

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts



## EVENTS AND UPDATES KUMEU RUGBY BACK IN BLACK

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

## KUMEU CRICKET CLUB IN FORM FOR 75TH SEASON

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

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

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

May 2019

# Intro

It is with mixed emotions that I write this editorial, as it has come to the end of an era for me. One that has been such a pleasure to be part of and one which I'm sure I will remember with fondness for years to come. My little family and I have decided to move closer to both our families, so we have taken the plunge and moved south of the Bombays to the Mighty Manawatu.

I would like to take the time now to sincerely thank Graham McIntyre for giving me the opportunity to be part of this wonderful creation that is the Kumeu Courier. My heartfelt thanks also need to be extended to Stacey Milne for the tireless dedication and professional attitude towards the publication and for putting up with my "mum brain" on multiple occasions. I have enjoyed working with everyone involved with the publication and am proud to have been affiliated with such a useful resource within our community for the last 6 years.

Lastly, thank you to you - our loyal readers. I cant begin to count the amount of calls and emails I have received over the years to compliment the team on another great issue, and could I possibly "remember the recipe for that wonderful cake featured 4 issues ago?". It brings me a special kind of satisfaction knowing that our community helped create the very thing they are so happy with. Sure we have made mistakes and probably a few enemies too, but hey we're only human!

I have no doubt the next person to take the Editors seat will continue to keep our community informed, entertained and everything in between. So, I hope you enjoy this issue as we settle into the colder weather. Get out of the house and explore while that Autumn sun still has a little heat. While you are at it, spare a thought for me as I swap my normal city attire for gumboots and multiple layers of clothing in what is perhaps the coldest climate I have experienced for years. Who's idea was it to move to the country just before Winter she asks?

As always,  
Stay safe – Be kind  
Sarah, Editor.

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



# kumeu Courier

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### Questions and feedback:

**Sarah Brightwell**  
P 021 250 7324  
E sarahbrightwell022@gmail.com  
W kumeucourier.co.nz

Cover photo: Kumeu Cricket Club chairman Stephen Nobilo presents a life membership certificate to Monte Neal.

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# PEOPLE & PLACES

## KUMEU CRICKET CLUB IN FORM FOR 75TH SEASON

Stories by Geoff Dobson.

Timing is everything for a batsman trying to post a big cricket score.

And the timing is perfect for the Kumeu Cricket Club as it launches 75th anniversary celebrations which include major events coming up in late November and early December.

Already the club has hit the sweet spot with its top senior men's team gaining promotion to the Premier Reserve major championship, one grade below Premier grade, in its last must-win game against Cornwall.

The club's just had its main pitch at the Huapai Reserve (better known as the Huapai Domain), named the Brian Neal Oval in honour of Brian, who died last November aged 88, for his huge contribution to the club where he held nearly all positions from groundsman to president during a 50-year association.

And fittingly, the club has recently bestowed a life membership on Brian's son Monte, pictured second from left, along with Dean Stuart, left, Peter Blucher, right, and Vaughan Wynyard for their efforts and support.

"We've only given out about 20 life memberships in the club's 75 years, so these are not dished out willy-nilly," club chairman of 10 years Stephen Nobilo says.

"It's a pretty special honour to bestow on members in recognition of their service, time and the contribution they have made."

Stephen says the senior men's team's move into the Premier Reserves is the "icing on the cake" for the club's 75th and could lead to the club returning to the dizzy heights of the late 1990s when the Premier side came close to winning the one day title on a couple of occasions and the Premier 2 title which would have seen it playing in the top two-day Premier grade.

At that time it had a couple of Auckland reps in Simon Hayden and Wayne Enoka, along with strong players like Guy Coleman, while the club's first professional Kaushik Patel (brother of former Black Cap Dipak) was instrumental in helping guide the club through a heyday period in the 1990s.

The club has never really produced a Black Cap, says Stephen who has been involved with the club on and off for about 20 years.

A young Chris Kuggeleijn did play there while his dad was teaching at nearby Huapai District School.

The Kumeu Cricket Club is one of the oldest clubs in the area. Its history goes back to the 1943-44 season near the end of World War II when a group of enthusiastic locals cleared an area of gorse and manuka scrub at the domain to establish a playing field. Matches were arranged against other country clubs such as Henderson and Swanson, teams usually arriving by train.

The club played in the Kaipara Cricket Association for a time, before moving into the Auckland City and Suburban Cricket Association based at the Auckland Domain, then joining the Auckland Cricket Association in about 1961 where it has remained.

Two-storey clubrooms have been largely completed at the Huapai Domain after the previous facility was destroyed by fire in about 1996. The rooms and facilities provide a much-needed home for the club and a community asset used by various council and community groups, including the NorWest Heritage Society and Kumeu Huapai Residents and Ratepayers Association. A lift for disability access has yet to be provided in the clubrooms to cater for a larger number of people.

The club is in good shape for its 75th year, having 14 senior



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teams, a women's team, and a strong junior club section.

"It's a great sport to develop you mentally and physically, and a good diversion from electronic temptations for kids," Stephen says.

The sport is also being promoted in schools as Stephen agrees youngsters have a far wider choice of other recreational activities to choose from now.

"Cricket is now a much more inclusive sport with women having a more equal footing in the game – last year was the first time in more than 20 years that we had a women's team."

Stephen says another grass wicket is planned with the club having only one, plus a number of artificial wickets.

So far, the club's 75th has also include an exhibition T20 match between an Auckland Cricket President's team and an Overseas All Stars side – with similar matches planned in November and December.

Commemorative memorabilia will be available to buy online and a book about the club is also being prepared.

Stephen says it's great to see the domain being well used by other sporting codes, which all work well together.

Plans for more facilities there include an indoor stadium.

Stephen says the club's rising status would not have been possible without its sponsors.

"Those who have supported the club in its 75th season include NJC Equipment, SBS Bank, Atlas Concrete, Fresh Choice Waimauku and Super Value Kumeu." Visit [www.kumeucricket.com](http://www.kumeucricket.com) or search on Facebook for more information.

## LOCAL LIONS PREPARE TO CELEBRATE 50 YEARS

Huapai Kumeu Lions are already well down the track preparing for the club's 50 years of service celebrations in March 2020.

The Kumeu Courier will feature updates, projects and aspects of the club's history in the build up to the commemoration.

In 1969 an energetic Huapai real estate agent, former orchardist and district personality Tom Spraggs suggested forming a local Lions club.

Most of the friends and acquaintances Tom approached did not even know what a Lions club was.

Tom foresaw Lions as an organisation that could bring benefits to the district, also providing an opportunity to make friends and increase the sense of community locally, especially as Lions' motto is "We Serve". It was developed after the International Association of Lions Clubs was started by Melvin Jones of Chicago. He envisaged a consolidation of several independent service clubs into one strong unit with the aim of service to humanity.



Lions was established in Dallas, Texas on October 8-10, 1917. Inspiration for the Lions' motto came after a blind woman, Helen Keller, addressed a Lions group a few years later. "Alone we can do so little, but together we can achieve so much," she said.

A public meeting to form the Huapai Kumeu Lions was held in the Kumeu Band room at the Kumeu Showgrounds. Members of the already established Henderson Lions Club briefed intending local Lions on the responsibilities of being a Lion and how they were prepared to sponsor and guide the proposed new club, Lions member Graham Andrew recalls.

"Well, 26 locals became charter members of the Huapai Kumeu Lions Club which was chartered in the USA on March 10, 1970," Graham says.

"The first official meeting took place at the Kumeu Showgrounds with 26 new chartered members supported by 17 members from the Henderson Lions Club."

The Lions philosophy was spreading after the first New Zealand Lions club was chartered in 1955. The Auckland Host Club was established with 28 members, hosted by Woollahra NSW Club and supported by Australian Lions generally.

Back at Kumeu, one of the first issues faced by the new club was its name.

"People have asked how the name was agreed to," Graham says.

"Well, this was a hot topic! Some from Kumeu wanted 'Kumeu Huapai' while some wanted 'Huapai Kumeu'.

"Someone called out 'what comes first in the alphabet?' - hence Huapai Kumeu."

Tom Spraggs was voted charter president, Colin Letich first vice-president, Lou Yelavich second vice-president and Graham Andrew third vice-president. Jim Houghton was secretary and Bob McDonald treasurer.

"The first few months were taken up with learning about Lions activities and protocol and discussions on projects," Graham says. "Some were mind blowing and will be featured in later Kumeu Courier editions."

## WESTERN ITM KUMEU TURNS 20

Western ITM Kumeu is celebrating 20 years with a round of specials and events from May 1-4 at 154 Main Road.

"We'll have in-store specials and a barbecue every morning from 9am until noon

Wednesday to Saturday," says manager Wendy Fish, pictured with store supervisor Dylan Morris (front), sales person Dave White and timber yard co-ordinator Grant Wylie.

Wendy has seen many changes in the market and surrounding area during 22 years with the family owned business since start-



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ing at the Whenuapai head office before moving to Kumeu.

"We made a decision to move from the DIY market to better cater for our trade builder and contractors' needs. We expanded our site by purchasing the adjacent building at the rear of the site, which is now our drive through dry shed/panel shed."

Living in Huapai all her life, Wendy has seen big changes in the area with developments happening all over place. Like many locals, she cannot believe the traffic congestion.

Wendy became the store manager at the Kumeu store in 2005. Today the Western ITM Kumeu site employs 13 staff.

Western ITM is a member of the Independent Timber Merchants Co-operative and has three Auckland stores (Whenuapai, Kumeu and Swanson).

The company is dedicated to meeting customers' needs and regular training sessions keep staff up-to-date on new products and innovations from the industry.

The team will help customers select the right products and will order in stock for the customer if it is unavailable in the store.

The company's philosophy is; "We like to keep it simple by focusing on giving you the right advice and the right products at the right price. That's because we've been around long enough to know what's important, whatever your building or project needs are."

Western ITM has gained many awards over the years, including community sponsorship, leadership in training, merchandising, branding and more.

Western ITM is part of the Anderson family owned and operated business, established in 1943 as founding company Anderson & O'Leary Ltd which last year celebrated 75 years in the trade.

The Andersons (Bruce, Wayne and Andrew) are well known in motorsport circles too. Western ITM Kumeu hours are 6.30am-5pm Monday to Friday and 8am-4pm Saturday.

## KUMEU RUGBY BACK IN BLACK

A resurgent Kumeu Rugby Club has begun a new season in good heart. The club, which faltered on the verge of extinction more than 10 years ago, has renewed vigour along with five senior teams and a strong junior club. For the first time in its



56 years, the club has a women's team – the Kumeu Valkyrie Sisters, pictured. The name comes from Norse mythology where Odin's 12 handmaidens, the Valkyries, selected fallen warriors for Valhalla. "It's an exciting time for them," Coach Jerry Simanu says. "Most of the girls live outside Kumeu – the furthest from Pukekohe. "Many are former players who've come out of retirement, a few got married recently and two are in the Navy so are away for a couple of months."

Jerry has a three-year plan for the team – the first season aimed at building player numbers and giving them a "taste" of the action. The team, captained by Nicole Brown, welcomes more players, and had its first game against Drury but couldn't start with a win, going down 29-5.

The club has strong Premier 1, Premier 2 (formerly Reserves), Under 21 and President grade teams.

To cap a great season opening day, despite rain, the Premier 1 team beat Glenfield 50-19, the Premier 2s also beat Glenfield 86-14, the Under 21s downed Mahurangi 20-15, and the Presidents overcame Marist 47-0.

"The club's looking pretty good – with this year probably the strongest we've had," says club stalwart Keith Robinson who was at the first day of the new season.

He's seen the club's fortunes wax and wane over the years, the darkest days more than a decade ago when it struggled for both money and membership.

A lack of players from the northwest led to the formation of the successful Western Pioneers premier rugby side which did well in the North Harbour competition over six years before ending in 2016. The Pioneers were a compilation of both Kumeu and Helensville club players.

The Kumeu club re-established its independence in North Harbour in 2017.

Keith says people like Darren Hughes and present chairman Glenn Wheeler have helped turn the club around.

Wheeler says the club's in good shape, despite a general downturn at many other rugby clubs throughout New Zealand.

Problems with the club's home grounds have also turned a corner.

All three fields at the Riverhead War Memorial Park home grounds are ready after a long-running saga with sand slitting for drainage caused some issues, the main field only just coming back in use.

The clubrooms have also had a facelift, gaining new access stairs and a covered deck overlooking the fields.

It's had an interior spruce up too with more wall to ceiling glass windows and doors improving both lighting and outlook.

The club's popular kitchen and bar continue to provide nourishment for players, members and visitors.

Meanwhile, the club has a special afternoon lined up on May 10 featuring former All Black Mils Muliaina and former Kiwi league captain Hugh McGahan.

Doors open at noon for lunch, dessert, refreshments, and a fundraising auction. Tickets are \$100 and tables \$1000.

Contact Glenn Wheeler on glennw@hellaby.co.nz or phone 0274 945 666 for more information about the lunch and club information. Doors open at noon for lunch, dessert, refreshments, and a fundraising auction. Tickets are \$100 and tables \$1000.

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## GEAR UP FOR HUNTING AND FISHING AT WILL'S OUTFITTERS

Want a t-shirt with an excuse for not delivering the fish or game? Will's Outfitters has them all – along with the gear to ensure you get it next time.

The family owned and operated shop at 332 Main Road in Huapai deals with most hunting and fishing requirements, also catering for the target shooter.

It provides personal one-to-one customer service with excellent post sale care and advice.

Outdoor clothing is offered right down to the gumboots, and there are plenty of accessories available too.

Will and Kerry Cleverdon brought their business to Kumeu from the North Shore about four years ago after moving to Kumeu to live three years prior.

A quantity surveyor by profession, Will developed his hobby into a business about 14 years ago.

