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Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

■ Pet tips & advice

■ Food & beverage

■ Home & garden

■ Property market report

FLOWERING CHERRIES A CHEERY SIGHT

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

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

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

November 2017

Intro

Welcome to the November edition and the official countdown to Christmas! This is my favourite time of year when the end is in sight and dreaming of long lazy summer days spent with the family is closer to becoming a reality. This year has been a long and challenging one for many people and the holidays will hopefully bring some well-deserved recuperation time. In the final few weeks of this year there are plenty of fun activities for everyone and with the weather improving its time to get out and about and make the most of it. Book enthusiasts will be pleased to know that the Lions Club of Helensville is once again holding their popular Christmas Book Fair on, Saturday 25th, 9am to 4pm and Sunday 26th 10am to 3pm of November, in the Helensville War Memorial Hall. Pop in and pick up some good reads for when you have a spare minute to yourself on the beach this summer – or to keep yourself entertained on those long road trips! Following on from the success of the Autumn Book Fair in May where \$8,300 was raised for use in the local community - all funds raised in this fair will go into The Lions Club of Helensville Charitable Trust, and will be used for the benefit of the local community. Donations can be left at Helensville Copy & Print or call Chris on 09 420 8527. The last date to donate books for the Book Fair is Friday 17th November. A blessing and turning of the first sod for the Huapai Hub is on November 25 at 9am. Everyone is welcome to attend this function near the Kumeu Art Centre. After this, the process will begin, Graeme Hammond says on behalf of the Huapai Hub convening team. "Come along and support us, enjoy a sausage sizzle and light refreshments, find out what we are up to and what you can do to help. Bring your children as well." Stage one plans will be available, showing community and cultural proposals for the area around the art centre and the Auckland Council Kumeu service centre and library. The Hub project is focused on the area identified in the plan and it does not include other developments as proposed by the Rodney Local Board Centre Plan process. The land belongs to our community and at present the area is untidy and unloved. The Hub team has worked hard with local young designers at Resilio Studio who are very supportive of this development. They're keen to see community involvement -especially from families and businesses and will be at the opening ceremony. The team says it needs other input, such as materials, donations, labour, expertise and more. The success of this project and its continuation is going to be reliant on the involvement and generosity of you all.

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



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kumeu Courier

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Cover photo: Rodney Local Board deputy chairman Phelan Pirrie checks out the cherry trees.

Print run is 10,000 copies through Treehouse Print
Email database is managed by Sublime NZ

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FLOWERING CHERRIES A CHEERY SIGHT

Stories by Geoff Dobson.

Flowering cherry trees make a welcoming pathway along State Highway 16 between Kumeu and Huapai.

About 150 trees were put in as a community project, initially from a Rugby World Cup grant to help tidy up Auckland ahead of the 2011 event.

Thirty more were added in October 2012, and now a continuation of the community "Cherry Tree Project" proposes at least another 30 for next winter.

Residents are savouring the fruits – or rather flowers – of that earlier labour.

Comments on Facebook have praised those involved, saying the flowering cherries look "stunning" and help beautify the town.

Graham McIntyre has been involved in the project since the beginning, through both the Kumeu Courier's philanthropic fund and Mike Pero Real Estate when the Kumeu real estate office was known as LJ Hooker and underwrote it.

"There was some concern about ripping all the existing trees out, so we planted the cherry trees among some of the established trees," Graham says.

Most of the planting was along SH16, with sponsors sought for the project's continuation.

The response from businesses, the community, the Kumeu-Huapai Residents and Ratepayers Association and other local organisations ensured it was a success, some having commemorative plaques put under selected trees.

"Many were added to the north-western end of Huapai, and some at the south-eastern entrance to Kumeu as well," Graham says.

Now he wants to see more added to extend the plantings at both ends and fill any gaps.

"We wanted to do something that added visual appeal to the

area," Graham says.

"When you see photos of cherry blossom in Japan and what a big attraction it is there then the highway borders here will look spectacular within 20 years."

Graham says it's pleasing to see the appreciation for the trees already planted and coming into their own.

It's not just the planting which requires work either.

The trees need staking, watering – especially when getting established – mulching and monitoring.

Treescape has been of particular assistance in that respect, Graham says.

The local company has provided its services free to ensure the trees are well maintained and growing, he says.

With help from Craig Walker Building Removals, bollards have also been installed to prevent any wayward vehicles smashing the cherry trees.

Graham says the project helps bring the community together in beautifying the area.

He expects people will rally around again to help with the next round of planting later next year.

Phelan Pirrie was involved in an early round of planting and says it's good to see the cherry trees flourishing.

He hopes to see the planting continue.

THE LAST BRIGHAMS CREEK WOMAN BUTCHER

The death of Phyllis 'Phil' Marguerite Sinton at 96 means another pioneer link with the Kumeu district has gone.

Phil, as she was called, was the only woman butcher known to work in the area.

Born on December 15, 1920, she later worked with her husband George Sinton in the family's Brighams Creek butchery, supplying an area from Kumeu to Hobsonville and north to Coatesville. Scottish immigrants William and Janet Sinton first started the



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PEOPLE & PLACES

farm after arriving in New Zealand on the ship The Red Jacket in 1860, beginning with a farm at Hobsonville.

So started a long association with the area by the Sinton family, from gum digging days to farming and even tobacco growing. Their story features in a number of books and articles about the area, including 'The Sintons of Brighams Creek and Hobsonville – 100 years of Family History', written in 1970 by JS Hodder.

Janet later bought a son-in-law's store and associated butchery, bakery and land at Brighams Creek in 1890.

The slaughterhouse was nearby, and all the washings went into the Upper Waitemata Harbour to feed the eels.

Phil was considered a good sportswoman in her time. She attended Taupaki School then Huapai District School and was noted for her netball, badminton, tennis and water-skiing prowess. She married George -named after his dad - in 1943 when she was 23.

Phil and George closed the Brighams Creek butchery after it had been in the family many years and ran a new store, Huapai Meats, in the current Huapai shops in the 1960s and early 1970s. Ironically, a key reason they closed the Brighams Creek butchery was because the traffic was getting too much for people to stop safely at the bottom of the hill, being on the only main road north for many years.

A woman chopping up the meat in a butchery wasn't consid-



ered the thing to do in those days, but Phil resisted any attempts to change her job.

The shop was a stand-alone premises in Huapai then, but eventually more shops were built either side.

Sinton family buildings still stand in parts of the area. One of the homes built before 1900 is just off State Highway 16 near Brighams Creek. An old church – previously a school and dual-purpose building was established not far away. It was converted to a home and used by one of Phil's sons, Pete, for six years.

Pete says Brighams Creek land owned by the Sintons was kept within the family for many years. "Which is why the area was never developed as a township."

Phil is survived by eldest son Pete, Murray and Lloyd Sinton.

MURIWAI BEACH SURF CLUB SET TO PARTY

The 70th anniversary of the Muriwai Volunteer Lifeguard Service will be celebrated in style on November 17-19.

The party starts on the Friday night at a city venue and is followed by a formal lunch at the club on Saturday. A Surf Life Saving Northern Regional carnival is planned prior to the lunch, so guests can watch.

The Sunday is an open day for the community, starting at noon with the George Jakich band The Outpatients and food trucks featured. It's timed so Junior Surf members or "nippers" and their families can participate. Fun events may be included before the day wraps up at 4pm.

Reunion merchandise such as polo and t-shirts are expected to be available. Further 70th commemoration events are planned throughout the summer.

Contact Tim Jago on tim@promotion.co.nz for more information.



TAUPAKI COOKBOOK SERVED UP FOR CHRISTMAS

"Life is uncertain – eat dessert first," Taupaki School cookbook photographer and co-author Nicola Topping told more than 100 guests at the launch of 'gather'.

Nearly 30 pages of desserts feature mid-way through 232-pages of recipes from Kumeu district residents, compiled by Nicola, pictured right, and co-author Linda Roodt.

About 2000 of the cookbooks have been printed ready for Christmas at \$30 each – or three for \$80.

Funds raised will help develop Taupaki School's technology centre, Principal Pete Hall says.

He says the book is not only about recipes, but with photos of

students involved in country activities it also represents a rural way of life under pressure from Auckland's development.

"Right from the start, this was a chance for us to come together as a community and write our history, so we can tell it 10 to 20 years from now."

Nicola thanks all who contributed. This includes sponsors like Graham and Gail McIntyre, the first to back the book as representatives of Mike Pero Real Estate Kumeu and Hobsonville, the Kumeu Courier and – for Gail – as the school's PTA co-chair-woman.

Dawn Chambers' work in typing up the first Taupaki School cookbook's 300 recipes nearly 30 years ago, contributing her rhubarb and ginger jam recipe to this book, brought recognition at the 'gather' launch at Gracehill Vineyard Estate.

Saying it will make "a great Christmas present", Nicola says some businesses are presenting the cookbook to selected customers. Described as "a cooking journey through North West Auckland and beyond", the book has easy to read recipes with full page photos of each dish, ranging from brunch and starters to baking, condiments and a "packed lunch" section.

There's even a "time out of the kitchen" category with 15 local eateries.

Nicola says the lead up to Christmas is a vital time for the cookbook project, with the book offered through various farmers' markets and from the school.

Visit www.taupaki.school.nz for more information.



BIN THERE, DONE THAT

The Sparnons have been in the bin business 20 years. Stephen and Jane have been known as Mr Binz (and Mrs Binz) in that time.

Now they've sold their rubbish collection service to another waste collection company to concentrate on their GrabIt crane, clamshell grab and truck bulk rubbish and vegetation removal side.

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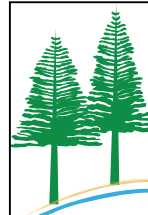
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But there's a lot more to this Riverhead couple than dealing with rubbish.

Jane's dad is famous former distance runner Ray Puckett.

Coached by Arthur Lydiard, Ray became the first Kiwi to complete a marathon in under two-and-a-half hours, and competed in the 1958 British Empire and Commonwealth Games, the 1960 Rome Olympics (where Peter Snell won the 800m and Murray Halberg the 5000m) and the 1964 Tokyo Olympics.

Jane tried athletics at an early age, and became more involved in the Riverhead Amateur Athletics Club as a mum, helping drive the organisation.

Once the children – Eugene, Callan and Shelby – moved on, Jane's athletic club involvement ended.

During more than 50 years in the area, Jane's been involved in a wide variety of activities – both business and community.

She's president of the Kumeu Agricultural and Horticultural Society, which runs the popular annual Kumeu Show, the next one on March 10 and 11.

Jane got involved through her cake-making business, Paula Jane Cakes, which also led her to becoming NZ Cake Decorators Guild president and travelling around the country to events.

Persuaded to help with the Kumeu Show's baking section, she became indoor division chief steward for seven years then society president three years ago, now taking on the position for another three-years.

Jane's helped run the Mr Binz business with husband Stephen for many years.

Initially helping with her dad and uncle's business PB Bins (Puckett Brothers Bins), she ran the office with Stephen coming on board as manager for two years before they bought it in 1998.

"With Jane's workload increasing we decided to sell it after we had an offer from a large company," Stephen says.

He says the bin business took considerable time and effort.

