

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

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

NEW BUILDS

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

May 2016

Intro

Welcome to our May edition – how the months are flying by! Last month we featured an article about the growth in Kumeu and surrounding areas and the lack of infrastructure. A member of the Anglican Church contacted me and explained that the Kumeu Cemetery is actually owned by the Church and not the Council. However, because of lack of space the Council will indeed need to purchase land to expand the cemetery to allow families to rest together in the next 50 years. There has been on-going dialogue surrounding this plan since 2008, as the Council originally wanted to purchase land about 3.5kms away- effectively separating loved ones. Hopefully our local voice is stronger now and the Council will listen. I wholeheartedly welcome information from the community and am grateful we have people in our midst that speak up - so please feel free to email me with your thoughts and comments. This month don't forget to shower your Mum with love on Mother's day and show her just how much she means to you. There is nothing a Mum loves more than a beautifully handmade card, freshly picked flowers and a day off from the usual chores she so patiently performs day in and out. Palmers Garden World have a gorgeous selection of plants and a great selection of throws, cushions, candles and fashion accessories as well as wall art, home décor, books and cool kitchen gadgets. And they will gift wrap it for free! Zash Hair is also a wonderful place to spoil your mum for Mother's Day – contact Carla to book a Pamper Package for Mum and make her day a relaxing and rejuvenating one. With so many restaurants, wineries and boutique businesses in the area, you have plenty of choice for her special day. As always, stay safe- Be Kind.

Sarah,
Editor.



kumeu Courier

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PHELAN'S LOCAL BOARD UPDATE

Work has started on the \$10 million road upgrades that have been funded from Council's Urban Growth Fund to deal with the Huapai Triangle Special Housing Area. These include the Tapu/Station Road realignment creating a new intersection and work around a controlled level crossing on Access Road. It is anticipated that plans will go out to the public around mid year, land procurement next year with a planned completion date of Late 2018.

The Local Board is starting on a Greenways Plan for Huapai, Kumeu and Riverhead, the first consultation meeting will be held from 2-7pm on the 17th May in the Kumeu Arts Centre. If you're interested in what a Greenways Plan looks like here's our recently completed plan for Wellsford google 'Rodney Local Board Wellsford Greenways Plan'.

We will also be starting the long anticipated Kumeu Huapai Centre Plan in May but at the time of writing I do not have a date, keep an eye on the local papers and Facebook Groups for information.

A petition to request NZTA address a range of traffic and safety issues on SH16 is still open. The goal of the petition is to gather over 5000 signatures. To find out more about the petition and sign it visit: <https://www.change.org/p/nzta-fix-state-highway-16>

Auckland Transport has acknowledged that rail services are the number one priority from recent public feedback from residents and they have given an undertaking that they are looking at battery powered trains for a new western service. The Public Transport Users Association has an ongoing petition supporting rail services to Huapai and supporting this will help keep pressure on AT to keep it's word on rail. Visit here to sign: <http://ptua.org.nz/1/2015/03/petition/> If you have issues or questions connected with council or want help on a community project please contact me, Phelan Pirrie, Elected Member, Rodney Local Board. Mobile: 021 844 124. Email phelan.pirrie@aucklandcouncil.govt.nz.

WAIMAUKU GALA

The Gala and market day in Waimauku on Sunday 3 April was a great success. Especially the garage sale organised by Waimauku Lion Raelene was successful, making up about 2/3 of the funds raised on the day. Many people came to see the Public Consultation about the Adventure Playground planned for Glasgow Park, off Freshfields Road. Community



POT-HOLED ROADS, LITTER SPREAD, CONGESTED ROADS

As more homes are built and more families move in. As more retail and fast food outlets take main road sites through the area. As round-a-bouts are designed, constructed and traffic diverted. Our little paradise may become somewhat hectic, clogged and grubby. It doesn't mean that we simply accept that is how it is. There are projects underway for litter control and beautification. There is consultation with Council and NZTA over roading, intersections and by-pass routes. One thing is for sure, if you want this area to stay the best place to live, you must get involved. For more information email glms@xtra.co.nz with your question and we will put you in touch with who can help you or how you can help.



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COMMUNITY NOTICE BOARD

A PEACEFUL PLACE

An Exhibition of Paintings by Katrina Collins: Monday 9th May – Tues 31 May 2016.



"An exhibition on places I have painted that sometimes are hard to get to in our busy lives, and require us to make the effort. I have enjoyed going to these places and painting them and it did require an effort!"
COLAB WORKSHOPS - Michel Tuffery and Flox.

This weekend workshop with Michel Tuffery and Flox brings together the creative processes of traditional wood blocking, with contemporary stencil cutting and spray painting. Designed for participants to develop confidence and build knowledge about the tools involved. Students are encouraged to focus on the technical and learn from two of our very best

Both leaders in their crafts, the tutors will guide you through printmaking and stencil cutting processes, and will work towards a finished range of A3 mixed media prints, exploring the possibilities of two very compatible artistic disciplines.

Processes include: chisel relief printing, use of ink and the press, registration and reduction printing, stencil cutting and spraying techniques.

Saturday 28th May: 9am-4pm and Sunday 29th May: 9am-3pm. Cost: \$425 + booking fee, all materials included. Strict-

ly limited tickets available.

Enquiries to: Jayne Tuffery at enquiries@colab-workshops.co.nz or 021 237 3129
www.colab-workshops.com.

A SPECIAL MOTHER'S DAY CONCERT

The Bryan Heron University of Auckland Fazioli Series No. 10.

At the Bruce Ritchie Performing Arts Centre, Massey High School, 274 Don Buck Rd, Massey. On Sunday 8th May at 4pm. Tickets at the door: Adults \$15, Students \$5. Massey High School is proud to host top pianists from the University of Auckland in a stunning concert of classical piano music played on one of the country's best pianos – the Fazioli 228.

WANTED MALE DOBERMAN

Wanted Male Doberman for Stud duties, our lovely girl is looking for a partner, must have a lovely nature and no health problems. Contact Jeannine on 021 055 0985 txt is best thank you.

THE RIVERHEAD GALLERY

The gallery is looking lovely and bright with Cristina Beths gorgeous peony prints on my



feature wall. I have recently finished several paintings (Donna Massey) in preparation for the NZ Art show In Wellington over Queen's Birthday weekend. These are available for sale in the gallery before I head down there. I will also be taking some of the pieces in the gallery to the other artists in the show so if you have seen something you like, come and visit me before the end of May. I will be bringing lots of lovely new work back with me too so keep an eye on the website www.theriverheadgallery.nz or Facebook page under the same name.

WEDDING CELEBRANT

Theresa Sjoquist - Wedding celebrant – Make your special day one to remember by creating an original, innovative ceremony, I'll join my imagination to yours, and we'll create a ceremony (traditional or ultra-modern) with which you'll feel confident and comfortable, as well as delighting your guests. Great ceremonies demand great imagination, an expert sense of timing, a skilled speaker with the capacity to manage an audience, leadership and guidance, and most of all to make your ceremony completely, uniquely, your own, memorable. Phone 021 577 503 visit www.theresasjoquist.com.

HOBSONVILLE RUNWAY CHALLENGE

This month we are getting behind the Waimauku School fundraising. Karen has set up a team for the Hobsonville Runway Challenge. This is a walk or run over multiple distances from a 3km for adults and children to 5km and 10km. Please join us on Sunday 15th May. Entry is only \$20 and we will have a supporter's school tent. All funds raised will go straight to the school so if you would like to get out, get some exercise alone or with the children please join the team. The more we have, the more potential funds we can

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raise. There are spot prizes too. Go to <https://goo.gl/FAsDK1> to enter. Remember to register as part of Waimauku School. Password: Waimauku

HAPPY HEARTS – RIVERHEAD EARLY LEARNING CENTRE

This month Happy Hearts – Riverhead Early Learning Centre visited Butterfly Creek. This trip concluded our topic of insects and spiders; which included the life cycle of the butterfly. The children were very excited as there were many new things to experience including patting a bearded dragon lizard, watching crocodiles being fed, seeing a tarantula and having colourful butterflies land on us in the butterfly house.



This trip gave the children many opportunities for learning. They were able to build on their knowledge of animals and nature, and see how these link to the wider world. The children learnt to work together, contribute to the group and take responsibility for each other's well-being.

There were many highlights from the trip including looking at monkeys, crocodiles, spiders, the dinosaur kingdom and our train ride. We all also enjoyed the farm area where we got to pat some rabbits, a goat, as well as hold a little mouse.

Thanks so much for the many parent volunteers that helped to make our trip such a great experience.

NO DRIPPITY FLATMATE

Introducing the No Drippity Flat-Mate - the perfect companion to the IceBlock Buddy. No need for lots of room in your freezer, as this is an ice block mould that lays flat. You can slide it into that wee shelf at the top of your freezer, or lay it on the loaves of bread in that drawer. Perfect size for little mouths or a treat size ice block, as it makes smaller ice blocks, using "smoothie thickness" filling. Don't let this weather put you off making these delicious snack size treats. Let them set, then just pop them into your 100% NZ designed IceBlock Buddy! Get yours today! <http://www.nodrippity.co.nz>



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SAFER COMMUNITIES

Fleeing driver incidents must end - A stolen Mazda was seen by police on Waimumu Road, Massey. Police followed the vehicle for a short time then stopped alongside it at an intersection where they signalling the driver to pull over. The driver initially indicated that they would comply, but then drove off at speed along Central Park Drive. Police activated lights and sirens and a pursuit was initiated. The vehicle passed Te Pai Place, travelled over the bridge spanning Henderson Creek along Central Park Drive. After the bridge the driver lost control of the vehicle, veering over the footpath on the left side of the road. The vehicle proceeded up the bank and skidded along the grass coming to rest against a nearby tree. The driver's side took the full impact. The driver was initially trapped in the vehicle which caught fire. Officers used fire extinguishers to stop the fire whilst other officers extracted the driver from the car. The driver was taken to hospital with serious injuries, while three police officers were assessed by ambulance staff at the scene for the effects of smoke inhalation. The driver, a 15-year-old male spent significant time in Auckland Hospital. Acting Area Commander Inspector Claire Humble says this is another example of the tragic consequences which can occur if a driver fails to comply with a simple instruction by police to stop. "Once again we must give the message that if you are told to stop by police, then just pull over and get the matter sorted out. The consequences of not doing so can lead to a devastating outcome, as we saw" said Inspector Humble.

Over the third weekend in April the members of the Waitakere Fire Brigade undertook portable pump training with the Civil Defence and Emergency Management West Auckland Response Team. The training was for them to up skill in the use of portable pumps so that they could assist at large vegetation fires and flood conditions such as flooded houses.

Training took place in a variety of locations including creeks, ponds and portable dams. The heavy rain on the Sunday made the training challenging and realistic. All members of both teams did a fantastic job and it is great to see professional volunteer units working collaboratively to benefit the community.

Worn and old electric blankets can cause electric shock, fire and possibly even death. Have your electric blanket tested annually by a qualified electrician. Turn off the electric blanket power when you get into bed. Do not place heavy objects on the bed while the electric blanket is turned on. Ensure electric blanket controls are not twisted or caught between the mattress and base. Make sure the electric blanket is tightly secured and laid flat on the bed. When not in use, store your electric blanket rolled up, NOT folded. Electric blankets are not recommended for use by babies or young children as "bed-wetting" may occur. The Waitakere Brigade was present at both Swanson and Waitakere RSA's and it was an honour for us to be involved. This is a very important day for New Zealand and Australia and I hope you made time to reflect on the sacrifices made by our service men and women. Lest we forget.

Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade, phone 09 810 9251.

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LOCAL CYBER TALK

Our Life Skills for Dogs classes are designed for older pups, adolescent and adult dogs with little to no previous training. Yes, you can teach old dogs new tricks! 4 months, 10 years + ... age does not matter; this class is open to all. While it is always better, and easier, to start young it is never too late to start training. We will cover the foundation work taught in puppy class, minus playtime, and the skills learned will be more extensive. These classes are held in an outdoor environment to provide a good balance of real world distractions. The focus is on Positive Reinforcement techniques, engagement and increasing the relationship with your dog. You will have the opportunity to discuss, observe and apply a variety of positive techniques and strategies and find the right ones for you and your dog. To book your spot email training@k9services.co.nz.

I am involved in a local business group (BNI Norwest) and we are looking at getting some new members along. We meet at Carriages on Tuesday mornings for breakfast and to share business leads and opportunities. If you are keen to come along call Michael on 027 695 7788.



Job opportunity: Due to growth within our awesome family business we are looking for another qualified, experienced contract builder for high-end residential/architectural new builds and major renovations. Must have amazing attention to detail and take pride in high quality construction and be able to work unsupervised. Area of operations is West Auckland, Central Auckland and Rodney/Helensville/South Head. You will get paid every week! - We are bucking the trend of irregular payments in the industry and committing to paying you on time. Applicants must be able to provide references and ideally complete a

trial week. PM for more information or contact Dan on 021 795 647 or Jaynie on 027 388 0066.

Hi Ladies - book in and receive this week 25 % off all treatments. It's a great time to get a facial consult and make a plan for over the autumn and winter months. To make an appointment phone Michelle on 021 583 257 or email thebeautyroom.riverhead@gmail.com.



School Holiday fun - Bring your little princess in for a fun pamper package these school holidays! Mini manicure with two nail stickers/diamantes and berries or chocolate hand cream, plus a stick on diamante princess tiara and a metallic tattoo! Only \$20. Bookings essential (for under 12 yrs). The Polish Room 027 407 2264

Hi, I am looking for an energetic administration assistant to join our family business in Kumeu. Busy & varied role. Immediate start available. Please message me or email me at admin@heartsaver.co.nz with CV.

