

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

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

HELPING MUMS RETURN TO WORK

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

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

May 2017

Intro

Welcome to the May edition- nearly halfway through the year already and I'm still not prepared for the coming winter weather! May holds a special place in my heart as this is the month we celebrate our Wahine Toa – Strong Women, and all the wonderful things they do for their families, friends and communities. In this issue we look into the life and career of Rebekah Fraser who just 4 months after having her daughter decided to return to the workforce. For all the mums out there thinking, this woman is crazy – take a moment to read about her story. Rebekah's passion is equipping women with the skills, strategies, self-confidence and self-awareness to achieve the goals which are most meaningful to them. The Back to Work Coach Programme began as a way of supporting mums wanting to return to work, and are designed to address the issues most relevant and meaningful to the mums they work with. They work together to identify the key challenges for that mum and design a plan to overcome and or manage them. Mums may choose to work one-on-one with a coach, or as part of a coaching group sharing their knowledge and ideas. It really does take a village to raise a child, so members on this course support each other, not only during the coaching journey, but once back at work as well. Last year, Rebekah started The Sisterhood Scholarship, offering a free 12-week programme to a local woman wanting to return to work. She welcomes applicants from readers in this magazine's distribution area who intend resuming paid work within the next three to six months, and who are experiencing some degree of anxiety about it. Email rebekah@thebacktoworkcoach.com or call her on 021 884 845 for an application form before May 12. For those women about to become a Mum, EmbodyBirth™ one day workshops will be running in Kumeu, starting this June. These workshops include mindful movement for birth, gentle pre-natal yoga, meditation, holistic birth education, sharing and support. The techniques used help prepare and can help to have a more conscious, rewarding experience of birth and can really help to deal with anxiety and also trauma from any previous difficult births. The mindful movement is based around the ancient art of belly dance, which actually began as a birth dance. The movements used however are very slow and basic and no dance experience of any kind is necessary. Dates for Kumeu are the 10th of June or the 5th of August, \$89 earlybird. Contact Maree to book (limited places) embodybirth.maree@gmail.com or 021 022 93012. However you choose to celebrate the woman in your life (Mother's Day FYI is Sunday 14 May) don't forget that all she really wants is to know she is loved and appreciated. Cups of tea and brekkie in bed are also highly welcomed...

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



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

kumeu Courier

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HELPING MUMS RETURN TO WORK



By Geoff Dobson

Rebekah Fraser knows first-hand the challenges experienced by mums transitioning back to the workplace after having their kids.

Now she's using that experience to help others, running her own coaching and consulting business The Back to Work Coach. The Hobsonville mum, pictured left with client Jacqui Griffin, was offered a part-time coaching contract when daughter Libby was four-months-old.

A qualified teacher, she has a Master's degree in psychology, is a behaviours and motivators analyst and an International Coach Federation accredited coach.

"Despite being off work such a short time I was amazed at the amount of confidence I lost," Rebekah says.

Doubting her ability, Rebekah wondered what she was doing as she entered her workplace on her first day back. She was concerned colleagues would view her differently and was worried

she wouldn't perform to standards when under pressure. Rebekah struggled to sort childcare to suit the family's needs, and in coping with tiredness while doing a job requiring positive energy.

Used to doing much herself, Rebekah also had difficulty asking for help from her partner and family.

She soon learned to "delegate, negotiate and orchestrate". Rebekah felt a need to help other women too.

"My passion is equipping women with the skills, strategies, self-confidence and self-awareness to achieve the goals which are most meaningful to them."

So began The Back to Work Coach programme, supporting mums wanting to return to work – either after their maternity leave or time off as a primary care giver.

"Mums consistently tell me their biggest challenges about transitioning back into the workforce fall into two categories," Rebekah says.

"One is those things which relate to their thoughts and feelings about themselves, and the second is the practicalities of making it all work."

A survey of 88 mums said their biggest challenge was dealing with "mother's guilt" (60 percent). They were worried that returning to work would negatively impact on their children. Mums were also concerned about missing out on their children's developmental milestones. Thirty-two percent said their biggest challenge related to feeling overwhelmed about trying to juggle everything to get a realistic work and life balance.

Asked 'what would make the biggest difference', the mums said they wanted tools to deal with the stress and anxiety they felt about making everything work. They also sought strategies to increase self-confidence and belief, ways to get more sleep and maintain higher energy levels, increase motivation and improve their tolerance.

On returning to work, mums cited challenges with household logistics, organisation and time management (42 per cent),



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PEOPLE & PLACES

finding flexibility within a job, and sourcing the right childcare for them.

Some wanted help with communication, especially doing so assertively.

"Our coaching programmes are designed to address the issues most relevant and meaningful to every mum we work with," Rebekah says. "We work together to identify the key challenges for that mum and design a plan to overcome and or manage them. Mums may choose to work one-on-one with a coach, or as part of a coaching group sharing their knowledge and ideas. They also support each other, not only during the coaching journey, but once back at work as well."

Programmes are from six to 12 weeks duration.

Last year, Rebekah started The Sisterhood Scholarship, offering a free 12-week programme to a local woman wanting to return to the workforce.

She welcomes applicants from readers in this magazine's distribution area who intend resuming paid work within the next three to six months, and who are experiencing some degree of anxiety about it.

Email rebekah@thebacktoworkcoach.com or call her on 021 884 845 for an application form before May 12.

The successful mum will be contacted by the end of May.

Meanwhile, Rebekah is training for a charity boxing match to raise funds for The Key to Life Charitable Trust, aiming for zero suicide in New Zealand.

"Three families lose a loved one to suicide every two days in New Zealand," she says.

The IT Heavy Hitters Charity Fight is on May 13 at the Auckland Boxing Association from 7pm.

BEST OF THE BEST

The Westpac Auckland Business Awards Best of the Best 2016 winners announced recently included Mitre 10 Mega Westgate for Excellence in Customer Service Delivery.

Owners Dave and Elaine Hargreaves, pictured from right with operations manager Damien Clarke, left, retail store manager Greg Priest, and sponsor Vodafone NZ's Bryan Munro, are delighted with the recognition.

"To be recognised as the best in Auckland for customer service

is beyond our wildest dreams," Dave says. He says they were up against some exulted company and the award is a tribute to the 106 people working for them who "do the job day-in and day-out".

The Hargreaves opened the store in 2014, in conjunction with brothers Graeme and Stephen Ricketts.

At the time, Dave said with West Auckland's rapid growth the bigger Mitre 10 Mega was well positioned to serve the DIY and trade needs of the area.

He's had more than 30 years' experience in retail for blue chip New Zealand brands.

Muriwai based robotics specialist firm Motion Design Holdings, which previously won two awards in the Auckland West section for innovation and international trade, was a finalist in the Best of the Best awards in those two categories.

"The competition was very tough, so we were happy to be considered as a finalist, and to represent the West," general manager Gary Anderson says.

There were four businesses for each category, one from each region of Auckland.

Northern Arena in Silverdale won the Supreme Business Excellence Award after gaining Employer of the Year.

Other winners included Thomas Consultants of Henderson (with many clients in the North West) in the Excellence in Strategy and Planning category, the Auckland Motorway Alliance for innovation, Animation College of New Zealand for Best Emerging Business, Eat My Lunch for marketing, and WhereScape Software for international trade.

"As businesses, Northern Arena and our other winners each demonstrate why they are class acts and collectively will go a long way to helping grow the Auckland and New Zealand economy," Westpac regional commercial manager Jeff Driscoll says.



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It says something when doctors, medical staff and pharmacists



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get an award for community engagement. The collaboration among Waimauku medical people while unusual nationally, is good for patients.

"This is about putting solutions in place that suit people," Waimauku Village Pharmacy owner Robbie Hannon says. He's pictured with the award shared by Waimauku Doctors and Silver Fern Medical representative Fiona Hillebrand.

The award came from their Primary Health Organisation Pro-Care, the largest cooperative of health professionals in New Zealand, representing about 300 doctors in 180 general practices from Helensville to Tuakau.

"It's recognition from our peers," Fiona says.

Evolving from casual discussion among the three Waimauku business representatives, the various parties involved realised there was a need for doctors and pharmacists to work together in identifying and meeting their patients' needs better.

A unified and cohesive approach made sense in avoiding patient delays and the prior need to go back and forth between doctor and pharmacist, Fiona says.

With six doctors, eight nurses, eight administrative staff, four pharmacists and five technicians involved, the cooperative approach not only saved patients time and money but reduced staff workload and improved efficiency too.



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Robbie says they all saw where the frustrations with the medical system were and worked towards fixing them.

Some testing, like blood and uric acid sampling, can be done within minutes. Patients' medicine and diet regimes can be quickly identified and presented in a way that's easy for them to follow.

"Quite often people don't take their medicines the way they should because it's too complex and life gets in the way," Robbie says.

He has three different systems tailored to suit patients' needs, including the use of sealed medicine packs which provide the right doses for the appropriate days and times. There's also a machine which provides a similar system, even down to half tablets, and can be suited to patients suffering arthritis or strokes who find difficulty accessing their medication.

All in all, patients can check with their doctor and get their prescriptions sorted at the same time, so there's no need for frequent return visits.

"It's quick, easy and works really well," Fiona says. "We go that extra mile."

She says that's important in a largely rural area where people often travel some distance and may struggle to spare the time. Waimauku Doctors and Silver Fern Medical - incorporating the Silver Fern Pharmacy in the new Waimauku shopping centre, also use a new Patient Portal which gives patients on-line access and can share information with Kumeu and Huapai health professionals.

Fiona and Robbie hope to see the award-winning cooperative system they've helped establish also extend to other communities throughout New Zealand.

MUSIC TO INSPIRE

As her artist's name suggests, Sunny Ray aims to spread a little sunshine through her music.

The 26-year-old from Bethells also wants to inspire people to reach their full potential, promote unity and encourage positive change.

That's the message Sunny - short for her real name Sundara, meaning one who radiates beauty - has been developing in her songs, which she began making up and singing at the tender age of five.

After releasing her first album *Mindlessness* in 2011, Sunny Ray has just released her second, *Of Womb and Will*, about being a woman and turning wisdom into action.

You may have seen her, and heard some of her new songs, at the Auckland Council Music in Parks programme at Hobsonville Point on March 5. She's been touring New Zealand to promote her album and attending events like the Luminare Festival in Takaka, which she also helped coordinate.

Sunny Ray has been involved as a volunteer or performer in many New Zealand and international festivals from a young age. She's even worked on rigging lighting for an AC/DC tour.

Event and artist management are skills which she has been acquiring, and could see her move into more in coming years.

She also loves circus arts, and performs using fire and partner acrobatics. Her vision is to combine music, theatre and circus in shows.

Growing up in an alternative lifestyle (including travelling around in a house bus with her mum during her early years) and helping raise some of her four siblings, Sunny Ray says a guitar was always lying around.

She took to writing and playing more seriously from the age of 14 "to express and process the mix of emotions I was experienc-

ing about life and my place in it as a teenager".

At Waitakere College, Sunny Ray studied music and performing arts while learning guitar and drums. She continued her musical studies at Henderson Unitec, but much of her experience and inspiration has come from a life which often remains on the road.

While loving the Bethells lifestyle - even becoming, appropriately given her fire acts, a volunteer firefighter with the Bethells Valley Rural Fire Force - Sunny Ray will be based in Cairns, north Queensland, with her partner for the next few years.

She sees more opportunity to develop there. It's where her latest album was recorded and another is planned.

But she intends returning in two years to help with the next Luminare Festival.

Travel has included more than a year in Europe, where she developed her Italian and Spanish to also influence her music.

"New Zealand has a positive reputation in the world, and we're seen as a bit of a novelty too.

"We're all worthy, all beautiful and deserve to be loved," says Sunny Ray, who believes anything is possible, given the right encouragement.

Her aims include creating emotion and opening people's hearts to influence others to live more truly to themselves.

Sunny Ray says she doesn't write or perform music considered negative, or harmful to people's wellbeing.

She also enjoys "transformational festivals", like the Oregon Eclipse, around a solar eclipse there in August, and Beloved and Burning Man either side it.

If able to go, Sunny Ray says it will be the third total solar eclipse she's experienced. Also on the horizon is a venture into writing children's books, with the aim of teaching important life lessons. Considering all this, you could say Sunny Ray has a bright future.

Go to www.sunnyraymusic.com for more.

Photo by Jessica Brighton, Far North Queensland.



SAFER COMMUNITIES

Winter is fast approaching so make sure your fire place chimney has been cleaned and your electric blankets are in safe working order.

Every house needs an escape plan that has been practised, as you never know when you may have to leave your house in a hurry.

- Make sure that everyone knows the sound of the smoke alarm and what to do if a fire occurs.
- Identify a primary escape route out of every room, then pick a secondary route in case the first is blocked by fire.
- Ensure doorways are not obstructed.
- Select and indicate a meeting place outside of the home (eg the letterbox).
- Call 111 and ask for the Fire Service from a neighbour's home or mobile phone

We are still facing difficulties finding and accessing properties. When you call for assistance the responding fire crew can easily find your street but finding your house can be difficult. You can help by making sure your letterbox has the correct street number clearly displayed. At night turn outside lights on so your house is clearly seen and send someone to the drive entrance to meet the fire crew. The other big issue is access to your property. Make sure trees are trimmed to allow for a fire truck or ambulance to drive down your driveway. Your clear drive width needs to be 2.5 metres with a clear height of 4 metres.

If the truck cannot fit then we will need to carry all the equipment to the incident. A fire doubles in size every 60 seconds so a fire truck parked 100 metres plus away is going to have an impact on the outcome.

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COMMUNITY NEWS

DEFENSIVE DRIVING COURSES

The Street-Talk Defensive Driving Course is a tuition programme offered by the Land Transport Authority in New Zealand. It aims to promote better driving habits among those people on their restricted drivers' license. The course helps drivers to identify and manage potential hazards and promote driving awareness. When completed all students receive a certificate that allows them to sit their full licence test six months earlier than those who did not complete the course.