They concentrated on a side business they were already running, developing it into using two specially built trucks of 30 cubic metre capacity with cranes and grabs to cater for bulk rubbish removal, hard fill collection, picking up logs and firewood, and building demolition.

The Isuzu eight-wheelers had to be just the right size. "Too big and they can't get in to the job, while too small and you have to go back and forth," Stephen says.

A new name had to be found.

"Calling it Mr Grab just wouldn't work, so we went with GrabIt, with the website 2GrabIt to distinguish it from Grab One and Grab a Seat."

When not on waste removal trucks, Stephen has been on fire engines.

A Kumeu fire brigade member for 11 years, he now gets together regularly with former members known as "Embers". Son Eugene joined the brigade too.

Stephen says it's good to see past members remain involved.

"We have a monthly get together at the station, and take our partners out for a Friday dinner."

Stephen also organises the annual poker run between five fire stations.

This year it's on November 26, starting at the Muriwai fire station and taking in Shelly Beach, Helensville, Kaukapakapa, Kumeu and finishing back at Muriwai.

The motorcycle ride starts at a different station each year, the host brigade taking the fundraising proceeds, usually around \$5,000-\$7,000.

Each participant pays \$35 and picks up a playing card at every station, the best poker hand winning the main prize.

"The first ride 12 years ago got about 30, now we get about 150 people participating."

Stephen says he started the poker run because he liked the idea of local brigades gathering socially rather than just meeting at various emergencies, fostering comradeship.

Firefighters often like riding bikes. "So we put the two together, and making money for the brigades is a bonus."

Embers help with other brigade fundraising too.

Jane attended Huapai District School, and Stephen served on its parent teacher association for a time, including a year as chairman.

The couple looks forward to the school's 100th anniversary in 2019.

Stephen and Jane actually met at Massey High School when Stephen was a student there.

Being part of the area so long, the Sparnons know many of the Kumeu district's residents.

They've seen massive change in the area during the past few years with more houses going on what was farmland, orchards and vineyards.

The traffic has built up too, so that getting around Kumeu and other parts of Auckland is harder. They often will go "round the long way" to beat the traffic snarls.

As for turning right across the highway at many points, Stephen says it's a case of hoping a local will recognise him and let him into a gap.

More needs doing to help fix the area's growing traffic issues, but the Sparnons agree that roundabouts like the one at the SH16/Taupaki Rd/Old North Rd intersection have made a big difference to what were previously notorious accident black spots.

He used to move cattle herds along local roads between farms and says you wouldn't try it now.

Riverhead is constantly changing too, with more houses and shops being developed.

You can bet, though, that both Stephen and Jane will remain involved in the community as long as possible.



SAFER COMMUNITIES

A few weeks ago the Waitakere Kindergarten had a community gala that the Waitakere Fire Brigade attended with the new fire truck. This was a great opportunity to show the community the new fire truck and for us to help the kindergarten at their gala. Hundreds of people showed up and a great day was had by all.

These community run galas are a great way for communities to come together to support each other and meet and make friends.

This Labour weekend is a great time to check your smoke alarms are working. It is also a good opportunity to go over your family escape plan.

In a fire, you'll probably be scared and disorientated. Toxic smoke might make it hard to breathe and see clearly. You will only have 1 or 2 minutes from the sounding of the smoke alarm to when your life is seriously threatened by fire or smoke.

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For further information go to fireandemergency.nz/at-home/creating-an-escape-plan/

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COMMUNITY NEWS

CHRISTMAS BOOK FAIR



25th/26th November 2017 at Helensville War Memorial Hall. Book enthusiasts will be pleased to know that the Lions Club of Helensville is once again holding their popular Christmas Book Fair on, Saturday 25th, 9am to 4pm and Sunday 26th 10am to 3pm of November, in the Helensville War Memorial Hall. Following on from the success of the Autumn Book Fair in May where \$8,300 was raised for use in the local community. Once again an excellent clearance of books was achieved and donated books are regularly arriving which will ensure a new and exciting stock for the Christmas Book Fair. Nonfiction is split into twenty separate categories, from Animals & Pets to Winemaking including one dedicated to New Zealand subjects, but that still leaves a large General Non Fiction section to browse through. Fiction is arranged alphabetically, authors from Atwood to Zigman, with six special interest groups, the greatest of which is the children's section. There is also a large fantasy section. Helensville Lions pride themselves in making your browsing as effortless as possible by the grouping of areas of popular interests and authors. Books are priced to sell with paperbacks at \$1, hardbacks at \$2.00 and all children's

books being 50c. There is also a good selection of jigsaws, board games, puzzles, LPs, Videos, DVDs, CDs and quality magazines available. All funds raised go into The Lions Club of Helensville Charitable Trust, and are used for the benefit of the local community. Donations can be left at Helensville Copy & Print or call Chris on 09 420 8527. The last date we are accepting books for this Book Fair is Friday 17th November.

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Kumeu Farmers Market Every 3rd Sunday of the Month. Market with a difference. Located on a great tranquil and Farm setting – the Kumeu Showgrounds. Free parking for all visitors. Great food, baking and home-made NZ crafts. Stall holders are of the finest. Amazing music from some of the top buskers in Auckland, Child Friendly – pony rides and much more. Come rain or shine, the market goes ahead. Our stallholders are undercover – all 85 of them. Set-up time for stall holders is from 7am onwards – market starts at 9am – 2pm. If you forgot to get cash, no problem, we have Cash Out available on site. Due to the Kumeu Showgrounds being a working farm, we do not allow dogs. Hundreds of sheep to view. Next market dates: 19th November and early Xmas market 10th December. No market in January, February, and March (Kumeu Show in March).

KAOS IN KUMEU 2

About 14 boxers – men and women – are lined up for the Kaos in Kumeu 2 fight night on November 24 to raise funds for the Kumeu Volunteer Fire Brigade. The event at the Kumeu Community Centre follows similar successful fundraising matches. Auctions held on the night will raise funds for the Brigade, promoter Phantom Boxing says. In August, almost \$2000 was raised for a young girl battling cancer, with more than 400 people attending. General admission is \$35 with doors opening at 6.30pm for the boxing from 7pm. Contact Andrew on 021

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HUAPAI GOLF CLUB



We welcome all golfers and visitors to the Huapai Golf Club to experience the joy and passion of playing golf and relaxing in our Lounge Bar and Café. Steeped in

history and in the heart of the Kumeu/Huapai wine growing district, Huapai boasts a championship course around 6000 metres, pristine, easy contour fairways, majestic mature trees, captivating water views and magnificent greens. For the purist, Huapai offers a fair test of skills with holes that are challenging but not too punishing. Huapai's rural setting on the upper reaches of the Waitemata Harbour makes it an enjoyable spot for a round of golf. A mainly flat easy walking course with narrow tree lined fairways and moderate bunkering guarding 14 of the 18 greens, will impress golfers of all levels. The Lounge Bar and Café at Huapai Golf Club is open every day and offers a variety of refreshments, snacks and meals at very competitive prices. The Club house has floor to ceiling windows that provide stunning views of the course. The lounge is an ideal environment for members and visitors to relax either after a great game of golf or as a walk-in. Please come on in, our Club is a friendly place and you are most welcome to participate.

CHRISTMAS GIFTS WITH MEANING



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COST EFFECTIVE COMPUTERS

Have you seen the news lately? There's been a massive wave of computers being hacked lately with a kind of malware (malicious software) called ransomware. What ransomware does is it infects your computer and encrypts all your important data locking you out, then asks for a 'ransom' to unencrypt your files again. This wave of ransomware is particularly nasty as it can silently infect computers running the Windows operating systems without the users doing anything. Keeping your Windows operating updated can protect your computer. However, at IT@Hand we are selling refurbished desktop computers with Linux preloaded. With Linux you do not get the security vulnerabilities that are inherit with the Windows operating system. These computers do everything you want that Windows can, and more. They are faster since they don't need to check for viruses all the time and come preloaded with lots of different applications. OpenOffice allows you write up documents or create spreadsheets. It comes with Firefox to surf the web and Thunderbird to check your emails. These computers are cheap and they need to go. Come see the guys at IT@Hand to check out our range. Shop 3, 322 Main Road, Huapai. Phone 09 421 9227 - option 4.

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There's more to Kumeu Library than just books - we are a place where you can do all sorts of things. Do you need access to free computing? You can use one of our public computers or connect your own device to our free wireless internet, so you can surf the web, email, and download or upload files. Our public computers come with a range of software including Microsoft Office 2010 (Word, Excel, Picture Manager, PowerPoint, and Publisher), LibreOffice (Writer, Math, Base, Calc, Draw, Impress), Gimp2, and MS Paint. Sessions are 30 minutes long, and you can use the computers for up to four sessions per day. You can also book a computer in advance. You get 1 GB free every day on our Wi-Fi network. Do you need to scan and email a document? You can use our printer and do this for free. Do you need to print a document (maybe those tickets for tonight's concert)? You can print from your own device or from our public computers (printing costs apply - from .20c per black and white sheet). Do you need to photocopy something? You can do it at Kumeu Library (printing costs apply - from .20c per black and white sheet). Are you researching your family tree? Auckland Libraries has subscriptions to several genealogy sites including Ancestry.com and FindMyPast.com which you can access for free at Kumeu Library. Have you just bought a new electronic device and you're not sure how to use it or how to download our free-to-borrow eBooks and eAudiobooks? Use our Book-A-Librarian service and have a one-on-one session with our trained staff. Do you need to see a Justice of the Peace? There is a Justice of the Peace available every Saturday morning at Kumeu Library, between 10am and 12 noon - this is a free service. Kumeu Library is a great place to come when you need to get things done! To keep up-to-date with events and news at Kumeu Library, follow us on Facebook (www.facebook.com/kumeulibrary).

KUMEU BLEND CHOIR

Rehearsals for our Christmas programme are progressing well and we have welcomed some new members. Our musical director has been away in Europe for 3 weeks and two of our members have stepped-up to take over rehearsals. It's surprising the talent that rises in a time of need, so thank you Ross and particularly Lynette as accompanist. Kumeu Blend is a friendly, un-auditioned choir. We sing a wide variety of music from classical choral through to music from shows and modern works. Some is challenging but all is fun. You don't need to read music to join the choir although it helps if you do. Feel free to drop in to St Chads Church, Hua-



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pai, at 7:30 any Monday evening, or if you would like to join us, please contact Christine Smith on 09 412 8939 or g.c.smith@xtra.co.nz or Margaret Lindsay on 09 849 8070 or Margaret@lindsay.co.nz.

