

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES  
UPPING YOUR GAME  
ON DUCKS

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

**CRAIG WALKER**

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

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May 2018

# Intro

Welcome to our May edition and all the exciting things that our community has on offer! In this issue we celebrate local figures Craig Walker, Lawrence "Laurie" McEntee and Kate "Katie" Grbavac. Congratulations go to Showhunter Waitemata president Jo Craddock who has won two Horse of the Year 2018 titles. Riding her horse Dawn, Jo cleaned up in two classes - the Prydes EasiFeed Open Horse of the Year and Amateur Show Hunter of the Year, receiving the Denise Crispe Memorial Trophy. The Waimauku rider and horse have gone from strength to strength this season and rode some flawless rounds under strong competitive pressure from a field of top riders from throughout New Zealand.

This May is Steampunk month at Kumeu Arts Centre with an exhibition of sculpture and artwork made by their members as well as the Steampunk community. It will run from the 7th until the 26th. This will include award winning sculpture and a Men in Black motorbike parked in the gallery. There will be an opening event and fashion show on Saturday the 12th at 5-8pm which everyone is welcome to attend. They are also proud to be part of the Auckland Festival of Photography. Their group exhibition 'The Emanating Light' starts on May the 28th and is open for all photographers to enter. They also have more live music nights, new classes including Acting and French as well as exciting one off workshops such as 'The Department of Repair'. Pop in today or visit their website [www.kumeuartscentre.co.nz](http://www.kumeuartscentre.co.nz) for more information.

If you want to learn more about alpaca, National Alpaca Day is Sunday May the 6th, a number of local breeders will conduct open days. This is a great opportunity to learn about these fascinating animals and have a great family day out. Alpaca are easy to look after and make an ideal farm animal for lifestyle block owners who are not experienced farmers and want learn animal husbandry skills. They are an intelligent animal which keeps them out of trouble, they are also very easy on fences, they see a fence and stop, unlike a lot of other stock which will keep pushing or looking for a means of escape. Alpaca also do a great job of smoothing out pasture that has been pugged by other stock. Go to [www.alpaca.org.nz](http://www.alpaca.org.nz) to find out which of the local breeders are participating.

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

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# kumeu Courier

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# PEOPLE & PLACES

## CRAIG WALKER THE PRAGMATIST

Stories by Geoff Dobson.

Anyone passing through Kumeu sees the name "Craig Walker Building Removals" on several signs bordering State Highway 16.

So who is Craig Walker?

He's a man who has the community at heart. After all, he's lived in the area most of his 62 years.

A pragmatist, Craig is passionate about the area, a generous supporter of many endeavours, a member of many local organisations, and never afraid to speak out.

He's well known by other local identities, but few district residents realise Craig's commitment, and he's never one to sing his own praises.

As an example, Craig provides Santa's float and Snoopy's Sopwith Camel biplane in the annual Kumeu Rotary Christmas parade (he's a Rotarian too). He's involved with the Kumeu-Huapai Residents and Ratepayers Association, and is a patron or member of various organisations, some covered later in this story.

Craig grew up in an air force environment. He spent the first three years of his life in Laucala Bay, Fiji, home to Sunderland flying boats where dad Mick was NZRAF Number 5 Squadron commanding officer.

The family moved to Wigram air base for a year, then Whenuapai and Hobsonville, Craig starting at Hobsonville School. In

1961 Mick was commanding officer at Hobsonville Air Station until 1966 when the two bases amalgamated to become Base Auckland.

Coincidentally, Craig later became an honorary RNZAF group captain, a similar title to that of his dad. He's also patron of the No. 30 Squadron Air Training Cadets at Whenuapai.

Mick and wife Pat had a hobby vineyard at Riverlea Road in Whenuapai and Pat worked in the Kumeu telephone exchange in the early 1960s where Craig often played of a Sunday in the Post Office mail room. He recalls his mum plugging in party lines, or unplugging them after a caller's allocated time ran out. Craig attended Whenuapai School before becoming a foundation pupil at Massey High School.

He was asked to leave Massey under Principal Jack Adam's watch when he was 16. "I was never academic and had dyslexia," Craig says. But far from harbouring a grudge, Craig says that moment provided the inspiration for a long-standing association with the college helping other students.

Craig supported a building programme among the high school's many academies. "If there had been those structures in place when I was at the school I probably wouldn't have failed." He says his dad was very academic and tended to think anyone who wasn't was probably lazy.

Former principal Bruce Ritchie asked Craig for help about 10 years ago, so Craig joined the Massey High School Foundation and is its deputy chairman.

Craig donated a classroom and helped move some others for free, also providing help when needed for some other local schools.

After leaving college, Craig got a job when he was 16, house moving with his brother Graham in Hamilton.

"At 17 I was towing a house through Papakura when the cops told my foreman 'he's too young to be doing that.'" But rather than give Craig a ticket, the police invited him to the Ministry of Transport Papakura office when he turned 18 so he could get a truck and trailer licence.

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Craig then worked with Haines House Haulage in Riverhead from 1973-1975, becoming the leader of a team of five. After a stint with Mobil Oil as an Auckland fuel tanker driver, Craig worked with Ian McKay to form Auckland Building Removals before the partnership ended in 1987.

That same year Craig started Craig Walker Building Removals, at first renting a shed off Kumeu businessman and rugby identity Barrie "Tank" Herring.

"It was me and two guys when we started. We worked hard and were honest, so our name got around and people were happy to use our services. For most people, their house is their biggest asset."

The firm now has 24 people, including Craig's daughter Kylie and her husband David Haskins who Craig would like to see eventually take over the business.

A storage yard in Henderson followed, then in 1997 Craig bought the former Wrightson NMA site and saleyards in Kumeu, part of the site now leased to the Kumeu Z Station.

About five years later he bought 2.8ha in Weza Lane through to the highway at Kumeu's eastern entrance, some of the land being acquired by the Auckland Council for flood plain purposes.

A smaller yard in Grivelle Street over the railway lines was later added. Craig reckons he has about 70-80 houses stored at the three sites.

His pet peeves these days revolve around Kumeu district development. Craig reckons infrastructure – especially decent roads – should have been put in before housing projects started.

"This beautiful little area wasn't designed for the housing we're getting here now."

Craig has made his views known to visiting politicians. "There's been no planning whatsoever. Make a plan and as time and money permits then implement it," he says, pointing to the huge delays in getting anywhere with road issues.

"People came here and bought a house not realising they were getting into a bad situation. It's not like they're usually able to work here either."

Craig has seen many changes in the area and reckons it has "lost its country soul".

"We once had many more community-based organisations, sports teams, etc." He says these build camaraderie, confidence and learning among youth,

"Older people should be able to help the younger ones and show that they care."

Craig is also concerned proposed fuel taxes and targeted rates could hit the area and businesses.

His other lament is that there aren't enough hours in the day to do everything.

"I'm probably overcommitted," he adds.

For the future, perhaps a little more time to spend with his and wife Sharon's four grandchildren would be ideal.

## LOCAL IDENTITIES PASS ON



The passing of two local identities has seen tributes paid at St Patrick's Catholic Church in Huapai.

Services for Lawrence "Laurie" McEntee and Kate "Katie" Grbavac were held at the church recently. Both were well known for their generosity.

Laurie, who received a Queen's Service Medal for services to the community in 2011, was dubbed "the Daffodil man" for 17 years of helping raise donations on Daffodil Day for the Cancer Society.

The QSM was presented by then Governor-General Sir Anand Satyand, pictured left with Laurie at Government House in Auckland.

A year prior, Laurie and wife Margaret received a Rodney Community Service Award for their voluntary work in the area, particularly in health, welfare and social sectors.

A former chairman of St Patrick's Parish, Laurie helped keep not only the church tidy but made sure that public places around Huapai and Kumeu were as well. He had a cheery greeting for everyone and an opinion on many local matters.

Laurie was a former chairman of the St Mary's College Parent Teachers Association and assisted with fundraising for the school.

A passionate supporter of getting a passenger rail service back in the area, Laurie formed a steering committee for the task in around 2008. The push for trains continues today through the Public Transport Users Association led by Christine Rose.

Kate Grbavac was well known for running Sunnyview Orchard with her late husband Joe on State Highway 16, about half way between Huapai and Waimauku.

A humble woman, Kate was hard working and extremely generous. I would shop there for fruit and vegetables, Kate loading me up with more than I had paid for.

She died in her 92nd year.

Kate, nee Covic, was a sister of former Waitemata mayor Tony Covic.

Joe and Kate gave many donations to their local community



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and, like Laurie McEntee, were staunch National Party supporters.

Former Prime Minister and Helensville MP John Key had, on various occasions, thanked all three for their support and their community work.

Former Rodney western ward councillor Pat Delich says in a tribute to Kate that the people of Kumeu owe a lot to the Grbavac family. "Never was a worthy cause turned away but donations were given by Katie and Joe for the good of our district."

## TIM'S MISSION TO UGANDA



Muriwai Beach lifeguard leader Tim Jago is on another world mission to save lives.

This time he's scheduled to by now be in Uganda to help establish a lifeguard service and water safety plan.

Despite being a land-locked East African country, Uganda has the second largest lake in the world – Lake Victoria, which covers 68,800 square kilometres and extends into Tanzania and Kenya.

The lake accounts for around 5000 drownings annually, Tim says.

He's been asked by Swim Safe Uganda to run its April 23-28 lifeguard training symposium and help establish a continuing lifeguard programme, intending to return around May 3.

Swim Safe Uganda executive director Moses Kalanzi had heard of Tim's work in leading a lifeguard development programme in Pakistan in 2016, reported in the Kumeu Courier September 2016 issue, so he asked Tim to provide something similar for Uganda.

Tim has to raise about \$3500 to cover airfares, insurance and other expenses, so he's established a Givealittle page and also approached local service organisations such as Lions and Rotary.

The Lions Club of Waimauku is already working to raise about

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\$3500 to renovate the 22-year-old Muriwai Volunteer Lifeguard Service's watchtower, and it has also offered to help if it can with the Uganda trip, Tim says.

He intends taking some lifeguarding equipment such as several rescue tubes, swim fins, resuscitation gear and relevant handbooks to Uganda for the training programme, as the symposium has very little available. "They even have to borrow some mannequins off their ambulance service," Tim says.

He aims to provide a similar lifeguard training programme to that offered 16-year-olds here, and hopes to see a three-year memorandum of understanding signed between the Muriwai lifeguard service and Swim Safe Uganda to continue lifeguard training and development there.

He'd like to see other Muriwai lifeguards make the journey to help and perhaps provide a lifeguard exchange.

The initial aim is to take 25 selected people through the Swim Safe Uganda symposium and an intensive lifeguard training programme. From that group a few could be identified as instructors and given appropriate help to take a similar number of people through training, eventually building enough numbers for a qualified service.

Drownings have been identified by the World Health Organisation (WHO) and the United Nations (UN) as a serious health and safety issue in countries like Uganda, Tim says.

He says Uganda did get some limited training about four years ago, but the country desperately needs suitable help in establishing a full lifeguard service.

"Basically, people in Uganda are born with a fear of the water and don't know how to swim," Tim says.

"A handful of them are commercial fishers or use water transport, but they are not involved in water sports or swimming.

"Some of them can swim about 100 metres, but lifeguards here have to do at least 400m in nine minutes."

Tim says Lake Victoria can get rough – "it even gets a surf".

But few have the knowledge, training or equipment for any water rescues.

In 2016, the African Development Bank approved a US\$25 million loan for a multinational project to establish a safety-of-life communications systems for Lake Victoria, which has about 70000 vessels.

"It's essentially an extensive cell phone network which people can use to call for help when there's trouble," Tim says. "The problem is, there's no-one who can really respond, other than police."

Tim says even using just 1% of that money over three years could help train lifeguards and provide a proper rescue service. Tim says most people in Uganda read and understand English, and the cell phone and internet system is there for a lap top which he can take to help direct the programme.

He's confident that, with support, Uganda can establish a world-class lifeguard system.

And, who knows, Tim may get the call for help from other coun-

tries too.

To support Tim's venture contact [tim@promotion.co.nz](mailto:tim@promotion.co.nz) or check out his Givealittle page.

## HORSE OF THE YEAR DOUBLE



Photo: The Art of Michelle Clarke

Show hunter Waitemata president Jo Craddock has won two Horse of the Year 2018 titles.

Pictured riding her horse Dawn, Jo cleaned up in two classes – the Prydes EasiFeed Open Horse of the Year and Amateur Show Hunter of the Year, receiving the Denise Crispe Memorial Trophy.

The Waimauku rider and horse have gone from strength to strength this season and rode some flawless rounds under strong competitive pressure from a field of top riders from throughout New Zealand.

Show hunter riders have to qualify for Horse of the Year, so only the best in the country get to compete.

Winning two titles the same day is rare.

The wins are all the more special because Dawn, by Dream Boy, is a local horse having been bred by Louise and Lance Blair and Emma Buckingham.

Louise is a past president of Show Hunter Waitemata and Emma is Waitemata Showjumping president.

Jo's daughter Jaimie Botha, 12, finished fourth on Minks in the AHD Ltd Category A Pony Show Hunter of the Year, both going through a call-back at the same time.

Tors Rattray coaches Jo who started equestrian competition as an adult following her success as swimmer, winning several national titles. Jo represented New Zealand at the World University Games and the Oceania Championships.

Jo says she's busy with horses now so no longer swims competitively.

She says Dawn is a fantastic partner, has had a very consistent season and always does her best.

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# SAFER COMMUNITIES

Following on from last month's article about the increase of burglaries in our area, local Police would like to see the community being proactive in helping the police prevent crime. There are several ways to do this, reporting ANY suspicious activity or crime is one of the most important. The Police need to know this information and will respond. It is important that information is reported to police either by contacting your local Police Station or calling 111 – writing on the community Facebook page while a crime is taking place is NOT helpful to the Police. If it is not reported to Police then we don't know about it. Another great way to be proactive is to get involved in our local Community Patrol group. The Nor West Community Patrol work alongside our local police and act as their "eyes and ears". It is not time consuming, but involves taking ownership in your community, looking out for one another and for each other's properties, and liaising with local Police about Crime in the area. If you would like to know more about how to join the Nor West Community Patrol, please contact your local Community Constable Melissa Haven at the Kumeu Police on 09 412 7756.

Melissa Haven  
Community Constable  
Kumeu Police

West Auckland certainly got hit hard with the recent big storm. The local fire stations out West attended over 30 calls each for assistance plus set up as welfare centres to assist locals. A marathon effort by the fire stations working in partnership with Resident and Ratepayer groups, locals, Police and Civil Defence. Certainly a stressful situation for locals as the weather was poor and the damage to infrastructure was high.

All disasters have the potential to cause disruption, property damage and take lives. So it's vital that you prepare now. Check out [www.getthru.govt.nz](http://www.getthru.govt.nz).

The Waitakere Fire Station's oldest serving member has semi-retired.

Brigade member 771 being a 1994 Mitsubishi has been at the station since it first went into service. It has left us to become a relief fire truck across the Auckland region. The pictures below are of our departing 771 and incoming replacement Iveco also called 771. A great new asset for the community.

Denis Cooper  
Station Officer  
Waitakere Volunteer Fire Brigade





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# COMMUNITY NEWS

## LIONS CLUB AUTUMN BOOK FAIR



26th/27th May 2018 at Helensville War Memorial Hall. In an event not to be missed by book lovers and following on from the success of the Christmas Book Fair in November where \$8,100 was raised for use in the local community, the Lions Club of Helensville, is once again holding their Autumn Book Fair on, Saturday 26th, 9am to 4pm and Sunday 27th 10am to 3pm of May, in the Helensville War Memorial Hall. As a point of difference from other book fairs all our books have been sorted before the event and are not just dumped in boxes on tables for the public to scabble through. The aim of the Helensville Lions is to make your weekend of browsing as effortless and pleasurable as possible. Nonfiction is split into twenty separate categories, from Animals & Pets to Winemaking including one dedicated to New Zealand subjects. This time we have an especially large number of sports books as well as a General Non Fiction section to browse through. Fiction is arranged alphabetically, authors from Atwood to Zigman, with six special interest groups, the largest of which is the fantasy section. We also have a great number of children's books for all ages. Books are priced to sell with

paperbacks at \$1, hardbacks at \$2.00 and all children's books being 50c each. There is also a good selection of jigsaws, board games, puzzles, LPs, DVDs, CDs and quality magazines available. All funds raised go into The Lions Club of Helensville Charitable Trust and are used for the benefit of the local community. Donations can be left at Helensville Copy & Print or call Chris on 09 420 8527. Please note that the last date we are accepting books for this book fair is Friday 18th May.

