

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

- Health and beauty
- Macadamia Toffee Cake
- Home and garden
- Property market report

INSIDE WESTGATE

Circulation is 9,000 print copies and 3371 opened and read email copies.

Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.

Contact Sarah Brightwell on 021 250 7324 or sarahcartwright022@gmail.com

kumeuCOURIER/November 2015

Intro

This is the time to plant your pumpkin seeds ready for the Kumeu Show's Giant Pumpkin Competition, to be held on Saturday 12th March 2016 at the Kumeu Showgrounds. Get your free seeds from Kumeu Garden Hub when you purchase a bag of compost. For more information regarding the competition details check out www.kumeushowgrounds.co.nz. The new improved Muriwai skateboard area is seeing plenty of use after being completed just before the school holidays. Led by the Muriwai Community Association, this successful initiative was a team effort working with Council and Local Board member Phelan Pirrie. Local skateboarders have volunteered to help lead the next stage of the skateboarding facilities. If you would like to be involved please contact admin@muriwaicommunity.org. Of course at this time of year there are a number of events coming up such as Anika Moa playing at the Tasting Shed in Kumeu, the Monster Fireworks display for Guy Fawkes at the showgrounds, art exhibitions at the Tin Shed and The Greg Murphy Comedy Roast which will be headlined by some of Murph's fiercest on track competitors and will be hosted by comedian and television personality Paul Ego. The Roast will be an opportunity for some of the biggest names in V8 Supercars to give it back to Murph who raced as competitively as any driver in the modern era of car racing. Tickets are available for only \$69pp at www.mikepero.com/murph. As always, Stay safe – Be kind.

Sarah,
Editor.



kumeu Courier

Feature Stories

- 3 Local board update
- 4 Community notices
- 6 Safer communities
- 7 Facebook cyber talk
- 8 In brief - updates
- 10 Craft out west
- 12 Property news & advice
- 20 Health & beauty
- 22 Area columnists
- 24 Country Bears
- 26 Macadamia Toffee Cake
- 27 Muriwai tide chart
- 30 Pets
- 34 Inside Westgate
- 38 Lions project
- 42 Home & garden
- 45 Tobin Insurance Services
- 46 DT Denture Clinic

Questions and feedback:

Sarah Brightwell

P 021 250 7324

E sarahcartwright022@gmail.com

W kumeucourier.co.nz

Cover Shot: Kumeu River Winery, Kumeu

Print run is 9,000 copies through Treehouse Print
Email database is managed by Sublime NZ



- Locally Owned and Operated
- Designed and Engineered in NZ for NZ Conditions
- Quality & Honesty with Zero Limits
- Any Building to Suit your Height/Length/Inclusions
- Your Entire Consent Process looked after for You
- Up to 30m Clear Span & up to 7m Stud Height

SHEDS, FARM & LIFESTYLE BUILDINGS
COMMERCIAL & INDUSTRIAL BUILDINGS



Body Builders Ltd
329 Main Rd
Huapai
Auckland 0810

PO Box 5 Kumeu
Auckland 0841
T: 09 412 8455
F: 09 412 8458

FREEPHONE: 0800 870 078

E: rodney@kiwispannz.co.nz



0800 870 078

www.kiwispannz.co.nz

PHELAN'S LOCAL BOARD UPDATE

Recently I was introduced as an "Auckland Council representative" but while my card may have the council logo on it I don't actually work for council. As an elected politician I represent voters and my role at council is one of governance, ensuring that public money is spent fairly and accountably and ensuring ratepayers and residents views are represented at a council level.

The role of Local Board member is supposed to be a part time position, officially 20 hours a week, but in reality I spend significantly more time to get the job done, covering meetings, ratepayer and community group meetings, planning, report reading and hundreds of emails a week. I have found out how effectively a huge bureaucratic organisation quickly grinds the life out of any innovative or creative ideas. To be fair this happens in large corporates as well so it is not unique to government. The fight is to keep council flexible and innovative and that will be a battle that will never end.

One aspect of council that does differ from business is the appallingly long time it takes to get things done. It's months or years of painfully bureaucratic processes involving risk averse officers, reports, workshops, delays, restructuring – which happens on a regular basis – and

a lengthy process for any significant project that starts with a needs analysis, leads to a feasibility study, then a business case, and after that rounds of public consultation, then the budget has to be secured. Understandably this leads to a deep sense of frustration with the community involved in the project. There is a balance to be struck between accountability for public money and getting a project delivered in a reasonable time; it's a battle to achieve results quickly, especially within the short three year electoral cycle.

My role requires lobbying behind the scenes and working with officers and other politicians to get the best possible outcome for our area. Much of this work doesn't ever become public and it may involve getting some change deferred or changed well before it gets to the public. Work is happening to get our transport infrastructure budgets increased and a fairer deal for allocation of Development Contributions.

I feel it is far better to focus on the more significant long term wins for the community than the politically expedient ones of tossing a little bit of cash around for some small quick win. Given the huge growth related pressures we face planning longer than three years is essential. 2016 will start to see results from the hard work in getting Kumeu's, Huapai's and Riverhead's issues to be taken seri-

ously by wider council departments. This will start in the New Year kicking off with the Centre Plan for Kumeu and Huapai; this must be followed by work to identify budgets for the Long Term Plan in 2018 to complete the work to ensure the plan doesn't sit on a shelf like all the others have. The next few years will be challenging but exciting for the area as everyone works together to plan and realise a vision for a fast growing district.

If you need advice or assistance with any issues relating to council or if you want to achieve something locally for the community please don't hesitate to contact me. Email phelan.pirrie@aucklandcouncil.govt.nz or phone 021 837 167.

A CELEBRATION OF GARDENING

NorWest Garden Club (your local) is celebrating their first 20 years with guest speaker Jane Wigglesworth, writer for NZ Gardener. If your interest is gardening you are welcome to join us. Wednesday 25th November, 7.30pm in the Kumeu Community Hall, Access Road, Kumeu. Best Bloom table, raffles, spot prizes. You are invited to wear a floral decorated hat or a lapel spray. Supper will be provided. Phone Diane 09 416 3095 or 021 135 9613 for information.



Come and join us at Nature's Explorers Kindergarten - the best kindy ever!

Your child will thrive at Nature's Explorers. Here are a few reasons why:

- Our warm and caring nature based learning environment
- Specialist early education and low teacher/child ratio
- Gorgeous home-like environment

8 weeks half price fees
On all new enrolments

Visitors welcome at our beautiful kindergarten, visit or call us today
09 412 8800



www.naturesexplorers.co.nz

1 Maude St, Riverhead

COMMUNITY NOTICE BOARD

5 MINUTE CARICATURES

5 minute caricatures by Artist Nell Nutsford in the Kaukapapa Library Sunday 15th October – meet artist Nell Nutsford in the historic Kaukapapa Library from 10am to 1pm. Nell has recently completed her Master of Fine Arts at Whitecliffe College



of Art and Design in Auckland and will have a selection of her work on display, plus you get the opportunity to have a five minute caricature done of yourself. The Kaukapapa Library is open on the third Sunday of the month in conjunction with the Kaukapapa Village Market. November is our annual Spring Festival Market with extra stalls and activities, plus the 5 Station Poker Run fundraiser will start and finish at the Kaukapapa fire station. Our November musicians are Avon Hansen and the Ukulele Union and country singer Laurie Coker. For more information contact Sarah, phone 027 483 1542 or email sarah1@maxnet.co.nz, 947 Kaipara Coast Highway, SH16, Kaukapapa.

OPENING THE DOORS

The community is warmly invited to Hospice West Auckland's Community Open Day on Saturday 28th November, 9am–2pm. Held at the 'Living & Learning Centre' at 206 Swanson Rd, Henderson,

the open day will showcase the wonderful range of services that Hospice West Auckland provides in our community. There will be participative art, volunteering information, education stands, crafts, a sausage sizzle and baking stall. The neighbouring Henderson Hospice Shop at 208 Swanson Rd will also be running a huge One Day Sale, with half-price bargains store-wide and fun for all the family. For more details visit www.hwa.org.nz

HORSE RACING NIGHT

Waimauku Scouts Fundraiser, Saturday 21st November, 7pm start. Waimauku Bowling Club, State Highway 16 Waimauku (opp Caltex), \$15.00 per ticket, or buy a table for eight for \$100.00. Spot prizes, try your luck, continuous supper, Bar available. Come for an early Xmas work function! We have been invited to attend the 2016 Australian Scout Jamboree in Sydney, Australia. A Jamboree is a 12 day super camp, with fun, adventure and friendship. It is attended by over 12,000 scouts. We have a troop of five scouts and two leaders from Waimauku that are fundraising over \$22,000 to attend this Jamboree. It will be held from 3rd to 13th January 2016. Big thanks to Premium sponsors so far: Tanya Franklin - Travel Broker, Terry Newson - EC Credit Control, Dr Bob's Vet Clinic, Steve Theobald - Harcourts, Waimauku Doctors. Tickets available at Waimauku Doctors surgery or email fionahillebrand@xtra.co.nz, or ness.brian@xtra.co.nz, or phone Vanessa on 027 222 4449.

ROLLER SKATING

Auckland Waitakere Roller Sports Club runs "Learn to Skate" classes, for young and old, at The Trusts Stadium (Central Park Drive, Henderson), 5:30pm every Tuesday during Term 4.

Whether you want to learn to skate around the waterfront for fun and exercise, or want to be NZ's next champion roller figure skater, we can help you out!

The cost of \$6.00 per session includes hire of roller skates.

From these classes you can progress to our club training sessions and individual coaching at the same venue for artistic dance, figures, freeskating and precision team events, and compete in regional, area and national championships.

Don't forget to look at our Facebook page www.facebook.com/AWRSC. Come down and give it a go!

WHENUAPAI REMINISCENCES OVER A HIGH TEA TIPPLE

Rosemarie Askew and Jack Hannam are our main speakers, as well as Sheila Durkin, our



mini speaker, from National Council of Women. Come and join us on Friday 6th November, 1pm, at St John Ambulance Rooms, 7 Rata Street, Helensville. All welcome, gold coin entry – excellent afternoon tea. Call Judy on 09 411 8322 for further information. 4th December is our Christmas Tea Party and 12th February will be our first meeting in 2016.

Two schoolmates, Jack Hannam and Rosemarie Askew spent their earlier years growing up during the Second World War in Whenuapai. As well as legendary banter of their escapades in Whenuapai, Kumeu and Waimauku, Rose and Jack have prepared display boards of photo-

CALL Your Friendly Bin Company!



MR BINZ
Ph 412-9309

Quality Bin Service
Local Experts!

www.mrbinz.co.nz | Ph 412 9309



Mark Stuart
General Manager

Mobile: 021 667005 Ph: 09 4118454
muriwai.manager@golf.co.nz www.muriwaigolfclub.co.nz
P O Box 45 Waimauku 0842, Auckland, New Zealand

graphs from these times. Jack and Rose were both Founding Members of the Waitemata Hunt Inc and Jack is the Hunt Patron of recent years.

Rose made history becoming Lady Huntsman for Waitemata Hunt and the First Lady Clerk of the Course at Avondale Racecourse. There is so much history and many tales to be told of days gone by. This event is not to be missed. Should anyone be able to film the event please phone Joan Parker on 09 412 9642 or Marvyn Crone on 09 411 7659. We are hoping to do this as a record for the future.

PRINTMAKING EXHIBITION & PHOTOGRAPHY EXHIBITION

Printmaking Exhibition – opening evening on Friday 23rd October, 7pm-8.30pm, all welcome. The exhibition runs from 23rd Oct – 14th Nov 2015 and showcases various printmaking techniques and processes by Kumeu Arts Centre Members.

Kumeu Photography Group Exhibition – Monday 16th - Saturday 28th November 2015. The Kumeu Photography Group will be exhibiting a selection of their members' photography at the Kumeu Arts Centre from Monday 16th to Saturday 28th November. Work includes a range of subjects and styles from landscapes and wildlife to portraits and street photography. Colour to black & white, macro and abstracts. All are welcome to come along to the exhibition opening on Monday 16th November, 7pm-8.30pm, to view the exhibition and meet the photographers. Inquiries to organiser Kirsten Reid, email k.reid@xtra.co.nz. For more information on classes for both adults and children, please see our website www.kumeuartscentre.co.nz or email thetinshed@clear.net.nz or phone 09 412 9480.

KUMEU MONTESSORI PRESCHOOL

We have relocated from Oraha Road to stunning new premises at 8 Grivelle Street, Kumeu (off Access Road). The purpose built preschool has two separate classrooms, each catering for a maximum of 25 children, which means that the preschool's existing small intimate feeling is replicated in the new space. With a magnificent physical environment inside and outside, opportunities for play, discovery and learning abound. Kumeu Montessori combines the rich tradition of Montessori education with modern teaching practices for 21st century kids, to create an environment where learning is not just fun but irresistible. Each child has a programme uniquely tailored to their own individual strengths, needs and interests, enabling them to learn in a style and at a level and pace that is just right for them. The new building offers easy road access and good parking. Pop in and visit, or check out www.kumeumontessori.co.nz.

The Brown Bean Espresso Drive Thru

336 Main Road, Huapai, Auckland 0810

The Brown Bean Espresso drive thru offers premium quality coffee made fresh while you wait in your vehicle. Using only the best available beans, ground seconds, before going into your cup. We aim to keep our coffee at a consistently high standard.

MOB. 021 0232 3555



Vegetable / Flower / Herb Seedlings & Microgreens
Open Friday & Saturday
EFTPOS AVAILABLE
951 Coatsville Riverhead Hwy.

www.organicseedlings.co.nz




FreshChoice Waimauku
A-2 Waimauku Retail Centre
5-19 Factory Road
Waimauku, Auckland
Phone: (09) 411 7890/411 9495
Fax: (09) 411 8050
Mobile: 021 048 3355
Email: waimauku.fc@xtra.co.nz

BRANDIT PLUS LTD




PRINTED TEES
SIGNAGE
BUSINESS CARDS
FLYERS
POSTERS
& MUCH MORE...
16 Matua road Huapai Ak
412 5840
paul@branditplus.co.nz

www.branditplus.co.nz



THE GALLERY

Cafe & Restaurant
Japanese dinner menu



**DINE IN
& TAKEAWAY**

TUES & SUN: 8:30 - 5pm
WEDS - SAT: 8:30 - 8:30pm
09 4128983 | 329a Main Rd, Huapai

SAFER COMMUNITIES

Make sure you lock your sheds and garages. Last summer there were a number of burglaries in rural areas where items were stolen from unlocked sheds, garages and boats.

Another problem is people leaving their cars unlocked on driveways, sometimes with valuables in view. Thieves will canvass every property until they see an opportunity. They are also very quick, so don't make it easy for them.

As well as locking houses, sheds, garages, and cars Ms Robilliard suggests people think about installing alarms and CCTV and having dogs on the property to warn off potential thieves. The SNAP website (www.snap.org.nz (link is external)) is a good way to record all your possessions.

Operation SNAP (Serial Number Action Partnership) is an initiative of the New Zealand Police, aiming to prevent New Zealand burglary and property offending, and make it harder for criminals to sell stolen goods in New Zealand. The initiative helps to protect property in a number of ways.

The SNAP website (<http://www.snap.org.nz> (link is external)) allows you to enter and maintain details of all of your important possessions or assets. You can then access this asset list from anywhere, anytime. If your items are stolen, you can instantly retrieve your asset list details, and forward these on to the Police and your insurance company.

In an emergency dial 111.
For more information contact
Ph 09 412 7756.

As the fine, dry weather returns and the wind dries the grasses, twigs and leaves, we would like to ask you to take caution before lighting any outside fire. It is far easier and cheaper to learn about your legislative requirements, or issues that could arise and problem areas before you bring out the matches or lighter. In all urban areas vegetation fires and incinerator use is banned under the Auckland Council rules. In rural and lifestyle areas vegetation may be burned without causing a smoke nuisance, and without causing a risk of spread or transfer. An ounce of care is equal to a pound of cure. We suggest you call Auckland Council on 09 301 0101 and seek advice before you light up.

We attended a vegetation fire last month that threatened a home and garage in a rural area and in our opinion the fire pile should never have been located in the position it was. The time of lighting the fire was wrong and the surrounding vegetation was a real concern. This incident could have been avoided if a phone call had been made to council and a free inspection conducted.

There is no fee to ask, but the consequences of not asking can be significant – in firefighting costs, loss of buildings and/or loss of life. For more information call Auckland Council on 09 301 010.

Graham McIntyre
Second Officer in Charge
Waitakere Volunteer Fire Brigade
09 810 9251



Jojo's
Childcare Ltd

Warm and nurturing environment
Large play spaces for all ages
Healthy, hearty, home style meals
High quality curriculum
Exceptional resources for play and learning
3 Days free for 3 – 5yr olds* *conditions apply*
Nappies provided for Under 2's

Contact Sarah or Jo
www.jojoschildcare.co.nz
09 412 5325

Corner Oraha Rd & State Highway 16, Huapai

FACEBOOK

CYBER TALK

Fresh free range eggs & fresh lemons for sale
– 302 Taiapa Road.



Busy training for that upcoming event – Auckland Marathon, the West Coaster? Sports massage is an integral part of any training plan and will help you get to the start line! Package deal: five massages for \$350, contact me on 021 027 28627 or visit www.kumeu-massage.co.nz.

We are looking for two Senior Waiters and a part time Cook (preferably local) for our upcoming busy season. If you or anyone you know wants a chance to join us please email elliott@thetastingshed.com with your CV.

Worker Needed – Wholesale Plant Nursery, General Nursery Hand, based on Peak Rd, Waimauku. Full Time, five days a week, 8am-4.30pm. Happy to work in all weather, involves heavy lifting so must be physically fit. Job involves potting, weeding, staking and other general nursery tasks. Experience welcome, remuneration paid accordingly. Email your CV to naturescreation@xtra.co.nz.

The Kea section (6-8yr olds) of Riverhead Scouts Group has space for four new Keas! We meet on Tuesdays (during term time), 5.30pm to 6.30pm at the Scout Den at the rugby fields. Lots of fun activities based around our Den, Murray Jones Reserve and our local community, with occasional adventures further afield. For more information on our programme, fees etc send me a PM or call me on 09 412 2378. First three sessions free, Term 4 starts 13th Oct. Come and give it a go!

Just a wee reminder from your friendly local Beekeepers@ Earthbound Honey Ltd. Organic Beekeepers: spraying any flowering plants or shrubs this time of year with pesticides, espe-

cially gorse, will result in bee deaths. Please wait until plants have finished flowering if you must spray. And remember, if spraying, late afternoon is better as more bees will be back in their hive.

If you're looking to have any digger or tree work done around your property, we have a bit of space available over the coming few weeks to take on some jobs. Feel free to contact Cory on 021 0268 2262 for a free, no obligation quote. No job is too big or small. To check out some of our previous jobs and see a full list of the services we provide visit www.facebook.com/turfandtreesolutions.

We are looking for our dirty stop out puss. His name is Maz and he is a rather large very fluffy tortie. We haven't seen him for about a week. He doesn't wear a collar but is chipped. We suspect he has rehomed himself and think it may be at the top end of Pohutakawa Parade as my hubby thinks he spotted him there. Let me know if you have spotted him. We live in Turpin Rd.



Taupaki School are selling Seedlings & Produce, weekdays 8.30am-4pm, 14 Cottle Road, Taupaki, stall located outside front carpark, all funds raised goes towards upgrading their school garden and new supplies.

We are currently looking to employ a local key staff member for our central heating and plumbing crew based in Waitakere. Previous experience is not essential but a willingness to learn is an advantage. Apprenticeship oppor-

tunities could be offered to right candidate. Clean drivers license is essential. Please send CV to info@rec.net.nz.