"I've always been keen on fishing and shooting," Will says, admitting the business has been so busy he's often had little time to get out hunting and fishing himself.

"It's still a lot of fun though, and we have a good number of regular locals who come in," Will says.

Will's Outfitters stocks all the gear needed for target shooting, hunting (including deer, pigs, waterfowl, rabbits, possums, tahr and more) and fishing too.

A large selection of related accessories is stocked, such as knives, torches, game bags, targets, rods and reels, tackle and more.

Gun cleaning, care and maintenance products and service are also provided.

Clothing brands stocked include Swandri, Outback, Ridgeline and Lonely Track.

Will and Kerry look forward to serving customers in their "great little store out West" and are open 9.30am-5.30pm Tuesday to Friday, 9am-4pm Saturday and 10am-2pm Sunday.

You can find Will's Outfitters on Facebook and Trade Me or contact them via [willsfishingandfirearms@gmail.com](mailto:willsfishingandfirearms@gmail.com) or phone 09 444 0023.



As seen in the Kumeu Courier May 2019

## FULLERTON MOTORCYCLES DOES THE JOB

Good, old-fashioned customer service is what Mike Fullerton of Fullerton Motorcycles Ltd in Kumeu believes in.

He runs a family business at 1/156A Main Rd, repairing, servicing and selling motorcycles across a wide range of brands and models. He's currently working on bikes as varied as a 1928 Triumph and the latest Ducati.

A qualified mechanic, Mike can also source hard-to-find parts.

The business was begun by his father Ian in 1959 as Lambretta Service Centre Ltd, changing to Fullerton Motorcycles Ltd in 1964. Mike's late brother Colin and mum Inez have also been involved in the business over the years.

Bikes were brought in from Russia and Germany for sale.

Mike, Colin and brother Robin were well known in speedway circles as well, Mike spending many years racing in New Zealand and Europe.

Established in Kumeu for about seven years, Mike says he fell in love with the area while on the road to Glorit, with Colin also living in the Matua Road area.

"I thought this was a nice place so built a new home in Helensville," Mike says.

A mechanic and service manager for Crosbie Motorcycles and the since closed Red Baron Motorcycles for 18 years, Mike left to set up his own company (which he'd kept current over the years) in August 2012 and obtained premises through Bruce Anderson of Western ITM.

Mike still enjoys motorcycle riding and can work on any bike, old or new.

Fullerton Motorcycles is open 8.30am-5pm weekdays and Saturday 9am-noon.

Visit [www.fullertonmotorcycles.co.nz](http://www.fullertonmotorcycles.co.nz) or search on Facebook for more information.



As seen in the Kumeu Courier May 2019



# SAFER COMMUNITIES

Now that the clocks have gone back and days and nights are rapidly cooling down, most people are thinking about lighting fires or turning on the heating. However, the colder weather brings with it a special set of dangers that could increase the risk of house fires. First everyone should make sure smoke alarms are fitted and working throughout the home. Also, power multi-boards should not be overloaded or covered, as they can overheat and cause a fire.

## Fireplaces and chimneys

- Clean chimneys and flues before lighting the first fire of the season
- Always use a fireguard or spark-guard when using an open fire
- Never throw rubbish into the fireplace – especially batteries and aerosol cans
- Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to five days to cool completely
- Keep matches, lighters and anything else that can create fire out of reach of children

## Electric blankets

- Worn and old electric blankets can cause electric shock, fire and possibly even death. At the first sign of wear have your electric blanket checked by a qualified electrician.
- Don't place heavy objects on the bed while the blanket is switched on.
- Make sure the blanket is always flat on the bed and that controls or cords are not twisted or caught between the mattress and the base of the bed. Twisted cords are a common cause of electric blanket fires.

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# COMMUNITY NEWS

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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. 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.

If you would like to join us, just come along to our next meeting on Wednesday May 1st at 10am at St Chad's Church 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).

## A WEEK IN THE LIFE OF KAUKAPAKAPA



Third Kaukapakapa Photo Competition, Sunday 2nd June to Sunday 9th June. The third photo competition for "A Week in the Life of Kaukapakapa" is coming up in June. Come along to the Library on Sunday 19th May when the Village Market is on to find out more and have a look at the entries from the last two years to get inspired. The competition, which will take place during the period from Sunday 2nd June to Sunday 9th June, is for any photos taken in the Kaukapakapa area during the week. Images must be identifiable as Kaukapakapa to qualify for a prize. A maximum of three digital imag-

es from each entrant must be received by 6pm Tuesday 11th at [threehorses.co.nz](http://threehorses.co.nz). One picture from each entry will be printed and displayed in the Kaukapakapa Hall during the market on the morning of Sunday 16th June so that a "People's Choice" award can be selected.

Prizes will be presented to the Best Junior Photo for Under 12 photographers, the best Over 12 Photograph and a People's Choice Photograph. Winning photographers will receive an A3 canvas print of their winning image and a \$50 Westfield Voucher. Awards will be presented in the Hall at Mid-Day on Sunday 16th June during the Kaukapakapa Village Market. The People's Choice Winner will be chosen from the images displayed during the morning of the Market. The decision of the judges will be final.

For more information please contact Megan Paterson, 021 959 017, [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz).

## 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 +. These high costs prevent a lot of people from having the repairs done. However, the good news for you is that we can repair badly scuffed / scratched bumpers with 85 - 95% colour matching for around \$250 - \$299 + gst. We focus only on the damaged area and blend the repair into the existing bumper paint. Call us today on 0800 20 30 20 for a free quote, or visit our website below. Our other services include: Dent removal - small to large; Yellow / foggy headlight restoration; Deep clear coat scratch removal; Ceramic coating paint protection;

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## KUMEU ARTS



May will be a month of new beginnings at Kumeu Arts. We are holding the very first exhibition in our brand new 'Pod' gallery by award winning, Ukrainian/Kiwi painter Anna Filimonova. Anna's distinctive artistic style is sure to impress. 'Surreal and natural elements combine and are seen through windows, doors, and rooms'. While our Steampunk show will occupy the main gallery giving visitors two simultaneous exhibitions to visit. Term two starts offering new classes and workshops in; ceramics, sewing, languages, life coaching and creative writing. While long established programmes such as the Kumeu Children's Art Club, painting, knitting and botanical art continue to offer quality education, social interaction and fun. Kumeu Live concerts this May include highly regarded musicians such as Kendall Elise playing right here in Kumeu at affordable prices. There is so much to discover at your local Arts Centre 'The Hidden Gem'. [www.kumeuartscentre.co.nz](http://www.kumeuartscentre.co.nz).

## SLOW COMPUTER?

If you've got/ experienced a slow operating computer, you will agree it can be a headache! Fortunately we can offer you the most affordable way to boost your computers operating system that not

only reduces loading times by up to 50%, but has options to increase your storage capacity.

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Come see us before the 30th June and mention "Fast IT" to Dan for 15% off your SSD purchase with install in our shop.

Your local friendly IT team is happy to advise and support you with your computing needs.

For more please come to IT@Hand Computer Services on 322 Main Road in Huapai (opposite Mike Pero). Phone 09 412 9227 or Email [huapai@itathand.co.nz](mailto:huapai@itathand.co.nz).

## KUMEU VINTAGE BRASS



The Bruce Mason Centre's popular Morning Melodies attendance record was broken in February – 900!

Straight off the back of that performance Kumeu Vintage Brass in conjunction with Kumeu Brass will perform their annual variety concert in the Kumeu Community Hall on Sunday May 19 at 2.30pm. KVB, under the musical directorship of ever-popular Graeme Gillies, is rated as one of New Zealand's largest and most popular bands of its type playing popular music you know and you want to hear. The smaller Kumeu Brass, Mark Close MD, was recently NZ's National Champion in its grade. For just a gold coin entry fee you can enjoy both bands in a fun-filled, relaxing family afternoon in your own

town. Put a bold circle around this date then look forward to enjoying "An afternoon at the Kumeu PROMS" as special guests of Kumeu Brass Inc.

## NATURES EXPLORERS HAVE BEEN LOVING THEIR LIVING EGGS



For the last two weeks Natures Explorers has been looking after some very precious visitors ... 10 living eggs! Our children had been counting down the days and then finally 10 brown and shiny little eggs arrived in an incubator. The children learnt that they had to be very careful around the incubator to protect the eggs. They had been learning about the life cycle of chickens and so were prepared and ready for their new guests. Finally after two days they were rewarded and got to watch the first egg hatch right in front of them. Wow what an amazing sight. We also had lots of parents and siblings visiting that week to see our special visitors. After four days we had 6 girl and 4 boy fluffy little chicks. Our children learnt how to care for the chicks, how to feed and water them, how to use gentle hands and empathy towards other living things. In the picture you can see Penny aged 2 reading the chicks her favourite story. They also learnt how the chicks grow up to be chickens, and how chickens are great at eating our scraps and providing us with eggs. This tied in with our current centre theme of sustainability. It was sad to see them go back to the farm, but they had grown so much over the two weeks they were with us that they were getting too big for their box! What a fabulous

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learning experience. For enrolment enquiries please call Nerys on 09 412 8800.

## SCOUT CAMP

The Waitoru Zone Scout Camp was held near the end of March at the Kumeu Showgrounds. We had over three hundred people attend from Keas, Cubs, Scouts, Venturers and Rovers as well as leaders and members of the zone team. There were plenty of fun and games and activities, great food and company and an evening skit show that was highly entertaining and very imaginative. A great camp by all accounts.



There have been many groups out fundraising over the last month, some of them are working hard in order to attend the 2019 Scout Jamboree later this year, which is a three yearly event due to be held in December and January at Mystery Creek. Well done to all groups for your efforts in these areas.

If you know of any ways that a group could help you as a fundraiser, please feel free to contact me.

In April we held a Cosgrove leadership training course at Makarau. This training course encourages and enhances leadership skills and is attended by more senior Scouts as well as leaders who participate on the course and support the scouts in their development when they go back to their own groups. They covered areas such as gas burner safety, basic first aid, tent pitching in the dark, caring for the environment through the Leave No Trace programme plus a whole lot more, as well as being responsible and cooking their own meals.

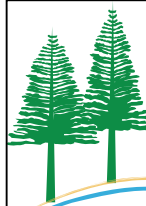
Want to know more, then head to [www.scouts.org.nz](http://www.scouts.org.nz) or email me [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz). Craig Paltridge - Waitoru Zone Leader.

## SUSTAINABLY LEAD EARLY CHILDHOOD CENTRES LEADING THE WAY FOR A NEW GENERATION

With local children and families at the heart of everything they do, New Shoots Children's Centres are continuing to grow with three new centres having recently opened in West Auckland.



After discovering a need in the community for early childhood centres that were truly com-



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P O Box 45 Waimauku 0842, Auckland, New Zealand



mitted to sustainability, healthy eating and play-based theory, Michelle Pratt and Nikki Prendergast decided to set up and design their own sustainably focused centres.

“Each centre has been carefully considered and sustainably designed to create a space that suits the needs of children and teachers, and encourages imagination and play,” says Michelle Pratt, New Shoots co-founder.

We are always looking at ways of minimising our social, environmental and ethical impacts on supply chains, which is why our sustainable values don’t just stop at the build adds Pratt.

“We endeavour to ensure that our resources, equipment and toys are hand-picked and often designed for early childhood to support an ethical supply chain and increased longevity.

In addition, we’re committed to a toxin-free environment with carefully thought out cleaning systems, which not only reduce the risk your child has in coming in contact with nasty chemicals but also limits cross-infection.”

With centres located across the upper North Island, Pratt and Prendergast are hoping New Shoots will not only inspire the sector as a whole to improve in areas of sustainability and education but continue to provide future generations with opportunities better than those left to us.

## KAUKAPAKAPA VILLAGE MARKET

Sunday 19 May 8.30am to 1pm. This month the regular monthly market will be hosting a Pink Ribbon breakfast fundraiser serving a delicious breakfast and tasty treats from the market café with proceeds going to the NZBCF. We have plenty of great stalls, 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. Our musicians this month are “The Roselles” performing popular songs

from the 60’s onwards, plus free face painting, kids craft table and much more, a great morning out for the family. For more information contact Sarah 0274 831542 or email sarah1@max-net.co.nz.

## THE BOYS ARE BACK IN TOWN

Given that less than 2 percent of Early Childhood Teachers in New Zealand are male, Kumeu Montessori Preschool reckon they could be setting a national record with currently THREE male teachers on their team.

Rody O’Reilly (one of the men, and co-owner) says that this is the first time he has worked with other male teachers in ECE. “While our female teachers are, without doubt, phenomenal women and teachers, male teachers bring a different perspective and dimension to learning and play, giving us a great balance”. The preschool embraces diversity across all levels and are delighted to offer positive male and female role models and enabling children to benefit from the different teaching styles and experiences of each.

Kumeu Montessori is an established, privately owned boutique early childhood centre for children aged 0 to 6. With an emphasis on helping children gain not just academic skills for school, but wider social emotional skills such as determination, confidence, persistence, and resilience, the preschool aims to prepare children not just for school, but for life.

[www.kumeumontessori.co.nz](http://www.kumeumontessori.co.nz) Phone 09 412 9885.



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# IN BRIEF

## UPDATES:EVENTS

### TAUPAKI KARATE – WOMEN'S SELF DEFENCE

Women make up a majority of the victims of violent assault in New Zealand. Karate can't prevent you from being assaulted but it can certainly help change the expected outcome.

Confidence in your ability to fight back largely determines if you'll survive an attack and this is not something that can be gained from a few self defence classes. Techniques must be practised repeatedly until a response becomes automatic; If you have to think about how to fight back, it's usually too late! Karate increases self-confidence exponentially, teaches you to stay calm and, critically, to remain confident during an attack.

