indoors, filter harmful blue light emitted by digital devices.

There's another great reason to enjoy the adaptive protection of Transitions lenses for your next prescription: When you purchase Transitions lenses during February, March or April you go into the draw to win a \$3,199 M1-MTB e-Green E-bike!



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Book your appointment at For Eyes in the Kumeu Village today: phone 09 412 8172.

## ONGOING HAND PAIN?

Have you had an injury to your wrist, finger or hand from sport?

- Hand, finger and wrist injuries are very common in sports
- Common ball sport injuries include finger, wrist sprains or fractures.

• Have you had an injury to your hand, wrist or finger that you thought that you would just "shake off and get better"? Is it taking a longer time to recover than you thought?

Hand therapists are specially trained physiotherapists / occupational therapists that specialise in treating any injury from the elbow to the finger tips. We can complete a thorough assessment to diagnose your injury and advise you on the most effective treatment methods. We can arrange for x-rays to be completed if necessary and provide you with appropriate splints and exercises.

We can help you get back to playing the sports that you enjoy. Your hands are important!

Call us at the Hand Institute today to make an appointment. We have two convenient locations in Huapai and just off Constellation Drive on the North Shore. We are fully ACC registered.

Huapai Clinic, 321 Main Road, Huapai - phone 09 412 8558.  
Rosedale Clinic, 5 Home Place, Rosedale - phone 09 478 8438.



## SHOE TALK'S TIPS FOR DRY FEET

So if you have dry feet and if you have dry feet and calluses the following home tips could be used to reverse this:

- Vinegar Soak - once a week fill a basin with warm water, a small amount of dish washing liquid and one cup of vinegar, soak your feet for half an hour, then rinse well and massage in your favourite moisturiser. If you do not like the smell of vinegar you can replace this with half a cup of baking soda
- Socks and Lotion - if your feet are very dry, then every night for a week apply a generous amount of lotion just before bed and then put a pair of socks to protect your bedding, after a week your feet will be a lot smoother.



### Shoe Talk™ we talk shoes



Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Everything from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

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

If you have dry and cracked heels then:

- Have a shower to soften the skin and then using a pumice stone gently scrub at the dry skin, rinse your feet, dry your feet off and apply a moisturiser
- Make sure your heels fit in your sandals or scuffs correctly, if the edge of the heel of the shoe is making contact with the heel of your foot it will cause dry skin
- If you have badly cracked and dry heels, wrap your heels in a quality duct tape and then put socks on, keep this on for a couple of days, take off and then shower and scrub your feet with a pumice stone and apply lotion. Repeat if needed.

## NORTHWEST PHYSIO+

Interested in trying reformer Pilates? One of the best things about the reformer is its versatility. The reformer machines use spring resistance which is great to allow us to modify each exercise to make it the most efficient for the client, whether you are a beginner or after a more intense workout. Exercises can be done in a variety of position including lying, sitting and standing which therefore means we can adjust each exercise to accommodate individual needs such as injuries which may restrict other forms of exercise. Pilates is a great way to get moving in a safe way while developing strength, flexibility and balance with dynamic movement. Due to the variety of exercises we can perform on the reformer you will leave every class feeling like you have had a full body work out.



NorthWest Physio+ has a variety of Reformer Pilates classes including pregnancy. Visit our website [www.northwestphysio-plus.co.nz](http://www.northwestphysio-plus.co.nz) for more details.

## WHAT ORTHODONTICS CAN DO FOR YOU

Having a nice, straight white smile is the dream for many people; it boosts self confidence without being shy to laugh, talk or eat comfortably. Also having well aligned teeth means it's easier to clean and maintain the healthy smile that you have for years to come.



Orthodontic treatment could benefit people, whether using a more comprehensive approach like custom designed braces or simple cosmetic alignment of mainly the front teeth.

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In designing your new smile, we look into assessing your growth, your bite, and how your muscles, joints and teeth work together so we can prepare a plan that suits your individual needs.

Using the latest in digital technology and orthodontic software, today we can better prepare computer predictions of how teeth could move into their final beautiful and functional position.

So give Kumeu Dental 09 412 9507 a call and we would be happy to book you a consultation to share our knowledge and answer your questions.