The Driving School, as well as offering driving lessons, now regularly run defensive driving courses in Northwest Auckland. Each course consists of four classroom sessions that are two hours long and a half an hour practical driving assessment at the end of the fourth class. To find out more and enrol on a course, visit www.thedriving-school.co.nz, or phone Sylvia on 027 322 8961.



KUMEU BOUNCY CASTLES

Summer may officially be over but there are many weeks of sunshine left so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, school events,

etc. Remember to book a hall for those winter parties. We have a list of halls that are fantastic to use and local.

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All of our bouncy castle hire prices include local delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. No cancellation fee! Phone Cindy on 021 1192 573 or email kumeubouncycastle@gmail.com or visit www.kumeubouncycastle.co.nz.



KUMEU CHILDREN'S ART CLUB

Kumeu Children's Art Club only has two rules, 'Be kind', and 'Love art'. Maybe that's why it's been going strong for almost 20 years, teaching generations of kids from the wider Kumeu and districts area. This non-profit organisation was founded in 1998 to promote children's positive artistic and social development at grass roots level. The Kumeu Children's Art Club instils the values of peace and kindness, nurturing creativity in a stimulating environment, with a range of media, skills, techniques and term themes.

Classes take place at the Kumeu Arts Cen-

tre on Wednesdays and Thursdays from 3.30 – 5.30pm.

The term two topic is 'Bugs, birds and butterflies'. Children will learn watercolour and relief painting, pastels and collage, and will create string art and three dimensional wire models with a fiery twist. Kumeu Children's Art Club is a special place for learning. For more info contact Julie on 021 208 3714 or juliemosen@xtra.co.nz.

SENIORNET KUMEU INC.

At our March meeting SeniorNet members were treated to a superb presentation given by Christine Chambers, Community Library Manager, Kumeu Library, assisted by Anne, who provided the live demonstrations.

They gave us a fascinating insight into the incredible range of electronic books, magazines and newspaper articles plus other useful databases that can be accessed from home via the Auckland Library website.

This was followed with a hilarious short film highlighting the funnier side of "Senior Moments"

Tea/coffee and cakes gave the members the opportunity to mingle, chat and make new friends and the general good mood was enhanced by the smiles on the faces of the winners of our regular club raffle.

If you would like to have fun learning how to get the most from your computers, smartphones and iPads, why not join our friendly and informal club with tutors who teach what you need at a pace that suits you.

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WHAT'S ON THIS MAY AT KUMEU ARTS CENTRE

Grant Finch has called his exhibition at Kumeu Arts Centre 'Scene along the way' because part of his preliminary painting

process involves getting out and exploring his surroundings. Grant often paints on location, preferring to use watercolours to capture the immediacy of the situation. Back at his studio in Devonport he works in oils and 'constructs' his paintings enjoying the thick texture, and dense colours oils can offer. We are very fortunate to have Grant exhibiting here from May 1st until the May 13th. Following Grant's exhibition, we have something very different from Maria Cooper. Maria primarily makes jewellery, but also works with metal, photography and sometimes clay. In this fascinating, mixed media exhibition Maria pays homage to the horse, an animal she loves. The month of May, will once again serve to highlight the diverse range and the quality of work on show at Kumeu Arts Centre. For more information visit www.kumeuartscentre.co.nz.



POLLEN STREET HAIRCUTTERS

When you mix experience, expertise and advice the resulting recipe is invariably something to treasure. When it comes to finding a hairdresser you can rely on to use that experience and skill to deliver a consistently satisfying result you need go no further than Dianna Tyack at Pollen St, Haircutters in Waimauku.

Award-winning Dianna has worked in top Auckland city salons for many years and until recently was the co owner of Cyan, the go-to Ponsonby hair stylists for Auckland's A-listers. In addition to Cyan, and earlier Pollen St Haircutters in Ponsonby, Dianna has owned and operated Pollen St Haircutters in Waimauku for 15 years.

The care Dianna takes with her clients has

them coming back year after year. In fact some have been with her for more than 20 years, some travelling long distances for their appointment.

So what makes Dianna so sought after and why are her clients so loyal? There is, undoubtedly, her consummate skill. Her cutting and styling techniques are legendary, always on trend and perfectly in tune with her client's wishes whether they are high profile business people, fashion conscious city socialites or down-to-earth family folk.

Secondly her colour work is second to none. Whether you required something subtle or more fashion forward Dianna delivers the perfect result effortlessly.

Most importantly of all perhaps is that Dianna cares, really cares for her clients. When you book with Dianna you get her full personalised attention. No juniors or apprentices doing the work while the boss looks on. Dianna does it all. What's more, she will take time to talk to you about your hair and its condition offering advice about how to ensure your hair stays strong and healthy. She will recommend only product she has full confidence in, high quality products that she is completely comfortable using in her own salon.

Pollen St Haircutters is a small, intimate salon, upstairs on the corner of SH16 and Station Road in Waimauku. It's understated and private, a salon where the clear emphasis is not on unnecessary and expensive decor but on personalised, professional service from someone whose trademark is total client care.

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

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HELLOWORLD HOBSONVILLE

I recently visited Tahiti for 8 days. We spent 2 nights in Papeete, 3 nights in Bora Bora and 2 nights in Moorea, and saw many hotels. What I learned was that, Papeete is a stopover destination for travellers to continue on to an outer island or join a cruise.



Moorea is an adventurer's paradise with lots of land and sea based activities for travellers to choose from and due to its affordability, would be the main destination for New Zealanders. In Moorea we did an Island Tour which was really fun, there is a choice of adventure vehicles or in the back shuttle bus. Moorea is a great place to swim with the sting rays and sharks in the crystal clear water which is only waist deep, initially this is scary but it's a real buzz when you get used to it.

Bora Bora (my absolute favourite of the three) and is the most photographed. It is a breath-taking refuge for couples to escape to and enjoy a romantic holiday in absolute bliss. It is also great for families whose pockets are deep enough. There are a couple of cheaper options but the 5 star resorts reign supreme. Being only a hop, skip and jump away it is a must see on every Kiwi's bucket list!

Hayley Miles is based at helloworld Hobsonville 09 416 1799 or email Hayley.miles@helloworld.co.nz.

WAIMAUKU SCHOOL FUN RUN HUGE SUCCESS

Waimauku School held the first ever April Fools Fun Run on Friday 31 March, raising \$15,000 towards the replacement of the current iconic school slide.



Over 200 children from Years 1 - 8 ran their hearts out around laps of an obstacle course at Glasgow Park with the sun shining, covered head to toe in mud. Local rock band, The Side Project, kept the parents entertained with some great tunes, whilst the kids spun the giant wheel to win prizes, and everyone enjoyed the food and drink stalls.

Mark Robinson raised an amazing \$585, followed closely by Carter Schmidt, Cooper Curran and James Perrett who all raised over \$300 each. Room 22, which collectively raised the most funds (over \$1000), will receive a surprise selection of children's books sponsored by The Dorothy Butler Bookstore.

Event organizer, Karen Boyd said "This fantastic event was made possible by the parents, children, volunteers and our wonderful sponsors - Dempsey Wood, New World, Stirling Sports, Mexicali

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Fresh Henderson, and The Dorothy Butler Bookstore. Thanks everyone. It will be the first of many April Fools Fun Runs!"

SUPPORTERS WANTED

Parakai School is looking for support of local businesses who want to showcase their brands on their new cool drift sports tops for upcoming sporting events. A big thanks to their supporters thus far; G.J. Gardner, Dayle ITM, Prestige Realty, No limits Electrical, Neville Bros Cartage, Craig Walker Building Removals, Green Gorilla Bins, and Smashing Promotions. Whose names will be showcased on the back of the cool camo designed sports tees, If you want to showcase your brand and support a local team or are a team wanting support just email mark@smashingpromotions.co.nz or phone 09 412 6235 and we will endeavour to match you up. It's a great community initiative, locals supporting locals.



EMBODYBIRTH™ PREGNANCY AND BIRTH PREPARATION WORKSHOPS

The profound EmbodyBirth™ one day workshops will be running in Kumeu, starting this June.



These workshops include mindful movement for birth, gentle pre-natal yoga, meditation, holistic birth education, sharing and support. The techniques used help prepare and can help to have a more conscious, rewarding experience of birth. "So many women have anxieties around birth" says teacher Maree Delmar, who is a mother and also has five years' experience teaching pre-natal yoga here in Kumeu. "EmbodyBirth™ can really help to deal with anxiety and also trauma from any previous difficult births". The mindful movement is based around the ancient art of belly dance, which actually began as a birth dance. "It is incredibly strengthening for the birthing muscles" Maree says "and also you get to learn how to use those muscles and move your hips before going into birthing. It also helps to tune you in with your instincts, which is where we need to be to allow birth to happen". The movements used however are very slow and basic and no dance experience of any kind is necessary. Dates for Kumeu are the 10th of June or the 5th of August, \$89 earlybird. Contact Maree to book (limited places) embodybirth.maree@gmail.com or 021 022 93012.



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IN BRIEF

UPDATES:EVENTS

MAY IS NEW ZEALAND MUSIC MONTH AT KUMEU LIBRARY

We have a variety of musical events and displays happening all through the month for you to enjoy. Do you want to learn to play an instrument? On Monday 8 May and Monday 22 May between 2.15 and 3.00pm we are holding ukulele classes for adults. Ukuleles are provided, and no musical experience is necessary – perfect for beginners. Limited numbers – first come, first served. There will be two special music-themed storytimes for pre-schoolers, on Monday 15 May and Saturday 20 May at 10.30am – stories, songs, rhymes and a fun activity, all with a musical theme. Come and create a musical craft at our monthly craft session for adults, Crafternoon, on Wednesday 31 May from 2.00 to 3.00pm. We will also be featuring several musical performances in the Library during the month. Lucy Liu will be playing the traditional Chinese guzheng (a plucked stringed instrument) on Friday 12 May at 2.00pm and Saturday 20 May at 11.30am. Other musical performances will be featured, so keep watch for details of these on our Facebook page (www.facebook.com/kumeulibrary). Come and celebrate New Zealand Music Month with Kumeu Library!

IVY COTTAGE PARTIES

Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids busy & happy during the party? We can help! We can even bring

the kids food and table setting. We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids captivated with our magical games, flying lessons, stories and activities. We have 3 different packages and prices to suit your budget. Our parties & events are suitable for boys & girls of any age and we travel Auckland-wide. It's all about making your child's day extra specially magical and allowing you to sit back, relax and watch the children having a wonderful time ~ We look forward to seeing you soon. Book or enquire online: www.ivycottage.co.nz email: fairies@ivycottage.co.nz.



2ND BIRTHDAY FOR FLIPPIN'FUN TRAMPOLINE PARK

On April 1st, Flippin'Fun, Westgate will have provided awesome fun for families, friends and groups of all kinds for two years. In this time, Flippin'Fun is proud to have assisted a great many local schools,

sports clubs and community groups with their various fund raising activities and great relief for parents of energetic kids. Trampolining, acknowledged as being one of the best ways to exercise your body, is great for all ages. Sports teams, scout groups, church groups, youth organisations, corporates, stag or hens nights or just a group of friends looking for something awesome to do, all come to Flippin'Fun for an amazing time. Also offered are Pre-school, Flip Fitness and Flip Class sessions. As a venue where kids can burn off that extra energy Flippin'Fun can't be beaten so visit their website www.flippinfun.co.nz for more information or call on 09 833 6880.



WILSON SISTERS – ALL STAR CAMP MAY 15TH – 17TH

The Wilson Sisters, as featured on TVNZ's Keeping up with the Kaimaniwas, in association with Woodhill Sands Trust present an All Stars charity camp

A star studded line up of instructors will be brought together for this one off fund-raising event, with 100% of the proceeds going to help secure Woodhill Sands for the future of equestrian sports.

During the camp every rider will have three x 1 hour, group lessons with a different elite instructor each day. Camp riders are divided into small groups for lessons, to cater to every rider's level, ensuring they are able to feel confident and progress in a safe, yet challenging, environment.

From riders just starting to compete, through to those at Grand Prix level, all will receive insightful and relevant tuition

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from some of the nation's most popular equestrian coaches. Camps are the perfect opportunity to try new things and develop the confidence of both horses and riders.

In between lessons there will be no time for boredom... the days are full of education with a combination of demonstrations, master classes and clinics taught by our equestrian heavy weights. In between learning we will still have plenty of fun with outdoor activities, dance parties and evening entertainment with the Wilson Sisters, giving you a true camp experience. Bookings or more information email info@wilsonsisters.nz. Photo shows Vicki Wilson on her Kaimaniwa horse Showtym Argo doing a display without saddle or bridle at the Waitemata SJ World Cup Final 2016.



SHE'S GOT BREAST CANCER

Historic Kaukapakapa Library, Sunday 21 May 10am to 1pm. Supporting the Kaukapakapa Village Market's Pink Ribbon Breakfast, the Kaukapakapa Library will have copies available of Peter Calder's book "She's got Breast Cancer" and a range of other information from the NZ Breast Cancer Foundation.

The book for men features interviews with eighteen Kiwi men whose wives, partners and in one case mother, have been diagnosed with breast cancer. It's a frank, humorous and sometimes painfully honest record of the trials and triumphs men encounter as they walk alongside the women they love.

Generously donated by author Peter Calder to the Foundation, the book is free to anyone who needs it. For more infor-

mation contact Megan, 021 959 017 or email threehorses@xtra.co.nz.