Being physically weaker than an attacker should not be a disadvantage and at Taupaki Goju Ryu Karate we teach effective ways to defend yourself from an aggressor who is likely to be larger and more powerful than you and/or armed. Most attackers will rely on their physical presence to overpower their victim(s), however precision, timing and accuracy to land a single blow can stop them in their tracks. A woman may not have quite the same level of physical strength as a man, but generally their flexibility, command of timing, distance and precision is better. So while an attacker may try to hit you as hard as they can, we teach you to hit "just right".

Although karate was not designed specifically for women it teaches how skill can overcome force. Any physical training can be tough but we will show you

to train properly within your ability and physical fitness; how to move, strike, kick, fall and avoid an opponent.

The heart of karate is learning how not to get hurt.

By joining our Dojo you will learn self-preservation in a friendly, safe environment while also bettering your health and general level of fitness. Women of all ages can practise karate, in fact Shaolin nuns were practicing martial arts over a thousand years ago.

Why not come and see what we do? Taupaki Goju Ryu Karate - Taupaki Hall. We would love to see you any Tuesday or Thursday night. Junior training (7+) - 6-7pm. Senior training (ages 13 +) - 7-8.30pm.

### CELEBRATE MOTHER'S DAY AT LITTLE WILDERNESS ON 12 MAY



Give your Mum an unforgettable Mother's Day this year by treating her to a High Tea experience in Kumeu. Nestled in a native setting, Little Wilderness is a boutique venue providing the perfect backdrop for a truly memorable day. The experience includes sumptuous sweet and

savoury treats and your choice of tea, coffee or bubbles. There is free parking and a great space to explore.

The cost per adult is \$50 (\$60 including a glass of bubbles) and \$35 for children under 12.

We are taking bookings for 10am and 2pm - spaces are limited and filling up fast.

As an added bonus, there will be a professional family photographer on site so you can get a beautiful family portrait which will create the perfect Mother's Day gift - \$50 gets you 5 digital photos

Email [heather@pinkapple.co.nz](mailto:heather@pinkapple.co.nz) to check availability and secure your space.

### KUMEU LIBRARY

Kumeu Library is celebrating New Zealand Music Month in May, and our display will be highlighting all things musical at the library. Auckland Libraries has a wide range of subjects and formats in our music collection, including sheet music, CDs, DVDs, magazines and books about music and musicians, for both adults and children. Our Naxos Music Library database has a vast collection of tracks that you can stream for free. Genres available include classical, jazz and blues legends, and the database can be searched by artist, composer, genre and record label. Other databases of interest to music lovers, whether for pleasure or research, include Music and Dance Online and the Gale Fine Arts and Music Collection - library members have free access to these databases and more through our website ([www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)).

We have a number of musical events planned over the month, including preschool music storytimes on Monday 13 and Saturday 18 May with musical instruments, stories, songs, rhymes and a fun activity! Jessica Woodhams will perform a selection of New Zealand music on the keyboard on Saturday 11 May at 3.30pm, Saturday 18 May at 3.30pm and Friday 31 May at 11.00am. There will be more events during the month - check our Facebook page ([www.facebook.com/](http://www.facebook.com/))

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kumeulibrary) for up-to-date information about all events at Kumeu Library over Music Month.

May also brings two other exciting preschool storytimes at Kumeu Library. We will be having a very special visitor on Monday 6 May – Clifford the big red dog is coming to our preschool storytime! We'll be having fun with Clifford at 10.30am – come along and join us, listen to Clifford stories, and get your photo taken with Clifford.

On Monday 20 May at 10.30am, we're going on a bear hunt with Tim Bray from Tim Bray Productions at our preschool storytime. Come along dressed up to join in the fun and you could win free tickets to the Tim Bray Production of "We're Going on a Bear Hunt".

We look forward to seeing you at Kumeu Library in May.

## KERERU KINDY



You might be wondering why 'belonging' is so important within an Early Childhood setting. The answer is fairly simple. In order for young children to feel confident, happy, comfortable, and at ease with themselves and others, including the teacher, they need to first feel like the centre environment is a place where they are invited, accepted, loved, and "a part of the group, not apart from the group". Children need to feel like they belong in order for them to grow into strong individuals, healthy in mind, body and soul. All children regardless of where they come from, what language they speak and past experiences have a right to be part of something, to feel included and to feel equal and respected by others and

the communities they reside in. At Kereru Kindy, our homely environment enables us to ensure all our children and families have a strong sense of belonging. All welcome at Kereru Kindy, 10 Oraha Road, Huapai.

## HELLOWORLD

Following on from our jam-packed Princess Cruises and Seabourn evening our next event we are hosting is with APT River Cruises to be held at Soljans Winery. This exclusive event will give an opportunity to experience what it will be like on-board your APT River Cruise in Europe in 2020 and enjoy a wine tasting with Tony Soljan. We would like to confirm numbers with Soljans as early as possible to please let us know ASAP.

Date: Thursday 13th June 19

Time: 6pm for a 6.30pm start

Please register with a contact phone number and the number of guests attending on 09 416 1799 or email [jan.glover@helloworld.co.nz](mailto:jan.glover@helloworld.co.nz).

## AUTUMN CHILLS NOT AUTUMN SPILLS WITH BRIDGESTONE KUMEU



Johnny, our oldest tyre guy, completed the Waitomo trail recently, the first time he had attempted such an event and he is still on a high. Thanks to all the guys who kept the tyre store ticking over and to the guys who encouraged him. He enjoyed the challenge so much he is already thinking about the next one.

Congratulations also to our youngest

tyre guy – Marz – who turned 18 recently. We are proud of you Marz, you are a credit to your family and yourself....wishing you all the best in life.

We recommend every time the seasons changes that you check you tyres. When you call to us at 43 Main Road, Kumeu the big red building on the way into Kumeu, we check your tyres health so that they can keep you safe on the road.

We check your tyre tread depth, we check the pressure on your tyres, we check the condition of your tyres and we also look out for uneven pattern wearing and anything unusual.

We have been working out here for over 20 years....Bridgestone Kumeu...keeping you safe on the roads this autumn.

## VISIT MURIWAI ARTS OPEN STUDIOS ALL YEAR ROUND

Riding off the coat tails of the successful Muriwai Arts Group Show and Open Art Studios 6-7 April weekend, the Muriwai Open Studios artists are making the Open Studios an on-going entity. If you missed the weekend show - you can still visit the studios. Now picture heading to Muriwai with family and friends. Adding to the already fabulous bush walks, beach, biking, golf and surfing you can now include the unique opportunity to interact with some of Muriwai's talented artists in their studios, learn about their creative process and see their work. Available for contact anytime of the year their studios are open to share their passion with you. Artists include painters, ceramists, photographers, sculptors, poets, illustrators, jewellery and embroidery artists. Look for the blue flags – if they are out that means we are open. New initiatives require hard work and resources. A huge thank you to everyone for supporting arts in our community. May the community be inspired to be creative too. Please stay in touch with FB, IG or email [muriwaiopenstudios@gmail.com](mailto:muriwaiopenstudios@gmail.com).

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# PROPERTY NEWS & ADVICE

## PROPERTY MARKET REPORT

Auckland sales volumes down 18% March on March

The housing market has had a miserable end to summer with the number of national sales in March down 12.9% compared to March last year, and Auckland down 18.2% from the Real Estate Institute of NZ. The sales figures are concerning because, March is the busiest month of the year for the real estate industry, and the slump in sales comes at a time when mortgage interest rates are at record lows and show no sign of increasing this year.

The number of national sales has dropped by 27% since March 2016. The peak for sales was in March 2004 when 11,292 properties were sold, compared with 6938 in March this year.

The ongoing decline in sales volumes is also affecting prices, with Auckland's median price in March hitting \$856,000, compared to \$880,000 in March last year and the high of \$900,000 in March 2017. Despite some extremely competitive mortgage interest rates on offer from the banks and the probable OCR cuts in the future, it appears the legislative changes on the horizon and the difficulty accessing finance are now really starting to impact the housing market in terms of sales volumes.

Hopefully we gain more certainty over the coming months in relation to the capital gains tax, the bright-line test and the overseas buyer ban.

Whatever your position, as long as you are buying and selling in the same market, you're ok. Let's pull apart the market:

Coatesville \$3,513,000. Helensville \$549,000 to \$1,520,000. Huapai \$975,000 to \$1,048,000. Kumeu \$870,000 to \$1,700,000. Muriwai \$832,500 to \$1,710,000. Parakai \$755,000. Riverhead \$1,130,000 to \$1,238,000. Taupaki \$840,000 to \$2,400,000. Swanson \$925,000. Waimauku \$965,000 to \$1,900,000. Waitakere \$860,000 to \$1,500,000. Whenuapai \$1,050,000.

Reasons to be bullish today:

- Historically low interest rates, which might stay for two years;
- Low unemployment giving job security, and mortgage repayment confidence;
- LVR restrictions easing after five years, resulting in more buyers;
- Prices have not been more stable.

Reasons to be bearish today:

- Foreign buyer ban potentially removes buyers from market;
- Tax changes for landlords, removing ring-fencing, could mean fewer sales to investors and them dumping properties onto the market;
- Current 5 year bright-line test and future capital gains tax potentially on the horizon could depress prices;
- House prices are still high compared to incomes and rents.

Call 0800 900 700, Text 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) or for more information go to [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## INLAND REVENUE TAX AUDITS

Oh no! An Inland Revenue audit notice has arrived in the post. Certain things will now happen under the Tax Adminis-

tration Act, but tax audits are a stressful time, so it's important you have a tax professional at your side to ensure you understand what is involved, and if you haven't been fully compliant or paid on time, what the consequences can be. A tax audit is carried out in various ways and a simple one may only require one visit by Inland Revenue, but others can be on-going, depending on the complexity of your business, record keeping and tax affairs. At Gina Jansen Lawyers we know how investigations are carried out and we will be your advocate and support to ensure you come out the other side. We step in and ensure Inland Revenue are provided with the correct documentation. First interactions are critical in an audit situation and some things cannot be undone. Like any statement made in a legal context, what you say and do can be used against you so this is not the time to guess and hope for the best. You need legal professionals and experts in tax and Inland Revenue matters to guide you through the process. We help you to survive the audit process by advocating on your behalf, helping you to understand the audit process and what is happening, address any legal or accounting issues that may arise and guide you through the audit findings and/or other legal options if you disagree with the results of the audit. The legal



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We insure our house contents, our car and our lives. But what else happens if we are incapacitated through an accident or illness and cannot make decisions for ourselves, or if we die? It is a great help to family if they have some guidance in this stressful situation. As lawyers who regularly see the stress that happens when there is nothing in place we encourage you to:

- set up Enduring Powers of Attorney for both property matters as well as personal care and welfare; and
- make sure wills are made - and up to date.

These make it clear what you want. Some people also like to make a living will which includes details about the medical treatment they would prefer, for example, life support and resuscitation.

These things cost up front but reduce the cost and trauma for family and friends when most needed.

Contact Gareth, Linda or Jennifer at Belvedere Law [jennifer@belvederelaw.co.nz](mailto:jennifer@belvederelaw.co.nz).

## EMPLOYMENT AGREEMENTS

Did you know that the penalty for failing to have an employment agreement in place for each employee is \$10,000, or \$20,000 if the employer is a company!

There are two types of employment agreements, the most common being an individual employment agreements (the other are collective employment agreements when a union is involved).

The obvious advantage of having a written employment agreement in place is that both parties become clear on the terms of the employment.

As an employer, if you want to rely on the 90 day probationary period, you need to ensure that the employment agreement is signed before the employee starts work - i.e. not on their first day of work but before their first day. Otherwise the 90 day trial period clause is invalid.

If you need some help putting an Employment Agreement, or any kind of Agreement, in place then contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre). Telephone 09-973-5102 to make an appointment.



## \$85 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at [sarah-brightwell022@gmail.com](mailto:sarah-brightwell022@gmail.com).



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# AREA PROPERTY STATS

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	2,225,000	1HA	210M2	2,025,000
Helensville	870,000	522M2	190M2	695,000
	580,000	445M2	82M2	565,000
	680,000	1012M2	117M2	690,000
	830,000	867M2	190M2	730,000
	550,000	651M2	87M2	505,500
	650,000	613M2	107M2	665,000
	610,000	1275M2	120M2	685,000
	1,325,000	2.09HA	205M2	1,299,000
	1,375,000	1.82HA	270M2	987,500
	1,700,000	6.09HA	156M2	1,750,000
Huapai	1,125,000	671M2	235M2	1,050,000
	1,025,000	600M2	194M2	990,000
	1,100,000	450M2	229M2	982,000
	1,100,000	744M2	224M2	1,050,000
	640,000	0M2	111M2	586,000
	920,000	852M2	160M2	1,150,000
	1,200,000	1501M2	250M2	1,350,000
Kumeu	520,000	639M2	220M2	1,005,000
	490,000	400M2	198M2	875,000
	1,125,000	576M2	250M2	1,008,000
	1,025,000	601M2	207M2	990,000
	840,000	367M2	160M2	860,000
	1,125,000	1991M2	270M2	1,415,000
	1,375,000	2502M2	328M2	2,200,000
Muriwai	1,325,000	1209M2	220M2	1,260,000
	1,230,000	847M2	180M2	1,250,000
	1,150,000	2.50HA	140M2	1,115,000
Parakai	670,000	1280M2	102M2	650,000
	325,000	2023M2	59M2	350,000
Riverhead	1,275,000	801M2	236M2	1,151,000
	1,400,000	808M2	283M2	1,340,000
	970,000	812M2	63M2	820,000
	1,500,000	802M2	345M2	1,990,000
	4,000,000	1.18HA	290M2	1,500,000
	3,112,500	4.21HA	296M2	3,200,000
Taupaki	2,500,000	2.05HA	229M2	1,740,000
	1,600,000	2.21HA	210M2	1,540,000
Swanson	910,000	1014M2	254M2	932,000
	840,000	1012M2	220M2	1,075,000
	1,050,000	4.19HA	173M2	1,075,000
	830,000	1611M2	140M2	960,000
	980,000	800M2	147M2	1,020,000
	790,000	484M2	160M2	870,000
	790,000	453M2	166M2	820,000
Waimauku	1,025,000	4175M2	108M2	875,000
	1,100,000	2747M2	149M2	1,149,000
	1,400,000	1.7HA	230M2	1,240,000
	1,350,000	1545M2	230M2	1,160,000
	1,950,000	4HA	230M2	1,370,000
Waitakere	1,000,000	2.26HA	124M2	950,000
	1,225,000	1.98HA	240M2	1,600,000
	940,000	1331M2	158M2	855,000
	1,400,000	3.31HA	260M2	1,600,000
Whenuapai	1,450,000	767M2	327M2	1,595,000
	1,220,000	362M2	271M2	1,190,000
	820,000	908M2	90M2	740,000
	495,000	330M2	244M2	1,125,000
	1,100,000	1601M2	200M2	1,282,000
	1,175,000	2701M2	140M2	1,120,000

“we charge  
2.95% to  
390,000  
then 1.95%  
thereafter”

\* plus \$490 base fee and gst

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Phone

0800 900 700

Graham McIntyre  
Brand & Territory Owner



List today for a  
\$6,000 multi-media  
marketing kick start.