Happy Smiles everyone from the Kumeu Dental family.

## NEW YEAR NEW YOU 2019 - 6 WEEK LADIES ONLY CHALLENGE

Lets celebrate the start of a New Year - Women Supporting Women!!

Ladies - most of us have a pre-determined mindset this time of year we've set New Years resolutions and not long after it has started "I CANT" sets in.

Kumeu Gym Ladies only New Year New You Challenge is here to help remove these common misconceptions, to change these " I CANTS into "I CAN, I WILL , I'M STRONG, I'M DETERMINED to build your confidence, strength and fitness.

If you are new to the area, this is a fantastic opportunity to meet friends all while getting fit in a fun and safe environment.

Check out our website [www.kumeugym.co.nz](http://www.kumeugym.co.nz) or our Facebook page or call us on 09 412 8932 for more details.

Register now - Challenge start date is Saturday the 30th March, weigh in dates are Saturday 30th March, Monday 1st, Wednesday 3rd and Friday 5th April. Limited spaces.

## ARE YOU EXPERIENCING ONGOING STRESS?

Are you older than 40? Do you get headaches frequently? You may be on your way to higher blood pressure. A way to

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NEW YEAR , NEW YOU!

6 Week Challenge

LADIES ONLY

**Cost:** \$280.00 (current gym memberships will be put on hold)

**includes:**

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Starts Sat 30th March

[www.kumeugym.co.nz](http://www.kumeugym.co.nz)

avoid getting there is always the same answer to health, nutrition, exercising your heart and stretching out tension, hydration and finding time to relax and destress. We can help you at West Auckland Massage, as giving a good Relaxation is beneficial to release endorphins, and reduce the stress hormones in the blood. It also helps relax contracted muscles, and helps get the blood back to the heart as well, reducing the pressure. Talk to us now about our prepaid discounted packages to get started on a regular massage.

Rebecca West Auckland Massage [www.westaucklandmassage.co.nz](http://www.westaucklandmassage.co.nz).

## CLUB PHYSICAL

After numerous tussles with my son, we often quoted a well-drilled martial art coaching tip to each other, "Control the head....control the body". Meaning, you lock the opponent's head in a disarming position and it's very



hard for them to retaliate with the rest of their body. It's a similar thing with your New Years' Goals. If your body feels too tired to exercise, tell your mind, "Do it anyway". Most often, you will GAIN back that energy within minutes.

Your mind can often trick you into 'thinking' that you are too tired to exercise or that you just cannot do it. Don't listen to it. Take command.

You can use the focused energy of your mind for POSITIVE CHANGE. Your mind is far more powerful than you might imagine. Master your thinking and your New Years' Goals will become real. Remember, 'Control the head, control the body'.

Paul - Club Physical, phone 027 291 7989 or email [paul@club-physical.co.nz](mailto:paul@club-physical.co.nz).

## OSTEOPATHY IS NOW AT TOP NOTCH

Top Notch Massage has now rebranded to Top Notch Bodyworks - we are very excited to now have Osteopathy services as part of our business. Our experienced



osteopaths Marshall Gabin and David Liddiard can be found at our Massey clinic. If you need osteopathic treatment, massage or a combination of both, we look forward to exceeding your expectations. We can help with many problems including headaches, neck, back, muscle, joint pain, arthritis, pregnancy, occupational overuse and stress. Top Notch can now also pro-

cess ACC claims for accidents and sports injuries - and you don't require a referral from your GP to see us. Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. David has worked with a multitude of sports teams and assisted at the Rio Olympics.

We also can treat abdominal issues such as bloating, constipation and pain or discomfort. Both Marshall and David are ACC registered and of course, we still have our qualified therapists in therapeutic, sports and relaxation massage. So if you need an osteo treatment or just a relaxing massage, give our team a call on 09 212 8753 or 021 181 8380. To celebrate we are offering \$10 off your first treatment with Top Notch.