KAUKAPAKAPA VILLAGE MARKET AND PINK RIBBON BREAKFAST

The regular monthly market will be hosting a Pink Ribbon Breakfast fundraiser on Sunday 21 May from 8.30am. Tasty treats will be served from the market café with proceeds going to the NZBCF plus raffles, live music and much more. Plenty of great stalls with all your favourite regulars and new stalls joining us all the time so there is always something fresh to experience. A great morning out for the family the market starts at 8.30am and finishes at 1pm. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.



AUTUMN BOOK FAIR

The Lions Club of Helensville is once again holding an Autumn Book Fair on Saturday 27th and Sunday 28th of May, in the Helensville War Memorial Hall. Doors open 9am till 4pm on Saturday and 10am to 3pm on Sunday.

The Christmas book fair in November raised \$9,200 for use in the local community and Lions hope to repeat that performance in May. An excellent clearance was achieved at the November fair and a large number of donated books have been regularly arriving since, which will ensure a new and exciting look to the Autumn Book Fair.

The books cover as wide a range of subjects as it is possible to imagine, and Helensville Lions pride themselves in making your browsing as effortless as possible by grouping areas of popular interests and authors.

Nonfiction is split into twenty separate categories, including one dedicated to New Zealand subjects, but that still leaves a large general nonfiction section to browse through. Fiction is arranged in alphabetical order, with six special interest groups. Books are priced to sell, with paperbacks at \$1, hardbacks at \$2.00 and all children's books, which is the largest category, being 50c. There is also a good selection of jigsaws, board games, puzzles, LPs, videos, DVDs, CDs and a selection of quality magazines. All funds raised go into The Lions Club of Helensville Charitable Trust, and are used for the benefit of our local community. For further information call Chris on 09 420 8527 or Hilty 09 420 8122.

FOR THE KIDS TOO

When you wear jewellery that is inspired by the people you love, it gives not only you, the wearer, a sense of comfort and connection to those people, but it also give those people a sense of connection to you too. When I wear my "Initial Love" pendants, it's not just about me keeping my children close; they totally love seeing their initials hanging around my neck. They will often talk about the pendants and even play with them, given the chance. I am sure this reaffirms to them how much they are loved and reminds them that they are always in your thoughts and in everything you do.

Visit my website www.preciousimprints.co.nz to view my range of personalised and symbolic earrings, rings, necklaces, key rings and more. Also feel free to email me jo@preciousimprints.co.nz if you have an ideal you would love to see turned into a piece of jewellery.

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PROPERTY NEWS & ADVICE

MARKET REPORT WITH GRAHAM

You'll be seeing more real estate signs up, and they will be around for longer periods with days on market averaging fifteen weeks. If you are considering a move in this market we suggest you get all your ducks in a row, ensure you understand the true and current value within your property and be considerate to your agent and the purchasers showing interest. Fewer buyers and some relaxing in values in some areas especially the residential and apartment market with investors seeking out good value stock.

Let's have a look at sales over the month: Coatesville Lifestyle \$1,390,000 to \$3,020,000. Helensville Lifestyle \$1,400,000 to \$1,600,000. Helensville Residential \$465,000 to \$790,000. Huapai Residential \$790,000 to \$1,050,000. Kumeu Lifestyle \$1,405,000 to \$1,905,000. Kumeu Residential \$801,000 to \$1,215,000. Parakai Residential \$460,000 to \$575,000. Riverhead Residential \$790,000 to \$1,250,000. Taupaki Lifestyle \$1,200,000 to \$5,000,000. Waimauku Residential \$957,500 to \$1,100,000. Waitakere Residential \$670,000 to \$785,000. Whenuapai Residential \$850,000 to \$1,900,000.

So what-ever you decide and when you decide, it costs nothing to give us a call, or get us around, for a discussion about how we support you through the marketing and decision making process associated with selling your home or investment. Great thing with Mike Pero Real Estate is that you could save thousands in commissions and receive our complimentary multi-media marketing

package including TV and Magazine exposure at no cost to you. Give me a call directly on 0800 900 700 or go to www.grahammcintyre.co.nz.

HAVING YOUR CAKE & EATING IT

Using a rental property to pay down your personal home loan.

As a Mortgage Advisor, I've seen a number of my investor clients use their rental properties to pay down, or pay off their personal home loan.

You may think this is nothing new; however this has been done without having to sell their rental property.

Basically my clients have done this in two ways. In this article we will cover off the first strategy, with the second strategy to come next month.

Strategy One- Moving an Investment Property from Personal ownership to a Company.

A lot of people have purchased investment properties under their personal names.

If so, your accountant may suggest having the property valued, and then moved into a company, where you are the sole directors.

For example Jack and Jill own two properties, the house that they live in, and a rental property purchased 6 years ago.

The rental was purchased for \$300,000, and with capital gain over 6 years, the property is now valued at \$500,000, so a net gain of \$200,000.

Once the rental is moved into a company, the gain is then used to pay down their personal home loan by \$200,000.

The clients end up with \$200,000 more in

tax deductible debt, which allows greater tax efficiencies.

Things to watch out for when moving properties into a company or changing ownership.

1) When a property changes ownership, the loans involved with that property will need to be floating. This means you could have to break some of your loans, and lose the interest rates that they are fixed at.

2) Breaking a loan could result in a break fee. Talk to your accountant but these fees should be tax deductible.

3) To generate a new loan, the bank will need a full application, ensuring you have enough income and equity for the proposed restructure. Bank criteria is subject to change, so what was approved 2 years ago, may not work today.

4) A conveyancing lawyer will be needed, so budget for their cost.

5) Allow 1-2 months for the restructure, and be mindful that interest rates can move up or down during the process.

6) Moving your investment property into a company, may also trigger depreciation claw back.

7) Watch out for capital gains tax, especially if you have owned the property for less than two years.

It's essential that a professional accountant is used before, and during the process.

For further details or feedback feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan.urlich@mikepero.co.nz

Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

TRUSTS AND CORPORATE TRUSTEES

It is increasingly common for personal trustees of a family trust to appoint a company as a trustee. This does not change the trust in any way except that the trust decisions are carried out by resolutions of the company directors and

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shareholders on behalf the trust. One advantage of a corporate trustee is that it avoids some of the expense associated with changes of personal trustees which may happen over time. This includes the expense of a refinancing or transfer of land which is usually triggered as a result of the personal trustee either retiring or being newly appointed. Secondly, a company will continue existence notwithstanding the death of a director or shareholder. Third, there is almost always a degree of personal liability if you undertake obligations as a personal trustee and accordingly personal trustees can be hard to find.

However, it is important to make sure that the trust deed allows a single corporate trustee and some cases an amendment to the trust deed may be required. Appointing a corporate trustee is something best handled by a lawyer with experience in trust matters.

Luke Kemp - Kemp Solicitors, phone 09 412 6000 or email luke@kempsolicitors.co.nz.

IS YOUR ROOF LEAKING?

Is your roof leaking? Rust holes? Now is the perfect time to get work done on your roof before winter, ensuring your home or business stays dry over the winter months. If you've been thinking about getting work done on your home or business why not give us a call to arrange a free quote.

The Precision Roofing team are specialists in all aspects of roofing, meaning you only need one company to cover all of your roofing needs. We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered.

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

our work is Precision quality.

Our services include; colour steel roofing, tile restoration, gutter and downpipe replacements, and repairs. We can also install insulation while re-roofing, saving you time and money and ensuring your home stays dry and warm.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years.

Precision Roofing and Spouting - phone 0800 002 222, email roofingprecision@gmail.com or visit www.precisionroofing.co.nz.



SELLING YOUR HOME IN AUTUMN & WINTER HAS ITS ADVANTAGES

Autumn is here and winter is not far away, so you may be thinking that it is better to wait until spring before you look to put your house on the market.

Think again! There are some advantages to selling your home during winter. Your local Real Estate Agent will help guide you, but winter can be a great time to sell! Here are some reasons why:

There are Buyers, Even in winter. There are always buyers in the market. Life changes that cause buyers to look for a new home occur all year-round, not just during spring and summer- a new job, growing family or downsizing, mar-

ital changes.

Fewer Homes on the Market Means less Competition

There are usually fewer homes on the market in winter, which means less competition and a better chance of your home standing out.

Motivated Buyers

Buyers who are out looking during the winter months are extremely motivated. People willing to brave the cold and wet weather are serious about finding a home and are more likely to be qualified and pre-approved for a mortgage.

Better Price for Your Home

Because there are fewer homes for sale, if you market your home right you have the potential to get a better price for your home.

Here are a few tips to help make your home look appealing during the winter seasons:

- Wash down the house exterior, including paths and driveways.
- All outdoor lighting must be working and on during viewings.
- Clean the garden and mow the lawns. Provide photos of what the garden looks like during the spring and summer months.
- Ensure your home feels warm and cosy. Put on all heating including fires, under-floor and bathroom heating.
- Turn on all lights in the house to create a bright and welcoming environment.
- Dehumidifiers and washing must be put away.
- Use essential oils to mask any winter smells.

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AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	930,000	3000M2	152M2	1,390,000
	990,000	2.1HA	200M2	1,329,000
	3,025,000	1.2HA	241M2	3,020,000
Helensville	355,000	696M2	100M2	580,000
	415,000	809M2	175M2	475,000
	385,000	591M2	112M2	650,000
	430,000	455M2	90M2	700,000
	405,000	1611M2	220M2	790,000
	450,000	1007M2	120M2	699,000
	520,000	491M2	110M2	722,500
	260,000	0M2	60M2	465,000
	910,000	3HA	330M2	1,600,000
	870,000	1HA	195M2	1,430,000
1,000,000	1.2HA	299M2	1,400,000	
Huapai	550,000	869M2	100M2	790,000
Kumeu	870,000	755M2	256M2	1,050,000
	930,000	1.2HA	240M2	1,405,000
	1,350,000	1HA	387M2	1,950,500
	1,325,000	1HA	427M2	1,900,000
Muriwai	910,000	842M2	220M2	1,400,000
	710,000	3854M2	190M2	1,480,000
	1,075,000	811M2	180M2	1,215,000
	540,000	1027M2	80M2	801,000
	770,000	1217M2	164M2	965,000
Parakai	305,000	1062M2	90M2	575,000
	325,000	676M2	130M2	460,000
Riverhead	510,000	0M2	124M2	790,000
	620,000	806M2	146M2	1,100,000
	1,000,000	800M2	269M2	1,250,000
	710,000	1674M2	140M2	1,175,000
	620,000	809M2	110M2	849,000
	700,000	932M2	80M2	845,000
	3,100,000	1.9HA	767M2	5,100,000
	890,000	4039M2	290M2	1,200,000
2,175,000	18HA	230M2	5,000,000	
850,000	4HA	180M2	1,800,000	
Waimauku	750,000	1164M2	211M2	957,500
	790,000	1507M2	222M2	1,100,000
	1,925,000	1HA	457M2	3,110,000
Waitakere	470,000	898M2	75M2	670,000
	540,000	938M2	134M2	785,000
Whenuapai	560,000	1452M2	110M2	850,000
	1,290,000	5014M2	200M2	1,900,000

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

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REFURBISHED 4 ROOMS, PRIVACY ON 2600SQM IN WAITAKERE TOWNSHIP



Offers Over \$850,000

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Offers Over \$850,000

A beautifully presented, 2600sqm with a fully refurbished and modernised three bedroom plus sleepout home. A new kitchen, bathroom and laundry certainly delivers the oohh aaaah factor. Open plan living and entertaining out to alfresco decking with a distinctly private and serene backdrop. The home enjoys an easy-living style including a study nook, a large sleepout and double garage with ample storage. Good transport links including train from Swanson and School bus close to drive. Seeking some semi-rural space and peace, then forget Titirangi and Waitarua, this property may be just the ticket. 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/RX1092569



Graham McIntyre
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MODERN - MASONRY OVER BRICK IN WAIMAUKU



By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

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

www.mikepero.com/RX952890



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AFFORDABLE, SUNNY, SEMI-RURAL LIVING - WAITAKERE

3 1 1

By Negotiation

29 Bethells Road, Waitakere
By Negotiation

This spacious sun drenched family home offers significant value to a family wanting the very best of fun, function and features. A home that gets all day sun, with large open plan lounge and dining linking seamlessly to elevated decking with rural views. Three bedrooms, fully renovated bathroom upstairs and a workshop, study or office with carport and garage downstairs. Internal access makes this house function well and provides options for a growing family. Set upon 1014 square meters the land is fenced and has secure parking for a boat, trailer or motorhome, plus raised bed gardens. A stone throw to Waitakere Primary School and neighbouring parks the home delivers space in a location that is easy to get to convenience shopping, transport links, walking tracks and wide open spaces.

www.mikepero.com/RX1116908



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graham.mcintyre@mikepero.com



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45 Ararimu Valley Road, Waimauku
Offers Over \$1,600,000

This lifestyle property ticks all the boxes. Set well off the road amidst beautiful grounds just 5 minutes from Kumeu you will enjoy the peace and serenity this unique property has to offer. There are two centrally heated homes, the main house is 210m2 with a uniquely large, second dwelling of 170m2. If you wish to renovate you can live next door. The gardens which back onto the Ararimu Stream are very mature with stunning specimen trees and a wide variety of fruit and nuts just waiting to be harvested. There is a planting plan available. Ducks wandering around the pond add to the rural charm this home provides. An unlimited crystal clear water supply is provided by an artesian bore. This water is bottled under a number of brands further down the valley. You can swim in it in the large heated pool.

www.mikepero.com/RX892144



Lyndsay Kerr
027 554 4240
09 412 9602

lyndsay.kerr@mikepero.com



HILLTOP RETREAT - VIEWS OVER CASCADE FALLS 3 2 2

Offers Over \$1,147,000

45 Jonkers Road, Waitakere
Offers Over \$1,147,000

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

www.mikepero.com/RX1006917



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ELEVATED EAST FACING ON 809 SQM - KUMEU 4 1 2

Offers Over \$949,000

49 Matua Road, Huapai
Offers Over \$949,000

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

www.mikepero.com/RX1033818



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



MASSEY - FULLY REFURBISHED 4 ROOM - MOVE IN TOMORROW. 3 1 1

By Negotiation

72 Gallony Avenue, Massey
By Negotiation

Set on 474 square meters overlooking Emerald Valley Park, this fully refurbished three bedroom plus sleepout/office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook, peace and quiet and easy living over one level. The CV on this property is \$410,000. 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/RX1118896



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE LIFESTYLE, 1 HECTARE, TENANTED 3 2 1

By Negotiation

78 Mairatahi Road, South Head
By Negotiation

Positioned to capture all day sunshine and rural views across rolling pasture. This three bedroom traditional bungalow is a no-nonsense kiwiana home with rich native polished floors and through large slider access to extensive entertaining deck. Recently refurbished kitchen and bathroom with separate laundry. The home has a new roof and has also been recently re-wired. Simple access off Mairatahi Road with extensive off road parking including a double skyline garage. Large scope here for the good-life, a short drive to top golf linx, harbour boat ramp, café, forestry, school, parks and reserves. The CV on this property is \$460,000. 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/RX1115046



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



LARGE EXECUTIVE HOME IN WAIMAUKU

4 2 2

Set Date of Sale

81 Freshfields Road, Waimauku

Set Date of Sale 5pm, Monday 8th May 2017 (unless brought forward).