## FAMILY



Family = busy, loud, laughing, crying, unconditional love, refereeing, cooking, taxiing, cleaning, creating memories, teaching, having fun, cuddles, tiffs, juggling, proud moments, sleep deprivation.....INSERT YOUR WORD here..... But at the end of the day you wouldn't have it any other way. Just like a circle, your love for them has no end. As part of my Messages Collection, this "Family" necklace allows you to keep your family close in a subtle and stylish way.

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## FETAL ALCOHOL SYNDROME DISORDER (FASD)

Everyone deserves a chance to live a normal life. There is a group of seriously passionate people in our community that are keen to make a huge difference for those who suffer from Fetal Alcohol Syndrome Disorder. If you meet someone with this syndrome, you may never even notice that there is anything different, but once you get to know them better, you will become aware of the brain damage that they have. Some research says it is OK for a mother to have a few drinks while pregnant, other research says no drinking is safe at all, but what we do know is that alcohol at a certain stage of the pregnancy can cause irreversible brain damage. Our passionate team aim to create "Fazed Inn", a tailor-made program for teenagers who are diagnosed with FASD that have dropped out of school for one reason or another. It will be a restaurant with a qualified chef who will teach them to prepare and cook food. We have teachers who will teach them to communicate effectively with others, they will learn social skills, wait on customers and learn how to manage money. We also have an education team waiting to help students achieve their NCEA levels with confidence. The certified life coach/motivation coach can teach the children how to overcome their self-limiting beliefs and work on restoring self-esteem, while also being able to teach them relaxation skills for anxieties they may have. The aim is to get them into part-time/ full-time employment.

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## CENTENARIAN BIRTHDAY – 103 YEARS YOUNG!



Helensville MP, Chris Penk visited Mr Edward Hill on the occasion of his 103rd birthday at Kumeu Village Rest home. Obviously Mr Hill pays careful attention to current events – his opening comment was: “Have you come to ask if I’d be prepared to stand in the upcoming Northcote by-election?” While we are sure that he would be a fantastic MP, Chris did point out that he shouldn’t be too quick to give up his well-earned retirement. A longtime resident of the area, Mr Hill says that he considers transport to have undergone the most significant changes in his lifetime. “It was a pleasure and a privilege to meet Mr Hill. We look forward to catching up with him again at the same time next year!”

## AUCKLAND LIBRARIES

May is New Zealand Music Month at Auckland Libraries – this is a really fun month when we highlight our music collections and celebrate local talent! You can borrow sheet music, CDs, DVDs, magazines and books about music and musicians from Auckland Libraries. Our display will highlight some of these, and you can go to our catalogue to see the wide range of subjects and formats available in Auckland Libraries’ collection. For a bit of fun, come and check out our dis-

play of books with titles to get you singing, and see which ones you recognise. Planned events include free beginners’ ukulele lessons at 9.30am on Thursday 10 May and Thursday 31 May – this is your opportunity to try something quite different in a friendly, relaxed setting, learn a new skill and have a whole lot of fun. We provide the tutor, the ukuleles and the sheet music, but numbers are limited so first come, first served. Special preschool story times with a musical theme will be held on Monday 14 and Saturday 19 May. Other guest artists will be performing a variety of styles of music during the month – Kumeu Library will be humming with musical treats in May, so keep an eye on our Facebook page ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)) for details of these performances.

## THE MOBILE CAR SPECIALISTS



Is your car’s bumper badly scratched? Bumper scuffs can be costly to repair if a panel shop has to repaint the entire bumper to colour match it 100%. It isn’t uncommon for prices to range between \$800 - \$1000 +.

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Our other services include: Dent removal – small to large. Yellow / foggy headlight restoration. Deep clear coat scratch removal. Ceramic coating paint protection. Signwriting removal. High quality paint correction / cut and polish. We are a full-

ly mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit [www.TMCS.co.nz](http://www.TMCS.co.nz) to see our work and 5 star reviews.

## SENIORNET KUMEU



It is a well-researched fact that keeping mentally active is a significant contributor to a more contented life as we move into our “senior” years.

That’s where Seniornet Kumeu comes in! We are dedicated to helping people who want to keep up with today’s technology, who either don’t how to use a computer, smartphone, or tablet or simply want to improve their skills. We are a friendly and informal club with tutors who teach at a pace that suits our members.

Membership costs just \$20.00 a year. Our monthly meetings cost just \$3.00, which includes a break for free drinks and cakes when members can chat and get to know each other better.

The meetings are open to non-members who want to visit and find out what our relaxed and friendly club is all about. If you would like to join us, just come along to our next meeting on May 2nd at 10am at the Norwest Soccer Club Huapai (lots of parking space available) or contact: Brian Lacey on 022 183 1811 [brian@lacey.nz](mailto:brian@lacey.nz) or Nigel Dempster at [nigeldem@outlook.com](mailto:nigeldem@outlook.com).

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

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## STEAMPUNK COMES TO KUMEU ARTS CENTRE

This May is Steampunk month at Kumeu Arts Centre with an exhibition of sculpture and artwork made by our members as well as the steampunk community. It will run from the 7th until the 26th. This will include award winning sculpture and a Men in Black motorbike parked in the gallery. There will be an opening event and fashion show on Saturday the 12th at 5-8pm which everyone is welcome to attend. After that we are proud to be part of the Auckland Festival of Photography. Our group exhibition 'The Emanating Light' starts on May the 28th and is open for all photographers to enter. We also have more live music nights, new classes including Acting and French as well as exciting one off workshops such as 'The Department of Repair'. Pop in today or visit our website [www.kumeuartscentre.co.nz](http://www.kumeuartscentre.co.nz) for more information.



## NATURE'S EXPLORERS KINDERGARTEN TAKING ENROLMENTS FOR 2019

At Nature's Explorers Kindergarten your children's teachers are qualified, registered and have many years' teaching experience. They are passionate about your child's learning and development, our Kindy is warm, welcoming and a staff that is energetic, passionate and highly trained. If you choose Nature's Explorers Kindergarten your children will run through real grass, capture real bugs, pick real fruit from our real trees and even go on nature walks once a week. If you are looking for a kindy or have a baby and are thinking into the future we are



now taking enrolments for 2019. Please pop in to see us at 1 Maude Street Riverhead, call us on 09 412 8800 or email office. [kindergarten@xtra.co.nz](mailto:kindergarten@xtra.co.nz) for more information.

## SMASHING PROMOTIONS

Wanted 5 x Community minded companies @ \$400 each to sponsor 600x backpacks with road safety message on. Showcase your brand in a meaningful way – create goodwill and deliver a road safety message to your community. These will be delivered to 6 x different schools of your choosing. We also require schools that are interested in receiving these sponsored bags. Interested? Call Mark at Smashing Promotions 09 412 6235 or email [mark@smashingpromotions.nz](mailto:mark@smashingpromotions.nz).



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## A WEEK IN THE LIFE OF KAUKAPAKAPA

Kaukapakapa Library administrators and organisers of the Kaukapakapa Market have announced the dates for the Second Kaukapakapa Photographic Competition which will take place during the period Sunday 3 June – Sunday 10 June.

The competition is for any photographs taken in the Kaukapakapa area during the week:- social, personal, sporting, pets, in fact anything which could be included in a collection of images

which can be seen under the heading "A Week in The Life of Kaukapakapa". A maximum of three digital images per entrant must be received by 6pm Tuesday June 12th at [colinlunt@xtra.co.nz](mailto:colinlunt@xtra.co.nz). One picture from each entry will be printed and displayed in the Kaukapakapa Hall during the market on the morning of Sunday 17th June so that a "People's Choice" award can be selected.

"Kaukapakapa" is defined as an area from Makarau to Helensville, Kaukapakapa to Waitoki.

It must be emphasised that any photographs entered for "A Week in the Life of Kaukapakapa" must be taken during the period 3 June – 10 June, this information can be checked through the digital signature of the image.

"Last year's entries were quite remarkable" said Colin Lunt, "But there were a number of comments about the time limited to one day. As a result we have extended it to a longer period to encourage even more people to enter".

Prizes will be presented to the best Junior photograph for Under 12 photographers, the best Over 12 photograph and a



Take a photo between 3rd and 10th June to record a "Week in the Life of Kaukapakapa".  
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Full Details at [www.cic-photography.com](http://www.cic-photography.com)



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People's Choice photograph. Winning photographers will each receive an A3 canvas print of their winning image and a \$50.00 Westfield Voucher

Awards will be presented in the Hall at midday on Sunday 17 June during the Kaukapakapa Market. The People's Choice winner will be chosen from the images displayed during the morning of the Market.

The decision of the judges; Kaukapakapa Library administrator Megan Paterson, Kaukapakapa Market organiser Sarah Legg and photographer Colin Lunt, will be final.

For more information please see [www.clc-photographic.com](http://www.clc-photographic.com) or contact Megan Paterson phone 021 959 017, email [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz) or Colin Lunt at 027 370 4188 or email [colinlunt@xtra.co.nz](mailto:colinlunt@xtra.co.nz).

## RIVERHEAD SCOUT GROUP

By the playing fields in Riverhead, over 60 local children gather each week in the little green and red den as part of the Riverhead Scout Group learning valuable life-skills, whilst being taught to be contributing members of a close-knit community. Led by parents-as-leaders the group regularly 'tidy up Riverhead', participate in the annual ANZAC service, and assist other community groups like Kumeu Lions with their upcoming Book Fair. Sadly, the group has been hit not once but twice in the last year by thieves and are working hard to rebuild what was lost. As one of the lucky recipients of Riverhead Z's Good in the Hood, the group are honoured to have the opportunity to raise vital funds that will go towards purchasing a new safety boat, essential so that Riverhead Scout Group and other local groups are able to enjoy water activities on our river. Please help by casting your vote for them at Z Riverhead during May. This initiative is a

true reflection of what a wonderful community we are a part of!

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## "WHATCHA GOT COOKIN'?"

Kaukapakapa Library - Sunday 20th May 10am to 1pm. Join us in the Kaukapakapa Library and view the evolution of the cookbook from Mrs Beeton and Aunt Daisy to Nigella. Vintage, classic and contemporary cookbooks along with a cornucopia of Kitchenalia courtesy of John Perry, Global Village Antiques. Explore our food history before Ubereats, Facebook and the advent of the dishwasher. The Library is open in conjunction with the Kaukapakapa Village Market. For more information contact Megan Paterson, [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz), 021 959 017.

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# IN BRIEF

## UPDATES:EVENTS

### KAUKAPAKAPA MARKET & PINK RIBBON BREAKFAST



Sunday 20 May 8.30am to 1pm. This month the regular monthly market will be hosting a Pink Ribbon breakfast fundraiser. Delicious breakfast and tasty treats will be served from the market café with proceeds going to the NZBCF plus raffles, live music from Rusty and the Ukulele Rustics, free face painting and much more. Plenty of great stalls and all your favourite regulars with everything from locally hand-made crafts to pre-loved treasures and collectibles, books, plants, jewellery, hand knits and so much more. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.

### HOME BASED EARLY CHILDHOOD EDUCATION IN WAIMAUKU

I am a qualified early childhood teacher, specialised in Montessori Education. I provide high quality home based care and education for children aged 15 months - 6 years of age. The many benefits of home based care are the low teacher to child ratio, 1 teacher to 4 children.

Small group sizes enables learning to be catered to each child's needs. We take excursions into the community such as zoo trips, library visits, music, Muriwai beach and more. I also provide nutritious meals. Our home is in a tranquil environment surrounded by native bush.

If you would like to discuss Home Based care for your child please contact me, Kerie Lewisham - 021 775 502 or email kerie@tallpoppies.org.nz.

### WOODHILL SANDS



Easter saw great numbers with Waitemata Show Jumping's' Audi Continental Cars Series Final. This wrapped up the summer of National level events at the newly community owned Woodhill Sands, purchased in October by a not for profit trust for the riders of Auckland.

They have big plans all winter with something for everyone, ribbon days, show jumping, dressage, show hunter and Mini ODEs for the low levels (trotting poles and x bars to classes for the pros who want to keep their hand in over the winter months. Head over to [www.woodhillsands.co.nz](http://www.woodhillsands.co.nz) for further details on the winter series.

Lucky riders this winter season will go into a draw to win an Equissage unit for

their horses (valued at over \$6000) simply by entering any Woodhill Sands event leading up to spring gives every rider a chance in the Equissage raffle.

Photo credit: Cheleken Photography.

### LOOKING FOR A WEDDING GOWN?



Looking for a wedding gown? Andrea still has stock to sell, with 30 wedding gowns still available. They are in sizes 4 to 12, priced from \$100 to \$500 (some worth around \$2000!) Hurry before they disappear! Contact Andrea at [www.facebook.com/FancyFrocksNZ](http://www.facebook.com/FancyFrocksNZ) andrea@fancyfrocks.co.nz.

### MOTHER'S DAY CONCERT

This year, Mother's Day will be celebrated at the Kumeu Community Hall with a "free" gold-coin-donation concert.

Our very own Kumeu Brass Inc. comprises three bands: Kumeu Brass (70 years established this year), Kumeu Evolution Brass (talented beginners) and Kumeu Vintage Brass. Fresh from another highly successful performance in the Bruce Mason Centre, KVB has established an enviable reputation as one of the most popular Brass Bands in New Zealand. They don't play outdated brass music but have developed a fresh tradition of playing evocative, popular melodies from the '30s through to the present day with a focus on engaging audiences and exciting

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the senses.

All three bands will combine for their annual community concert with a very distinctive emphasis on mothers. Pamper your mother with a mystery afternoon. Exactly what happens to mothers will be revealed on: Sunday, May 13, the Kumeu Community Hall, 2.30 pm, Access Road, Kumeu.

## YOU TRAVEL SPECIALISE IN ALL CRUISING TOO



There is a much bigger interest in cruising these days. Referred to as "A Floating Hotel" – only unpacking once, but seeing so much. Cruising is becoming so much more affordable and its popularity is growing. Contact: YOU Travel Westgate for a Quote; Experts in all your travel needs. Call: 09 831 0018 or Email: paula@youtravel.co.nz. Better still come in and see us at YOU Travel, 18 Westgate Drive, Westgate; Have a coffee with me and plan your next holiday. Tell me you have seen this Editorial and get \$50 off your next trip valued over \$1500.

## FLOWER BARN

After a wind battering April, we hope that everyone has recovered well and back to normal. At the Flower Barn we were hanging on to windows and doors and all sorts of things as the cyclone hit us with a bang! We suffered some damage on the tunnel house and a large tree was ripped out of the ground, definitely not for the faint hearted. Nonetheless, we were lucky as one of our neighbours had an entire row of trees fall over. I also heard

that a caravan in Muriwai was blown over but fortunately no-one was inside. Now that we can start to mend the tunnel house and clean up, we are also preparing for Mother's Day on Sunday 13th May. The Flower Barn will be open from 9am until 4pm both Saturday and Sunday and we will have lots of gorgeous "pick and go" flowers and gifts. Remember bee-friendly, no-nasty chemicals so you don't bring chemicals into your home. You can order online [www.flowerbarn.co.nz](http://www.flowerbarn.co.nz) If you want to pre-order something special please call us on 09 412 7606 or email us @ [flowerbarn@plantzero.co.nz](mailto:flowerbarn@plantzero.co.nz).

## NEW WORLD KUMEU



New World Kumeu is getting behind the push to reduce the use of plastic and plastic bags.

We have had a number of promotions through our checkouts that has resulted in hundreds of re-usable bags being distributed to our customers.

We always have a stack of cardboard boxes on hand if you would like to take some or all of your groceries home in a box.

In our produce department we offer customers the option of buying re-usable string bags for their fruit and vegetables. Our meat trays with the honeycomb pattern on the base are recyclable, rinse them and put them in with the rest of your recycling. The containers used in our deli for portions of salad are compostable.

If you shop online you can ask to have the products in boxes, this is an option for both delivery and "click and collect".