Come LINE DANCING. Maria is a very experienced teacher, having taught for 20 + years. Come and join us for some fun, fitness and some great music. Riverhead Hall - Improvers and Intermediate. 7 pm - 9 pm. Kumeu Community Hall - Beginners, Improvers and Intermediate. 9.00am - 11.00. For more information contact Maria on phil-maria@xtra.co.nz or Margaret on 09 412 9059 or 027 610 3418.

Hi, we are looking for two labourers to join our local steel building construction compa-

ny, preferably with their own transport as the job sites vary (mostly local). All tools and training will be provided, no previous experience is required. Immediate start available. Please call Ryan on 027 474 8230 if you are interested, Thanks.

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Fruit World in Kumeu are selling a lot of organic produce and most is the same price as non-organic. They will also get any organic product in for you if you call and order. Let's support them by stocking up on lovely organic produce and boost your health at the same time!

The Riverhead Scouts now have kayaks available to hire out for use on the Rangitopuni River. The cost is \$20 per kayak, \$10 for children under 10, or \$50 per family (2 adults and 3 children) for a 4 hour hireage, available 2 hours before high tide and 2 hours after. If you wish to make enquiries or book please contact Kim on 412 7840. All money raised will benefit the Riverhead Scouts attending Jamboree in Blenheim later this year. The week from the 25th to 28th April looks great for the tides so get in quick.

Hand Institute: The new Hand Therapy clinic has now located to 8a Shamrock Drive Kumeu. Come and see us for all you hand wrist and finger injuries – phone 09 412 8558.



Early Bird price \$165 for Defensive Driving Course in June. To be held at the fire station in Kumeu www.thedrivingsschool.co.nz.

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IN BRIEF

UPDATES:EVENTS

WAIMAUKU VAULTING CLUB

We have recently had two top level vaulters visiting us from Germany. We took



them to Muriwai beach where they delighted in vaulting on Tiny, our loveable giant horse, surrounded by some amazing scenery. The Waimauku Vaulting club overnight camp is 22nd - 24th April and will be run by our German coaches. It is a fantastic opportunity to learn from the experts. We are also holding a Try-out Vaulting day on Saturday 30th April. This is a chance to come to our club for a casual lesson which will be credited towards the next term of vaulting lessons if you decide to join up. Our regular vaulting lessons begin again from Saturday the 7th of May. Coming up soon we will be performing a vaulting demonstration at the Kaukapakapa market. Keep an eye on our Facebook page and website for our events: www.waimaukuvaultingclub.wordpress.com or contact Belinda on 027 782 3203 for information.

SENIORNET KUMEU

SeniorNet Kumeu held its usual monthly meeting at St Chads last Wednesday 6th April, talking on the PICASA programme, a free download from the WEB. This was a great morning, a good crowd attended, which is open to all.

We tried something a little different and it paid off. Bev Meredith, (yes our own Aunty Bev the delicious scone maker) had put together a very interesting slide show on how Picasa can help you improve your photos. Some of the photos were truly beautiful, and as Bev moved through each process Joan Crowe, our President, narrated each move, so not only could we see what was happening to each photo on the big screen, we were being told how to make each improvement. It was a great concept. Joan was very clear and able to be heard by all. This then prompted many questions from the floor. There would have been some of the guests go home and try things they had learnt from the morning. We will be running a class on this Picasa program in the next few weeks. It is one that I have enjoyed and I still make my own business cards, changing the photo each time as I learnt to do when I attended a class. Our next meeting will be Monday 2nd May Guest Speaker Tony Soljan from Soljan's. (Remember that each month is alternated with Mondays and Wednesdays.) Entry fee \$3. Multiple Raffles. \$2 for 1, \$5, for 3. Welcome to the new people who joined our Kumeu Club. Annual joining fee is \$20 – contact Joan Crowe 09 416 7172.

TAROT CARD READINGS

Historic Kaukapakapa Library Sunday 15 May 10am to 1pm.

We have a different kind of reading planned for the library this month with Frances who will be reading Tarot cards. Frances has over 30 years' experience

in Tarot and will be in the library doing individual readings. Readings cost \$20 and will take around 15 minutes – no need to



book, just come along.

The Library hosts a series of exhibitions, book signings and book readings, artists and poets on the third Sunday of the month in conjunction with the Kaukapakapa Village Market – our May market is also hosting a Pink Ribbon Breakfast fundraiser with a yummy bacon and egg breakfast available from the market café plus loads of extra activities on the day. For more information go to www.facebook.com/kaukapakapavillagemarket or contact Sarah phone 027 483 1542 or email sarah1@maxnet.co.nz. 947 Kaipara Coast Highway, SH16, Kaukapakapa.

THE RIVERHEAD GALLERY

Now the weather is cooling down and we will be spending more time indoors it



might be time to brighten up that space with some beautiful artworks. We have some new artists in the gallery such as the South Island's Sheila Brown with her lovely abstract bird paintings and well known potter Suzy Dunser. We also have prints from Mark Cross and originals by Amber Emm, Ingrid Boot and Libby McColl to name a few. As well as artwork we have great gift ideas and cards. Come on in and have a look at 1044 Coatesville-Riverhead Hwy (opposite Riverhead Dairy). Open Wed-Sun from 11-5pm or by appointment 027 227 8450.

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Knots and Tangles Occupational Therapy may be able to help you. Amy's passion is helping the kids that fall through the gaps in the system. Your child may not be struggling enough to qualify for government help, but they might not be reaching their potential either. Developmental Occupational Therapy (OT) looks at the building blocks in the brain of academic, physical and social/emotional skills to work out why a child is having difficulties. Amy uses world class standardised assessment tools and the latest in intervention techniques all bundled up in the guise of play so children enjoy the learning process! Practising out of a custom built sensory integration studio in Muriwai, the therapy room is kitted out with what looks to be a child's dream playroom! Your only problem will come when they don't need to go to OT anymore! For more information call Amy on 09 411 9533 or amy@knotsandtangles.co.nz.

WEDDING GOWN STYLE

Choosing the right wedding gown for your big day can be a difficult decision, so having the support and advice of an experienced and friendly specialist like Andrea at Fancy Frocks is one way to make finding your perfect dress easy and enjoyable. Fancy Frocks is Auckland's newest bridal showroom. Based in Beach Haven on the North Shore, Andrea has a large collection of beautiful wedding gowns for hire and for sale, along with

bridesmaid dresses, flower girl frocks and pageboy suits. Whether you're looking for a stunning designer piece or a gorgeous fashion gown, Andrea can help you find the perfect dress to reflect your personal style and capture your individual beauty, at a price you can afford. At Fancy Frocks you'll find your dream gown for your special day – be it formal, casual or something in between. Contact Andrea today on 021 129 8537 or andrea@fancyfrocks.co.nz to book your free appointment.



WE NEED YOU AT KUMEU GYM & INDOOR SPORTS

Are you interested in playing Indoor Netball or Soccer in your community? We are currently looking for players who would like to join teams. We are also looking for netball umpires and soccer refs wanting make some extra cash. Contact Mel @ Kumeu Gym to register your interest now - melissa@kumeugym.co.nz or 022 360 4167.

WAIMAUKU SCOUTS FUNDRAISING EFFORTS FOR 2016, FOR THE 21ST NZ SCOUT JAMBOREE

Fantastic First Aid Kits for sale. Just \$39 each. 77 items. Great zipped up clear compartments so you can see all the items, even has a digital ear thermometer, and an instant cold compress.



Did you know that as of 1 April new legis-

lation say that all company vehicles must have an up to date First Aid Kit?

Please call into either Waimauku Doctors or Silver Fern Medical Centre to purchase individual kits as stocks are held there.

Invoice can be provided for companies with bulk orders, just email waimauku.scouts@gmail.com

Thanks so much for your support in helping to get our troop of nearly 30 Scouts & Leaders to get to Jamboree, we still need to raise around \$40k!

Look out in future editions for details on our Scrap Metal drive, a Trivia Night, Horse Racing fun night - all planned for the next few months.

Save the Date - Thursday 17 November for an amazing day out at Alan Gibbs Sculpture Farm – Kaipara Coast - more details to come about how to buy your tickets. If anyone has any suggestions of how they can help us out with our fundraising efforts – we'd love to hear from you, please contact: waimauku.scouts@gmail.com.

WINTERS WELL AND TRULY ON ITS WAY

Pure Allies have balms to help your winter ailments, try totally natural Congesteaze, a balm to help coughs, chestiness and snuffles. It's totally natural



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

ASAP PROMO

It is coming into winter and with the prospect of the rainy season, we at ASAP Promo have been getting lots of enquiries from clients wanting to put their brand on wet-weather gear for their staff and thinking about what branded merchandise they could give their customers. We love umbrellas. Umbrellas are highly visible when out on the street or at the sportsground sideline, and the printed brand imagery on them can be seen from up to 50m away. They're highly functional which fits the requirement for effective promotion. Umbrellas as gifts don't get thrown away as they have more perceived value than other items. We have a huge range of umbrellas to choose from. There are many available styles, with many available colours. From golf umbrellas to compact self-opening units that you can stow in your car glove compartment. To learn more, contact us at info@asap-promo.co.nz or through Facebook www.facebook.com/asap-promonz. Phone: 09 973 4352.

EQUESTRIAN MARKET DAY AT WOODHILL SANDS

Fun day to come and sell or buy second hand/ new gear - trade welcome! A great opportunity to have horse 'on site' to see if it fits - fantastic opportunity for those looking for a new saddle! Stalls \$50.00 grab a mate and clean out the tack



room! Cafe open serving great coffee and food. Queen's Birthday Weekend Monday June 6th 2016. Stall must be set up by 9.30am. Ground fee per horse \$18.00, Day pens \$15.00. For more info go to www.woodhillsands.co.nz.

KUMEU LIBRARY

There is so much more to Kumeu Library than just books - we also have an extensive and diverse collection of eBooks, eAudiobooks and eMagazines available. Our eBook and eAudio-book collection has titles for children, teens, and adults with fiction, cookbooks, travel guides, language titles and study guides included. You can read or listen to thousands of titles on your mobile device or eReader - you can choose your own checkout period (up to 28 days), and there are no late fees! Zinio, our extensive eMagazine collection, has over 500 magazine titles covering a huge range of topics. With Zinio there is no checkout time - once you have checked an eMagazine out, you get to keep it! There is no limit on the number of eMagazines you can check out, and the titles include PC World, New Zealand House & Garden, Health & Fitness, and Marie Claire. Back issues are available, and you can arrange to be emailed when a new issue

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Contact Sensei Bryan Williams
(5th dan black belt)
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julia@bwainsolvency.co.nz



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THE GALLERY CAFÉ AND JAPANESE RESTAURANT

For a limited time we are offering ten free dumplings when you spend \$40 or more from our takeaway menu. Here at The Gallery Café, we offer a delicious all day café menu but we also offer the option of Japanese meals for lunch and dinner to give you the ultimate culture experience within your meal. Our community is continuously growing and so is our menu to satisfy our customers and keep things exciting for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chef has previously done photography for National Geographic and has some of his work on display right here for all of you locals to come view and even purchase. All of his photography currently has a 30 percent discount. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Pop online to our Facebook page www.facebook.com/thegalleryjapaneseandcafe to find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.

SMASHING MATCH MAKERS

With winter sports fast approaching – there is an opportunity for local teams to gain local sponsorship and local business to get local brand exposure. Smashing promotions supply a vast array of branded uniforms, jackets, drink bottles, bags, Umbrellas, all of which can showcase the generous support of sponsors profiles. Letting people know you support the community that will in turn support your business. We have several teams needing essential funding, and several businesses looking to showcase their brand. So please email mark@smashingpromotions, or call on 09 412 6235 and we will make a match.

AMBIENCE HOME AND GIFTS

Warm up this winter with a possum and merino poncho that is so light and yet so warm priced at \$180.00 good for travelling, elderly and young - you will love your timeless piece. New Ecoya candles in store now and Citta throws, dressing gowns, men's included. Ambience Home and Gifts - 325 Main Road, Huapai. Open 6 days closed Mondays. Phone 09 412 2466.

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We have great facility options to add character and be the perfect venue for your next event, function, wedding or product launch.

WEDDINGS/SPECIAL OCCASIONS

PROPERTY

NEWS & ADVICE

MARKET REPORT

Solid sales activity in Residential and Lifestyle markets with a broad range of buyers. The market has split into a larger group of micro markets where purchasers are influencing much of the cultural make-up of developments and the type of buyer groups that are drawn to areas. In areas like Riverhead, the majority of buyers are New Zealand families, while in Huapai, the new homes are dominated by Chinese families and Chinese Investors. It all adds to a colourful and vibrant multi cultural landscape which adds new opportunities for services, products and community engagement.

So let's recap the last month:

Coatesville lifestyle sales for larger homes on 1 hectare to 8 hectares are selling at \$3,800,000 to \$4,330,000.

Helensville residential sales are consistently ranging at \$580,000 to \$770,000 and lifestyle at \$910,000 to \$1,300,000. Parakai sales offer good buying at \$450,000 to \$520,000.

Huapai residential for new builds is sitting around \$980,000 and Kumeu lifestyle ranging between \$1,550,000 to \$4,100,000 with land banking still very active.

Riverhead sales show a widening gap between old and new with sales starting at \$780,000 through to \$1,800,000 for high end residential offerings.

Waimauku sales with larger homes on larger land are selling between \$820,000 and \$1,100,000.

Waitakere Township sales in residential at \$660,000 to \$1,070,000 with lifestyle around \$1,250,000.

Whenuapai is still feeling the effects of land banking with land sales at \$3,100,000 to \$8,300,000. Residential sales in the area sitting \$750,000 to \$920,000.

Autumn and winter and an excellent time to market your property for sale, the supply of property is reduced and the buyer demand solid. This provides an element of scarcity that can sometime deliver a better reward for sellers. Buyers often refer that they like viewing homes on a cold wet day as it often gives them the best feel for a property in the bleakest of conditions. If you are contemplating selling please call me for a free no obligation discussion.