Open plan living at its best, designer kitchen, family room, formal lounge. Cozy wood burner and heated bathroom floors. Four double bedrooms master with on suite, walk in wardrobe and separate office or nursery. Large family bathroom including spa bath. Entertaining is a breeze with an alfresco patio dining area set off the kitchen and a further entertaining area set off the dining room for viewing those enticing Muriwai sunsets. There is an extra large carpeted double internal access garage, with off street parking for a further two more vehicles plus a boat. A short walk to the highly sought after Decile 10 Waimauku Primary School and convenient Waimauku Shopping Centre.

www.mikepero.com/RX1085707



Ian Sneddon
027 209 0789
09 412 9602

ian.sneddon@mikepero.com



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

Offers Over \$1,095,000

132 Hinau Road, Waimauku

Offers Over \$1,095,000

This hilltop bungalow offers generous space from the large high stud shed through to almost 1/2 an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1034803



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



PRIME INVESTMENT OPTION - HOUSING NZ LEASE 4 2 2

Offers Over \$695,000

211 Metcalfe Road, Ranui
Offers Over \$695,000

Split over three levels this four bedroom brick and weatherboard home provides a solid investment for a purchaser wanting a secure 5 year lease arrangement with Housing NZ over a home constructed in 2006. This elevated sun-filled home offers 4 bedrooms, 2 bathrooms, double garage, open plan living environment. Set on 382sqm of fully fenced lawn with generous sunshine and secure within a ROW environment. Close to Ranui train station, amenities, shops, schools and parks it delivers immediate income and long term options. The CV on this property is \$550,000. 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/RX896243



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



DELIGHTFUL RIVERSIDE LIFESTYLE PROPERTY - TAUPAKI 8 4 4

Set Date of Sale

339 Waitakere Road, Taupaki

Set Date of Sale - Tuesday 23rd May 2017 (unless brought forward).

Two full sized consented character dwellings fully renovated, total bedrooms 8, both with extensive decks garaging and range of accessory buildings offering significant incomes. Set 5 acres apart for privacy and seclusion. Alfresco at its best! Flat fully usable 4 hectares (10 acres) land, fully fenced, excellent pasture and plenty of water supply, from bore tank or river options. Close to Kumeu, and only 25 minutes to Auckland City and Albany. Close to North West Mall, parks, primary and secondary schools, convenience shopping and transport links. The CV on this property is \$1,275,000. 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/RX1116907



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



COUNTRY RETREAT IN WAITAKERE

2 2 1

By Negotiation

423B Wairere Road, Waitakere By Negotiation

Fantail Ridge is set in a private glade amongst Kereru, Fantail 's, Tui 's and Morepork 's. The home is a large 150sqm with a contemporary style delivering open plan space, two upstairs rooms offering real options to add your own style to this character home, that has attention to detail, with the craft of a boat builders touch. Set in 4 hectares of bush, a real must see for nature lovers, this lovely child and pet friendly property links naturally to parks and conservation lands aligned to the Waitakere Foothills. Coming home to this property every night is really going to unwind you before you reach the door, delivering ease of living quaint and quiet, it really is a magical setting. A small drive to Waitakere and Swanson Villages, Train and Bus Services, Waitakere Primary School and Bethells Beach.

www.mikepero.com/RX939232



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Ian Sneddon
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09 412 9602

ian.sneddon@mikepero.com



HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

Offers Over \$997,000

525 Kiwitahi Road, Helensville Offers Over \$997,000

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

www.mikepero.com/RX1065529



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027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

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 tui's 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, coprosmas, 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 that enjoy the birdlife. Phone 09 411 8712 or visit www.awanursery.co.nz.



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DO YOU NEED AN ENDURING POWER OF ATTORNEY AND WHAT ARE THEY ALL ABOUT?

The brand new Enduring Power of Attorney Forms have just come out from the Ministry of Social Development. Now's a good time to think about who you would like making decisions for you if you can't.



Enduring powers of attorney (EPAs) ensure you have the right person looking after your affairs while you are in the land of the living, but not able to make decisions for yourself. EPAs are something that will make it easier for your loved ones to help you if you are incapacitated by illness, an accident and are no longer 'mentally capable' of making important decisions for yourself.

Without an EPA put in place while everything is ok, your family would have to go to Court to get the power to make sure your bills get paid, and to make important care decisions for you.

EPAs are a simple document to put in place. Some of the benefits include:

- getting to choose someone you trust and having the chance to talk to them about it now;
- you can provide for them to consult with others before making decisions, or provide someone else with information about the things they do;
- you can have one person who makes decisions for your personal care and welfare, and one or more others who deal with your property.

New, easy to follow EPA forms have just come out, and the Ministry of Social Development's snazzy looking website Super Seniors has lots more information about EPAs, advice, and the forms themselves. The link is www.superseniors.msd.govt.nz/finance-planning/enduring-power-of-attorney/

EPAs can be revoked at any time by giving your attorney (the person you appoint) notice, and if you have a temporary period where you are incapacitated, you can take back the reins. Your property EPA can come into force before you are mentally incapable if you want it to e.g. if you would rather not have to worry about paying bills and you have a son or daughter who would happily take care of that for you.

There are other safeguards too in that your attorney's overriding concern must be the promotion and protection of your welfare and best interests. They must try and encourage you to make your own decisions to the extent you are able and seek your advice where possible.

There are limits to what your attorney can do under an EPA – such as refuse consent to standard medical treatment or a procedure intended to save your life, adopt out your children



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(when), or make a decision about your marrying or getting a divorce. If you would like to make decisions now about future medical treatment, say if you are in a serious accident, you can look at doing an Advance Directive, which is a non-binding expression of your wishes that may help your family and doctors making difficult decisions about your care. You can find an example of Advance Directives on the New Zealand Medical Council website.

EPAs have to be signed in front of a lawyer, a suitably qualified legal executive, or an authorised officer of a trustee corporation and that witness needs to give you advice on the effect and implications of the document you are signing.

It's all pretty straightforward though, and you can even download the forms and advice first so you know exactly what you would like to do before you go and see your lawyer.

Henderson Reeves offers a special package for EPAs (one property and one personal care and welfare for one person \$450, or \$700 for two people, both plus GST and any disbursements). We also offer great discounts if you are doing EPAs and wills together and a 10% discount for Super Gold Card members.

Taina Henderson and Shelley Funnell are your local, friendly and entirely mobile lawyers with the backing of a full service law firm of over 30 years standing. We'd love to hear from you.

You can contact us on 09 281 3723, or Taina on 027 537 9222 and Shelley on 027 537 9221.

LASER WHENUAPAI

Introducing Laser Plumbing & Roofing, your local plumbing company based in Whenuapai. Committed to serving their local community, Western families and businesses with great service at reasonable rates, the team at Laser has over 25 years of experience in providing quality roofing/plumbing services to Western Auckland and beyond.



Specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations, Laser Whenuapai also offer a state-of-the-art drainage un-blocking service. In addition to these services, it also has 24 hour service available for any plumbing emergencies - as these can come at any time!

Key to Laser's success over the years has been their excellent staff, and the current team is no exception. All staff are trained to the highest standard, with Laser Whenuapai director Solomon Barnes saying that every member is either qualified or studying towards a certificate in their chosen field.

"We have some excellent qualified plumbers and great talent coming through," he says.

So, why choose Laser Whenuapai? Not only has the company been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee',

the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai! The team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Whether needed for large commercial projects or smaller residential fix-ups, they can provide a complete solution to any water system, roofing or drainage issues. For all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking, contact Laser Whenuapai at 09 417 0110. Open five days a week from 7am-5pm, Laser Plumbing & Roofing is located at 45 Brigham Creek Road, Whenuapai. Visit their website whenuapai.laserplumbing.co.nz for more information.

PREPARING YOUR LIFESTYLE PROPERTY FOR SALE IN WINTER

Some people shy away from marketing their lifestyle properties in winter. One reason is that people feel that their property is not as attractive as it is in spring/summer when gardens are blooming the deciduous trees are covered in foliage and the lawns are fresh. I disagree with this view. A well maintained property will always look good no matter what season. The positive side of selling in winter is that there are fewer properties on the market. This will give your property relatively greater exposure and generally more inspections as there are always buyers out there especially in the current strong market. Weeding the gardens and putting down a good layer of mulch will keep your garden beds tidy and help keep soil temperatures up. It will also slow down the weeds. Cleaning up the leaves dropped by deciduous trees and bushes will go a long way to keeping the gardens looking tidy, now is a good time to cut back trees and bushes to maintain that groomed look. Most buyers realise that the properties they are viewing will come alive in spring, if it looks clean and tidy in winter it can only improve. Lyndsay Kerr - lifestyle block owner. 027 554 4240 or lyndsay.kerr@mikepero.com.

UHY HAINES NORTON

If you are planning on purchasing a new property, did you know that a useful way to keep your current home as a rental property is using a structuring technique that involves selling it to a "Look Through Company"? Look Through



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Companies (LTCs) are a common structure for people who want to move out of their family home, turn it into a rental property and update to a new home. Under this structure there is often a tax refund generated, as well as being a viable option of capital gains on two properties instead of one. If you would like to learn more about LTCs and other property structuring options, contact Mark and the team at UHY Haines Norton on 09 412 9853 or call in to 329A Main Road in Kumeu.

LIFESTYLE PROPERTY AND FARM SUPPLIES

Western ITM in Kumeu specialise in the stock and supply of Lifestyle Block/Farm supplies: Fencing materials; metal & wooden farm gates & gate hardware; electric fencing & Strainrite fencing tools; water troughs (round/rectangular); Zilco horse rug range & PurePine shavings. Visit www.westernitm.co.nz today for a free online quotation. Try us, you'll be impressed. Western ITM - 154 Main Road Kumeu. Phone 09 412 8148 - open 7 days.



KEEP WARM THIS WINTER

At KPL we understand the importance of a warm, dry, healthy home. Open Wood Fires are inefficient and a thing of the past. New and improved Wood Burners are available in Clean Air models for properties under 2 hectares and Rural models for properties over 2 hectares. At KPL we make it easy, from help-

ing you decide which is the best Wood Burner for your home, providing a quote, consent application and installation. Our showroom displays a wide range of Wood Fires to choose from. Wetback models also available. Call in and have a chat to our friendly team 156 Main Road, Kumeu or phone 09 412 9108.

ALL HANDYMAN WORKS

All Handyman Works Ltd has the expertise and knowledge of 14-30 years' experience in the field of lawn mowing, gardening and general handyman tasks. We cover lawns, garden maintenance, section clean up, painting, waterblasting and most handyman tasks. We do wooden furniture repairs and restoration. Contact Paul today on 021 233 3897 or visit www.allhandymanworks.co.nz.



LIVESTOCK REPORT

A very large yarding of cattle sold very well, despite falling schedules and the large number on offer. Best steers made to \$2,220, heifers \$1,580, cows \$1,460 and Bulls \$2,140. With larger numbers of cows taking up killing space, quite often at this time, the works pull schedules back especially if heavy rain causes farmers to panic sell but this year it seems prime cattle numbers are down and this, coupled with exceptional grass growth, could see schedule prices firm as we head into the winter months.

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Medium weaner steers	\$650 to \$810
Small x bred steers	\$350 to \$570
Best prime heifers	\$1,390 to \$1,580
Light heifers	\$1,050 to \$1,200
Medium rising 1 year heifers	\$655 to \$845
Medium weaner heifers	\$470 to \$710
Bulls	\$1,990 to \$2,140
Boner cows	\$820 to \$1,460
Very light cows	\$390 to \$750
Fat lambs	\$98 to \$129
Store lambs	\$60 to \$89
Rams	\$11 to \$77
Hoggets	\$116.50
Ewes	\$77 to \$116.50
Beef bulls	\$190 to \$235
Beef heifers	\$185 to \$210
Fresian bulls	\$90 to \$140
Weaners	\$40 to \$128
Store	\$65 to \$110
Porkers	\$128
Sows	\$245 to \$415

ENTRANCE AND DRIVEWAY TRANSFORMED INTO A BEAUTIFUL ENTRANCEWAY

As everyone knows, first impressions count. This starts, not at the front door, but at the entrance to the property. When clients asked for a makeover of their entrance and driveway of 120 metres, they had 'low maintenance' as a prerequisite. The driveway had been kept under control mainly with a weedeater, however it still presented as a high maintenance job and it always looked messy. We used the crane truck to remove dead or ugly trees. The digger was used to shape the bank, to remove waste and to create a swale. Stone and mulch was brought in using the crane truck and bin system for efficiency. Interesting pieces of drift wood and large boulders were placed to create the look of a natural river bed flowing downhill. The entrance reconstruction involved replacing the old fence and gates and continuing the river boulder theme. The result; happy clients with a permanent attractive entrance and driveway they love. To view more on this project www.sustainable-landscapes.co.nz/low-maintenance-country-drive-2/ or talk to us, 027 543 0288.