Anyone recognise the people in the photo? I snapped this of the sunset on Thursday and they happened to be in it. Thought they might like a copy. Visit www.facebook.com/michelleevaphotography.



Swanson yoga classes on Thurs 9.15am and 6.30pm. The new class flow yoga running early on Tues mornings! Always open for bookings but new studio a little smaller so a little more 'boutique' in the approach (limited places but personal attention). Special new students \$10 for 10 block of classes. visit www.facebook.com/yogabarnyoga or email yogabarn@xtra.co.nz.

Experienced Cleaners Required. Atom Services Ltd is looking for experienced cleaners. An eye for detail and pride in a job well done is essential. Jobs can be varied, residential, commercial and insurance work. Own transport an advantage. Police checked. If you are interested call or email Ian on 021 026 43227 or atom@hotmail.co.nz.

Get Little Bird's raw and organic delicious macaroons, granola and crackers at The Green Grocer. Come in for a browse, maybe stay for coffee and salad or cake. We would love to see you. Open Monday to Friday, 7.30am to 5pm.

Riverhead Montessori has a few spaces left for next year. Check out the website for more information. We have half an acre of naturalistic grounds, a great playground, children's safe river, organic gardens which children take great pride in tending and beautiful child climbing trees. The Montessori curriculum prepares your children for school in a holistic way. Our kids are so excited by learning even the most outside orientated kids want to learn how to read, write and discover numbers, science, geography, history and more. Specialist teachers are included. Drama, music, ukulele class, aerobics and second language. Best of all our children are free to be Kiwi kids that can think for themselves; are free to truly explore their interests and have the one to one support of loving, highly trained intelligent and passionate teachers. Visit www.riverhead-montessori.co.nz/

IN BRIEF

UPDATES:EVENTS

SENIOR NET KUMEU

Richard Poole from GrownUps (NZ's best online lifestyle magazine and social media for over 45 years) gave a most fascinating insight into this fabulous online site. He was enthusiastic telling us about how they created the site, knowing that the Baby Boomers would become a large population of over 50's, and would want to be able to access immediately many things such as: magazines, health, travel, brain training puzzles, and much more. They work with many companies to get the best deals and help with whatever we want to know or do. Take a look, Google GrownUps Magazines – then just enjoy the site.

Once again we are fortunate to have Thom Epstein as our Guest Speaker at St Chad's on 2nd November. Thom's talks are always so enlightening with the latest details on cameras, smart phones etc. Senior Net would be pleased to see most of our Members on this day as it is also our AGM meeting, please make the effort to be there for us.

Grant Sidaway from SeniorNet Federation will be our Guest Speaker on the morning of 14th December. Make a note to come along as we will be having a special break up for the year with finger licking treats (including Auntie Bev's Scones) to have with your tea or coffee.

Our Special Christmas Basket Raffle will be drawn, so best of luck to two lucky winners. All are welcome, you don't have to be a Member to enjoy our monthly seminars. Entry \$3.00, raffle tickets \$3 for 1 or \$5 for 2, St Chad's Hall, Orahua Rd,

Henderson

WOODHILL SANDS

Woodhill Sands has its first Premier (highest level of SJ in NZ) SJ Show of the season taking place 28th and 29th November. Two days of action packed Show Jumping and Show Hunter, with Grand Prix Show Jumping classes taking place on the Sunday. The Community is welcome to come and watch, entry is free for spectators. Food and espresso coffee is available on the grounds as is Eftpos. No dogs please.



NEW OWNERS AT ZAC'S PIZZERIA

You may have noticed that recently Zac's (Pizzeria Venezia) in the Kumeu Village is a little different. The new owners took over the iconic pizzeria in August and have been working hard on delivering exceptional pizza and pasta. You'll notice a few new pizzas on the menu including Meat Lovers, Chicken Apricot, Chicken Peri-Peri and Hot Mexican. These new flavours are proving a huge hit alongside the traditional Zac's favourites. Zac's is also offering the same delicious pastas and mains, made with the same traditional recipes – although you might see a few new mains to tempt your tastebuds too! Until Christmas, Zac's is offering a Tuesday/Wednesday special – two standard pizzas

for \$15 (save \$5) and two large pizzas for \$30 (save \$10). They also have a new loyalty card, where every 10th large pizza is free. Zac's has been serving the Kumeu and surrounding community for over 20 years. The new owners look forward to continuing and extending that hospitality in the coming years.

THE CONFECTIONERY PALACE

With a name like The Confectionery Palace you'd think that all we do is lollies. But actually we are nuts about healthy options too. Our Snack Smarter range includes a wide variety of confectionery and snacks including fruit and nut products, sugar-free sweets, healthy popcorn, guilt-free gourmet chips and high protein snacks. We have gluten-free plus non-GMO products as well as trans-fat free, cholesterol free, sugar free and low glycemic index foods. For those who like to snack smarter, we've got a new range of 100% fruit freeze dried (dehydrated) snacks without any additives now in stock as a perfect on-the-go snack. Check out our www.snackit.co.nz site for the new product specials, also available instore at 7 Shamrock Drive, Kumeu. Our top selling KIND bars are also a great fruit and nut snack packed with natural ingredients, tasty and better for you than most snacks.

SOLJANS ESTATE WINERY - NEW RELEASE MENUS & WINES

With summer around the corner, Soljans Estate Winery and Café have prepared a new fresh summer's menu to accommodate the sun-drenched days amongst our vineyard setting. From a delicate prawn and calamari salad to mouthwatering roasted duck breast, Head Chef Paul Reid has produced a meal to match all types of hunger. The café menu starts at 11.30am everyday. Additionally, on weekends Sol-

Inspiration. Encouragement Experience.

Davis Funerals will create a funeral ceremony with the style and service that celebrates the life of your loved one.



Call John Schipper today for a free consultation or a friendly chat on the type of service you would like.

Davis Funerals

Henderson 09 835 3557 www.davisfunerals.co.nz

Kumeu Meat Processors Ltd

Devon Woodley

Home kill specialist

80 Main Rd, Kumeu

M: 021 074 2394 Ph: 09 412 2007

kumeu.meat.processors@hotmail.com

"For all your Home Kill requirements"



jans provides a new luscious breakfast menu serving from 9am to 11.30am. It is the perfect way to start a long summer's day. Call the café on 09 412 2680 to book your table now. Feel free to pop into our Cellar Door (open 7 days a week, 9am-5pm) to taste our fantastic NEW RELEASE wines and feel free to relax, savour and enjoy!

BANGERS & BEER

90kgs of sausages from six of Auckland's finest butchers and over 300 votes cast resulted



in a dead heat. For the first time in Sausage Fest history we have joint winners. Congratulations to Grey Lynn Butcher's Sweet Deception – Venison, Portobello Mushroom, Truffle & No.4 beer & L'authentique's Peking Maximus – Free Range Pork, Wild Honey, 5 Spice, Chilli & Maximus IPA. Two damn fine sausages now joining the Hallertau menu.

NEW YOGA CLASS IN HUAPAI

From 29th October, Tree of Life Yoga in Huapai will be offering a new General Yoga class.



This will be suitable for all levels including beginners. The general class will be gently strengthening, with a focus on each individual practicing at the level they are at. It will be held every Thursday evening from 7-8.15pm. \$16 casual or \$85 for a six class card, valid for two months. Everything is provided, but please feel welcome to bring your own mat if you prefer. Feel free to drop on in or phone Maree Delmar 021 022 93012 for details.

Tree of Life Yoga also offer a Pregnancy Yoga class at 5.45pm on Thursdays, private yoga classes and private yoga therapy sessions for those seeking healing from injury or illness. See www.treeoflifeyoga.co.nz for more info on these.

THE GALLERY

Come enjoy the display of magnificent photographs while treating yourself to traditional Japanese or local cuisine at The Gallery sushi and cafe in Huapai. Head chef and photographer Charlie comes from years of five star hospitality and photography experience. Did we mention his photos were in the National Geographic too? Find all his art on display at The Gallery and available for you to purchase at 20-30% off the retail price for a limited time only. The perfect Christmas gift. 8/329A Main Rd, Huapai, or phone 09 412 8983.

THE BRENDON HAM BAND

Award winning and "NZ Music Awards – Tui" finalists, the Brendon Ham Band are regarded



as NZ's premier honky-tonk country unit. They've built a solid reputation and embraced an ever increasing popularity with their own brand of gritty rockin'-country music whilst paving the way for a contemporary urban flavour. The Brendon Ham Band has deservedly earned the respect of its growing fan base, across the ages and genres, eager to enjoy the unique package that the Brendon Ham Band delivers. Having shared the stage with both international (Kenny Rogers) and national performers, the Brendon Ham Band has performed and appears at a variety of venues and events including The Riverhead Boat House Function Cen-

tre, Whangamata Beach Hop and many others.

Often asked who the biggest influences for the band are, well it really is the honesty of a few generations of real music. Their musical influences and heroes are many and spread across a range of genres. Although country music, including original material, is the true spirit of the Brendon Ham Band, each member contributes their own style and influences giving an unforgettable show.

To catch them live at their next gig, join up to the newsletter or to enquire for your next function or event, please visit www.brendonham.com. Contact brendon@brendonham.com or phone 027 533 5644.

THE TASTING SHED

Catch Anika Moa exclusive to The Tasting Shed, for one night only on Friday 4th December. Be prepared to sit back and enjoy an intimate night with one of New Zealand's most talented singer-songwriters, supported by acclaimed NZ artist SJD. Doors open at 6.30pm. Opening acts start at 7pm. Our usual kitchen service will not be running but a selection of wine, beer, soft drinks and juices, along with bar food, will be available for purchase. **

Strictly no outside food or drinks are allowed into the premises. Tickets are limited! Book at www.eventfinda.co.nz/2015/anika-moa/auckland/kumeu.



SPARKN
Electrical Solutions

Tony Boyd
MANAGING DIRECTOR

P 09 411 8526
M 021 772 756 (021 SPARKN)
E sparkn@hotmail.co.nz www.sparkn.co.nz

FITNESS 4 U
GET IN. GET FIT. GET ON WITH LIFE.

www.fitness4u.net.nz
11E Factory Rd, Waimauku, Auckland 0812
PO Box 707, Kumeu, Auckland 0841
Ph 09 411 7619
fitness4uwaimauku@gmail.com



KCB
LIMITED

PROJECT MANAGEMENT DESIGN BUILD RENOVATE

www.kcbltd.co.nz
Mob: 021 968 963
Email: chris@kcbltd.co.nz



DKR
EARTHWORKS

Darrin Reid 021 763 540

dkrearthworks@vodafone.co.nz
www.diggerhireauckland.co.nz

"for all your earthmoving requirements"



Kumeu Huapai
PANELBEATERS

PHILIP GRIMMER
Ph/Fax: 09-412 8054
Mobile: 027-498 7727
Email: khp@xtra.co.nz
PO Box 737 Kumeu
280 Main Road, Kumeu, SH 16



KITCHENSMITH
LOVE YOUR KITCHEN

Beautiful, functional and surprisingly affordable kitchens.



www.kitchensmith.co.nz

CRAFT OUT WEST

Fundraiser for Hospice West Auckland – 7th and 8th November, 10am to 4pm at West Wave Recreation Centre, Henderson. \$5.00 door sales. Over 70 fabulous stalls, featuring innovative crafts and seasonal sentiments from talented craftspeople. A great Christmas shopping opportunity. Proceeds to Hospice West Auckland. Visit www.facebook.com/CraftOutWest.

THUMBS UP FOR NEW MURIWAI SKATEBOARD AREA

Completed just before the school holidays, the new improved Muriwai skateboard area is seeing plenty of use. Led by the Muriwai Community Association, this successful initiative was a team effort working with Council and Local Board member Phelan Pirrie. "Community feedback tells us this has been a success and a great example of passionate locals working together for progress", says Ron Hanley, President Muriwai Community Association. Jessie Peters and Brodie Jakich are keen local skateboarders. They have volunteered to help lead the next stage of the skateboarding facilities. If you would like to be involved please contact admin@muriwaicommunity.org, visit: www.muriwaicommunity.org.

KEEP SAFE FOR GUY FAWKES

Here at Heart Saver we are very aware that Guy Fawkes is fast approaching and we would like to offer up a couple of tips to keep you and your loved ones safe. Fireworks at home:

- Always keep a bucket of water or hose close by
- Use a stable launch platform
- Never dissect or try to re-light a firework
- Keep pets inside with the radio or TV on

If you or someone you know gets burnt:

- Cool any burns under tepid flowing water for 20mins
- Clear away anything that may hold in the heat (e.g. jewellery)
- Cover the burn area with a strip of glad wrap to stop air from getting to the burn (which will take away some of the pain).
- If the burn is serious seek medical help

The safest way to view fireworks is at a public display. Come along to Monster Fireworks Display at the Kumeu Show Grounds on Friday 30th October. Heart Saver will be there providing medical cover – drop by and say hi! Heart Saver NZ Limited wishes you a safe and happy Guy Fawkes.



exceed
we fix windows & doors

DOORS : WINDOWS : LOCKS : HINGES : HANDLES

Call us today to arrange a free assessment of your home → 0800 25 25 00
www.exceed.co.nz

PLANT ZERO FLOWER BARN – SUNFLOWERS & XMAS LILIES – PICK YOUR OWN

Xmas is coming around really fast and our Xmas Lilies are certainly telling us. They are now growing rapidly and looking fabulous. Most of our Xmas lilies are already sold for wholesalers but we are keeping some of them back especially for our customers to pick their own. You will need to book in as we will only be releasing these when we are able. Look out for the next issue of Kumeu Courier and we will let you know the dates and times you can come in to pick or please give us a call 09 4127606. There is no limit to the number you want so first in, first serve as it were. We also have good numbers of Sunflowers. Varieties are "Sunrich Golden Summer/Vincents Choice" and one I really love "Golden Crown". These are growing between 50cm – 1.5 meters tall. Prices range from \$1-\$3 per stem depending on height and variety. So come in quick while they last.

ATTENTION ALL GIANT PUMPKIN GROWERS

Labour Weekend is the time to plant your pumpkin seeds ready for the Kumeu Show's Giant Pumpkin Competition, to be held on Saturday 12th March 2016 at the Kumeu Showgrounds. Prize money is kindly sponsored by Harcourts Kumeu with a top prize of \$500 up for grabs for the heaviest pumpkin. Other categories include best shape, best colour, and there is even a best decorated category for the kids. Get your free seeds from Kumeu Garden Hub when you purchase a bag of compost. Instruction sheets will be handed out with the seeds to help you grow the champion pumpkin. Listen out to Rodney More FM breakfast show for weekly updates as Lance and Lia attempt to grow giant pumpkins for the competition also! For more information regarding the competition details check out www.kumeushowgrounds.co.nz. Happy growing! The Giant Pumpkin Girls.

AMBIENCE HOME AND GIFTS

The very latest craze has come to Ambience, with the arrival of Chalk paint; NZ made, needs no prep work, very easy to work with, just paint on over varnished wood, iron, anything, quick drying, and water based. And it comes in a lovely assortment of vintage colours. Xmas has come to Ambience too, and what amazing decorations we have this year; get in quick as there are one-offs and unique pieces to adorn your home. Ambience are the stockists for the Kumeu area for french country collections, Citta, General Eclectic to name a few. Ambience Home & Gifts, 325 Main Road, Huapai - phone 09 412 2466.

THE INTERIOR Quality Custom Made
tailor NZ LTD Curtains & Blinds
SOFT FURNISHINGS MANUFACTURER



NO OBLIGATION CONSULTATION

Call Linda now
0800MADE4ME
linda@interiortailor.co.nz

Design | Curtains | Blinds | Fabrics | Rods & Tracks | Installation

Parakai Springs
swim school



ALL AGES

Contact Us: **09 420 8998**
swimschool@parakaisprings.co.nz

Kumeu Produce Market

Produce Retail & Wholesale Specialist



p. (09) 412 9998
f. (09) 412 9398
407 State Highway 16 Kumeu
PO Box 104100 Lincoln North

ANYTIME PEST CONTROL

FLIES, ANTS, COCKROACHES, FLEAS
RATS, MICE, SPIDERS, WASPS ETC.
WEEDSPRAYING

KEVIN MORRIS REGISTERED TECHNICIAN

PHONE: 09 411 7400 MOBILE: 027 277 7143

 **Atom Services Ltd**

Commercial Cleaning Solutions



Atom Services Ltd
For the very best in
Internal and External
Cleaning

Let us take care of all your cleaning needs:

- Spring Cleans
- Windows
- Weekly cleans
- Carpets and Upholstery
- One-off cleans
- Exterior House Cleaning

Call Kath or Ian today to discuss your requirements.

Kath- 021 2690 790 Ian- 021 0264 3227

PROPERTY

NEWS & ADVICE

MARKET REPORT

Welcome to your November market report, highlighting trends occurring in the property markets of Waitakere and Taupaki through to Muriwai and Woodhill. We appreciate that Auckland is not one individual market, but delivers different buyer preferences based on lifestyle choices, schooling, entertainment, access to services and infrastructure. In this column, I will tell you the facts and express a personal opinion on what is happening in the market and why.

If you would like an appraisal and market review on your home and your area, we are happy to do this at no cost to you. We can also highlight particular areas of your home and section that may need work, which may add thousands to your final sale price.

Waitakere Township and Taupaki:

Strong demand at present for homes in the area, with competition certainly outstripping supply and prices reflecting this. Lifestyle and small rural farmlets of two to 20 acres are selling between \$1,000,000 to \$1,650,000. Demand continues to be strong in this area.

Huapai and Kumeu:

A fair mixture of old and new property on offer with the odd bare section available for the quick-to-act buyer. The older homes in the area are selling between \$775,000 and \$815,000, with new homes selling at \$880,000 to \$927,000. The supply of homes on offer through multiple house and land package companies may provide some better value options in the future as supply outstrips demand in the category. This was always going

to be matter of time versus the supply of new homes. Lifestyle in the area has increased as a result of speculation and SHA activity and larger land lots are selling from \$1,710,000 to \$4,850,000. Smaller lifestyle properties of 1 hectare are relatively static as buyers are not seeing the potential for future gains.

Waimauku and Woodhill:

Some very good buying in these areas with buyers showing an interest in lifestyle property away from infrastructure gridlocks and urban sprawl. Residential sales are clustering around the \$950,000 mark. Sales of small to larger lifestyle properties are achieving \$950,000 to \$1,410,000 with fair demand from a diverse group of buyers.

Muriwai and Muriwai Valley:

Very few property transactions in the area over the last month but based on last month and recent Auctions in the area we see the value of residential sitting at \$820,000 to \$860,000 with lifestyle sales in the area reflecting growing demand, ranging from \$1,000,000 to \$1,100,000. This is another market that is expected to flourish over the next six months.

If you are considering a change in your real estate needs and would like a professional discussion, a very sensible commission rate and a complimentary \$6500 marketing head start, we need to meet. Call us today on 0800 900 700 or view www.grahammcintyre.co.nz – Licensed REAA (2008).

MONEY MATTERS

There is so much more to consider than just the dollars when buying a property.

Insurance (both house, life and income protection), wills and asset protection all need thought. We work with trusted business partners who can help with all of this. Let David Lloyd Mortgages take the stress out of any property purchase or home loan re-finance. Don't forget, we can also help with any fixed rate roll-overs. We work for you to negotiate the best deal from your bank. Call us for a no obligation and confidential discussion on 09 411 9251 or 027 411 9255 or email david@davidlloydmortgages.co.nz.

THE QUINTESSENTIAL INDOOR OUTDOOR FLOW - AT HOME STAGING LTD

At this time of the year, we are all itching for the last few weeks of bad weather to be behind us. Eager for summer and all its glory, we are more than ready to push open our doors and windows and bridge the



gap once again between our homes interior and exterior.