Mike Pero Real Estate has a very sensible commission rate that will save you thousands and deliver a substantial multi-media advertising campaign that will reach many thousands of interested and well financed buyers. It costs nothing to meet and talk about your thoughts, the market, value and time frames. It will deliver strong peace-of-mind and may be the motivation you need to get you started on your journey. Phone 0800 900 700 or view www.grahammcintyre.co.nz or drop into our high profile office at 327 Main Road, Huapai, Auckland. Licensed REAA (2008).

MONEY MATTERS

Sometimes your lending needs don't meet mainstream banking requirements. You may be looking to fund a "spec" build or perhaps develop some land? Second tier lenders or non-bank alternative lenders can provide funding for these types of products and it costs less than what

you may think. From 7.5% (plus fees) you can secure the capital which would otherwise have been unachievable via traditional avenues. We have access to a wide range of lenders that specialise in "out of the box" lending so call us today for a no obligation chat. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz.

AT HOME STAGING

Twenty years ago nobody worried about "staging" their home before putting it on the market, however this has changed as more and more people use the services of home stagers. As with many trends once the standards have been raised, it's hard to go back. Home stagers are similar to an interior decorator with expertise in planning and choosing colours and furniture and arranging them all in a way that makes your home look its best. A stager doesn't create a home that suits your personnel taste and need for every day comfort, but instead makes your home appeal to a broad range of tastes, livable or not! It is possible that your home may receive better offers from potential buyers and spend less time on the market. By minimising the flaws of your home and making it appear larger, brighter and more appealing. A stager's job is to help people fall in love with your place and want to buy it. Staging may be one of the most important steps in selling your home quickly and at the right price.

SELLING YOUR HOME - SOME GARDEN SECRETS

To follow on from last month's tips on how to show your property of to its best when presenting it for sale, here at Mike Pero Real Estate we have included some more tips on how to turn your section into a more desirable feature of your home.

1/ BBQ areas are always popular and pretty much a necessity of New Zealand



David Lloyd
Director

David Lloyd Mortgages Ltd
Tel: 09 411 9251
Mob: 027 411 9255

Email: david@davidlloydmortgages.co.nz

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outdoor living, if you don't have a built in BBQ either build one or roll out the one in your garage and create a dedicated area around it.

2/These days with more people wanting to grow their own vegetables, plant up or build a vegetable garden in a place that does not interfere with the flow of the rest of the garden, whatever the season ensure it is planted out and weed free.

3/Beg, borrow but don't steal outdoor furniture, plants urns and pots anything to add more excitement and interest for your potential buyer.

4/ Ensure your garden is safe. Are ponds and swimming pools properly fenced, is your garden fenced. Having a secure fenced backyard is real plus for buyers.

5/If you have a shed, studio or sleep out on the property be sure to have it clean and tidy and a totally useable so purchasers can see the potential of this space.

6/Use trellis to hide a multitude of sins, be it the neighbour's garage, the rubbish bins or anything unsightly on the section. To top this off, plant some climbers to grow up the trellis.

If you would like any further information on this or have any other real estate related questions, please call Ian on 027 209 0789 or email Ian.Snedon@mikepero.com - Licensed REAA (2008).

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calume / Clearlite, whether your home has a tin or tiled roof, we have your re-roof covered.

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Re-roofing your home or business will usually take about a week, depending on

the size of your property. We can install insulation when re-roofing, saving you time and money. If your Colour steel roof is needing a repair, we can send an expert out to provide advice, a solution and a quote. Call us today on 0800 002 222 to arrange a FREE no obligation quote - we would love to hear from you.

PROPERTY SHARING ARRANGEMENTS

Pooling your resources allows you to purchase a more substantial property. The theory being that one big property is better than two separate and smaller properties. Frequently, this involves a main dwelling and a minor dwelling shared between family parties - say for a lifestyle property. A property sharing agreement provides for sharing of the property expenses and improvements. Usually, this will be based on the percentage ownership of each party. A well-structured agreement allows a customised arrangement which could include that one party (who could be a couple) services a larger share of the mortgage because they come in with less money. Other rules include a restriction against tenancing except by agreement with all of the parties. An option to buy out the other party's share is a good protection if you want to remain on the property. If no one can agree on a buyout, a sale by all of the parties and division of the proceeds brings the arrangement to an end.

MIKE PERO AND QUINOVIC TEAM UP IN IN THE NORTH WEST

Quinovic Property Management has been operating in Auckland for over 26 years. Their expertise is the effective management of residential properties to enhance the care and return for owners. Quinovic business owner Graeme Henderson has an alliance with Mike Pero Real Estate. They manage properties

in central, north, and western suburbs operating from offices in Takapuna and the CBD. Graeme is keen to expand the portfolio in Hobsonville, West Harbour, Massey and surrounding areas.

"We have leading edge computerised management systems that give owners 24/7 access to their property file and a big advantage is that property management is our business. That's what we do" says Graeme, "Pure and simple, that's our core business."

Janine McCormick, Quinovic's Development Manager, is a West Auckland resident with extensive property management experience. "I understand the need for owners to maximise the return on their investments", explains Janine. "We work to maximise the rent, often higher than our competitors".

We make the whole process easy for the property owner," says Graeme. "I challenge north western home owners who are looking for a better property management experience to let us show you what we can do. We offer a free rental appraisal for your property with absolutely no strings attached." Contact Janine McCormick at Quinovic, phone: 0508 272 786 or 021 844 531 or email: enquiries@quinovic-takapuna.co.nz.

SELLING IN WINTER - MYTH BUSTER

As the temperature cools, the leaves fall and the rain clouds beckon, many property owners ask that age old question, "should I sell now or wait till spring". With over a decade of sales experience, we put the question to Graham McIntyre, Brand and Territory Owner of Mike Pero Real Estate. "Winter is a great time to be on market, their is less choice for buyers and buyers generally like seeing how a property copes in the rain and the cold. Buyer demand stays constant through the year so with fewer homes to consider sale prices can be better" says Graham. For more feedback phone 027 632 0421.



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Janine McCormick
Business Development Manager

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Takapuna: 31 Auburn Street

T: (09) 390 4277

M: (021) 844 531

E: janine@apartmentsonline.co.nz
P: PO Box 91 629, Auckland 1142

AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	3,000,000	1.2HA	484M2	4,100,000
	3,025,000	1HA	467M2	3,868,000
	2,025,000	8HA	290M2	4,338,000
Helensville	435,000	7256M2	110M2	975,000
	430,000	1075M2	100M2	587,500
	415,000	4473M2	120M2	770,000
	445,000	600M2	127M2	595,000
	510,000	673M2	182M2	715,000
	445,000	2101M2	140M2	630,000
	480,000	1887M2	110M2	660,000
	510,000	1305M2	150M2	655,000
	410,000	652M2	143M2	629,000
	580,000	556M2	215M2	700,000
	475,000	604M2	151M2	669,000
	430,000	1107M2	110M2	680,000
	1,025,000	2HA	321M2	1,050,000
	630,000	1.3HA	124M2	910,000
950,000	1.8HA	232M2	1,350,000	
Huapai				
Kumeu	820,000	650M2	209M2	985,000
	3,310,000	3.9HA	350M2	4,100,000
	1,000,000	3HA	220M2	2,200,000
	1,700,000	1HA	320M2	2,560,000
	1,645,000	4HA	190M2	4,000,000
	1,025,000	2HA	140M2	1,550,000
Parakai	1,325,000	1HA	55M2	1,680,000
	305,000	572M2	108M2	524,500
	325,000	1075M2	80M2	449,000
Riverhead	700,000	1316M2	210M2	942,000
	870,000	645M2	218M2	1,038,000
	900,000	800M2	235M2	1,150,000
	600,000	810M2	92M2	785,000
	650,000	809M2	140M2	975,000
	920,000	820M2	140M2	1,860,000
	1,100,000	1HA	268M2	1,510,000
Waimauku	840,000	2023M2	216M2	1,100,000
	630,000	5339M2	110M2	821,000
	650,000	1.1HA	80M2	980,000
Waitakere	500,000	8,109M2	90M2	480,000
	350,000	0M2	70M2	478,000
	560,000	809M2	120M2	660,000
	570,000	1752M2	140M2	740,000
	910,000	2403M2	229M2	1070,000
Whenuapai	3,000,000	4.2HA	140M2	8,300,000
	1,675,000	1.4HA	1434M2	3,100,000
	2,325,000	2.3HA	2020M2	4,488,000
	1025,000	125M2	107M2	1700,000
	555,000	926M2	129M2	757,000
	575,000	873M2	95M2	881,000
	850,000	1110M2	140M2	915,000

**"we charge
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then 1.95%
thereafter"**

*** plus \$490 base fee and gst**

"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

Graham McIntyre
Brand & Territory Owner



**List today for a
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marketing kick start.**

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

"We had been thinking about selling our house and by chance clicked on one of your ads while surfing the net. From there on the process was a breeze. We had a visit from the very personable Graham McIntyre from your Kumeu/Hobsonville branch. Graham was supremely organised, knowledgeable and best of all, fun to deal with. He gave us advice on the best way to present our home and after 2 open homes we had multiple offers on the table. He really took the stress of selling a home away and made it a pleasure. Thanks! Once again thanks, you've all be a pleasure to deal with." Anna & Yaman



PANORAMIC VIEWS

\$570,000

69 Garfield Road, Helensville
 Asking Price \$570,000
 Viewing by appointment

This elevated home set on a 1/4 acre section on one of the best roads in Helensville is an ideal first home or a great DIY opportunity. With a bit of imagination this 140 square metre home could be tailored to your needs. The views from the lounge room and sunroom are spectacular an interesting feature is the sunken spa in the lounge room. Priced to sell this home is a must see.

Property Details

Land Area: 1012 M2 **Building Size Area:** 140 M2

www.mikepero.com/RX768612



Lyndsay Kerr
 027 554 4240
 09 412 9602

lyndsay.kerr@mikepero.com



LIFESTYLE LIVING NEAR WAIMAUKU

4 1

\$718,000

1548 State Highway 16, Woodhill
 Asking Price \$718,000

This Woodhill property on just under half an acre has great gardens and mature fruit trees. The 1950's bungalow allows for easy living and a pleasant rural outlook. Elevated north facing decks and lawns give a private setting with great outdoor living. The home features 4 bedrooms, 1 bathroom, and multiple car parking (there's even room for the boat). Perfect to raise a family or for those passionate about outdoor adventures, or just to indulge and relax in a country setting. Embrace the relaxed rural life on this easily maintained block. Sit back, watch and listen to the Tui and other birdlife whilst enjoying the bounty from the garden. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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 027 632 0421
 09 412 9602

graham.mcintyre@mikepero.com



Lyndsay Kerr
 027 5544 240
 09 412 9602

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www.mikepero.com/RX666090



COUNTRY LIVING - 4 HECTARES IN TAUPAKI

3 1 2

Set Date of Sale

69 Amreins Road, Taupaki

Set Date of Sale - 5pm, Wednesday 11th May 2016 (unless brought forward)

Nestled on a north facing gentle sloping hill with expansive views of grazing land and pockets of native bush. The property is ideal for horse owners with a stable area and small arena area adjacent to the house. The home is of hacienda-style which has all day sun, excellent entertaining and alfresco living around extensive decking, featuring an in-ground pool and covered spa area. Three bedrooms, and master room with ensuite, open plan living and a separate outdoor office area located off the garage. Solid masonry over block construction with tile roof. In addition the property has a large barn that provides extra space for storage, workshop projects or easily adapted for more stables. Email susan.annett@mikepero.com for recent sales information.



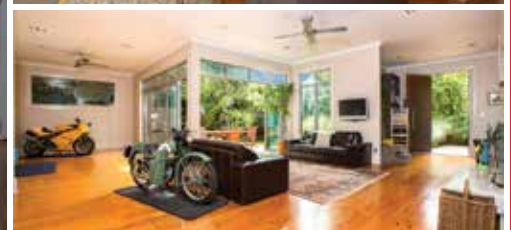
Susan Annett
021 345 788
09 412 9602

susan.annett@mikepero.com

www.mikepero.com/RX769576

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WAIMAUKU - PEACE AND TRANQUILITY

2 4 1

By Negotiation

126 Hinau Road, Waimauku

By Negotiation

North facing home in elevated bush setting. Currently set up as a two bedroom but if required an easy conversion to three bedrooms can be achieved, with walk in wardrobe and own toilet with options for an ensuite. Single level, high stud, weatherboard home with open plan styling and modern designer kitchen opening on to tranquil north facing decks with flowing water fish ponds. Six car garaging with workshop and an abundance of extra parking. Close to Waimauku shops and school only minutes away to Muriwai beach and Woodhill forest and 20 minutes to new north western shopping centre this has to be the best country living around. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