## HEAT WAVE, HYDRATION AND HEADACHES

We are in the peak of our summer and it has been scorching hot! Many people have to be careful when outside as overheating may cause headaches and heat strokes. It is important to cover the head and have adequate hydration to avoid the risks. Especially when




working and sweating outside. Sometime, however, the headaches become repetitive and might happen even without being in the heat. That could indicate a separate issue, such as tight neck muscles, stiff cervical vertebrae or one of the many other causes of headaches. Some of those can be easily treated by neck stretching and osteopathic manipulation, while others might require further investigations. Definitely don't delay to see a health practitioner if your headaches are severe and are accompanied by other symptoms, such as palpitations, visual disturbances, tingling or numbness in body part and so on. Come to Family Osteopathic Clinic and we will help to identify the cause of your headaches and help to manage it. For an appointment call 09 416 0097, 39 Hobsonville Road, Hobsonville.

## THE SECRET WEAPON OF ELITE SUPER RUGBY PLAYERS IS?

Fish Oils!

The winter sport season is starting to gear up (excuse the pun). If you play a sport, you may be interested in a recent study in the European Journal of Sport Science. They took a group of Super Rugby players and gave some of them low dose fish oils (551mg/day each of DHA and EPA). They found the following beneficial effects: Less muscle soreness, Less fatigue and Better jump performance.



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### What About Ordinary People?

Fish oils are even more important in the general population than in elite rugby players. This is because the short-term controlled stress of rugby training is less damaging than the prolonged and uncontrollable stress that a modern lifestyle dishes up.

If you eat the right fats (like fish oils), your body is more likely to produce a balanced amount of inflammatory and anti-inflammatory immune cells. Many modern diseases are either caused by or made worse by inflammation in the body. Taking fish oils turns down this inflammation, and therefore reduces your chance of getting an inflammatory disease, such as: Heart disease, Arthritis, Asthma, Mood and brain disorders and Skin disorders (like eczema).

There are not many people that would not benefit from taking fish oils.

#### How Good Are Fish Oils?

Let me give you a few key benefits of fish oils to put into perspective for you just how powerful they are.

Fish oils may lower blood pressure and reduce your risk of having a heart attack or a stroke. If you do have a heart attack, you are 50% less likely to die from it. This is because fish oils may reduce the likelihood of abnormal heart rhythms. That is a pretty amazing statistic – 50%!


In children, attention span and learning has been shown to improve dramatically with the use of fish oils. There have been studies that show art work produced by young children before and after supplementation with fish oils. The improvement is huge. You would not think that it was the same child who had drawn each picture.

#### Quality Warning:

A word of warning about the quality of fish oils. While good fish oils are good for you, bad fish oils are bad for you. You don't need to spend a fortune, but you do have to know what to look for. Ask the team at Massey Unichem Pharmacy 396 Don Buck Road which fish oil is the best for you and your family, or make an appointment for a one-on-one consultation with Martin 09 833 7239.

## STAY COOL & ENJOY THE VIEW

Summer is in full swing with heatwaves sweeping across the country, it's the perfect time to update your sunglasses to the latest styles. Here at Westgate Optometrists we offer a wide range of solutions for all of your sun protection needs. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. This season's sunnies are here and there's

**Gillian Wiltshire D.O.**  
Registered Osteopath  
ACC Accredited

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

a style to suit everybody. Brands include Kate Sylvester, William Morris, Barkers, Adidas and more – all can be paired with our polarised prescription lenses for single vision and progressive lens wearers at competitive package prices. Stay cool and enjoy the view this summer. Stop by to check out our range and have a chat to our friendly team, we're just around the corner from Robert Harris Café and opposite the ANZ. Phone: 09 831 0202 Website: [www.westopt.nz](http://www.westopt.nz).

## WHY PRACTICE YOGA EARLY IN THE MORNING?

Starting your day with a yoga practice will warm up your digestive system and help nutrients move more easily through the body, causing your body to metabolise carbs and fats quicker.

An hour of conscious breathing and mindful movement will help shake the sleep from your eyes, and will focus your energies for the day.

Start your day on the right foot, or left, depending which tree pose you're about to do.

If you're already a dedicated morning yogi then you'll be excited to hear that Kanuka Yoga Space, Hobsonville's new yoga studio, has 6.30AM classes on Tuesdays and Thursdays. If you like to sleep in, they offer 3-4 classes throughout the day, 7 days a week. Check out the schedule at [www.kanukayoga.co.nz](http://www.kanukayoga.co.nz) and easily book online.