They are all little steps, but in the words

of the Chinese proverb "a journey of a 1000 miles starts with a single step".

## ECO-FRIENDLY PRINTING



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# PROPERTY NEWS & ADVICE

## MARKET REPORT

This property market is often a cross between a sailing ship in a high sea and the green lantern roller coaster, and often we as Real Estate Agents have to provide the safety briefing to steer straight and true and hang on. There is no doubting that we are in a different climate to the last several years, longer days on market, fewer international investors and insecure banking interests make for an often interesting if not thrilling adventure. That said, prices are still relatively static but gone are the heady days of buyers on-selling with thousands in gains. To that extend I feel it is a settling property market, an easy as she goes property environment. It does highlight the need to be flexible, understanding and persistent. This is a normalised market, not favouring buyer nor seller. Let's look at the sales in the area: Helensville residential: \$591,000 to \$729,000. Helensville lifestyle: \$1,050,000 to \$1,475,000. Huapai: \$785,000 to \$1,135,000. Kumeu residential: \$982,000. Kumeu lifestyle: \$1,750,000 to \$7,920,000. Muriwai: \$695,000 to \$945,000. Parakai: \$528,000. Riverhed: \$937,000 to \$1,450,000. Taupaki: \$870,000. Waimauku residential: \$830,000. Waimauku lifestyle: \$1,150,000 to \$2,430,000. Waitakere: \$828,000 to \$1,500,000. Whenuapai: \$1,053,000 to \$1,130,000. Upsizing or downsizing or liquidating, there are a number of things that will be important to you; a) the agent needs to be experienced and highly qualified; b) the process must attract a volume of buyers; c) the advertising plan must attract the right buyers to view the

property; and d) you must feel part of the journey and involved in the success of the sale. At Mike Pero Real Estate, we provide a logical and easy solution that delivers peace-of-mind to buyers and sellers considering a property change. For more information go to [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) or phone 0800 900 700. Mike Pero Real Estate Ltd Licensed REAA (2008).

## BRIGHT-LINE TEST EXTENDED



The IRD created the "bright-line" test in 2015 which requires people to pay income tax on profits they make on the sale of residential property within two years of buying that property.

From 29 March 2018 the bright-line test for residential property has been extended from 2 years to 5 years – but only for properties bought (or for which an agreement for sale and purchase was entered into) after 29 March 2018.

If an agreement to purchase a property was entered into before that date, the 2-year bright-line test will still apply.

The 5-year bright-line test applies in the same way as the 2-year bright-line test. A flow-on effect is that residential land withholding tax (RLWT) rules – which apply mainly to non-residents have been extended from 2 years to 5 years too.

There are exceptions to the bright-line test – where the property has been your main home, was an inheritance, or where the sale is the result of a relationship property settlement.

If you'd like to know more about buying and selling property, or you would like a great personal service for all your legal needs, and a lawyer that comes to you, contact your friendly local mobile lawyers Shelley Funnell 027 537 9221 and Taina Henderson 027 537 9222.

## WANT TO INCREASE YOUR BORROWING POWER?

Differences in how lenders stress test mortgage lending can have a measurable impact on how much you can borrow. This is where a mortgage broker can help.

Many borrowers don't realise that lenders calculate your ability to repay a loan based on a rate of interest that is higher than the actual rate on offer. This is designed to protect you in the event interest rates go up in the future.

In finance circles this is called a 'stress test' and each lender does its stress testing differently. Consequently, there are big variations in how much both bank and non-bank lenders are willing to lend Kiwi home buyers.

How big is the difference?

Each lender has a different policy, so they stress test anywhere from 7.0% right up to 8.5%. Lenders tend to align stress test rates with movements in the official cash rate though they may make adjustments outside of OCR movements as they have in recent years.

To demonstrate how this affects borrowing power, we took an average couple and calculated what each lender on the Mike Pero mortgage panel would lend them. On average we found a staggering difference of \$160,000:

Buyers outside of the main city centres are just as affected. While the numbers presented may relate more to a major metro city like Auckland, your borrowing



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with each lender will also vary significantly for a lower priced property similar to those in regional New Zealand.

So, what are your options?

While every lender is different, mortgage brokers know the market well and can help customers optimise their borrowing based on their financial situation. In a competitive property market, an extra \$160,000 can make a big difference.

About our couple above:

- Clean credit history
- Combined income of \$130,000 p.a.
- Savings of \$100,000
- Ongoing monthly expenses of \$2,000

For further details or feedback feel free to contact Ivan 027 577 5995 or email [ivan.urlich@mikepero.co.nz](mailto:ivan.urlich@mikepero.co.nz). Ivan Urlich is a registered Financial Advisor specialising in Mortgages, his disclosure statement is available free of charge on request.

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## COULD YOU BE LIABLE FOR TAX WHEN SELLING YOUR PROPERTY?



By Bret Gower, Smith and Partners Lawyers. Buyers and sellers of residential property need to be aware of the "bright-line test for residential land" which has been in effect since 1 October 2015. Since that date gains on the proceeds of sale of residential property acquired and disposed of (including sub-divisions) within a two year period are liable for income tax, except for your main home

and certain other exclusions. Recent changes to the bright-line test have extended the period to five years. Residential land purchased after 29 March 2018 and disposed of within five years can create a liability to income tax, with certain exceptions.

Before you buy or sell property you need to be aware of how the dates of purchase and sale are measured, and seek expert advice as to whether or not you may be liable for tax. Getting advice early could prevent a major tax bill.

## TRUSTEES AND INCAPACITY

Trust assets are usually intended for the next generation as much as the present one. This means that a trust can last a long time - usually up to 80 years. Inevitably, the founding trustees must pass control of the trust to the next generation. Importantly, this must be done before there is any loss of capacity by the founding trustee. If not, it sometimes takes a court application under the trustee act to achieve the appointment of the replacement Trustees. Such applications come with significant cost and delay. It is better to have a plan for this well before any capacity issue arises. This can include appointing a corporate trustee in the place of personal trustees. Thereafter, focus will be on the control of the corporate usually by the founding trustees while they can. This is something to get legal advice on.

Luke Kemp - Kemp Solicitors, phone 09 412 6000 or email [luke@kiempsolicitors.co.nz](mailto:luke@kiempsolicitors.co.nz).

## \$85 = EXPOSURE FOR A MONTH

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# AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price	
Helensville	520,000	407M2	96M2	625,000	
	570,000	1166M2	100M2	612,000	
	1,375,000	11240M2	273M2	1,475,000	
	740,000	1011M2	157M2	729,000	
	750,000	496M2	136M2	630,000	
	730,000	816M2	170M2	720,000	
	570,000	947M2	90M2	591,000	
	1,200,000	1HA	180 M2	1,100,000	
	1,075,000	5HA	133 M2	1,050,000	
	1,325,000	1HA	265M2	1,300,000	
	1,200,000	8770M2	256M2	1,085,000	
	Huapai	820,000	817M2	100M2	785,000
1,150,000		677M2	236M2	1,135,000	
1,250,000		1173M2	250M2	1,150,000	
1,075,000		737M2	205M2	1,105,000	
1,125,000		641M2	234M2	1,100,000	
Kumeu	980,000	649M2	180M2	982,000	
	1,500,000	2HA	235M2	1,750,000	
	1,350,000	2HA	121M2	2,450,000	
	1,175,000	1.9HA	188M2	2,500,000	
	5,450,000	3.5HA	70M2	7,920,000	
Muriwai	840,000	809M2	72M2	695,000	
	1,125,000	1267M2	121M2	945,000	
	3,000,000	6.6HA	440M2	5,800,000	
Parakai	550,000	554M2	100M2	528,000	
Riverhead	1,200,000	1910M2	200M2	1,050,000	
	1,125,000	809M2	176M2	1,110,000	
	1,225,000	810M2	250M2	1,450,000	
	1,200,000	1182M2	143M2	1,120,000	
	1,225,000	605M2	220M2	1,020,888	
	1,225,000	653M2	227m2	1,200,000	
	940,000	809M2	123M2	937,000	
	970,000	1012M2	88M2	990,000	
	Taupaki	800,000	1012M2	110M2	870,000
	Waimauku	1,150,000	2977M2	220M2	830,000
1,425,000		7.56HA	100M2	1,170,000	
1,750,000		5.2HA	150M2	2,430,000	
1,700,000		2HA	300M2	1,150,000	
Waitakere	960,000	956M2	220M2	828,000	
	1,025,000	4.1HA	96M2	1,500,000	
	1,125,000	3HA	99M2	1,100,000	
	910,000	2.5HA	100M2	830,000	

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

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marketing kick start.**

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

**Mike Pero**  
REAL ESTATE

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# TURN UP THE HEAT THIS WINTER

## Masport R5000 Pedestal Wood Fire

Heats areas up to 190m<sup>2</sup>.  
Clean air approved.  
Flue kit, shield and kettle not included. 19.6kW output.  
15 year warranty on firebox.



**\$2599**

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**EXCLUSIVE**

## Woodsman Brunner MK11 Wood Fire

Heats areas up to 190m<sup>2</sup>.  
Clean air approved.  
Flue kit, shield and kettle not included. 19.6kW output.  
15 year warranty on firebox.



**LOW PRICE \$1999**

229210

**FREE FLUE & SHIELD KIT**  
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Offer valid 15th March - 30th April 2018.  
See in store for full terms and conditions. (Installation not included).

## Woodsman ECR Novo Wood Fire

Heats areas up to 150m<sup>2</sup>.  
Includes cook top.  
Durable 6mm Steel Fire Box. Flue kit not included.  
15.7kW output.  
15 year warranty on firebox.



**\$1599**

243264

## Dimplex Ceramic Tower Heater

Movement sensor mode.  
Safety tip over switch and power saving. Includes remote.  
2.4kW. 2 year warranty.



**\$169**

297064

**EXCLUSIVE**

## Nouveau Glass Panel Heater

2 heat settings. Tempered glass.  
Free standing or wall mount. LED display with touchpad control and remote control. 2kW.



**\$168**

297094

## Nouveau Flame Effect Heater

2 heat settings with adjustable thermostat.  
1.85kW.



**LOW PRICE \$159**

317687

**EXCLUSIVE**

## Nouveau Oval Rattan Log Basket



**\$89<sup>95</sup>**

317642

The team at Mitre 10 MEGA Westgate are here to help you find the right wood fire. We can make sure you get the best solution by providing you with everything from fire boxes, fuel to burn, accessories to use and parts to maintain your wood fire.

Our team will ask you about your home's heating requirements: is this a large home newly built with insulation and double glazing, or a small draughty villa undergoing renovation? Once we've found your wood fire, we'll talk you through the installation process and ventilation. We can also help point you in the right direction to sort out building consent, and talk about site delivery.

Mitre 10 MEGA Westgate has everything you need for regular maintenance checks to keep your wood fire burning year after year. For extra advice and information in Auckland, you might want to check out the local council website [www.auckland.govt.nz](http://www.auckland.govt.nz)

Products shown are available at Mitre 10 MEGA Westgate. Subject to availability and while stocks last.

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WESTGATE



## THE KIWI DREAM

4 2 1

**\$995,000**

**289 Motutara Road, Muriwai**  
\$995,000

Four bedroom home on quarter of an acre (1037m2) with the beach a ten minute stroll down the road. This beautifully built character home is looking for a new owner who will appreciate the skill that was employed to build to this quality. Extensive use of Kauri and other quality timbers make this home a rare find. A modern kitchen is complimented by a pristine Shacklock range with a wetback. The formal lounge overlooks the lovely gardens. The master bedroom is a spacious light filled room. The beach and surf club are one kilometre away, the golf club is around the corner, what more could you ask for.



**Lyndsay Kerr**  
027 554 4240

[www.mikepero.com/RX1332459](http://www.mikepero.com/RX1332459)



## THE PERFECT LIFESTYLE PROPERTY

4 2 2

**\$1,298,000**

**87 Zanders Road, Waimauku**  
\$1,298,000

Spacious four bedroom, two bathroom brick home with internal access to a large double garage. A double bi-fold door opens onto a concrete courtyard, from the large kitchen/family room area. Pasture is divided into 4 paddocks of improved pasture. The fencing is to a good standard. A small dam is at the bottom corner of the block.



**Lyndsay Kerr**  
027 554 4240

[www.mikepero.com/RX1323109](http://www.mikepero.com/RX1323109)

## RARE EARTH

**\$720,000**

**1056 Peak Road, Waimauku**  
\$720,000

Overlooking the Tikokopu Valley this 1.25 hectares (3.1 acres) is waiting for you to build your lifestyle dream. Multiple terraces provide a variety of building platforms. The views are panoramic. Animal lovers can build on the top platform allowing you to observe your animals at all times. Rarely does land become available in this choice location.



**Lyndsay Kerr**  
027 554 4240

[www.mikepero.com/RX1369391](http://www.mikepero.com/RX1369391)



**BRICK AND TILE ON 2403SQM - ELEVATED VIEWS** 4 2 2 **By Negotiation**

**14 McEntee Road, Waitakere**  
By Negotiation

Elevated views over the valleys and green fields of Waitakere Township with over half an acre of land this hidden away treasure is worth digging deep for. Not only is the land footprint big, the home, constructed of beautiful big brick and concrete tile roof offers good insulation properties, durability and styling. A spacious four bedroom home with two living areas, two bathrooms, separate laundry and oodles of storage is an outstanding family friendly layout with separation and integration when and where you want it. Situated in the heart of Waitakere Township, with a general store, excellent primary school, parks and transport links a short stroll away.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1425082](http://www.mikepero.com/RX1425082)



**BRICK AND TILE ON 1/4 ACRE** 3 1 1 **By Negotiation** **SELLING, SELLING..... WAITAKERE TOWNSHIP** 2 2 1 **By Negotiation**

**18 Trigg Road, Huapai**  
By Negotiation

Picturesque brick bungalow boasting three rooms, bathroom, open plan kitchen, lounge, dining with decking to the front and back delivering excellent indoor-outdoor flow. A stand-alone single garage and workshop for storage or man-caving. 1019sqm section, fully fenced and peppered with fruit trees and a chicken run for the good-life.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1417919](http://www.mikepero.com/RX1417919)

**57 Waitakere Road, Waitakere**  
By Negotiation

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1154898](http://www.mikepero.com/RX1154898)



**SUN FILLED AFFORDABLE APARTMENT LIVING WITH VIEWS!** 2 2 2 **By Negotiation**

**301A / 160 Hobsonville Point Road, Hobsonville**  
By Negotiation

Seldom available, this well presented two bedroom Brickworks apartment delivers a convenient home or rental property for the discerning property buyer. North facing with extensive windows and alfresco deck with lovely views across the park through to the Inner Harbour, this property has plenty to celebrate. Whether you want lock-and-leave or the simplicity that this property can give you, the decoration is peaceful, loads of sunshine, two secure car-parks and access to your own storage unit and a bike room. Close to cafes, Hobsonville Point Farmers Market, Bomb Point reserve, coastal walks, parks, shops, ferry landing, great schools and transport links.



**Cherry Kingsley-Smith**  
021 888 824

[www.mikepero.com/RX1431549](http://www.mikepero.com/RX1431549)



**SELLING NOW - MAKE YOUR OFFER** 4 2 1 **By Negotiation**

**77 Royal Road, Massey**  
By Negotiation

Positioned on a massive 1092m2 of land stands a solid four bedroom 1960's weatherboard home on concrete block, with tandem garage, rumpus, storage and oodles of extra parking. Enjoy the amazing views from the spacious open plan kitchen, dining and master bedroom deck. A relaxing lounge with wood fire and French doors.



**Cherry Kingsley-Smith**  
021 888 824

[www.mikepero.com/RX1399738](http://www.mikepero.com/RX1399738)

**BRICK AND TILE CUTIE** 2 1 1 **By Negotiation**

**1/17 Roberts Road, Te Atatu South**  
By Negotiation

First Home Buyers, Retirees and Investors must view this brick and tile two bedroom front unit of two - a real cutie with spacious and private North facing garden. Enjoy open sunny and warm living in the open plan kitchen and lounge with the addition of a heat pump, ensures comfort all year round. Wander outside and sit amidst landscaped lawns and beautiful roses.