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VILLAGE OUTLOOK - COLONIAL DESIGN - WAIMAUKU 4 1 2

By Negotiation

8 Mabbett Lane, Waimauku
By Negotiation

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



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www.mikepero.com/RX693911



COUNTRY COTTAGE STYLE - GOLD IN KUMEU - HUAPAI 3 1

By Negotiation

50 Trigg Road, Huapai
By Negotiation

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



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www.mikepero.com/RX692300



LAND FOR BANK OR FOR LIFESTYLE - NEAR KUMEU

3 3 2

By Negotiation

81 Foster Road, Kumeu
By Negotiation

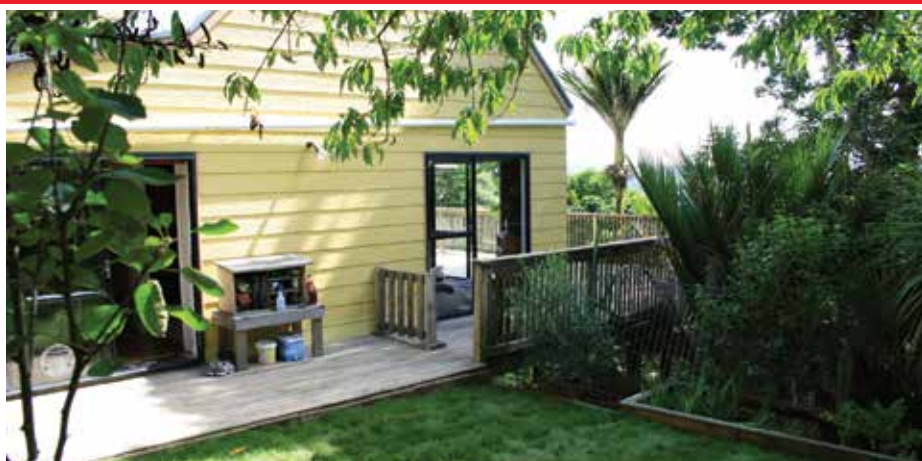
Whether you are seeking an investment for the future or a property with multiple incomes this idyllic lifestyle property offers a tantalising 4 hectare (10 acre) gentle sloping backdrop with which to buy and hold or buy and invest. The land has a three bedroom brick home, storage sheds (that are rented)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

www.mikepero.com/RX688266



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MUST BE SOLD - WAIMAUKU CHARACTER HOME - NEAR MURIWAI

3 1

Enquiries Over \$729,000

279 School Road, Waimauku
Enquiries Over \$729,000

This elevated two level home is a blend of Swiss chalet and traditional Kiwi homestead, offering open plan kitchen/dining, formal lounge with extensive northerly views from both levels over Waimauku Valley. Three rooms (two downstairs), the home has excellent flow to wrap around decking, lawn, and garden area with extensive fruit trees, berry vines and chicken run. Excellent off street parking with options for parking under the house or easy conversion for a workshop and storage area. The home provides all the elements of nature, growing, bird-life and self-sufficiency. In all respects it is one out of the bag. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX742003



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09 412 9602
ian.sneddon@mikepero.com



MUST BE SOLD - 2 HECTARES, BIG BARN, CHARACTER IN COATESVILLE

4 1 2

By Negotiation

557 Ridge Road, Coatesville
By Negotiation

Idyllic setting, this 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables. The CV on this property is \$1,100,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX649015



Graham McIntyre
027 632 0421
09 412 9602

Ian Sneddon
027 209 0789
09 412 9602

graham.mcintyre@mikepero.com

ian.sneddon@mikepero.com



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AWARD WINNING EX- JALCON SHOW HOME - HOBSONVILLE POINT

4 2 3

By Negotiation

15 Station Street, Hobsonville Point
By Negotiation

This highly specified, meticulously finished ex-Jalcon show home delivers contemporary styling, earthy tones and very pleasing flow to meet the needs of the executive, early retirees, or the family looking for an easy care, natural flow, alfresco home. Entertainers open plan, kitchen and dining leading to informal lounge and patio area with spa and shade sails. Astute plantings providing colour, creativity and contrast. The double garage is lined and carpeted to allow options for impromptu rumpus or games area, while having easy access to the formal lounge and downstairs toilet/ powder room. Four rooms upstairs with main bathroom and ensuite, the home has been well planned for family living, ensuring separation between the master and additional rooms, delivering privacy and quiet places.

www.mikepero.com/RX742038



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



CLASSIC KIWI BUNGALOW WITH CHARACTER & CHARM

2 1

Set Date of Sale

51 West Coast Road, Glen Eden
Set Date of Sale - 5pm, Tuesday 17th May 2016 (unless brought forward).

Sitting on an elevated site catching all day sun, this home features generous living area, sunroom and two double bedrooms - a perfect choice for first home buyers, singles, small families or investors. The kitchen has recently undergone extensive renovations. Excellent outdoor flow from dining area to generous size deck offers great scope for entertaining, complete with sea views of the upper harbour. Easy care lawns and gardens along with double carport to complete the picture. Located within easy walking distance to rail and bus transport and local schools. Lynmall, Kelston and Glen Eden shops nearby.

www.mikepero.com/RX768115



Susan Annett
021 345 788
09 412 9602

susan.annett@mikepero.com



ROYAL HEIGHTS BRICK AND TILE WITH A PEEK OF THE SEA 2 1 1

Set Date of Sale

101A Colwill Road, Massey

Set Date of Sale - 5pm, Tuesday 10th May 2016 (unless brought forward)

Elevated, North East facing brick and tile home offering a light, open plan, well presented home offering significant value for the downsizer, upsizer, first home buyer or investor. Two generous bedrooms, excellent single level flow and alfresco to a fully fenced patio. A separate wide access bathroom, and laundry is integrated in the easy flow of the home. Single garage and off-street parking to the rear of the home keep things safe and secure. Close to Royal Heights Shopping Area, Primary School, Parks and walking areas. The home is extremely well presented and enjoys a sun filled, great feel environment. The CV on this property is \$485,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX767678



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



TICKS ALL THE BOXES: LOCATION, SIZE AND SUN 3 2 1

Set Date of Sale

51A West Coast Road, Glen Eden

Set Date of Sale - 5pm, Tuesday 17th May 2016 (unless brought forward).

Nestled on an elevated site this warm, spacious home has wide appeal for a wide range of buyers: families, retirees, first home buyers, singles or investors. Park your car in the double car garage with auto door and internal access to one level living featuring generous open plan kitchen, dining and lounge flowing to sun drenched decks wrapping three sides of the house. Large master bedroom, a second double bedroom and one single bedroom all with built in wardrobes. Family size bathroom complete with separate bath and large shower. Located within easy walking distance to rail and bus transport and local schools. Lynmall, Kelston and Glen Eden shops nearby.

www.mikepero.com/RX768118



Susan Annett
021 345 788
09 412 9602

susan.annett@mikepero.com



MINUTES TO WAIMAUKU SCHOOL - QUITE CUL DE SAC 4 2 2

By Negotiation

6 Rosella Grove, Waimauku
By Negotiation
Viewing by appointment

This private north facing fully fenced home has been tastefully fully redecorated throughout and consists of a modern open plan kitchen and family room with separate lounge area, the dining area opening on to a large outdoor patio entertaining area. Consisting of three double bedrooms and one single, large family bathroom, the master bedroom boasting on suite and walk in wardrobe. There is a large internal access double garage with plenty of extra parking for the boat. The CV on this property is \$730,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
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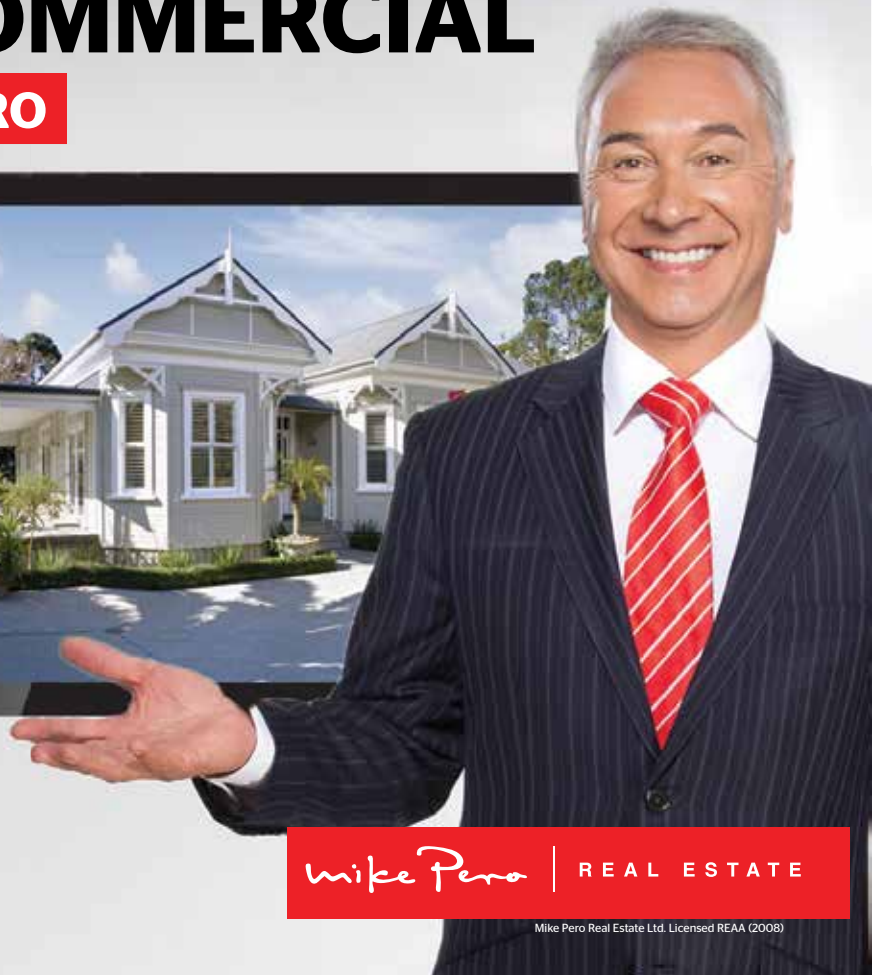
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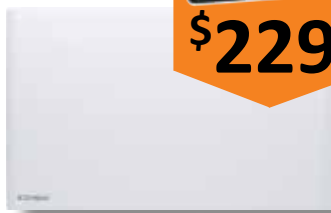


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HEALTH AND BEAUTY

BODY-BALANCE MASSAGE & NEUROMUSCULAR THERAPY

What does massage mean to you? Relaxation or Swedish massage therapy is the modality that comes to mind when most people think about massage. Massage goes beyond relaxation – regular massage has numerous and exceptional benefits. As the modern world speeds onward; our lives overflow with schedules, work and chores. Pushing our bodies harder for longer without actually listening to them; yet our bodies listen to the world they live in. Your body knows, even if you don't, when it is time to take a break and our bodies speak to us in the only language we hear ... pain or dysfunction. Massage and neuromuscular therapy (NMT) is a great way to help the healing of these issues. NMT identifies and addresses the causes of soft tissue pain/dysfunction and helps to achieve a balance between the nervous and musculoskeletal systems. Contact Debbie 021 120 2175 (Riverhead/Kumeu area).

THERAPY HELPS WITH SEASONAL RELATED STRESS

As the days shorten and there is less play-time after work some people find themselves becoming a bit more negative about their employment situation, even if during the rest of the year it doesn't bug them half as much. Many people come to see me for therapy because of a seemingly unresolvable issue at work.

Perhaps their boss feels its ok to freely vent his or her stress in the workplace, but the employee is not allowed to show any emotional distress themselves. Perhaps there is a lack of recognition or validation. Therapy provides a safe place to discuss the problem. A couple of conversations with a neutral party can alleviate the sense of a growing resentment, and it often brings insights that enable new and more creative solutions to emerge. It is usually our relationships at the heart of the matter. Feel free to call me to discuss whether it might be at yours. 021 477 523 Sarah Hamilton.



TO ALL MEMBERS OF THE MALE GENDER - MUM'S THE WORD!

Mother's Day is almost here and you are welcome to come and see our varied selection of thoughtful gifts. Hobsonville Optometrists - Glasses and Gifts at 413 Hobsonville Road, opposite Dominos, offers a unique and quite different gift selection with an emphasis on quality without an absurd price tag. Starting from pocket money prices, we




have sourced tasteful, attractive and delightful gifts. Woollen/silk scarves, handbags, etched glassware, pewter carafes and oil jars, amazing vases, tiny trinkets, fun tea towels and elegant but inexpensive jewelry. Feel free to ask our advice - we have the expertise and love to help! Browse from 9am to 5.30pm Monday to Friday and from 9am to 3pm on Saturdays.

HAVE YOU TAKEN YOUR BIG BLUE PILL?

How is your mood today? Have you been feeling negative or depressed? The jogging craze began years ago in late 1960's and soon after people began to understand that exercise caused them to 'feel good', mentally. Not long after, it was realised that exercise created what is now called the endorphin effect. But interestingly, if you do tend to feel depressed it could be all within your imagination. A study was conducted recently where doctors substituted a pill for depression with a placebo. They also experimented with different colours of pill. Amazingly it was found that large 'blue' placebos had the best positive effect on people who were de-pressed. And this worked on most people treated. So there you have it. If you want to 'feel better' today, either go for healthy life-giving workout or swallow a big blue pill. Paul – CEO, Club Physical.

HI TECH BEAUTY COMES TO SWANSON

Nestled up a driveway opposite the Swanson train station is Oh So Beautiful. OSB is a small boutique home based beauty therapy studio run by stay at

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home mum Michelle Hiebendaal. Michelle has been a beauty therapist for 11 years and has a purpose built studio that is private and has plenty of parking. While working at a prominent West Auckland studio Michelle was trained as IPL technician (laser hair removal) and has been passionate about IPL ever since. Michelle has recently made a significant investment in a New Zealand made professional Eclipse IPL machine. This machine would not be out of place in Auckland's best studios and comes with the revolutionary pain free SHR technology. As well as IPL, OSB offers a range of beauty treatments at great rates. Give Michelle a call or find her on Facebook. Phone 021 931 731 or visit www.ohsobautiful@gmail.com. OSB accepts EFTPOS and has online booking, Book early to avoid disappointment.

WHAT IS OSTEOPATHY?

Osteopathy is a form of hands on medicine which encourages healing by focusing on how the joints, muscles, nerves, circulation, connective tissue and internal organs function as a holistic unit. Osteopaths can identify dysfunctions in your body and treat them using a variety of techniques including, stretching, massage and manipulation of the joints. Osteopaths can treat people of any age, from children through to elderly. Osteopaths are registered ACC treatment providers (No GP referral is needed). This means that if your visit is related to an accident or injury that occurs at home, in the car, playing sports, at work etc. then you may qualify for ACC to help cover some of your costs. Osteopathic treatment is also covered by most private health insurers.