THE HUB'S HAPPENING

A blessing and turning of the first sod for the Huapai Hub is on November 25 at 9am. Everyone is welcome to attend this function near the Kumeu Art Centre. After this, the process will begin, Graeme Hammond says on behalf of the Huapai Hub convening team. "Come along and support us, enjoy a sausage sizzle and light refreshments, find out what we are up to and what you can do to help. Bring your children as well." Stage one plans will be available, showing community and cultural proposals for the area around the art centre and the Auckland Council Kumeu service centre and library. The Hub convening team has worked hard to communicate with everyone and thanks all those who have participated in the process so far. A budget allocated by the Rodney Local Board allows a start on the first stage one, with the Hub team hopeful of further board funding to continue with the second stage. "For those of you who provided a multitude of exciting ideas, don't worry as we can consider these in the future stages," Graeme says. "The Hub project is focused on the area identified in the plan and it does not include other developments as proposed by the Rodney Local Board Centre Plan process. The land belongs to our community and at present the area is untidy and unloved. "The Hub initiative was the result of a community and local board desire to have a community-led project, to make decisions for ourselves rather than have the council make them for us," Graeme says. "However, we are working in close partnership with the Auckland Council empowerment team, the library and the parks team. "This form of community involvement is new to all parties and is based on the Pomegranate process." The Hub team has worked hard with local young designers at Resilio Studio who are very supportive of this development. They're keen to see community involvement -especially from families and businesses and will be at the opening ceremony. The team says it needs other input, such as materials, donations, labour, expertise and more. "The success of this project and its continuation is going to be reliant on the involvement and generosity of you all," Graeme says.

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IN BRIEF

UPDATES:EVENTS

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Escape to Warblers Retreat where the tranquility and the beauty of the natural surroundings will allow you to relax and rejuvenate. Warblers Retreat is perfect for couples seeking an escape, small private family gatherings or special occasions. If you are getting married, this is the ideal venue to prepare and pamper yourself before your big day or the perfect place to retreat to for a quiet honeymoon escape. Enjoy the beauty of our landscaped gardens and our native NZ bush walks. Delight at the sound of our native birds, view our glow worms twinkling their tails on a dark night or soak up the magic under the stars in the fresh water spa bath. Only 15-20 minutes from Kumeu and 5 minutes from Albany. View us online warblersretreat.nz, or contact Barb Milina, 09 414 4503, 027 543 0288, info@warblersretreat.nz.

SENIORNET KUMEU

Last meeting we had an enjoyable thought provoking talk from Dick Williamson of Kumeu Insurance about all things to do with house insurance. That

was followed by talks on Skype and Sim cards. Next meeting will be our Christmas and final meeting for the year and AGM. We hope to have something a bit special, so we are making the meeting a bit longer than usual. We will be having a Christmas raffle, so please come along to our meeting at 9:30am on the 1st of November at St Chad's Hall Huapai all welcome. Members to print a small plate.

KUMEU BOUNCY CASTLES



Summer is here and there are many weeks of sunshine to come so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, school events, etc. Remember to book a hall for those rainy day parties- the weather is still slightly unpredictable. We have a list of halls that are fantastic to use and local. Amazing Face Painter and Entertainers - Pirate, Fairy, Clown, Magician and Balloon Twister! All of our bouncy castle hire prices include local delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. No cancelation fee! Contact: Cindy 021 1192

573 or visit www.kumeubouncycastleles.co.nz or email kumeubouncycastleles@gmail.com.

MODEL TRAIN SHOW



Westgate Shopping Centre - by Pizza Hut, near EVENT Cinemas. Sat. & Sun. 18 & 19 Nov. 10:00 am - 4:30 pm. Adult \$5, Child \$2, Family \$10. Train displays for the modeller and all the family. Trains operating all day with a variety of scenic backdrops. The main display features 28 metres of double track with multiple long trains operating. Scenes include a working quarry, a wedding, a busy station, a logging camp with its own train, a town with lighting and a fountain, an accident scene and deep river gorges. A table top train set gives children a chance to learn how to control speed, reverse direction, and couple and uncouple wagons. Visitors can learn about modelling from enthusiasts. Dust off your old engines and bring them along. Find out what they may be worth. Advice on repairs can be given. Organised by the Auckland Marklin Club www.marklin.org.nz. Enquiries to Phil 027 440 0409.

MOTUTARA WAIMAUKU SCOUTS

Motutara Waimauku Scouts would like to say a HUGE THANKS to everyone who helped support our successful fundraising event on Saturday 30 September. A fantastic time was had by the 120 that came along for a fun night out at Muriwai Golf Club for our Horse Racing night, and we raised \$6,600 towards our exciting new Scout Den!

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WHAT'S ON AT KUMEU ARTS CENTRE IN NOVEMBER?

The Kumeu Art Awards. Saturday the 11th – 25th of November. Kumeu Art Centre are holding their first annual Art Awards. Prizes of up to \$1,000 cash will be announced at their awards ceremony on Saturday the 11th of November and the exhibition will run until the 25th. You can find more information on their website www.kumeuartscentre.co.nz/events.html. The Affordable Art Sale- Members' Exhibition. 28th November - 21st December. Artworks and crafts made by local artists and crafts people. Your chance to buy unique and affordable gifts or something for yourself handmade right here in your community. All art works are under \$400. Gallery Shop - Avoid the mall and support local people. Kumeu Arts Centre has a retail area selling a selection of beautiful ceramics, prints, cards, jewellery, and other goodies that would make perfect Christmas presents. Pop in soon for a look.

SUMMER IS COMING!



The NZ designed & created No Drippy IceBlock Buddy, is rapidly changing the way children & those with gripping difficulties eat iceblocks. They are making lives so much easier! The large handle gives a better grip on thin, slippery (regular sized) iceblock

sticks. Gone is the need to wrap tissues or flannels around the stick. It also acts as a counter balance to take some of the top heaviness out the iceblock - so no more dropping iceblocks.

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Simply perfect for little hands, arthritic hands or hands with gripping difficulties. Head to www.nodrippy.co.nz to get yours!

GLASS ARTIST AT THE KAUKAPAKAPA LIBRARY



Sunday 19th November. 10am to 1pm. Meet Kari Lindsay-Beale, a glass and glass jewellery artist, whose work is an expression of her love of nature, colour and harmony. First introduced to glass in 2008, Kari now creates award-winning pieces as "KARILEA - glass with soul", and uses mainly torch worked and fused glass. Each work is a representation of balance; light and dark, transparent and opaque, strong and delicate, masculine and feminine. Kari describes the process as an art form which can be tremendously rewarding, requiring both a willingness to experiment and an understanding of alchemy. Come along and be inspired by a true artisan. Contact Megan Paterson, 021 959 017, threehorses@xtra.co.nz.

PURE ALLIES NZ

How's your skin looking after the long

winter we've had? Is it dry, do you need Pure Allies moisturisers? We have some beautiful, luxurious face and body creams. All totally pure and natural. Products with added chemicals will contribute to more dry skin. How's the daylight savings sleeping going? We have some very effective magnesium body spray and magnesium body butter, if you or your children need a little help relaxing. We absorb magnesium best through our skin. Don't forget we have totally effective natural sun protection lotions as well. Everything is custom made especially on request. Pureallies@gmail.com or Facebook Pure Allies NZ.



KAUKAPAKAPA VILLAGE MARKET

Sunday 19 November 8.30am to 2pm. November is the month we like to celebrate spring and the promise of summer to come and so we give our market a festival vibe. Extended hours, extra entertainment and activities as well as all your favourite stalls, live music inside the hall and buskers outside, kids activity table, great food and coffee and a chance to get some unique gifts for Christmas from our great range of craft and gift stall holders plus much more. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.

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PROPERTY

NEWS & ADVICE

MARKET REPORT

Auckland house prices have increased despite a wetter than normal autumn and winter, banking restrictions, the election, political uncertainty and lending restrictions. Auckland's median for July was \$830,000, August was \$835,000 and November was \$845,000. Nationally, prices rose in almost every region and REINZ chief executive Bindi Norwell said that was "evidence that the market continues to grow despite some challenging conditions - including the LVR restrictions and banks continuing to tighten lending conditions. Much of the increase has been driven by the buoyancy in the regions. On a month-on-month basis, Auckland's median price increased by 1.2 per cent or by \$10,000, REINZ said. However on the flip side, volume of sales is down by as much as 45% in some districts and the Auckland median increase is not across the board. With many of the sales being new builds in the area, this does lift the median in the area. Based on recent sales in the greater Kumeu area the median value is around \$ 950,000 for residential and \$1,400,000 for lifestyle properties. Here is how the values look: Coatesville lifestyle \$2,300,000 to \$2,600,000. Helensville lifestyle \$2,000,000. Huapai residential \$976,000 to \$1,270,000. Kumeu lifestyle \$1,530,000 to \$3,030,000. Murirwai residential \$1,465,000. Riverhead residential \$1,375,000. Waimauku residential \$975,000. Waimauku lifestyle \$1,429,000 to \$1,900,000. Waitakere residential \$795,000. Waitakere lifestyle \$910,000 to \$ 1,865,000. Woodhill lifestyle \$3,700,000. Upsizing or downsizing

or liquidating, there are a number of things that will be important to you; a) the agent needs to be experienced and highly qualified; b) the process must attract a volume of buyers; c) the advertising plan must attract the right buyers to view the property; and d) you must feel part of the journey and involved in the success of the sale. At Mike Pero Real Estate, we provide a logical and easy solution that delivers peace-of-mind to buyers and sellers considering a property change. For more information go to www.grahammcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Ltd Licensed REAA (2008).

WHY IS IT HARDER TO GET FINANCE WHEN YOU ARE SELF-EMPLOYED?

Self-employment is a popular option nowadays. Being self-employed provides the opportunity to work at a speed that best suits you. Data from Statistics New Zealand shows there are more than 300,000 self-employed workers in New Zealand and that's in the first quarter of this year alone the number grew by 25,000. While self-employment may bring flexibility and freedom – it can also have its downfalls, like making it harder to get a loan from the bank. Why do the banks make it harder for self-employed workers? Because self-employed workers often earn an irregular income, traditional lenders treat them differently to those that earn pay as you earn (PAYE). Lenders like to know the borrower will be able to

meet the repayments on the loan and to do this they want to see consistent income, which because of the fluctuating nature of self-employed work, makes it hard for some. In most cases the lender will ask to see the two most recent years' financials. While this may be easy for some, those just starting out in business or who haven't had time to do their tax returns yet, will find it hard to get approved. So what options do self-employed workers have? Thankfully there are lenders in the market that are more flexible in how they assess a person's income and therefore have loans tailored to the needs of the self-employed. These loans are often referred to as low-doc loans. The benefit of a low-doc loan is that the lender will accept alternative forms of documentation to verify an applicant's income. For example the lender may only require six months' worth of bank statements, plus they are also able to look at the applicant's whole story. Where do you find these lenders? The level of documentation required for a low-doc loan will vary from lender to lender, so it's best to talk to a mortgage broker about the different options available. If you're self-employed and need finance to purchase property, speak to Ivan Urlich - Mike Pero Mortgage Broker – ivan.urlich@mikepero.co.nz or 027 577 5995.

SHOULD YOUR INCOME BE SEPARATE PROPERTY?

This question often arises in relation to a contracting out agreement where there is an ongoing relationship. The default position (assuming there is no agreement) is that your net individual income becomes 'relationship property' when you are in a qualifying relationship (a marriage, or a de facto relationship longer than 3 years). However, if you and your partner contract out there are some things to consider in terms of fairness. First, what would happen if one partner ceases to earn an income (due to parental leave, illness or unemployment)? Sec-



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ond, separate income applied to Kiwisaver or to the purchase of another property makes those assets separate property. Put simply, relationship income is the only thing that can create future relationship property. Solving this problem can be dealt with by a carefully drafted contracting out agreement. It could include a provision which changes separate income into relationship income say after a number of years or at any time after one partner gives up paid employment say to look after children. This is a matter for specialist legal advice. Luke Kemp phone 09 412 6000 or email luke@kempsolitors.co.nz.