## \$85 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at [sarahbrightwell022@gmail.com](mailto:sarahbrightwell022@gmail.com).



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# AREA COLUMNISTS

## FIJI & VANUATU CRUISE

Check out this fantastic cruise. The lead in cabin type of an "Inside Twin share" is such good value at \$ 1699 for the 12 nights, that is approx NZD \$ 140 per person per day to take you out of Auckland's winter up to the sunny warm South Pacific, and see 6 seriously exciting destination ports of call. Cruises in & out of Auckland are just so easy, no need to fly anywhere. All of your meals & 24/7 snacks, and all onboard entertainment, shows, are all included along with all taxes & port charges.



A great bonus of an AUD\$500 onboard spending credit that you can use to go towards your drinks, onboard boutique shopping, perhaps a massage? What is there not to like?? Please just ask if you want me to quote on an Outside Cabin (with a picture size window), or a Balcony cabin, or a Suite.

• 12 night cruise onboard P&Os' Pacific Aria in an Interior State-room

• All main meals and entertainment onboard

• Port charges and taxes

• BONUS: AUD\$500 onboard spending credit per cabin

From NZD \$1659 per person twin share

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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](http://www.thetravelbrokers.co.nz/tanyafranklin/aboutme) or my Facebook page: <https://www.facebook.com/tanya.franklin.12>.

## KERERU KINDY

Here at Kereru Kindy we have been reviewing the benefits of Rough and Tumble play. Physical play under supervision is a normal part of growing up and allows children to gain a sense of empowerment, it teaches limits and how to be gentle. Rough



and tumble play is significant in social skill development. It provides opportunities for children to learn to "read" peers' body language and facial expressions. Boys may not always feel comfortable to hug each other or say "I like you!" but allowing children the experiences of rough and tumble play gives them the opportunity to express these emotions. In addition, the figuring out of social signals from others and being able to negotiate when problems arise is significantly increased. Our mixed age group setting allows both older and younger children to partake in rough and tumble as well as across the genders, in a safe and familiar environment.

Debbie Pitout is Head Teacher at Kereru Kindy, 10 Oraha Road, Huapai. Open daily 7.30am to 5.30pm for children aged 2-5 years. All welcome.

## KUMEU NOW HAS TWO NEW SUPPORT GROUPS, ONE FOR MEN, AND ONE FOR WOMEN

The men's group, titled "Men's Personal Growth and Support", will explore positive masculinity through support, challenge, and adventure. The group will provide opportunities for each man to know and practise that which they are kaitiaki for, what they have that is unique, and what they contribute to others in. The 'Women's Safety & Support Group' will be a safe space for women to gain support and increased wairua through connection and sharing with other women. It will aid women to recognize healthy & unhealthy relationships and empower women to make positive changes for themselves and their tamariki through self-care and increased confidence.



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The groups run for 8 weeks through the school terms. If you, or some you know, is interested in finding out more, contact Kia Timata Ano Trust. 09 411 9394 or contact Rowan. [kiatimata@gmail.com](mailto:kiatimata@gmail.com) 027 227 2787 for the Men's Group or Ana. [kiatimata@gmail.com](mailto:kiatimata@gmail.com) 021 183 0522 for the Women's Group.

## CHILDREN CONNECT TO COMMUNITY

Here at Country Bears, we provide an environment that is so rich with the natural space we believe every kiwi child should have access to daily. However, we are also aware of the importance of creating experiences where the children can connect with the community.



Through these connections we can provide experiences for the children where they confirm their knowledge of their world and extend on their knowledge of their community. This could include visits from local agencies such as Police, Fire & Ambulance or a trip down to the local library or park.

We are so fortunate to have our library and adjoining park within walking distance, and the children really enjoy the walk down. Whether it is for a special occasion like a show or event, or just to wander down, play in the park or sit in the library to read books. Yes, reading books is something we do here at Country Bears, but it is the whole experience that the children can connect to. It is the extra interactions that the children might have with people in our community, chatting to the librarian and getting

help to find a book. Te Whariki, New Zealand's Early Childhood Curriculum, talks about the importance of belonging and making links between each child's culture, home life and the Centre, stating "there are opportunities for children to learn about the wider world by finding out about places of importance in the community through stories, visitors or trips". The trips to the library help the children to make those connections and it also gives them another opportunity to learn something new in a different environment.