Some of the conditions osteopaths assist with include:

- Back pain, pelvic pain, or sciatica
- Neck pain, headaches or migraines
- Hip, knee or ankle pain
- Shoulder, elbow or wrist pain
- Sports injuries
- Overuse syndrome or repetitive strain
- Pregnancy and post-pregnancy related pain
- Asthma or other breathing related disorders

To book in or if you need more advice or information please contact The Body Clinic, 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

WHAT IF IT WAS THAT EASY!

I'm so excited to announce my new book, 'What if it was that easy' How to heal you and your home. How Earth's energies may affect your life. Every week, my clients generally have never heard of Geopathic Stress, however it becomes completely apparent, when I identify where these magnetic fields and underground water lines of energy are in their homes. If the locations where

they spend time stationary have Geopathic Stress crossing through the location where they spend a lot of time, it can irritate and make you feel uncomfortable. This week for example I have had everything from skin allergies, and eczema, tingling, heart palpitations, menstrual issues, to melanoma and colon cancer. All had Geopathic Stress crossing their body in the same location as the illnesses or disease. What if it was that easy? Check out the website or give me a call Nicky 021 545 299 or www.clearenergyhomes.com.



MOTHERS DAY COMING UP SOON

What to do? Well here's an idea, skip the chocolate and give mum some me-time at the spa – tranquil environment, soothing music and pampering treatments. Not to mention how relaxed she will be, when she returns home!

At Waimauku's Spa Di Vine we are celebrating Mother's Day with great new treatments, to book on the day, or buy her a gift card for later use (our gift cards are valid for 6 months).

If mum just loves facials choose the Mother's Day Super Facial Pack – 75 minutes of expert care of face, eyes, neck, shoulders, arms and even hard working hands - \$160.

If she enjoys a de-stressing massage, choose the Mother's Day Massage – 75 minutes of full body massage using our heated basalt stones to relieve achy and tired muscles, bliss! - \$160.

If you book your mum in at Spa Di Vine on the 8th of May only, for any treatment from our menu of services (prices start at \$119), she will receive a glass of bubbles with our complements. Phone Paula – Spa Di Vine on 09 4115290 or www.spadivine.co.nz.

HELP FOR ANXIETY AND DEPRESSION

Do you or someone you know suffer from anxiety or depression? These conditions can be debilitating and effect your overall quality of life and those around you. There are many things that can be done to strengthen the nervous system and support these conditions. Diet, lifestyle changes and herbal medicine can all be used to achieve this. Make the most out of your life by supporting your nervous system the best you can. Take an integrative approach to your health care and contact me today. Contact Selena Quinn, Phone 027 448 7096, www.dam-healthy.com, Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, Facebook @ DamHealthy.

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BIG DATA - ARE YOU USING IT?

It doesn't matter what type of business you have sooner or later you will find yourself needing to work with Big Data. This



term refers to extremely large amounts of information that may be analysed by computers to reveal patterns and trends especially relating to human behaviour and interactions. Even the smallest businesses generate data these days if they have a website, a social media presence, accept credit cards etc., and even a one-person shop has data it can collect on its customers, its user experience, web traffic, and more. This means companies of all sizes need a strategy for big data and a plan for how to collect, use, and protect it. Like it or not, the companies you do business with know a lot about you — and the quantity and diversity of what they know about you is increasing every year. Every company (from car manufacturers who will monitor our driving to tennis racket manufacturers that know how often and how well we play) will get much better insights into what customers want, what they will use, what channels they use to buy, and so on. From using sensors to track machine performance, to optimising delivery routes, to better tracking employee performance and even recruiting top talent, big data has the potential to improve internal ef-

iciency and operations for almost any type of business and in many different departments. Data is breaking away from the IT nerds and becoming an integral part of business. Are you using the data you collect to improve your products and customer experience? Here at Utopia we have experience in working with all sorts of business information. Contact us on 09 412 2473 or michael@utopia.co.nz and we can help you assess your database and Big Data needs. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

THE TRAVEL BROKERS

Bathurst tour with Fabian Coulthard package. V8 Supercars race at Mount Panorama 06-09 October 2016. Your \$2294 per person package includes:

- Return Coach transfers to Lithgow ex Sydney Airport
 - 4 nights twin share accommodation at the 4 star Zig Zag Motel including Breakfasts daily, a heated pool and bar/restaurant
 - Daily transfers to Mt Panorama
 - Coach lap of Mt Panorama with commentary by Fabian Coulthard
 - Private dinner at the Panthers Club with Fabian Coulthard
 - Pit walk of the race garage with Fabian Coulthard at the Supercheap Auto Bathurst 1000
 - 4 day Grandstand Ticket with Paddock Pass
 - Official merchandise & a Tour Host
- Flights can be added from an additional \$585 per person ex Auckland. Upgrade

options to Corporate Platform, just ask Emirates Melbourne Cup Package

- 3 nights accommodation 30 Oct – 02 Nov 16
- Transfer from your hotel to Flemington Racecourse on Emirates Melbourne Cup Day (01 Nov 16)
- Emirates Melbourne Cup Day, Lawn Stand seating (01 Nov 16)
- Afternoon Tea, Race Book, Melbourne Cup souvenir Pin & Pen
- Tour Hosts – GO Holidays and Donna Logan from Logan Racing

From NZD \$995 per person Share twin in the 3 star Causeway on the Mall To NZD \$ 1299 per person Double Share in a Deluxe King room at the 5 star Sofitel on Collins

Flights additional, on Emirates from \$ 750 per person ex Auckland

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7 Night Carnival Derby options also available – just ask!

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

TIME TO RE-FOCUS

The main thing I do for clients is remind them about life's many options and what kind of things are on offer. When you start having that sort of conversation it becomes very clear there are so many choices and opportunities. There is an infinite sea of potential available to us but we keep recreating the same bunch of things as last week. For some unexplainable reason, humans tend to naturally focus on what we don't want. We aren't really aware that we do it, we only know our one perspective and we end up being trapped in it. Every possibility is available to us but we won't live like that. In fact, it's uncanny what we humans do to

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ourselves. We all know the saying 'we are our own worst enemy'. We will talk about, think about, complain about, and wake in the night stewing about exactly the things we don't like. I don't believe we are really at fault. We do have a choice of course but we are not taught any differently and perhaps our human brains work against us. We are told over and over that our brains are built for survival... fight or flight etc. Our success as a race is perhaps because we get clever at surviving but we don't get cleverer at being happier and more peaceful. We have more mental health issues than ever before. Can we say we are really flourishing? And what about abundance? Take a look around - for some reason abundance doesn't come as naturally as 'just getting by'. From what I see over and over again, it's difficult for us to view ourselves or any of our situations with clear perspective. We do the opposite of sugar coating everything. We actually shit coat everything then set about living it. It is very subtle of course. Mark twain said 'it ain't what you don't know that gets you into trouble, it's what you know for sure that just ain't so'. I help people take a look at themselves from a different perspective. The main before and after difference, is a shift in perspective. I recently heard in a TED talk that hindsight is human alchemy. Hindsight is an after-the-fact gift, an aha moment, a realisation, a learning of wisdom; when we learn something about ourselves that changes the way we see things. I also heard in a TED talk (yes I was on a TED talk marathon) that only 1 in 9 people will actually experience change in their lives and this is even when diagnosed with a fatal illness. We just don't see what's necessary for life change (our mind playing the most important role). But when the shift is made, and we do this constantly, look out, because life starts to respond. Perhaps it's true when they say 10% of life is what happens to us, and 90% is how we react to it. For a session please call Anna 021 555 658 or email anna@thinkyourbest.co.nz I see clients in Riverhead.

ADULT KARATE CLASSES IN TAUPAKI

Taupaki Dojo is a long established friendly place to learn traditional Okinawan Goju Ryu Karate. 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. Under the guidance of Sensei Bryan Williams, a 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. Central to Goju Ryu is Kata, detailed choreographed patterns of movements practised either solo or in pairs, rather than sport or competition. 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. When you join Taupaki Goju Ryu Karate, you are joining a club within a much bigger organisation that can give you direct access to some of the highest graded and respected karate masters in the world. This November for example we are privileged to be hosting Sensai Tetsu Gima and Sensai Tsuneo Kinjo (9th dan Okinawa masters) at our 'Masters Seminar 2016' in Kumeu on 19th and 20th November 2016. We are a very friendly club and welcome everyone from the complete novice to those who want to get back into karate after a break from training. If you'd like to give it a go we offer a two week free trial and very affordable training fees so drop us an email or make an introductory phone call and come and join in. Taupaki Hall (Opposite Harry James Reserve, Taupaki Road, Taupaki). Tuesday & Thursday 7 to 8.30pm. julia@bwainsolvency.co.nz or 09 412 9768.



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WHAT TO CONSIDER WHEN BUYING A SEWING MACHINE

You may be looking at purchasing a new sewing machine for yourself or as a gift for someone else. Where do you begin as there are many different brands out there?

The questions I ask my customers are:

- What type of sewing do you want to do and how often will the machine be used?
- What warranty comes with the machine and how easy is it actually get.
- Will I get a demonstration on the machine?
- Does it come with a free service?
- Does the machine come with free lessons on how to use?

There are many budget machines in the market place which are fine for occasional sewing or minor repairs. For a little bit more you can get a machine which will do more and generally last longer.

In the medium price range there are some brilliant machine which are compact and therefore lighter to carry around to classes and often come with extras for patchwork, quilting etc. In the top of the range models you have machines which can do embroidery, quilting, sewing and have the latest technology to make creating your projects a breeze. In the sewing machine world you get what you pay for!

At All things Patchwork/ Bernina West, we offer all ranges of machines from Bernette and Bernina. When you purchase from a Bernina store you are getting a 5 - 10 year warranty, a free service in the first year and free lesson in using your machine. We also offer in store technical support for Berninas and Bernettes. Cheryl Houston - All Things Patchwork - 09 411 7618 or www.allthingspatchwork.co.nz.

THE IMPORTANCE OF RIDING A BIKE

Every Thursday at Country Bears, "Bike Day" brings a lot of excitement and fun to the children and teachers. Initially this

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www.mybernette.co.nz

was just a day for special occasions, such as our school holiday programme, however, after recognising the importance of bike riding and the learning it brings, we have started this on a weekly basis. And why not?



We have the space and capacity for this to happen!

From as young as 12 months old, the children here at Country Bears bring their bikes, helmets and excitement from home, and arrive with anticipation as they wait patiently for their time on their bikes. The children are learning many aspects from these experiences, including turn taking, observation and social skills. They are also gaining knowledge and understanding of the rules and boundaries of space and direction during these experiences; spatial awareness and mental alertness as they manoeuvre around other children and objects; developing and strengthening core body strength and fitness, which also helps to develop their co-ordination and brain, and lastly, it helps to build strong muscles and bones. Since the introduction of these weekly sessions, teachers have noticed that the children are gaining so much more confidence in their bike riding skills. They are

also able to try out other children's bikes to gain a different or more challenging experience - we have even seen children give two wheeled bikes (without training wheels) a go for the first time!

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc.

Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu – phone 09 412 8055.

AUTOWORX

Autoworx is your local Automotive Service and Repair Workshop in Huapai. Eoin and Gaylene Stuart took over the business located at 338 Main Road Huapai in the beginning of December last year after moving to Auckland to be closer to family. They have repainted the exterior, installed new signage and remodelled the reception area, which has created a fresh new look that the customers are enjoying.

Eoin has over 30 years' experience in the motor trade as an A Grade mechanic, working on full range of vehicle and light commercials including diesels and alter-

ative fuelled vehicles. Along with Gaylene and Blair Autoworx can look after all your servicing and repair needs including WOF's, Tyres, Lubes, Brakes, Electrical repairs and much more. You can call Autoworx on 09 412 5900. Special running for April and May book in for a WOF or Service and receive a free Barista coffee on them.

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PTO

ISLANDS DIRECT NEW OUTLET SHOPPING STORE OPENS 30TH

Mike & Kathy Parry owners of e-pack fulfilment on Shamrock Drive have been working with manufacturers and suppliers for over a year sourcing good quality products and selling them online. Because they buy in bulk and get the items at heavily discounted price they pass the discount onto the customer to make expensive items more affordable. With the new stock arrival the outlet shop is bursting at the seams so they are opening their doors for locals to grab a bargain. Open from 12 to 2pm every week day the Islands Direct outlet store has everything from children's and adult books to CD's and DVD's. Included in our household goods we have small appliances / saucepan sets / stoneware / kettles / frypan sets and knife blocks and most things you need or didn't know you needed for the kitchen and home. Large selection of bedding items including pillows / toppers and duvets. Health and beauty products including foot spas & massagers. Tool sets / power leads / torches / first aid kits. Toys for everyone and a great collection of jewellery for all occasions. If you're looking for a gift for someone who lives in other parts of NZ or the world why not pop in, buy it, gift wrap it and ship it all in one go...simple easy and local. We offer top quality products at great value and because of that things sell out quickly - so don't wait - you might miss a bargain! New stock arrives every week so it's always worth checking in.

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UK TO NZ PENSION TRANSFER UPDATE – COUNTING DOWN TO 1ST DECEMBER!

When you bring your UK pension to NZ, the current UK rules allow a New Zealand QROPS (Qualifying Recognised Overseas Pension Scheme) to pay members a lump sum amount of approx. 30% of their transferred UK fund at age 55, plus provide an income for life. However, New Zealand legislation coming into force on 1st December 2016 will restrict withdrawals significantly, only allowing less than 10% in total to be paid at this age. Therefore, if you wish to take advantage of the current legislation, it is imperative that your pension transfer is well underway before 30th November. It typically takes six months to complete the transfer process, so phone Tony Chamberlain and the GBPensions team on 0800 427 693 as soon as possible or visit www.GBPensions.co.nz to learn more. Disclosure statements



Do you have a UK pension?

Act now to beat the November 2016 deadline!



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for our advisers are available without charge or obligation.