Regardless if your backyard has a courtyard, deck, or is a playground or rugby field for the kids, you can still create the much loved appeal of the indoor-outdoor flow.

For easy access to your outdoor room keep doors open whenever possible. Make sure the space is comfortable, inviting and private throughout the day. You can create this with an awning, umbrella or pergola. A large tree or even plants can make an inviting space.

Lighting at night can be the making of your outdoor space and invites you to come outside.

Create an outdoor kitchen using your BBQ, outdoor furniture and continuing your indoor colour palette in your furniture cushions, umbrella and planters.



David Lloyd
Director

David Lloyd Mortgages Ltd
Tel: 09 411 9251
Mob: 027 411 9255
Email: david@davidlloydmortgages.co.nz

www.davidlloydmortgages.co.nz



Helping to develop and grow West Auckland business and community



smith
AND PARTNERS

LAWYERS

www.smithpartners.co.nz 09 836 0939 293 Lincoln Road, Henderson

Upgrade your old clay pots outside to planters with more of an indoor décor look such as urns, all-weather wicker baskets or resin pots. Take a comfortable chair outside that would be just at home indoors and out and you have yourself a place of solitude to relax the day away. Call Tracey or Anna on 029 200 9011 or 021 136 3750 or email athomestaging@xtra.co.nz.

A SIGN OF THINGS TO COME

Technology has superseded large parts of marketing but the faithful signboard remains an integral part of marketing



a property and is likely to avoid being banished by the technological takeover. Signboards serve a valuable purpose. While some argue that signboards are purely for the benefit of the agent, remember, you can't sell a secret – if signboards are used correctly, they are a brilliant tool which can help you reach more buyers.

Signboards serve as a 24/7 billboard for your home and can work in your favour in a number of ways.

Placement – it's important that a signboard is strategically and visibly placed on the property boundary while also complementing your home from the street. When placed correctly, your signboard will not only suitably stand out to house hunters travelling through your area but also target those who love your neighbourhood but aren't actively searching to buy a property. The attraction of a particular house in a certain neighbourhood can be a big draw card and has the ability to trigger call-to-action.

Confirmation – by having signboards outside your home, it confirms what po-

tential buyers have seen online or in real estate office windows. A large portion of buyers are inclined to visit an area before they commit to an open home. It also acts as an added convenience for buyers – it saves them driving up and down the road to find your home. If you live on a street corner a signboard should be placed on the corner of the street or on both streets.

Neighbours – word of mouth is a powerful tool and having a signboard outside your property can certainly get your neighbours talking. Your neighbours may talk with family and friends interested in buying in the area – so not only does word of mouth extend your audience reach but it could also lead to a sale. Billboard – at Mike Pero we have a uniquely designed sign that commands the attention of those near it. The large red Mike Pero logo makes it blatantly obvious that your property is on the market and for those driving past, they know exactly who to contact if they want to find out more information. In specific instances we will use photo boards and these are particularly useful for homes that aren't visible from the road and for roads that get a lot of foot traffic.

It's important to note that signboards should be used as part of a wider marketing strategy in conjunction with other marketing channels.

Mike Pero Real Estate Ltd. Licensed REAA (2008) – phone 0800 900 700 for more information.

COLOUR YOUR WORLD

Calling all those gadget guys and gals out there. We have sourced a great new LED product, the colour change LED strip that also does warm white (the same colour as halogen lamps). They will add colour to any room and add an air of festivity to the bach, the garden or the boat and change colour. Feeling cold? Change the lights to a warm yellow glow, again and your room is blue, refreshing and apparently a colour to reduce the appe-

tite, change again and you have red for passion. All done with the remote control. Wow your friends at dinner parties and give the children a light show. The LED strip light can brighten up the pantries and underneath wall cupboards. The waterproof version can go outside, along deck rails, around outside seating or under the surfait. The options are endless. For pictures and ideas go to <https://www.facebook.com/sparknelectrical>. For more information please call us today on 021 772 756.

POOL SMART FOR POOL OWNERS

Now winter has officially finished and the weather is warming, pool owners need to start thinking about preparing their pool for the upcoming summer period. Here are five quick and easy maintenance steps.

1. Remove pool cover – drain off water, being careful not to let the water back into the pool. Sweep cover, clean, allow to dry and then store according to manufacturer's instructions.
 2. Check water level – ensure pool is filled to the middle of the skimmer opening.
 3. Check pump, skimmer basket and filter – ensure all equipment is in good working order and all baskets are free of debris.
 4. Clean filter with BioGuard Filter Brite.
 5. Ensure sanitiser, pH and other important water tests are conducted. Kumeu Plumbing Ltd provides a free computerised analysis of your Pool Water. Keep your family safe and save money on chemicals by knowing exactly what quantities of pool care chemicals your pool requires.
- FUN FACT: With winter gone and summer sun finally peeping through, here's a sun fact: if the sun vanished, we wouldn't know for 8 minutes. KPL's showroom is stocked up with fun Christmas goodies for your Christmas stockings. Call in! 156 Main Road Kumeu, phone 09 412 9108.

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER



P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Huapai, Kumeu
Auckland





QUINOVIC
Experts in property care and return

Mike Holt
Business Development Manager

Quinovic-Apartmentsonline
Quinovic- Takapuna

Auckland Central: 136 Customs Street West
Takapuna: 31 Auburn Street

T: (09) 972 2820
M: (021) 844 531
E: mike@apartmentsonline.co.nz
P: PO Box 91 629, Auckland 1142



QUALITY TWO LEVEL HOME NEAR HOBSONVILLE

4 2 3

Enquiries Over \$879,000

45A Hogarth Rise, West Harbour
Enquiries Over \$879,000

Elevated quality built home in West Harbour offering three bedrooms plus an office or fourth bedroom, three toilets and a generous open plan entertainers kitchen leading to lounge and dining areas with views. The home offers easy flow to bedrooms downstairs and office/extra room upstairs. Very quiet location and private with established trees, screens and fencing for pets and child safety. Good alfresco living, bar-b-que area ready for summer and minimal maintenance garden and lawn area. A very well constructed warm home that offers easy living, peace of mind and tranquility. A short distance to convenience shopping, marina, primary and secondary schools and transport links. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre

027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

Joanne O'Brien

027 683 3366
09 412 9602

joanne.obrien@mikepero.com

www.mikepero.com/RX452411



BIRDSONG AND CHARACTER IN SEMI-RURAL SWANSON

3 1

Enquiries Over \$595,000

52 Birdwood Road, Swanson
Enquiries Over \$595,000

Wake to the sound of bird song in a glade in semi rural Swanson. Offering a redecorated, character filled and funky bungalow of board and baton and stucco concrete exterior. The home oozes homely treats while the surroundings are native trees and native birds. Three bedroom with open plan living and contemporary kitchen the home opens out to decking seeping down to small yard and ample storage underneath. Fully fenced, the home offers convenient, easy care living within a short stroll to schools, transport, parks and shopping. The CV on this property is \$390,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre

027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX494815



HENDERSON HEIGHTS - OVERLOOKING PARKLAND 4 2 2

By Negotiation

44 San Valentino Drive, Henderson
By Negotiation

A beautiful family home, set within a quiet private road, offering tranquility, views and privacy. The home offers 3 bedrooms and a study or 4th room, with a generous open plan entertainers kitchen and lounge opening onto north facing decking overlooking lawn and onto Palamino Esplanade Reserve. Bathrooms upstairs and downstairs the home has a warm family feel with good sized rooms and alfresco options. Set on over 560 square meters the property has a fully fenced rear lawn with established plantings. Double garage with internal access directly to the kitchen. The CV on this property is \$630,000. We are happy to supply a list of the last 12 months of transactions in this area. Please email graham.mcintyre@mikepero.com.



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



Joanne O'Brien
027 683 3366
09 412 9602
joanne.obrien@mikepero.com

www.mikepero.com/RX490409

Graham Gill

Many baby-boomers will remember Graham Gill as a member of Auckland pop group The Dallas Four with appearances on television shows such as "C'mon" and "Happen Inn" and residencies at night-spots "Monaco", "Top 20" and "Platterack" in addition to performing at shows throughout NZ.

Outside of his involvement in the entertainment industry Graham has forged a career in real estate spanning more than 25 years.

Beginning as a salesperson in 1988 he quickly established himself as a successful practitioner specialising in the sale of high-end lifestyle properties by both auction and private treaty methods.

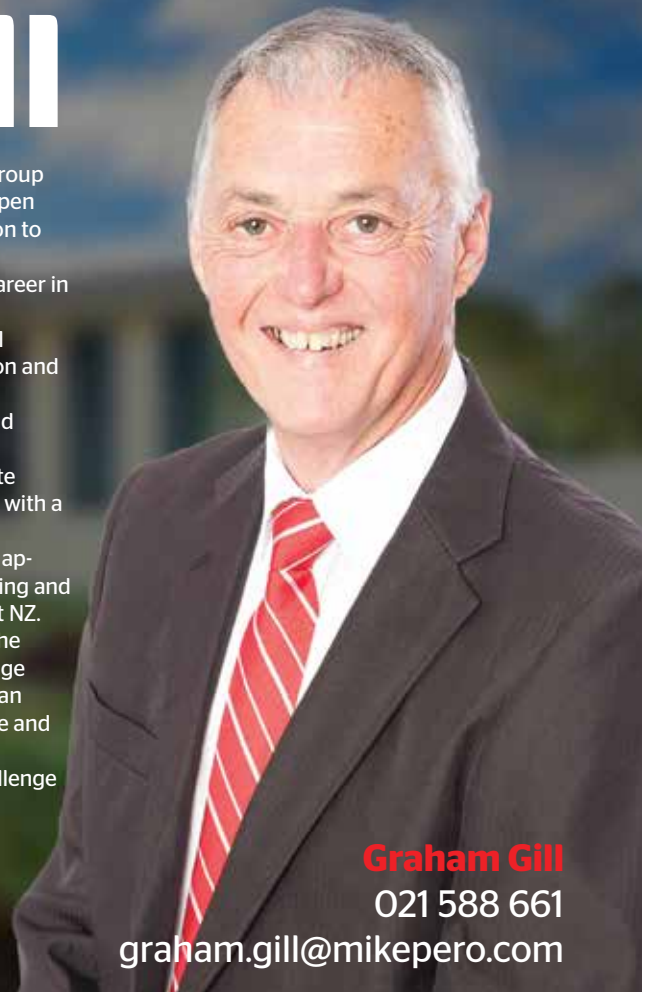
Continuing his studies over the following years he qualified to Licensee status and became an Associate of the REINZ.

From the early 90s Graham held management positions in a number of real estate offices throughout Auckland and established a reputation as a "straight-shooter" with a bent for "best practice", honesty and integrity.

His ability in the areas of compliance, dispute-resolution and arbitration saw him appointed as a member of the Auckland District Committee of the REINZ investigating and resolving complaints from the public and disputes between agencies throughout NZ.

After 20 years of managing, mentoring and training salespeople Graham made the decision to return to his passion of selling property. The experience and knowledge built from his years in the industry make him the obvious choice when selecting an agent who demonstrates professionalism, integrity, negotiation skills, persistence and the drive to achieve results.

With his relaxed, friendly and confident style Graham consistently meets the challenge of achieving the best possible price in the shortest possible time.





RIVERHEAD OPPORTUNITY - FAMILY FRIENDLY

3 4 1

Enquiries Over \$795,000

29 Maude Street, Riverhead
Enquiries Over \$795,000

Solid three bedroom bungalow. Set on a huge section of 1135 square meters. You will not find many of these today! How many children have you got? There is plenty of room for them to kick a ball, play cricket or to ride their bikes around on the front lawn. This home comes with a single garage and space for Mum or Dad to put tools. Step out the back door of this home onto the deck to sit and have that coffee in the sun. Open plan dining / lounge with woodburner. A great family home is waiting for you. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email joanne.obrien@mikepero.com.

www.mikepero.com/RX493750



Joanne O'Brien
027 683 3366
09 412 9602

joanne.obrien@mikepero.com



QUALITY HOME IN SUNNYVALE - EXCELLENT BUILDERS REPORT

3 1 1

Enquiries Over \$559,000

1/47 Sungrove Rise, Sunnyvale
Enquiries Over \$559,000

Excellent and affordable home offering excellent value for the investor or a family seeking an easy living environment, with garage/storage and fully fenced section. This well presented three generous bedroom home offers open plan living combined with North facing alfresco covered patio providing you a relaxed and comfortable living and entertaining home. Off the central hall are the three bedrooms, bathroom and laundry, all easy flow and easy care. Great location to access schools, parks and transport links.

www.mikepero.com/RX444687



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



FAMILY FRIENDLY, SUNNY LARGE SECTION - RIVERHEAD



AUCTION

23 Queen Street, Riverhead

Auction 3pm Sunday 1 November 2015 (unless sold prior)

Set on 809 square meters of flat fully fenced yard enjoying plentiful sunshine. This north facing bungalow delivers three bedrooms and an office/study or nursery room. The home has significant old world character, lovingly restored with ornate paneling and polished flooring leading onto large decking and lawn with well established fruit trees. Situated in "old school Riverhead", the home is in close proximity to The Riverhead, Boat Ramp, Riverhead School, Riverhead Domain and convenience shopping. It does not get better than this. The CV on this property is \$700,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX495373

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

MIKE PERO HOBSONVILLE

Phone 0800 900 700
for opening specials

Open Now!

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



FAMILY BUNGALOW WITH POTENTIAL - SUNNY HUAPAI 3 2 2

By Negotiation

10 Merlot Heights, Kumeu
By Negotiation

Gorgeous, heavily wooded, 1930's bungalow offering a truly family friendly environment. Set on 690 square meters the section is fully fenced and extremely private, offering a unique character home, single garage and workshop with established trees and garden. The home delivers open entertainers kitchen, dining and lounge opening onto expansive northern decking stepping down onto private lawn area. Three generous bedrooms, two bathrooms off a central hall. The home presents opportunity for DIY improvement and potential for capital gain. The CV on this property is \$550,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX489966



OVER 3 ACRES OF PRIME LIFESTYLE LAND

Enquiries Over \$585,000

46 Manuka Grove, Helensville
Enquiries Over \$585,000
Viewing by appointment

Set in a north facing glade minutes from Helensville and a short drive from Waimauku. This property delivers a unique opportunity for a buyer that has the desire to build a new home. Your home will be complimented by privacy, tranquility within a lifestyle community delivering easy access to schools and convenience shopping but far enough away to enjoy the good life. Great neighbours, good pasture and plenty of privacy. Very few properties of this standard in the market today.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX574209



JUST RIGHT - INVESTORS DELIGHT IN HENDERSON 3 1 1

Enquiries Over \$559,000

47 Woodford Avenue, Henderson
Enquiries Over \$559,000

Little on the outside, but big on the inside, this investment property, with a 12 month fixed term family in place provides a good investment at a very attractive entry level. Offering three bedrooms and rumpus area, single garage with a smaller section, it is great for the Owner and excellent for this current tenant. The location is minutes to Waitakere Hospital, schools and convenience shopping, ensuring strong rental demand. If you would like to make this investment part of your portfolio contact me today. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX495675

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

A FREE TV COMMERCIAL

EXCLUSIVE TO MIKE PERO

Reach up to 95,000 viewers

List with us & see your home **featured** on either TV One or TV3.*

This has a market value of more than \$6,000.*



*Subject to availability in certain areas.

**A 15 second TV commercial produced by a professional 'agency' elsewhere and played on TV One or TV3 could cost you in excess of \$6000+gst. For a limited time only. Conditions apply.

Mike Pero Real Estate Kumeu

0800 500 123

kumeu@mikepero.com

mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd. Licensed REAA (2008)

HEALTH AND BEAUTY

TIPS FOR SPRING

The sun is finally coming out and so is our hair. You many have noticed over the winter months how our hair becomes dry and wiry? It is so important to look after your hair as it has a profound effect on your overall appearance.

Here are my five best haircare tips for spring, courtesy of Carla @ Zash Hair.

1 Have your haircut at least every 6 weeks – bad hair and shoes date an outfit
2 Use professional salon products
3 Weekly conditioning treatments are a must

4 Only ever go three shades lighter or darker than your natural hair colour

5 Always use heat protection products to protect your hair from the straightening irons or hairdryers

Spring is a great time to change your style and colour. Always take advice from a professional hairdresser to help you create hair that is gorgeous.

Come in and see Carla at Zash Hair and I will work wonders for you. Look out for my blog next month for further hair care tips on looking fab! Phone 021 814 663.

OXYGEN - WE ALL NEED IT

The heart and lungs are responsible for supplying oxygen to the body for effective blood circulation, energising the function of the heart and lungs. A lack of exercise and poor diet can make our blood impure, causing cholesterol. To counteract these effects a supply of oxygen helps to wash away cholesterol. The

effects of oxygen in re-balancing brain activity and the body's rhythms is proven beyond doubt

in medical tests. People who suffer from insomnia and stress can get nearly instant relief after taking minimal amounts of oxygen. Great for hypertension, diabetes, digestive issues and more! Alcohol, hangovers and oxygen have a close connection. When alcohol gets dissolved it requires three molecules of oxygen to dissolve one molecule of alcohol. Insufficient oxygen after drinking can result in headaches. The more one drinks, the more oxygen is needed. Having a portable oxygen machine can be a life saver.

If you would like more information or would like to purchase a unit, please contact Jo at Naturally 4 U on 09 833 3966 or Mobile 027 683 3366.



CHIROPRACTIC – THE EFFECTS OF AN ADJUSTMENT

Dr Heidi Haavik is a Chiropractor and PhD Neurophysiologist. She also is the head of research at the New Zealand College of Chiropractic. She and her team are studying the multiple effects



Chiropractic care has on millions of patients. Check out how she explains how chiropractic works:

- A chiropractor checks your spine for joint dysfunction: a part of your spine that is not moving or functioning normally. This is called a subluxation and it interferes with normal brain function.
- Our brain continuously monitors and integrates sensory information from around the body to accurately perform movements. This integration of sensory information to perform motor commands is known as sensorimotor integration.
- Spinal function impacts communication between the brain, the body and the environment. It can have an impact on how accurately the brain is able to perceive what is going on and respond.
- If spinal segments are moving too much this causes background noise for the brain. If they don't move enough, the brain doesn't get adequate information about what's happening in the spine.
- A chiropractor gently adjusts dysfunctional spinal segments to restore appropriate spinal movement. For the brain, this is like rebooting a computer.
- This clears up communication between the brain and the body, leading to better function, less accidents and a healthier you! Call us on 09 412 5536 at Kumeu Chiropractic, to see how an adjustment could help you.

THE SECRET POWER OF GOAL SETTING

I can hear ZIG ZIGLAR'S voice ringing in my ears saying "You've gotta have goals!" Without a goal in life you're like a ship without a rudder, ready to drift in any direction that the current takes you.

Picture a proud man polishing his sleek new streamlined Holden Commodore, while his stomach protrudes over his belt. He can barely jog to the letterbox. What good is this shiny car to him or his



Ambience
Homewares & Gifts

Victoria Anderson

p. 412 2466
m. 0274 510 566
e. sales@ambiencekumeu.co.nz
w. www.ambiencehomeandgifts.co.nz

Unit 2, 325 Main Rd, Kumeu.

NAYLZ & BEAUTI

Roxanna (Roxy)
412-2233 or 0299 890 999

Fully Qualified -
Beauty Therapist, Makeup Artist,
Nail Technician

5 Awa Road
R.D.1
Kumeu 0891



family if he is dead?

A leaner, faster, fitter, healthier, more efficient body should be the first goal he ever sets. Your health should form the basis from which all the rest of what you do, can happen.

Sometimes we need to step back and check our priorities. Without your health, you have nothing.