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.

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



# NEW OWNERS.

# BIG CHANGES.

If you head into Mitre 10 MEGA Henderson, chances are you will see NEW owner Dave Hargreaves. The store was purchased by the dynamic husband and wife team, Dave & Elaine Hargreaves in March 2018 and has been brought up to current standards.

As owners of Mitre 10 MEGA Westgate and now Henderson, Dave & Elaine are very hands-on in the business, "as owner operators, we are here 7 days a week" says Dave. "We are proud to be part of New Zealand's most trusted home improvement retailer and work with our local community. We are focused on our people, retaining many of the existing employees and hiring staff with sound knowledge and skills from the local areas giving customers that personal touch".

The team have invested in making changes to the store's standards and product offering, "There have been changes to the layout of the Henderson store with a few more still to come, we appreciate the business, loyalty and patience from our customers while we make the final transition".

We look forward to continuing our relationship with our customers and local community projects such as; Massey Rugby Club, Glen Eden United Sports Club & Massey Men's Shed.

We look forward to seeing you  
in store soon.

Dave & Elaine Hargreaves



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LOCALLY  
OWNED**



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Monday to Friday: 7am to 7pm  
Weekends: 8am to 6pm



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**MITRE 10  
MEGA**

**WESTGATE &  
HENDERSON**



[megawestgatehenderson](https://www.facebook.com/megawestgatehenderson)



**PRIVATE, SUNNY, FIRST HOME BUYERS - WESTGATE**



**Set Date of Sale**

**2 / 109 Oreil Avenue, West Harbour**

**Set Date of Sale - 4pm, Tuesday 7th May 2019 (unless sold prior).**

A short walk from Westgate, a short drive to the Motorway onramp, a stone throw from the local primary school, if location, location, location is a key criteria, this home is a prime contender. Three bedrooms, one bathroom, integrated dining and lounge and alfresco decking to the North and South, this home offers a mountain of advantages for a first home buyer or investor. Includes features HRV, heat pump, closed woodburner fire, and is recently painted and carpeted. Small lawn area, entertainment decking and an independent double garage. Let 's make no mistake it 's a bargain box of value. The home is set down a small drive away from the road and backs onto the Manutewhau Reserve delivering a peaceful, setting and great views over the tree canopy to the South West.

[www.mikepero.com/RX1852942](http://www.mikepero.com/RX1852942)



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

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



**IMMACULATE MADDREN SHOW HOME AVAILABLE**



**Set Date of Sale**

**4 Robert Might Road, Kumeu**

**Set Date of Sale - 4pm, Tuesday 21st May 2019 (unless sold prior).**

Enjoy this high-spec home that has been created to impress and inspire. A super smart home that oozes style and is beautifully equipped for family life with four bedrooms, two bathrooms, a media room, and family area with esca fireplace come kitchen dining areas, then out to 35sq/m of indoor-outdoor bbq come tv area to watch all types of sport while your cooking on the bbq with clear screens to protect the area with another warm esca fireplace. An entertainer 's kitchen with scullery is finished in engineered stone tones and a wine cellar. 2.7mtr ceiling heights throughout create a fantastic feeling of space. The home is clad in double pre-prime oil base taranaki pine weatherboards, solid premier brick, and iron roofing.

[www.mikepero.com/RX1835129](http://www.mikepero.com/RX1835129)



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

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





**MAGNIFICENT SEA VIEWS, EXTENDED FAMILY LIVING** 4 2 3

**Set Date of Sale**

**12 Marlin Street, West Harbour**

Set Date of Sale - 4pm, Tuesday 14th May 2019 (unless sold prior).

Welcome your family home to stunning sea and urban views by day, then be dazzled by the night lights that sweep across the Harbour. A tiled entrance way and neutral tones, welcomes you into this beautiful home, with two bedrooms, study, main bathroom and a double garage on the ground level. Upstairs you will find two living areas, a well-appointed refurbished kitchen, guest toilet, open plan dining and family room leading to a formal lounge. The gorgeous master boasts a large ensuite and walk in wardrobe. Extended family living is provided by a separate and private living area attached to the main home, a well-designed space, incorporating a lounge, bedroom, bathroom and deck. The grounds are beautifully landscaped, two sheds provide room for storage or hobbies and loads of lawn.

[www.mikepero.com/RX1856081](http://www.mikepero.com/RX1856081)



**Cherry Kingsley-Smith**  
021 888 824  
09 412 9602  
cherry@mikepero.com



**BRAND NEW SHOW HOME - 4 BEDROOM** 4 1 2

**Asking Price \$919,000**

**31 Nellie Drive, Kumeu**

Asking Price \$919,000

Seize this unique opportunity to purchase a brand new four bedroom two bathroom home in a quiet street in Huapai. A show-home to show off the very best of Maddren Homes. One of the original craft builders in the Kumeu area and backed by an extensive Master Build Guarantee. Offering all the advantages of a new build and at a price that is seldom found in a traditional four bedroom home purchase. We have worked with Maddren to trim the costs but not the quality, fit out or guarantee. No time to loose, make your mark today. Includes: Double glazing, heat pump, LED lighting, dishwasher, rangehood, waste disposal, heated towel rails, alarm. Close to convenience shopping, sports and recreational park, transport links and of course those fabulous west coast beaches.

[www.mikepero.com/RX1840725](http://www.mikepero.com/RX1840725)



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





## SUNSHINE, SURF AND SIMPLICITY

1 1

By Negotiation

### 208 Bethells Road, Bethells Beach

By Negotiation

A one bedroom, one bathroom beach bach with a rustic and real feel. Recently renovated and much loved you will find a spacious open plan style living arrangement with polished concrete kitchen tops and solid timber cupboards. Upstairs is a mezzanine bedroom.



**Graham McIntyre**  
027 632 0421

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



## LIFESTYLE HOME WITH INCOME OPTIONS

5 6 3

Set Date of Sale

### 296 Taupaki Road, Taupaki

4pm, Tuesday 21st May 2019 (unless sold prior).

The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze.



**Graham McIntyre**  
027 632 0421

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



## THE PERFECT LIFESTYLE PROPERTY

4 2 2

By Negotiation

### 535 Peak Road, Helensville

By Negotiation

A spacious four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. There is plenty of grazing on this 3.1 ha property (7.66 acres) with four paddocks a set of yards and a loading ramp.



**Lyndsay Kerr**  
027 554 4240

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



## TRANQUILITY, PEACE & QUIET

4 2 2

Set Date of Sale

### 433 Wairere Road, Waitakere

4pm, Tuesday 21st May 2019 (unless sold prior).

Offering four bedrooms, two bathrooms, laundry and double garage. The kitchen, dining and lounge is integrated with expansive sliders to open up the indoors to the outdoors. An easy care section, planted for pockets of colour and richness of grass and bush tones. The construction is big-brick and Decramastic tile, enhanced by shist features, planters and fish pond.



**Graham McIntyre**  
027 632 0421

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





**HIGHLY MOTIVATED - AFFORDABLE** 4 3 2 **Set Date of Sale**

**16 Denehurst Drive, Waimauku**

4pm, Tuesday 21st May 2019 (unless sold prior).

Four bedrooms (master with ensuite and walk in wardrobe), two bathrooms. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for teenage retreat/ office or games area.



**Graham McIntyre**  
027 632 0421

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



**SUN, SURF AND STYLING** 2 3 2 **Set Date of Sale**

**78 Motutara Road, Muriwai**

4pm, Tuesday 21st May 2019 (unless sold prior).

A home, within nature's playground in keeping with the rustic natural ambience of the area and a simple uncluttered lifestyle. Often sort but seldom found, this two bedroom home with two bathrooms and a cluster of garaging, parking, gardening and entertaining options set upon 932sqm. This home that enjoys plenty of sunshine, plenty of parking, and has an easy in-door-outdoor flow.



**Graham McIntyre**  
027 632 0421

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



**HELENSVILLE LIFESTYLE 1.8 HA** 3 2 2 **Asking Price \$1,195,000**

**707B Inland Road, Helensville**

Asking Price \$1,195,000

Three bedrooms, plus an office or second lounge with bathroom and ensuite. A double garage and american barn completes the offer. Four paddocks, fenced, water to troughs, a character barn and an all season propagation house deliver a lifestyle option that should be seen and enjoyed.



**Graham McIntyre**  
027 632 0421

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



**MOTIVATED TO MAKE A MOVE** 5 2 2 **Set Date of Sale**

**3 Waimauku Station Road, Waimauku**

4pm, Tuesday 21st May 2019 (unless sold prior).

Great family friendly layout allows for the complete family to enjoy themselves with space on the inside and the outside. Set on a big 1126 square meter site the land is flat, with a fully fenced back yard and front yard. It has excellent all day sun and options for garden, orchard or just kicking a ball around.



**Graham McIntyre**  
027 632 0421

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





## FLAT SECTION, NO COVENANTS

Set Date of Sale

### 14A Tapu Road, Kumeu

4pm, Tuesday 21st May 2019 (unless sold prior).

379 square meters of flat usable land with an established driveway. No covenants in place regarding this site providing options for use. The Vendor is motivated to move this site and welcomes your feedback on value and settlement to suit your individual situation. Close to cafes, park, transport links, new primary school and convenience shopping. Fantastic option for first time buyer looking to create equity.

[www.mikepero.com/RX1808261](http://www.mikepero.com/RX1808261)



**Graham McIntyre**  
027 632 0421



## NO COVENANTS 2 ACRES

Set Date of Sale

### Lot 2, Taupaki Road, Taupaki

4pm, Tuesday 21st May 2019 (unless sold prior).

Well presented, North facing, elevated lifestyle section with boundary to a riparian strip. The land has an established access way off Taupaki Road. Gentle sloping with House site options that can make the most of the valley views and the sunshine. A short distance from Kumeu (city side) and North West Mall/ Westgate, the property is a short drive from the North Western Motorway.

[www.mikepero.com/RX1732517](http://www.mikepero.com/RX1732517)



**Graham McIntyre**  
027 632 0421



## MADDREN HOME - 428SQM SECTION

Set Date of Sale

### 43 Nobilo Road, Kumeu

4pm, Tuesday 21st May 2019 (unless sold prior).

This beautiful showhome package has truly been designed to showcase today's entertaining lifestyle. A stylish kitchen features stunning stone bench tops, that lead you out to the large entertaining area. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Designer and Master Builders, priding themselves on quality, service and excellent outcomes.

[www.mikepero.com/RX1834921](http://www.mikepero.com/RX1834921)



**Graham McIntyre**  
027 632 0421



## 2050 SQM SITE

Set Date of Sale

### 351 Main Road, Kumeu

4pm, Tuesday 21st May 2019 (unless sold prior).

Set in the Main road of Kumeu, this site is one of only a handful of larger land parcels. The site is flat to gentle sloping and has a modest 3 bedroom dwelling and two double garage buildings in place. An opinion on development is available from Terra Nova Planners as is a market rent summary.

[www.mikepero.com/RX1799737](http://www.mikepero.com/RX1799737)



**Graham McIntyre**  
027 632 0421





**EASY LIVING BRICK AND TILE** 4 2 2 **Set Date of Sale**

**8 Remana Crescent, Huapai**  
4pm, Tuesday 21st May 2019 (unless sold prior).

Distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area.

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



**Graham McIntyre**  
027 632 0421



**BRICK AND TILE HOME** 4 2 2 **Set Date of Sale**

**10 Station Road, Kumeu**  
4pm, Tuesday 21st May 2019 (unless sold prior).

The home is a single level brick and tile construction with open plan living dining and relaxing pre-diner area, formal lounge, four bedrooms and office. Three toilets and two bathrooms, separate laundry and oversized double garage. It is a big home, on big land seeking a growing family or a maturing downsizer coming off the land.

[www.mikepero.com/RX1823440](http://www.mikepero.com/RX1823440)



**Graham McIntyre**  
027 632 0421



**HIGHLY MOTIVATED - AS NEW** 4 1 1 **Set Date of Sale**

**16 Tapu Road, Kumeu**  
4pm, Tuesday 21st May 2019 (unless sold prior).

The best of open plan living and entertaining with sunny North facing alfresco decking, this home has been decorated to make the most of modern living. A functional four bedroom home with single bathroom and additional toilet all off a central corridor delivering character, charm and easy living.