LIONS APPRECIATE COMMUNITY SUPPORT FOR PROJECTS

Huapai-Kumeu Lions have received great support for two of their main community fund-raising projects. Hundreds of books were donated by local people for their recent Book Fair at the Kumeu Community Centre. The tables were stacked and the floor underneath piled high with books on every conceivable topic for people to make a selection from. A Lions spokesman said that despite the fact that information via the computer is so readily available and electronic books are popular it seems that many people still prefer an ordinary book in their hand. All the books on display were of good quality including many children's books and all selling for \$1 or \$2. The Lions are grateful to the community for not only supporting the fair in large numbers but also for donating so many books. About \$5000 was taken over the two days and the profit will be shared with the Riverhead Scouts who assisted the Lions and are raising money for a Jamboree in Blenheim at the end of the year.

In the same vein, Huapai-Kumeu Lions continue to appreciate the donations and support given to their Vintage Shop operation in the historic Pomona Hall adjacent to the Community Centre in Access Road. Some families coming in to possession of items from deceased estates have donated them to the shop while in other cases people down-sizing or clearing their shelves or attics or sheds have brought along items, many quite old and valuable, helping to maintain a good range of stock at the shop.

Currently on the shelves at the shop are a good range of crystal and china crockery and Crown Lynn pottery and as well there are many one-off ornaments and other treasures loosely termed vintage or retro as well as some small pieces of furniture. Items on the shelves bring back many memories for visitors who are welcome to browse as well as buy during the hours the shop is open which are 10 to 4 pm Tuesday to Friday and 10 to 1pm on Saturday. Lions not only appreciate the kindness of people donating items but are also grateful for the band of rostered volunteer workers who normally work for a day at the shop every two weeks. Anyone with the interest and time to assist should call in and talk to one of the workers.

All profit from the shop is donated back to the community and the Lions Club recently gave \$1000 to the the Kumeu Plunket to assist with the refurbishment of their premises and \$1000 to the Waimauku Scouts for their Jamboree fund.

THE MADNESS

New Zealand's Toughest All Terrain Obstacle Course Team Challenge. 14-16km Multi phase obstacle event designed to challenge all who take part. Based on the selection processes used by the British Military Parachute Regiment and Royal Marine Corps units. The first event in 2015 sold out, and 2016 looks to be even bigger. Register now.

Sat 17 Sep 2016, 8:00am-6:00pm Where: 1080 State Highway 16, 1080 State Highway 16, Kumeu.

Restrictions: R16 Ticket Information: Per person early bird starts at: \$99.00, Website: www.mulenz.com.

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SPICY CHAI BLISS BALLS

- 12 medjool dates, seeds removed
- 1 cup dry roasted almonds
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon cardamom
- 1/4 teaspoon Chinese five-spice
- 1/4 teaspoon cloves
- 1/4 teaspoon allspice
- 1/2 teaspoon concentrated natural vanilla extract
- pinch of salt

Place the ingredients into your processor and blend at high speed until the mixture resembles a fine, sticky crumb. Use your hands to press and shape the mixture into balls. Place in the fridge to set. Eat and enjoy!



THE TASTING SHED

The Tasting Shed's Pork Belly dish reigned supreme by being voted People's Choice Best Dish in Auckland at the recent Metro Magazine Awards, where we were included in the Top 50 Restaurants list for 2016. We would like to thank all our local customers who have supported us with their tick of approval – we couldn't have done it without you! This May will also be the



start of our winter 'Trust the Chef' dinners on the last Wednesday and Thursday nights of the month, commencing May the 30th & 31st. Places are limited so please book early to ensure you get first look at what our Chef is planning over the coming months/ Price is \$55 per person. Call 09 412 6454 or make a reservation online at www.thetastingshed.co.nz.

15 MIN CHOCOLATE SQUARES

Base:

- 1 ¾ Tbsp Cocoa
 - ½ tsp Baking Powder
 - 1 cup Flour
 - Pinch salt
 - 1 cup cornflakes
 - 1 cup coconut
 - ¾ cup sugar
 - 150 gms butter
- Chocolate icing:
- 2 ½ cups Icing sugar
 - 2 Tbsp melted Butter
 - Approx 2 Tbsp hot water
 - 1 tsp vanilla essence



Combine all together and add enough water to make a thick spreadable consistency. Melt the butter and set aside. Combine all the other dry ingredients together then stir in the melted butter until well combined. Press into the base of a shallow tin. Bake at 180 for 10-12 mins. Remove from oven and while it is still hot cut into squares and spread chocolate icing over the entire top. The icing will soak in and make the slice more 'fudgy'. Leave to cool and set and then drizzle with melted chocolate or sprinkle with coconut.

SASHIMI RECIPE

Do you know you can buy sashimi-grade fish from Ocean Seafood in Silverdale? Simply give them a call and ask for stock available. For this recipe, do not pre-slice the fish; bring a whole chunk home and start from there. Instead of pan-fried, this recipe uses just boiling water to make it healthier.

Ingredients

- Sashimi-grade tuna 500g in one piece
 - Chopped spring onion
- Sauce
- 1 tablespoon lime/lemon juice
 - 2 tablespoon soy sauce
 - 1 tablespoon tsuyu (available in Countdown)
 - 1 teaspoon mirin (again, available in Countdown)



Waimauku Kindergarten
Northern Auckland Kindergarten Association

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

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

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

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

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

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To make

1. Cut the tuna into a few long rectangular piece, approximately 3 x 6 x 15cm, depending on the size of your fish
2. Put the fish into a deep bowl or saucepan, pour in hot boiled water. Use chopsticks to quickly turn the fish over to ensure all sides are well covered and turn "white"
3. Immediately soak the fish into cold water to avoid "over-cooking"
4. Carefully slice it into around 1cm thick and it's ready to serve with the sauce!

10 YEARS AND A BIERGARTEN


This month we celebrated 10 years of Hallertau with the opening of our new biergarten, a subtropical oasis under a colossal retractable canopy. The Allistar Cox designed extension boosts Hallertau's capacity to 250 guests. Our popular kids' playground remains at one end, now enclosed with a climbing wall with new outdoor games offered to kids big and small. Chef Michael Van de Elzen has overseen a menu revamp offering sharing plates that are more refined and less fried than typical 'pub food'. Fresh molluscs; juicy local clams or mussels cooked over charcoal embers, traditional wood fired pizzas with blistering mozzarella cheese and from the 'pans' menu, options include pulled lamb shoulder rubbed with the sweet and spice of Ancho chillies. Hayley and Steve's goal of lifting the beer experience in New Zealand continues into a new decade and they look forward to welcoming customers old and new to Hallertau Brewery.



SOLJANS ESTATE CAFÉ

Soljans Estate Café and function centre is perfect for groups of all sizes and celebrations of any kind. Soljans Café is dedicated to producing a varied and delicious menu for its customers, whilst ensuring that all dishes represent excellent value for money. Soljans has long been a popular spot, with loyal customers returning time after time to enjoy the Soljans experience. Soljans offers the perfect vineyard setting for all functions: from wedding ceremonies and evening receptions to corporate conferences and private parties such as birthday and anniversary celebrations. Soljans provides flexible facilities to cater for all requirements so get in quick as available dates fill up fast. To get in contact and receive more information please email Brittany Willemse at functions@soljans.co.nz or to book your table in the café phone 09 412 5858.

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KAURI GUM STORE

Came here to this cute cafe in Riverhead for morning tea with my mother in law and friend. The staff were so approachable, very friendly and welcoming. My chai latte was amazing - one of the best i have had. I thanked them for such a lovely morning tea and they thanked me. We told them that we were coming back in a few hours for lunch. The lady said she looked forward to seeing us again. Two of us ordered the chicken vegetable soup it was absolutely delicious! - just like home made, and only for \$10 amazing. I truly recommend this cafe. You will love it.

Fantastic rustic cafe that serves GREAT COFFEE! I often meet people stopping in from Herne Bay or Orakei (yes people from the opposite side of the bridge) just to enjoy a relaxing cup of coffee, after they have played a round of golf - (that says alot) You can feel a little bit of history as you walk in the door and sit down, with lots of antiques you'd expect from the old Kauri Gum digging days. The service is good and the food off the menu is good also – it's a little goodie.

We were out this way, so popped in for a coffee and cake. The home baking here is delish! The cakes came with fresh cream, decorated with an edible flower, and the coffee was very good. (There is a small range of gluten free cakes) They do cooked breakfast and lunch etc also,; and it's a very nice relaxed setting both inside and out in this historical cafe set up with objects and decor from the gum digging days. This cafe is dog friendly, with plenty of seating outside and plenty of doggies visiting.

THE RIVERHEAD – I LOVE THIS PLACE

What can I say I love this place! Obviously the setting is gorgeous on the river, perfect on a sunny day. I just wish I could venture away from their all day breakfast to try something else...I'm a sucker for breakfast any time of the day!! My friends have had the ribs which were excellent and generous portions, you may have some to take home. When you're finished you can move to the beer garden next door, the live music on Sunday's is excellent



Was one of those nights when the wife and needed not to cook. Picked something local and never looked back. Great views of water and greenery, lovely clean welcoming restaurant which was full and only downside was the noise.

Now the important part. The food. For a starter the prawns were really tasty however the batter was a little too heavy to be tempura she thought. Wife then had the confit duck and myself the ribs. Both loved our meals. My ribs, wow, so many, plus chips and slaw. Great price \$27. Well worth going again!

Such a nice place to have dinner, a quick drive and you are out of the city. The menu has loads of great options that are reasonably priced. We had crayfish linguine and the ribs. Both were tasty and were large in portion size. Left feeling full and happy. Awesome service by our waitress who was attentive and gave great explanations about the food.

Wowzers! The Riverhead restaurant has the most romantic evening set-up out doors. The back porch area overlooks the river and it is some seriously dreamy Ryan Gosling.

I went here for one of my best friends 20th birthday dinner. They had our area set up already and it was a quiet Monday night. The waitress staff were attentive and did a good job with all our indecisiveness.

The Riverhead has a fancy vibe going on with a beautiful menu

to match.

HOBSONVILLE KITCHEN IS WELL WORTH A TRIP

Wow what a great place! such great service and an amazing variety of food that is vegetarian, vegan, dairy free and gluten free etc. food super tasty also, I had the mushrooms on toast on vege hash and it was divine!...will definitely be back, this place is a huge asset to the community!



Great place to eat! We were greeted by a lovely waiter and served water immediately which was nice. In general the staff were very welcoming. I ordered a chicken and prawn salad, I totally recommend this dish if you want something fresh and extremely tasty! Serving size was good too. My husband had the open steak sandwich it looked great and he said it was yummy! Our food was out pretty quick which we appreciated as we had two young children. Our 4 year old had the chicken nuggets and potato cut chips, he was surprised to see that his meal did not look like the processed chips and nuggets he would normally have, however I appreciated that he was eating real chicken and potato. We also had the cookies and cream cheesecake it was a lovely sweet ending to our meal. Keep up the great work Hobsonville Kitchen Team.

Love this place! Nice to finally have a place open a few days a week later than 5pm so you can go grab a coffee or a bit to eat late in the evening.

The staff are fantastic too, so nice and friendly. Nice to walk in and they know my order. Shows the attention to detail the Hobsonville Kitchen Cafe & Eatery staff have. Thanks guys.

Called in for a coffee, probably the best I have had in a long time. The flavour was incredible the best foam/texture and it was the perfect temperature for drinking. Hobsonville kitchen roast their own beans to get this amazing taste. Very friendly staff. Can't wait to go back for a meal in the very near future.

ROBERTS CAFÉ – HOBSONVILLE POINT

Had a late lunch today. OMGosh the pasta salad (with feta, spinach and pinenuts) was to die for. I had it as an accompaniment to a slice of chicken & asparagus quiche; couldn't fit the quiche in (so took it home for later). Big size and only \$9.90. Superb value, superb food. I will be back for sure.

First time here and coffee was to die for, perfectly made with full bold flavour. Fast service on food and drinks. Food was ordered from there "keto, paleo, clean eating" menu and it was amazing. Great size portions with fantastic flavors. Staff were delightful and very friendly. Definitely will be making Roberts our new regular.

Wow amazing staff, great coffee and the food was outstanding, the positive happy accommodating staff made my day. Very busy but the outside area was beautiful in the sun. A place that will become everyone's local.

Great place, yummy food, perfect chai - gets busy in the weekend and around lunch time, but it's worth it. Outside tables if you come with your dog, toys and play area inside when you come with your kids!

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THE DOG SAFE WORKPLACE

Last year almost 800 people reported dog bites to ACC that occurred whilst they were performing their job. With the Health & Safety at Work act now in place it is important that companies are covering all the risks associated with their industry.



There has been an astounding 53% increase in dog bites in New Zealand since 2005! Dog bites are increasing each year with 12,937 dog bites reported costing over \$4,800,000 in 2015.

The cost of dog bites isn't just financial, the consequences can be felt in other areas such as time off work, loss of confidence and how that affects the person's ability to carry out their role.

The Dog Safe Workplace has been created to provide education in the workplace with the aim of reducing dog bites and minimising the potential risk from canines.

The Dog Safe Workplace assists employers and employees in being able to understand basic canine body language, which provides them with the knowledge that allows them to assess a situation and remove themselves appropriately.

The course is now available online; below is a link to a demo that shows how the course works. Pricing is available for individuals and companies of all sizes.

vimeo.com/pawsforeducation/dogsafeworkplace. The Dog Safe Workplace, 0508 DOG SAFE or dogsafepetfat.co.nz.

IT'S A DOG'S LIFE

Catch the amusing story in the Herald recently about the mischievous Husky dog? Left on his own he got his paws on a bottle of ink and had the best time redecorating the entire home with a lovely pawprint design!! Floors, fabrics, you name it. A costly day for the owners! With daily exercise and stimulation a different story is quite likely. Put simply, a tired dog is a good dog. Life however, makes daily long walks tricky, compounded by dark evenings, time to get in doggy exercise can be incredibly difficult. Enter the dog walker. Health, longevity, better behaviour, socialisation, and peace of mind are just a few reasons to use a dog walker. Feel good knowing that you're doing the best for your beloved pooch.