So this is your wake-up call. Set a health improvement goal with a due date today. Paul - Club Physical.

SATURDAY EYE EXAMINATIONS AT FOR EYES

Some of you are finding it hard to get in to For Eyes during the week so I am now offering Saturday eye examinations and colour vision assessments. I would appreciate you selecting a weekday appointment (9am-5pm, Mon-Fri) if you are able, but if this isn't possible do ask us about Saturdays. Phone 09 412 8172 for appointments or to enquire about the correction of colour blindness/deficiency.



ANXIETY AND DEPRESSION

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

STRESS MANAGEMENT

Stress is a huge factor in our lives. Some stress can be useful and is a good motivator. On the other hand, too much stress can be detrimental to our health.

A great idea is writing down all the things that stress you. Give them a score of 1 - 10 (ten being terrible). The stress which scores the highest needs to be dealt with first. Decide what the issue is and one thing you can do to relieve this stress or minimise it somewhat. Think of an action that you can use to MOVE

FORWARD on it. Decide a time limit on that action. Make sure you are dealing with your stress and not taking on anyone else's "stuff".

Go through each of your stresses and score them and make action plans.

Stress is often a pre-conceived idea of an incoming event. We become programmed through life. We all know of times when an event can happen to two different people and they have two different reactions, one can see the positive, while the other only sees the negative. What do you want to be seeing?

So, a great idea is to start noticing what stresses you and your reaction to it. What would you like your reaction to be? What are your coping skills to stress? What can you do to change?

Kim McNamara - Hypnotherapist/Life Coach, visit: www.lifesuccesscoach.co.nz or phone 027 978 5970.

OSTEOPATHY AND MASSAGE COMPLIMENT EACH OTHER PERFECTLY

Huapai Osteopath Gillian Wiltshire now has her daughter Victoria running 'Huapai Massage Therapy' from her clinic in Sunny Crescent. If you need osteopathic treatment or massage or a combination of both, we are able to meet your needs. We can help with many problems including headaches, neck, back, muscle and joint pain. The usual



common causes are accidents, sports injuries, arthritis, pregnancy, occupational overuse and stress. Gillian is ACC registered and Victoria is qualified in therapeutic, sports and relaxation massage. So if you need a treatment or just a relaxing massage, give our clinic a call on 09 412 5977, or contact Gillian on 021 233 0413 or Victoria on 021 755 745.

Victoria Wiltshire Massage Therapist

- Deep Tissue / Sports
- Therapeutic
- Relaxation

021 755 745
(09) 412 5977
vwiltshire@live.com



Huapai Massage Therapy

Kumeu Chiropractic
adjust ♦ adapt ♦ thrive

Dr. Chris McMaster ♦ Dr. Nolene McMaster

412 5536
www.kumeuchiropractic.co.nz

8 Shamrock Drive, Kumeu

Gillian Wiltshire D.O.

Registered Osteopath
ACC Accredited

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

REGULAR AREA COLUMNISTS

ARE YOU HAPPY WITH YOUR WEB HOSTING PROVIDER?

Do you have problems with your email? Is your website always available? Can you get technical support when you need it? It might be time for you to review who your web hosting provider is. Making a decision on which web hosting company to choose can be difficult. Many people go with the cheapest provider, or, just use the hosting from their broadband provider. There are many options when it comes to web hosting. Here at Utopia we can give you an assessment on what you need from your web hosting and give you the best options. For some clients they require 24 hour support, others need specific security or backups. Moving your email and website to another provider is also quite painless. Here at Utopia – your local web design company – we assist you in moving your site between hosting providers. We will take care of all the technical details so your website can continue to operate throughout the move. If you are a local business wanting some advice on web hosting options please contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and



"Someone calling themselves a customer says they want something called service."

provide website design, consultancy and app development to a range of businesses all over New Zealand.

SPRING BULBS WITH ROBIN POWELL – A ONE OFF EXCLUSIVE SAILING THE GREAT GARDENS OF HOLLAND & BELGIUM



11 days escorted cruise-tour with 12 excursions, starting from NZ\$8699 per person INCLUDING flights!

Join us on this Tulips & Windmills itinerary, on a one-off, unique to Viking cruise escorted by garden writer Robin Powell. This journey through the spring gardens in Holland and Belgium includes curated visits to Geelvinck Canal House Museum, exploring Amsterdam's canal-side mansions and gardens, and the iconic Mien Ruys and Keukenhof gardens.

Visit Hortus Bulborum, the biggest bulb museum in the world, and the magnificent 17th century Paleis Her Loo. As a once in a lifetime opportunity, Jacques Wirtz, renowned garden architect, will invite our group and personally guide us through his own garden in Schoten.

INCLUDES: Return Economy Flights ex NZ

with all Taxes, 1 night pre cruise in Amsterdam (night of 20 April 16), 9 night Viking River Cruise Departs 21 April 2016 (Based on Viking's Tulips & Windmills itinerary), 8 guided tours, includes 5 World Heritage UNESCO sites, All port charges, Gratuities & Tipping, and Taxes, 9 Breakfasts, 8 lunches & 9 dinners. Complimentary wine, beer, premium spirits, soft drinks, juices, and specialty coffees & tea onboard, Free Wi-Fi.

Visit: Amsterdam, Hoorn, Arnhem, Kinderdijk, Antwerp, Ghent, Rotterdam, Keukenhof, Amsterdam

Standard – Category E - (Partially underwater cabin with narrow window – non opening - at head height)

Cruise Price NZ\$8,699 per person x 2
French Balcony – Category D - (A 'balconette' with floor to ceiling glass sliding doors, whereby you can lean on the safety rails) Cruise price NZ\$9,699 per person x 2

Veranda – Category A - (A full balcony with a table and chairs that you can sit at and enjoy the scenery) Cruise price NZ\$10,699 per person x 2

This Cruise's culture curriculum includes learning how wooden shoes (clogs) are made, how the Kinderdijk windmills work, visits to prominent gardens including the world's largest floral park – Keukenhof Gardens, sampling of Dutch cheeses, and the quaint tippie Jenever – made from juniper berries.

Robin Powell loves to share stories about plants, gardens and gardeners. She is the garden writer for the Sydney Morning Herald, and Editor of the Garden Clinic Magazines, including Your Garden, Inside Out and Vogue Living.

If you are interested, please enquire sooner rather than later, as this will book out quickly! Contact: Tanya Franklin, your local Travel Broker, phone 09 411 9105 or 021 254 9169, or email tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday! See www.thetravelbrokers.co.nz/tanyafranklin.

Come and check out our new
Delicatessen, Coffee, Juice & Ice Cream Bar

BORIĆ Food Market

1404 Coatesville - Riverhead Highway, Auckland

www.boricfoodmarket.co.nz




Fabric & Things
RJ Textiles & Dance Fabrics Direct

Your Local Fabric & Haberdashery Shop

We sell Retail & Wholesale
Come in and check out our Huge Range

For Dance, Skating, Gym, Ballroom,
Bridal, Ladies wear, Sports, Craft,
Haberdashery & much more

Go online to buy at
www.dancefabrics.co.nz

10 B Shamrock Drive Kumeu
ph 412 9123 or 0800 326 233
Email: Sam@dancefabrics.co.nz

Sam Whelan
Your Expert Fabric Advisor



WHAT IS LIFE AND BUSINESS COACHING

People ask me 'so...what do you do' and it's honestly the hardest thing to put into words. I struggle with it. Apparently it's good to have an elevator story – you get in at the bottom and by the time you reach the 25th floor you've sold yourself brilliantly and are exchanging business cards. This seems impossible! My best explanation goes like this 'so it's kind of hard to explain... I take people who feel stuck, or who have a goal, or who are wanting something bigger and help them feel different and look at themselves differently so the next step becomes clear ... Most of life is an inside job, it's very hard to become bigger than our own beliefs about ourselves.' Then I wait with baited breath for the response! I rarely say I'm a life coach because it seems to shut down a conversation. When I say I'm a coach people say ...Oh a life coach... and then they talk about something else. Nobody says it, but everybody thinks it: life coaches are weird and of course nobody wants to be a part of anything weird, let alone have a conversation with it. That's human nature – we run from weird.

I did all the courses and got qualified as a life coach 11 years ago. But something seemed to get in the way. The more I coached and put myself into the world of creating clients the more uncomfortable I got and I seemed to naturally drift further away from coaching altogether. All the other life coaches were like 'Anna – come back, come and be a life coach with us, and I said NO... you guys are weird... everybody thinks you're weird, but won't tell you to your face.' So I got outta there. Thankfully, eventually every path leads to truth. I know far more now than I did 11 years ago. It was a blind spot for me back then, but the real reason I 'branched out' was that I was whispering a whole bunch of bullsh*t to myself that I wouldn't be very good, that I wasn't going to make any money doing it and that it was a hard

sell. I told myself that people really weren't ready for life coaching and I was making a fool of myself trying to push this weird crap onto people. At that point in my life, I steered well clear from anything that might create social embarrassment. When you're whispering such nonsense to yourself on a continuous basis your life ends up a little stagnant, nothing moves forward, doors don't open, and the hardest part is knowing when you're doing it. This was a huge life lesson for me, especially since any interaction with clients could really only be as deep as I was willing to go myself. Time to start being authentic! It was what I was whispering to myself that was the gift in the end – every path etc. etc. I have recently seen a graph detailing businesses that made sharp positive upturns. That upturn in business – right at the point where they started to make 10x the profit is directly related to how that business owner started being, how they started thinking – and I know that is certainly a truth.

Coaching is different to counselling and therapy. I have heard it described that therapy takes a person from an unhealthy or negative state (-) and brings them up to a healthy or neutral state (0), whereas coaching begins at the neutral state and moves the client toward their full potential or positive state (+). Coaching assumes the individual is already whole and complete. Coaching is about asking questions that gets the individual thinking outside of their normal and gets them thinking and acting more resourcefully. New questions create new realities and new ways of being. A good coach should have a big positive impact in someone's life so that the individual flourishes in forward momentum. We don't naturally step out of our comfort zone, a coach is there to extend our thinking and therefore our actions. For a session call or email Anna on 021 555 658 or anna@thinkyourbest.co.nz.



*New Zealand's Oldest
Riverside Tavern*

The Riverhead...its your local!

Book your Christmas Function Today
Call us today on 09 412 8902 or email lisa@theriverhead.co.nz

Our weekly rituals

Monday	Two for One Pizza's	Dine in only	from 6pm in The Landing
Tuesday	The Riv's Ribs	All you can eat \$28pp	from 6pm in The Landing
Wednesday	Quiz Night	A great night for friends, family, young & young at heart with prizes to be won!	from 7.30pm in The Portage Bar
Saturday	Party Night	The lights go low & the music ramps up Why go to town?	from 9pm in The Portage Bar
Sunday	Sunday Live	Live music from 2-6pm Free entry most Sundays. Bring the family.	gates open at 12 to The Boat House

Visit our website www.theriverhead.co.nz or phone 412 8902 today

Flair

DESIGN FOR PRINT

For all your Graphic Design needs
contact Georgia 0274 491 976

flairdesignforprint.com

EARTH MOVING CONTRACTOR BOLER

CONSTRUCTION LTD

Driveways, All Drainage, Site Cuts,
Property Maintenance, Subdivisions,
Horse Arenas, Footings & Drilling,
All earth work requirements.
Laser Equipped.

Steve PH 0274 971 154
A/H : 411 7177

E: bolercorstruction@xtra.co.nz
www.bolercorstruction.co.nz
Reg Drainlayer: Over 20 yrs Experience

WORKSHOP SERVICES

General engineering and Welding
Horse float repairs
Custom built trailers and transporters
Ag implement repairs



Philip Brown 0274 971 154
phil@bolercorstruction.co.nz 255 Old North Rd, Kumeroa

PTO



- HEAT PUMPS & AIR CONDITIONING
- DUCTED & HOME VENTILATION SYSTEMS
- SERVICING & REPAIR
- FREE ASSESSMENT & QUOTE

Office 09 912 0553,
admin@clarksonaircon.co.nz,
www.clarksonaircon.co.nz

EXCEPTIONAL BATHROOMS

RENOVATION
SPECIALIST
PROJECT MANAGE
PROFESSIONAL
TRADES
Garry Purdon



021 02357092

www.exceptionalbathrooms.co.nz

HOW CURIOSITY CHANGES THE BRAIN AND ENHANCES LEARNING

Curiosity may kill the cat; but when it comes to learning, curiosity helps stimulate the brain and enhance learning.

The results of a new study published in the journal *Neuron*, reveal what happens in our brains when our curiosity is peaked and why this leads to better learning.

In the study, researchers instructed participants to rate their curiosity to learn the answer to a series of trivia questions. Next, the researchers presented the participants with a selected trivia question in which there was a 14 second delay before the answer was revealed. During the delay, the participants were shown a picture of a neutral, unrelated human face.

After the exercise, the participants performed a recognition memory test of the faces that were presented to them. The memory test was a surprise to the participants, as it had not been mentioned at the start of the experiment. Additionally, the researchers periodically scanned the participants' brains using MRI.

The findings yielded three major conclusions regarding curiosity and changes in the brain: first, those who are highly curious put forth the effort to seek out the answers to a particular question and are better at learning the information. Although, a seemingly obvious finding, this led researchers to discover that the more an individual's curiosity is aroused the more likely he/she is able to learn unrelated information; i.e., information they may not have been interested in the first place.

A second finding shows that once curiosity is stimulated in the brain there is increased activity in the areas related to reward. The brain's reward circuit relies on dopamine which acts as a "chemical messenger that relays messages between neurons". Curiosity is an intrinsic motivator which triggers the brain's reward circuit in a similar manner that would be observed with extrinsic motivators, according to the researchers.

And lastly, along with stimulating the brain's reward circuit, curiosity also increased activity in the brain's hippocampus – an area that helps to form new memories. The increased interactions between these two areas in the brain lead to increased learning and retention.

Furthermore, the researchers conclude that curiosity put the brain into a state that actually allows for learning and retention of information across a 24-hour span. The initial curiosity that leads a person to seek out the answers has a snowball effect on motivation and learning, as curiosity in one thing leads to curiosity in another. Therefore, allowing children autonomy in the classroom to study subjects that interest them may ultimately help children acquire knowledge beyond their initial question(s).

At Country Bears Early Childhood Centre we have a programme that is based on the children's interests and teachers that are up

SOLARCRAFT

PV CUSTOM DESIGN, SUPPLY & INSTALLATION

On-Grid or Off-Grid Solar Power Systems

RESIDENTIAL—COMMERCIAL—MILKING SHEDS

Free assessments available by contacting the Solarcraft team

09) 427 9026 FREE 0508) 272 389 027) 467 7279

info@solarcraft.co.nz www.solarcraft.co.nz



to date with current research. Providing a fun place for learning through curiosity, helps stimulate the brain, enhances learning, and encourages retention of information. Learning is fun at Country Bears. Please feel free to come to see our centre and meet our amazing team of qualified/experienced teachers. Phone Angela on 09 412 8055 79 Oraha Road, Kumeu.

GREG MURPHY TO BE ROASTED BY THE BEST

Four-time Bathurst winner and Kiwi motorsport legend Greg 'Murph' Murphy will be the subject of a live roast in a gala event to be held in Auckland in November.

The Greg Murphy Comedy Roast will be headlined by some of Murph's fiercest on track competitors and will be hosted by comedian and television personality Paul Ego.

The Roast will be an opportunity for some of the biggest names in V8 Supercars to give it back to Murph who raced as competitively as any driver in the modern era of car racing.

"I'm not sure what to expect on the night but I'm up for it and expect to be on the

receiving end of some good natured ribbing," Murphy said.

The event is being organised by Mike Pero Real Estate and SKYCITY who have both been long standing sponsors of Murphy's various motorsport campaigns. "I've followed Murph's career for over 20 years and like so many in New Zealand, consider him a legend. Not all drivers set records at Bathurst like Murph has. It's great to be able to put together a night like this where we can honour his achievements and also have a laugh" said organiser Mike Pero.

The Greg Murphy Comedy Roast is an R18 event and will be held at SKYCITY twentyone on 4th November between 7 and 11pm. It coincides with the promotion of Greg's upcoming book.

Tickets are available at only \$69pp www.mikepero.com/murph.

BRIDGESTONE KUMEU & WESTGATE

Bridgestone Kumeu and Westgate, your locally owned and operated tyre store, have been servicing the tyre needs of the North West for over 15 years.

We live local, work local and support local and our staff take pride in keeping you

and your family safe on the road.

Call in for a tyre check or some advice, we are only too happy to help.

Bridgestone Kumeu, 43 Main Road, Kumeu, phone 09 412 9111 or Bridgestone Westgate, 1 Cellar Court, Westgate (behind McDonalds) phone 09 833 8555.

LIFESTYLE DRAINAGE

Registered Drain Layers

Rob Owen

M: 021 413 199

P: 09 411 9224

E: lifestyledrainage@xtra.co.nz

- New water waste systems
- Sewer/storm water drainage
- Truck & digger hire
- Eco flow grinder pump installation for the PWC system
- Commercial drainage systems
- Water tank supply and install
- Drainage on lifestyle blocks
- Biolytix wastewater systems

FOR FURTHER ENQUIRIES PHONE, ANGELA OR RITA 09 412 8055



Current fees from April 2014

Babies 3 months – 3 years old

	Day rate	2 Days min	3 Days	4 Days	5 Days FULL TIME	Includes Milk and meals
6 hrs Between 8-4	36	72	108	144	180	Morning tea Lunch Afternoon tea
6-8 hours	42	84	126	168	210	Morning tea Lunch Afternoon tea
FULL DAY 8 + hrs 7am – 6pm	50	100	150	200	250	Morning tea Lunch Afternoon tea

3 & 4 year olds

	Day rate	2 Days min	3 Days	4 Days	5 Days FULL TIME	INCLUDES 20 ECE HOURS *Special conditions apply
2 HOURS						
*4 for FREE 8.00 - 12.00am or 12.30 - 4.30 Incl 20 ECE Hours	free	4 FREE	4 FREE	4 FREE	4 FREE	No Lunch provided
School Day up to 7 hrs Between 8-4	20	40	60	80	100	Morning tea Lunch Afternoon tea
FULL DAY 7am – 6pm	25	50	75	110	140	Morning tea Lunch Afternoon tea

*Sibling Special: Why not have time out for 4 HOURS? Available when attending with an older brother/sister, and only when spaces are available.

*Session times 8.00-12.00am or 12.30-4.30pm	Day Rate	2 Days min 4HOURS	3 Days 4HOURS	4 Days 4HOURS	5 Days 4HOURS	
*0-2 yrs	20	\$40	\$60	\$80	\$100	No Lunch provided
*2-3 yrs	24	\$48	\$72	\$96	\$120	No Lunch provided

*special conditions apply to the above fees. If your requirements are outside of what we are currently offering, please don't hesitate to talk to us as we are always happy to try and accommodate your family and child's needs. This is for NEW enrolments only.



Waimauku Kindergarten
Northern Auckland Kindergarten Association

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

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

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

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

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

MACADAMIA TOFFEE CAKE WITH TOFFEE SHARDS AND CINNAMON CREAM

Nuts: 80g macadamias, 80g brazil nuts (or a mixture of other nuts), 60g shredded coconut

Roughly chop nuts – toast nuts and coconut at 160°C in oven until golden – watch closely as coconut can burn.

Caramel Toffee:

120g butter

160ml cream

1 ½ cups brown sugar

Place in a saucepan over low heat,

butter, cream and brown sugar. Mix all together until smooth. Remove from heat and combine the caramel toffee with the nuts and coconut – set aside.

Paper line bottom and side of a 9 inch round tin – pre heat oven to 160°C.