[www.mikepero.com/RX1808254](http://www.mikepero.com/RX1808254)



**Graham McIntyre**  
027 632 0421



**AFFORDABLE LIVING** 4 1 1 **Set Date of Sale**

**16A Tapu Road, Kumeu**  
4pm, Tuesday 21st May 2019 (unless sold prior).

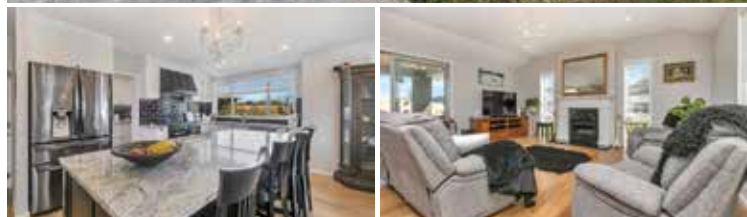
Set well off the road, this beautifully presented home delivers some significant value to an expanding family or a downsizing mature buyer wanting a one level home. Extensively refurbished the home offers generous modern open plan living leading onto decking and entertainers kitchen with good flow and convenience. Four bedrooms bathroom and separate toilet.

[www.mikepero.com/RX1808247](http://www.mikepero.com/RX1808247)



**Graham McIntyre**  
027 632 0421





**HOME AND INCOME** 5 3 2 **Set Date of Sale**

**19 Kauri Grove Drive, Kumeu**

4pm, Tuesday 21st May 2019 (unless sold prior).

Open plan kitchen, dining and lounge area with butlers pantry, opening to roofed patio area. All the rooms off a central hallway leading through to a triple garage. Tucked to the side is a two bedroom minor dwelling, very well appointed and enjoying a similar open plan living, dining, entertaining linking to a private lawn area.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1806364](http://www.mikepero.com/RX1806364)



**MEOW MEOW CATTERY** 4 2 1 **Set Date of Sale**

**1 Joyce Adams Place, Waimauku**

4pm, Tuesday 21st May 2019 (unless sold prior).

This purchase could be more than a home if a cattery was top-of-mind. The home is split over two levels providing a master bedroom and lounge upstairs and three bedrooms and formal lounge downstairs. Galley Kitchen and integrated bathroom and laundry completes the offer.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835647](http://www.mikepero.com/RX1835647)



**WAIMAUKU LIFESTYLE ON 1.3 ACRES** 3 2 2 **Set Date of Sale**

**805 State Highway 16, Waimauku**

4pm, Tuesday 21st May 2019 (unless sold prior).

This small acreage lifestyle property delivers traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1820684](http://www.mikepero.com/RX1820684)



**AFFORDABLE LIVING IN RIVERHEAD** 3 1 **Set Date of Sale**

**1014 Coatesville-Riverhead Highway, Riverhead**

4pm, Tuesday 21st May 2019 (unless sold prior).

Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. Open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1814073](http://www.mikepero.com/RX1814073)





**SUN AND WATER VIEWS** 4 🛏️ 2 🏠 2 🚗 **Set Date of Sale**

**12 Twin Wharf Road, Herald Island**  
4pm, Tuesday 21st May 2019 (unless sold prior).

Beautifully refurbished home offers a spacious open plan, modern kitchen and dining area, separate living areas. Master bedroom with wardrobe, overlooking great water views, separate bathroom, two double bedrooms. Ground level offers another double bedroom with mezzanine and big office space or fifth bedroom, main bathroom with separate toilet and laundry area.



**Graham McIntyre**  
027 632 0421

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



**MARINA VIEW SCHOOL ZONE** 3 🛏️ 2 🏠 2 🚗 **Set Date of Sale**

**38A Sailfish Drive, West Harbour**  
4pm, Tuesday 21st May 2019 (unless sold prior).

On offer is a gorgeous fully refurbished, brick, weatherboard & tile three bedroom single level home, with all rooms off a central hallway and uncompromised alfresco to expansive and usable decking. Modern open plan kitchen and dining area opening out to alfresco to expansive decking. Master bedroom with wardrobe, en-suite and two double bedrooms.



**Graham McIntyre**  
027 632 0421

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



**REFURBISHED 4 ROOMS + GARAGE** 3 🛏️ 1 🏠 1 🚗 **Set Date of Sale**

**72 Gallony Avenue, West Harbour**  
4pm, Tuesday 21st May 2019 (unless sold prior).

This refurbished three bedroom plus separate office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1825742](http://www.mikepero.com/RX1825742)



**PENTHOUSE BLISS - SUN, SEA VIEWS** 2 🛏️ 2 🏠 2 🚗 **Set Date of Sale**

**305D/160 Hobsonville Point Road, Hobsonville**  
4pm, Thursday 2nd May 2019 (unless sold prior).

Enjoy premium secure living in this unique corner penthouse apartment, spacious and North facing with incredible sweeping views across the Point and Inner Harbour. The living is easy with high vaulted ceiling, decks from the living area and master bedroom, a large well appointed kitchen, two bathrooms including master ensuite, walk in wardrobe, two secure gated carparks.



**Cherry Kingsley-Smith**  
021 888 824

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

# HOME & GARDEN

## 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 (31 varieties at last count) in many different colours with more coming in. We have Camellia sasanquas, an early flowering variety from March onwards, Camellia japonica and Camellia reticulata 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.

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Terms & Conditions: Offer expires 31st May 2019. 1 offer per customer. Special price is plus GST. No further discounts apply. Not available with drainage or roofing bookings. A maximum of 40km travel from Laser offices. Travel charges outside of 40km will apply. Any instructions received by Laser Whenuapai from the customer for the supply of goods & services shall constitute a binding contract and acceptance of the terms and conditions contained herein. Payment for goods and services shall be made in full on or before the due date.

## THE "TO DO" LIST

Now we are seeing lots of "jamming doors" usually because of the weather conditions affecting the frames, causing swelling and jams. This can be easily remedied by adjusting the door or re-fitting the hinges, and you can make an appointment at a time that suits you best including after hours or on the weekend.



A hole in the wall is another regular call out for us, where the door handle has had a wild swing. These are unsightly and can be a real hazard. All our installers follow Gib wallboards recommendations for gib repair which require paper tape and 3 coats of plaster before sealing and 2 coats of colour matched paint. Fence and gate repairs, doors fallen off the hinge? We take pride in repairs to walls, doors and floors, inside and out from the pantry door hinge to the lawn mower cubby door under the house. Fixy can help with all those repairs that seem to pile up over the summer months when you are out having fun in the sun. Locally owned and operated, Fixy came about as a desire to help people by fixing, repairing and creating solutions so people like

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Avalon is also able to offer you more specialised services as we have a gardening division called Complete Garden Maintenance (CGM). We can offer annual bed gardening, landscaping & planting, trees and hedges, as well as inorganic/general rubbish removal.

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## PROPERTY VALUE OPTIMISATION

Sunday 26th May (9.30am to 11.30).

Whether you live in a town house, on a traditional quarter acre or lifestyle block your home is likely to be your most significant financial asset. Consequently maintaining or enhancing its value is important.

We therefore thought that a two hour workshop discussing this subject might be an interesting diversion from our usual Sunday presentation content.

There will be two presenters both of whom have many years of experience within the property market in Auckland and particularly Rodney District.

They are; Mike Morse from Hollis & Scholefield Ltd. Property Valuers and Peter Brennan from Burmester Real Estate.

Mike has many years' experience in the valuation of properties and Peter in marketing homes so between them will offer relevant and knowledgeable information.

Whilst Peter and Mike will be making brief presentations this is a great opportunity to question them about areas of personal interest regarding your home and thus gain some independent

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insight into both opportunities as well as potential strategies to avoid.

After the workshop you can stroll through our beautiful 1Km nature trail which has over 40 marvellous new sculptures created for our 2019 exhibition by local and international artists on display.\*

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

\*Trail not suitable for wheelchairs or walking frames; additional entry charge applies. 1481 Kaipara Coast Highway (SH16), \$10 per person. Contact: [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz) or 09 420 5655.

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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.

## WAIMAUKU GARDEN CLUB

From all accounts the trip to East Auckland was well attended and Photinia and Pandora Gardens gave members an insight on how you can present your gardens. Coming up on the 18 April is our trip to Chelsea Sugarworks and FernGlen Gardens. I'll tell you about it all next month. In May we are going to Mangere Education Centre where we will view a community garden and a medicinal herb garden before heading to Pah Homestead where you can view sculptures in the gardens and art gallery



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inside. June 20 is Mid-winter Christmas at The Bee Keepers Daughter in Riverhead, July 18 to Ryder's in New Lynn for film and lunch and August 15 to Mangawai. Please join us. Contacts: Diana 027 478 8928, Judy 027 272 9994, Jan 021 108 7925, Althea 09 412 7752, Bette 021 145 1854, Veronica 027 755 4645.

## PART TIME EDITOR REQUIRED

Fancy a part time Editors role for Kumeu Courier Magazine. If you want to have a long term, part time role facilitating editorial submissions and introducing the magazine to our active community we would like to hear from you. Send your CV or expression of interest to [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz).

## MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Wed 1 May	-	01:28	07:29	13:53	19:59
Thu 2 May	-	02:15	08:13	14:37	20:41
Fri 3 May	-	02:57	08:53	15:17	21:20
Sat 4 May	-	03:37	09:32	15:56	21:58
Sun 5 May	-	04:16	10:10	16:35	22:35
Mon 6 May	-	04:55	10:49	17:14	23:14
Tue 7 May	-	05:36	11:29	17:55	23:54
Wed 8 May	-	06:18	12:11	18:38	-
Thu 9 May	00:36	07:03	12:57	19:23	-
Fri 10 May	01:23	07:53	13:48	20:13	-
Sat 11 May	02:16	08:49	14:46	21:11	-
Sun 12 May	03:19	09:53	15:54	22:17	-
Mon 13 May	04:29	11:00	17:04	23:26	-
Tue 14 May	05:37	12:06	18:12	-	-
Wed 15 May	-	00:34	06:41	13:07	19:15
Thu 16 May	-	01:35	07:40	14:04	20:11
Fri 17 May	-	02:31	08:34	14:56	21:03
Sat 18 May	-	03:21	09:23	15:44	21:50
Sun 19 May	-	04:08	10:08	16:29	22:33
Mon 20 May	-	04:52	10:50	17:12	23:13
Tue 21 May	-	05:34	11:30	17:52	23:52
Wed 22 May	-	06:15	12:09	18:31	-
Thu 23 May	00:29	06:55	12:47	19:10	-
Fri 24 May	01:07	07:36	13:27	19:50	-
Sat 25 May	01:49	08:21	14:13	20:34	-
Sun 26 May	02:38	09:12	15:08	21:26	-
Mon 27 May	03:36	10:10	16:12	22:29	-
Tue 28 May	04:39	11:11	17:17	23:35	-
Wed 29 May	05:39	12:10	18:16	-	-
Thu 30 May	-	00:36	06:34	13:04	19:10
Fri 31 May	-	01:30	07:24	13:53	19:59

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



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f i g



# RURAL NEWS

## ALPACA FARMING IN NEW ZEALAND

Written by: Kit Johnson,  
Silverstream Alpaca Stud.  
[www.alpaca-stud.co.nz](http://www.alpaca-stud.co.nz).

Some history - Alpacas were first introduced to New Zealand in 1986 when Ian Nelson produced an environmental impact report that led to alpacas being reclassified from zoo to farm animals. Murray Bruce was to later establish a protocol with Chile that led to several large importations of alpacas and llamas into New Zealand. The share market crash of 1987 aside, alpacas have continued to thrive in New Zealand. Alpaca Association New Zealand



Today there are approximately 5000 alpacas and 270 registered breeders throughout New Zealand. Alpacas are registered through an international database in which the name, age, colour, owner's name and farm code and lineage of both the dam and sire are recorded. The Alpaca Association New Zealand is very active in the promotion of the breed, the fibre and the fashion garments produced from this amazing South American animal. Apart from glossy magazines, a tabloid and newsletters, the Association promotes the industry through a web site [www.alpaca.org.nz](http://www.alpaca.org.nz), an annual conference, field days and the A & P shows.

Origins of the Alpaca - Alpacas originate from South America and in particular Peru, Chile and Bolivia. They are part of the Camelid family that comprise the llama, camel, vicuna and guanaco. Alpacas were domesticated by the South American Indians over 6000 years ago and have endured the test of time. They are grown for their fine, lustrous, soft handling fleece whereas the llama is bred as a pack animal and is larger and broader. There are about three million alpacas of which about 120,000 live outside South America.

Why are alpacas so appealing? In New Zealand alpacas are raised for their lustrous, soft handling fleece and for the enjoyment of their delightful personalities. Alpacas require limited care, are small and easily handled - they do not get flystrike or footrot and they do not require tailing or crutching. Their enchanting good looks, their soft humm and their friendly disposition make them a popular choice of livestock for families with lifestyle blocks.

Alpacas do not require lush fertilised pasture and require minimal shelter. A standard five-wire fence, preferably without barbed wire is all that is required to restrain the animals. Occasional grooming, trimming of toenails, annual shearing and regular worming and vaccinations are advised.

Alpaca farming is economically viable on small lifestyle blocks and therefore qualifies as a farming business in the eyes of the Inland Revenue Department. Tax losses incurred on the farm can be offset against other income.

Are they profitable? Unlike other exotic animals, alpacas have not gone through boom and bust times. They have been in New Zealand for sixteen years and whilst prices have come off their dizzy heights of the late 1980's, the prices are stable. Animals at the top end are in fact attracting higher prices now than before. There is no artificial insemination or embryo transplant and the cost of importation is high especially from South America. Alpacas live to about 20 years of age and produce an average of 11 cria (babies) during their breeding life. Gestation is 11.5 months.

The alpaca is rare and as can be seen, supply will be limited. Alpaca fibre is fine and has a soft handle and is sought after by the fashion houses of Europe and Japan.