ALTERNATIVES AND CHOICES – TO MAKE OR DEFER – IT IS A CHOICE

Hi Aucklanders - What happened? It is not a house crisis -It is an opportunity. Auckland prices are in negative territory on an annual basis for the first time in years as per a recent article from a leading real estate company. Whatever be the reasons, some home owners, including investors who have brought at the time of the boom period when the prices were rising every week for months on end, now might own homes worth less than they paid for them.

With elections well and truly over and a new government now in place, all other factors remaining equal, a number of property owners may now be in a negative equity position with their properties, with the value of their home minus the cost of selling it (agent's fee, advertising costs, lawyers fee etc), being less than what is needed to repay the mortgage. If you are a home owner facing a negative equity position, you have a range of options you can consider:

1. Stick with it and ride the tide in the hope that prices rebound back into positive territory.
2. Abort the tide now and sell, booking a loss which you have to live with forever.

3. Speed up your re-payments if you can, to get on top of your loss of equity, although many home owners may be on interest only due to average family income levels, and may not be able to exercise this option.

4. Increase your income as there has never been a better time to subdivide and help those renters.

5. Move to areas with growth potential. Recent figures from data company CoreLogic showed Northwest /upper North Island has some of the regions still recording higher growth amongst the TOP 10 suburbs in Auckland. This includes Muriwai and Huapai just to name a few in the fast-growing North-West Auckland.

As the saying goes – "When you have to make a choice and you do not make it, that itself is a choice".

So, what are you thinking? Isn't it time for some action? Make your choice! Make it now!

If you are looking to ride the tide, and ensure your valuable investment continues to generate a positive return, then we can certainly help you. Please contact us for a chat on any of your property management requirements. Contact Quinovic Kumeu's Franchise Owner Virendra Gupta 09 973 5527 or email VirendraG@quinovic-kumeu.co.nz.

SUMMER ROOFING MAINTENANCE TIPS



Now that it's almost summer, get ready to feel the heat. However, not many people know that the hot sun can cause a lot of damage to your existing roof.

In order to keep your home in tip-top shape, here are some tips on how to take care of your roof during these warm months. Make sure to check and clean all gutters and downpipes so that water can flow through without blockage. If you have a skylight, don't forget to check for clutter behind it. Check your roof for cracked tiles, or tiles that have moved. Check your iron roof for any rust spots, and check that all screws / nails are tight. While on your roof, make sure to take pictures of before and after to make sure there aren't any major changes since your last check. Mould damage happens fast. Make sure that nothing is mouldy or damaged from mould. Block all the places where small creatures can invade. Check sealants to make sure they are still in good shape. Make sure your eaves and overhangs don't have stains from water. We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered. Precision Roofing pursues in providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to various weather conditions. Our team has attention to detail, so all our work is Precision quality. The Precision Roofing team are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs. Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above. All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Call us today on 0800 00 22 22 email roofingprecision@gmail.com for a FREE no obligation quote - we would love to hear from you.



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AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	1,125,000	3HA	165M2	2,600,000
	1,350,000	2HA	227M2	2,300,000
Helensville	455,000	671M2	150M2	347,000
	1,825,000	1.8HA	576M2	2,000,000
Huapai	855,000	779M2	263M2	1,270,000
	750,000	600M2	197M2	976,000
	750,000	600M2	197M2	988,000
	880,000	733M2	240M2	1,180,000
Kumeu	840,000	10.5HA	178M2	3,030,000
	810,000	1.9HA	205M2	1,530,000
Muriwai	1,075,000	2208M2	250M2	1,465,000
Riverhead	930,000	801M2	245M2	1,375,000
Waimauku	780,000	1112M2	221M2	975,000
	880,000	4.5HA	140M2	1,429,000
	1,450,000	1HA	390M2	1,900,000
Waitakere	590,000	2423M2	138M2	795,000
	890,000	5.1HA	220M2	1,550,800
	670,000	5.2HA	70M2	1,050,000
	1,325,000	1.4HA	488M2	1,865,000
	780,000	1HA	217M2	920,000
	730,000	1HA	183M2	910,000
Woodhill	2,300,000	3.2HA	523M2	3,700,000

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027 277 1904
09 412 9602

peter.carson@mikepero.com



BRICK WITH TILE - NEEDS LOVING FAMILY

3 2 2

By Negotiation

17B Deanna Drive, West Harbour

By Negotiation

Elevated two level home up a private right-o-way, the home delivers three generous bedrooms upstairs and an office downstairs, two bathrooms, double garage and extended kitchen, dining and lounge. A no-nonsense sensible two level family home which uses the space well providing a small patio and grassed area attracting afternoon sun. Some options here to add value and stamp your mark. The integrity of the home will impress you, the location is excellent offering a short walk to Marina View School, West Harbour Marina, Parks and shopping. The CV on this property is \$680,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1289500



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



FAMILY ON 4,295SQM IN WAIMAUKU

3 2 2

By Negotiation

21 Buttercup Place, Waimauku
By Negotiation

Great possibilities for the family or extended family. This majestic Queenslander style character brick home stands in easy care grounds, down a private right of way in the heart of Waimauku village. 21 Buttercup Place features a wide formal entrance, an office, 3 double bedrooms (master with ensuite), a formal lounge plus a combined family room/dinning adjacent to the kitchen. This home has a versatile layout providing lots of options for the family and for a work from home scenario. Open plan living area, spacious and light with access to an extended wrap around verandah, allowing you to follow the sun, indoor/outdoor flow at its best. The land has been landscaped, leaving you the opportunity to sit back and enjoy your new home while the kids and or your pets enjoy the space.

www.mikepero.com/RX1286702



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MOTIVATED VENDOR SEEKS EXPRESSIONS OF INTEREST

4 1 1

By Negotiation

22 Trigg Road, Huapai
By Negotiation

This four bedroom traditional kiwi bungalow on 1019 sqm delivers more than you may imagine. A very short distance from Huapai Primary School, the property offers a ¼ acre flat section complete with fruit trees, raised garden beds, chicken coop, open space for family or pets to play and utility storage adjoining a large single garage and workshop. Open plan kitchen, dining and lounge entertaining area with polished solid timber flooring linking to northerly covered patio while four bedrooms offers plenty of space for the whole family. Bring the family, the chickens and appetite to make this house your home. The CV on this property is \$640,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1223531



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09 412 9602

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MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

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

www.mikepero.com/RX952890



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



EXTENDED FAMILY HOME, QUALITY HEBEL BRICK

6 2 3

Asking Price \$2,345,000

32 Red Hills Road, Massey
Asking Price \$2,345,000

Prepare to be very impressed with this innovative, spacious, modern and eco-friendly home. Wide elevated rural views, a gorgeous sunny aspect, landscaped and built to the highest quality. Lifestyle lovers look no further with paddocks for your horses or grazing, fresh eggs for breakfast and garden to table vegetable beds. Take advantage of the large workshop, set away from the main home with ample parking. The spacious two level home has room for everyone. Upstairs features five bedrooms, including an area for granny or extended family - complete with lounge and ensuite and the master bedroom with North facing covered decks. On the ground level, you will find immaculate open plan family living with a modern kitchen, gorgeous granite benches, Gaggenau appliances and a butler's pantry.

www.mikepero.com/RX1236188



Cherry Kingsley-Smith
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AS NEW - 2014 CCC - TE ATATU PENINSULA OASIS 3 2 2

By Negotiation

44 Vinograd Drive, Te Atatu Peninsula
By Negotiation

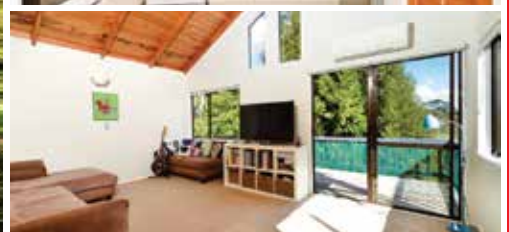
Meticulously crafted and cared for this three bedroom, two bathroom, executive home delivers significantly more than what meets the eye. Re-fitted and reclad in 2014 with a CCC the home has upgraded joinery and double glazing, open plan entertainers kitchen-dining linking to private outside courtyard with hangers, climbers and water feature. Split level, the home as two generous bedrooms and bathroom upstairs, with plentiful early morning and evening sun-drenching. Downstairs enjoys open plan environment plus bathroom, bedroom, formal lounge and a double garage and off street parking with easy internal access straight to the kitchen area. The area is a short walk to Te Atatu Peninsula shops, inner harbour walk-way schools, and parks.

www.mikepero.com/RX1284752



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AFFORDABLE, ELEVATED, SUNNY HOME IN WAITAKERE TOWNSHIP 2 2 1

Asking Price \$729,000

57 Waitakere Road, Waitakere
Asking Price \$729,000

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$540,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.

www.mikepero.com/RX1154898



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SUNRISES & SUNSETS - COASTAL - HOBSONVILLE POINT

4 2 3

Asking Price \$1,029,000

77 Bomb Point Drive, Hobsonville Point Asking Price \$1,029,000

Edgy, contemporary, affordable and quality Jalcon four bedroom terraced home in Hobsonville Point. East and West decks maximise sunshine and views, positioned next to Bomb Point Reserve and the Coastal Walkway - you will love the open plan living spaces, alfresco dining on the patio, unique lifestyle and outlook. Enjoy the convenience of parking your cars with internal access double garaging. This home is a high quality Jalcon new build with an electrical upgrade - due to be completed in mid 2018. With a 10 year master build guarantee, 15 year weather-tightness warranty and a 50 year structural guarantee, Jalcon will give you the confidence of a home that is water tight, healthy and dry.

www.mikepero.com/RX1217329



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BRING THE HORSES AND THE KIDS - WAIMAUKU

5 2 2

By Negotiation

108 Valley Road, Waimauku By Negotiation

Elevated lifestyle property overlooking Muriwai Valley to the West, offering space, privacy and options to play or work from home. The home is positioned for the sunshine and the views offering the Owner to look over the land and get the most out of the country landscape. Five generous bedrooms, two bathrooms and open plan living and entertaining, this home offers the right family mix. In addition an office/gym room and double garage ensures options to work or work-out. Two stables with wash-down concrete pad, round arena and large half round barn does provide ample improvements to cater for tools and toys. This 3.5 hectares (8.7 acres) of gentle-sloping land is a mix of sandy loam and clay base and drains off to provide workable pasture all year round.

www.mikepero.com/RX1289283



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THE SMELLS ARE BEAUTIFUL - VIEWS AMAZING

4 1

Asking Price \$845,000

183 School Road, Waimauku
Asking Price \$845,000

From this elevated alfresco home you immediately get a sensory lift. The smell of freshness, and the bush framed northerly view is breath-taking. The quiet is splintered occasionally by wood pigeons and Tui's that makes this home a sanctuary. A beautiful eclectic home in concrete stucco and weatherboard. Wonderful character is displayed with lead-light windows and polished floors delivering old-world charm and grace. Like many period-homes the rooms are slightly smaller but plenty of them, separate lounge, open plan kitchen and dining room. Single garage and storage underneath. Set in a landscape of pasture and native bush with a short drive to Waimauku School, Shops and Reserve. Muriwai Beach and walks at your doorstep.

www.mikepero.com/RX1158063



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HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 Kiwitahi Road, Helensville
By Negotiation

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

www.mikepero.com/RX1065529



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09 412 9602

graham.mcintyre@mikepero.com

HOME & GARDEN

SPRING GARDENING

With spring underway, it is so nice to see the deciduous trees leafing up, along with the ever-popular standard Iceberg roses. Awa Nursery currently has a good stock of these stunning Iceberg roses. These classics are looking great and are currently pruned into shape, with their new spring leaves increasing each day. Plant in a location that enjoys full sun. Early spring is the perfect time to apply a good slow release fertiliser to your existing plants ensuring bigger and healthier flowers. Regular dead heading will encourage more flower buds to develop. Flowering cherries and clematis are also proving very popular and are a sure indicator that spring is here with the gorgeous flowers. If you are developing your orchard, there is still time to plant fruit trees, feijoas, citrus and berries, and any other plants for that matter. It is a great time of the year to be planting, and your plants will be getting established before the dry summer months. Spray your stone fruit trees with copper to protect from leaf curl disease, and prune back your citrus after picking the fruit, to open up the plant for more light to get to the centre. It's also a good time to fertilise your plants and mulch your gardens to aid moisture retention over summer. Come and see us at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.