**Cherry Kingsley-Smith**  
021 888 824

[www.mikepero.com/RX1430873](http://www.mikepero.com/RX1430873)



ELEGANT, COMFORTABLE, MODERN LIVING IN HOBSONVILLE POINT 3 2 1 By Negotiation

## 33 Rangihina Road, Hobsonville Point

By Negotiation

This beautifully presented and styled three double bedroom, two and a half bathroom townhouse is certainly one out of the box. Built by Jalcon in 2017 finished to a high standard this near new stylish well-constructed home certainly captures your attention both inside and out. As such, enter with the understanding that you will not only be impressed, you will want to talk with your mortgage broker immediately. Downstairs is open plan living and entertaining with generous open spaces integrating lounge, dining and kitchen. The lounge opens to the north, linking to an attractive sheltered easy care garden with oodles of sunshine. With close proximity to the double garage, it is an easy transition for shopping and transiting.

[www.mikepero.com/RX1462027](http://www.mikepero.com/RX1462027)



**Graham McIntyre**  
027 632 0421



EXTENDED FAMILY - BRICK AND TILE 6 2 3 By Negotiation

## 11 San Pedro Place, Henderson

By Negotiation

Two levels - Downstairs - four bedrooms, two bathrooms, lounge, dining, double garage inc laundry. Upstairs - two bedrooms, one bathroom, lounge and kitchenette. An excellent choice for two families or extended family wanting to have exclusive space. The home has been crafted for good looks and longevity while the outlook and the privacy from lounge areas upstairs and on street level is blissful.

[www.mikepero.com/RX1360146](http://www.mikepero.com/RX1360146)



**Graham McIntyre**  
027 632 0421



MODERN LIVING, CORNER SITE 3 1 2 By Negotiation

## 2 Harewood Street, Whenuapai

By Negotiation

This immaculately presented, new, three bedroom, two bathroom, fletcher living home has been finished to a very high standard. Downstairs is open plan living, dining, lounge, entertainers kitchen and alfresco to the North and East. Upstairs enjoys three bedrooms and two bathrooms, one being an ensuite to the master bedroom.

[www.mikepero.com/RX1462022](http://www.mikepero.com/RX1462022)



**Graham McIntyre**  
027 632 0421



**HOBSONVILLE POINT - AFFORDABLE AND NEAR NEW** 2 1 1 **By Negotiation**

## 22 Oioi Road, Hobsonville

By Negotiation

First Home Buyers and Investors must view this pristine, two level townhouse. This two bedroom contemporary townhouse delivers all the very best of modern entertainer's space and flow. A fee simple freehold, no maintenance, north facing sun drenched backyard is turfed with Tiger Turf grass so great in wet and dry. The home offers entertainment space, customised kitchen including breakfast bar, dining and lounge on the ground floor with high ceilings and large storage cupboard under the stairs. Two generous bedrooms, huge master bedroom with sea views of the harbour, and bathroom upstairs with plentiful sunshine delivering warmth and ambience. Very close to motorway onramps, convenience shopping, parks and reserves. Modern and safe living for an astute buyer.

[www.mikepero.com/RX1439102](http://www.mikepero.com/RX1439102)



**Cherry Kingsley-Smith**  
021 888 824



**AFFORDABLE SECTION - CLEARED BUILDING SITE**

**By Negotiation**

## 747 Scenic Drive, Henderson Valley

By Negotiation

This flat circa 1600 sqm section boasts a flat, cleared building site with plenty of potential and possibility, delivering an opportunity to create a footprint of peace, tranquillity and sustainability. Elevated and generous sunshine envelopes the section which currently has an old derelict work-shed on site.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1449850](http://www.mikepero.com/RX1449850)



**AFFORDABLE LIFESTYLE**

4 1

**Offers Over \$729,000**

## 236 Kiwitahi Road, Helensville

Offers Over \$729,000

This character filled open plan bungalow with wrap around decking enjoying expansive views through the Waimauku valley. The home has four general rooms that can be developed further with a functional kitchen and bathroom. Large lawn areas with established plantings for shelter and shade covering an impressive 6109sqm (1.5 acres).



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1369936](http://www.mikepero.com/RX1369936)

# RURAL NEWS

## ALPACA ARE A GREAT LIFESTYLE BLOCK ANIMAL

They are an intriguing animal and are fun to have around the property. They are very inquisitive and are always interested in what's going on. Years ago when I had a large commercial herd in Australia I would be out in a paddock fencing and turn around to pick up a tool to find half a dozen looking over your shoulder at what you were



up to. I don't know who used to get the greatest shock. They can move silently on their soft padded feet. Alpaca do a great job of smoothing out pasture that has been pugged by other stock. Alpaca are easy to look after and make an ideal farm animal for lifestyle block owners who are not experienced farmers and want to learn animal husbandry skills. They are an intelligent animal which keeps them out of trouble, they are also very easy on fences; they see a fence and stop, unlike a lot of other stock which will keep pushing or looking for a means of escape. Once a year they require shearing, at that time you will also trim their toenails, drench and vaccinate them.

This job is best performed by an alpaca shearer who will perform all of these tasks with as much or as little help as you are willing to provide. There are a number of good shearers in the district.

Alpaca eat about the same amount as sheep but derive better nutrition from average pasture due to their highly efficient digestive system.

Breeding alpaca is not difficult with a large amount of local expertise and trained vets to help you. A bunch of young alpaca "cria" bouncing around the property is a very amusing spectacle.

If you want to learn more about alpaca, National Alpaca Day is Sunday May the 6th, a number of local breeders will conduct open days. This is a great opportunity to learn about these fascinating animals and have a great family day out. Go to [www.alpaca.org.nz](http://www.alpaca.org.nz) to find out which of the local breeders are participating.

If you require any further information on alpaca or any other lifestyle property pursuit please give me a call on 09 411 7854 or 027 554 420, if I don't know the answer I will know somebody who does. Lyndsay Kerr, Mike Pero Real Estate, lifestyle property specialist.

## LIVESTOCK REPORT

Saturday's cattle market at Pukekohe saw prices steady, but back on previous weeks, this reflecting schedule drops and a slowing of feed growth as the cooler months approach. Values

remain at good levels, as cattle have done well over the last few months, and probably will settle somewhere near where they are as cattle numbers will slow down with many already sold. This should create a demand for any quality cattle on offer.

Cattle	Lowest Price	Highest Price
Light/medium 20-month steers	\$1,030	\$1,180
Good weaner steers	\$820	\$1,035
Medium weaner steers	\$520	\$700
Very small steers	\$360	\$510
Best prime heifers	\$1,270	\$1,510
Good store 20-month heifers	\$1,000	\$1,040
Light 15-month heifers	\$780	\$890
Good weaner heifers	\$725	\$930
Medium weaner heifers	\$470	\$570
Boner cows	\$680	\$1,020
Bulls	\$1,750	\$2,020
Sheep		
Fat lambs	\$116	\$126
Store lambs	\$105	\$108
Hoggets	\$120	
Ewes	\$120	\$151
Rams	\$86	\$121
Pigs		
Weaners	\$45	\$55

## WANT TO REMOVE ORCHARDS, VINEYARDS OR GROWING HOUSES?

Are you looking at developing your property? Have you had orchards, vineyards, market gardens or growing houses on your property?

There are a few ways that you can get caught out when applying for subdivision consent if you have had any horticultural practices on your land.

There is a potential for the site to be contaminated from pesticides and other agrichemicals, and Auckland Council will ask you to complete a Site Investigation.

The team at Thomas Consultants are experts at completing these investigations, getting you lab results quickly, and a pragmatic approach to managing any contamination that is found. We have a reputation for taking remediation reports and finding easy ways to reduce the amount of soil that needs to be removed, saving you time and money.

Chat to us now if you want to know more, and we can take you through how we can make it easy. Give our friendly soil contamination team a call on 09 836 1804.



## RURAL/LIFESTYLE BLOCK SUPPLIES SPECIALISTS

Whether you have a weekend project underway, building and maintaining farm fencing/sheds or constructing your dream home, no job is too big or too small for the team at Western ITM in Kumeu. Visit [westernitm.co.nz](http://westernitm.co.nz) today for a free online quotation. Western ITM - 154 Main Road Kumeu. Phone 09 412 8148 - Open Mon-Sat.

# HOME & GARDEN

## MEET LASER WHENUPAI OWNER AND ROOFING EXPERT – SOLOMON

As well as being the owner, Solomon is Roofing Manager and oversees all major roofing projects. He brings over 15 years of roofing expertise to Laser Plumbing and can provide solutions for all your roofing needs.



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

Laser Whenuapai has 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.

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www.whenuapai.laserplumbing.co.nz

Contact Laser Plumbing & Whenuapai for all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110. Open five days a week from 7am-5pm, we are located in new offices at Unit 4, 3 Northside Drive, Whenuapai. Visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## CAMELLIAS FOR YOUR GARDEN

It is hard not to notice the flowering camellias in gardens at the moment. These are the early blooming camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter. Camellias are remarkably tolerant and adaptable. Fantastic for hedging, screening, background planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November.



Awa Nursery currently has a huge range of camellias (35 varieties at last count) in many different colours. We have camellia sasanquas, an early flowering variety from March onwards, camellia japonica and camellia reticulate hybrids, which flower from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it is best to feed them when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface, so it is important to keep them cool in the heat of summer with a layer of mulch. If possible plant with protection from the afternoon sun. You can buy a specialised acid fertiliser to feed your Camellias which will assist them to stay healthy and keep the foliage the deep glossy green that we all love.

Awa Nursery phone 09 411 8712 or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

## STEALING SPACES

If you're looking for local storage things are looking up! It doesn't get any more local than your own home when you're pressed for space. If you would like to get those cars back in the garage for winter consider unused stor-



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age spaces at your place. Attic stairs are an option if you have a big ceiling cavity but ceiling storage racks are cheaper and your gear is much more accessible. Suspended garage storage is also warm and dry, and out of reach of the kiddies. Stealing Spaces has ceiling storage racks designed for NZ homes and we're celebrating our first birthday this month. Take a look at the options on our website and use the code 'Birthday' for 10% off any racks at [www.stealingspaces.co.nz](http://www.stealingspaces.co.nz).

## KUMEU GARDEN HUB

One of the best things about winter is the smiling faces of beautiful pansies. Mass plant in the garden where you can see them from a window or plant in a line, as a border planting. Pansies and (violas too) are great for pots and hanging baskets. We have a great selection of single plants or punnets, with new colours arriving every week. Check our Facebook page for regular specials and competitions.

## KELLY HUTS

It's quite easy to build a sleep out that looks good, and savings made on materials or construction won't matter in the slightest. A lovely airy, sunny space is hopefully as close as opening the door and windows.

Adhering to the Building Code adds cost and complexity and will make minimal difference on days like this.

The Building Code is a mandatory set of best practices learned over many years. It's there to make sure housing is warm, dry, and safe in the most trying conditions.

Buildings under 10 square metres are normally exempt from a

Building Consent and people buying small buildings such as sleep outs often lose out on quality by saving cost. A lined shed with cheap joinery and minimal insulation makes a perfectly good, fine weather sleep out; it's dramatically different when faced with 140kph winds, rain, lightning, and power outages as we were in April... (still want you or your teen sleeping out there?)

While we don't need Building Consent, Kelly Huts buildings make no apology for adhering to the Building Code and they are comfortable all year round no matter what the weather.

Come and feel the difference quality makes.

Visit us next to the Fire Station at 335 Main Road Huapai or email [info@kellyhuts.co.nz](mailto:info@kellyhuts.co.nz) [www.kellyhuts.co.nz](http://www.kellyhuts.co.nz).

## STAGE IT YOURSELF

Autumn is upon us but we are still having some lovely days here on the North Shore and surrounding areas, which as we all know when the sun shines makes everyone happier - how lucky we are. I think that this can relate to when you are selling



your house, if your house is well presented, clean and tidy, shining like the sun, then prospective buyers are will be more inclined with to take their buying thoughts further. How we live is not how we present our homes to sell, even if I was selling my home I would have to get some friends round to help I am sure, we are all guilty of 'having lots of stuff!!' Decluttering, minimising, de-personalising these are the first three words when

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- Pine Bark
- Cambian Bark

thinking about presentation, but as I said this does not come easy to everyone, do not worry I can help you. Next we have clean and tidy, then comes additional sparkles, it may be some lamps for the master bedroom, a throw to add some colour to a sofa, changing cushions, adding a rug, changing artwork, just a few of the accessories that could make your home stand out in the pictures from your competitors. I will offer an initial consultation for only \$50 + GST and accessory hire starting from only \$250 + GST. Call me today to see how little changes can make a big difference and let's encourage people through your front door by making the sun shine through your property. Visit my website for before and after images – you will be amazed. Frances – Stage It Yourself 021 065 2611.

## SHOW HOMES

Show homes are used to display quality, design and are the manifestation of a team of professionals working together to satisfy needs and wants.

Signature homes strive to present gorgeous, beautifully constructed homes that demonstrate practical responses to living. Each show home fulfills a specific brief. For example an investment property, a family home, an inner city pad or a lifestyle property.

Signature Homes Norwest are proud to introduce the first of their show homes. Situated in a new development in Hobsonville 'city living for the modern family' was the brief for this site. It is positioned in somewhat of an elusive spot in Hobsonville neighbouring the popular Hobsonville point. The show home address is 30 Myland drive, situated off Scott drive, Hobsonville. Now be warned, allow plenty of time to explore this new ad-

dition as it can be tricky to locate, being in a newer range of developments in Hobsonville. Ensure you have our 0800 020 600 number on hand if directions are required.

This stunning home is a celebration of design on a small site, featuring all the family would need; four bedrooms, two with ensuites, additional bathroom with toilet and separate toilet downstairs, an office, modern open plan kitchen dining and living spaces. Complemented by a quaint backyard enabling a fantastic flow from inside to outside living and alfresco dining. All tied up and delivered with the fabulous Signature Homes guarantees, fixed price and completion date.

The Hobsonville show home is open Wednesday to Sunday 12pm-4pm. However viewing is available anytime by appointment. Give Debby or Lloyd a call for a personal tour. Debby Corliss 027 706 5402 or Lloyd Hallett 021 175 1670.

## MADDREN HOMES TRADIE OF THE MONTH

Keeping a complex renovation project on track to a high standard, and the designer and client happy can be quite the task. But for builder Josh Grant, it's what he does best, and it's these qualities, along with his attention to detail and communication skills, that have earned him the Maddren Homes Tradie of the Month. Josh and his team are so good at what they do, a house they built won gold at the 2017 Master Builder Awards. Having a guy like Josh in the



# STUNNING NEW HOBSONVILLE SHOWHOME

30 Myland Drive (off Scott Road), Hobsonville | Open Wed-Sun 12-4pm



**Looking for design inspiration for your dream home? Visit our newest showhome today to start your journey.**

Striking white-washed oak floors give this house a modern suburban feel, which is enhanced by a cool, light colour palette. Beautifully appointed throughout you can't help but be enveloped in the sense of sophisticated style, with bold features and colours adding a little flair.

Our experienced team can talk you through a design that might work for you and your section, or show you some of the house and land options available in the area.

### SHOWROOM/OFFICE:

80 Main Rd, Kumeu, Auckland  
Open Mon-Fri 8:30am-5pm  
Sat-Sun 10am-2pm

### HOBSONVILLE SHOWHOME:

30 Myland Dr, Auckland, Hobsonville  
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signature.co.nz | 0800 020 600

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construction team, who sets the bar high and consistently delivers, is something to be proud of and deserves recognition, says Maddren Homes. Josh's stellar work ethic has seen him walk away with a voucher from equally proud sponsor, Western ITM. Good on you Josh.

## ASBESTOS – HEALTH AND SAFETY RISK

Asbestos is the name for a group of natural mineral minerals that are made up of many small fibres. It has in the past been a common building material used in many homes and buildings built prior to 2000. It is a material that was in favour in the building industry because it was a natural fire retardant and water resistant.

However, it is also very hazardous to your health especially when you breathe in the fibre particles over a long period of time.

If left undisturbed asbestos is not harmful, however the asbestos is often disturbed when you're doing renovations or repair work around the home or commercial premises. As exposure can be harmful if not cause cancer leading to death over time the Government has introduced regulations to protect the health and safety of workers around their exposure to asbestos. Known as the Health and Safety at Work Asbestos (regulations) 2016, the regulations spell out how to manage asbestos.