Cake mixture:

220g soft butter

360g sugar

2 tsp vanilla essence

2 tsp cinnamon

320g (2 ½ cups) self-raising flour

220 ml milk

6 large eggs

Cream butter and sugar, add eggs – 1 at a time. Then add vanilla essence. Fold in milk alternatively with sifted flour and cinnamon. Pour ½ of the nuts/toffee/coconut mixture into base of a lined tin – reserve rest to top the cake later after it is cooked.

Pour cake mix over nut mixture and bake at 160 for approx. 1 hr 20 min until cooked in the centre. Let cool slightly then turn out of tin and pile the remaining toffee/nut mixture on top. Decorate with toffee shards and serve with cinnamon cream.

Toffee Shards: 1 cup castor sugar and 2 Tlbs water

Bring sugar and water to the boil stirring occasionally till deep golden colour. Pour onto baking paper lined tray and when hard break into shards.

Cinnamon Cream: 300ml cream, 1 tsp cinnamon and 1 tsp castor sugar – combine all together and whip.



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





JACOB CURRAN
Director

JC PLUMBING LIMITED
P.O. Box 101, Kumeu, Auckland 0810
P: 027 470 8769
E: jake.curran@hotmail.com

The Picture Framing Company LTD.

We will frame anything!



- ✓ Competitive prices
- ✓ Professional Framers
- ✓ Knowledgeable Team
- ✓ Friendly Service
- ✓ Integrity
- ✓ Quality

Established in Kumeu for 20 years

Ph 412-6224 · www.pictureframing.co.nz · 14A Shamrock Drive, Kumeu

MEGA COMPUTER HUB

(For All Your Computer Needs)

250B/1, Main Road, Kumeu (Behind Bakehouse Cafe) -0810

Ph: 09 412 2010 Fax: 09 412 2347

NEED ANY COMPUTER HELP?

Think that Computer is dead? No money for a new computer? Or Computer have important Data. Let us Diagnosis and get your computer up and running.