CHRISTMAS COUNT DOWN IS NOW UPON US

Are you having Christmas dinner at home this year with all the family, relatives and friends? Need a bigger table? Or just want to spruce up the dining room? Let's get organised now and beat the Christmas rush and avoid



any disappointment. Forest Furniture has a large range of dining furniture to choose from. Tables come in a range of sizes, or you can have one made to meet your requirements. Or perhaps an extendable table would suit better? Match the chairs and choose the upholstery material or genuine leather from our extensive range to enhance your dining room. Come in store today and talk to our friendly team at Shop D9 Lifestyle, Maki Street, Westgate or visit our website www.forestfurniture.co.nz Phone 09216 7674. Remember Forest Furniture use only solid timber, is NZ made, and you receive a 10year warranty.

HOUSE MATTERS WITH MIKE PERO REAL ESTATE

Whether you have a porch, patio or pool, there's plenty you can do to improve your outdoor experience at home and add value when it comes time to sell. Take a seat - It is time to liberate your outdoor furniture from



storage, and make any necessary repairs to torn upholstery and treat fading wooden pieces to a moisturising coat of oil. If your outdoor furniture has seen better days, it may be time to give yourself an early Christmas gift and invest in a new set. Think carefully about how you use your outdoor areas. Consider a table and chairs for al fresco dining, sun loungers for beside the pool, outdoor bean bags made from quality nautical fabric, and occasional stools and coffee tables for relaxing in the shade. Then consider the various configurations that best allow for high traffic areas, and designate different zones with an outdoor rug. Clear the Decks - Attending to maintenance at the beginning of the season will stand you in good stead for the rest of summer so you can fully enjoy the good life at home. If you have a timber deck or porch, a fresh lick of paint or stain will revitalise these spaces. Hiring a water blaster from your local home depot is an easy and effective way to refresh concrete patios, driveways and paths. If you have a pool, now is the time to ensure all the pumps are working and the pool chemicals are balanced. Green Fingers - It's that time of year to get planting and re-potting to create the ultimate lush outdoor oasis. Pot-

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ted plants, shrubs, herbs and flowers can add a burst of colour to otherwise unadorned spaces, and, if space is at a premium, walled or vertical gardens can be created with relative ease to camouflage unsightly fences. Hang trailing plants in baskets or woven macramé hangers to add interest and soften architectural features. Keep an immaculate lush lawn all year round with a smart automated watering system, or for smaller areas consider laying artificial grass, which looks as good as the real thing with no maintenance or watering required. Entertainer's Dream - For more substantial, long-lasting additions that will completely transform your outdoor living spaces, you may wish to enlist the services of a seasoned landscape architect. Choose a company that offers the complete design package, from plant selection, to hardscaping, to installation of pergolas, louvres, swimming pools, built-in barbeques and outdoor fireplaces. Or, for the Kiwi DIY approach, there are fabulous design blogs to browse where you'll find endless inspiration to spark your creativity. Mike Pero Real Estate Ltd Licensed REAA (2008) phone 0800 900 700.

NO MORE SMELLY PETROL

Push the button and you are mowing your lawns, cutting fire wood or trimming your hedges - it really is that easy. At Grasslands Kumeu & Ranui, we now have in stock the LawnMaster range of 58 volt lithium battery powered lawnmowers, along with a chainsaw, weed eater, hedge trimmer and a leaf blower. With good run times and quick recharge times the future is here now. No need for cans of smelly petrol or needing to check the oil, just charge your battery and away you go. These machines are considerably quieter running than petrol powered product. There are three cutting sizes available in the lawnmower range, all with catching and mulch options and built with a strong steel chassis. All units come complete with battery and charger and are priced from \$599 incl GST. Grasslands 20 Shamrock Drive Kumeu & 570 Swanson Road Ranui.



GREEN POOLS

It's not a nice sight... You take a look at your pool, expecting crystal clear water to greet your eyes, but you see something that resembles Rio's diving and water polo pool. It's green, cloudy and uninviting. So how do you clear the green without spending a fortune? Pool water turns green because of algae in the water. Algae can grow rapidly, particularly when it's warm

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like summer, which is why it can surprise you overnight. This generally comes down to an imbalance or lack of chlorine in the water. Chlorine is an effective sanitiser; however letting chlorine levels drop for even a day can start an algae outbreak. So, it's important to check your chlorine levels frequently to save you any nasty surprises. The fastest and most effective way to clear algae in your pool is to boost your chlorine levels through a shock treatment and an algaecide supplement. For the best results, try using BioGuard Burn Out Extreme supplemented with BioGuard Algi Destroyer. Call in to your local Pool Specialists at KPL 156 Main Road Kumeu (Big Blue Building) for free Testing and Computer Analysed Pool Water Testing for safe, comfortable and inviting pool water. Phone 09 412 9108.

TANK WATER

I was recently involved with a job where the customer's water started smelling quite foul all of a sudden. His tank was full so I vacuumed the sludge from the bottom. Once the tank was cleaned, we sifted through the debris to find numerous snail shells.



The customer's tank was 3/4 buried in a garden. We figured that the snails must be climbing around the tank at night. There were air gaps around two inlet pipes and the inspection cover was damaged in a corner so there was plenty of space for the snails to enter the tank and contaminate the water. A similar issue occurred last summer in February. A customer's water starting smelling like rotting flesh. There were 100's of garden worms in both of their tanks. The heaped accumulation of lawn clippings around the back of the tank had created an ideal breeding area for the worms. Their nocturnal activities revealed dozens of worms moving around the tank top. The water was

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too contaminated to vacuum the debris from the bottom and both tanks had to be drained and cleaned. Inspect your tanks particularly around the inlet pipes and the inspection hatches and seal up any air gaps to avoid any unwanted intruders. For any tank maintenance issues or servicing, I am happy to assist. My core business is pump repair/sales, filtration and tank cleaning/repair. Joe Hall, www.healthywatersolutions.co.nz, 021 420 936.

LASER PLUMBING & ROOFING WHENUAPAI

Laser Plumbing & Roofing is your local plumbing company based in Whenuapai. We are committed to servicing our local community families and businesses with great service at reasonable rates.



Laser Plumbing & Roofing Whenuapai are your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations. We also offer a state of the art drainage un-blocking service. In addition to these services, we have 24 hour service available for any plumbing emergencies. We have some excellent staff at Laser Whenuapai, ensuring every member is either qualified or studying towards a certificate in their chosen field. Why choose Laser Whenuapai? We have been trading since 1985 – so choosing us means choosing a solid, reliable and experienced company that you can depend on. As part of our 'Totally Dependable Guarantee', we stand by all our jobs by offering warranties, and always use quality New Zealand made products. No job is too big or too small for Laser Plumbing & Roofing Whenuapai! We're happy to do any

job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems. We can provide a full solution to any plumbing, roofing or drainage issues. To contact Laser Whenuapai, phone 09 417 0110. We are open five days a week from 7am-5pm and are located at 45 Brigham Creek Road, Whenuapai. Whenuapai.laserplumbing.co.nz.

LIVESTOCK REPORT

Cattle at Pukekohe continued recent strong trends, despite processors dropping schedule rates once again! Best steers made to \$2,220, cows \$1,190, heifers \$1,500 and bulls \$2,170, and bidding for weaner cattle was especially strong. Good grass growing conditions is encouraging farmers to compete strongly for cattle. Cattle at Pukekohe continued recent strong trends, despite processors dropping schedule rates once again! Best steers made to \$2,220, cows \$1,190, heifers \$1,500 and bulls \$2,170, and bidding for weaner cattle was especially strong. Good grass growing conditions is encouraging farmers to compete strongly for cattle.

Best prime steers	\$1,780 to \$2,220
Medium 15 month x bred steers	\$1,000 to \$1,105
Light x bred steers	\$580 to \$860
Medium x bred steers	\$450 to \$620
Medium prime heifers	\$1,330 to \$1,500
Other good heifers	\$870 to \$1,200
Light x bred heifers	\$700 to \$835
Medium weaner heifers	\$555 to \$610
Very light off bred heifers	\$300 to \$370
Boner cows	\$820 to \$1,190
Cows & calves	\$1,330 to \$1,330
Bulls	\$1,750 to \$2,170

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Weaner Friesian bulls	\$410 to \$490
Fat lambs	\$109 to \$142
Store lambs	\$75 to \$85
Spring lambs	\$75 to \$109
Hoggets	\$110 to \$110
Ewes	\$67 to \$111
Ewes with lambs	\$66 to \$67
Rams	\$101 to \$102

KUMEU GARDEN HUB

Let's get back into the garden. Come and visit your lovely local garden centre. For plants or garden ideas; for example pots and birdbaths make good focal points amongst your garden beds. Wall hangings will cheer up a fence, pots of colour on an outdoor table! A great range of herbs, healthy vegetable punnets, fruit trees etc, shrubs, and perennials are looking good. Great range of potted colour and even pots to go, full of colour to cheer up your deck or patio. Beautiful hanging baskets or all you need to make your own. New kitsets are also in store. You can make your own compost bin or vegetable planter. Easy assembly and moveable. Try making a fairy garden, accessories available. Don't forget the giftstore with new arrivals every week. Shop early for Christmas. Check out our Facebook page (kumeugardenhub) for specials and competitions.

FLOWER BARN

Its November already and we are now counting down the days before Xmas, so it's busy busy for us at the Flower Barn. You can now buy our beautiful flowers and bouquets from Waimauku Fresh Direct Supermarket 7 days a week at a time that suits you.