In the workplace companies are required to identify and manage asbestos if it is present in your workplace. As a PCBU you must ensure that your workplace environment is free of airborne asbestos fibres. Construction companies, plumbers, electricians, builders all run the risk of being exposed to asbestos containing materials and therefore a PCBU should ensure that staff are aware or able to identify asbestos. If found asbestos should be removed by licensed asbestos removers.

Home owners should take steps to check whether or not their home contains asbestos and advise tradespeople working on the property of the possibility. If doing the job themselves they should look at having the asbestos removed.

For further information check out [worksafe.govt.nz/topic-and-industry/asbestos/working-with-asbestos/handy-hints/locations-of-asbestos-in-commercial-buildings/](http://worksafe.govt.nz/topic-and-industry/asbestos/working-with-asbestos/handy-hints/locations-of-asbestos-in-commercial-buildings/) you can also check out [worksafe.govt.nz/topic-and-industry/asbestos/working-with-asbestos/handy-hints/locations-of-asbestos-in-a-residential-dwelling/](http://worksafe.govt.nz/topic-and-industry/asbestos/working-with-asbestos/handy-hints/locations-of-asbestos-in-a-residential-dwelling/).

John Riddell, H&S Consultant, Securo, [www.securo.co.nz/](http://www.securo.co.nz/) or email us at [securo4@securo.co.nz](mailto:securo4@securo.co.nz).

Asbestos is the name used for a group of natural minerals that are made up of many small fibres. This page describes how asbestos has been used in the past, and what types of asbestos there are.

## Digger Rentals



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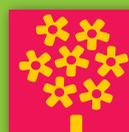
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# CENTRAL'S TIPS

## MAY 2018



It's starting to cool down so now is the time to make sure your outdoors is ready for winter - mulch and compost gardens and trees and insulate your worm farms.

Plant winter vegetables such as brassicas, beetroot and silverbeet, plus rake leaves off your lawn.



### Help the worms stay warm this winter...

Rugs and old blankets can be used to help insulate worm farms and help them through the cold winter months.

### IN THE VEGGIE PATCH

- **Worms can be sensitive to cold** - Rugs and old blankets are great for insulating worm farms
- **Green crops such as lupins should be cut off at knee height** -trim them into lengths of 15cm. Leave on top of, or cover with soil to break down
- **Plant raspberries, currants and rhubarb crowns** plus, get some colourful crops going such as mixed Swiss chard
- **It's not too late to plant brassicas** - cabbage, cauliflower and broccoli, as well as beetroot and spring onions.

### LAWNS

- **Rake up leaves off the lawn** - if they lie there, they intensify the moisture on the lawn and promote disease



### Rake Leaves off the lawn

Leaving leaves lying on the lawn increases moisture and promotes disease.

### THE REST OF THE GARDEN

- **Remove spent foliage of perennials** and layer compost around them and other plants in the garden
- **Leave blooms on roses and hydrangeas**, they should not be pruned until July and August
- **Plant out winter flowering annuals** such as cyclamen, polyanthus, stock and primulas. Polyanthus love a dressing of dried blood once or twice over winter
- **Autumn colour is a beautiful thing on exotic trees.** In warmer climates oaks, maples and liquidambar offer best colours
- **Add a layer of mulch** - it's like a 'blanket' for your garden and helps your soil retain warmth.



### Add colour to your garden in winter

Plant winter flowering plants like cyclamen, polyanthus, stock and primulas and add Swiss chard to your veggie garden.



**CENTRAL**  
LANDSCAPE SUPPLIES

# **GOT A LANDSCAPE PROJECT ON?**

Central Landscape Supplies Swanson can help - we have a wide range of landscape supplies from pebbles, stones, soils and barks to pavers, sleepers and grass seed.

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Talk to our friendly Central Landscape Supplies team at Swanson about the best products for your landscape project.

**Open Hours:** Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm  
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# PETS

## TIPS & ADVICE

### KANIKA PARK CAT RETREAT

We do know that this is very early to start talking about Christmas time. It is important that if you think you may be going away for your well-earned break during the summer holidays that you start looking and booking now. Catteries fill up very quickly and usually have repeat customers.



You can't beat personal recommendations, so ask friends, family or your vet. We strongly recommend that you visit the cattery in advance of boarding your cats - a well-run cattery will be happy to show you round during their opening hours.

All catteries should insist on seeing an up-to-date vaccination card, showing recent (within the last 12 months) vaccinations against cat flu and enteritis. If they do not, go somewhere else. Find out exactly what the price covers - administering medication or grooming long-haired cats may cost extra.

For a viewing contact 09 411 5326, [info@kanikapark.nz](mailto:info@kanikapark.nz), [www.kanikapark.nz](http://www.kanikapark.nz).

### YOUR DOG'S NAME = THEY SHOULD LOVE HEARING IT!

Your dog's name is one of the most important things to teach them and to keep positive. When their name leaves your lips, you want them to look at you with complete adoration and anticipation. Firstly, it is important to teach them how awesome their name is, and it is easy to do. Simply show them that every time they hear you say it: something good happens. It may be that you say their name and then as they look at you they get a delicious treat. It could be that you say their name and then



play with them or it could be you say their name and give them a scratch in their favourite place (all dogs seem to have that one spot that gets their back leg going).

Your dog has to associate their name with fun and joy at all times. There are a few things to remember to make sure your dog's name doesn't get poisoned and start being an unpleasant thing for your dog to hear.

Don't nag your dog! No one likes a nagger, you definitely wouldn't want to go home with one. Please don't get into the habit of saying your dog's name over and over and over again, it begins to become white noise that they pay no attention to. Their name becomes boring and ineffective. Say their name once. If they don't look at you, then you need to be more exciting! You can make silly noises (high pitched usually works better), clap, crouch down, move, hide, anything fun! Just don't stand in the one spot constantly repeating their name, being a nag!

Don't use their name to scold them. We are only human, and our dogs are only dogs, occasionally miscommunications are going to happen. Out of frustration you may find yourself shouting/scolding your dog; just a heads up your dog is highly unlikely to learn anything from the telling off, just that humans can be noisy jerks sometimes...but that's another subject for another post! When you are telling your dog off (which we all have done at some point because we are only human!) please do not use their name. Call them whatever you want, idiot child is usually my go to, as long as it is not their name. Their name is a promise of awesomeness not jerkness. Their name needs to stay positive and happy at all times and not be associated with us being mad. If you want a dog that wants to come back to you when you let it off the at the park or at the beach, make sure they love hearing you say their name.

Laura, Constructive Canines [www.constructivecanines.co.nz](http://www.constructivecanines.co.nz).

### PET RABBITS AT RISK FROM NEWLY RELEASED VIRUS

A new virus, called RHDV1a-K5 is being released nationwide to control wild rabbits and will put all pet rabbits at risk. It is vitally important that all pet rabbits are vaccinated using the Cylap vaccine starting at 10 to 12 weeks and annually there-



after. The Cylap vaccine is used for the endemic Czech virus and limited trials have shown that it may provide a level of protection against RHDV1a-K5. Ensure you step up your bio-security against flies and mosquitoes and store hay for 3 months prior to use.



## JET HOME

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MPI's Andrew McFadden advises that if the member of the public has had a fully vaccinated domestic rabbit or a Kit under 12 weeks that has died, or where the informant has observed a large scale die-off in feral rabbits, then notifying MPI by contacting the MPI exotic Disease line on 0800 809966 open 24 hours would be helpful. This can also be done by your vet on confirmation of RHDV (Rabbit Haemorrhagic Disease Virus). Appropriate action can be determined as a result of that conversation. This will give MPI a feel for what is happening in terms of the scale of any mortality (and location in relation to other reports/investigations/strain typing carried out etc.). The investigation does not necessarily imply all rabbits will be tested as this is determined from the risk assessment carried out by the investigator assigned to the case.

## WHEN A STRANGE DOG RUNS AT YOU OR YOUR DOG

As an active, professional dog walker, out exploring our local off leash areas daily, I am fortunate to meet many amazing owners and dogs. We are so lucky to have the opportunity to walk our dogs off leash on Muriwai beach and at the ARC Coast road strip, and long may it continue.



I see a lot of dog/human interactions and most are positive, but there are frequently times when I see a situation that could have easily escalated. Tourists being ran at by curious, playful dogs. For that person with a fear of dogs it's terrifying, no matter if the dog's owner is yelling from a distance 'its ok, he's friendly!' The natural human response is to run, waiving hands in a furious fashion. Meanwhile the curious dog takes this as an expression of play use and continues to chase, terrifying the poor human further. I've seen owner's futile attempts to call back the dog, their body language suggesting fear which further confuses their dog. The chase continues until the dog is eventually grabbed by the collar; meanwhile the human's nerves are in tatters and their fear of dogs validated. It's very easy to see how a dog attack can happen in such circumstances. If you are that human being chased, adopt the STOP, STAND, LEAVE formula, teach it to your children too. Stop what you're doing, Stand very still and Leave when the dog has calmed down and lost interest. Having a good recall whilst enjoying off leash privileges is crucial. For you, your dog, for others. And for the continued use of off leash areas. To build a good recall use a long line and keep your dog attached. Always carry treats of high value and test and reward the recall until its fool proof. Don't allow your dog to run at others, or other dogs, and make interactions brief, and boring. You are their centre and leader. Socialising with other dogs is great, but get permission first. When I'm enjoying off leash with my pack I proactively manage all interactions with

people and other dogs. I'm thinking about what's coming up and use distraction methods to keep the focus on me and off the potential distraction. My body language remains calm. The pack quickly learn that other dogs and people aren't terribly exciting they come in our space, a quick sniff hello and we move on.

Country Pets offer small off leash group dog walking adventures. Based in Waimauku. See Country Pets on Facebook.

## WIN A PHOTO SHOOT FOR YOUR PET

We all know the struggles of trying to get decent photos of our pets. It's even harder to get photos or selfies WITH our pets! It's not as simple as saying "cheese"...hence why they always say to never work with kids or animals.



That's where I come in. My name is Kirsty and I am a local photographer based in Taupaki. I specialise in fun, easy & affordable professional pet photography. Yup, I must be a pretty crazy animal lover to dedicate all my time to one of the hardest subjects to photograph, however it is the most rewarding dream come true. Not confined by a studio, I prefer to work on-location to create natural and earthy images, highlighting the essence and personality of animals in gorgeous candid moments. It is also a perfect opportunity for you to have some photos with your pet, or even some family photos. We are so lucky in West Auckland to have some of the most incredible photo locations nearby. From Muriwai Beach to Riverhead Forest, there are so many epic photo opportunities.

Now I want to give you the opportunity to win some professional images of your own pet.

I am currently running a competition on my Facebook page to win a Deluxe Photo Session. This is a 90 minute photo shoot which can take place at any Auckland location you desire. You also receive 20 complementary, hand-edited images. To enter, simply visit my Facebook page and post a photo of your pet.



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You are also welcome to contact me any time if you are interested in booking a photo session for your furry friend.

[www.facebook.com/dogandconz](http://www.facebook.com/dogandconz). or [www.dogandco.nz](http://www.dogandco.nz).

## WHEN TO START GROOMING YOUR PUPPY

Puppies should ideally be introduced to grooming as early as possible. We recommend booking your puppy in for their first groom a week after their last vaccination. Starting the grooming experience early will ensure a positive relationship is developed between puppy and groomer and will get the puppy used to having a groom on a regular basis. This will ensure their long-term association with grooming is one of wellbeing and acceptance.



At Angels Grooming Parlour we offer free weekly puppy washes after your first paid groom, up to the age of 6 months. This is our way of introducing your puppy to regular grooming with us. It forms the bonds and trust required to make sure your puppy feels safe and accepting of grooming at our parlour now and as they grow into adulthood. Ring Angels Grooming for further information and bookings on 833 5571.

## BEST INSTA-WORTHY SPOTS TO PHOTOGRAPH YOUR DOG

So you think your pooch is pretty cute, and I totally agree, (That's why I'm a pet photographer!) and why your dog has his own instagram.



But your insta feed is starting to look the same of Max in the same spots of the house. Spice up your insta-game by trying different backgrounds. I'm a pet photographer and am sharing my favourite beautiful places to shoot in HP.

Catalina Bay Farmers Market: I love the steps with the stone wall feature to add visual interest. You can't go wrong with gramming anywhere around the walkway or a nice view (photo).

Tree lined footpath: You know the 100m stretch between Catalina Cafe and the playground? Do you even live in the area if you haven't thought of taking a photo there?

Yellow footbridge across the highway: All the lines will give your photos a high fashion feel. The bright yellow color is a bo-

nus magnet for likes. You'll see it from the Hobsonville Bowling Club.

Hobsonville Marina: visit for a nautical feel.

Luckens Reserve: the tall trees remind me of something from a Dr Seuss story. Paired with our NZ blue sky it's a recipe for perfect pictures.

DM me @yellowlabpetphoto if you have a gorgeous spot I should know about. I might reward you with a gift voucher.

Love, Salome.

\*Mention this editorial when you book your and your pooch's photoshoot to receive \$200 print credit.

Follow on Instagram @yellowlabpetphoto for fun behind the scenes or visit [www.yellowlab.co.nz](http://www.yellowlab.co.nz).

## WEST HARBOUR CATTERY

Are you feeding the right food to your cats? Cats have different nutritional requirements depending on their age and health. It is important to adjust their food during the aging process. At



the same time, you should avoid changing your cat's food too quickly because they can get sick. Cats love the routine of having the same food everyday, which you may consider it is boring on human's standard. You should also give them time and a nurturing environment whenever you need to change their diet.

Kittens should switch to an adult cat food at 12 months of age to ensure they are receiving proper nutrient levels for adult cats. For cats who are 7 years or older, they too should change to a mature adult or senior cat food that ensures that they are receiving the appropriate level of nutrients for that older lifestage. In West Harbour Cattery, we feed our cats according to their age. We have kitten food, adult food and senior biscuits in stock, so your cats can enjoy pleasant stays with us. If your cats are on special diet, for example urinary care diet (C/D), please feel welcome to bring in their own food, we are happy to feed them according to your instructions. If you need more advices regarding your cats' diets in our cattery, please feel free to contact us on 09 416 5586 or email us on [info@cathotel.co.nz](mailto:info@cathotel.co.nz).

Cat joke of this month. Q: What is a cat's favourite song? A: Three Blind Mice.

## CAT LOVERS URGENTLY NEEDED

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at [thenzcatfoundation.org.nz](http://thenzcatfoundation.org.nz)/donate. Please get in touch with Carolyn on 021 143 6815.

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## Chris Penk MP for Helensville

Stop in, the office is open!

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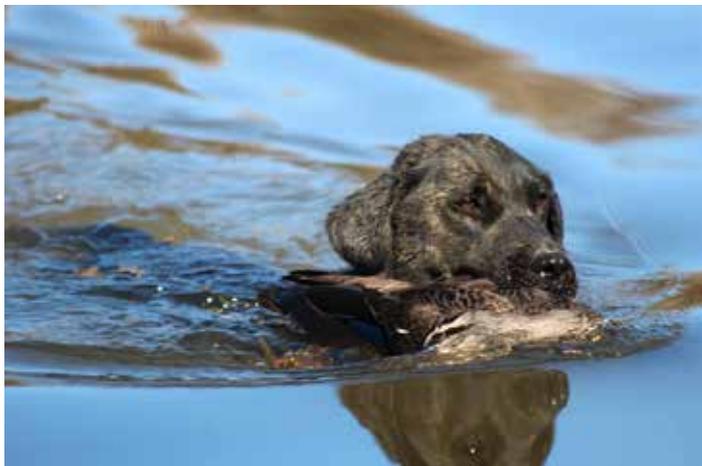
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# THE GREAT OUTDOORS

## UPPING YOUR GAME ON DUCKS



As the summer draws to a close there comes a slight nip in the evening air and thousands of men and women throughout NZ start to focus on preparation for the duck hunting season.

**Prepare for the Season:**

Many hunters may be quite happy lightly participating in this sport but to maximise your time out there and to hopefully put a few more birds in the bag there are a number of things you can do in the off season as well as in the shooting season to help yourself out.