Breeders working to a business plan who market themselves well and who keep abreast of developments in the industry, will be well recompensed for their efforts.

In conclusion, alpacas are a fascinating and incredible animal that are ideally suited for both the lifestyle farmer and as an alternative livestock for the traditional farmer.

This article was reprinted from the Lifestyle Block Website [www.lifestyleblock.co.nz](http://www.lifestyleblock.co.nz) an excellent reference facility for lifestyle block owners.

If you require any further information on breeding alpaca or have any other questions on lifestyle block management please call me on 027 554 4240, Lyndsay Kerr your local Mike Pero Real Estate Lifestyle block specialist.

## LIVESTOCK REPORT

Saturday's Pukekohe cattle auction saw prices very strong in both the killable and store cattle sections. Recent rains and a positive start to grass growth seems to have encouraged buyers to restock as a shortage of quality store cattle is imminent. Killable cattle prices are fully firm despite the short Easter weeks. This trend will continue and strengthen as we go through winter.

Cattle	Lowest Price	Highest Price
Prime steers	\$1,310	\$2,320
18-month steers	\$1,000	\$1,330
Fresian steers	\$800	\$990
Nice weaner steers	\$720	\$870
Small weaner steers	\$380	\$550
Prime heifers	\$1,245	\$1,780
Light heifers	\$915	\$960
Good weaner heifers	\$605	\$680
Medium weaner heifers	\$440	\$500
Heavy boner cows	\$1,360	\$1,400
Bulls	\$2,000	
Sheep		
Fat lambs	\$138	\$148
Store lambs	\$70	\$120
Hoggets	\$141	
Ewes	\$159	
Pigs		
Store	\$105	
Sow	\$70	\$325

# Central's Tips

## May 2019



With the cold weather closing in it's time to prepare the outdoors for the wet, cold months of winter. Get drainage sorted, plant winter greens and clean up fallen leaves off the lawn. Plus, don't forget to take some time out to enjoy the autumn colours.



### Time to plant spring bulbs

Time to put spring bulbs into the ground or pots. Most bulbs thrive in well drained soils and are best planted in full sun or semi-shade.

### In the Veggie Patch

- **Rhubarb is an old-fashioned favourite** – you plant crowns now. Rhubarb 'Victoria' is the most common and easy to grow variety
- **Sow Chinese Snow Peas** now, ensuring you have a wall or a frame for them to reach their mature height of 1.8metres
- **Plant seedlings of winter kale, silver beet and bok choi** for a supply of winter greens
- **Apply a copper clean-up spray over fruit trees** that succumbed to diseases over summer



### Get your snow peas climbing

When you sow your snow peas make sure you put in a frame or wall for them to climb. Alternatively, tie long stakes or poles into a teepee and sow peas around the base so they can wrap around and climb up.

### The rest of the Garden

- **Get all the spring bulbs planted out now**, both in the garden and in pots. Pots of bulbs can be left in shadier areas until you can see their green shoots
- **Enjoying autumn colour** – the trees and shrubs that produce stunning shades are worth having in the garden – even if it's only one or two. Take a photo of a tree with excellent foliage colour and identify it, to find out whether you have room to plant one at your place
- **Remove the foliage of the common winter roses** – hellebore x hybridus - laying bare the base of the plant offers light to encourage the beautiful winter-flowering blooms to grow
- **Clean up any leaves that fall on the lawn** - damp mushy leaves will kill off the grass beneath



### Remove foliage off winter roses

This will encourage new growth and more winter flowers to form.

## Project for May

### Now's the time to sort your drains!

Ahead of winter rain, now is a perfect time to install drains in lawns and other areas of the garden where water ponds and inhibits growth of grass or plants.

For all the products you'll need for your drainage project visit

<https://centrallandscapes/collections/sand-and-drainage>







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So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

## PICKING THE PERFECT TILE

Anyone who has ever had to pick that, one in a million, perfect tile for their home will understand why Nick Ruvinetti from European Ceramics is the Madder Homes Tradie of the Month. Admittedly he does have the run of two beautifully stocked showrooms and an ever changing range of styles, but it's his calm helpful manner when helping our clients pick that perfect tile that means so much to us. Nick is always extremely helpful to everyone involved in the process and offers well informed advice to make the process easy for both our clients and us. When it comes to supplying the product Nick works closely with the construction team to ensure that the tiles are delivered



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on time and without any problems. Congratulations Nick, you are this month's deserving recipient of our Tradie of the Month and voucher from proud sponsor Western ITM. Keep up the great work.

## LOVE WHERE YOU LIVE BUT NOT YOUR HOUSE?

Do you love your neighbourhood? The schools are great, you've made friends and the community is everything you want and need. The only problem is your house is not your dream home. Maybe it's too small. The layout is strange. You want better indoor/ outdoor flow. Or even worse it's a leaky home. A Knock Down & Rebuild may be the answer.



Here are our top 5 reasons to rebuild on your section.  
**Cost** - It's less than you might think to rebuild – and often comparable to what you may spend on major renovations. If you are curious, Signature Homes will organise to meet with you onsite and talk through your options, including finance plans, at no cost. With Signature Homes there are no surprises or budget blowouts. All pricing is inclusive and transparent, allowing you the ability to forward plan with total peace of mind.  
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We all know a picture paints a thousand words so check out Mey and Robert Brouwers recent Knock Down & Rebuild with Signature Homes in Te Atatu Peninsula, Auckland.

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Fancy a part time Editors role for Kumeu Courier Magazine. If you want to have a long term, part time role facilitating editorial submissions and introducing the magazine to our active community we would like to hear from you. Send your CV or expression of interest to [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz).

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# FOOD & BEVERAGE

## THE HERBALIST CRAFT BEER

Beer and pretzels are a delicious combination. This is a beer bread pretzel recipe which makes large, soft pretzels that are great for eating plain or dipping into hot cheese sauce.

**Beer Bread Pretzel Recipe:** 355ml beer, 1 ½ teaspoons dry yeast, 2 tablespoons butter (melted), 2 tablespoons sugar, 1 ½ teaspoons salt, 4-4 ½ cups flour; For the topping: 1 large egg yolk, 1 tablespoon water, coarse salt; For the initial cooking of the pretzels; 10 cups water, ¾ cup baking soda.

**Method:** Heat the beer in a saucepan to 45C, remove from heat and add yeast. Stir until dissolved. In a large bowl combine melted butter, sugar, 1 ½ teaspoons salt, 3 cups of flour and the beer-yeast mixture. Beat on a medium speed until smooth. Stir in enough flour to form a soft dough. Next, turn the dough onto a floured surface and knead for 6-8 minutes (or fit a dough hook to your mixer and mix for 5 minutes). Place in greased bowl covered with cling film and leave to double in size – approx. 1-1 ½ hours. Next, while the oven is pre-heat-



ing to 220C, punch down the dough and cut into 8 evenly-sized pieces. Roll by hand into 50-60cm strips and shape into pretzel shapes. Bring the water and baking soda to the boil and drop each pretzel in for approx. 30 seconds or until it floats to the top. Remove from the water and drain well. Place onto trays lined with parchment paper. Mix the egg yolk and water together and brush over each pretzel then sprinkle over the coarse salt. Bake for 10 minutes or until golden. Allow to cool before enjoying with a nice cold beer. Recipe credit: tasteofhome.com

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

## THE RAINBOW WHISK

Offering a cosy and relaxed atmosphere, The Rainbow Whisk has recently opened in Hobsonville Marina. Enjoy your cup of coffee with delicious food and a stunning view to get your day underway or head off on the ferry to the CBD.

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We are open weekdays 6:30am - 3pm and weekends 8am - 3pm. Located behind Vivo Hair Salon at 17 Clearwater Cove, West Harbour. We are on Facebook at facebook.com/therainbowwhisknz or book a table online at therainbowwhisk.co.nz for any special occasions. Catering is available on request.



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# PETS

## TIPS & ADVICE

### DOG BITES

In 2014 Kids Safe with Dogs & the Dog Safe Workplace were under development. We were in the process of researching the increasing number of dog bites in New Zealand and looking at education and training around the prevention of dog bites both in industry and for the general public.

Over the past four years Kids Safe with Dogs has gone from running a few holiday programmes to creating a charity that is supported by Local Boards and District Councils. The Dog Safe Workplace has gone from running in-house training to developing a course that can be done online meaning that it is more efficient and more cost effective for organisations.

One of the largest difficulties we have with dog bites in NZ is that we have no real indication of how many dog bites there actually are. We have no mandatory dog bite reporting. What does this mean? Let me give you an example. Last year ACC reported that one industry in particular only had 23 reported dog bites. When we started talking to the company and we got their reports they had over 200 dog bites.

So why didn't ACC have these figures? Because the company has private insurance so they have no requirement to inform ACC. We find the same with children under the age of 14, because the government pays for their medical care (which is fantastic) doctors are not required to fill out an ACC form because the care is paid for. The same goes for hospitals and emergency care. Unless you are under the care of a surgeon or doctor for 3 or more hours it does not have to be reported.

Consequently this means that many dog bites go unreported. In fact in a study of over 47,000 homes less than 40% reported when they had been bitten. Often they go unreported because the dog may have been known to the family, it could be their or family or friends pet.

In New Zealand when we talk about reported dog bites we are talking about bites that require medical attention and therefore are recorded by ACC.

If we look at the increasing number of dog bites when we started both organisations in 2014 there were 12,928 reported dog bites – in 2017 there were 14,694 reported dog bites so at the very least we can double those numbers. If we look at the figures for 2017 that is over 40 reported dog bites a day that require medical attention. That was almost \$5.5 million or over \$14,500 per day.

So what can we do about it?

It's not a quick fix but it is something that everyone can do. Education – learn what our dog are saying to us. Learn to read the subtle signs that they give us to let us know they are uncomfortable and not happy in a certain situation.

Kids Safe with Dogs can come to your daycare, primary, intermediate or college and with age appropriate educational programmes they can teach your children some of the basic signs and how to behave around dogs that can help to keep them safe.

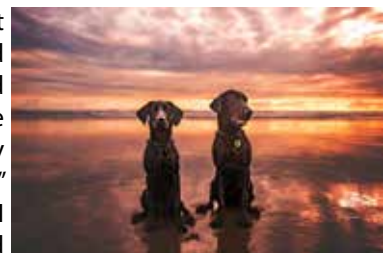
The Dog Safe Workplace can assess the protocols you currently have in place and customise a course to work with you under the Health & Safety Act 2015 to ensure you are giving you staff the most up to date information and training available.

At the end of the day we are here to help you. To reduce dog bites and make our interactions with dogs safer, happier and more enjoyable for everyone.

For more information please contact Kids Safe with Dogs or The Dog Safe Workplace on 0508 DOG SAFE or [info@dogsafeworkplace.com](mailto:info@dogsafeworkplace.com).

### PET PHOTOGRAPHER FAQ


I'm Kirsty from Dog&Co. Pet Photography. I'm a pet and family photographer based in Taupaki. I get asked the same questions about my job as a "pet photographer" very often, so thought I would do a little FAQ to shed some light.



Do you only photograph cats and dogs? Not at all! I offer a wide range of photography services alongside pet portraits, such as family and couples photography, as well as engagements and pre-wedding photos (and it's a bonus if you want to get your pets involved) When it comes to pet portraits, I am happy to

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photograph any animal. To date I have worked with hundreds of dogs, cats, horses, two pigs, and even a pet hedgehog! I would love to add to this list.

Do you have a studio? Nope! I specialise in on-location photography, and am passionate about using natural light to create vibrant & striking photographic art. I travel anywhere in Auckland to do photos, from our beautiful beaches out West, to gorgeous parks like Cornwall and the Auckland Botanic Gardens. Or if you would prefer to do a session in your own home, then that is totally fine too. The choice is entirely up to you when booking a photo shoot.

My dog is high energy or not well trained...does that matter? Not at all! Along with treats, squeakers, and toys, I also have an endless supply of patience, and that is all we need to get some stunning photos of your pet. I have years of experience (including six years working at my second home, Sharrow Boarding Kennels) with many different types of temperaments, and always find what works best for your dog.

How do I book? Feel free to request a booking through my website, or contact me directly via email. I have three session options starting at just \$149 which are listed on my website, so go and have a look at what I offer. You are also more than welcome to get in touch at any time if you have any questions or would like to purchase a gift voucher for someone special. Website: [www.dogandco.nz](http://www.dogandco.nz) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz).

## 6 REASONS WHY MY CAT MIGHT DROOL

Post by: Dr. Mike Paul, DVM-  
[www.pethealthnetwork.com](http://www.pethealthnetwork.com).

Unlike some dogs, cats do not drool a great deal. There are a number of rea-



sons why your cat might drool; they tend to fall into three major categories: Pathologic conditions that result in inflammation, pain or an inability to swallow. Irritations that the cat is trying to "wash away"

1. Dental disease dental disease can produce an irritation of the mouth. Drooling is an effort to remove or sooth the irritation.
2. Respiratory conditions some cats that develop viral respiratory conditions develop ulcerations in their mouth
3. Oral cancer although much less common than dental or viral inflammation, some cats do develop oral cancers
4. Foreign bodies less frequently, excessive drooling may be due to a foreign body that has be swallowed
5. Fear - some cats drool when they are very upset or fearful.
6. Joy - some cats may drool when they are extremely relaxed and enjoying being petted or cuddled. This type of drooling is often an indication of a happy cat.

If you have any concerns, you should always visit your veterinarian. The full article can be viewed on Facebook page under the notes tab. Phone 09 411 5326 or 027 550 1406, email [info@kanikapark.nz](mailto:info@kanikapark.nz) or view [www.kanikapark.nz](http://www.kanikapark.nz).