I am also happy to take any requests for particular colour combinations for the roses and bouquets, just give us a call or email below. Bouquets are only RRP \$15 each and great as a gift for someone, plus we are also offering the long stem roses for that special someone or for a lovely addition to your dining room or kitchen table. The more you buy from them the more we can supply. It is also wedding season and we are now taking orders for our cut flowers, gypsophila, spray roses & standard roses, Akito, Sweet Akito, Avalanche, snapdragons, and lisianthus. Some of these are very limited so ordering early is best. We can also source and make all your wedding party flowers, from button holes, corsages, bouquets to table settings. Look forward to hearing from you soon. Angeliq and the Team from the Flower Barn. 09 412 7606 or flowerbarn@plantzero.co.nz.



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NEW

WHY TO BUY A HOUSE & LAND PACKAGE?

No doubt you've seen existing houses advertised as 'first home buyer's dream' and 'affordable starter' and your heart leaps because you think "I might be able to afford that..." In reality, you may be disappointed at the compromises you'll have to make, and the amount of work required to make it a liveable home. House and land packages, on the other hand, are constructed to suit the modern lifestyle with modern building materials, in new suburbs that are usually designed with lots of shared green space and parks. As Paul Bull, CEO of Signature Homes points out "first home buyers can buy a brand-new house and land package with a lower deposit than you would a pre-existing house at the same price. That's a home that is built to modern building standards. It's well insulated, dry and warm, and all the electricals are new – that means lower electricity bills, healthier homes and fami-



lies."

House and land packages are created when a building company secures land from a developer or property owner and then matches the land with home design perfect for the section in terms of size, orientation and the contours of the land. The building company markets and sells that package, works with the buyer to personalise the home to their tastes, then manages the consent process and project manages the build. If you are looking to buy a new home, there are many compelling reasons to consider buying a house and land package. Here are five of the best:

1. Lower Deposit
 2. Customised and adaptable design – designs can be altered to meet specific needs
 3. Suburban Planning – new homes are often built in new developments within close proximity to public transport, schools and community facilities.
 4. Insulation – dry, quiet and comfortable homes
 5. Peace of Mind – Signature Homes offer robust guarantees.
- Give us a call at our Kumeu office 09 412 9010 or 0800 020 600 to discuss this further.

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Nowhere compares to beautiful NZ. We wouldn't choose to live anywhere else in the world. But we would choose to ditch the dated, cold and mouldy homes we put up with. You've probably found yourself in this situation. Patiently suffering a less than optimal home which mercilessly empties your pockets, stripping you of your



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Our House & Land packages are constructed to suit the modern lifestyle with modern building materials, in new suburbs that are designed with lots of shared green space and parks.

If you are looking to buy a new home, there are many great reasons to consider a house and land package:

- Lower Deposit required
- Customised and adaptable design – designs can be altered to meet specific needs
- Suburban Planning – new homes are often built in new developments within close proximity to public transport, schools and community facilities
- Insulation – dry, quiet and comfortable homes
- Peace of Mind – Signature Homes offer robust guarantees

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precious time and inflicting endless stress and headache? After leaving university I experienced the full spectrum of humble abodes from poorly insulated, falling-down, leaky and damp with a pungent smell, to a home in a flooding zone (and yes we had a flood!). When I met my partner and we had children, everything changed. Creating a better living environment for my family and other families alike, became of huge importance to me. I was determined to find a more optimal way to build the NZ home. Today my partner and I own Compass Homes Rodney. So, if you refuse to settle for just any kind of new home we can help. Scott 027 406 3684.

G.J. GARDNER HOMES

The G.J. Gardner Homes Rodney West franchise is all about Community. Throughout the year we give financial support to a large variety of local interests and events. We are proud supporters of



many local teams and organisations including rugby teams, bowling clubs, Playcentres, kindergartens, schools and equestrian events - G.J. Gardner Homes understands the importance of supporting the local community. Rodney West Directors Matt and Rachael Lelean enjoy giving back to the community that the business has grown in, growing a sense of social responsibility. We also offer a variety of marquees to cover your organisation's next event free of charge. Whether it be fundraising, a club function or simply shade for the school sports team, we would like to offer your organisation the use of these tents. Simply give our office a call on 09 412 5371 to book your preferred

tent and then pick it up from one of our locations. Return it to the same location after the event.

TRADIE OF THE MONTH

Going the extra mile is nothing new for Brooke from Hydrotech, but this month it's earned her Maddren Homes' Tradie of the Month. When an urgent CCTV drainage investigation was needed she was right onto it; proactively completing the job in under 24 hours which meant it was submitted to council on time and kept the building project on track. Recognising exceptional work creates a positive culture among the hardworking tradesmen, something that both sponsors Western ITM and Maddren Homes are proud to call an industry first. Well done Brooke and Hydrotech, keep up the great work!



\$85 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at sarahbrightwell022@gmail.com.



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PETS

TIPS & ADVICE

FIREWORKS

It's nearly that time of year! Soon we'll hear fireworks going off on a nightly basis. While we often find them spectacular to watch, many of our pets find them very scary. Unfortunately, we can't explain to them that it is just a firework and that they can actually be quite pretty to watch. Our pets just don't see them that way.



There are a few things you can do that may help your pet. Remember it's not a one solution fits all. You may have to try a few things before you find one that works, or you may need to try a combination of things together.

1. Keep them near you: This can help calm your pets. It will make them feel safe and more secure.
2. Keep them inside: Being inside reduces the noise from the fireworks and drawing the curtains/blinds will prevent any potential visual.
3. Make a den: It offers comfort and can reduce the noise from the fireworks. You could make them a den just like you used to as a child. Your pet may hide behind the sofa or under the bed. Let them be where they feel safe; let them hide.
4. Clothing: Wearing clothes can help relax pets. There are jackets available that have been designed for pets to wear during high anxiety periods to make them feel calmer. (Make sure they like wearing clothes, you don't want to scare them more!!)
5. Noise: The radio or TV can help reduce the noise from outside. You may need to turn the volume up louder than usual because of their highly sensitive hearing
6. Entertainment: Get your pet doing something to take their mind of the fireworks. Get them practising tricks, or hide treats around the house, or you could even create an indoor obstacle course...anything that will distract them.
7. Holistic remedies: There are some essences that can help calm your pet. Make sure that they are safe to use first.
8. Training remedies: Talk to your trainer or behaviourist as they

may have some exercises to put in place to help desensitise your pet to the fireworks.

9. Medical remedies: If you are seriously concerned about your pet hurting themselves during fireworks then talk to your vet about prescription medication.

Hopefully some of the above tips may help you and your pet. These tips aren't going to make your pet suddenly love fireworks, they're helping them be less scared and able to cope with the fireworks.

Laura Purkis – PET First Aid & Training (NZ) Ltd. For more tips on helping your pet go to www.petfat.co.nz.

KANIKA PARK CAT RETREAT

Our fully internal, purpose built cattery opened in May. Our emphasis is on service, your fur baby's comfort is everything. Our suites are large and light, with custom made multi-level furniture to



allow movement and play. Every suite has plush blankets in the cubbies with snuggly beds to cuddle in and heaps of toys. Our suites are individual for the health and safety of all our guests. Wet food is served for breakfast and dinner. Bottled water and premium biscuits are available all the time. We have no surcharge for public holidays or for giving medication. All guests are groomed and have playtime with us. We offer a shuttle service at any time suitable for you. Living on site, your pussy cat is never without someone around. The last bed check is around 10.00pm to dim the lights and lower the music. For information call 09 411 5326 or 027 550 1406, info@kanikapark.nz or www.kanikapark.nz.

HOW TO CHOOSE GOOD RAW FOOD PRODUCTS

Raw-feeding pet owners can now source products from a range of places: the butcher, the supermarket, large pet stores, and specialist raw-food stores. Not all raw foods are equal though. Here are a few tips to help you source



the best product. Origin - NZ is an agricultural country, with a ready supply of pest species too. There is no need to buy imported product. Herbivores that are raised on grains (the dominant model in the US) produce meat that is much higher in omega-6 fatty acids than our grass-fed herbivores, and thus is more inflammatory to those who eat it.

Composition - Beware all-meat products - these are not a com-

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AFTER SCHOOL CARE – SPACES AVAILABLE NOW!

Huapai and Waimauku

Based in Room 14 at Huapai School or the Youth Hall, 27 Station Rd, Waimauku, we cater for children aged 5 – 13 years, between 3pm and 6 pm daily.

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Check out our website for more information:

<http://www.afterschoolcare.net.nz/after-school-care/>

plete diet! A raw diet should include bones, joints, organs, and meat.

Raw meaty bones - Bones must be the right size and shape, so that your pet can happily tackle them, but is not at risk of swallowing them whole. They should be meaty. Avoid large, dense bones (like cannon bones). NEVER feed cooked bones. Supervise your dog while they are eating their bones. Check that the bones do not have splintered or sharp edges.

Ingredients - Ideally, dogs and cats should be able to get everything they need from a high quality diet of raw meat, bones and organs from varied prey sources. Avoid products with inflammatory seed oils (sunflower, canola etc), grains, starchy vegetables, and dairy products.

Aim to feed your pet 'food,' not 'ingredients!'

Additives - The addition of preservatives to raw pet foods is concerning. It is an unregulated practice in New Zealand, despite an abundance of evidence in Veterinary journals to show that can be very dangerous. Visit www.rawessentials.co.nz for lots of great articles and information.

ARE DOG WALKERS OUT OF CONTROL IN RIVER-HEAD FOREST?

There's been a few conversations on our local Facebook pages of late about out of control dogs with dog walkers in Riverhead forest. Large packs of dogs running at people, wearing shock collars, with handler's unable to control their pack. Many questions around the lack of regulation of dog walkers. It is a bit of a minefield.



The right dog walker for you and your dog, does however, provide a great service. A dog walker gives you the ability to own a dog and go to work in the knowledge that your dog's exercise and social needs are being met whilst you make a living; the alternative being leaving your dog at home all day; bored, lonely, frustrated.

So in an industry without regulation, yet offering an invaluable service, how do you reduce risk and increase the chances of your dog having a good and safe time? Ask the right questions before engaging your dog walker. Here's just a few key questions to start;

How long have you been dog walking? Are you the person that will walk my dog? Are the same dogs in each group? Stability of the pack? How many dogs do you walk together?

Where do you walk? How long do you walk? How do you decide if my dog will be a good fit?

How are the dogs transported? Is my dog on a lead? What about accidents? Do you have first aid experience? Have you ever lost a dog?

Ask friends for recommendations. Don't be afraid to ask to accompany your dog on a trial walk.

Muriwai/Waimauku's local professional dog walker is Lisa at Country Pets. See Country Pets on Facebook for reviews and photos or contact Lisa on 027 380 0265 to see if there's a space for your beloved dog.

HELP FOR HORSES

Gilbert (31) and JR (20) need alternative grazing as there is no shelter. I don't even have safe place to tie them up. Gilbert is in good health and condition. Both are very good natured and easy to have about the place. I keep them shod and fed. I have had Gilbert since 1998 and JR for 10 years. They do have two flatmates over the fence as well. I am now only month to month here. My main concern it to have Gilbert and JR settled in before the summer gets here. A small yard would be good too as I have had a lateral ligament transplant in my ankle in late July. I would like to get back on JR and get riding again. Phone Fiona 021 043 8039 or 09 378 1302.