The children are also gaining experience with road rules and safety. They follow instructions and the children know that the teachers can trust them with these instructions. This is because we do go beyond the boundaries of the Centre on a regular basis, so the children are familiar with the rules of venturing past the Centre gates.

Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With over 25 years of experience, Country Bears is the name in childcare that you can trust! We are proud of who we are and how we got here, and we are committed to continue to provide this Country Bears quality for another generation.

Please feel free to come and have a look at our beautifully placed Centre with our professional and caring team of teachers. Check us out on our Facebook page: [www.facebook.com/cbearsecc](http://www.facebook.com/cbearsecc).

## WHAT TO DO WHEN YOU FEEL JEALOUS

Everyone feels the stab of jealousy every now and then. It can hit us out of nowhere or some carry it around like a ball and chain. Sometimes certain people or situations trigger it in us.



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Sometimes its fleeting or we can go through stages of it. We can feel it in relationships and love or we feel it with material things like cars or we feel it about money and another people's lives.

Jealousy is when you look at another's situation or something someone has and put that above yours. It's when we make them better than us. It's a desire for something that you don't have. It's a type of comparing where we always come out second best. It's a debilitating emotion. It's horrible when it happens.

Comparison is the thief of happiness. Theodore Roosevelt said that. Comparing your work or life or stuff will only serve to make you unhappy. To desire something else can be a positive thing with positive outcomes. But not when we sacrifice a good feeling. Jealousy is called jealousy because it usually is clouded with misery.

But why? It's because of the messages we are giving ourselves in the moment. The reason for our jealousy is not so important – yes it tells us our true beliefs about self - but the important bit is the emotions we feel when it happens. Being jealous or comparing means who we are being that moment is the guy who believes he is not enough. Our brain and chemicals and energy is now all saying - I'm not rich enough, good looking enough, skinny enough. I'm ugly, I'm dumb, I'm not as confident as them, money is hard to come by etc etc. It has nothing to do with the other person, it's your mind and body believing that your life is rubbish. It happens so quickly we are not usually aware of our thinking. We are wiring our brain, body and life to reflect this perspective. Our brains love repetition, so the more we go there, the easier it is to go there! We are creating our lives with our emotions – so being jealous means you stop all positive momentum and start the train rolling in the other direction. Life just cannot work out for someone who has all that going on.

The universe goes 'no probs, we will give you more of that'. We are human, we may always experience the odd moment of jealousy - but use it as a tool to heal a layer of yourself that doesn't feel enough. See if you can become aware of who you are being and nip it in the bud quickly. Don't carry on with the negative bombardment. Remember all the things we don't tell ourselves enough - I'm equal with everybody. When I'm being my relaxed true self, I'm funny and beautiful. I have my own gifts and talents. I am made perfectly. I totally trust the right person is out there for me. Life works out for me in my own beautiful timing. I'm thankful for this body that has got me where I am. I enjoy money flowing to me. I'm in the right place having the right conversations to build my bank account. Life works out for me and my family.

(There are a million positive things to remember about ourselves I could go on and on. Everyone has different words and sentences that make them feel good, it's different for everyone). The key is to feel GOOD. The truth is your deserving simply because you exist. This is the truth to remember – not the other stuff.

If you want to find out more about your emotions and how you can use visualisation to create more of what you want then come for a session. A session is 2 hours and we can focus on any subject or subjects you like. I usually start with the things you are most unhappy with in life or want change in as you will have more negative thought momentum built up in those areas. [anna@thinkyourbest.co.nz](mailto:anna@thinkyourbest.co.nz) 021 555 658.

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## TAXING TIMES IN 2019

Greetings! I hope that 2019 is treating everyone really well. With the advent of a new year, my team and I are continuing

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to work hard on local issues as they affect you and your family. Please contact the electorate office if you'd like us to help you deal with government agencies etc – you can reach us at chris.penkmp@parliament.govt.nz or 09 412 2496 or by visiting 365 Main Road (SH16), Huapai.