## CAT LOVERS URGENTLY NEEDED

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



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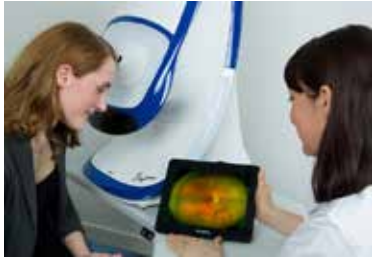
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# HEALTH AND BEAUTY

## WOW, AN OPTOMAP IMAGE

For Eyes are the only optometrists in the North Island with a D2 optomap scanner. Its ultra-widefield retinal imaging captures over 80% of your retina in a single image, compared to traditional imaging methods typically showing only 15% of your retina at one time.



Early signs of disease can be present in the periphery of your retina, undetected behind your iris, when using traditional methods. Optomap facilitates early detection for early protection from vision impairment or blindness, and life-threatening diseases like cancer, stroke, and cardiovascular disease.

Getting an optomap image is fast, painless and comfortable. Nothing touches your eye - you simply look into the device one eye at a time (like looking through a keyhole). Images are available immediately and you can even see your own retina as a 3D animation.

Book an appointment with Matthew and Molly Whittington at For Eyes Optometrists in the Kumeu Village: phone 09 412 8172.

## BOTOX & DERMAL FILLERS ARE COMPLEMENTARY

What an amazing summer we've had – sunny days are great for topping up vitamin D, but not so great for our skin. Squinting in bright light and emotions, such as frowning and smiling, create wrinkles. Botox can relax these wrinkles laying the foundation for dermal fillers to restore fullness to cheeks, lips and forehead more effectively. Everyone's face is uniquely structured, so the treatment is



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website: www.foreyes.net.nz

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993  
Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu

personalised to the results you want and your skin profile and musculature. This is where experience counts – knowing what combination will make the desired impact quickly and last the longest. Call me, Tania, for a free 30-minute consult in a private, West Harbour, setting. I would love to use my 10 years' experience to guide you through the range of services and products that will get the results you care about. Phone/text 0210 264 5751, email [tania@appearancemattersltd.com](mailto:tania@appearancemattersltd.com) or visit [AppearanceMattersLtd.com](http://AppearanceMattersLtd.com).

## PINC AND STEEL CANCER REHAB

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapist Laura who is here to support, guide and rehabilitate people through every stage of their treatment and recovery.



The PINC and STEEL rehabilitation programmes are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

Various sources of funding are available for those with different cancer types. Bowel Cancer Foundation Trust are now providing all bowel cancer patients with 4 sessions of physio. There is a welfare grant available from Prostate Cancer Foundation for up to \$500 and we have strong links with the Breast Cancer Foundation.

For information on applying for funding or to find out more about physiotherapy and cancer please contact Laura at North-West Physio+ on: [laura@nwphysioplus.co.nz](mailto:laura@nwphysioplus.co.nz) or 09 412 2945.

## HAND, WRIST, OR ELBOW INJURY?

At the Hand Institute we specialise in treating injuries to the hand, wrist and elbow. We are an integrated team of hand therapists working closely with a hand and wrist surgeon. We treat all injuries from the elbow down, including: Elbow injuries; tennis and golfers elbow, elbow fractures, wrist, hand, thumb and finger sprains, hand, thumb and wrist fractures, Occupational and sports overuse injuries, finger fractures, sprains and dislocations, all casting and



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



splints provided and the cost fully covered on ACC claims. We can send you for an ultrasound, x-ray, MRI or other investigations if necessary. Appointments are free if under ACC, with a \$45 surcharge for the initial visit only. Call us today for an appointment we are located in two convenient locations in Rosedale and Huapai. Rosedale: 09 479 8438 Huapai: 412 8558. [www.handinstitute.co.nz](http://www.handinstitute.co.nz).

## EARLY ORTHODONTIC TREATMENT (8 YEARS OLD) GIVES BEST RESULTS

In the past, parents waited until their children were teenagers to have an orthodontic examination, however, we now know that early orthodontic treatment can achieve the best results for your child, helping to avoid more complex and expensive treatment when older. With early orthodontic treatment, it is possible for children to have their teeth straightened quickly with braces, rather than needing a surgical procedure when they are older. Early treatment of thumb sucking, premature loss of baby teeth, mouth breathing and crowding, can all be easily corrected, while often avoiding adult teeth extraction when older. Furthermore, it is possible for our younger patients to wear removable orthodontic devices that are designed to help their permanent teeth grow into the correct positions, contributing to increased confidence and overall well-being. For the month of May we will be offering free orthodontic examinations (value of \$80)! Call us on 09 412 9507 and come in and visit Paul or Nash at Kumeu Dental.



## WHY GO TO KUMEU CHIROPRACTIC?

We have people who come in regularly for chiropractic adjustments for the rest of their life. Why have they made this decision and commitment to their health?

They have experienced how a healthy functional spine, is paramount to a body that is constantly adapting to the rigours of a busy modern life. A healthy spine supports a nerve system that is then able to better coordinate all the processes needed to heal and remain healthy and vital.

The most common reasons why people visit us are; Relief, Correctional, Maintenance, Prevention and Wellness. They all serve different purposes, and have different commitments attached



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8 Shamrock Drive, Kumeu

to them. For some, pain relief is all they need. For others, it's a about maximising their health and wellbeing on an on-going basis.

Our job is to give you the best care possible, and your job is to decide how far you want to take it.

If it has been a while since your last Chiropractic adjustment, give us a call to get back into that regular tune-up. Kumeu Chiropractic. 8 Shamrock Drive, Kumeu. Phone 09 412 5536.

## MASSEY PHYSIOTHERAPY

You may have noticed a number of boot camps offered around West Auckland, and it is at one of these I have been working out 2-3x a week. While boot camps are wonderful for increasing fitness, improving motivation and loosing unwanted kilos they can also have the risk of injury. So, what can you do to prevent unwanted injuries?

1. Pick a boot camp with instructors that focus on exercise technique.
2. Get niggles treated early.
3. Ensure that you are completing an adequate warm up and warm down every session.
4. If you have a pre-existing injury, in most cases you can still participate in boot camp with some modifications to your exercises. Talk to your physiotherapist (who will happily talk to your instructor) and get advice on what exercises to avoid or modify.
5. Cross training. Yoga, Pilates, swimming and walking are great exercises to do once or twice a week in between boot camp sessions.
6. Proper nutrition is an essential part of your boot camp journey. If you are providing your body with adequate fuel your energy levels will be better, your muscles will heal faster and your body will work more efficiently. This includes drinking lots of water.

Most importantly – have fun! If you would like any further information with regards to our boot camp tips and tricks, please don't hesitate to contact the clinic on 09 832 3619 to make an appointment.

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The NevaAlone Personal Help Button can be worn as a pendant or wristband. It is water-resistant and can be worn even in the bath or shower. Its long-range capability allows it to work in any room in virtually any home, even out in the garden.

Being Ministry of Social Development accredited, funding might be possible through Work and Income in some cases.

For more information call Marina Du Preez on 021 039 8022 or email at [mdpmedicalalarms@gmail.com](mailto:mdpmedicalalarms@gmail.com).



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I look at the health of your eyes so that I can prevent or treat adult and children's eye health problems like red, weepy eyes, dry eyes, or headaches from computer work or driving.

I can fit you and your family with contact lenses or put you into glasses from a range of fun, funky, sophisticated or functional frames.

We are open every day except Sundays and are happy to organise late night appointments. Allow 45 minutes for your exam where we use the latest technology.

We pride ourselves on our customer service.

Regards, Frank Snell, Optometrist.

Ring 09 416 3937 or drop in to book an appointment to suit 413A Hobsonville Rd, Hobsonville.



## HOW TO SET UP A COMPUTER WORKSTATION

Workstation ergonomics can quite complicated, so for simplicity sake I like to break it down to 3 key things:

1. Screen height. Aim to have the top of the screen at eye level.

Simply putting a few books under the screen can make all the difference. If you use a laptop, it can be worthwhile investing in a monitor.

2. Keyboard and mouse. Make sure that the keyboard and mouse is close to you so that when you are using them your elbows are close to your sides.

3. Your feet position. Make sure your feet are either flat on the ground or resting on a foot rest.

Try these tips and see how you feel. If you have any questions, please feel free to call the clinic, I am happy to help.

[www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz) Shop 1, 10 Greenhithe Road. Phone 09 413 5312.

## OSTEOPATHY IS NOW AT TOP NOTCH


Top Notch Massage has now re-branded to Top Notch Bodyworks - we are very excited to now have Osteopathy services



as part of our business. Our experienced osteopaths Marshall Gabin and David Liddiard can be found at our Massey clinic. If you need osteopathic treatment, massage or a combination of both, we look forward to exceeding your expectations. We can help with many problems including headaches, neck, back, muscle, joint pain, arthritis, pregnancy, occupational overuse and stress. Top Notch can now also process ACC claims for accidents and sports injuries - and you don't require a referral from your GP to see us. Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. David has worked with a multitude of sports teams and assisted at the Rio Olympics. We also can treat abdominal issues such as bloating, constipation and pain or discomfort. Both Marshall and David are ACC registered and of course, we still have our qualified therapists in therapeutic, sports and relaxation massage. So if you need an Osteo treatment or just a relaxing massage, give our team a call on 09 2128753 or 021 181 8380. To celebrate we are offering \$10 off your first treatment with Top Notch.

## RESPONSIBLE HEALTH

Late night visits to the Urgent Care Centre or the Emergency Department are not high on anyone's list of "fun things to do". And yet, thousands of people every year wind up making that frightening and unwelcome trip. The sad thing is that around half of those visits are avoidable, just by taking a little responsi-



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bility for your own health. Here are three simple things that will reduce your chances of experiencing that unpleasant trip. Get your annual health check - You get your car serviced every 10 000 kilometers or your hair done every few weeks. Surely your body could do with an annual checkup? Get some exercise - a mere 15 minute brisk walk every day, reduces blood pressure, helps maintain weight and reduces heart disease. Remember alcohol only goes with conversation - It does not go with moving machinery, scaffolding, ladders, and vehicles.

## RECYCLE YOUR CONTACT LENSES WITH WESTGATE OPTOMETRISTS


Caring for the environment is important to all of us and even the small things we do can make a difference. Contact lens waste has been in the news lately, with reports suggesting that used contact lenses flushed down toilets are contributing to the problem of plastics in our oceans. It's certainly better to put used contact lenses in with your regular rubbish, than to flush them down a sink or toilet. However, here at Westgate Optometrists we have a better solution. We are proud to be able to offer Bausch & Lomb's dedicated contact lens recycling scheme. Bring your contact lens waste in, and leave it in the Bausch & Lomb recycling bin. This includes contact lenses and their packaging, and applies to all brands of contact lenses, not just B&L products. This service is 100% free of charge, simply drop your lenses in at any time during our opening hours and help keep New Zealand Beautiful. Located in Westgate Shopping Centre, around the corner from Robert Harris Café. Phone 09 831 0202, email [info@westopt.nz](mailto:info@westopt.nz).



Westgate Optometrists

## WEST AUCKLAND MASSAGE SPECIAL

Autumn Cleanse \$95.00 for 90 minutes. It's autumn, so this means that our skin starts to constrict with the cold weather. It can become dry with the cold so it's time to wrap up, stay warm and try and ward off cold. A great way to help stay warm is to fill in the colder days with a nice warm therapy, on a warm table, in a warm room, with warm hands. Our back-mud wrap is made from Kaolin Clay, it will help

**Gillian Wiltshire D.O.**  
 Registered Osteopath  
 ACC Accredited  
 36 Sunny Crescent  
 Kumeu  
 Auckland 0810  
 Ph/Fax (09) 412 5977  
 0212330413  
[gill.wiltshire@gmail.com](mailto:gill.wiltshire@gmail.com)

remove dead skin cells, stimulate blood circulation and draws out toxicity. This is a soft clay, it does not draw out too much water from the body, and hence it softens the skin. Perfect for autumn and winter.

This "Autumn Cleanse" treatment helps with eliminating any toxins through your back with a dual scrub, first gloves then a sugar scrub (which we then remove). A nice warm mud wrap draws out toxins for 15 mins - in which we do either a scalp OR foot massage while your back's wrapped. We then remove the mud and do a moisturising back and neck massage. Turn over to a nice natural facial, using essential oil-based products that smell amazing. At only \$95 for 90 mins you won't find a better deal from an experienced therapist. We're located at a home business in Chorley Ave, Massey. Book on line [www.auckland-massage.co.nz](http://www.auckland-massage.co.nz). This treatment is available for the next 3 weeks, but we will have a new special replace it, so like our Facebook.

## CHIROPRACTIC AND PREGNANCY

Pregnancy is a time of life where your body changes a lot. Often the changes result in physical challenges within your body. At Live Chiropractic we aim to optimize your body's function by using a gentle Chiropractic approach. If you are struggling with pregnancy comfort, please contact us to find out if we may be able to help you. Live Chiropractic - [www.livechiropractic.co.nz](http://www.livechiropractic.co.nz).




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# AREA COLUMNISTS

## PHELAN'S LOCAL BOARD UPDATE

New Bus Service for Riverhead.

From the 6th May a new bus service will be operating between Westgate and Albany, via Riverhead and Coatesville. The service will run hourly and will use two buses travelling in either direction, seven days per week from 6am until 7pm with an additional 8pm service on weekdays. There are 25 stops on the Westgate to Albany run, and 24 stops in the other direction along the 27km 41-minute route.

This will be the third bus service introduced within three months as part of the Rodney Local Board's Transport Targeted Rate.

Auckland Transport was not planning a bus service on this route in the next ten years so the early delivery of this meets the main objective of the targeted rate, to bring forward services that residents have been requesting for years.

The three new services link Wellsford to the bus network and provide west to east links from Helensville to Silverdale via Kaukapakapa and now Westgate to Albany.