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Our Kauri Grove sites have been incredibly popular. Understandable when you consider what is on offer. This location is perfect for young and old alike. Close proximity to the local sports grounds, shops, cafes, library, vineyards, outdoor pursuits, the list is endless.

To celebrate the success of the area, we offer an opportunity to customise your dream home on a flat 601m² site in this delightful community. We have put some ideas to paper to get the creative juices flowing but you are welcome to bring your own ideas to this lovely site. You can choose your own personal touches for your new home, from modifying the floor plan

through to colour choices, claddings, fixtures and fittings. And to top it off, for the month of May, we are offering a free upgrade of your home appliances.

This is a Signature Homes House & Land Package. All our homes are backed by New Zealand's leading guarantees that take the risk out of building a new home. Contact us today 09 412 9010 or pop in to 80 Main Road, Kumeu.

MATUA RESIDENTIAL ESTATE - HUAPAI

The subdivision borders Huapai domain - two minutes' drive from Huapai township. Huapai is Auckland's most historic wine area, with amazing beaches, natural thermal pools and adventure sports activities nearby. Just 10 minutes away is Westgate Mall (soon be one of Auckland's biggest malls) - with a movie theatre, restaurants, ten pin bowling and of course, a huge array of shops. Four bedroom, family focused homes. Every aspect of modern family life has been carefully considered in these superb single level homes - set on spacious sections, with two car garaging. Family life will centre on the large open plan kitchen, dining and living area. Jalcon's land and house packages at Matua Residential Estate are all at fixed prices - no surprises, no budget blowouts! And if you make a purchase within the next month you can choose your roof style between mono-pitch and gable styles. Discover how easy it is by calling 0800 52 52 66 to talk to one of our sales consultants or you can find out more by visiting our new show home in Huapai for details of this and other quality built Jalcon homes and designs. Visit Jalcon's latest purpose built Matua Residential Estate, Huapai show home and discover the Jalcon way. 2 Eric Farley Drive, Huapai. Open Wednesdays - Sundays 12 - 4 pm. www.jalcon.co.nz

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TRADIE OF THE MONTH

On behalf of all the team at Madren Homes we would like to congratulate Gemma from kitchen designers Fluid interiors.

Gemma and the team are amazing to deal with and I think our clients' recent feedback in dealing with the company and in particular with Gemma really speaks for itself

"We just wanted to say how much we have enjoyed working with Gemma at Fluid Interiors. She is an extremely talented interior designer who quickly picks up on a client's vision or ideas and executes it in a patient, practical manner. She is sensitive to her client's budget without restricting the options and scope of ideas she presents. All of this is done with exceptional customer service, flair and attention to detail. We would highly recommend her to any of your clients wanting something special in their home.

She is amazing! Thanks for sending us there".

"A short note to say thank you for the introduction to Fluid Design.

Gemma who has been in charge has been very good to deal with, understanding of things we put forward, very accommodating of us wanting to supply timber, and she was happy to involve Steve when needed for technical advice, She never once got grumpy at us for changes we made. She is simply awesome" Thanks again Gemma and everyone at Fluid Interiors for the continual hard work and quality you provide our customers, it's much appreciated.



HEALTHIER FAMILY HOMES WITH COMPASS NEW BUILD

One of the most common allergens in NZ homes is mould. In a conventional home mould can grow in places where little sunlight and high humidity levels are present, such as bathrooms, wardrobes and 'basement style' living areas, affecting the health of your family.



In a concrete home, the solid concrete walls provide a healthier family environment, as they contain no organic material, such as wood or paper products, to harbour mould spores. The naturally waterproof and superior weathertight nature of the concrete, coupled with the highly efficient thermal mass system keeps the culprits of mould growth at bay.

Chat to us about how to protect your family against the presence of the common allergy trigger, mould, on your next home build. For more information contact scott.gordon@compass-homes.co.nz, or visit our showhome - 3 Larmer Drive, Huapai, www.compasshomes.co.nz.

\$75 = EXPOSURE FOR A MONTH

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

"Old hands at building award winning new homes"

- R.S.



PETS

TIPS & ADVICE

FINDING AN INJURED ANIMAL

Imagine you're on the way back from the shops and you spot a cat lying on the side of the road. You pull over to check on it, but can't see it moving. You need to check if it's alive, but how do you do that on an animal?

If you're shocked that you're not sure what to do don't worry, you're not alone. Even though lots of us have pets many wouldn't know what to do. This article will teach you the basics of helping an animal whether it is your own or someone else's.

First thing you need to do is look out for any signs of movement as you're approaching the animal. If the animal moves at all it is alive and you need to get it to the vet.

If there is no obvious movement then focus on whether or not you can see the chest rising and falling, this will show if the animal is breathing. If you can't see the chest moving then try putting your hand in front of their face to see if you can feel their breath. If they are breathing then they are alive so get them to the vet.

If they are not breathing it is time to check for a pulse to see if the heart is still beating. Just like us you can feel for an animal's pulse on their neck but they have a lot of extra skin and fur



there so it could take a while. The easiest thing to do is to feel for the femoral pulse on the inside of the animal's back leg.

If the animal has a pulse then their heart is still beating but you need to get them breathing again so start rescue breathing. If there is no pulse the heart has stopped and you need to start compressions.

Unfortunately rescue breathing and compression can't be explained in this article but by attending a PET First Aid course you will learn these essential skills as well as many others. Laura Purkis - www.petfat.co.nz.

THEK9WAY

Awesome dog & puppy training kept simple. Your time is precious. We make sure it does not get wasted. Independent of age, breed or behavioural problem we offer you a common sense

approach to dog and puppy training that works, empowers you and relaxes your dog. The focus is on the relationship between you and your dog and how you can build more respect, 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 & sitting services will fulfil 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.



DR BOBS VETERINARY CLINIC

"Where did you say does the cat come from?" I asked again in great surprise. "Plymouth" the lady running the microchip data base replied. I read out the microchip number again after double checking and scanning the microchip of a cat sitting calmly on my consulting table and sure enough it came from the opposite side of the country to where I lived and worked. Timmy had been found in Chester, wandering the streets completely lost. The owner had a 12 hour round trip in her car but at least she got her cat back. If she hadn't had her cat microchipped she would never have seen her cat again.

We never discovered how the cat had managed to travel so far but one possible scenario is that cats are very inquisitive and Timmy may have climbed into a removal van to explore the boxes when someone was moving house and climbed out at the end of the journey. Another possibility is Timmy just moved in at someone's house even though they had another owner and moved with them when they then moved home. If you find a lost cat I would recommend taking it to Dr Bobs. We will check it




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for a microchip free of charge. The same applies to lost dogs and sometimes other pets as well. I have been involved in a Police case involving stolen horses that thankfully were returned to their owner. I once even had a tortoise returned to his grateful owner thanks to the help of their microchip.

On a number of occasions I have had people say they have adopted a cat as it turned up at their house and must have been lost and "could I vaccinate it or treat it for an illness please". I always run the scanner over the cat just as a precaution and it is quite surprising how many times the cat already has an owner, often just living a few streets away.

Vets often have a list of missing animals recorded at the practice so the good news is even if you have lost your pet don't despair completely, ring Dr Bobs Veterinary Clinic on 08 411 7575 (Waimauku) and 09 412 7575 (Huapai) to see if anyone has found your pet and if not you can leave a description of your pet with our nurses at the practice with your contact details, just in case someone finds your pet and then we can return it to you. We will also post lost and found details on Dr Bobs Facebook page and local community Facebook pages may help as well. Hopefully your pet will never get lost, but as an extra precaution I recommend if you haven't done so already, ring Dr Bobs and get your pet microchipped. It is an inexpensive, quick and painless procedure having a chip injected under your pet's skin above the shoulder blades and lasts the rest of your pet's life. Dr Ross Milner - B.V.Sc MRCVS, Dr Bobs Veterinary Clinics, Waimauku 09 411 7575 or Huapai 09 412 7577.

RAW ESSENTIALS

Cats and dogs will heed the call of the wild, and bound into Raw Essentials once they hear what is on offer.

A specialist pet food store; we stock chicken, turkey, duck, veal, rabbit, fish, possum, wallaby, venison and more.

New Zealand-grown or hunted, with free-range, wild, organic, and human-grade options: this is real raw food; nutrient-dense with nothing added.

Raw Essentials is focused on education. Our friendly, highly-trained staff will answer all your questions, and provide on-going support.

"At Raw Essentials, we truly believe raw, meaty bones are the best way to feed your pets - it's what carnivores are designed to eat. Our role is to provide a convenient, easy way to feed your pets a well-planned, species-appropriate diet."

So, if you want to find out more about a raw food diet for your pet, pop in to see the Raw Essentials team at your local store. www.rawessentials.co.nz.



Lyndsay Kerr
LICENSED SALESPERSON





P 09 412 9602
AH 09 411 7854
M 027 554 4240
F 09 412 9603
E lyndsay.kerr@mikepero.com
www.mikepero.com

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 327 Main Road, Huapai, Kumeu
 Auckland

KANIKA PARK

Kanika Park, the boutique country retreat for cats is officially open for business and to celebrate we are having a Grand Opening special. So why not book your feline baby in to enjoy a stay in one of our 8 deluxe private suites. Book by 31/5/17 and pay \$15.00 a night. Included in the Grand Opening Special are a Spritz Groom and pick up and/or drop off. The booking period is valid to 31st October 2017, with payment due on booking. Give us a call on 09 411 5326 to make a booking and arrange a viewing time.



THE DOG'S WALK

Enter winter daylight hours and the 'dog's walk' inevitably becomes a human walk. Short leash walks along footpaths, saying no to stopping and sniffing, on a mission to get the walk done before or after work, same boring route....It's exercise yes, but is it a dog's walk? Not really no.

Dogs want the space to sniff and explore, investigate new places, stop and take time to smell the roses!

With the help of a dog walker you can put the 'dog's walk' back in to your beloved dog's winter walking! Off leash, or long leash, with no time restraints, not a footpath or fenced park in sight, changes of routes everyday, exploring, investigating, playing, with space to be a dog! Country Pets dog walking adventures are for the dog. We explore local forest and beach in small groups where your dog gets to run and play and be a dog for a couple of hours a day while you work! Come home to a happy, content dog and reap the rewards. See Country Pets on facebook (previously Paws to Hooves Pet Care) or contact Lisa on 027 380 0265.




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Feeding a natural, species-appropriate, 'raw meaty bone' diet to cats & dogs is the best fit for their biology. It works wonders for their health!

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FOOD & BEVERAGE

THE FLAGSHIP

Treat Mum to a meal at The Flagship this Mother's Day. We're open for brunch, lunch and dinner, and Mum can enjoy her meal overlooking the spectacular views of the Waitemata Harbour. Call us to book your table 09 416 6173. Located at 16 Clearwater Cove, West Harbour.



LOOKING FOR A VENUE FOR MID-WINTER CELEBRATION?

Soljans Estate Winery Café and Function Centre is perfect for groups of all sizes and celebrations. We are dedicated to offering a vast range of menus, served with a high standard of service while ensuring all dishes represent excellent value for money.



Soljans has long been a popular spot, with loyal customers re-

 <p>SOLJANS ESTATE WINERY</p> <p>366 State Highway 16 Kumeu, Auckland P 09 412 5858</p>	 <p>CONFERENCES/SEMINARS</p>
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<p><i>Exclusive</i> WINERY VENUE</p> <p>Soljans Estate Winery is a special place as it is Kumeu Wine Country's premier Winery Venue. So add a little Mediterranean magic into your next event or function!</p> <p>We have great facility options to add character and be the perfect venue for your next event, function, wedding or product launch.</p>	 <p>WEDDINGS/SPECIAL OCCASIONS</p>

turning time after time to enjoy the Soljans experience. Soljans offers the perfect vineyard setting for all functions ranging from weddings to corporate conferences and private parties such as birthdays and anniversary celebrations. We provide flexible facilities to cater for your requirements, guaranteeing an enjoyable and stress-free function. Get in quick as available dates fill up fast. For more information and function reservations please email our functions co-ordinator, Brittany Willemse, at functions@soljans.co.nz or to book a table in the café please call 09 412 2680 or visit our website www.soljans.co.nz.

HALLERTAU

Autumn is one of our favourite times of year at Hallertau and that's because it's hop season.

If you've dropped by the Brewery recently you may have noticed a burst of green from the hop plants climbing the walls, accompanied by the sweet scent of fresh hops in the air.



To celebrate this annual event the brewing team have conjured up the limited batch Riverhead Fresh Hop Berliner beer. It is a unique beer made with the whole hop plant not just the flower. More than 30 hop plants from the Hallertau garden went into the brewing process.

Their interpretation of how it tastes ... citrus and a hint of hop plant on the nose. Zingy lemon sherbet on the pallet finished off with a very mellow sourness. Easy quaffer!

So with the dying days of summer upon us, now is a great time to cosy up in the Hallertau Biergarten and enjoy a the Riverhead Fresh Hop Berliner beer before it disappears like the autumn leaves.

MOTHER'S DAY TEA

Looking for a special gift for Mother's Day this year, Harney Teas has the answer. Why not include a tin of Fine Tea with the chocolates and flowers?



We have a blend for every mothers' taste and tea for any time of her day; a pick me up in the morning, relaxing in the evening or over a catch up with a friend.