The resumption of Parliament 2019 has brought with it some important developments. As you are probably aware, there is increasing talk around the country (including here in the Helensville electorate) about what can be done to relieve the pressure of increased living costs.

On my side of the political aisle, we believe it's crucial to ensure that taxation doesn't get out of hand. Enabling Kiwi families to retain as much income as reasonably possible should be the aim of any sensible government. This is especially so when you consider that we should always look to reward those who work hard and play by the rules.

Of particular importance to our part of the world is how the government's proposed capital gains tax would operate here in Auckland's rural northwest. The tax "working group" has recommended that this additional tax would apply to your "family home" property to the extent that the parcel of land is more than 1.1 acres. Some constituents have described it as a rural tax by stealth ... and it's hard to disagree.

The government is considering the final report of its working group (which is being held in secret at time of writing, meaning that I can't scrutinise it on your behalf) so we don't yet know if they'll go down this punitive and partisan path. I certainly hope not. In any case, I'll keep lobbying hard to ensure that the voice of Auckland's rural northwest is heard.

Watch this space! Chris Penk MP.

## COOL PLAY IDEAS FOR YOUR TAMARIKI

Struggling to keep your tamariki entertained and cool this summer? Here's some of our favourite activities at Waimauku Playcentre:

- Freeze some animal toys into a container of water. Once it is frozen tip it out and watch the endless entertainment as the kids try and break it open
- Using an ice block tray freeze some coloured ice chalk. The water can be coloured using broken chalk or food colouring, and broken out once frozen to draw on the footpath or some paper
- Simply fill up a couple of large buckets or containers of water, and put these outside with some cups, sponges, paint brushes and utensils. Watch as the children play for hours pouring, tipping and exploring
- Why not create a carwash station for the children's toy cars, or fill up an old baby bath for their dolls?





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We run sessions on Tuesday, Thursday and Friday mornings.

## SUCCESSFUL START AT THE VINTAGE SHOP

With very good support from a band of community-minded ladies accepting rostered duties, Kumeu's Vintage Shop has had a very successful start to the year with record sales in January and some generous donations of items to replenish stock.

The shop, located in the historic Pomona Hall alongside the Kumeu Community Centre at 35 Access Road, is open Tuesday to Friday 11-3pm and Saturday mornings when special events are occurring at the Showgrounds or Community Centre.

On offer are a wide range of vintage-type items including small pieces of furniture, pottery, crockery, crystal and glassware, jewellery and mantelpiece items. Even fine linen, cutlery, history books and small workshop tools can be found. All items are prepared, priced and tastefully displayed in the shop.

The shop is interested in adding to its wall display of old workshop tools such as saws, axes, hand drills and other small farm items and donations would be welcome.

Maintaining an interesting and variable supply of stock is mainly reliant on donations offered by people not wanting them anymore or wanting to move on or down-size. From time-to-time, the shop is fortunate to be gifted items from deceased estates. Donated items will always be gratefully received by ladies at the shop or arrangements can be made by phoning 09 412 7752.

The Vintage Shop is a Huapai-Kumeu Lions project with all funds raised supporting community projects. By this means, Lions recently provided the Highway 16 Quilters group with the materials they need to make post-operative coughing buffer cushions for heart patients.

Di Ackroyd currently manages the roster of volunteer shop workers who give their time one day every week or fortnight and anyone with an interest in vintage items and who enjoys meeting people, while at the same time supporting a local Lions community project, can call in at the shop and signal their

interest.

## HERE'S A TIP TO HELP YOU ENJOY TROUBLE FREE BOATING



One of the most common outboard repair jobs we've encountered this summer are burnt out water pump impellers. In many cases this can be easily avoided, as faulty ear muffs are a major contributor.

Ear muffs (or outboard flushers), are the little devices you attach a hose to and place over outboard water intakes, to flush out your motor. They're designed to form a tight seal to force water through your engine to flush out water galleries. However, when they're cracked or the fittings are loose, they no longer work effectively in sealing the water intakes. That means water can't get pumped through the motor effectively, which can cause the water pump to burn out.

This image shows a burnt out water pump (left) vs. a brand new one (right).

Do your ear muffs need replacing? Call in to GT Marine at 156 Main Road, Kumeu to pick up a new pair.