**Hunter not a Shooter:**

A hunter is just that, a person that will use every means at their disposal to achieve the goal of getting waterfowl. Over the years they will have kept their ears open and followed every lead until finding a good pond and then after proving it will hold ducks, set about improving it with fencing, planting, feeding and trapping predators until it becomes a great pond.

**Become one with the gun:**

If your gun doesn't fit you, you can't hit the birds and your ego and morale are going to take a plunge by mid-morning. Any decent gun store should be able to sort out a fitting problem for you. Way too many shooters don't use their shotgun from one season to the next. Amongst this large group there are naturally good shots who can get away with it but the rest of us need to practice, so get a bunch of mates together and head out to someone's farm for an afternoon of claybird shooting. It's a great way to improve your skills whilst enjoying the company of good mates.

**Make the right call:**

Calling is a real art and some guys are so good at it they sound more like ducks than ducks do. It does make a big difference so listen to the birds and try to copy their sounds exactly. There are plenty of different types of calls ducks make so practise on the lone duck, the chatter and the greeting. Nothing beats seeing a mob turn to your call and head for your pond with the flaps down.

**Make the mai mai magic:**

The lure of the permanent mai mai is special but in recent years the modern hunter needs to be a bit more mobile after opening weekend. Thankfully there have been some great portable blinds, hides, coffins and fold up mai mai's come onto the market in recent years which are easily carried in the car and can be

set up in a matter of minutes. They can be added to with bits of vegetation which match the area you're about to shoot whether it be swamp, river, small ponds, grassland or cornfield you can just about make these hides invisible with half an hour's work. Safety first:

It keeps getting drummed into us about being careful with firearms. We know the rules but we also make mistakes. When your eyes are on the prizes, it's very easy for safety to take a back seat. Everything happens so fast you need to consciously double your efforts on safety before you pick up that gun. Duck shooters have a reasonable record with incidents but one incident or, or even worse, a death caused by you is something you don't want to live with for the rest of your life.

So take care out there, enjoy your opening weekend and make sure you're around for the next one. Paul Walker, North Shore Hunting & Fishing.

## MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Tue 1 May	-	04:48	10:46	17:07	23:07
Wed 2 May	-	05:27	11:21	17:44	23:42
Thu 3 May	-	06:03	11:55	18:20	-
Fri 4 May	00:15	06:39	12:29	18:55	-
Sat 5 May	00:49	07:16	13:05	19:31	-
Sun 6 May	01:27	07:55	13:46	20:10	-
Mon 7 May	02:11	08:40	14:35	20:57	-
Tue 8 May	03:05	09:37	15:35	21:57	-
Wed 9 May	04:09	10:43	16:44	23:06	-
Thu 10 May	05:16	11:49	17:52	-	-
Fri 11 May	-	00:15	06:18	12:48	18:53
Sat 12 May	-	01:15	07:13	13:42	19:47
Sun 13 May	-	02:08	08:04	14:32	20:36
Mon 14 May	-	02:57	08:53	15:20	21:23
Tue 15 May	-	03:44	09:40	16:06	22:09
Wed 16 May	-	04:30	10:26	16:52	22:54
Thu 17 May	-	05:16	11:13	17:38	23:39
Fri 18 May	-	06:03	12:00	18:24	-
Sat 19 May	00:26	06:52	12:50	19:13	-
Sun 20 May	01:16	07:43	13:43	20:04	-
Mon 21 May	02:12	08:40	14:42	21:01	-
Tue 22 May	03:13	09:40	15:47	22:04	-
Wed 23 May	04:18	10:44	16:53	23:09	-
Thu 24 May	05:23	11:47	17:56	-	-
Fri 25 May	-	00:14	06:23	12:47	18:56
Sat 26 May	-	01:15	07:20	13:43	19:51
Sun 27 May	-	02:10	08:12	14:34	20:40
Mon 28 May	-	02:59	08:59	15:20	21:25
Tue 29 May	-	03:43	09:42	16:03	22:06
Wed 30 May	-	04:25	10:21	16:42	22:43
Thu 31 May	-	05:04	10:57	17:20	23:18

Source: LINZ.

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



# FOOD & BEVERAGE

## FEIJOA AND ALMOND DESSERT SLICE

½ cup caster sugar  
125 g butter, melted  
1 tsp vanilla essence  
2 eggs  
2 cups self-raising flour  
1 – 1 ½ cups peeled and chopped feijoas  
½ cup flaked almonds  
Icing sugar to dust



Heat oven to 170 C (fan bake). Grease a slice tin (approx. 17 x 27 cm) and line with paper.

Beat sugar into melted butter until sugar dissolves. Beat in the vanilla and eggs. Stir in sifted flour and then stir in feijoas.

Spread mixture into prepared tin and scatter with almonds.

Bake for approximately 30 mins then transfer to wire rack to cool. Dust with icing sugar and cut into squares – serve with cream, custard or Greek 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](mailto:info@paulajanecakes.co.nz) or visit [www.paulajanecakes.co.nz](http://www.paulajanecakes.co.nz).

## HARVEST & FORESTER

This month at Harvest & Forester in Riverhead we have some exciting events on the calendar. Firstly we have a parenting talk

with Nicky Cleary, one of the founders of the Parenting Place. She will talk about determined parenting for determined kids. This is held in Harvest cafe space on Wednesday 23rd May from 7.30pm for \$20 ticket and Forester has food and drinks specials for the evening as well. The other big event on is a Pink Ribbon lunch for Breast Cancer Foundation NZ. This is a special set lunch with a glass of wine for \$45, a silent auction with amazing local business prizes and MC'd by Melissa Jack from the blog "The Best Nest". This lunch will be held on Wednesday 30th May from 12pm.

## QUICK AND TASTY MOTHER'S DAY BRUNCH

Toast some hearty grained bread. 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. Mother's Day online special – order any 2 or 3 jar gift pack by May 9th and get free delivery Auckland wide. Simply go to [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz). The 'NoShortcuts' range of award winning chutney, relish, pickle and jam 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 other stockists, or on line at [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz) Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



## ISOCREAM

With cooler weather and darker evenings upon us, it's tempting to turn to comfort food - including desserts. But then along comes the warmer weather and we find that those treats have caught up with us. For those wanting to indulge, but in a calorie-controlled, low-sugar way, IsoCream might be just what you're looking for. IsoCream is a reduced-fat ice cream that is

high in whey protein, low in calories (under 350 calories per 500ml tub), has only 1% sugar (xylitol and stevia), is gluten free - and tastes good. Available in five flavours - Chocolate, Cookies and Cream, Strawberry, Coconut, and Vanilla - the only difficult choice will be deciding which one to try first! IsoCream is available at stockists around Auckland, including Countdown super-



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## SOLJANS ESTATE WINERY

Mother's Day is near so treat your amazing mum to a delicious breakfast or lunch at Soljans Estate Winery. A chocolate goodie bag will be waiting for her as a little thank you for her hard work.



With an exquisite menu, delicious coffee and a beautiful setting, Soljans is the perfect place to celebrate your mum on Mother's Day (Sunday 13 May, 2018). Snap a photo celebrating with your mum at Soljans and tag us on Facebook to go in the draw to win a \$50 Soljans gift voucher. Soljans opens from 9am for breakfast (weekends only) and our lunch menu starts from 11am. Being an important day, booking is recommended to ensure you secure a table. To make a booking, please email the café on [cafe@soljans.co.nz](mailto:cafe@soljans.co.nz) or call 09 412 5858. Soljans Estate Winery is located at 366 State Highway 16, Kumeu. Visit our website [www.soljans.co.nz](http://www.soljans.co.nz) for more information.

## BEER-BATTERED ONION RINGS RECIPE

I had saved this recipe by Kristina Jensen from the August 2014 edition of NZ Lifestyle Block magazine as it sounded tasty but only just recently had a go at making them. They are indeed delicious and very easy to



make; definitely a great Saturday afternoon snack for the winter months whilst tucked up inside with the fire on accompanied by a nice cold beer while watching the rugby.

Ingredients: 1 cup of flour (or ½ cup of plain and ½ cup of wholemeal flour), 1 tsp garlic salt (or ½ tsp garlic powder with ½ tsp salt), 180ml The Herbalist Nettle & Bilberry Lager, 1-2 cups of oil for frying, 3-4 medium onions sliced into rings, 2 tbsp extra flour.

Method: Place flour and garlic salt in a bowl and add enough beer to make a smooth, liquid batter. Heat the oil in a deep pan or pot. Dip the raw onion rings into the extra flour, then into the batter, then carefully place them in the hot oil. Cook in batches, turning them once until they are puffed and golden brown. Drain on paper towels and serve with garlic aioli and a

nice cold beer. Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines, Hobsonville Kitchen Cafe and select West Liquor stores.

## BOOK YOUR MID WINTER XMAS PARTY

We are taking bookings now so please email [samantha@thetastingshed.com](mailto:samantha@thetastingshed.com) with your enquiry.

At The Tasting Shed, great food, wine and service are delivered in a variety of spaces perfect for a range of function styles and sizes.

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Spaces are distinctive and have been thoughtfully designed to host groups of all sizes while maintaining our unique desired ambiance. Choosing The Tasting Shed as your function venue means your special event will become an unforgettable occasion.

The Tasting Shed is more than happy to organise parties of all types, whether they be birthdays, anniversaries, product launches or other special occasions.

If you seek a corporate function venue, The Tasting Shed also offers services for Christmas parties, company off-sites/team-building groups, workshops and seminars.

We provide a set menu for events and functions which is comprised of a selection of our acclaimed specialty dishes. We are also happy to cater for specific dietary and allergy requirements, and we are also happy to work with your budget.

Wine and beverage options can be arranged based on your needs and audio-visual equipment can be catered for anywhere on our premises.

If you would like to make a regular lunch or dinner booking (6pax or less) please use our online booking system located on our website ([www.thetastingshed.co.nz](http://www.thetastingshed.co.nz)). Or if you would like to enquire regarding a larger booking, function or wedding enquiry please also contact [samantha@thetastingshed.com](mailto:samantha@thetastingshed.com). The Tasting Shed - 609 State Highway 16, Kumeu. Phone 09 412 6454.

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# HEALTH AND BEAUTY

## EXERCISE AND THE OLDER PERSON

A lot of the symptoms that we associate with aging, such as weakness and loss of balance, are actually symptoms of inactivity, not age.



Exercise can help maintain your strength, prevent bone loss, improve balance and coordination and lift your mood. It will also help you maintain your independence and your way of life. If you stay strong and agile as you age, you'll be more able to keep doing the things you enjoy and less likely to need help. If you have a chronic health problem such as arthritis, diabetes, or heart disease, exercise is almost certainly a good idea. Remember that any physical activity counts. Whether it's catching up with a friend while you walk the mall, or taking a dance class, or chasing your grandchildren, or bowling or aqua aerobics or gardening, it's all physical activity. Looking for a gym style activity. NorthWest Physio+ runs a 45-minute physio led Pilates plus exercise class, which will help with everyday function and mobility. Call Laura on 09 412 2945 or check out details on our website – [www.northwest-physioplus.co.nz/keep-active-pilates](http://www.northwest-physioplus.co.nz/keep-active-pilates).

## HAND SURGEON ON SITE IN HUAPAI/KUMEU

The Hand Institute offers a Hand Surgeon and team of hand therapists working together, promoting an integrated approach to the management of hand, wrist, elbow rehabilitation and surgery if required. After two years in Kumeu, and thanks to the support of the local doctors and other medical professionals, we are now able to increase our services. From April 2018, Mr Boland, Hand Surgeon will visit once a month on a Friday morning. Two hand therapists will be available on Monday, Wednesday and Friday from 8am to 6pm. There is no need for you to wait at an Accident & Emergency Centre as we are happy to see you at short notice. We can provide casting for fractures and can refer for x-rays if required. We aim to provide local service for local people. Please note our new location in Huapai – behind the pharmacy. Hand Institute - 321 Main Road, Huapai.

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Phone 09 412 8558 or email: [toni@handinstitute.co.nz](mailto:toni@handinstitute.co.nz).

## THERAPEUTIC MASSAGE FOR WOMEN

Fleur Williams has been massaging for over twenty years, and works locally in Massey. Fleur's therapeutic massage is about muscle pain, relief, relaxation and the feeling of cheerfulness that follows the removal of anxiety, pain and stress. 'Therapeutic' means relating to the treatment and cure. Having muscle tissue pain in the body can signal that something is out of balance. With the art of massage, Fleur can help reduce muscle pain and bring relaxation to your body. This can bring about a fast release (relief?) and your body can start to recover and heal. Fleur brings a holistic approach to her massage sessions, Holistic healing means bringing mind, body and spirit back into balance, for a happier, healthier wellbeing. Book a therapeutic massage with Fleur on 021 069 4708 or [fleur8970@gmail.com](mailto:fleur8970@gmail.com).

## DO YOU WEAR A BACK BRACE AT WORK? IS IT A GOOD IDEA?

I recently posted a new video looking at back braces and discussing whether they are a good idea or not. The research that has been done on the effectiveness of back braces suggests that they may not be the best idea. One interesting finding was that those people that wear back braces can open themselves up to a worse injury (should they get injured) than if they weren't wearing the brace. You can watch the video on the blog on our website or our Facebook page to see why this may be the case. I also discuss some guidelines to follow if you do wear a brace to help protect yourself. Facebook page - [www.facebook.com/elevatechiropractic](http://www.facebook.com/elevatechiropractic). Website - [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz) Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 41 35312.

## FOR MUM NOTHING BUT THE BEST

Spa Di Vine's team has pampered well deserving mums for more than 16 years now, and the spa team has used this experience to put their best ideas together for the most indulgent of spa packages ever this Mother's Day (13 May). Offering a fabulous spa retreat with the Champagne taste of luxury, this spa journey includes: 24Car-



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at Gold facial treatment, foot massage, hand mask and massage, Cho bamboo back & neck massage, Pomegranate body scrub and body crème application, glass of bubbly, fresh fruits & slice of cake – a totally blissful escape. (3hrs - \$379). Reserve your mum's spa escape now, limited spots, available only on Saturday 12 and Sunday 13 May. Spa Di Vine Phone 09 411 5290 or send an email to relax@spadivine.co.nz Website spadivine.co.nz.

## WHAT YOUR EYES CAN TELL YOU ABOUT YOUR HEALTH

Our series continues as Natasha Herz, M.D.\*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist. Today's tip: Your blood pressure is too high. In addition to upping your risk for heart disease and strokes, untreated high blood pressure can damage the blood vessels in your retina, causing hypertensive retinopathy. You can't see the effects in the mirror, but your optometrist will be able to spot the damage during your eye exam—even more reason for regular eye examinations, considering tipping you off to high blood pressure could actually save your life. Visit Matthew and Molly Whittington at For Eyes in the Kumeu Village Ph 412 8172 for top quality eye examinations and spectacles, plus treatment of colour-blindness, headaches and reading difficulties. (\*Acknowledgement: M. Bonner, Marie Claire).



## BENEFITS OF CRANIOSACRAL THERAPY DURING PREGNANCY

In a previous article I talked about the benefits of Biodynamic Craniosacral Therapy (BCST) and how through light touch, the nervous system can relax and begin to restore. Deeply embedded patterns of stress begin to release, returning the body to its natural rhythm and allowing it to express health throughout the body. BCST is about trusting the inner intelligence and wisdom of the body to know how to restore health and wellbeing. This same intelligence expresses so beautifully in pregnancy as the body undergoes extraordinary change to accommodate a foetus. There are a vast amount of changes that occur in a woman's body both pre and postnatally. Treatments during pregnancy can, besides helping the mother to feel relaxed and resourced, support the mother in a safe and non-invasive way on

her journey allowing the body and mind to stay relaxed and receptive to these changes. Complementing conventional methods of care with BCST may allow the mother's body to adapt more easily to the changes that are occurring psychologically and physiologically and may also help with the recovery period after birth. A few of the conditions that may benefit: morning sickness, back pain, pubic symphysis pain, anxiety. To experience this therapy and what it can do for you contact us on 027 485 72 72 or mandy@innerbeing.co.nz. fb:@mandyinnerbeing. Offices in Waitakere and Mt Eden.