For our local customers, we would like to offer you a very special Mother's Day promotion. With any purchase of two of our

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20 count tins, including favourites such as Paris, Hot Cinnamon or Peppermint, you will receive a FREE Tagalong tin of Mother's Bouquet. This is a beautiful, caffeine-free tea of chamomile flowers, rosebuds, cornflowers, orange peel, and infused with citrus flavour. A blend created in honour of all Mothers.

Our Showroom is located at 1/10 Loft Place, Kumeu, open Mon-Friday 9:30-4:40pm. Valid to 12th May.

SPICED FEIJOA CRUMBLE CAKE

Ingredients

125g melted butter
1 to 1½ cups chopped feijoas
1 cup sugar
1 egg
1½ cups flour
1 tsp salt
1 tsp baking soda
2 tsp cinnamon
1 tsp all spice

Crumble topping

1½ Tbsp butter melted
¼ cup rolled oats
¼ cup brown sugar
1 tsp white sugar

Method

1. Line 20cm round cake tin or a loaf tin.
2. Melt butter, remove from heat and cool.
3. Beat sugar and egg.
4. Add melted butter and feijoas to egg and sugar mix.
5. Fold in dry ingredients.
6. Pour batter mixture into lined cake or loaf tin.



7. Combine crumble topping ingredients and sprinkle evenly over mixture.

8. Bake at 180 C for 30 – 40 minutes. Test cooked by: a) poking skewer in centre – no batter sticking, or b) pressing lightly in centre of cake – it's ready when cake springs back.

9. Serve warm or cold with cream or yoghurt.

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

THE RIVERHEAD

Set goals and reap the rewards...even if they're not what you expect.

Setting goals is something that I do. Often they are somewhat outrageous. I won't go in to more detail but I often set myself up for situations that once at the point of delivery, I wonder why on earth I've pushed myself so far out of my comfort zone.

Recently, while I was participating in a sport I'd not participated in previously, I met an ex-Olympian who still participates. Yes, we were competing in the same competition and she gave me the best advice....

Remember to smile while you're waiting for the gun to go.

I tried to remember that while my nerves were pulsating through my entire being and sure, it helped get those butterflies to fly in unison. Didn't help so much with the final result, but hey, it's all about the experience. Thanks, Philippa Baker!

Be positive and take time out to enjoy life... time at The Riverhead isn't wasted time!

The Riverhead's Rituals

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

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

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

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

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

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

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

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

www.theriverhead.co.nz

YUMCHA CHINESE RESTAURANT

The only yumcha Chinese Restaurant in Waitakere. We have more than 200 seats and affordable prices for yumcha dimsum. We have recently opened at new premises and are looking forward to seeing you soon. Address: 26-30 Totara Ave, New Lynn. Phone: 09 827 8883 www.ellegantfood.co.nz.



PEKO PEKO JAPANESE TAKEAWAY

This is our kid's size bowl and our first baby step to become eco-friendly. Step by step we are using more eco-friendly packaging for our takeaway containers. As we are here in New Zealand, we would love to help our environment for our children; there are lots of inspirations from different industries nowadays. We appreciate your ideas and reviews of what more we could do for our environment. So please visit our Facebook page to check the latest update for this. We are a little food truck located at Passion Produce vegetable shop car park on 92 Hobsonville Rd. Phone order recommended 022 431 3462.



GET YOUR BOOCH ON

Some call it mushroom tea or the "elixir of life," but no matter what you call it, kombucha is one of the hottest trends in health beverages. The fermented tea has been around for more than 2500 years and has a rich anecdotal history of health benefits like preventing and fighting cancer, arthritis, and other degenerative diseases. Scientific evidence may be lacking, as there is little incentive for a



pharmacological company to make a profit from such a modest beverage. Nevertheless, regular kombucha drinkers claim it aids digestion, sleep, weight loss and detoxification; stimulates the immune system, stops hair loss and improves liver function. The fermented beverages are high in acid and contain sugar, vinegar, B vitamins, antioxidants (from the tea), and trace amounts of alcohol (a natural consequence of fermentation). Cosmic Kombucha NZ is a locally hand-crafted small batch brewed business which offers four refreshing flavours; Lemon Ginger, Original, Apple Cinnamon and Berry. You can find them at The Hobsonville Point Farmers Market every weekend from 9 to 1, or you can place an order at www.facebook.com/kosmic-kombuchanz.

SPACEMAN COFFEE

Spaceman Coffee is a New Zealand based fair trade organic coffee roasting company located in West Auckland. We specialise in small batch roasted coffee bean blends and single origin roasts. Once the beans are roasted they are left to rest for up to 5 days to allow the flavours to develop and excess gas to escape before being packed in waxed lined brown paper bags with a built-in wire tie to lock in the freshness. Come down and meet the founder, Daniel King at his Spaceman Coffee Stall at the Hobsonville Point Farmers Market every Saturday and Sunday 9am - 1pm. Ask us about our coffee subscription where you can have your coffee schedule delivered to you. Like us on Facebook and follow us on Instagram and Twitter. www.spaceman.co.nz.



THE HERBALIST CRAFT BEER

The Herbalist Craft Beer is a small local craft beer business run and operated by Rebecca and her husband Grant.

The idea of making beer with natural herbs is nothing new. Over 200 years ago Captain Cook brewed one of the first beers in New Zealand, a manuka beer made with manuka, rimu and molasses. Following along with these traditions Rebecca has utilised her knowledge as a qualified medical herbalist to create a range of tasty and easy to drink craft beers, infused with herbs and brewed with non-GMO New Zealand barley and hops. Manuka Ale, 5.4%



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This highly refreshing ale is finely infused with manuka leaves, fennel seeds and burdock root.

Rosemary and Liquorice Ale, 5.4%

Infused with a hint of rosemary and liquorice to excite the taste buds and pair to lots of foods.

Nettle & Bilberry Lager, 5.3%

Well balanced and layered with subtle and interesting flavours.

Local stockists: The Trusts, Fresh Choice, Waimauku, The Bottle-O Huapai, Black Bull Liquor Kumeu, Boric Food Market, Soljans Estate, Hobsonville Kitchen, 4 Square Parakai

Visit www.theherbalist.co.nz; facebook.com/theherbalistcraft-beer.

THE FIREPLACE CAFÉ RESTAURANT & BAR

Weekly Special: Monday-Sunday. Brunch - Lunch Special. All meals \$12.99 from 10am to 3pm.

Plus enjoy discounted drinks with your meal.

Monday: Kids Dine Free. Conditions apply.

Hungry Tuesday: All mains \$21.90

Sweet Wednesday: All desserts \$8.00

Porky's Thursday: Pork belly, Pork Ribs or Pulled Pork Burger + House wine/ Pint of tap beer \$25.00

Friday - Happy Hour: 4-6pm. All bar snacks half price plus drinks specials.

We also have a free meeting room available for any charitable or community based groups subject to availability. For inquiries call us - 09 4126447.

The Fireplace Café Restaurant & Bar- 64 Main Road, Kumeu - www.thefireplace.net.nz or [www.facebook.com/TheFireplace-caferestaurant&bar](https://facebook.com/TheFireplace-caferestaurant&bar).



JESTERS WESTGATE PIE VAN

Visit Westgate Shopping Centre first thing in the morning and you will see a familiar sight at the Jesters Pie shop, next to Countdown. Tray after tray of freshly made pies being loaded into the Jesters Pie Van in preparation for its popular daily pie runs.

The van covers a large area, stopping at offices and factories in West Auckland and Albany throughout the work week. On weekends and public holidays it



FINE TEAS
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MASTER TEA BLENDEERS

Mother's Day Special

Purchase two 20 sachet tins from our Showroom and receive a Mother's Bouquet Tagalong tin **FREE**.

Valid to 12th May, 2017

caters for hungry mountain bike riders and tree adventurers at Woodhill forest.

In addition, the Jesters Pie Van is often booked for company organised staff shouts or community events. A recent fundraising event was held at Hobsonville School where hot pies were pre-ordered by the kids and staff and delivered hot to the school over 2 days. A portion of the sales were kept by the school and they raised several hundred dollars from the event.

To have the van call at your workplace or you have an event or fundraising enquiry, call our shop 09 832 6060 and ask for Angelica or Tony.

QUICK AND TASTY MOTHER'S DAY BRUNCH

Toast some hearty grained brea. Smash avocado onto toast. Spread with NoShortcuts Beetroot Relish. Pop a poached egg on top and you're done! Delicious! Optional - Serve with a side of crispy bacon.



The 'NoShortcuts' range of chutneys, relishes and pickles is proudly Hand Made locally and can be used as a garnish, topping or side dressing and also blended into your cooking as a flavour enhancer.

'NoShortcuts' can be found at Farro Fresh and Nosh food markets or on line at www.noshortcuts.co.nz, Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

\$75 = EXPOSURE FOR A MONTH

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

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HEALTH AND BEAUTY

3 TIPS TO REDUCE STRESS & GET MORE DONE IN YOUR BUSY DAY

1. Breathe – the more stressed we get, the more we tend to start breathing in shallow, short breathes. When stress levels increase stop, breathe. Place your hand on your stomach & feel it expand as you breathe in, and move in as you breathe out.

2. Nourish – often 'tasks' get put ahead of our eating. When you stop for lunch, actually stop. Move away from your desk/computer and allow yourself to enjoy your food & chew it properly. This will help to reduce bloating, heart burn or digestive discomfort later in your day.

3. Move – exercise is vital for busy lives. It can be 2 mins, 10 mins, 20 mins a day. Simply use what time you have & do functional exercises that get your heart thumping & lungs huffing. Exercise is about energising your body, pumping oxygenated blood to your vital organs, and adding vitality & strength keep up and live life to the fullest.

"You can't help others when your tank is half full."

For more info on Simple Effective Fitness for Busy Women, check out www.benefityou.co.nz.

BENEFIT AS LONG AS YOU WISH

People often ask ... How long do I need to see the Chiropractor for? Well, there are five ways people choose to use Chiropractic care in our office.

1. Relief Care – This is where most people start. Our focus is to address the underlying cause of whatever it is that has prompted you to consult our clinic.

2. Corrective Care – With your major symptoms improved, continued visits are designed to strengthen and retrain muscles and soft tissues to make more lasting spinal changes.

3. Maintenance Care – Like regular teeth brushing and flossing, periodic visits, even without the presence of obvious symptoms, are intended to help avoid a relapse.

4. Preventative Care – These visits are less often and comparable to an annual medical examination. Early detection may help catch small issues before they become serious.

5. Wellness Care – With the visit frequency dictated by the unique stresses and health goals of each individual, wellness care is designed to help you be all that you can be.

We see our responsibility as offering the best recommendations based on our education, training and clinical experience. Your responsibility is to decide how far you want to take your care and let us know how we can best serve you.

The bottom line? How long you choose to benefit from Chiropractic care is always up to you.

Give us a call and get started today – Kumeu Chiropractic – 09 412 5536.

3 LOOKS FOR THE PRICE OF ONE THIS MOTHER'S DAY

Revamp your look instantly with our Face & Cie interchangeable frames. These high quality French frames can be personalised to suit your mood, your style and for every role you play. Dress them up or down, or add a little flair for special events and occasions. The clever design features a chic base frame which can be worn alone, or embellished with easily exchangeable clips available in a variety of colours, styles and designs. You can purchase any number of additional plates to immediately update both your eyewear appearance and your 'frame' of mind. In celebration of Mother's Day, for the month of May only we have reduced the price of these frames from \$499 to \$429 including two free fashion clips of your choice. Phone: 09 8310202 or visit www.westopt.nz Facebook: www.facebook.com/westgateoptometrists.



Westgate Optometrists

INDULGENT MOTHER'S DAY SPA IDEAS

There's nothing clichéd about giving stress-melting massages, radiance-boosting facials, or classic pedicures, especially when multiple mood-boosting and super relaxing beauty treatments are bundled into one, insanely indulgent, spa visit. Here are some Spa Di Vine ideas to surprise and delight:

The Grape Escape Spa Treatment – While soaking your feet in a heavenly aromatic foot bath, sit back and enjoy a glass of bub-



Kumeu Chiropractic
adjust • adapt • thrive

Dr. Chris McMaster • Dr. Nolene McMaster • Dr. Daniel ter Braak

412 5536
www.kumeuchiropractic.co.nz

8 Shamrock Drive, Kumeu

Spa Di Vine

Country Spa Retreat

Ph. 09-4115290
relax@spadivine.co.nz
www.spadivine.co.nz

bly or juice. Feet are scrubbed with the grape crush scrub and then massaged with organic coconut butter. Then float on to a deluxe facial treatment, which includes a neck and shoulder massage. Just bliss! (75min-\$179).

Rejuvenate Retreat – This 3 hour escape is pure relaxation, starting with an exotic warm coconut oil massage and lime revitalizing body polish, a wonderful skin smoothing treatment which finishes with a super hydrating body butter. Enjoy some complimentary refreshments on the terrace and complete your retreat with a booster facial and (optional) natural mineral make-up application. Like a holiday. (3hrs-\$309).

Phone Spa Di Vine Waimauku on 09 411 5290 for more options or visit www.spadivine.co.nz.

ARTHRITIS AND PHYSIOTHERAPY

Physiotherapy treatment is aimed at: Reducing pain, improving movement, strengthening important muscles, improving function & assisting with independence.

Though you might think exercise will aggravate your joint pain and stiffness, lack of exercise can actually make your joints even more painful and stiff. Beneficial exercises can include range-of-motion exercises, strengthening exercises, aerobic exercise and other activities based around your daily routines.

Regular use of massage can also lead to improvements in pain, stiffness, range of motion, hand grip strength and overall function of the joints. It can also promote better sleep that can in turn relieve pain.

Physiotherapy mobilisation & manipulation techniques are specific passive movements applied to joints & soft tissues to help restore full movement to a joint that is painful and restricted.