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SHE'S A "BITSY"

Did you ever wonder what breed/breeds your beautiful mutt actually is? Due to modern genetic testing it is now possible to know what "bitsy" this and that, your dog actually is. We can now offer tests that are that can help you discover your dog's ancestry, which can influence a surprising number of day-to-day aspects of your dog's life, such as behaviour and health. We can also do genetic tests to assess the likelihood of your dog and cat developing certain diseases over their lifetime. This form of testing is also recommended if you plan to breed from your dog or cat, and are unsure of their parentage. Doing these tests ahead of time can help you and your vets to prevent disease and improve the wellbeing of your pets. A simple mouth scrape is all that is required. Call 09 411 7575. Ashley Dempster BVSc. Dr Bob's Vet Clinic.



PAWS FOR THOUGHT

Reactivity, what is it? While it comes in many different forms, reactivity is a common behaviour problem that many people encounter at some point in their dogs' lives. Simply put, reactivity can be defined as an overreaction to external stimuli. Dogs may be reactive to people, dogs, other animals, noises, motion, or any combination of the above. Some dogs are very specifically reactive, only responding to certain things (men with baseball caps; large, black dogs; skateboards) while some seem to react to anything. This overreaction can manifest as hyper excitability, barking, whining, lunging, mouthing, pacing, panting, difficulty responding to well-known cues, difficulty calming down, hypervigilance, or any combination of the above.

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trust and understanding. After all you want a sound solution for the issues you are facing, not a band-aid. If you are busy and do not have enough time for your dog, theK9Way's professional dog walking & minding services will fulfill your dog's mental and physical needs. Book a free phone consultation or free Meet & Greet online at www.thek9way.co.nz or call us now on 021 239 0635. We speak dog, let us teach you to do the same!

HYDROTHERAPY

As a Canine Fitness Coach and Canine Physiotherapist, I often get asked about hydrotherapy. Canine hydrotherapy is swimming and its biggest advantage is that it can be done without the need for the dog to weight-bear. There are many conditions that can benefit from hydrotherapy including joint surgeries, fracture repairs, non-use of a limb, spinal surgeries, neurological cases, degenerative conditions such as arthritis and obesity. It can also be used for leisure and fitness purposes as swimming can require physical stamina which benefits the whole body. Hydrotherapy is best carried out in warm water (26-30 degrees C), which contributes to improvement in function and a more effective and comfortable form of exercise. Hydrotherapy exercise is demanding on the dog's cardiovascular system and is therefore not suitable for dogs with heart conditions. Swimming requires four times as much effort as land-based exercise, so a five minute swim is equivalent to a 20 minute brisk walk. Thus, it provides rapid improvement in cardiovascular fitness, boosts healing, burns energy and builds strength. Give me a ring to find a canine hydrotherapy centre near you, phone 027 459 6675. Tania Evans -Dip AnPhys, visit: www.pawsitivelifestyles.co.nz.



ALPACAS FARM VISITS / SHOP

Rosala Alpacas are located in the Ararimu Valley, Waimauku on a lifestyle block, with approximately 40 alpacas. We are open to farm visits, by appointment, where visitors can feed the alpacas, take photographs, get up close and personal with them and then visit our shop and view the range of alpaca products available. Alpacas make great lifestyle pets and lawnmowers. Your choice if you want to halter them up and walk them or just interact over the fence with them. To learn more or book a visit, you can contact us on phone 09 411 9188 or email us at info@rosala-alpacas.co.nz.



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NEW BUILDS

MADDREN HOMES: HEART OF THE WEST

A Kumeu based company with 100 years of history in the area is gearing up for its second century in operation.

Maddren Homes recently completed custom-designed head office is more than a centre of operations. The complex reflects the companies' values with a unique layout which features innovative design creating an efficient happy work environment. A sure sign of Maddren's commitment to the significant growth in the region are plans for another on-site show home. The new Maddren show home will be an architecturally designed contemporary home to complement the existing show home already on site. "Typically customers have had to drive all over to see different show homes. Having two on site show homes displaying varying designs and specifications means they will be able to see everything they need within close proximity to the surrounding subdivisions" explains Maddren Homes General Manager, Rodger Scott. Rodger says the creation of a new building precinct is a sign of the companies' dedication to the area. "Maddren Homes has been building in the area since 1935. The name is synonymous with west Auckland, in particular Kumeu and has been a cornerstone of the local community for many years.

Maddren Homes is 100% Kiwi owned and operated. "Not being part of a franchise has given us the freedom to create a culture



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where innovation is encouraged, but values and craftsmanship will not be compromised."

Property prices will fluctuate as they always have, but if your home is built using proven products to highest construction standards, such as practised by Maddren Homes it will only ever be an appreciating asset- and a joy to live in.

To enquire about any of our exciting new House and Land packages or design and build options please contact us on 09 412 1000.

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Big Save is proud to be a New Zealand family owned and operated business currently employing approximately 350 people. We opened our first furniture store in Paraparaumu in 1973 based on the common sense ideals of exceptional customer service and excellent value for money. Those original ideals still haven't changed and have seen us gain many happy and loyal customers over the years. We understand that everyone is different and we like to decorate our homes in our own unique style. Our collections include contemporary cutting edge designs, modern and classic ranges – the choice is yours. Our buyers travel New Zealand and the world every month to source the latest in furniture trends. All our furniture is built to last with a minimum 2 year warranty on everything we sell.

Our great designs never stand still and we are always working hard to bring you the very latest looks and styles and to make your home look great. No other furniture retailer in New Zealand changes their collections more often than us, you can always be sure there's something in store to surprise and delight you. All our stores are packed full of all the inspiration you need to really make your home look fabulous. So, whether you're looking for something modern, traditional or totally off-the-wall, you'll find it at Big Save. For the latest catalogue go to www.bigsave.co.nz.

COULD CLASSIC BUILDERS OFFER YOU MORE OPTIONS

Kiwi-owned and operated, the success story behind Classic Builders began almost 20 years ago. This was when Peter Cooney and Matt Lagerberg saw a need in the market for quality, value-for-money homes, delivered within a pre-agreed time



frame and at a fixed price. Founded in the Bay of Plenty, Classic Builders has grown to include the Waikato, Northland, Auckland and Queenstown. The company has expanded to become the largest residential house builder in the Bay of Plenty and Waikato, and is the fifth largest residential building compa-

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ny in New Zealand. We build almost 450 homes a year. This growth is phenomenal, as Peter and Matt personally oversee every region, choosing to avoid the franchise model of home building, which inevitably adds additional costs to a customer's home build. Matt and Peter also wanted to grow digital technology within the building industry, for the benefit of customers. Today, as leaders in building technology, they implement a highly functional computer system that supports the building process. In turn, this means client services run seamlessly from beginning to end of a home build. Building a home should be life changing and choosing the right builder is crucial in making this change a good one. We take all the stress out of the process; our builders and designers are the best in the industry. The majority of our home building is a direct result of customer referrals, which is a testament to our excellent customer service. With a portfolio of over 150 house plans available, ranging from \$100,000 homes to multi-million dollar residencies, we believe we offer a wide range of options and have a great team of people to help walk you through the building process. Our teams have local building experience and knowledge, and they work together with you to design and build a home that suits your needs, and your lifestyle. For more information go to www.classicbuilders.co.nz.

SIGNATURE HOMES OFFERS A PERSONAL FAMILY FLAVOUR AND A SOLID BUILD

Dean and Amanda Pritchard, proud owners of Signature Homes West & North-West Auckland. We've personally been involved in the creation of beautiful new homes for New Zealanders for over 20 years,



and we really look forward to the opportunity to meet with you and help you bring your brand new Signature Home to life."

Licensed Building Practitioner Dean Pritchard is a trade certified Builder and Project Manager with a passion for design and over 20 years practical experience in the trade. Prior to joining Signature Homes, Dean's building career mainly centered around the construction of high-end Design & Build homes, many of them large projects. The beautiful homes Dean built during this stage of his professional life included both national and regional gold award-winners. Dean also spent time renovating historic Auckland homes, a big challenge requiring careful planning and execution, and one he really enjoyed.

The Signature Homes ethos provides Dean with the opportunity to use the extensive trade knowledge he has gained over the years to create quality homes for any budget, whether that budget be large or modest. Providing quality new home solutions for such a wide market is something Dean both enjoys and believes in strongly. He also feels that regardless of the budget, new home buyers should receive the same attention to detail and quality service, from the time they make contact with Signature right through to the maintenance performed on the home after it has been handed over to the client.

Dean's wife and business partner is Sales & Marketing Manager Amanda Pritchard. Amanda has two Bachelor degrees, in the fields of Social Science and Health Science, and has held roles in occupation therapy and at the Starship Children's Hospital. Amanda is also extremely passionate about new homes, and in particular has a love for Interior Design – an interest she shares strongly with Dean. Dean & Amanda are also parents to five children, so they certainly understand how important the right home environment can be for families. For more information go to www.signature.co.nz/franchises/signature-homes-waitakere.



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MOTHER'S DAY GIFTS AT ZASH HAIR

MOTHER: The one who loves you unconditionally from birth, the one who puts her kids before herself and the one you can always count on above everyone else. I couldn't find a better definition of the word Mother if I tried. I know that personally speaking my Mum is the total package of this definition and I work hard daily to make sure that I am the same for my boys too. So I thought it would be nice for this Mother's Day to have some extra special gifts available at Zash Hair so that you can spoil her and make her day important. Come on in and purchase our pamper package which includes a haircut, blow dry, straightening (if required) and a moisturising treatment. One hour of pure bliss. Sebastian and Wella both have a fantastic range of all haircare products, perfect for creating your own gift hamper. Also stunning gift vouchers are available, you decide on what service you would like to gift her and we will make it happen. Let's make this Mother's day her day. I know how much she deserves it. Phone or txt Carla at Zash Hair today 021 814 663.

MURIWAI NORTHERN TRAP LINE

MEACT's Northern Trap Line totals 13 rat and mustelid traps. It extends from the beach, through the motor camp, along the Village Green, up the edge of the pine forest on Nga Maunga Whakahii o Kaipara Trust land, and as far as "Mozzie Bend". The line was established December 2015 by John and Michael, Muriwai locals with an interest in pest control. In summer they check the traps once a week, and have never returned empty handed. To date they have caught 39 mammalian pests of various species. Michael describes it as a pleasant walk, and a great way to keep fit and active. We'd love this line to be Part One of MEACT's vision to ring-fence the Muriwai community with traps, or other forms of pest control. This is our contribution towards the aspirational goals of Predator Free New Zealand - see www.predatorfreenz.com. Please email if you want to join in or can support this project - mrwilderness@gmail.com / ruth@muriwai-environment.org.



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CHIROPRACTIC AND YOUR IMMUNE SYSTEM

Don't blame catching a cold on your colleague or school friend or even the virus itself. They are not the problem. The problem is your body's inability to adapt to the virus. If your body adapted well, then your immune system would destroy the virus so it would not cause you any trouble. Your nervous system controls your immune system and is most important for coordinating adaptability in your body. How does Chiropractic care help? Chiropractic care does not treat or cure viruses or any other disease, but focuses on improving the function of the spine and nervous system so it can help your body adapt to your environment better. In fact, a healthier nerve system can help everyone adapt to everything...better. Are there other things you can do to help your body adapt? Yes of course. Stop creating unnecessary inflammation in your body, reduce stress levels, exercise, eat well, rest, and drink plenty of water amongst others. If you want to learn more about the Chiropractic approach to better health, call us at Kumeu Chiropractic - phone 09 412 5536, to make an appointment.

KOTARE BROWNIES RECYCLE FONTERRA YOGHURT POUCHES AND FUNDRAISE FOR A GOOD CAUSE

The Kotare Brownies have partnered with global recycling experts TerraCycle and Fonterra to participate in a nationwide free recycling program called the Fonterra Pouch Brigade to save yoghurt pouches from landfill and giving them a second life as a recycled plastic item from park benches to plant pots. TerraCycle's national programme is giving a second life to traditionally non-recyclable children's yoghurt packaging. The group's passion for the planet drove their leader, Alison Hucke, to join the Fonterra Pouch Brigade and set up their collection box at the local Kumeu New World supermarket. "I felt the programme was an ideal way to teach the girls to reduce waste and care for the environment," said Hucke. This recycling solution enables residents to recycle their children's lunch waste items whilst

fundraising for the local Brownies, a non-profit, looking for new ways to fundraise. "For every kilogram of waste that we send in to be recycled the girls get one hundred TerraCycle points. We are raising money to help our girls enjoy the outdoors and help them go camping in the summer." The local group is one of the first to sign up as a public drop-off location for Fonterra's Brigade in the North Auckland region. "The Pouch Brigade programme is part of a big community effort to recycle waste that can't be put in your regular council bin and would otherwise end up in landfill. So far in New Zealand we have 75 collection locations and that number is increasing as more Kiwis are learning about this great environmentally conscious programme" said Nic Bishop, Fonterra. Locals can now drop off their Anchor Uno pouches or any other yoghurt pouches they have to the Kotare Brownies public access collection box located at the Kumeu New World. For more information visit www.terracycle.co.nz to join the Brigade.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Sun 1 May	04:09	10:45	16:44	23:14	-
Mon 2 May	05:17	11:53	17:54	-	-
Tue 3 May	-	00:23	06:24	12:58	19:01
Wed 4 May	-	01:27	07:27	13:57	20:02
Thu 5 May	-	02:25	08:25	14:52	20:58
Fri 6 May	-	03:19	09:19	15:43	21:49
Sat 7 May	-	04:09	10:09	16:32	22:38
Sun 8 May	-	04:57	10:58	17:19	23:25
Mon 9 May	-	05:45	11:45	18:06	-
Tue 10 May	00:11	06:32	12:33	18:52	-
Wed 11 May	00:58	07:20	13:21	19:40	-
Thu 12 May	01:47	08:11	14:13	20:31	-
Fri 13 May	02:40	09:07	15:10	21:27	-
Sat 14 May	03:39	10:07	16:11	22:29	-
Sun 15 May	04:41	11:08	17:14	23:33	-
Mon 16 May	05:42	12:08	18:14	-	-
Tue 17 May	-	00:34	06:39	13:03	19:09
Wed 18 May	-	01:29	07:30	13:53	19:59
Thu 19 May	-	02:17	08:16	14:37	20:43
Fri 20 May	-	03:00	08:58	15:18	21:23
Sat 21 May	-	03:39	09:36	15:57	21:59
Sun 22 May	-	04:17	10:12	16:33	22:34
Mon 23 May	-	04:53	10:48	17:10	23:10
Tue 24 May	-	05:31	11:25	17:47	23:46
Wed 25 May	-	06:09	12:03	18:26	-
Thu 26 May	00:25	06:50	12:44	19:08	-
Fri 27 May	01:06	07:34	13:29	19:53	-
Sat 28 May	01:53	08:24	14:20	20:44	-
Sun 29 May	02:46	09:19	15:17	21:43	-
Mon 30 May	03:46	10:21	16:21	22:48	-
Tue 31 May	04:50	11:25	17:27	23:54	-



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HOME & GARDEN

ATTRACTING BIRDS TO YOUR GARDEN

Many a gardener is a nature lover as well, and one of life's pleasures is seeing your garden provide food and shelter for native wildlife year round.