- Server, Computer, Laptop & Printer Repair
- Virus, Spyware and Adware
- Removal • Upgrades • Networking
- Computer Customization
- Home and Office Repair
- Computer & Laptop Sales
- All Computer accessories available
- Data Recovery/ Backup
- I-phone/ I-pad / I-touch Screen Repairs & more
- Fast & Reliable Service • Pick & Drop Facility Available*
- Finding the cause of crashes, Lockups, Unusual slowness or internet problems
- Repairing any operating system issues
- Installing critical updates, if necessary
- Making sure your computer is running fast and efficiently

~~~~~We work according to your Schedule~~~~~

CALL TODAY

Ph: 09 412 2010 Mob: 021 76 6099 Email: [sales@mch.org.nz](mailto:sales@mch.org.nz)  
250 B/1 Main Road, Kumeu (Behind Bakehouse Cafe)

OPENING HOURS:

Mon-Fri: (9am to 6pm) Sat: (1 Oam to 3pm)  
Sun (Available for Booked Call Outs only\*)

## MURIWAI TIDE CHART

| Date      | High  | Low   | High  | Low   | High  |
|-----------|-------|-------|-------|-------|-------|
| Sun01 Nov | 01:48 | 08:10 | 14:14 | 20:38 | -     |
| Mon02 Nov | 02:35 | 08:56 | 15:02 | 21:30 | -     |
| Tue03 Nov | 03:27 | 09:47 | 15:57 | 22:28 | -     |
| Wed04 Nov | 04:28 | 10:47 | 17:01 | 23:32 | -     |
| Thu05 Nov | 05:36 | 11:54 | 18:07 | -     | -     |
| Fri06 Nov | -     | 00:36 | 06:41 | 13:01 | 19:09 |
| Sat07 Nov | -     | 01:35 | 07:41 | 14:00 | 20:04 |
| Sun08 Nov | -     | 02:27 | 08:34 | 14:51 | 20:52 |
| Mon09 Nov | -     | 03:13 | 09:20 | 15:35 | 21:34 |
| Tue10 Nov | -     | 03:55 | 10:00 | 16:15 | 22:12 |
| Wed11 Nov | -     | 04:33 | 10:37 | 16:53 | 22:48 |
| Thu12 Nov | -     | 05:10 | 11:12 | 17:29 | 23:24 |
| Fri13 Nov | -     | 05:47 | 11:47 | 18:06 | -     |
| Sat14 Nov | 00:00 | 06:24 | 12:23 | 18:44 | -     |
| Sun15 Nov | 00:38 | 07:02 | 13:01 | 19:24 | -     |
| Mon16 Nov | 01:18 | 07:42 | 13:41 | 20:07 | -     |
| Tue17 Nov | 02:01 | 08:26 | 14:25 | 20:55 | -     |
| Wed18 Nov | 02:49 | 09:14 | 15:16 | 21:49 | -     |
| Thu19 Nov | 03:45 | 10:11 | 16:15 | 22:51 | -     |
| Fri20 Nov | 04:49 | 11:16 | 17:21 | 23:57 | -     |
| Sat21 Nov | 05:58 | 12:25 | 18:28 | -     | -     |
| Sun22 Nov | -     | 01:02 | 07:07 | 13:32 | 19:34 |
| Mon23 Nov | -     | 02:05 | 08:13 | 14:35 | 20:36 |
| Tue24 Nov | -     | 03:03 | 09:12 | 15:32 | -     |
| Wed25 Nov | -     | 03:58 | 10:07 | 16:25 | 22:26 |
| Thu26 Nov | -     | 04:48 | 10:57 | 17:15 | 23:15 |
| Fri27 Nov | -     | 05:36 | 11:43 | 18:02 | -     |
| Sat28 Nov | 00:01 | 06:21 | 12:27 | 18:47 | -     |
| Sun29 Nov | 00:46 | 07:05 | 13:09 | 19:31 | -     |
| Mon30 Nov | 01:28 | 07:48 | 13:51 | 20:16 | -     |

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

## MAKING A WILL

A will update is necessary if you dissolve a marriage or remarry. In doing so, you are generally always obliged to look after your children and grandchildren if any of your children have predeceased. However, sometimes children unintentionally miss out on a will provision because of joint ownership. This is because in the case of jointly owned property, it is the survivor of the joint owners which receives all of the property upon your death. There are ways of making sure this does not happen. This includes changing your joint tenancy ownership for ten-



**ACCOUNTANCY  
WEST**

Need help with GST, Tax Returns or Business Admin?  
Do you want to grow your business?

**Call (09) 416 8557 today for a  
FREE, NO OBLIGATION, ONE HOUR CONSULTATION**

6 Mistral Place, West Harbour, Auckland | Mobile: 0274 96 74 74  
www.accountancywest.co.nz



Taxation and Business Solutions . . . Tailored to Your Needs!

# Blades

## Shelterbelt Trimming

Wayne Hughes  
021 848 489

Spa Di Vine  
Country Spa  
Retreat  
Ph. 09-4115290  
relax@spadivine.co.nz  
www.spadivine.co.nz

**\* Café \***  
**Friday & Saturday from 4pm**  
**Sunday from 9am**  
**Ph Café 411 8086**

**\* Dairy \* Takeaways \***  
**\* Gift Shop \* Accommodation \***  
**Ph Shop & Takeaway 411 8624**  
**189 Motutara Road, Muriwai Beach**

# Burnetts

## SEPTIC & WATER TANK CLEANING

Your septic tank should be  
cleaned every 3 years  
(average family of four)  
We service all areas  
Phone: **412 9210**  
or **0274 924 494**



# Pita Pit

FRESH THINKING • HEALTHY EATING

250c Main Street, Kumeu, Auckland.

Phone: 09 412 8756

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



**McIsaacs**  
ACCOUNTANTS WITH INSIGHT

Chartered Accountants  
**FREE** Initial Consultation

A: Ground Floor, Takapuna Finance Centre  
159 Hurstmere Road, Takapuna

E: [roger@mcisaacs.co.nz](mailto:roger@mcisaacs.co.nz)



Roger Hadfield CA CTA  
Chartered Accountant - Director



P: 414 4050

M: 0274 869 755

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

## Norwest Property Maintenance Kumeu Ltd

- section clearing
- commercial lawn mowing
- trenching
- all general property repairs
- water blasting
- tree stump removal
- small excavation work



Philip Brown 021786892  
[enquiries@npm.kiwi](mailto:enquiries@npm.kiwi) 235 Old North Rd, Kumeu

PTO



## Plumbing Laser Whenuapai



Your LOCAL for all:

- Roofing
- Plumbing
- Drainage
- Drain Unblocking
- Gas & Pumps

45 Brigham Creek Rd WENUAPAI

CALL US NOW  
**09 417 0110**

**"Totally Dependable"**  
[www.laserwhenuapai.co.nz](http://www.laserwhenuapai.co.nz)

ancy in common ownership. This must be recorded in writing and signed by the parties but it is best if your house ownership is also reregistered so that there is no doubt when the time comes. This is definitely an area for discussion with your lawyer. It nearly always involves providing for a life tenancy in your share of the house in the property after your death (or vice versa). A life tenancy allows the other live on the property for the rest of their life provided they pay the property outgoings. Luke Kemp - Kemp Barristers & Solicitors, phone 09 412 6000 or email [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## JUSTICE OF THE PEACE AVAILABLE AT THE HUAPAI LIBRARY ON SATURDAY MORNINGS

A Justice of the Peace (JP) service is available every Saturday morning at the Library in Huapai between 10am and 12pm.

JP's are happy to help and there is no charge for their services. No appointment is necessary at the library on Saturday mornings. Whilst JP's are not legal advisors, there are legal processes that a JP can assist with. A JP can witness signatures on documents, certify copies of documents as true copies, take oaths, statutory declarations, and sworn or affirmed affidavits. There are many documents and processes that require these. Some examples are Sponsorship applications and other immigration related matters, change of name, dissolution of marriage, Kiwi-aver withdrawal documents, citizenship applications, declaring or swearing or affirming the truth of statements, loan application documents, rates rebates applications, witnessing deeds and some land related documents, and certifying photographs as a true likeness. Even certifying that someone is still alive!

There are a few things to remember that people needing a JP should do before they come. If they want a copy of a document to be certified as a true copy, make sure they bring the original with them. If the original is only viewable on a computer screen, make sure that this document can be viewed on the library computer or a smartphone. If swearing or affirming an affidavit or making a Statutory Declaration, bring identification documentation like a Driver's License or passport to the library. Don't sign the document before you come, as the JP will want to view the signing. There are forms for Government departments covering a myriad of circumstances including health, education and immigration. Many of these can be completed with a JP. Please fill out the documentation wherever possible before you come.

There are about 20 JP's in the Muriwai, Taupaki, Kumeu, Waimaku, Huapai, and Riverhead areas and these JP's are happy to see people by appointment at the their home. Addresses and phone numbers of JP's can be found in the Yellow Pages or at [www.jpfed.org.nz](http://www.jpfed.org.nz). Many people however are diffident about doing this and prefer to go to somewhere like a library or CAB

## Lawn Mowing by your Local Jim

- RESIDENTIAL - LARGE & SMALL
- COMMERCIAL
- HEDGES & PRUNING
- GARDENING / SPRAYING
- SECTION CLEAN-UPS
- RUBBISH REMOVAL



To book your job call 0800 454 654

or book online [www.jimsmowing.co.nz](http://www.jimsmowing.co.nz)

to get JP assistance. There is also a JP available at the Massey Library CAB every Monday to Friday between 1pm and 3pm, and at the Helensville CAB on Monday and Tuesday between 12.30pm and 3pm.

The Saturday availability of a JP at the Kumeu/Huapai library now provides another day when local people can readily obtain JP assistance. Clive Preston-Thomas JP, 14 Gumdiggers Lane, Riverhead. Phone 09 412 7312.

## THE GREENBARN EQUESTRIAN CENTRE

The Greenbarn Equestrian Centre in Kumeu was established in 2001 for adjustment, lessons and horse schooling. In the last year its focus has changed into that of a boutique riding school.

Part of the philosophy of our riding school is that we step out of the box. We have a strong belief in learning outside of the arena, so children get out in the paddock, road rides, trips to the beach/forest and we have children starting their first season at pony club with ponies and transport supplied by us.

We follow the basic standard and developmental principles as set by the New Zealand Pony Clubs Association, and the head coach is a local pony club instructor.

We strive on offering every child an individual experience and learning outcome based on their needs, as well as ensuring our animals are healthy and happy and enjoy their work.



## UPCOMING SEASON - RIVERHEAD ATHLETICS

Riverhead Athletics Club is ready for action in the upcoming season. The club has been a stalwart of the Norwest community for over 50 years. Club nights are all school term Wednesdays through summer at Riverhead War Memorial Park. Club nights are for children aged 2 through 14, and are an ideal first introduction into sports. The older kids from seven and up have the opportunity to concentrate on specialist events and take them through to an entry in the Auckland Champs. Last year we had 10 children make finals day at the Auckland Junior Champs and one of our club's former competitors made the New Zealand World Championships team in Beijing. Registrations are being taken online now [www.sportsground.co.nz/riverheadathletics](http://www.sportsground.co.nz/riverheadathletics) and season subscriptions start from \$25 for preschool children. The club is introducing a high performance squad this season for the older athletes and some exciting new initiatives in the junior side of the club around latest training techniques.

## \$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at [sarahcartwright022@gmail.com](mailto:sarahcartwright022@gmail.com).

## Why do I have trouble hearing in noisy situations?

Loud cafés, restaurants and social get-togethers present a real challenge for people in terms of how easily they can understand speech. Much of this is due to how the pitches of different speech sounds interact with background noise. Many consonants that we use when we speak are high pitched soft sounds such as 't', 's' and 'th'. By contrast, vowels and other consonants like 'm' and 'n' are not only louder, but are lower pitched and carry across a room much easier than the high pitched ones.

Our ears are tuned in such a way that low pitched sounds will usually cover the higher pitched ones, meaning that we can miss the beginning and ending of words. If someone has a hearing loss, their ears and brain are less able to filter out sounds as easily, so even more listening effort is required.

A number of strategies can be used to help. Move away from the source of noise and seek out a place with less hard reflective surfaces that cause echo. Position yourself so the noise is behind you and the person you want to hear ahead of you.

**If you suspect that you are having more difficulty hearing than you have in the past, call Bay Audiology's Kumeu and Helensville clinics now on 09 447 0280 for a FREE hearing check.**

## Hearing Health

Your questions answered



**Lisa Greene**

Audiologist  
Kumeu & Helensville clinics



BAY AUDIOLOGY®



# PETS

## TIPS & ADVICE

### PAWS FOR KIDS SAFETY

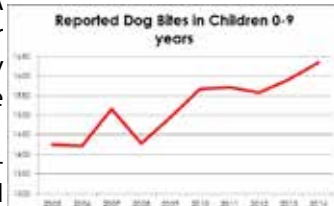
We have all heard the horrendous stories of children that are bitten by dogs. We hear which breeds are responsible and we all hear whose fault it was: the dog's, the owner's, the parent's, the child's. Who is correct? Could it be everyone and no one at the same time? Many programmes are available both online and delivered by volunteers, across New Zealand, and they do a great job. But is it enough?

If you look at the rising number of dog bites that are occurring in New Zealand, it is not just in children but across the board. What we are doing isn't enough!!

In children aged 0-9 years there has been a dramatic increase in the number of reported dog bites.

In 2014 there were over 31 dog bites reported per week on children under the age of 9. A study in the Netherlands of over 40,000 homes showed that only one third (38%) of dog bites are reported.

When we are educating children regarding safety around



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

## RAW FOOD FOR CATS & DOGS



veterinary-owned  
new zealand-grown  
product • support • education



grey lynn  
ellerslie  
new lynn  
kumeu  
silverdale  
glenfield  
howick  
hamilton

dogs there are many things to consider especially when we are talking about dog bites.

Programmes need to engage children, ideally in a series of activities that are all repeating the same messages. Organisations must also work with schools, families, Whanau and the local community to ensure that all children are getting the same messages.

The way we relate to dogs needs to change as more research becomes available. For example, in the 90's we were all told to touch a dog under the chin. Now studies done in 2013 and published March 2014 show us that touching a strange dog under the chin is the second most stressful area for the dog to be touched.

There are certain Golden Rules that everyone should follow, and as adults it is our job to show our children what to do.

It is essential that any organisation that is offering training regarding safety with dogs for both adults and children has the most up to date and relevant information available. When talking to schools about children's dog safety education they need to be aware of any child that may have had a bad experience with dogs. In discussion with various child psychologists each situation needs to be handled differently.

PET First Aid & Training have a unique way of working with the schools to help children who are fearful of dogs. Each of the dogs they use for school visits has a character created for them to enable the teachers to spend time with the children prior to the dogs coming on site. This process creates a familiarity to the dog that has been assigned to their school reducing the levels of stress when they meet the dog for the first time. The teachers encourage the children to download colouring in, join

| Where to touch a dog                                  | Stand Like a Tree                                                                                                                                                                                                                                         |
|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Red - is NO</b></p> <p><b>Green - is GO</b></p> | <p>If a dog runs up to you copy how Beth &amp; Tane are standing</p> <p><b>Stop and stay still</b><br/><b>Wrap your branches -</b><br/><b>Hold your elbows</b></p> <p><b>Keep Quiet</b><br/><b>Stare at your roots -</b><br/><b>Look at the floor</b></p> |

the dots and models of the dogs to make so that it increases the children's level of comfort. If you would like more information please call them on 0508 PET FIRST or email [info@petfat.co.nz](mailto:info@petfat.co.nz).



**THE Doggery** a dream home away from home

**Cecilia Hurly** Veterinary Nurse - (DVN)

**MOB** 0274 311 877

**WEB** [www.thedoggery.co.nz](http://www.thedoggery.co.nz)

**EMAIL** [thedoggerynz@gmail.com](mailto:thedoggerynz@gmail.com)

*Caring for your dog's wellbeing away from home  
including special needs care 24/7*

## AWESOME DOG & PUPPY TRAINING KEPT SIMPLE!



Your time is precious. We make sure it does not get wasted. Independent of age, breed or behavioral problem we offer you a common sense approach to Dog and Puppy Training that works, empowers you and relaxes your dog.

The focus is on the relationship between you and your dog and how you can build more respect, trust and understanding. After all, you want a sound solution for the issues you are facing, not a band-aid. If you are busy and do not have enough time for your dog, TheK9Way's professional dog walking & minding services will fulfil your dogs mental and physical needs.

Book a free phone consultation or free Meet & Greet online at [www.thek9way.co.nz](http://www.thek9way.co.nz) or call us now on 021 239 0635. We speak dog, let us teach you to do the same!

## DOOR DASHING



One of the most frustrating dog behaviours is door dashing. It can be dangerous for owners, but also for dogs that may run onto roads. If your dog door dashes try these steps towards eliminating this unwanted behaviour.

Step 1 – Before starting your dog needs to already know the “sit” command. It’s necessary to teach basic behaviours before attempting higher level commands. Safety is paramount, ensure you leash your dog while training so if they do mess up they can’t get away. Ask your dog to sit at the doorway and begin to open the door. It’s important to go slowly because the bad behaviour of bolting has already been established. If your dog starts to get up immediately shut the door and return to a sit. When your dog remains sitting, reward with a treat and continue opening the door. Ideally we want your dog to be constantly rewarded as opposed to constantly being corrected so ensure you always set your dog up for success!

Step 2 - Continue opening slowly making sure to always reward sitting calmly. Try keep focus on you as opposed to distractions outside. Keep your environment in mind, practicing door way manners when it’s quiet is easier than when people, dogs or cats are strolling by! As your dog becomes better at waiting at the door, you can even start to walk outside and go in to reward your dog for waiting patiently. Once the door is all the way open and your dog is still sitting, use a release word and walk him out the door. Your dog’s reward for sitting will be to actually go outside to sniff.

Step 3 - Practice, practice, practice! Training a dog reliably takes consistency and repetition. Always have your dog wait at the doorway every time they want to go out, as this sets up a new

habit. If your dog is unable to sit at a doorway without pushing past you at full speed begin training further back from the door. Work on calling him back towards you and away from the doorway. When he comes back reward him. Gradually open the door a little at a time as your dog is able to come back to you.

For a more detailed procedure and training at inside doorways ~~such as the kitchen, come in and see us at Animal Avenue Pet Store~~ or sign up to our newsletter. Email [pets@animalavenue.co.nz](mailto:pets@animalavenue.co.nz) or phone 09 412 2581.

## PREVENTATIVE NUTRITION IS THE KEY TO KEEPING YOUR CAT HEALTHY



Diet & disease – excessive carbohydrates spike your cat’s blood sugar. This puts pressure on the pancreas, which can lead to diabetes. The carbohydrates will also promote obesity. Cats have a low thirst drive. They struggle to drink enough to make up for the lack of hydration on a dry diet. This chronic dehydration contributes to Feline Lower Urinary Tract disease. A well-planned raw diet provides ample hydration for cats, as well as encouraging the correct acidity to prevent crystal formation.

Grumpy cats with bouts of vomiting, diarrhoea or constipation, may have Inflammatory Bowel Disease (IBD). IBD is successfully managed with the right diet.

Dry diets do not prevent dental disease. Crunching through a raw diet will keep your carnivorous cat’s teeth clean and gums healthy.

Prevention is the best cure. Visit Raw Essentials Kumeu, where store manager and Veterinary nurse Amanda, and her team, will help you achieve the very best preventative nutrition for your cats and dogs: a well-planned, species-appropriate, raw diet!

~~250D Main Road, Kumeu. Phone 09 281 055, email [## “NZ Natural” Dry Dog Food

\*Pet Food that you can Trust!\*](mailto:info@rawes-</a></del></p>
</div>
<div data-bbox=)~~

Naturally made in New Zealand, this Premium Dry Kibble is a complete meal approved by Massey University meeting International A.F.F.C.O standards.

Contains no Food Colouring, flavours or Preservatives!  
100% GE Free & 100% Wheat Gluten Free.

It pays to Buy NZ that is Safer, Fresher & Cheaper

# ULTRA

NATURALLY FRESHER

Peter Stables - Ultimate Feeds Ltd  
[www.ultradogfood.co.nz](http://www.ultradogfood.co.nz) | [ultimatefeeds@xtra.co.nz](mailto:ultimatefeeds@xtra.co.nz)

# 0800 459 366

love your dog

DOG WASH & GROOMING

Open 7 days

09 412 9026

Unit B5 190 Main Rd Kumeu - behind VTNZ & Subway



## RURAL URBAN BOUNDARY HEARINGS

The Council have finally released their evidence in relation to the proposed 'Rural Urban Boundary' "RUB". They set out the principles that need to be considered in limiting the extent of the urbanisation. The major impediment is the lack of transport planning by both NZTA and Auckland Transport.

The Council also acknowledge that the land release directive from the Commissioners of seven years for 'live zoning' is agreed on.

The Council haven't advanced any zoning solutions for Kumeu despite the proposed population increase of 20,000 plus. Instead they are saying that the land release strategy can be changed by the Council at any time.

It appears that the Council are only doing the minimum on the Unitary Plan Hearings propose to proceed with structure Kumeu plans after the Commissioners make their decisions. That position delays any advancement on Kumeu growth problems.

There is probably two-three years growth left in the Huapai North area before all the zoned land is taken up for housing. That will require further land being zoned for housing to satisfy the seven year live zoning proposed.

There is continued pressure on the Housing Office for approval of further SHAs. Fortunately the Rodney Board are not holding any new SHA proposals as confidential documents but are releasing the proposals to the community for comment. Hopefully that will deter any quick development proposals circumventing the normal planning process. A further two applications have been made in Gilbransen Road and Matua Road. Both seek higher densities than what is proposed under the Huapai North Special Zone. In effect the applicants are using the SHA provisions to obtain higher density provisions than that is already zoned.

The Association is to meet with the Council's Planners on 22nd October to hear what they have proposed to the Commission for the Kumeu-Huapai area.

The proposed urban area can be changed at any time by the Council. The infrastructure planning is what hasn't begun yet, so until that aspect is completed, zoning is unlikely to change. The community's evidence for the RUB has to be completed by 16th November for a hearing in Henderson on 19th – 20th January 2016.

Following that hearing is the individual zoning hearing is in April 2016 before the final decisions are made.

The Association will be faced with a concentrated effort of evidence in the New Year.

The Oraha Road SHA has been notified with adjoining owners receiving limited information on 17th October.

Submissions close on 13th November. Density of development

has been advertised at 400-450sqm sites with some smaller than that. Pete Sinton - Chairman, KHRRRA. Phone 09 412 2016 or email [petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz).

## HAPPY HEARTS

Happy Hearts - Riverhead Early Learning Centre is now open. The stunning purpose



built centre situated in the heart of Riverhead is readily identifiable by its vertical cedar weatherboards and unique pencil fence. A lot of thought has gone in to the building and playground, and owners Nina and Allan Bates are thrilled with the outcome, with generous play spaces featuring plenty of natural lighting and an all weather covered play deck. The playground mixes use of natural resources like climbing logs and natural grass with all year turf and changeable climbing equipment.

Happy Hearts is primarily an all day childcare and early learning centre, with confirmed opening hours of 7.15am to 5.45pm and caters for babies, toddlers and preschoolers in separate well resourced spaces, where they have the opportunity to explore, discover and learn as they develop. As a new entrant primary teacher for many years, Nina is passionate about preparing children for school and developing the very important foundation skills of numeracy, literacy and other subjects within a transition to school programme.

Te Wharaki, the early childhood curriculum, and its strands focusing on well being, belonging, contribution, communication and exploration are interwoven throughout all we do. Underpinning this are Christian values and principles reflected in who we are and in our programmes. Visit [www.happyheartselc.co.nz](http://www.happyheartselc.co.nz).

## WEDDING FLOWERS

The tradition of Bridal Flowers started way back when basic personal hygiene was lacking. The Bride carried a posy of herbs to mask any unpleasant odours and ward off evil spirits. They slowly evolved to the beautiful flowers we hold today. As for the throwing of the Bridal bouquet; Brides were thought to be lucky on their wedding day and guests would tear pieces from her Wedding dress as a lucky talisman. So Brides started throwing their Bridal bouquets and garters to distract guests as she made a hasty escape. These day's Wedding flowers are more about the Brides personal style than hygiene. So what is your style? A bouquet that is structured or more natural and wild? What colour scheme are you going for; romantic pastels or bright and colour? Whatever the colour scheme or style of your bouquet; it can complement the theme of your Wedding. Contact Naomi from Created by Nature to discuss all your Wedding Flower ideas. Email [createdbynaturenz@gmail.com](mailto:createdbynaturenz@gmail.com) or



**TOBIN INSURANCE SERVICES** (Since 1987)  
Life, Medical, Fire & General Insurance

**JEFF TOBIN** CLU; ANZIIF (SNR ASSOC), CIP.  
CHARTERED LIFE UNDERWRITER

PO Box 720 Kumeu, Auckland 0841. 55 Nixon Road, Taupaki  
Phone 09 412 5997  
Fax 09 412 5996  
Email [jeff@tobininsuranceservices.co.nz](mailto:jeff@tobininsuranceservices.co.nz)  
[www.tobininsuranceservices.co.nz](http://www.tobininsuranceservices.co.nz)

**"Providing Future Dollars, When You Need Them The Most"**



Resource Planning Applications & Reports  
Subdivision & Engineering Design ♦ Advocacy & Mediation Service

**Phone: 09 412 2016 ♦ Mob: 021 637 772**  
188 Oraha Road, RD 2, Kumeu 0892, Auckland  
PO Box 158, Kumeu 0841, Auckland, NZ  
[petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz)

# GREAT DEALS

## FUJIFILM instax WIDE



- INSTAX WIDE 210 CAMERA
- Instant Wide Prints
- Extra Bonus**
- 10 Pack Film & Tan Case