Other therapeutic techniques include thermal heat treatments and hydrotherapy.

Speak to us at NorthWest Physio + about helping you manage your symptoms. Call 09 412 2945 or contact us through our website www.northwestphysioplus.co.nz.

NEW WINTER COLLECTION FOR YOUR GEL MANICURE

Now you can be the leader of your tribe with this new winter collection that has just landed in store at The Polish Room.

Helping you unleash your own instincts this winter with these colours that are fit for a chief! Tribal Instincts



is for the women who can lead the pack when running with

Shoe Talk™ we talk shoes

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

Open Mon to Fri from 10am till 5pm and Sat from 9am till 1pm
 Shoe Talk Ltd: 401A Great North Road, Henderson,
 Ph: 09 835 9936 www.shoetalk.co.nz

the wolves! No one can tame the inner huntress when wearing these fearless shades this winter!

Don't be afraid to get a little nude with Running in the Buffalo. Or get ready to face the cold weather while wearing Dance 'Round My Fire. Either way, this winter season you will be ready for whatever nature throws at you!

For a fab manicure that stays flawless for weeks book your Gel Manicure in now. Bookings are by appointment only @ The Polish Room phone 027 407 2264 or www.facebook.com/thepolishroom.

FINGER INJURIES

Sport loving Kiwi's, please don't ignore that finger injury.



Have you hurt your finger playing sport? It's the start of the winter sports and often

our fingers get knocked with a ball or bent by another player. Don't leave them to get better by themselves. We can help at the Hand Institute.

At the Hand Institute we accept ACC referrals (and can initiate the claim) and provide a comprehensive assessment for all finger and thumb injuries. We can send for x-rays if required and then manage the injury with splinting, strapping and important early motion exercises to prevent ongoing finger stiffness and weakness.

Call us now to get that finger back to normal for a quicker return to sport. Phone 09 412 8558.

TO PILL OR NOT TO PILL?

When you go to see your GP for back or neck pain, you would be typically prescribed some pain relief or anti-inflammatories to take. After all, the research evidence shows it works just as good as any other available treatment. A lot of our patients are reluctant to take them. They believe the pain killers will "mask the pain" rather than fix the problem or they don't want to rely on them. Our advice is if you can function without them, stay off. Try heat, stretches, relaxation. Come and get osteopathic assessment and treatment.



If the pain is quite debilitating, it would be prudent to take medication. There are potential side effects to be aware of though, such as irritation of the digestive system (tummy aches, nausea

Gillian Wiltshire D.O.

**Registered Osteopath
ACC Accredited**

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

etc.) and, especially with anti-inflammatories, bleeding tendency (such as nasal bleeds, for example) or allergy. So always take them with some food and watch for unusual symptoms. Once the pain diminishes you can try to lower the dosage and wean off the pills altogether.

Of course, every patient is different, so for more specific advice come and see your health practitioner. We would be happy to assist at Family Osteopathic Clinic, 39 Hobsonville Road, www.familyosteo.com.

DO YOU HAVE A COMMUNITY SERVICES CARD?

How well does your child see? Does he have difficulty reading? Does she squint? Does he rub his eyes a lot? Did you know that if you have a Community Services Card your child is entitled to at least \$287.50 towards an eye exam and glasses if your child is 15 years or under?

At Hobsonville Optometrists, we specialise in children's eye care.

Please phone 09 416 3937 to make a morning appointment and allow at least an hour. 413A Hobsonville Road, Hobsonville.



DO YOU HAVE ARTHRITIS?

One in six New Zealanders have arthritis and that there are over 140 different forms of arthritis. Whether you have arthritis or not, chances are, you know someone who does and can see the effect it has on them.



It is that time of year again where it is getting colder and we start to feel those achy parts and hear our creaky bodies. Something we regularly hear clients saying is that they have arthritis and there is nothing they can do about it. Many people believe that the symptoms of arthritis such as pain and stiffness are inevitable and that they must live with it. We are here to tell you, it's not true! Some of the symptoms of arthritis can be reduced. Here are a few tips to help you manage your symptoms.

1) Exercise: Stretching and strengthening helps to reduce pain, improve circulation and balance. 5-10 minutes of gentle walking or tai chi can make a huge difference.

2) Manual therapies such as massage and osteopathy can help to improve blood flow and reduce muscle tension which can reduce pain, improve swelling and stiffness and improve overall mobility.

3) Glucosamine and chondroitin supplements can be effective in reducing joint pains (talk to your doctor or local pharmacy)

4) A wheat bag can help to ease those achy muscles.

If you need more advice or information on how we can help you, please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

BETTER PROTECTION FROM CANCER

Molly Whittington, optometrist at For Eyes, is working with international spectacle lens company Essilor to increase awareness of the importance of eye examinations after detecting a choroidal melanoma in the eye



of one of her patients. UV increases the incidence of cataract, macular degeneration, and eye cancers. Essilor have developed a new lens that enhances protection for the eyes from UV.


Sunglasses and specially coated clear spectacle lenses block 100% of UV from the lens front surface; however, Essilor detected that the reflections from the back of these lenses allow UV from around the sides of the glasses to enter the wearer's eyes. Essilor developed a new coating called Crizal UV which stops UV reflections from the back-surface of the lens from entering your eyes, and they are the first spectacle lenses to carry the Cancer Society logo. Come and visit For Eyes Optometrists in the Kumeu Village if you would like to learn more.

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MASSAGE THERAPY FOR WEEKEND WARRIORS, SPORTING ENTHUSIASTS AND ELITE ATHLETES

As you read this the World Masters Games would have come and gone, but as I write this it is only a few days away and there is still much to be finalised. I am proud to be a part of this exciting event, not as a sporting participant but as a massage therapist to help the athletes in aiding with their recovery.

Many professional athletes and their coaches swear by the benefits of massage therapy – I hear you ask, 'so what are these wondrous effects of massage?'

- Overall mind-set is key to any good performance. Positivity and confidence achieve extraordinary results, but we're all human and everyday stress affects us. Massage therapy has physiological effects as well as psychological benefits and has been shown to reduce anxiety, stress and tension while promoting relaxation. Whilst undergoing this much needed recovery, dopamine and serotonin levels are increased and cortisol (stress) levels are reduced which encourages better focus for the next competition/race or workout.

- Rapid recovery – a well-known fact of any physical activity is the resulting aches and pains, but recovery time does not need to be extended or painful. Massage therapy helps in reducing recovery time as massage dilates the blood vessels which facilitate circulation and oxygenation of fatigued muscles. Massage helps to flush the tissues of the build-up of waste products related to exercise and improves flexibility and range of motion.

- Minimising inflammation – we all have our go-to workouts or particular sport that helps to clear our minds of daily stress. Depending on the intensity of the activity and the stress load on the body, our joints experience inflammation. Once again, massage therapy reduces inflammation and encourages growth of mitochondria in our body; these are the cells that supply energy-producing units.

- Injury prevention – regular massage therapy can reduce the chance of injury. Massage aids in reducing muscle tension, allowing athletes to monitor their muscle tone and decrease post exercise stiffness. By increasing body tissue awareness helps to prevent injuring fatigued muscles.

While you're focused on putting your body through trials and tribulations to achieve your goals, don't forget to treat yourself to a little tenderness. Call Debbie at Body-Balance Massage & Neuromuscular Therapy to help with the issues in your tissues – 021 120 2175.

KUMEU GYM – SMART TRAINING

What is Smart Training? Smart Training (ST) is a shared Personal Training System designed to cut out the large costs involved when using the services of a Personal Trainer delivering the per-

sonal and high quality service expected from a personal training session, yet costs only a fraction of the price. ST is the next level training system designed to keep Kumeu Clientele safe as well as delivering a highly effective daily training regime to ensure they meet their fitness goals.

Before you begin your ST sessions you will be shown by one of the highly trained Personal Trainers how to warm up, stretch and use certain techniques/exercises to prepare for each session.

As each client enters the gym they will get to participate in a strength, aerobic or toning routine (unless advised otherwise by a trainer). At this point one of the trainers will customise your chosen routine to best suit your physical abilities, whilst you warm up and complete ST mobility procedures. They will then proceed to take you through your customised routine to ensure you have good technique before returning to manage the rest of the clientele.

Workouts - Every day the trainers will create and change each routine to keep it interesting, fun and challenging. There are three base programme principles that we plan around. They are; Toning - This routine will be based around hypertrophy (muscle building) principles. You will gain muscle and develop toned muscle to give you a leaner and more defined physique.

Aerobic / Lean - This routine is designed to burn fat fast and increase your metabolism for hours after training. You may work to your own intensity but we do advise pushing your limits to achieve maximal results. We will be using a very wide array of equipment and body weight exercises during these sessions to keep them fun and challenging.

Strength Routine - This routine will involve compound movements using dumbbells, barbells, kettle bells, medicine balls, body weight exercises and much more. The primary objective of this routine is to build lean muscle mass and blast away unwanted fat. It is a high intensity, fun workout and will take no longer than 30mins (excluding the warm up and cool down).

Register here www.kumeugym.co.nz/smart-training call 09 412 8932 or email admin@kumeugym.co.nz.

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BEEN HACKED?

A sad reality about running websites is that sometimes they can get hacked. This can be stressful for you and have a major impact on your business and customers. Over the past few years, we have helped many of our customers recover their hacked sites, including several well-known businesses. No matter which website publishing platform you're using, WordPress, Drupal, Joomla, etc - any site can be hacked. After the hack you can lose your search engine rankings, expose your customers to viruses, have your reputation tarnished due to redirects to porn or other bad neighbourhood websites, and lose your entire websites data. Imagine if the hacked website held all your customers information? If your website is a business, then security should be one of your top priorities. That's why it is crucial that you select a good New Zealand web hosting company. There are many basic ways to protect your website from hacking including keeping security up-to-date and purchasing secure systems (secure SSL certificates) to stop the basic hacking. If you do find your business website hacked you need to get the site recovered, repaired and the necessary updates made to prevent the hack from happening



again. If your website has been hacked or you are concerned about how secure it is please phone us on 412 2473 or email michael@utopia.co.nz. We are based in Kumeu and provide web security, website design, consultancy and app development to a range of businesses all over New Zealand.

TOWARDS A HEALTHY KUMEU COMMUNITY: LOCAL 'SKIDS KIDS, COOKING UP A STORM

Ian & Angela Ramos, local area sKids out of school care providers announced today, that they have just launched "FoodStorm", an exclusive sKids cooking programme, and offering it as a complementary service within their sKids Riverhead and sKids Taupaki programmes.

"We (sKids) are dedicated to growing core capabilities in our kids within the Kumeu community, so that they flourish in life and learning to cook does just that. Not only does such a skill help with their overall health, but it will also build their confidence too" Ian says. Already in Auckland, Wellington and Hamilton, "FoodStorm" runs after school at various sKids' sites across the country. Key ingredients are fun, simplicity, healthy eating and resourcefulness. Recipes have been developed by award winning authors, LittleCooks duo, Suzi Tait-Bradly and Bex Woolfall, with support from the New Zealand Heart Foundation to reflect the importance of healthy eating.

"The kids just loved the first lesson, making "Berry Nice Mountains" (berry muffins) and are super excited about next week's lesson, "Tyrone's Soup" (tomato soup). It's so rewarding seeing the smiles on their faces, how proud they are of what they have made. And it goes without saying, the parents are chuffed too" says Angela.



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Please Call or Visit Nature's Explorers Kindergarten for any further information or enquiries: 1 Maude Street Riverhead 09 412 8800.

BRITISH GOVERNMENT ANNOUNCES NEW 25% TAX PENALTY

Pension transfers by UK residents to QROPS (Qualifying Recognised Overseas Pension Schemes) not in the European Economic Area are now liable for a 25% tax charge.

However, the potentially good news is that there are some exceptions to the new ruling – notably, if the QROPS and individual are both in the same country. Tony Chamberlain from GBPensions explains. "If you are a New Zealand tax resident and you transfer your UK pension to a NZ QROPS, you are exempt from this tax penalty."

GBPensions encourage British ex-pats and returning Kiwis to investigate their pension transfer options.

A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all instances. The decision whether to transfer or not is complex, and it is important to consider the benefits, risks and disadvantages before determining if a transfer is suitable. Freephone: 0800 427 693 (0800 GBP NZD) or www.GBPensions.co.nz.



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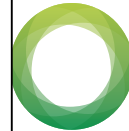
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Rainer and Edith Zeltwanger, the company owners, have got some very exciting news.

German auto electrician Andreas Zickert is now part of their team. Andreas has a wealth of knowledge in fault diagnosis, vehicle electrics, modern can bus systems and even hybrid vehicle technology (Audi e-tron).

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

Together with Rainer's 30 year experience as a German car technician they have a wealth of knowledge to service and repair your VW, Audi or Skoda to factory standards.

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Please visit their website eurowest.co.nz or call them on 09 830 0064, 021 266 3602 Rainer, 021 255 4678 Andreas for bookings.

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tre offers age appropriate learning environments and expansive natural outdoor play spaces with a strong emphasis on nature and natural resources. We offer primary care giving for our under two-year-old children. Nutritious and delicious meals are provided. We are open 7am – 6pm, Monday – Friday.

Contact us today to book your tour of our beautiful centre 09 412 8081, www.playschool.co.nz, 7 Wookey Lane, Kumeu.

J3 SEVEN'S COMPETITION - SILVERDALE RUGBY CLUB

On April 8, Silverdale Rugby Club hosted over 40 teams for a Junior Sevens Tournament.

It was an actioned packed day that saw our team, J3 Black from Kumeu Rugby Club muster at Silverdale at 8.30am and get home totally exhausted, well after dark that night.

Our team had been training every Wednesday night since January with an eye on competing to the best of our ability in the tournament.