## PAULA RYAN OPENS COMPANY STORE

After 20 years of manufacturing in New Zealand, Paula Ryan has opened a store at the NorthWest Shopping Centre. "This decision is timely", says Paula, "as Auckland is growing at a speed of knots. The main Auckland area is served well with our concept area at Smith & Caughey's in Queen Street and Broadway Newmarket, however the North Shore and North West areas are developing and there are many women buying and building in these areas."



The Paula Ryan collection is well known in New Zealand and Australia. It was created just over 20 years ago and is centred around quality jersey knit fabrics which are made into classic garments with a twist. Two of the fabrics are sourced from Italy while the Merino is from New Zealand. The collection is one of only a handful of collections which are made in New Zealand with only very complex garments being sourced beyond New Zealand shores.

Paula Ryan is no stranger in New Zealand. A well known fashion authority, she was the founder of Fashion Quarterly Magazine and later the Simply You publications.



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The new store is elegant, comfortable and spacious and has been designed with a fashion runway as Paula plans to host fashion seminars, workshops and fashion parades. "Women love a day or evening out to talk about styling ideas and advice, and I look forward to hosting events focused and themed for women to enjoy within our store on a regular basis."

Paula's has two upcoming style seminars, on March 14th and 28th between 7 – 9pm. Call now if you would like to register: 09 820 0418.

## WASTE-WISE TIPS FOR SUMMER BOATS

Don't go overboard with your waste this summer. Summer is here and for many Aucklanders that means a lot of living is done out on the wa-ter - enjoying the Hauraki Gulf and the harbours, islands, beaches, and bays around the Auckland region. As we become increasingly aware of the impact of waste on our oceans and waterways, Auckland Council is appealing to summer boats and leisure craft users to be waste-wise on the water.

Talking to Camden Howitt, Co-Founder and Coastlines Lead of Sustainable Coastlines, they have identified a list of top offenders found during their coastal clean-up in the ocean, and on the beaches and estuaries. Howitt encourages Aucklanders to especially take care disposing of these items, which they have dubbed 'The Filthy Five'. "Over the years, we have found almost everything imaginable on our beaches. From dentures to messages in bottles, to a brass artillery shell, to loads of asbestos. That said, the most concerning and damaging items are also the most common: over 75 per cent of what we find are single-use plastic products. It's up to all of us to protect this place we love. We encourage people to do their bit to put waste in its place, keep plastic out of our oceans, and make sure our beaches are litter-free, the way they should be." says Howitt.

## A NEW WAY TO REPORT HEALTH AND SAFETY INCIDENTS OR HAZARDS VIA MOBILE DEVICE

Wouldn't it be great if you could use your mobile device to capture and report Health and Safety incidents or hazards, as-and-when they are identified? Well now you can.

Securo have completed the creation of a "Securo Incident Reporting App" for existing and new clients and it's ready for you to use. You can also report new hazards and risks and view your existing risk and hazard register using the app as well. You can also view all your





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reported incidents using the app.

It is a useful add-on to our existing Securo Online Health and Safety system. The new application works on smart phones / tablets / laptops (anything with a web browser).

You can set up supervisors/staff on the app to report incidents and risks and hazards which is particularly useful for construction companies and similar companies where staff are not confined to a single building or site.

For more information phone Securo Consultant John Riddell on 027 477 9750 or email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out the website on [www.securo.co.nz](http://www.securo.co.nz).

## AGREEING ON RELATIONSHIP PROPERTY SETTLEMENT

It is always a pleasure to hear about people who separate amicably without the need for a lawyer to resolve their children's needs and property without conflict.

Even so, when one wishes to buy the other out of their property there still must be some document prepared as a legal basis for the transaction in place of a sale and purchase agreement between the parties. A simple relationship property agreement recording the basis of the transaction becomes the legal basis of the transfer of the property from one to the other for the lawyer and the authority for the bank to approve the loan application. This agreement should not be seen as a sign of conflict but a necessary document to transfer property between them.

Contact Gareth, Linda and Jennifer at Belvedere Law [www.belvederelaw.co.nz](http://www.belvederelaw.co.nz) / [linda@belvederelaw.co.nz](mailto:linda@belvederelaw.co.nz).

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