#CCS0105

HOT PRICE. **\$129.99**  
RRP. \$199.99

## Polaroid CUBE™



Complete line of accessories and mounts \* sold separately

- Lifestyle Action Camera
- Weatherproof/Splashproof
- 1080p HD Video
- 6MP Still Photos
- Colours Blue, Black & Red

#CCPOLC3

HOT PRICE. **\$189.99**  
RRP. \$229.99

## FUJIFILM X SERIES XQ2



- X-Series Premium Compact
- Fast Aperture of F1.8, Versatile 4x Optical Zoom, Macro Shot as close as 3cm,
- X-Trans+CMOS III+EXR II
- Colours Black, Silver & White

#CCXQ2

HOT PRICE. **\$399.99**  
RRP. \$499.99

## STORE SERVICES

\*Terms & Conditions Apply-Expiry 30/11/2015

BRANDS AVAILABLE



PASSPORT PHOTOS



DIGITAL PHOTOS



PHOTO ENLARGEMENTS



VHS TO DVD



PRINTS FROM SMART PHONE



FILM DEVELOPING & PRINTING



CANVAS PRINTS



PRINTS FROM SLIDES



PHOTO RESTORATIONS



PHOTO BOOKS

FUJIFILM

Nikon

Canon

Polaroid

OLYMPUS

GoPro

**30% OFF PHOTO BLOCKS\***

\*Terms & Conditions Apply-Expiry 30/11/2015



**50% OFF CANVAS PRINTS\***

\*Terms & Conditions Apply-Expiry 30/11/2015



7 Catherine Street, Shop 169,  
Westfield Shopping Centre,  
Westcity, Auckland ☎ (09) 836-2576

7 Fred Taylor Drive, Shop 55B,  
NorthWest Shopping Centre,  
Massey, Auckland ☎ (09) 416-0525



**CAMERA CORNER**



info@CameraCorner.co.nz  
www.CameraCorner.co.nz

LIKE Facebook.com/CameraCornerNZ



# INSIDER WESTGATE

## NZRPG – NEW ZEALAND RETAIL PROPERTY GROUP

The vision – Westgate town was first created in the 1990's by Waitakere city to engage with the community. In 2004, NZRPG entered into an agreement to implement the council's vision of Westgate's future, which translated into town form; a central retail and commercial hub delivering to a vastly expanded population base.

The key drivers were to provide employment opportunities and a place for business which would reduce traffic commuter congestion, improve ease of shopping and to create a better live/work balance. The town was developed around a Main Street concept and included a number of precincts, including a retail commercial heart, large format retail, office, trade, and home and building services. Unlike a lot of other locations all of the market requirements were catered for in one large and convenient site.

From 2008 till recently the project has been about civil infrastructure, roading, stormwater, services and ensuring that the buildings are able to be delivered in all locations at the site with minimum disruption. By mid-2016 the town will be fully operational with large format retail up and running. The trade and home precinct is anchored by Mitre10 Mega and Palmers, delivering full services.

Council commitment has been significant in both the planning and infrastructure and construction phases. The town square, proposed multipurpose community facility and library and the high quality park, reserve and open space network will add high value.

The existing Westgate centre and the new development complement each other and mean that Westgate will deliver a one stop shopping and business hub for the North West population. It has taken a while to get to this point with complex planning around infrastructure and due to the sheer scale and quality delivery of the project.

Community engagement – the public have been waiting and expectant; Westgate will provide a reference point and a heart to the area. The population in the area is rapidly growing and we service around 100,000 public, with growth forecast at 200,000. With this in mind it is essential that Westgate delivers an area to meet and greet and for business to be conducted, a development of quality the public takes pride in.

Milestones – the opening of the North West mall, the opening of the parks and open places and the opening of the precinct for large retail. This precinct will create a landmark that public will go to as a walking and entertainment destination. We have a blue print for Westgate town that has a high standard of retail and workplace environments that will encourage more investment and local spend and deliver more value to the local community. Unlike West Harbour that was a make up of groups, Westgate town will engage with a lot more elements delivering better community buy in and satisfaction, becoming a reference point for the community.

What to expect – watch the existing Westgate centre become

revitalized by the broader retail market. The new and old Westgate centres are complementary, working together to create a more compelling offering, expanding product and service delivery, using clustering and creating better outcomes for the buying public.

Westgate is not Auckland's first planned town – Manukau and Albany were planned and are the hubs for their communities. People ask me when it is going to be finished; my answer is that towns don't finish, they are organic and they grow and change. NZRPG is a local business and is here to deliver for the community good and has been genuine in working with council to deliver a high quality planned environment. People will continue to see development and growth in the complete experience that makes up Westgate town. NZRPG delivers quality public private ownerships and high outcomes, for more information see [www.themilford.co.nz](http://www.themilford.co.nz) or [www.nzrpg.co.nz](http://www.nzrpg.co.nz).



## WESTGATE MULTI-PURPOSE FACILITY TOWN SQUARE

The Westgate Town Square and Library is the anchoring civic component of the development of Westgate's new town centre. This project will not only establish a benchmark for the future urban form but it will also establish its human qualities, its sense of place and provide a core community destination. The design is motivated by the desire for a dynamic, exciting and sustainable new civic environment which will serve the Westgate community for 100 years.

The new library building is compositionally arranged as a three level volume fronting the Town Square together with a two storey volume addressing Waru St. The main entrance is located at the corner of the site, facing the main Town Square space. This provides maximum legibility for the entrance while also adding the 'energy of movement' to the public open space. The most effective contemporary libraries are easily understood and navigated and are defined by clear lines of sight and excellent natural light.

The building is distinctively a 'stacked' form, breaking down the overall building mass and allowing clear expression of the individual floor plates and their particular activities. This floor plate configuration generates a dynamic relationship at the building's corner, expressing the life of the library to the outside world. The building's openness also reflects the philosophy that good public libraries are open and vibrant with community life by both night and day. This visual openness and legibility also supports engagement with the community, encouraging access and creating a welcoming destination that is both comfortable and familiar for all users.

The building form, materiality and colour also seek to reflect the



informal and colourful culture of West Auckland and Waitakere. Anodised aluminium panels, zinc cladding, timber soffits and expressed concrete structure combine to provide substantial and visually exciting architecture.

However, this informality is countered by the need for 'civic substance'. The clear rhythm of concrete columns facing the town square reinforces the order and stability of a civic institution. This is seen as particularly important in a 'greenfields' situation where there are no existing 'cues' for civic life. Above all else, the new library building has the responsibility to capture the aspirations of a future community. To this end, its architecture cannot be transient but must embody the recognised motifs of community, tradition and civic character. Achieving these values in a contemporary way is the core challenge of the project.

## NORTH WEST SHOPPING CENTRE

Now, here is a place that is shiny and new. Inside you'll discover places to update your wardrobe, quench thirst, satiate hunger and tame that to do list. A place to meet, greet and be entertained, no matter how long or short your visit.

NorthWest Shopping Centre is a place that has everything you're looking for, with more than 100 brands and flavours New Zealanders know and love.

Owned and managed by NZX-listed Stride, NorthWest Shopping Centre at Westgate is nestled amongst the new Westgate Town Centre development. It has a net rentable area of over 27,000sqm and includes a Countdown supermarket, a Farmers department store, and approximately 100 specialty retail stores. Approximately 475,000 people live within a 15-minute drive of the development, and the region is one of the more affluent in New Zealand in terms of available retail spend. NorthWest Shopping Centre is located next to the North-Western and Upper Harbour motorways and other major arterial routes. Its location positions the centre to service areas from the north (Albany, Waimauku and Helensville) to the south west of the centre.

NorthWest Shopping Centre will generate up to 700 new jobs. Owned, developed and managed by DNZ Property Fund, the contemporary shopping centre will be a boon for many of the region's job-seekers providing opportunities within the centre's stable of around 100 retail stores. The \$155 million NorthWest Shopping Centre spans the equivalent of four rugby fields – and is being heralded as the next generation of shopping centres in both design and retail offering. DNZ Property Fund chief executive Peter Alexander says there's been strong interest in a range of retail positions with these job opportunities helping to drive employment to complement the region's population growth. "Over 250 construction workers have been employed since work began on the NorthWest Shopping Centre in April 2014 and now the retail jobs follow, as well as bringing vibrancy

to the wider west Auckland community."

The northwest region of Auckland is undergoing a transformation, bringing with it improved transport links, new homes and community facilities, and entertainment and dining options. As part of the developing Westgate Town Centre, NorthWest Shopping Centre will house a mix of retail and more than 15 dining options from upmarket cafes to staples such as Kiwi Grill, Hungry Wok, Pita Pit and The Coffee Club. Among the new tenants will be a new 'The Food Crew' from Café ohSO owner, Edison Zajmi. The cafe will offer the same menu as Café ohSO, including build your own options, and cabinet foods and will provide a full table service and drinks selection including beer on tap and wine. Hand blown glass lighting, and a plaid pattern tile floor will be key features of its design. Mad Mex and Habitual Fix will also join the dining mix.

NorthWest Shopping Centre: located at 1-7 Fred Taylor Drive, Westgate, email [info@northwestshoppingcentre.co.nz](mailto:info@northwestshoppingcentre.co.nz) or phone 0508 NORTHWEST. Late night Thursday.

## MUSIC WORKS NOW OPEN

MusicWorks is New Zealand's largest musical instrument retailer with over 30 stores across NZ, supplying friendly advice and support for everything musical from grand pianos, keyboards guitars, brass instruments, drums, sound systems to guitar picks. They carry something for everyone. MusicWorks is NZ's family music store with over 85 years in the music industry. With major brands such as Yamaha, Ibanez, Gibson & Epiphone and many more they cater for everyone in the family from the complete beginner to the seasoned professional. Alongside the retail floor MusicWorks is pleased to be able to provide a huge range of services from instrument repairs, teaching services and an extensive brass and woodwind hire program. Find out more online at [www.musicworks.co.nz](http://www.musicworks.co.nz).

## COUNTDOWN NORTHWEST OPENS

Countdown's 180th store, Countdown Northwest, has been officially opened by MP for Upper Harbour and Minister, Hon Paula Bennett.



The 4,327sqm store, which forms part of the new NorthWest Shopping Centre,

was opened at an event that also featured a performance by West Harbour School students and a presentation of a trolley of goods for the local Salvation Army food bank.

Countdown Northwest manager, Paul Maxwell, says it's great to have the new store open after months of hard work.

"We couldn't wait to open the doors of the new store and let everyone see the great produce and products we have on offer. We've been working really hard to get everything looking great and I'm looking forward to getting to know our new customers. "The local community here is really fantastic and we are proud to be part of it. We also have some of the best local talent as part of our store team!" Mr Maxwell says.

MP for Upper Hutt and Minister, Paula Bennett says, "It's a real honour to be here as local MP to open this outstanding new store. 180 stores is an impressive milestone which I know the



team has worked incredibly hard to achieve.

"The Nor'West is such an exciting area to be a part of because it is young, diverse, and eager for new opportunities. Three quarters of our residents are under 50 years old, 36 per cent were born overseas, and about 50 per cent are two-parent families with children. I'm thrilled Countdown is choosing to invest here," Mrs Bennett says.

Countdown's General Manager of Marketing, Bridget Lamont, who spoke at the opening, said opening the 180th store was a fantastic milestone for the business.

"As a business, we are really committed to providing growing communities throughout New Zealand with great food at really great prices. Our 180th store, Countdown Northwest, will be a great addition to the area.

"With the opening of Countdown Hobsonville two weeks ago, and now Countdown Northwest, not only are we delivering new supermarkets, but jobs too, with almost 100 new jobs created in the region in the last month alone," Ms Lamont says.

## THE WAREHOUSE - WESTGATE

This week we were lucky enough to take part in the Colwill school special assembly. We were special guests in celebrating the kids receiving their Duffys books. It is great to be involved in the learning of children in our community. A lot of happy smiley faces!



## DAVE FROM MITRE 10 MEGA WESTGATE

1. What has put your business on the map?

The Mega Brand gains lots of media attention with our national campaigns and offerings. The location of our store is a great positioning tool with the new development going up around us, this is generating lots of new customers and interest.

2. What things do you do to get customer retention and return trade?

We offer great service as well as a diverse range of products. We put our staff and our customers first. Our people are excellent, friendly and always approachable making sure that our customers leave happy and return for the experience.

3. What are the opportunities for change?

The growth of our business is moving rapidly, the centre development around us is certainly helping to build our customer base plus our staff ensure we retain our current valued customers.

4. What do customers say about your brand to others?

We receive excellent feedback through our online surveys. The comments about the store, the people and the experience are so valuable to us as it helps us maintain our high standards and also encourages us to look at other areas that may need attention. We rely on our customers to provide feedback as it is so important to us that we remain current in all aspects of the business and ensure our customers leave happy every time.



5. What are the challenges within the local community?

We try to support as many wonderful community initiatives as possible, however, we get hundreds of requests so we try to find other ways to work with the community such as volunteering our time, staff and resources to projects that benefit the whole community.

6. What do people love about your brand and service?

The consistent service, great offers and quality that we have coupled with the diverse range that we offer makes us a one stop shop for everything from DIY to giftware. We have a fantastic café, garden centre and kids playground making shopping a wonderful experience for the whole family.

## CUSTOMER CHOICE AND CUSTOMER SERVICE

With fine weather and an overcast day it was the perfect time to journey into the plants and growing store close by. The dilemma is that we have a number of retailers close by offering a mixed range of plants and growing solutions. We decided upon Palmers Planet in Westgate, a new large format store with cafe and a larger range of products. Although the initial impression of the store is "oh my goodness, where do I start", once you enter the store it is a logical and easy format which has a number of friendly and approachable staff in key locations. We gathered a range of small vegetable plants and herbs which were exactly what we wanted and the price was very reasonable. Further we joined the Palmers Planet loyalty club which offers good advice and additional savings. The service and the selection was excellent and we look forward to frequenting this great retail shop. Thanks Palmers Planet Westgate - Gail



# THE ALL **NEW** TORO TIME CUTTER ZERO TURN RIDE ON.



***Get the professional cut at home.***

Toro, the world's premium mowers, introduces the all new zero turn ride on mower with its outstanding maneuverability and precision cut.

***Book a test ride online or visit our showroom today.***

***Showroom***

322 Rosedale Rd, Albany, Auckland

***0800 807 333***

**TORO**

**TORO.co.nz**



**Murray Coutts**  
 murray@murraycoutts.com

09 420 5546  
 021 0233-2092

Celebrant, Speaker & Master of Ceremonies  
 www.murraycoutts.com

**CASTLE**  
 PANELBEATING

Grant Castle

mta ASSURED  
 Repairs CFA



P (09) 412 8239 | 106 Main Road, Kumeu  
 M 027 299 7054 | E castlepanelbeating@orcon.net.nz

**KUMEU**  
**CHAINSAW & MOWER SERVICES**

377 Main Road, Huapai 0810  
 Ph (09) 412 8109 | Fax (09) 412 6909 | Mob 027 287 9691

John Beaumont

Husqvarna  
 POLARIS The Way Out.



kumeuchainsaw@paradise.net.nz

**DT DENTURE CLINIC**  
 DENTURE SERVICES AND REPAIRS

**Smile with Confidence**  
 See our experienced denture technician today!  
 We offer an experienced clinical technician that provides the following services:

- Full Dentures
- Partial Dentures Plastic and Metal
- Reline on existing Dentures  
 Same day available
- Repair Work Same day available
- Additions to existing Dentures Same day available
- Mouth Guards

"Getcha smile back"  
 Ray Wolfe

Ground Floor, No Stairs, Wheelchair Access  
 Lots of easy street parking

P: (09) 416 5072 • 67 Brigham Creek Road, Whenuapai  
 E: info@dt dentureclinic.co.nz

## LARGE VOLUNTEER GROUP SUPPORT LOCAL LIONS' PROJECT

While The Vintage Shop occupying the historic Pomona Hall in Access Road is a project of the Huapai-Kumeu Lions Club, its success is largely due to a band of volunteer women who assist at the shop on a rostered basis. A few of the women are wives or partners of Lions but many are not and give their time to the shop because all profits from sales are returned to community projects and they enjoy working there. The shop is open Tuesday to Friday from 10am to 4pm and on Saturday from 10am to 1pm. Helpers on the roster help out about one day a fortnight. Lions members are grateful for this volunteer assistance which has been the main element ensuring the success of The Vintage Shop and enabling the club to give financial support to several local projects. Recently a donation of \$2000 was given to the Hart Walker project for a Waimauku child.

The Vintage Shop is stacked with a range of well-priced and good quality items which include crockery, crystal, silver, haberdashery, ornaments, crafts, small furniture pieces and other retro and vintage products. With spring shopping now underway, The Vintage Shop and its volunteer workers are gearing up for record sales months with many treasured items for sale and suitable as Christmas gifts or as something to complement or match existing items.

The shop also has a good stock of adult jig saw puzzles and these are proving to be a popular and sought after item. While the inventory of stock is sometimes supplemented by purchases from city auction houses, most of the items currently on display have been acquired locally largely by donation from people wanting to clear their shelves or down-size or at a time of shifting to another location. From time to time the shop has been very grateful to receive items from a deceased estate. Anyone thinking of making such a donation is asked to visit the shop and discuss it with the ladies on duty. Alternatively, a phone call could be made to the shop-convenor on 09 412 8225.

As a community project of the Huapai-Kumeu Lions Club, its members greatly appreciate the goodwill and community spirit that the existence of The Vintage Shop has engendered. Anyone interested in working at the shop should call in at the Pomona Hall or phone the convenor.

## MURIWAI GOLF LINKS

Muriwai Golf Links, situated in the beautiful Muriwai Beach Regional Park, is both a stunning physical location and a great test of true "links" golf. The Links is well known throughout Australasia as a memorable golfing destination, and the rolling

We provide your local computer solutions

**IT@Hand**

IT at Hand • Huapai Ltd  
 322 Main Road  
 Huapai - Auckland

T 09 412 9227

PC repair & servicing

E huapai@ITatHand.co.nz  
 W www.ITatHand.co.nz

surf and beach views complement the challenges of the course itself. Muriwai is also renowned for its friendly club atmosphere, and the thought of nice food, a cool drink and views of the mighty Tasman Sea are mouth-watering even if the golf doesn't always match the ambience! Come and play Muriwai Golf Links and better still, talk to us about membership. For enquiries contact Mark or Ursula on 09 411 8454.



## LIVESTOCK REPORT

Killable cattle sold at near record levels at Pukekohe on Saturday – best steers to \$2,360 and cows to \$2,000! The market continues to be extremely strong and this will continue for some time as killable cattle are in short supply right now. Quality store cattle were also most sought after with light 15 month heifers selling to \$1,070 and light Fresian steers to \$750. Weaner cattle too, sold very well with medium sorts of heifers to \$550 and steers \$630.

### CATTLE

|                               |                    |
|-------------------------------|--------------------|
| Prime steers                  | \$1,430 to \$2,360 |
| Lighter x bred steers         | \$1,250 to \$1,305 |
| Medium x bred yearling steers | \$720 to \$930     |
| Medium x bred weaner steers   | \$500 to \$630     |
| Small weaner steers           | \$435 to \$470     |
| Best prime heifers to         | \$1,210 to \$1,660 |
| Very light Jersey heifers     | \$460 to \$500     |
| Medium 18 month heifers       | \$1,015 to \$1,070 |
| Medium weaner heifers         | \$470 to \$550     |
| Light x bred heifers          | \$380 to \$445     |
| Boner cows                    | \$1,020 to \$2,000 |
| Light cows                    | \$680 to \$910     |

### SHEEP

|                 |               |
|-----------------|---------------|
| Fat lambs       | \$86 to \$128 |
| Store lambs     | \$73 to \$80  |
| Spring lambs    | \$80 to       |
| Ewes            | \$5 to \$95   |
| Ewes with lambs | \$58          |
| Rams            | \$20 to \$80  |

### FEEDER CALVES

|              |                |
|--------------|----------------|
| W/H bulls    | \$200 to \$285 |
| W/H heifers  | \$150 to \$235 |
| Angus        | \$100          |
| Fresian      | \$45           |
| Speckle Park | \$265          |

### PIGS

|         |       |
|---------|-------|
| Weaners | \$155 |
|---------|-------|

# espresso<sup>room</sup>

09 411 7910 9D Factory Road Waimauku



## JET HOME

Sewage Treatment Plant

Sewage Treatment Systems  
Concrete or Fibreglass Tanks  
Full Installation & Servicing  
Council Approved  
Drainlaying & Excavation  
Water Tanks, Pumps, Filters

Ph 09 415 1538 email [info@jetwaste.co.nz](mailto:info@jetwaste.co.nz)

# the Bottle-O<sup>®</sup>

301 Main Road, Huapai, Auckland  
Phone: (09) 412 9614  
[www.thebottle-o.co.nz](http://www.thebottle-o.co.nz)

Real Locals, Real Value.



**SOLJANS**  
ESTATE WINERY CAFÉ

Try our **NEW** weekend  
**BREAKFAST**  
Menu

**RISE AND SHINE**



Breakfast from 9am- 1130am, followed by Lunch to 3pm  
For bookings please call us on 09 412 5858



**Website Optimisers**  
MAKING WEBSITES WORK

- Search Engine Optimisation (SEO)
- Search Engine Marketing (SEM)
- Website on-page optimisation
- Website off-page optimisation
- Google Adwords PPC marketing and optimisation



4118797 or 027 4491410  
[david@websiteoptimisers.co.nz](mailto:david@websiteoptimisers.co.nz)  
[www.websiteoptimisers.co.nz](http://www.websiteoptimisers.co.nz)



**Zac's PIZZERIA** TUESDAY & WEDNESDAY TAKEAWAY DEAL

|                                                                    |                                                                                                        |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <p><b>2 LARGE PIZZAS</b></p> <p><b>\$30</b></p> <p>(SAVE \$10)</p> | <p><b>2 STANDARD PIZZAS</b></p> <p><b>\$15</b></p> <p>(SAVE \$5)</p> <p>OFFER VALID UNTIL 24/12/15</p> |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|

84 MAIN ROAD, KUMEU TUES - SUN 5PM - 10PM **PH 09 412 9050**

## PROPER SOCIAL NETWORKING

All the current hype about Social Networking...anyone would think that generations in the past never did it! Of course they did and they did it well....

The two key words are 'Social' and 'Networking' and without referring to the dictionary these mean groups or individuals gathering for occasions (small ones, informal ones, family ones, romantic ones, business ones and life changing ones) and the interaction and connection with others.

These days, devices may connect you with others, lots of them, but is this the true meaning of Social Networking? Why not try meeting at The Riverhead and do your social networking there in style!

Our Christmas Function dates are filling up fast, but we do have a few more spaces for your team to celebrate your successes of the year. Give Lisa a call on 09 412 8902 or ping her an email on [lisa@theriverhead.co.nz](mailto:lisa@theriverhead.co.nz) with what you have in mind for Christmas.



**QUALITY WATER** SUPPLIES

**7 DAYS PHONE NOW!**  
Dave, Bev & Andrew Speedy

Registered by Ministry of Health & Auckland Council  
Fresh Water Supplies

Ph. **411.8116** Mob **021.265.2389**

## WAIMAUKU VAULTING CLUB

Equestrian vaulting is a great activity for those who love gymnastics and horses. It is a highly recognised sport in Europe and vaulting is now becoming popular all around the world. The Europeans value vaulting for teaching balance and confidence on horseback, starting with youngsters before they move into horse riding. The gymnastic movements on a moving horse will also develop core strength and coordination. As an equestrian sport itself there are also opportunities to compete individually or as a team, attracting a wide variety of age groups. A couple of members of the Waimauku Vaulting Club went down to Wellington in September to compete in the Kapiti Vaulting Club competitions on both horseback and vaulting barrel. The Waimauku club runs at least one Try Out vaulting session every school holidays for beginners who want to have a go. Search for "Waimauku Vaulting Club" on Facebook or in your search engine to find our webpage and stay up to date with our activities. We run regular lessons on Saturday afternoons in 5 to 8 week blocks (around the school terms and vaulting events). Contact Belinda on 027 782 320.