CAT LOVERS URGENTLY NEEDED

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at enzcatfoundation.org.nz/donate.



Please get in touch with Carolyn on 021 143 6815.

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FOOD & BEVERAGE

APRICOT AND GINGER LOAF

4 Crushed Weetbix
3 tablespoons Butter
1 teaspoon baking soda
1 cup sugar
1 cup chopped apricots and crystallised ginger.



Place all above ingredients into a bowl and pour over 1 cup of boiling water. Leave to stand for 5 minutes. Stir mixture to blend. Add 1 lightly beaten egg and stir into the mixture with 1 cup of self raising flour. Mix well. Pour mixture into a lined loaf tin and bake at 180 C for 1 hour. Note: You can change the fruit and use chopped dates and grated rind of an orange or sultanas or even 1 teaspoon cinnamon and 1 grated apple. 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 www.paulajanecakes.co.nz.

HALLERTAU MEETS MCCLURE'S PICKLES

Pickles and beer are a match made in heaven. Join us at Hallertau for an afternoon of Beers and Spears, Pickles and Pints and a pickle-specific menu. Including the launch of Hallertau's pickle inspired beer McClure's Gose made with spiced pickle brine. Not to be missed by any beer and pickle lover. DJ Parks (Ladi6)

laying down the pickle party soundtrack. Sat 4th Nov | 12pm | Hallertau Biergarten.

THE HUNTING LODGE

The Hunting Lodge restaurant is due to open doors in mid-November. For the first time in many years, locals will once more be able to enjoy a great dining experience right here at the winery. The restaurant brings a casual



upmarket feel to the neighbourhood that nods to its long history in the area while presenting a completely fresh experience to its patrons in a family friendly environment. True to its hunting roots, the menu (crafted by Executive Chef Des Harris) will hero quality meat and game, and showcase a seasonal on-site pasture-to-plate philosophy, complimented by other locally sourced produce. The beverage list has a boutique feel that is all about great wines from the region, along with craft beer and spirits. Come to The Hunting Lodge for good food, made to be shared and enjoyed with good company. Email reservations@thehuntinglodge.com to book. See the website for opening hours. www.thehuntinglodge.com.

THE HERBALIST RELEASES NEW IPA FOR SUMMER

After a wet winter in many parts of the country, New Zealanders are starting to emerge from under their umbrellas and contemplate the possibility of a summer. Rebecca Stenbeck and Grant McKain of The Herbalist are pretty excited about this and are celebrating with the release of their new IPA 'The Beau's Gone Rogue Horny Goat Weed IPA', perfect for matching with summer barbecue food. "We've been contemplating an IPA for a while," says Grant. "But we wanted to develop something appealing to hop heads with its big flavour but also light and fun enough for summer drinking for anyone." The duo have come up with the perfect combination, an IPA made with some gutsy American hops, showcasing tropical fruit notes to keep it light and fresh at the same time. The Herbalist's signature trait, as the name would suggest, is adding herbs for interesting flavour profiles, which make their beers pair exceptionally well with certain foods. In The Beau's Gone Rogue Horny Goat Weed IPA they've used Horny Goat Weed leaves for a unique taste that's not so strong as to overpower the hop flavour. "We liked the idea of Horny Goat Weed," says Rebecca "It gives that earthy tone, and it's also something a bit different." The Beau's Gone Rogue Horny Goat Weed IPA is designed to pair with pan fried fish or barbecued meat of any kind.



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“It matches perfectly with the smokiness of barbecued food and also works really well with tropical fruit-based salsas or desserts, very common summer entertaining fare in New Zealand.” says Rebecca. It’s already receiving excellent feedback at tastings and is looking like it’s going to be essential summer drinking. The Herbalist - Husband and wife team Rebecca Stenbeck and Grant McKain have developed The Herbalist range together, incorporating their collective craft brewing skills with Rebecca’s extensive knowledge of herbs (she is a qualified naturopath and herbalist). They also developed it as lovers of great cuisine who wanted beers that paired well with food. Other beers in The Herbalist range are: Manuka Ale, Rosemary and Liquorice Ale and Nettle and Bilberry Lager. For more information contact Rebecca on 021 940 385 or visit www.theherbalist.co.nz.

NOSHORTCUTS

Why not consider a gift pack of gorgeous gourmet chutney or relish? It’s always handy to have these on hand in the pantry to liven up some home cooking or serve as part of an antipasto platter when unexpected guests pop in. The NoShortcuts range of artisan chutneys, relishes and jam is a real treat for foodies and your only challenge will be deciding which ones to choose! All products are handmade – just like mum used to make, chockful of natural ingredients and contain no nasty artificial flavours, colours or preservatives. Most are non-gluten too. You can select which of the following products you’d like in your gift pack (either 2 or 3 jars); Beetroot or Gherkin Relish, Mustard Pickle, Sambal Ulek, Tamarillo or Old Plum Chutney, Thai Tomato, or the award winning Feijoa & Ginger Jam. Just \$23.50 for the 2 pack and \$32.50 for the 3 pack. To purchase go to www.noshortcuts.co.nz.



CELEBRATE CHRISTMAS WITH FORESTER!

Forester bar & restaurant in Riverhead opened in September and we are now taking bookings for the Christmas season. Our chef Campbell White, has created a number of different set menus to suit all budgets and we are here to help. Prices range from \$25 for pizza, salad and fries up to \$45 for 3 courses. We offer amazing cocktails, a great wine list and a welcoming team to have a great dining experience. Please email us on hi@forester.net.nz or get in touch with us via Facebook.



- Smokey Manuka woodfired pizzas - Quality salamis and meats
- Wood roasted wings and wedges - roast pork flatbread and deserts
- Homemade gluten free bases available – animal rennet free cheese
- Local Huapai/Kumeu delivery area – mobile and instore eftpos
- Phone orders and walk-ins welcome – large orders by arrangement
- Ph 09 412 5060 - 316 Main Road, Huapai – opposite the Huapai Tavern

Please see our Facebook page for delivery area & Menu
[@ggswoodfiredpizza](https://www.facebook.com/ggswoodfiredpizza)

PEKO PEKO JAPANESE TAKEAWAY

You will remember that we are closed at the start of November, but we will be back to reopen from Friday 10th November at 4:30pm. Thank you for your patience during our closure and we are excited to see all your faces again soon. Don't forget we open for lunch Tuesday to Thursday 11:30am to 1:30pm as well as at dinner time. We are a little food truck located at car park of Passion Produce vegetable shop on 92 Hobsonville Rd. Please check our Facebook page for more info. Phone order recommended 022 431 3462.



ATTENTION VEGANS OF AUCKLAND

Attention vegans of Auckland! At The Tasting Shed, we know that vegans are people too. We know how rare it is for vegans to enjoy award-winning deliciousness and have a night that’s all about plant-based goodness. So we’ve created a special night for you to shine in all your glorious veganism. That’s right, we’re offering a one-of-a-kind \$90 four course extravaganza celebrating all things vegan. Plus we’ve asked some awesome surprise guest speakers to make the night extra special. It’s time to get out more, vegans. You know you want to, and we’ve just made it easy. Because let’s face it, being a vegan can be hard. Join us at The Tasting Shed on Wednesday the 29th of November at 7pm. To view the menu and book go to www.thetastingshed.co.nz.



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HEALTH AND BEAUTY

YOUR BODY IS UNIQUE

What works for others, may not work for you. There is no 'one fits all' when it comes to nutrition and fitness.

It's about listening to your body. Understanding what food makes you feel good, feel energised, what makes you feel bloated. What fitness suits your body/lifestyle and what fitness is adding stress or injury to your body.

There is so much research, trends, fads.... Just so much! It can get quite confusing or daunting to know where you should start or what you should try. This is why I do what I do. I listen to what your lifestyle is like, what is achievable and help put simple steps in place so you know what to do without the confusion.

If you are tired of constantly starting over or confused where to start, call Melissa (021) 798 435 today and let's catch up over a hot drink (or glass of wine) to see what simple steps best suit you to get started on a slimmer, healthier, confident you!

*** November special - \$99 for 3 weeks kick start to a healthier happier you*** For more details pop onto our website www.benefityou.co.nz.

NEW CHIROPRACTOR — DR. JESSICA CROFT

Doctors Chris and Nolene McMaster are proud to introduce Dr. Jessica Croft as a full-time associate to the Kumeu Chiropractic team.

Jess comes to us having been under chiropractic care since Dr. Chris gave her first adjustment at just four weeks old. She has lived her whole life in West Auckland and after leaving high school worked as a Chiropractic Assistant for nine years in Glen Eden. During this time she decided a career in Chiropractic was her destiny, and graduated from the New Zealand College of Chiropractic six years later.

Jess has an infectious enthusiasm for life, and is driven by seeing all members of her community living as balanced, healthy,



happy and successful lives as naturally as they can. Through chiropractic care she wants to help as many people as she can to reach their desired health and well-being goals.

Jess loves being outdoors at the beach or walking the many trails in the Waitakere ranges and also has a special interest in working with local equestrians. Having ridden most of her life, she knows first-hand that by having a spine and nerve system that is better coordinated and balanced, both rider and horse can perform at a more harmonious level. This could only be a good thing at the start of the season!! Welcome to the team Jess.

Dr. Jess would love to talk to you about Chiropractic and how it could help you.

Please call Kumeu Chiropractic on 09 412 5536 to make an appointment now.

DO YOU HAVE GREEN FINGERS?

Spring is here and your garden will have started to come alive.

Do painful thumbs stop you from pruning, planting and preparing beds? At the Hand Institute we provide a comprehensive service for people who experience arthritis to help you get back to doing these activities you love

We can help you with advice for managing the symptoms of arthritis; protecting your joints; splint provision; advise about adapted gardening equipment and other aides

Call us at the Hand Institute and make an appointment today 09 444 9450 Rosedale or 09 412 8558 Kumeu.



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Spa Di Vine (est. 2002) in Waimauku is the perfect place to retreat to, when you feel you need a little me-time & pampering.

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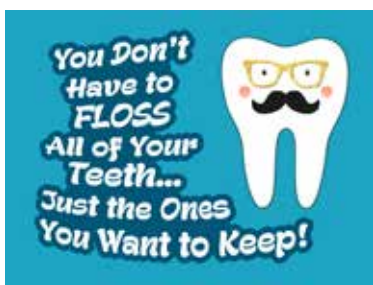
back scrub & organic coconut body butter, finishing with your choice of a hand, foot or scalp massage (45min). Then sit and enjoy a refreshment on the terrace or in the spa lounge. Only \$89.00*

*Available on Wednesdays, Thursdays and Fridays until 01 December 2017 only, for new bookings only. Instant purchase required at the time of booking, no vouchers available or accepted and subject to availability at the time of booking.

Spa Di Vine phone 09 411 5290 or relax@spadivine.co.nz.

QUICK TEST TO CHECK HOW IMPORTANT IT IS FOR YOU TO FLOSS

1. Brush your teeth as usual
2. Run a piece of dental floss between your back teeth and see how much left over there is after the brushing.
3. You can also smell the floss. This may be an indication of the level of odours others detect after the toothpaste freshness wears off.