The week leading up to the competition we received the draw details and knew we had some strong teams to play against including two teams from Silverdale, one from Massey and Ponsonby/Kelston. The Ponsonby/Kelston game in particular was a nail biter as the boys were down 14-0 at half time, but the kids dug deep to turn the result around to 14-15 win. (A proud par-



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ent and coaching moment!)

After winning 4 from 4 in the qualifying rounds, we entered the semi-finals in 2nd place. A 19-0 win saw us come head to head with Paieka Sports for the final. The team from Paieka had travelled up from the East Coast of the North Island to participate in the tournament and had been undefeated all day.

For the coaches and parents on the side-line, it was 15 minutes of angst. We knew the boys had worked hard to get this far, and after 5 games we knew they were also very tired. However, they had their hearts set on being the champions and they didn't falter for one moment. When that full time whistle blew they were screams and tears of delight - they had done it - they had won the J3 championship and represented their club Kumeu Rugby with pride.

One of the key highlights was the sportsmanship shown on the day from Paieka Sports under 11 team. Whilst devastated from their loss, the kids lined up in front of our team and parents and performed an amazing haka supported by their parents, coaches and fellow players from Paieka. This was really humbling for our boys and something we will never forget.

May 6 sees the start of our team playing 15 a side in the J3 Grade for Kumeu Rugby Football and Sports Club and we are looking forward to the season ahead.

We are also delighted that our young team has been invited to play at the Global Games, which is a tournament held in Taupo in September 2017. The Global Games will provide our players (aged 8 to 12) a great opportunity to compete against teams and clubs from around the country and the world (over 100 teams will meet to compete in Taupo) and at the same time build amazing memories. Competitions like this are designed to build a foundation of sportsmanship, enjoyment and friendship and our kids are committed to achieving their best at this tournament.

Our team needs to fundraise to get there. We have purchased a trailer which we would like to fill with products such as; chainsaws, leaf blowers, BBQ's, outdoor furniture and over the season we will be selling raffle tickets. We are calling all local businesses in the wider Kumeu area that can support us with product or sponsorship to please call Gail McIntyre 027 532 0420, Team Manager, J3 Black Kumeu Rugby. We would love our community to support this great young team.

HAPPY HEARTS - FIRE TRUCK VISIT

Last month there was a lot of excitement at Happy Hearts - Riverhead Early Learning Centre, when we were visited by four firemen and a fire truck! The children were all very excited.

Fireman Cam showed us



what fire fighters wear and demonstrated how he suits up, just like he does at the fire station when he gets an emergency call. We learnt about their safety equipment and about things like their breathing apparatus which helps them have clean air to breathe.

The children learned the importance of fire safety, and about things like not playing with lighters and giving them to a grown up. They learned about smoke alarms and that if there was lots of smoke in our house, that we should get down, get low and get out! Fireman Cam led the way demonstrating this, and the children followed him crawling out of the room.

Then the children took it in turns to get an up-close-and-personal look inside the fire truck, and receiving a sticker at the end. As the fire truck departed the Happy Hearts car park the firemen turned the trucks lights and siren on and gave us a toot!

USE POSITIVE THOUGHT TO LOSE WEIGHT

Stress and worry will make weight loss much harder than it has to be. Stress and worry can undo all our fabulous work. We know that stress can age us; we know it sometimes causes headaches or a queasy feeling, tense shoulders and anxiety, and it makes weight loss very difficult. These can all be physical manifestations of not being in peace a little more often. (There is much research being done in this subject suggesting that stress and worry (negative emotion) is the root cause of most disease on earth - but that is another article)

Apparently in New Zealand over 60% of GP visits are stress related. Turns out as a nation we have a real problem with our internal world. Something about the way we are 'mentally' being is not working. It makes sense to me that our bodies are an expression of our inner world - our mind and our bodies are one. If a person is feeling resentment or guilt it makes it difficult to recover from illness and create a body full of energy healing and health.

I think it's time we started to refer to the word stress and the question 'are you stressed' differently. What is the opposite of stress and worry? We hear so much talk about stress and worry but not much talk about what the opposite might look like. "Are you stressed?" is not an easy question to answer and doesn't come anywhere close to identifying the emotions that are causing us dissatisfaction. Even the question "are you happy?" is getting closer but not really ideal either.

I believe we are living on a day to day basis with automatic thoughts that are not in line with solution. The very thoughts we think we are in control of, are running our day for us and leaning us toward 'you're not OK, there's something to worry about here'.

If we chose to, we could react negatively to every single aspect of our day. When we log into online banking - some of us are in panic. When the kids come home from school with half a lunch

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eaten, when we think about the girlfriend who dumped us 5 years ago, when we need a meeting with our boss, when the employee is late yet again, when we haven't brought the birthday present in time, when we wake up and there's no coffee. There are a million things to worry about if we wanted to. But we need to remind ourselves that having a different reaction is possible – the old one is creating adrenalin, its creating an acidic body. It's creating biological and chemical reactions in our body that lower our immunity. It's creating a body that is susceptible to illness and more wrinkles and weight gain. Some of us are practising body hatred every day. We look in the mirror and our eyes go straight to the bit we don't like the most – just checking if it's still fat. Our negative perception of our bodies is working against us. The body can't lose weight and become lighter when there is a constant flow of abuse being hurled at it every day. A body being told its ugly can't become beautiful.

And even when we eat something we know we shouldn't have - what if the negative emotion of 'you're not good enough, your so useless' is doing us more harm than actually eating the pie. We have to be very careful what messages we are giving ourselves. This is a big deal. Our lives and our bodies are equal to our thoughts and not enough of us really understand how much power we actually have. If you start visualising something wonderful about your body today and you go to that thought as many times as you can – and you build it, you attach joy and gratitude to it you are now giving your body different guidelines. To think a positive thought is having so many positive reactions in your body and out. Just watch what you can do. It's a fascinating subject.

I help people with this. I help clients get clear about what thoughts might be getting in the way and create new ones in line with their goals. Come for a session and get a personal meditation focused specifically on what you want. What we want is important and we all deserve it. Sessions are 2 hrs and

cost \$120.00 Anna Wheeler anna@thinkyourbest.co.nz 021 555 658.

INFANTS AND TODDLERS THRIVING AT JOJO'S CHILDCARE

We have a great recipe for happy healthy infants, toddlers and families at Jojo's. Rather than simply a home away from home at Jojo's we like to take the approach that we are building on what you have for your children at home and what you want for



them when you are not with them. Our Pipi and Kina rooms for our under 2 years are calm and unhurried environments, throwing rigid routines out the window and allowing for children's rhythms to guide us. Our exceptional teachers have a passion for nurturing and caring for the needs of the youngest members of our Jojo's family. We understand the responsibility that is placed with us as we are trusted with your most precious babies as they grow. We are currently taking under 2's enrolments for late 2017 with limited spaces available sooner.

Come and see for yourself anytime. Corner of Oraha Rd and State Highway 16 Huapai, 09 412 5325, www.jojoschildcare.co.nz or find us on Facebook.

PHELAN'S RODNEY LOCAL BOARD UPDATE

It's that time again. The Rodney Local Board is setting its strategic vision for the next three years and we need to ensure we have heard from you that we are getting our priorities right.

Prioritising what needs to get done has not been easy. Our funding and resources are limited, so we're focusing our efforts where we think we can affect the most change.

What we want is for the themes from this plan to strike a chord with you and reflect what you want to see for the future of Rodney. These themes embrace transport infrastructure that enables us to get around easily and safely; communities taking the lead on projects in their areas; parks and sports facilities we all enjoy; clean harbours and waterways; and community-run spaces that provide a vibrant arts and culture scene.

There is always pressure to keep rates at an affordable level, so we must be smart about how some of our key initiatives are funded.

One option in this plan is suggesting a targeted rate to pay for additional transport infrastructure, and we're also looking at potential partnerships to fund things like multisport buildings.


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Please tell us if you think we've got it right from Monday, 22 May until Friday, 30 June. Getting plenty of feedback is vital when we go to the governing body to ask for funding for these initiatives. There are a number of ways you can view the plan and provide feedback;

Online at shapeauckland.co.nz or at a local library or service centre.

You can also attend one of our 'have you say' events;

- Wednesday 31 May, 3pm-8pm, Riverhead School, 21 School Road, Riverhead

- Saturday 10 June, 10am-3pm, Lions Lounge, Rautawhiri Park, Rautawhiri Road, Helensville

- Monday 12 June, 3pm-7.30pm, Dairy Flat School Hall, 1220 Dairy Flat Highway, Dairy Flat

Hope to see you there. Phelan Pirrie, Deputy Chair Rodney Local Board. phelan.pirrie@aucklandcouncil.govt.nz.

AGES & STAGES OF DEVELOPMENT AS CHILDREN TRANSITION

At Country Bears we have five specialised rooms that meet the needs of each child, with ratios that will exceed government requirements. When the time comes for a child to move onto new and extended learning and development, we don't just go on the age of the child - we look at each child individually and where they are at developmentally, socially and emotionally. Each child will reach these stages of development in their own time. Sometimes these are called milestones, an acknowl-



edgment that a child has reached or achieved a developmental stage, like rolling, crawling, and walking. There is no set time or age in which a child should reach a milestone, however a child's age can provide clues as to which stage they could be reaching. As a new skill is developed, the newly acquired ability gets built upon one that has already been established, like building a tower from the lower floor to the top floor. For a child, they will learn to walk, run and then ride a two wheeled bike. Each stage is crucial for the next stage, so here at Country Bears we see each child's individual potential, and structure our learning environment to allow the child to achieve these stages successfully without pressure.

When a child starts to learn toileting, can be a very intense period for both children and parents alike, but it doesn't need to be. When a child has the cognitive ability to recognise that their body is telling them it is time to go to the bathroom that should be when this developmental stage can be supported. If a two year old child reaches this stage before a three year old child, this does not mean that the younger child is 'smarter', as, for example, the younger child may not have the social ability of the older child.

If we were to look at child development from the theorist Urie Bronfenbrenner's perspective, he believes that a child's development is a result of the child's environment, including schooling, parents, culture, mass media etc. and the child's relationships between these environments. Within Country Bears philosophy we feel that each child will learn to communicate and explore in an environment in which the child will learn to respond to change and challenge, knowing that their individual needs will be met. These are done through responsive, respectful and reciprocal relationships.

Country Bears Early Childhood Centre hopes that you found this of interest.

If you would like to visit our wonderful Centre, designed to pro-



Remember adventuring everyday in a diverse natural environment, immersed in nature; playing confidently amongst the trees, paddocks, vege gardens & treehuts?
..It IS all still possible for your child at Country Bears
 Join us in providing the best wholesome beginning for your child





COUNTRY BEARS
 Est. 1993
 Early Childhood Centre



Locally owned and operated with 20+ Years experience

Contact Angela: 09 4128055
www.countrybears.co.nz
www.facebook.com/cbearsccc






Perfectly located on the best detour route during SH16 peak hours! Nestled amongst the trees at 79 Oraha Road, Kumeu



HELLO SOLO TRAVELLERS

EARN AND SPEND
FLY BUYS
POINTS
AT HELLOWORLD

Come and be part of a **discussion group** and have your input in designing how, where, and what experiences as a solo traveller we should be putting together. We will also have a fabulous guest speaker join us to talk about South America.

When: 6pm, Wednesday 24th May

Where: In store at helloworld Hobsonville

RSVP: For catering purposes to hobsonville@helloworld.co.nz

Vote for us at www.retail.kiwi/vote

Drinks and nibbles will be provided.



helloworld Hobsonville

 124 Hobsonville Road

 09 416 1799

 hobsonville@helloworld.co.nz

vide 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 09 412 8055.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Mon 1 May	01:17	07:42	13:43	20:04	-
Tue 2 May	02:11	08:37	14:40	21:00	-
Wed 3 May	03:12	09:39	15:45	22:03	-
Thu 4 May	04:18	10:45	16:52	23:10	-
Fri 5 May	05:24	11:49	17:57	-	-
Sat 6 May	-	00:16	06:26	12:49	18:57
Sun 7 May	-	01:16	07:22	13:43	19:51
Mon 8 May	-	02:09	08:12	14:32	20:39
Tue 9 May	-	02:55	08:57	15:16	21:21
Wed 10 May	-	03:38	09:37	15:56	22:00
Thu 11 May	-	04:16	10:13	16:34	22:35
Fri 12 May	-	04:53	10:47	17:09	23:08
Sat 13 May	-	05:28	11:20	17:43	23:40
Sun 14 May	-	06:02	11:54	18:17	-
Mon 15 May	00:14	06:37	12:29	18:53	-
Tue 16 May	00:50	07:15	13:09	19:31	-
Wed 17 May	01:31	07:58	13:53	20:15	-
Thu 18 May	02:18	08:47	14:45	21:07	-
Fri 19 May	03:13	09:46	15:44	22:09	-
Sat 20 May	04:15	10:50	16:50	23:17	-
Sun 21 May	05:19	11:55	17:56	-	-
Mon 22 May	-	00:24	06:23	12:57	19:00
Tue 23 May	-	01:27	07:24	13:55	20:00
Wed 24 May	-	02:24	08:21	14:50	20:55
Thu 25 May	-	03:17	09:16	15:42	21:47
Fri 26 May	-	04:08	10:08	16:32	22:37
Sat 27 May	-	04:58	10:58	17:20	23:25
Sun 28 May	-	05:47	11:48	18:08	-
Mon 29 May	00:14	06:36	12:38	18:57	-
Tue 30 May	01:03	07:27	13:29	19:47	-
Wed 31 May	01:55	08:21	14:24	20:40	-

Source: LINZ

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

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

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LICENSED SALESPERSON





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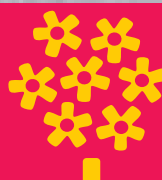
Bookings are essential.
Please phone 810 8385 to reserve your table.

You can view the full menu at palmers.co.nz/café-botannix



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