**KUMEU TYRES LTD**  
Main Road, Kumeu

|                |                  |
|----------------|------------------|
| New Tyres      | Wheel Alignments |
| Truck Retreads | Great Service    |
| Used tyres     | Fleet service    |

**Phone Neil 09 412 9856**

**KANEAGE DRAINAGE**  
issues with drainage... the solution is kaneage

Kane Franklin  
Ph 0275 565 733  
Email [kaneage@vodafone.co.nz](mailto:kaneage@vodafone.co.nz)

**KEMP BARRISTERS & SOLICITORS**

**Luke Kemp**  
LL.B., B.COM., DIP HORT

Property  
Business  
Wills & Estates  
Litigation

**25**  
Orcha Rd  
PH: 412 6000  
Email: [luke@kempsolitors.co.nz](mailto:luke@kempsolitors.co.nz)  
[www.kempsolitors.co.nz](http://www.kempsolitors.co.nz)

**KUMEU PARTY HIRE**  
TELEPHONE **412 2071**

**EVENTS AND PARTY HIRE**

|                         |                  |
|-------------------------|------------------|
| <b>KUMEU PARTY HIRE</b> | Ph 09 412 2071   |
| 4b Loft Place           | Mon-Fri 8.30-5pm |
| Fax 09 412 9965         | Sat 8.30am-12pm  |
|                         | Sun Closed       |

# GET YOUR OUTDOOR LIVING SORTED FOR SUMMER



**Corfu**  
3 Piece Balcony  
229252

**\$549**



**Egg Chair**  
Wicker Beige  
with cushion  
248427

**\$599**



**Contempo**  
3PC Conversational Setting  
248173

**\$599**



**Pacific**  
7PC Setting  
161043

**\$799**



**Palazzo**  
9PC Setting  
161052

**\$1999**



**Icarus**  
7PC Setting  
188915

**\$2449**



**Palazzo**  
4PC Wicker Lounge Setting  
202136

**\$2699**

Terms and Conditions: Products shown are available at Mitre 10 Mega Westgate. Subject to availability. Whilst stocks last.

**COLUMBUS**  
COFFEE

Sit back and relax in the Garden Centre with this offer:  
**BUY ONE HOT BEVERAGE  
& RECEIVE A SECOND ONE FOR FREE!!**

Terms and Conditions: Offer redeemable on presentation of this voucher only. This offer entitles the bearer to one free hot beverage to the same or lesser value when purchasing a hot beverage. Offer available at Columbus Coffee Mitre 10 Mega Westgate only. Offer is valid from Sunday 1st November 2015 to Monday 30th November 2015. Limit one voucher per customer. Not to be used in conjunction with any other offer. While stocks last.

**MITRE 10  
MEGA**

WESTGATE

Mitre 10 Mega Westgate  
Northside Drive

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



Facebook.com/megawestgate



# HOME & GARDEN

## THE LITTLE INTERIORS CO

Now that Spring has truly sprung, it is a great time to freshen and spruce up and around home. Do you know what you



would like to achieve? Have you got any clear ideas on where to start? Do you know where to find exciting and new products at an affordable price? This is where we can help you! The Little Interiors Co has evolved over the past two years (you may remember us from the Pop-Up Shop last year in Huapai) and has gone in an exciting new direction with the principal designer and director, Kelly Wright at the helm. Interior Design Packages to cover a number of various needs are now publicly available and these also include some exciting e-Design options so we can aid you in your bid to stylize your home anywhere in the world! With new house builds, renovations, product designs and implementation along with personal experience, you will be in good hands with us. Here are some thoughts from one of our lovely clients:

I have had the pleasure of refreshing my bedroom and lounge recently and couldn't have done it without the expertise of Kelly. I LOVE walking into each room and seeing the difference of how some gorgeous custom products and

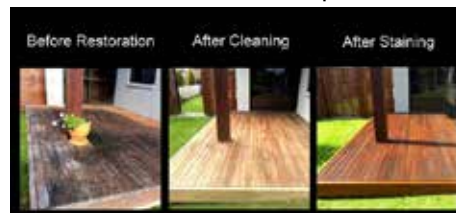
organisation can make such a difference! Highly recommend such professional and personal service. Suzanne, Auckland We would love to hear from you with any queries so please drop us a line at hello@thelittleinteriorsco.com or our Facebook page [www.facebook.com/LittleInteriors-Co](http://www.facebook.com/LittleInteriors-Co). There is also more comprehensive information and products available to you over on our website [www.thelittleinteriorsco.com](http://www.thelittleinteriorsco.com).

## DECK AND FENCE PRO

After withstanding all sorts of weather for years, wooden decks, fences and outdoor furniture can look decidedly unattractive. Replacing them completely or trying to restore them yourself can involve lots of time, expense and frustration. But now there's another option that's not only affordable, but will also bring them back to their original beauty, just in time for summer. Deck and Fence Pro specialise in the complete restoration of weathered decks, fences, garden furniture and more – and the results are so good they astound customers, say local franchise owners Zane and Jaimi Scott. Fully trained in the latest techniques they employ professional cleaning and restoration technology which is environmentally friendly. They use Deck and Fence Pro's own range of special cleaning solutions before applying the companies specially formulated range of linseed oil-based stains, or paint if you prefer, to make the restored items look like new. Removing UV damage, lichen, dirt and stains is no problem and

the service is quick and efficient. The company also cleans and restores brick, block and plaster fences, as well as water blasting to clean driveways, garden paths and other outdoor areas. Deck and Fence Pro also supply and fit garage carpet, an option that appeals to an increasing number of people using their garage as extra living space. Carpet can be professionally fitted in just half a day and will transform the look of your garage.

Call your local Deck and Fence Pro Specialists, Zane and Jaimi Scott for a free no obligation quote, on 0220963172 or email [zane.s@deckandfencepro.co.nz](mailto:zane.s@deckandfencepro.co.nz).



## DEANOS HOUSE WASH

Soft house-washing and also commercial buildings, gutter cleaning, gutterguard, roof treatments, roof painting, spider treatments, waterblasting decks, fences, concrete, rubbish removal and much, much more! Pensioner rates available. Phone Dean on 021 149 7049 or Danni on 021 205 4013 or email [deanoshousewash08@gmail.com](mailto:deanoshousewash08@gmail.com). Please feel free to phone, text or email for a no obligation quote.

## LADIES NIGHTS

18 Nov 2015 7.00pm - 9.30pm. Get the girls together for a fabulous night out at Mitre 10 Mega Westgate!! Get the chance to pick up expert tips from our huge range of suppliers, plus gain some hands on experience building your own planter box with our very own Stan Scott. With refreshments & nibbles plus loads of spot prizes and giveaways this event is not to be missed! REGISTER TODAY!!! <http://www.mitre10.co.nz/local/MEGAWestgate/>

## The Travel Brokers

*'Your personal travel professional'*

**Tanya Franklin**  
Travel Broker

Tel DDI: 64 9 411 9105 Mobile: 021 254 9169

Email: [tanya.franklin@thetravelbrokers.co.nz](mailto:tanya.franklin@thetravelbrokers.co.nz)

[www.thetravelbrokers.co.nz/tanyafranklin](http://www.thetravelbrokers.co.nz/tanyafranklin)  
Waimauku, Auckland 0881, New Zealand

## KUMEU HIRE LIMITED EQUIPMENT AND MACHINERY

### KUMEU EQUIPMENT

Cnr Wookey Lane & Loft Place  
Ph 09 412 9905  
Fax 09 412 9965  
Hrs Mon-Fri 7am - 5pm  
Sat 7.30am to 5pm  
Sun 8am -4pm

### HELENSVILLE

41 Mill Road  
Ph 09 420 9905  
Fax 09 420 9015  
Hrs Mon-Fri 7am -5pm  
Sat 7.30am to 12pm  
Sun Closed

## FOUR WALLPAPER DO NOTS

Hi everyone, just a quick word on wallpaper today. More specifically, what not to do!

Remember to sign up to my blog [www.loubrown.co.nz](http://www.loubrown.co.nz) so you don't miss a post.

Coaxing a friend, handyman, builder, painter or husband to hang your wallpaper is a BIG no no. Hanging wallpaper is an art in itself and needs to be done by an expert – truly IT DOES. There are different installation and wall preparation methods for each different type of wallpaper! Instructions up the waazoo, as Hosking would say! Your wallpaper might look great to begin with, but then after a month or several years starts to have problems; peel, bubble, peaking seams and stains. 90% of wallpaper faults come down to poor surface preparation and installation. This can be a very expensive and time wasting mistake, especially if you're forking out \$100 plus per roll.

Wallpaper makes a great feature wall and feature walls add much needed drama in a room, especially when you use inky, moody hues. Take your space to that next level and go as bold as you like with your wallpaper, however, the trick is not to let it be the only feature in the space. This is where most people go wrong; you don't want it standing out like a sore thumb. Add other bold focal points, such as a feature chair, pendant lights, artwork and plants that both echo and complement the palette of your wallpaper.

Unless you really know what you're doing don't butt a highly contrasting paint colour right up against your wallpaper. Choose a paint colour that complements and ties in with your bold but beautiful wallpaper. Alternatively go the whole hog and paper the whole room – go on, I dare you!

Never apply wallpaper straight onto unsealed plaster board. Use an oil based pigmented sealer and leave it to cure for a few days. This will stop moisture damage and staining down the track. Same applies if you are wallpapering over an acrylic paint. If it is an oil based paint you will get away with a sugar soap wipe down and a quick sand. You can get acrylic based sealers, but most hangers would argue you can't beat oil based.

A final tip - I LOVE dark moody wallpaper, however, when it is hung you can see the white edges of each drop, so it's best for your hanger to colour the ends of the rolls before they start unrolling the roll. You can use felt pens, pastels or even chalk, just make sure it is a close match to the surface colour of the wallpaper.

Hayley - Anne Brown – Phone 021 814 329 or visit [www.facebook.com/loubrowndesign](http://www.facebook.com/loubrowndesign) or [www.loubrown.co.nz](http://www.loubrown.co.nz).

## PIMP YOUR MOWER!

Blazer Engineering – saving the world from badly mown grass! If you've got grass you have probably got a mower. Spring is finally here so now is the time to ensure your mowing machinery is in tip-top condition to tackle the summer ahead. Blazer Engineering are the people to call for all your mower servicing and repairs. Their on-site service will have your mower running and cutting sweetly with the minimum of fuss.

John Tutchen from Blazer Engineering has established his new business in order to make his skills available to a wider audience than just those lucky JD owners he has met around West Auckland over the past seven years working as a Specialist Techni-



A DIVISION OF WYATT LANDSCAPE SUPPLIES

**Call: 09 411 9604**  
**948 State Highway 16, Waimauku**  
 (just after the Muriwai turn off)

Locally owned & operated [www.landscapesupplies.net.nz](http://www.landscapesupplies.net.nz)



**Spring planting time!**

**Specials:**

- Forest floor mulch \$45/m<sup>3</sup>**
- Premium planting mix \$95/m<sup>3</sup>**
- Cambian bark \$55/m<sup>3</sup>**
- Premium planting mix 40 litre bags \$8**
- Compost plus (100% weed free) 40 litre bags \$8**

All prices include GST  
Offers expire Nov 30, 2015 - subject to availability

**OPEN 7 DAYS! Mon-Fri: 7.30am-5pm Sat: 8am-5pm Sun: 9am-3pm**

**WE CAN DELIVER**

- Sand
- Metal
- Shell
- Pebble
- Scoria
- Mulch
- Garden Mix
- Topsoil
- Compost
- Tirau Gold
- Pine Bark
- Cambian Bark





Palmer's  
**Planet**  
fresh living

# Get your back yard Summer ready!



## The best place to kick off November is in your kitchen garden.

It's the perfect time to make sure that your favourite summer vegetables like tomatoes, cucumbers, eggplant, lettuce, sweet corn, spring onions, watermelon and celery are in the ground. Planting basil in amongst your tomato plants will boost the flavour of both plants as they are perfect companions in the garden as well as on the plate! Tomatoes will benefit from feeding with Thrive Flower & Fruit or Tui Tomato Food, staking and regular watering. You can sow your favourite seeds directly into the garden now, such as pumpkin, courgettes, parsnip, radish and sweetcorn, and for continuous harvesting over the coming months sow at two to three weekly intervals.

Be sure to spray veges with Copper Oxychloride or sulphur to guard against fungus and mildew diseases, and drench all vegetables with Ocean Organics Liquid Seaweed for good growth from the start. Feed your citrus trees with Palmer's Citrus Fertiliser - and other fruit trees with Palmer's General Garden Fertiliser - and be sure to hang Codling Moth traps in any apple trees to trap the moths and prevent the larvae entering fruit. The most effective control is to spray with Yates Success Ultra Naturalyte every 14 days,

as soon as the petal blossoms have fallen.

For a lush green lawn, even when it's dry, apply Palmer's Lawn Fertiliser when rain is due or water it in with a sprinkler. And remember not to cut the lawn too short from now on, and keep up with weeding using Turf Clean for broad leaf weeds and Prickle Weedkiller to control Onehunga weed for a prickle free lawn all summer long.

And once that lawn is looking good, pop into Palmer's Planet to grab everything you need for the perfect summer backyard. We have a huge range of new season's furniture in store now, including bar settings, capsule hanging chairs, outdoor dining suites and more! We are West Auckland's specialist Weber BBQ retailer and have a full range of BBQs and accessories in store, so come in and check them out - or attend one of our demos and see these popular BBQs in action. And why not treat your family to a new spa pool this summer? We have a great range to choose from, ranging from 2 seats up to 7.

*Enjoy this month in your garden*

**From Mark, Melissa & the team at Palmer's Planet Westgate**



*Get your summer vegetables and herbs planted now and enjoy the benefits all summer long!*

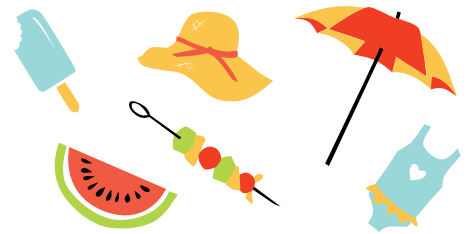


*In store now!*



**New season outdoor furniture**

## Outdoor Living EXPO



**Elho Pure pots in store now**

**From 54<sup>99</sup>**



**Plant up your pots with:**

**Tropicanna Black**

**16<sup>99</sup>** was \$19.99

**Patio Standard Roses**

**29<sup>99</sup>** were \$37.99



**BBQ Food tent**

**29<sup>99</sup>**

*Back by popular demand!*



**Great range of Trueform spa pools**

**Trueform SPA POOLS**

**GARDENING** IS NOW EVEN MORE *Rewarding*



**Join in store or online at [mypalmersrewards.nz](http://mypalmersrewards.nz) and start growing your rewards!**

**Northside Drive, Westgate. Ph: 09 810 8385.**

**Open Monday - Friday: 8.30am - 5.30pm**

**Saturday - Sunday: 8.00am - 5.30pm**

[palmersplanet.co.nz](http://palmersplanet.co.nz) [facebook.com/palmersplanet](https://www.facebook.com/palmersplanet)



**We are West Auckland's exclusive Weber Specialist Store**



cian for the local "Green & Yellow" dealership. John is widely regarded as Auckland's top mower technician. He will check your mower and your grounds, then advise a cost-effective service and /or repair to enable you to mow with the confidence that your lawn will look its best this summer. It doesn't matter which brand of mowing machinery you have – John has the experience and skill to make sure your mower is performing at peak efficiency. "Poorly maintained mowers can be costly in both fuel and repairs," he says, adding "Blunt or damaged blades can lead to disease in your grass and poor 'after-cut appearance."

Factory trained on John Deere, Toro, & Ransomes Jacobsen mowing machinery due to his specialist skill as a Golf Equipment Technician, John has experience both here in NZ, and overseas in Britain where the art of mowing grass is not just a matter of life and death: "It's more important than that!" he quips.

So, if you want prompt, professional and proper service for your grounds care machinery – Call John at Blazer Engineering on 021 663 669.

## TOBIN INSURANCE SERVICES

Jeff Tobin CLU, ANZIIF is a Chartered Life Underwriter and Insurance Adviser based North-West in Taupaki. Jeff has worked in the insurance industry since 1978, and in 1987 he formed Tobin Insurance Services – a one-stop life, medical and general insurance adviser service.

Personal service has helped Jeff build a trusted agency, which even includes third generation clients. An emphasis on helping people and "providing future dollars, when you need them the most" has benefited many clients over the years at claim time. Jeff is supported by Debbie, Office and Client Service Manager, Elaine in Accounts and Admin Support, and Sheena Symonds our new adviser. We are ready to meet you and provide you with the best Insurance advice available.

Contact Tobin Insurance Services for experienced and quality insurance advice and a free, no obligation review or chat – we can come to you at your home or work. Contact Jeff on 09 412 5997 or [jeff@tobininsuranceservices.co.nz](mailto:jeff@tobininsuranceservices.co.nz).

## PONIES 4 PARTIES

It's Party Season! Are you looking for a special venue for your little, or not-so-little one's birthday party? We are pleased to announce that we are now taking 2015 and 2016 bookings for the "Ultimate Pony Party" at our stunning rural property in Murirai. We are situated just five minutes drive from the popular

**Graham Gill** AREINZ  
LICENSED SALESPERSON



**Mike Pero**  
REAL ESTATE

**P** 09 412 9602  
**M** 021 588 661  
**F** 09 412 9603  
**E** [graham.gill@mikepero.com](mailto:graham.gill@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

---

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
327 Main Road, Kumeu & 2 Clark Road, Hobsonville



**Zash Hair**  
77 Waitakere Road  
Phone: 021 814 663





## NOR-WEST & KUMEU GLASS SERVICES

Specialists in Windscreens & Glazing

46 Main Road  
Kumeu  
PO Box 626  
Kumeu 0841  
**Darren Hakesley**



Phone: 412 9914  
420 7818  
838 1499  
Fax: 412 7875  
Mobile: 0274 965 596  
[nwkg@xtra.co.nz](mailto:nwkg@xtra.co.nz)



**DAN AYRE**  
[danielayre@hotmail.com](mailto:danielayre@hotmail.com)  
021 428425  
West Harbour  
Auckland

**BACK 2 FRONT**  
Plastering & Painting Solutions

## VODANOVICH

LAW

SALES & PURCHASE  
OF REAL ESTATE

RELATIONSHIP PROPERTY  
BUSINESS STRUCTURES

POWERS OF ATTORNEY  
WILLS & TRUSTS

COMPANY LAW  
TERMS OF TRADE

EMPLOYMENT LAW

---

**PLEASE CONTACT IVAN**  
[ivan@vlaw.co.nz](mailto:ivan@vlaw.co.nz) 09 412 8000  
4a Shamrock Drive Kumeu



West Coast beach. There is the opportunity to meet our beautiful and charming miniature horse foals, plenty of pony contact with pony rides, grooming the ponies and use of the hobby horses and you will enjoy plenty of outdoor party games. The gardens are just beautiful with Natives, Palms, Bromeliads, Iris and an amazing display of Day Lilies which you are welcome to take a stroll down the secret path to the mini lake where you will see tuis, ducks and of course hear the fascinating sound of the resident frogs! All party décor, platters, cutlery and furniture are provided. All you need to bring is the children's party finger food, drinks and don't forget the Birthday Cake! Another great option is our "At your venue" party. For more information please visit [www.ponies4parties.co.nz](http://www.ponies4parties.co.nz), our Facebook page [www.facebook.com/Ponies4PartiesNZ](http://www.facebook.com/Ponies4PartiesNZ) or email us on [info@ponies4parties.co.nz](mailto:info@ponies4parties.co.nz).

## ST JOHN SUPPORTERS SCHEME

Did you know that you can join St John and receive the peace of mind of free ambulance cover for you and your family at an annual cost of \$45 for an individual or \$75 for your whole household? Hopefully you won't need an ambulance and excess funds for annual subscriptions are used to buy new equipment and vehicles for our ambulance service. With Christmas only weeks away, the best card to give your loved ones is a St John Supporters Card and they can relax knowing that their ambulance bills are taken care of. The St John Op Shop Helensville staff are pleased that the people can now enrol in the Supporters Scheme at the shop, open 10am-4pm Monday to Friday and Saturdays until 1pm. Or you can find more info about how you can support St John or enrol at [www.stjohn.org.nz](http://www.stjohn.org.nz).



## DT DENTURE CLINIC

The team at DT Denture Clinic have put together some of the frequently asked questions:

My dentures have broken and I tried to glue them back together but it doesn't seem to hold. Can this be repaired?

In most situations, yes, this can be repaired, depending on the severity of the damage. We can repair the same day meaning you don't need to go overnight without your dentures!

My dentures have broken in the past and are constantly getting

repaired. Is there no real solution?

Dentures that are constantly cracking or breaking need to be reinforced with something stronger than the high-impact acrylic the dentures are constructed of. If you are wearing a full denture, we can do this by reinforcing the denture with a cobalt-chrome alloy: none of which is visible when you smile!

What is a relines?

When you have a denture made, the fitting surface of the denture is a duplication of what your gums looked like at the time you first had them made. Over time the bone beneath the gum shrinks and this makes the denture loose. A relines is where we renew the fitting surface, updating it to what you have presently minimising the looseness. We offer same day relines!

What is an immediate denture?

An immediate denture is a complete denture or partial denture inserted on the same day, immediately following the removal of natural teeth.

Prior to having your teeth extracted, we take impressions of your mouth and make a denture that restores your teeth and smile, all of which is a process you have complete control over. If you have any other questions you can make an appointment with the team at DT Denture Clinic, 67 Brigham Creek Road, Whenuapai, phone 09 416 5072 or visit [www.dtdenture-clinic.co.nz](http://www.dtdenture-clinic.co.nz).

## NATURES EXPLORERS KINDERGARTEN

Natures Explorers Kindergarten invites you to hear Parenting expert Nicky Cleary presenting "Determined Parenting for determined kids" on Tuesday 10th November at Natures Explorers Kindergarten, 1 Maude St, Riverhead 6.45-9pm. RSVP on 09 412 8800 or email us [office.kindergarten@xtra.co.nz](mailto:office.kindergarten@xtra.co.nz) – all welcome!



## DELIVERING A MORE EFFECTIVE ADVERTISING MESSAGE

People that read magazines and on-line content are smart and intelligent. They decipher information that is relevant to them and they gravitate towards information portals that deliver answers and question their thinking. Kumeu Courier magazine and the more recent Westerly magazine are community magazines that deliver significantly more value to the advertiser in a number of ways:

Firstly, the email database of the magazines are created from

**Joanne O'Brien**  
LICENSED SALESPERSON





**P** 09 412 9602  
**M** 027 683 3366  
**F** 09 412 9603  
**E** [joanne.obrien@mikepero.com](mailto:joanne.obrien@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
327 Main Road, Huapai, Kumeu  
Auckland



**BLAZER Engineering Ltd.**  
On-Site Repairs & Servicing

**John Tutchen**  
**021 663 669**

[john.tutchen@hotmail.com](mailto:john.tutchen@hotmail.com)

Mowing Machinery, Mechanical, Military, Marine & More

people interested in moving into the area. The database of people looking to buy into the area is collected through emails and open home activity and delivers a highly motivated group of people that will be moving into the area, spending money on renovating, kitchens, bathrooms and flooring and engaging their family within the community.

Secondly, the magazines are distributed by mail box delivery, email delivery and hard copy magazines are available to be picked up from supermarkets throughout the area, outside mail box collection areas and in selected cafes and dairies in the area. Therefore it is available 24-7 for 30 days, delivering extremely good value to readers and advertisers alike.

Thirdly, the editorial content of Kumeu Courier and the Westerly magazines are uploaded to facebook, the localist, and their own web sites, therefore circulating relevant content to a wider audience.

Our editorial policy for Kumeu Courier and the Westerly allows any person, community group or business to submit 150 words and a colour photo at no cost. Any logos or advertising can appear within cost effective advertising space starting at \$75 plus GST for a business card sized advert. There is no requirement for editorial providers to advertise within the publications however it is suggested as it delivers a stronger message.

If you have an interest to communicate with smart and intelligent public from Hobsonville Point to Muriwai and everywhere in between we suggest you contact us on 0800 900 700 or email



sarahcartwright022@gmail.com or glms@xtra.co.nz. It could be the very best marketing decision you make all year.

## GEOPATHIC STRESS

Have you noticed all the 'Cell towers' that are popping up in your neighborhood? Ever wondered if they may be affecting your health?

Sure there is nothing worse than your mobile phone dropping out when you are on a call, but are all these towers 'good' for us? I think the answer is NO!

Don't get me wrong. I'm the biggest 'gadget junkie' out there, and love my mobile phone and iPad, but I do know that in more and more instances my customers' health issues seem to be affected by Electromagnetic Fields (EMF's and EMR's).

There is however another silent troublemaker that is draining us as well, called Geopathic Stress (GS) which is caused by the Geo-magnetic grid lines that go around the earth as well as underground water.

If these are where you spend time 'stationary' in your home or office, (bed, couch, desk etc), they will be zapping your energy and lowering your immune system.

If you are affected by Sleep Disorders, Chronic Fatigue, Crohns, IBS, Allergies, and many other symptoms, you may be affected by GS. Nicky Crocker - Clear Energy Homes, visit: [www.clearenergyhomes.com](http://www.clearenergyhomes.com) or phone 021 545 299.



## WE HAVE MOVED!!

Great new building  
Stunning new playground  
Fabulous new resources  
Same great teaching programme

You'll find us now at **8 Grivelle Street, Kumeu** (off Access Road). Our purpose built classrooms and playground offer a superb range of opportunities for discovery, learning and play. Come in and see us, and ask about our relocation pricing special.

KUMEU  
MONTESSORI  
PRESCHOOL

p 412 9885  
[kumeumontessori.co.nz](http://kumeumontessori.co.nz)

Making learning irresistible



# Curry Leaf

## Indian Restaurant & Takeaway

*(Great Food, Great Value & Great Portions)*

- Modern Restaurant
- Upstairs seating for private function, Booking Available
- Fully Licensed & BYO Wine Only

Monday & Tuesday Dinner SPECIAL

# \$12.99

## Dine-in All Mains

(Excludes seafood, tandoori & Chinese food)



**FREE Home Delivery (min order \$40)**

**7 NIGHTS 4:30 to 9:30pm**

**Kumeu**      **250B Main Road, (behind the Bakehouse)**  
**Original branch**      **Ph 09 412 9218**  
**of 15 years**

**Westgate**      **5/579, Don Buck Rd, (Next To KFC)**  
**Ph 09 832 0306 Open Thu-Sun Lunch**

**Helensville**      **12 Commercial Road,**  
**Ph 09 420 9989 Open Wed-Fri Lunch**

**Restaurant Open 4 to 10pm 7 nights**

**[www.curryleafrestaurants.co.nz](http://www.curryleafrestaurants.co.nz)**