Whether you have a large garden or small, there are plenty of plants to attract and feed the birds especially during winter and spring when birds such as Tuis and our native wood pigeon will travel long distances in search of food. Food sources are scarce during the winter, so even if you planted a couple of different varieties of plants for the birds, and your neighbour planted a couple more, soon you will have birds visiting throughout the year.

Awa Nursery has a range of plants to help you on your way to creating a food haven for the birds. Kowhai, titoki, karaka, flax, wineberry, corokia, cabbage trees, Fuchsia procumbens, putaputaweta, copromas, griselinias, rewarewa, pittosporums, pseudopanax, puriri, tea tree, kawakawa, lacebark, mapou, Muehlenbeckia, and pohutakawa are some popular natives to encourage the birds, providing nectar, fruit or seeds. You can also encourage insects for birds to feed on by providing a good layer of mulch or leaf litter on your garden.

Large or small there is bound to be something that will fit in your garden to help feed the birds. Come and see us at Awa

Nursery to add your garden to the many who enjoy the birdlife.

PAINT COLOUR WORKSHOP IN RIVERHEAD

Renovating or building? This workshop is a must. Take the guess work out of selecting paint colours, be inspired with creative and fresh ideas, and gain the skill set to select confidently select the RIGHT colours for your home or business.



Learn how to put tones together, push the boundaries with colour, use dark pigments, select the right lighting and more. I'll reveal my go-to, fail proof interior and exterior colour combos and my all-time favourite feature colours to die for. Don't miss out on this fun and relaxed evening, the last workshop sold out and was a huge success! Visit www.loubrown.co.nz for more info.

For now, here are a few tricks to getting the most out of your paint scheme.

Test your colour before painting the whole room. Trust me! Grab a test pot and on a large A2 sheet of card, paint two coats, leaving a 2cm border around the edge. Place this card in different areas of the house (north and south facing) and examine it during the day and night.

Paint the ceiling a colour. Yes, that's right, out with the old boring white ceiling and

in with the bold and beautiful! Add a feature pendant light and watch the mood of your room completely change.

Use some of this season's elegant but bold colours; burnt orange, grape purple, deep green, teal and mustard yellow. Experiment, it's fun and easy! If you need more persuasion, have a peruse through Pinterest and score some yummy ideas.

Natural and artificial lighting have an enormous effect on the paint colour. The same colour will look different depending on the orientation of the space; north facing rooms tend to make colours look warmer while south facing rooms make colours look cooler.

Likewise with artificial lighting; a cool LED will keep your bright whites fresh (great for a white bathroom) while a warm LED will make your paint colour look warmer and whites creamier. There's a whole raft of tricks when it comes to paint and lighting!

If you're going dark, consider using a multi-pigmented paint in a flat or low sheen. This will give you a great perception of depth; walls that will draw you in and hug you rather than slap you in the face. Using a flat finish will help disguise surface imperfections.

However, I still recommend a level 5 plasterboard finish. Finally, make sure you nail your lighting. Have plenty and dimmable so you can control the mood.

Get your colour strength right. If you'd like your ceiling to be the same colour as your skirting and/or walls, then make your ceiling 1-2 shades lighter. Ceilings receive less light so will always appear darker.

Decorating is all about taking risks. Even the pro's get it wrong from time to time. If you make a mistake, just take a step back, put your detective hat on and ask yourself what the missing link is, what's not quite working? Then tweak until voila! Magic happens!

Yes, there's loads to learn when it comes to paint, so if you'd like to fast track your skillset, join me at my paint colour workshop and learn all of the tricks of the trade!



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GETTING YOUR HOME 'OPEN HOME' READY: TOP TIP 3

Interior Makeover in a Couple of Days.

Giving your home a makeover in preparation for open homes needn't be expensive or time consuming.

Be realistic about what you want to achieve and prioritise where you will get the most 'bang for your buck' in terms of your dollar spend and creating a bit of WOW factor with buyers.

So, before you take action the first step is to research and Make A Plan. Check out the DIY section at the library and use the internet to find style looks you can easily achieve. Pinterest is an amazing source of all home decorating ideas from gardens to soft furnishings to colour schemes – pretty much anything you can think of, will be covered.

Once you know what you want to achieve book in any tradespeople well in advance. Do This First! They are often very busy and have to turn work away so book well in advance.

Other useful but inexpensive purchases include items like a laundry basket with a lid. New towels for the bathroom, throws to cover scruffy or dated furniture.

Got a dated kitchen? New brushed chrome handles for kitchen and bathroom kitchens can take years off!

Clean tiles and grout where possible or consider getting a tradie in to fix. Mouldy dirty grout is a turn off and can repel buyers.

Lastly don't be afraid to delegate! Get someone to mind the kids and a work bee; get some mates to help and keep them well fed and watered. Your taskforce may be limited but everyone has some special skill or talent when it comes to repairs, creative ideas, cleaning and sorting clutter.

More helpful ideas and tips in next month's magazine.

Meantime, please call Susan Annett if you would like an appraisal or any advice in getting your property ready to go to market. Mobile: 021 345 788 or email susan.annett@mikeperero.com. Licensed REAA(2008).

LIVESTOCK REPORT

Cattle continued to sell well at Pukekohe on Saturday despite schedule drops over the weekend. Prime cattle were in good demand, as were any quality young stock that was on offer. It is notable that lesser bred cattle are harder to sell as buyers concentrate on wintering the best quality animals. Medium 2 year steers sold well to \$1,520 and heifers \$1,360. Nice weaner heifers sold well to \$600.

CATTLE

Medium 2 year steers	\$1,200 to \$1,520
Other x bred steers	\$890 to \$1,120
Medium 15 month steers	\$820 to \$960
Medium x bred weaner steers	\$510 to \$770
Very small steers	\$380 to \$480



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Medium prime heifers	\$1,115 to \$1,360
Medium 20 month heifers	\$890 to \$1,080
Medium x bred weaner heifers	\$400 to \$600
Boner cows	\$868
SHEEP	
Fat lambs	\$78 to \$92.50
Store lambs	\$58.50 to \$76
M/A wethers	\$68 to \$92
M/A rams	\$25 to \$55
Ewes	\$58 to \$68
FEEDER CALVES	
Beef bulls	\$165 to \$250
X bred bulls	\$80 to \$195
Beef heifers	\$111 to \$195
X bred heifers	\$30 to \$170
PIGS	
Weaners	\$95 to \$105
Store	\$95

FACIAL ECZEMA - PART THREE

LONG TERM SOLUTIONS

- Replacing affected pastures with improved ryegrass cultivars or other species that won't support the fungus is a good long-term prevention strategy. Check with your seed merchant for the latest information.
- FE resistance in sheep is strongly inherited so buying rams from breeders who are selecting for resistance will bring about improvement in your flock.
- Check with the breeder about the level of sporidesmin used in their tests and the length of time they've been testing.
- Consult your veterinarian on the merits of GGT testing to select replacement ewe hoggets. It may be cost-effective on some farms.
- Gene markers for FE resistance have been found and are being actively researched in both cattle and sheep.
- FE resistance is known to be inherited in dairy cattle and research is ongoing.
- Work on deer and camelids is yet to be done.
- Other solutions such as altering the infective fungus are still being researched.

TREATMENT OF AFFECTED ANIMALS

Sheep

- Sheep with clinical FE must be treated under the law so seek veterinary help. Severe cases will have to be euthanased.
- At the first signs of FE, provide shade and drench with zinc oxide. Shade is critical. It may be too late for the zinc oxide to do much good.
- Opaque protective cream can be applied to damaged skin, to hasten healing and to screen the skin from sunlight.
- Put badly affected sheep with swollen eyelids and poor vision in a safe paddock and avoid the stress of handling.



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- For small flocks, put them in a shed out of the sun during the day and let them out to graze at night,
- Affected sheep need good feeding to help recover, but feed them some high energy concentrates rather than high protein lush green grass which their livers cannot handle.

Cattle

- At the first signs of FE, affected animals should be given shade and drenched with oxide. Shade is critical. It may be too late for the zinc oxide to do much good.
- Take them off the 'hot' pasture either to a bare area to feed supplements or to some other safe part of the farm.
- Opaque protective cream can be applied to damaged skin, to hasten healing and to screen the skin from sunlight.
- Your veterinarian can give antibiotic injections to treat skin infections that occur if animals are severely affected and vitamin B12 injections can help to boost appetite.
- Severely affected dairy cows with areas of sloughed skin should be fitted with a cover provided it does not chafe and add to their suffering. Dry off dairy cows with severe signs, especially those with udder and teat damage. Flies can be serious irritants.

MONITORING

- Spore numbers are measured by collecting a sample of pasture and shaking it up in a jar of water. A sample of the liquid is inspected in a special slide under a microscope to count the spores. Check with your veterinarian for details.
- Kits are available to do this at home, or veterinary clinics provide a service.
- The best idea is to sample specific "monitoring" paddocks e.g. shaded sheltered areas where spores are likely to grow. This is better than just random sampling paddocks on the farm.
- You can find out about current spore levels at veterinary clinics, in local newspapers. Beware of local rumours. They may not be relevant to your farm, especially when they say the danger is low!

It took 30 years of dedicated research at Ruakura Research Centre in Hamilton to work all this out, but prevention methods have been known now for 40 years.

Lyndsay Kerr will publish a regular column focusing on issues that affect lifestyle block owners. Lyndsay has owned and operated a MAF approved animal quarantine and export facility in Waimauku. This series on Facial Eczema was first published on lifestyleblock.co.nz by Dr Clive Dalton who kindly agreed to allow us to reprint this article on this very serious condition.

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SPARKN

On the electrical front, there are a large number of new builds going on in the area. If you are one of the lucky new homeowners you will be thinking about your electrical usage and fittings. It is essential to plan well, consider the number of powerpoints you will need in the kitchen, are you looking at Solar to cut costs? How will you be using the residence or shed? Once you have decided what you need, remember to think about the future too and what equipment you may wish to put in later. Feel free to give Tony a call to discuss or provide us with your plans and let us know what you want to achieve. We much prefer to talk to our customers in the early stages and get it right first time. Tony 021 772 756 or email us info@sparkn.co.nz

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Combining this with more famous sites in Delhi, Agra; including the Taj Mahal, Kkota castle which featured as Viceroy Club, Jaipur to explore monuments and bazaar, Jodhpur where Sonny's marriage took place and Udaipur. The itinerary will give you a great blend of both the mainstream and the offbeat, in one of India's most colourful locations.

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Give a living gift this Mother's Day



Now's the time to refresh your garden with an exciting range of new season's annuals.

With lovely crisp mornings and the soil cooling, there is much to look forward to over the coming months.

Early season annuals are arriving in store, such as pansies, polyanthus, calendula, poppies and snapdragon which make a welcome change to your pots and garden beds.

It's also a great time to get some spring bulbs in the ground, and there is a myriad of bulbs available in store now, both in variety and colour. Golden ranunculus, pure white freesias, bright red tulips, as well as the latest release, exclusive to Palmer's, Daffodil Calgary – there are so many options to get you inspired. Go for a similar theme, as you would do for your indoor décor, or go colour crazy and be surprised when they start blooming!

In the vegie patch, plant seedlings of cabbage, broccoli, cauliflower, beetroot, winter lettuce, Brussels sprouts, spinach, carrots, leeks, silver beet and winter herbs, like parsley, chives, rosemary and mint. You'll be eating gourmet food from your own garden all through the seasons.

With Mother's Day just around the corner, we are bursting with fantastic ideas for mums of all ages. From the ever stylish orchids to the all-time favourite chrysanthemum, our stunning range of

houseplants provide lots of enjoyment throughout the year. With a great selection of throws, cushions, candles and fashion accessories as well as wall art, home décor, books and cool kitchen gadgets there is so much to choose from! Plus get it gift wrapped for free.

Make sure you treat mum to a lovely lunch too. Café Botannix has the perfect Mother's Day menu, with 2 delicious courses for \$35. Bookings are absolutely essential so call us on 810 8385, or to find out more, visit our website, palmer'splanet.co.nz. Be sure to look out for what else is happening in store with our online event calendar too.

Keep up to date with everything gardening and so much more when you join Palmer's Rewards, our fantastic loyalty programme that offers you a \$10 reward with every \$100 you spend. It could not be easier to grow with us! Join in store or online at mypalmer'srewards.nz.

Happy Mother's Day

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