We will be monitoring the services and making modifications over the coming months and users are encouraged to provide feedback to Auckland Transport which can be done online: [at.govt.nz/about-us/contact-us/feedback-form/](http://at.govt.nz/about-us/contact-us/feedback-form/)

The next Targeted Rate project is Park'n'Rides for Kumeu and Huapai and work is underway on this.

You can keep updated on these projects here: [at.govt.nz/projects-roadworks/rodney-transport-targeted-rate/](http://at.govt.nz/projects-roadworks/rodney-transport-targeted-rate/)

New Building for Kumeu Arts Centre.

In May a new exhibition and workshop space will open increas-

ing the capacity of the busy Kumeu Arts Centre. The Local Board allocated \$320,000 to fund two 'Ecopods' that were assembled in Dairy Flat and joined together to create a new creative arts space.

Hot on the heels of the arts centre the first stage of the \$280,000 Huapai Hub community-led project will be complete, this creates a new community space in the centre of Huapai around the arts centre and library with a stage and open space for events and markets. These works are the first step in the Kumeu Huapai Centre Plan that sets out the vision and development of the town centre over the next decade. Google 'Kumeu Huapai Centre Plan' for more details.

On the subject of community facilities, work is continuing on the business case assessment of the \$22 million Huapai Indoor Courts facility. This would be funded by the Kumeu Racquets Club, the Rodney Local Board and Growth Funding (formerly 'Development Contributions'). This project is the Local Board's main capital project for the next few years, each of the 21 Local Board's in Auckland has been allowed one large project and not all of these will happen in the next three to four years. The next hurdle is in June when Councillors agree to which of these facilities will go ahead.

If you require assistance with council matters or community projects of ideas, contact me on either: [phelan.pirrie@aucklandcouncil.govt.nz](mailto:phelan.pirrie@aucklandcouncil.govt.nz) or 021 837 167.

## CLASSIC MEKONG RIVER CRUISE PACKAGE

Eleven night fly & cruise package from NZD \$5899\* per person share twin Includes: Return Economy Class airfares from Auckland to Siem Reap, returning from Saigon (Ho Chi Minh City), flying Singapore Airlines. Return airport transfers. Two nights pre-cruise accommodation in Siem Reap. Two nights post-cruise accommodation in Ho Chi Minh City. Seven night Mekong River Cruise onboard Mekong Pandaw. All main meals onboard. Unlimited soft drinks, local spirits & mixers, beers and local mineral water served onboard whilst the bar is open. House red & white wines served onboard with lunches & dinners. Entrance fees & guide services. Onboard gratuities & port taxes prepaid. Eleven night package from \$5899\* per person, share twin (Main Deck) or Upgrade to Upper Deck from \$6789\* per person, share twin. Price is based on 14 Sep 2019 departure, other departures available at additional surcharge.

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countryside of Cambodia. With a full day in charming Phnom Penh we then explore remoter waterways as we progress to the great monuments of Angkor.

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](mailto: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) or my Facebook page: [www.facebook.com/tanya.franklin.12](https://www.facebook.com/tanya.franklin.12).

## DOES YOUR CHILD FIND IT HARD TO SIT STILL?

Within the grounds at Country Bears, children get to experience undulated ground beneath bare feet, and all the different textures that come with being outside in nature. We understand the importance of children being outside, being able to move with space and freedom, in a safe and stimulating environment.

When Country Bears first opened our doors to the community over 25 years ago, a child with a development or neurological problem was very rare. Now there appears to be a very large increase with more and more children being diagnosed with poor attention skills, unable to self-regulate or manage their own emotions, a poor sense of balance, a decrease in strength and endurance, increased aggression and a weakened immune system. More and more children are heading off to school with these, and adults are asking why?



Between 1997 and 2008 there was a 17% increase in the number of diagnoses, even at preschool level, who need early intervention (Szabo 2011). In the city of Los Angeles, the number of referrals jumped to 30% in five years (Harris 2015).

There has also been a massive rise in children being diagnosed with ADHD and ADD. According to a study published in the Journal of the American Academy of Child and Adolescent Psychiatry (Visser et al. 2013), an astonishing 2 million children in the USA were diagnosed with ADHD over the eight-year period of 2003 to 2011, with this number rising yearly. So what's the answer? Get the children outside! According to Angela Hanscom, a pediatric occupational therapist, unrestricted outdoor play makes for strong, confident and capable children. Being outside, the children are able to move their bodies in all sorts of directions, use all their muscles to build strength, use all of their 7 senses (yes, seven!), which helps children to then cope with being in a formal environment that requires focus and stillness. She believes that children need to spin, roll, be upside down, move, move and move to make sure that each child's cognitive and physical development is developed fully.

With all the research telling us that children need to be outside, we know that Country Bears offers children all these skills to ensure children are moving off to school with the best possible start.

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

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## OPEN STUDIO, POP UP - LOCAL ARTIST NEW TO THE AREA

Emma Frost burst onto the Auckland art scene in 2010 and has been captivating her fans with her unique style ever since. Her bright colours to give life to beautiful images, the inspiration of which comes from Emma's fascination and deep respect for the mystery and magic found in Maori and Japanese folklore. The often delicate and always delightful characters she creates are the perfect marriage of these mythical cultures. Part of the charm of her work is in the little idiosyncrasies that can be found only upon closer inspection of her images. Look carefully and you'll see little characters peeking out from unsuspecting places and the omniscient Tiki watermark that protects all life in the world of her imagination.

Originally as a graphic artist and illustrator, Emma's characters were brought to life in print. However, over the years they have sprung from the page and are now featured in her range of watches, coffee cups, cell phone covers and cheeky little collection of button badges. Emma's playful use of color extends to her ceramic collection as well. Her range of Dinkies (featureless bunnies) are finished in pastel pink and mint and add a delightful touch of Frost wherever they are found. Emma's work can be



found in galleries, homes, hotels and schools all over New Zealand, Japan, India, Australia, Germany and the USA!

[www.emafrost.com](http://www.emafrost.com)

Come and meet Emma Frost at her new studio space with a few other goodies to be expected.

When: Saturday 25th May 10am - 3pm and Sunday 26th May 10am - 3pm. 421 Coatesville-Riverhead Highway.

## WEST AUCKLANDERS TO BENEFIT FROM MILLION DOLLAR GRANT TO COMMUNITY PROGRAMMES

Thousands of West Aucklanders are expected to benefit from a charitable initiative which saw \$1million donated to almost 50 organisations - covering a range of environmental, educational and health charities. Over the course of three weeks, 200,000 votes were cast which saw 48 groups secure funding for their projects, with some charities raising thousands of dollars a day by coordinating their supporters to go online. The Million Dollar Mission is an initiative developed by social enterprise 'The Trusts' West Auckland, which redistributes the profits from the retail sales of food and beverages through its hospitality venues and off-license outlets around the region.

Simon Wickham CEO of The Trusts says environmental and youth charities were some of the biggest winners in this year's round of funding with their combined donations reaching more than \$424,000.



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EcoMatters a sustainable living charity which supports the community with knowledge reduce waste received more than \$22,000 to help them collect donated bikes for reuse.

The Waitakere Ranges Protection Society, was another of the environmental charities to receive its funding. The group works to protect biodiversity in the area and conducts native planting around local waterways. A local kindergarten will use its donations to install equipment to meet their sustainability goals and Project Litefoot Trust, will use the funding to install energy efficient materials in local clubs.

Other beneficiary charities included the Upside Downs education trust which helps children with Down syndrome in the area learn to read, write, speak and sign; and Youthline has been given a boost of \$10,000 to help support youth and their families in the area.

The Trusts, is a business which has exclusive rights to retail liquor in the West Auckland region. Formed in 1972, it is the largest of the entities of its kind in NZ and is tasked with reinvesting profits from the sale of alcohol back into community programmes, grants and sponsorships.

## LIONS CLUB OF HELENSVILLE AUTUMN BOOK FAIR

25th/26th May 2019 - Helensville War Memorial Hall.

Following on from the successful Christmas Book Fair held in November where \$8,342 was raised for use in the local community, book lovers will be pleased to



know that the Lions Club of Helensville are once again holding an Autumn Book Fair in May, Saturday 25th, 9am to 4pm and Sunday 26th 10am to 3pm in the Helensville War Memorial Hall. The books have all been sorted before the event as 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. History buffs will be interested in the large number of military books that have been donated for this event, as well as a large General Non Fiction section to browse through.

Fiction is arranged alphabetically by authors from Atwood to Zigman, with six special interest groups, the largest of which is the fantasy section. We also have a tremendous 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 jigsaw puzzles, board games, 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.



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Donations can be left at Burmester Realty, Helensville or call Chris on 09 420 8527. Please note that the last date we are accepting books for this Book Fair is Friday 17th May.

## SAYERS SAYS IT

By councillor Greg Sayers.

Now more than ever we need the diesel trains.

Phil Twyford and Phil Goff have been kicking the idea to touch, promising light rail to Huapai and better bus services. Well both are not happening. We need real solutions. We need them now. Fighting hard on your behalf I am continually pushing to re-investigate the diesel train service utilising the existing rail tracks. It's a no brainer as SH16 is already congested with no workable solutions in sight. The traffic congestion will become a lot worse with disruptive safety works soon to be started and more new housing further compounding the problem.

Let me be clear, the Auckland Council and central government have no immediate plans to help us by significantly improving the traffic volume carrying capacity of SH16. It's a disgrace. Poorly thought out housing development without infrastructure being put in place in advance is devastating the township and our wider communities.

The promise of light rail to Kumeu/Huapai has been axed. Any bypass around Kumeu to alleviate traffic is at least 15 years away. Any widening of SH16 and the north-western motorway to travel more quickly by bus isn't imminent. So that only leaves a diesel train service as any sort of realistic and timely solution. For a fraction of the costs of their grandiose pipe dreams we could have hourly rail shuttles operating seven days a week from Huapai and Waitakere to Swanson station. I won't be giving up the fight on your behalf.

Overcoming objections that new safety legislation prevents the railcars using the Waitakere tunnel can be easily solved. A small investment, equivalent to about a week's worth of Auckland Council rates paid by our area, into fire suppression systems fitted to the railcars would address this. Freight trains with their drivers use the tunnel daily. It's time to stop putting this issue

on the back burner.

In the meantime, adding to our woes through disruptive road works is \$70 million of safety improvements starting next month and lasting over six months along SH16. Followed by \$30 million of major road works taking over a year at both Access Road and Station Road to cope with traffic coming from the Huapai Special Housing Area. This traffic will only further compound the traffic congestion on SH16.

We should all remain deeply concerned that Twyford and Goff are not listening to the residents and ratepayers of the Norwest. Light rail is dead. Let's get on with extending commuter rail from Waitakere to Kumeu/Huapai and then on to Helensville. Commuters are already constantly stuck in traffic when there is a perfectly well maintained rail line available running through Kumeu and Huapai.

## CRAIGWEIL HOUSE

Craigweil House, last weekend attended the Kaipatiki Ki Kaipara. This fun filled community event was hosted on the 13/4/19. Its main purpose was to showcase the large amount of health providers in the community. Live music. Kapahaka performances. Harold the Giraffe. [www.kaiparamoana.com](http://www.kaiparamoana.com).



## WAIMAUKU PLAYCENTRE WOULD LIKE TO THANK YOU

Thanks so much to everyone who came and supported our bake sale at the Waimauku Lions Gala in March. We sold out of everything, and made a record breaking profit for our centre. These funds go straight into ensuring we can provide the best for our tamariki. As a thank you, please find one of the most popular recipes here for you:

Delicious chocolate cupcakes:  
 3/4 cup + 2 Tbsp plain flour  
 1/4 cup + 2 Tbsp cocoa powder  
 3/4 tsp baking soda  
 3/4 tsp baking powder  
 1/4 tsp salt  
 1/2 cup Brown Sugar  
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- 1 egg
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- 1 tsp vanilla
- 1/2 cup boiling water

Method: Preheat the oven to 180°C conventional or 160°C fan-forced. Line a 12 hole muffin tray with paper cases. Sift the dry ingredients into a large bowl, then add the sugars and stir in. Add the egg, milk, oil and vanilla then beat with a mixer until combined. Scrape the sides of the bowl then add the boiling water and mix until just combined (the batter will be runny). Pour the batter into a measuring cup (it's easier and cleaner than using a spoon) and pour evenly into each paper case until ¾ filled (don't over fill or the mixture will overflow). Place in the oven and bake for 20-22 minutes or until a tester inserted in the centre comes out clean. We love to let the children help ice ours, then enjoy! Feel free to pop in for a cuppa & three free visits. Sessions held on Tuesday, Thursday and Friday mornings at 69 Muriwai Road, Waimauku.

## KUMEU COMMUNITY CENTRE

Netball season starts in May with Ladies League Monday and Mixed League on Thursday nights. Walking netball is being trialed weekly on Tuesday morning 9:30 – 10:30 \$5 includes a cuppa afterwards, if you would like to "Have A Go" come along 7th May or email [jennynball@gmail.com](mailto:jennynball@gmail.com).



One foot always on the ground, so netball without jumping. Equipment is provided, just need court/rubber soled shoes. There are quite a few community activities run at the Centre, here is the current timetable:

Monday: Indoor Bowls - 7:30pm Small Hall. Ladies Netball - 6:30pm Large Hall. Tuesday: Body Brain Exercise - 9:30am Small Hall. Walking Netball - 9:30am Large Hall. Wednesday: Mainly Music - 9:00am Small Hall. Thursday: Mixed Netball - 6:30pm Large Hall. Over 50's Yoga - 7:00pm Small Hall.

To find out more about the activities please refer to our website [www.kumeucommunitycentre.co.nz/](http://www.kumeucommunitycentre.co.nz/). Photo: Muriwai Surf School – Winners Mixed League 2018.



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