## IS PREGNANCY MASSAGE SAFE?

We receive a lot of questions not only from mums to be, but also husbands or friends uncertain if pregnancy massage is beneficial and how it may help; especially if the mum to be is someone who does not receive regular massage therapy. Pregnancy massage is very safe to receive throughout your entire pregnancy. At Top Notch Massage Therapy, we have therapists who can treat from conception right through to birth. Your therapist is professionally trained in understanding the language that is used in pregnancy and they know how to treat you safely. If you are experiencing aches and pains in the lower back, pelvic area, between the ribs, shoulder and neck or just 'everywhere', we can help to calm and relieve those areas to make your pregnancy more manageable. Scheduling a massage appointment gives you that precious time out to recharge; it provides you an opportunity to be more in tune with your body and reconnect with your baby. Book online at [www.topnotchmassage.co.nz](http://www.topnotchmassage.co.nz) or call 09 212 8753 & 021 181 8380. We are currently promoting \$10 off your first appointment with us.



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## SHOE TALK'S THOUGHTS ON: SHOULD YOU WEAR THE SAME SHOES EVERY DAY?

So is it fact or fiction than wearing the same pair of shoes every day is not the best idea for both your body and the shoes? As much as all like to pretend we don't sweat, it's not true and what absorbs this sweat? Our shoes. Sweat contains



salt and this will break down the insides of your footwear a lot faster if it is not getting a chance to dry out properly between wears. Wearing the same shoes everyday will also increase your chance of a fungal infection. Shoes will last longer if they are not being used every day, not only do they have a chance to dry out between wears it also gives a chance for the padded foot beds and other comfort features to revert. Different shoes hit on different pressure points. So not wearing the same shoes everyday means different pressure points are activated and also different muscles used in the body. For the ladies - don't wear the same heel height every day this will stop things like your tendons and calf muscles shortening. So yes it's true, don't wear the same pair of shoes every day and the shoes will last longer and your feet and body will also be happier.

## BEATING THE WINTER BLUES

While I do love winter, it can also be a time when the dark rainy days can have you balancing on the edge of a little bit of depression and comfort/emotional eating. I know because I've been there too. When we don't get serotonin (feel-good chemical from the sun) it's easy to feel tired and crave comfort foods. My philosophy is all about BALANCE – the 80/20 rule. Why not try quick & healthy comfort foods the family will enjoy. Bump up those veggies (for your immune system) and try a yummy

pureed cauliflower mash instead of mashed potato one night. Also, be mindful of too many desserts. So how do you get motivated to exercise or start/continue your weight loss goals? With me! We work on your goals together, I hold you accountable and I am your motivator. We get to the core of things and I get results. Exercise is what is going to also boost your immune system, fight off illness, curb your cravings and improve your mood. I will work on nutrition, weekly meal plans, recipes, any weight loss goals and include a little exercise. I will be your exercise partner to get you started along with your daily motivator. So why not put "YOU" first and set a new goal for winter. Get a head start on summer and feel amazing. Book your FREE CONSULT today. Visit my website [www.thesassymango.co.nz](http://www.thesassymango.co.nz) & follow me on Facebook. Phone Shelley 027 852 2522. West Harbour.

## BRIGHTEN YOUR DAY

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## ANTIBIOTICS...LITERALLY YOUR ACHILLES' HEEL

You might not think a drug you take to treat a sinus problem or that pesky mozzie bite that you scratched that one time too many would have anything to do with your running. However the U.S. Food and Drug Administration (FDA) has issued a warning about a class of antibiotics called fluoroquinolones; and side effects that could prove rather annoying to runners.

What are these drugs, and why would you get a prescription? Fluoroquinolones known as Ciprofloxacin or levofloxacin in New Zealand, is an antibiotic which is used when other bouts of a different antibiotic have failed to kill an infection. They are powerful antibiotics not widely used in New Zealand due to their potency! However they can be used for a number of issues such as kidney infections, respiratory infections, urinary tract infections, and sinus infections.

What are the risks, and what does the new warning advise? These medications disrupt and weaken the underlying structure of tendons i.e. that niggling Achilles that get hammered every time you run, perhaps by boosting levels of enzymes that damage soft-tissue cells. Another theory holds that they inter-

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ferre with the way your body replicates DNA, a process essential to repairing minor damage running might cause. Combine that with the force runners place on their tendons, particularly the Achilles, over the miles, and boom Huston we have a problem. The average person taking these drugs has a 70 percent greater risk of tendinopathy and a 30 percent greater risk for a full-blown rupture than someone taking a different antibiotic, that's one very unhappy runner! Because much of the Achilles tendon has little blood supply, it's more prone to injury to begin with. The antibiotics quadruple the risk of Achilles tendon rupture. And the risk doesn't disappear as soon as you're done with the meds, not that you would be running any way with a nasty infection, would you now? Tendon problems linked to the drugs might crop up weeks, months, or even years later.

What should runners do? You should always weigh the benefits and risks of any medication, including how it might affect your running. That's one good reason to have a doctor who understands athletes and knows about your training. In general, active people may need to avoid these drugs if at all possible. Ask your doctor if another antibiotic will work instead.

In some cases, you won't have a choice. For instance, if you have a urinary-tract infection that won't respond to other treatments or you're allergic to other types of antibiotics like penicillin, your doc might still write you a fluoroquinolone script.

If so, talk with him or her about whether you should adjust your training during and after treatment. It might be beneficial to cut back the mileage, intensity, and hills during and for six to nine months after taking the drugs. If you continue running, stay alert for warning signs of tendon problems, such as new pains in your Achilles, along the bottoms of your feet, or in your hamstrings. Lay off and talk with your doctor if you experience them. Proactive runners can also take steps to ward off the types of infections that require antibiotics in the first place. Promptly changing out of sweaty running clothes can decrease your chances of developing urinary-tract infections. Balancing running with rest days and recovery time keeps your immune system strong, reducing your risk of all types of infections and avoiding a dose of antibiotics. Happy Running

## TO SCAN OR NOT TO SCAN?

Are they necessary?

Every day Massey Physiotherapy sees patients with low back pain, and in most cases a scan is not necessary. Why not you may ask?

Current research has proven, in most cases, a person's lower back pain cannot be attributed to spinal deficits (such as such as disc protrusions, osteophytes, end plate narrowing and facet joint narrowing) seen on a scan and these are a natural part of




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 gill.wiltshire@gmail.com

the ageing process.

Then what is causing my pain?

Most often pain is caused by ligament or joint sprains, muscle strains, or repetitive overuse and overactivity of muscle groups.

When is a scan useful?

If you have had back pain that has lasted for longer than three months or have significant neurological symptoms then referral to a specialist and a scan can be useful.

What should I do?

In most cases the Physiotherapists at Massey Physiotherapy can treat your back pain and get you back to your usual activity. A thorough assessment of your back injury and with your input a comprehensive treatment plan will be developed. When this programme is followed often your back pain will be resolved within six to twelve weeks with no reoccurrence.

If you have back pain please feel free to call the clinic on 09 8323619 to make an appointment for an assessment.

## DRY EYES? EYE FATIGUE? HEADACHES?

With all there is to see and share on digital devices, starting at screens throughout the day is pretty much unavoidable. But all that screen time whether at work or not can be hard on your eyes.



Dry eyes, eye fatigue and headaches are just a few of the symptoms you can experience. Eyezen lenses are only available at a select few independent practices around New Zealand and are designed specifically to combat these symptoms. Phone our team at Westgate Optometrists to find out if Eyezen is right for you. 09 831 0202 or visit our website for more information: [www.westopt.nz](http://www.westopt.nz).



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mentary select fine wines, Champagnes and premium spirits. All onboard meals including dining in all specialty venues (once per venue~). Open-bar service throughout the ship, wine, beer & spirits. All non-alcoholic beverages including bottled water, specialty coffee drinks, soft drinks, fresh juices and Afternoon Tea service. Early embarkation luncheon. 24 hour room service & Pillow menu. Crystal Visions Enrichment & Entertainment Programmes. Gratuities for housekeeping, bar and dining staff throughout the ship. Port charges & government fees. Complimentary Wi-Fi. From the moment you step on board, you will experience Crystal Cruises' dedication to making your cruise the perfect one. Crystal Cruises gives you space to stretch out and explore. There are broad, sunny decks to stroll and inviting corners to settle into. There are cozy nooks where you can be alone. You can join a spellbound audience at an exciting Broadway-style show or get together with a few new friends over a frothy cappuccino. Your stateroom is a comforting place to call your own. There's no mystery to it; it's simply a commitment to heartfelt service that creates an atmosphere of enchantment, every day. Please contact me: Tanya Franklin, your local Travel Broker, a member of helloworld, on 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday! See: [www.thetravelbrokers.co.nz/tanyafranklin/aboutme](http://www.thetravelbrokers.co.nz/tanyafranklin/aboutme).

## A CHILD'S ATTACHMENT TO THEIR PARENTS AND TEACHERS

Here at Country Bears Early Childhood Centre, the child's emotional wellbeing is paramount. We value that a child will start to explore and learn once they have established a firm sense of security and belonging. When a child starts at our Centre, we have unlimited free settling visits, during which time, the child, family and teachers can start to build bonds and develop a sense of belonging. This will help make the transition into



the Centre as smooth as possible for everyone involved. We often get children transitioning into the Centre around the 6-12 months of age. Our qualified teachers know the developmental stage of attachment and how this can affect both the child and their parents. John Bowlby, a well known attachment theorist, suggests that a child would firstly form only one attachment (usually the mother) and that the attachment figure acted as a secure base for exploring the world. This attachment relationship acts as a prototype for all future social relationships so having our teachers understand this process, helps the child to further develop strong attachments for learning. During the



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transition visits, our teachers can ascertain where the child's attachment stage is at, and use best practice, underpinned through respect and communication, to help ease the child into care.

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With over 20 years' experience as preschool educators and carers within the Kumeu community, we are proud to provide the Country Bears children an educational programme with a difference. We provide specific, intentionally designed areas for child development, in a rural and natural setting, alongside our educational Elements of Life programme. As in the past, all our children are well received in the local schools as being confident and knowledgeable children, with the lifelong tools to take on their next journey through life.

Please feel free to come and have a look at our beautifully placed centre and our professional and caring team of teachers. Alternatively you can see what the children have been experiencing by visiting our Facebook Page: [www.facebook.com/cbearsecc](http://www.facebook.com/cbearsecc).

## WELL, THAT TAX YEAR IS OVER. NOW WHAT?

Now that another financial year is over, you will start receiving all kinds of year-end documents. Keeping these records together as you receive them can save you a lot of time and effort later on. Important documents include bank statements, loan summary statements, interest income certificates, investment portfolio summaries, PIE income summaries, and income protection/disability insurance summaries all showing balances as at 31 March 2018. Additionally, we recommend putting together lists of creditors, debtors and stock on hand all as at 31 March, as these are all important for producing your annual accounts.

Finally, we recommend taking some time to reconcile your ledger, namely the bank accounts, credit cards, loans, hire purchases, wages expense and GST balance. Reconciling these balances will save your accountant time and could save you money.

For more advice on annual account preparation or any accounting and tax issues, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## MARKETING MEANS BUSINESS

For many businesses, May marks the beginning of a new financial year and an opportunity to review the performance over the past year. A few questions for you to consider:

Did you reach all your strategic objectives or only some of them?

What were your sales successes and challenges? Did increased turnover equal increased profit or do you have a 'sliding profit' situation? Where are the new sales opportunities? Are there product lines that are no longer relevant to customers and new products/services to be introduced to your offering?

Would a brief Customer Survey be useful to provide this information? Have you lost any major clients and why?

How successful were your promotions? Did you put in place methods to measure this? This feedback is useful in future planning and judicious budgeting.

Who are the competitors who have entered or left your market? Are there new suppliers to be considered or existing supply contracts to be renegotiated?





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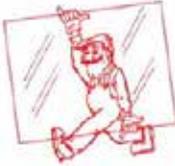


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Where do your new opportunities lie? Which growth strategies will you pursue for the coming financial year?

For your free one hour consultation call Andrea at MOXY Marketing on 022 327 4758 [www.moxymarketing.co.nz](http://www.moxymarketing.co.nz).

## HAVE YOU CONSIDERED CRUISING AROUND NEW ZEALAND?

Neil Harkin of helloworld in Hobsonville has just finished a wonderful cruise around NZ (with a side trip to Sydney) sailing on the Sun Princess. It was 2 weeks in length and I was in a group of eight family and extended family members which made for



great conversation around the dining table every night, catching up with what went on during the day's activities. I must admit we were very lucky with the weather, which always helps and we had amazing port stops in Paihia, Sydney, the Sounds (west coast of the S.I.), Dunedin, Akaroa, Wellington, Napier and Tauranga. I forgot what it was like to be a tourist in your own country and it felt great! There was plenty to do at all our day visits with the highlight being Akaroa taking a relaxing walk around the village, taking photos of the beautiful old cottages and having fish and chips for lunch. We also visited the Giant's House which is about a 20min walk from the wharf. This property shows off a beautiful garden built with mosaic statues of all things imaginable shapes and sizes. It is a definite box to tick off your list, I must have taken at least 80 photos there alone. There is a charge to visit but it is well worth it. Napier was also a lovely stop. It was my first visit there and the Art Deco feel and friendly people made our visit memorable.

The Sun Princess is great 4 star cruising and is good value for money. It is a mid-size ship (77,499 tonnes – 2,000 passengers). The food on board was sensational and especially taking the option of an additional surcharge at "The Steakhouse" was well worth it, best steak ever. There is also plenty to do on board on your sea days with swimming pools, spa pools, spa and beauty treatments, interesting lectures to attend and trivia quiz sessions to test your memory or you could just lie up on a deck chair and get lost in a good book. Of course the shows at night are amazing featuring dancers, singers and various entertainers throughout your cruise. So if you are considering being a tourist in your own country please consider doing it on a cruise ship. The next season of sailings start from October 2018 through to late March 2019. We would love to hear from you at helloworld Hobsonville, located at Hobson Centre, 124 Hobsonville Rd (opposite The Coffee Club) – 09 416 1799 or email [neil.harkin@helloworld.co.nz](mailto:neil.harkin@helloworld.co.nz).

**Kumeu Huapai**

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## THE TRIALS AND TRIBULATIONS OF SETTLING

If only there was a book about the up's and down's parents experience during the first few months of their child starting at an Early Learning Centre. Enrolling is the easy part, it is not until the time your child starts attending that the roller coaster begins. An effective settling process is important as it promotes the development of positive relationships between children and teachers, which begins an ongoing partnership of trust. 'Settling' is about supporting children and families' emotional needs so that they develop a sense of security in a safe, comfortable and caring environment such as Kereru Kindy Huapai. It is important to understand that every child is an individual and what works for settling one child will differ to another. Through our animals, herbal teas, High Teacher ratios, our welcoming settling visit opportunities our abundance of resources and learning prospects you will find settling time so much easier. Kereru Kindy – phone 009 7412 2624, 10 Oraha Road, Huapai.



## SINUSES AND OSTEOPATHY

It is getting wet and miserable again and with the weather come seasonal problems. One of them is sinus inflammation and infection. If you are feeling sick and unwell with temperatures, unusual headaches and so on - go to your doctor to have some tests and appropriate treatment. For many patients it is something they are familiar with and they have been to their doctors and know that they are getting their sinus flare up. Not bad enough to require antibiotics, but bad enough to be a nuisance. Congested nose, pain in the cheeks or forehead, running nose... In many of such cases it is worth trying osteopathic manipulation. Osteopathic approach to sinuses involves releasing soft tissues around the zygomas (cheek bones), upper neck and maxilla (upper teeth). Then cervical spine gentle release and cranial adjustments (working with the tension of the cranial bones). A lot of patients feel their nasal passages clearing up and congestion lessen after osteopathic treatment. While there it is usually not a permanent cure, it helps to feel better for a while. We treat patients with sinus issues on a regular basis, come and see us at Family Osteopathic Clinic, 39 Hobsonville Rd. [www.familyosteo.com](http://www.familyosteo.com).



## COUNCILLOR'S CORNER

By Rodney Ward councillor Greg Sayers.

Transport taxes triple dipping.

Auckland Council's debt has continued to skyrocket by nearly \$2 million a day.

Its borrowings have increased from \$8.3 billion to \$9 billion this year – \$700 million in just 12 months.

The Council's 10 year budget plans to balloon Auckland's debt to \$12.6 billion.

Interest payments are already \$464 million pa, nearly \$1.3 million a day. This is equivalent to 23 per cent of the annual rates.

Next year's budget shows employee costs will be the equivalent of 50% of the annual rates revenue. Total council revenue will be \$4.7 billion.

Rodney ratepayers could see double dipping, or even triple dipping, into their pockets with a smorgasbord of new transport taxes.

There's the regional fuel tax of 11.5 cents a litre, secondly is the Government's fuel tax rising to 13.8 cents per litre, and thirdly there's the Rodney Local Board's proposed average transport tax rate hike, which would lock ratepayers into this additional tax in their rates each and every year for the next 10 years.

All this would hit Rodney residents and ratepayers hard in the pocket.

Rodney residents risk being lumbered with paying two fuel taxes and the Rodney Local Board's council transport tax. This is all on top of council's annual general rates increases and two new targeted rates council is planning to introduce. This will have an overall impact on people's wallet in Rodney to the equivalent of





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a 15% to 20% rates increase.

People tell me they don't agree with the fuel tax because the money being collected isn't planned to be spent back in Rodney, saying that's completely unfair. I will continue to fight for Rodney to get its fair share.

Many people have said to me they don't like the idea of paying an additional Rodney Local Board council tax, especially when the rest of Auckland gets the same council services as part of their normal rates, particularly regarding public transport and roading.

People strongly support having a fair share of their rates and development contributions being spent back into the NorWest. If the Rodney Local Board fails to withdraw its transport tax, the great risk is the mayor will have it voted through anyway, because he is desperate for any extra revenue so the council can borrow more money. This also lets him off the hook, evaporating any pressure on him to spend normal rates on public transport and improving roads.

Mayor Phil Goff's election promise was to make efficiency gains in the Auckland Council of 3% to 6% and to redirect these into transport. But with promises not kept the mayor and the local board are now reaching into our pockets proclaiming this as the new way forward.

Perhaps all the extra revenue raising would be acceptable if the promises to cut wasteful spending, to find promised efficiencies, and to have any savings directed into infrastructure had occurred. But none of this has happened.

## TRANSPORT AND HOUSING MINISTER PHIL TWYFORD ADDRESSES KUMEU COMMUNITY

A group from the Kumeu community met Transport and Housing Minister Phil Twyford and Auckland Council Planning Committee Chairman Chris Darby to discuss local issues.

NZ Transport Agency and Auckland Transport representatives also attended the meeting organised by the Kumeu-Huapai Residents and Ratepayers Association. Taupaki and Riverhead Ratepayers representatives also attended.



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Phil Twyford is clear that the new Labour led coalition Government wants to progress proper planning in the area, so that more housing & infrastructure (especially affordable housing) can occur.

The rail link is to be upgraded, especially as the rail is being extended to the north and north port. The lack of upgrading of the Waitakere Tunnel was raised, but this would be done as part of the northern line upgrade as advised by the Minister.

There is still an indication that Auckland planning staff are reluctant to start any structure planning until 2025, some three years before the 'future urban' designation is made a live zoning - that is too late.

The new Unitary Plan is only five months old and applications are already being made to circumvent the plan.

The Minister outlined the change in direction for a Labour-led Government, and community involvement was clearly indicated to him at the meeting at Soljans Estate Winery.

The issue was raised of development contributions of about \$90 million from the new 2,750 sections in Huapai-Kumeu, paid to the Auckland Council by developers. The lack of transparency in where these funds have gone was presented to Councillor Darby, who has promised to reply.

Tony Soljan asked for a further meeting in six months, which hopefully will occur.

The representative community group gave the Minister a clear view of what is needed for the future.

Pete Sinton, Kumeu-Huapai Residents & Ratepayers Association - Phone 09 412 2016 or email [petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz).

## TO BREAKUP OR STAY TOGETHER?

Recently I've seen a lot of clients with relationship stuff going on – also the older we get, the more the people around us are splitting up or thinking about splitting up. The conversations aren't really out in the open either, they are hush hush. It's all a secret until a divorce is announced. We don't really live in a society that looks kindly on divorce. We don't talk about it, we are a closed book when it comes to the subject and most find it embarrassing. Perhaps our society emphasises staying together, rather than splitting up? Stick it out through thick and thin and give it go for the kids. This view can be a positive motivation for a lot of people to start talking and get help. You signed up for something and you don't just run away at the first sign of difficulty. The thing is, the people I see haven't run at fight no. 1. They are bending over backwards, scratching their heads at 10, 15 or 22 years of marriage.

If you follow my articles you will know I teach that we are the creators of our lives – which no one else is given responsibility for what you have. If someone else has better stuff than you or a better relationship, it's because they thought different things about themselves. I teach that the people in our lives and our

situations are clues to how WE have been being. Usually the people closest to us are teaching us the most about us. We are all energy. We are vibrational beings giving off signals every moment of every day – and we usually meet partners who are vibrationally aligned with us. When we meet, we are a lovely little match with each other. You can't really meet someone who is not aligned with your vibration – well we do meet them, we just don't want to jump into bed with them – or we do jump into bed with them and then find they are not for us.

What creates our vibration? Our perceptions of self, how we view the world, our levels of self-worth and self-love, whether we are people pleasers, or worry about how others view us etc etc– this is all levels of vibration. We speak and act from them. If you have confidence or self-esteem issues going on, chances are your partner will have a version of that too - it might be a blind spot and it might present itself differently than yours, but a version of it is most likely there.

So we meet each other as a vibrational match – then 10 years go by. Some of us change. Some of us don't. Some of us learn a lot about ourselves through extreme life events, or through books, healers, councillors, therapists etc. Some of us experience a lot of fear and life events that are scary and go into a hole and stay the same. The point is, if one person grows, loves themselves a little more, learns to be relaxed and to laugh at themselves, learns not to worry about what others think etc, they have changed their vibration – and if the other person has not then there is not a match anymore. It a simple idea – but believe me, it's very difficult living in a house with someone who's self-perception and vibration is very different to yours. We naturally and effortlessly align ourselves with people that 'feel' aligned with us. If it has changed, it didn't change on purpose. It happens so slowly that neither person really knows what's happening. A feeling that things don't feel the same anymore just gets stronger and

stronger, it causes more and more friction until its blaringly obvious that a conversation needs to be had – in most cases this will go on for a few years. The vibration that each is giving off is not a match anymore. You love them, you're connected through history and amazing memories– but you're just not the same match as you used to be.

What makes it even harder is that breaking up is surrounded by so much negative. It's full of bitterness, jealousy, guilt, anger, frustration, sadness. Solution doesn't come fast when these emotions are leading every conversation. We are not 'conscious' when we are trying to work it out with our partners. Anger takes over and nothing wise is going to come out of that. What if divorce in our society was known differently? 'We are getting a divorce, it's been good and bad and amazing, the last 15 years have given us so much to be grateful for, but we are not on the same page anymore. We have both agreed that we have finished with this phase of our lives and it's now time to explore the next part. It's very sad leaving but it feels like the right thing to do. We love each other but are happy to set each other free.' Not many go like that! Breaking up usually means we have stopped matching each other. When two people want different things it's hard to agree to be wise and conscious and care for each other through the breakup.

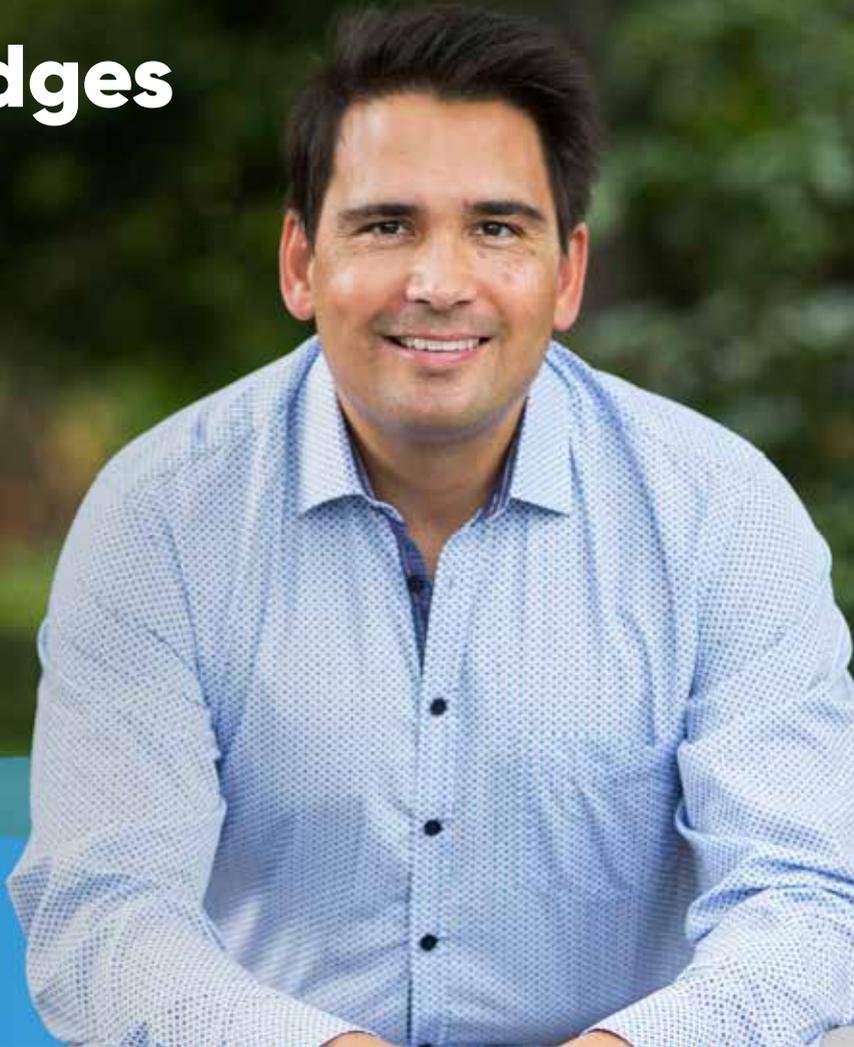
For a couple to stay together it's because one or both did some inner work. Often a shock like 'I'm going to leave you' will inspire the other to go and see someone. Any time we look at 'what's my part in this' is a good thing. When we find we are sick of our partners on a constant basis very often it is ourselves we need to look at. Your biggest complaint about them is often what you need to look at first. It can be a blind spot and our ego always says, 'it's not me, its them!' But we have vibrationally matched them at some level, so their behaviour will be showing us something about us. Even when it comes to not being loved prop-

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**Public meeting**

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erly. It is you and only you who is going to solve this issue. Yes – the answer might be that you need another partner – but after your divorce, the pattern may keep happening if YOU haven't done your inner work and doing the inner work can often save a marriage. A person who doesn't think highly of themselves and needs to please all the time is a hard person to love. There was a reason you attracted a less than loving person in to begin with – they were mirroring an aspect of you – an aspect your yet to learn about. I can't say it enough - until you look at yourself no relationship will be easy – and yes relationships can be easy. For a 2-hour, one off session contact Anna Wheeler 021 555 658 [anna@thinkyourbest.co.nz](mailto:anna@thinkyourbest.co.nz).

## PHELAN'S LOCAL BOARD UPDATE

It's been a very difficult few weeks for many residents following the storm that swept through the area destroying houses and cutting of power to thousands of properties.

The spontaneous response of residents with people helping each other and the generosity shown by so many looking out for neighbours and total strangers shows what a great community we live in.

As things slowly get back to normal it seems like a good time to emphasise some of the messages Civil Defence puts out about resilience and being prepared for natural disasters.

Everyone's first stop should be the 'Get Ready Get Thru' website ([getthru.govt.nz](http://getthru.govt.nz)). Head straight to the 'How to Get Ready' page and go through the steps to get your family prepared. Civil Defence has long talked about the need for people to be prepared to look after themselves "for at least three days".

There is good reason for this. The only government funded or-

ganisations I have seen that know how to respond quickly to emergencies are the obvious ones of Fire, Police and St John. This is what they do on a daily basis and crew are trained to react quickly and be prepared for the emergencies they respond to.

Councils and large corporations on the other hand are not quick to react to Natural Disasters. Having been involved in a few of these situations personally through the Fire Service it is obvious that large organisations take about three or four days to crank up capacity to deal with unfolding disasters. Communications and management systems have to be rolled out, staff who are not used to dealing with emergencies on a daily basis have to fall into roles they are unaccustomed too, when the machine finally cranks up to speed it does, mostly, work. However up to that point we're on our own when it comes to dealing with the situations we find ourselves in.

I've seen some comments that the situation was 'third world', implying that in the 'first world' these sorts of situations are dealt with quicker or better. A cursory glance at recent events in first world countries show that while the response is obviously far better than the real third world, it isn't a premium quality instant reaction and there are always lots of issues – in short, it isn't a Hollywood movie response.

We should prepare for the worst and these events should be a reminder that natural disasters are unpredictable and difficult to deal with quickly because the scale rapidly overwhelms local resources. Starting with home based resilience should be something you and your family prioritise. Civil Defence have some simple things you can do that will make disasters easier to cope with if you have a planned for the unexpected.

Another local network people may want to consider joining is Rodney Neighbourhood Support, (formally Neighbourhood Watch) this is a great network for both general security and also

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a mechanism for dealing with the sorts of events we have all just been through. You can join up and find out more by visiting [nsrodney.org.nz](http://nsrodney.org.nz) A street by street network of Neighbourhood Support groups would be a great local resource for emergency services to tap into.

There will no doubt be some soul searching with a range of organisations about what can be done better. I will be pushing for the reinstatement of local Civil Defence reporting centres and better communications that can cope with an absence of mobile phone networks. The Local Board will also look at how it can ensure targeted local halls can be fitted out to provide emergency facilities for locals to access.

If you need assistance with council related matters please contact me on either: 021 837 167 or [phelan.pirrie@aucklandcouncil.govt.nz](mailto:phelan.pirrie@aucklandcouncil.govt.nz).

## WORRIED THE WEATHER WILL RAIN ON YOUR PARADE?

The great New Zealand weather cannot be trusted. Hence it's not possible to hold an outdoor wedding with no solid back-up plan. Here are some of the things to account for when planning an outdoor wedding in any season: Ceremony location. We're way more fortunate than other countries in that we can do a pop-up wedding wherever we feel like. Even if your marriage licence state one address, it is easy to change it on the day (your celebrant should know this). If you have a dedicated venue and it only shows images of sun-kissed exteriors, research your 'wet weather' options. You'll know you've found the right location when the thought of actually using it doesn't give you a twinge of disappointment. Flexible Décor. Ensure that you have thoroughly investigated the compromises involved if things have to be moved inside. Beautifully decorated gardens are lovely, but if you can't use them you don't want to be stuck in a stuffy function room or a bar without any character. So plan for your décor carefully. Wardrobe enhancements: Most dresses would already come with a small hook so you can lift the dress as you travel over damp ground, if not ask your bridal boutique about adding one. Cute Gum boots is always a ticket for radiant rainy day style. From elegant ivory styles with bows to pastel pink and multi-coloured designs - whatever floats your boat. Umbrellas. Most venues will have them for you to use, but if they don't make sure you have lots of them. Umbrellas can make all the difference. Having baskets of brollies is a simple contingency plan; they keep your guests dry and if the skies stay clear, a canopy



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of hanging, colourful umbrellas can look spectacular too. Make it a part of the day. The best way to beat the rain is to go all-out to include it. A rainy wedding is considered good luck in many tradition, symbolising fertility and purification, and I certainly believe that your attitude is more important than the weather itself. I've seen couples become obsessed with their 'wedding forecast'. While it's good to have an idea of what to expect, don't get too hung up on it. If you bit all your hopes on glorious sunshine, you'll only feel let down, affecting your overall mood on the day. If all else fails, remember "a dry rope might be easier to handle, but the wet knot is harder to undo". Brought to you by Anna Moroz – your local wedding planner and celebrant. [www.weddinggirl.co.nz](http://www.weddinggirl.co.nz).

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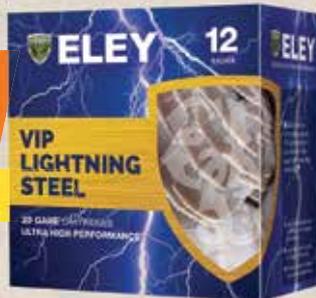
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