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At Top Notch Massage Therapy, we understand the stress that is placed on the modern life; whether that is from a hard training session, the pressure of work and a busy lifestyle, or the impact that pregnancy has on the body. Our professionally trained therapists are ready to work with you towards better health, ensuring you get more out of life. So if you want to get better results in the sporting arena, re-balance yourself or make that pregnancy more manageable, then you need to get in touch with Top Notch today. Clinics are located in Massey and Hobsonville. We are currently offering \$10 off all massages for new clients, so take advantage of this deal today. You can book online at www.topnotchmassage.co.nz or call 021 181 8380.



DEPRESSION

Do you find it impossible to get out of bed in the morning? Do you wake up and feel you just can't possibly cope with the pressures of the day ahead?

Do you feel the only place you want to stay is in bed, even though you know you need to get out of it?

Depression; according to various studies that have been done on thousands of people in the UK, Europe, USA, Canada, on the links with Geopathic Stress (GS) are as high as 80%.

Therefore if depression is something that is affecting you or someone you know, staying in bed, could be the very cause of what is making you feel depressed.

It is crucial that you know that your home (your safe space) is not the thing that is making you ill or depressed.

What GS does is attack your immune system and take away your ability to fight. It doesn't cause it or anything else for that matter, but it suppresses your ability to fight.

Make sure your body has the ability to fight any battle it needs to and know that GS isn't in your bed with you.

Call Nicky on 021 545 299 or check out other case studies and testimonials on www.clearenergyhomes.com.

SPRING IS IN THE AIR

Which means allergies are too. Common symptoms of eye allergies include watery/ itchy eyes, redness and even a burning sensation and can be caused by:



- Outdoor allergens, such as pollens from grass, trees and weeds.

- Indoor allergens, such as pet dander, dust mites and mould.
- Irritants, such as cigarette smoke, perfume and diesel exhaust.

The good news? All of these symptoms are treatable!

Simply phone us on 09 831 0202 to arrange a consult with our therapeutically endorsed optometrist.

WHAT LOCALS REALLY THINK OF PETER BRISTOW

"As a recent convert to health and fitness I was looking for a personal trainer that could take me on the journey from beginner to a healthier and stronger me. I found this in Pete. He first made me feel comfortable in the gym environment (something that any novice will understand), secondly he devised and structured a programme to suit my goals and thirdly works with me to achieve these goals. In addition to this he is always willing to give ideas and advice on all aspects of a healthier lifestyle for you and your family. An added bonus of working with Pete is the variety of styles of training that he can bring to your fitness regime, from gym circuits to boot camps. I can assure you training with Pete is always rewarding." Iain Sargeson.

"Training with Pete provides that extra motivation and account-

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ability. He challenges me and pushes me outside my comfort zone but always keeps it interesting and varied. I'm feeling fitter and stronger and on the road to achieving my fitness and weight loss goals." Bronwyn Hawthorn.

Call now to book a consult and take the first step towards feeling amazing again. Peter Bristow B3 Personal Training 027 359 0976 peter@b3training.com.

THE STATIC BACK EXERCISE

The static back position is an exercise to do to help ease back pain and headaches. Back problems are often linked, in some degree, to postural distortions. To do the exercise, simply lay on the floor with your hips and knees bent to 90 degrees.

Have your lower legs resting onto a chair or table and have your arms out to your side with palms facing the roof. Now just lay there for as long as you like (I usually suggest 20 minutes). This position is not really an exercise but more of a postural reset. I recently posted a blog describing it along with some progressions in order to make it more of an exercise. Check out our website to see the blog along with photos and descriptions of the proper technique. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312. www.elevatechiropractic.co.nz.



BEST QUALITY SUNGLASSES FOR SUMMER

We hope that summer will be here shortly, so it is a good time to organise your sunglasses.

If you have prescription glasses we can put your prescription into almost any frame - you get to choose the frame, the colour of the lenses, whether they are polarised, or maybe you prefer that they change from clear outside to dark inside.

If you want stylish sunglasses to wear when you are wearing contact lenses, we have some gorgeous choices for you.

We are here to advise you on the best type of sun lenses for your eyes, with or without your prescription. We have an excellent selection of Maui Jim sunglasses - once a Maui Jim wearer



- always a Maui Jim wearer! Come in and see the difference at Hobsonville Optometrists, 413A Hobsonville Road, Hobsonville. Monday to Friday 9am to 5.30pm and Saturdays.

DRY NEEDLING

Does this sound familiar- been sitting at your desk most of the day and your neck and shoulders are aching again? It could well be a nagging Myofascial Trigger Point.

Dry needling is a technique that physiotherapists use to treat myofascial pain. The technique uses a "dry" filiform needle, one without medication or injection, inserted through the skin into areas of the muscle, known as trigger points. The needle allows a physiotherapist to target tissues that are not manually palpable.

The goal is to release or inactivate trigger points to relieve pain, improve range of motion, reduce muscle tension, and normalise dysfunctions of the motor end plates, the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient's return to active rehabilitation. Usually, it's typically one technique as part of a larger treatment plan.

If you would like to learn more check out our webpage - www.northwestphysioplus.co.nz/dry-needling-and-acupuncture.html.




HOW DO YOU MOULD AND STRETCH A PAIR OF SHOES TO FIT YOUR FEET WHEN YOU ARE SHORT ON TIME?

This is Shoe Talk's guide on how to make your new shoes fit your foot shape when you have purchased something new that you need to wear soon after purchase, please note this only works if the footwear actually fits your foot correctly to start with shoes will only ever give in width a few mm and not at all in length.

So follow the following tips:

- If the shoes pinch your heels you can soften the heels by gently rolling the back of the heel over with your thumbs to soften the edge.
- Put on a pair of socks; grab your new shoes and your hairdryer. Turn the hairdryer onto warm and gently direct the head to-





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wards the shoe, approx 15cm away be careful though as you do not want to burn the leather, if it's suede put the heat even further away. Heat the leather up to where it feels malleable. Put the shoes on your feet and walk around them as they cool. The heat will soften the leather and allow it to mold to the shape of your foot. Repeat if required.

• Finally notice any points that feel like they will rub on the first wear and put a plaster on this will ensure you have a great night and no sore feet or blisters.

401A Great North Road, Henderson Ph 09 835 9936 or 1/32 Clyde Road, Browns Bay Ph 09 479 7807 - www.shoetalk.co.nz.

EYE INFECTIONS

Natasha Herz, M.D.*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist. Today's tip:



Do you wear contact lenses instead of glasses? Watch out for white spots on your cornea (that clear layer over the front of your eyeball). This is "quite common among people who wear contact lenses," Dr. Herz says, and can be a sign of a corneal infection. Treatment is urgently required, especially if the eye is painful.


Annual eye examinations are recommended for all contact lens wearers. Visit Matthew and Molly Whittington, For Eyes, Kumeu Village Phone 412 8172 for top quality eye examinations and for reading disability or colour vision assessments and treatments. (*Acknowledgement: M. Bonner, Marie Claire, 24 March 2017).

MUMS – EXERCISE SAFELY WITH KC FIT

Want to get back into exercise? Or keen to start, but don't know how to take the first step? KC Fit specialises in training women safely after they've had children by improving fitness, reducing stress, burning fat, toning



and strengthening, all in a supportive environment. KC Fit trainer and mum-of-two Kirstyn Campbell says it's crucial that before mums return to exercise, they understand how pregnancy and birth change their bodies. "Burpees, sit-ups, crunches or planking might seem like a quick way back to a flat tummy, but they can damage your abdominal area and pelvic floor, affect digestion and even cause hernias." KC Fit's 1 hour classes in Huapai



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

include 'Tight Mummy Tummy & Bits' 'Mums' Boxing' and 'Mums' Bootcamp' – with some morning sessions offering free babysitting. Class numbers are limited, with first session Free. Find out more about upcoming classes at facebook.com/KCFitNZ or email Kirstyn on kirstyn@kcfit.co.nz or call her on 022 637 5410.

POOR POSTURE. CAN OSTEOPATHY HELP?

Our postures are getting worse and worse. Sitting in front of a computer all day, looking down at a smart phone all the time, slouching on a chair...No wonder a lot of people develop neck tension, headaches, stiff shoulders. Can it be helped and improved? Definitely! Being aware of good posture, regular exercises, well organised workstations - all that can make a big difference. Don't be lazy, stand up straight, do regular exercises



and optimise your work place. If you are not quite sure of how to work on your posture, come and visit a health practitioner who can help. It is especially important to work on kids' posture while they are growing and establish their good (or bad) postural habits. An osteopathic practitioner can assess your posture, find the muscles that are tight and apply manual treatment to relax them, improve the mobility of the stiff joints using manipulation. Usually, an osteopath will also give suggestions on what to focus on to improve the posture, what exercises and stretches might be beneficial. Most osteopaths will also discuss the work place strains and suggest ways to minimise them. At Family Osteopathic Clinic we regularly see patients whose pains and discomfort stem from poor posture. Our patients confirm that addressing those issues often make significant changes to their symptoms. To make an appointment call 09 416 0097, 39 Hobsonville Rd, West Harbour.

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AREA COLUMNISTS

YOUR AWARD WINNING LOCAL BROKER

I am pleased to announce that I have come home with two awards from The Travel Brokers annual conference, which this year was held in Saigon for 3 nights. A quick taste of Vietnam, just a tease really, certainly makes me want to go back for more. I was very pleased to be the winner of Marketeer of the Year, as well as being awarded a High Achiever, the Top 10 Brokers are heading to Fiji for a weekend of reward & relaxation in November! This month it is all about cruise specials: Hawaiian Islands with Norwegian cruise line - 7 night cruise from NZD \$ 3099 per person share twin (Price based on 19 May 2018 departure in an Inside Stateroom, Cat IC). Highlights: Cruise roundtrip from Honolulu to Kahului (Maui – overnight in port), Hilo (The Big Island), Kona (The Big Island) & Nawiliwili (Kaua'i – overnight in port). Cruise Departs: Every Saturday, year round
Cruise Includes: • 7 night cruise onboard Pride of America • Main meals & entertainment onboard • Port charges, government fees & gratuities. BONUS: Receive a Free Specialty Dining package.

East & West Mediterranean with Princess Cruises - 10 night cruise from NZD \$ 1999 per person twin share (Price based on an Interior Stateroom, Cat IF). Highlights: Visit: Cruise Rome (Civitavecchia) to Salerno, Messina (Sicily), Dubrovnik, Kotor, Corfu, Ajaccio, Toulon, ending in Barcelona Cruise Departs: 13 Oct 2018. Cruise includes: • 10 night cruise onboard Crown Princess® • Main meals & entertainment onboard • Port charges & government fees. BONUS: Up to USD\$100 onboard credit per

stateroom.

Baltic Capitals with Norwegian cruise line - 9 night cruise from NZD \$ 2399 per person share twin (Price based on an inside Stateroom, Cat IE). Highlights: Cruise roundtrip from Copenhagen to Berlin, Tallinn, St Petersburg (overnight in port), Helsinki & Stockholm Cruise Departs: 05 Sep 2018. Cruise includes: • 9 night cruise onboard Norwegian Breakaway • Main meals & entertainment onboard • Port charges, taxes & gratuities. BONUS: Choose either FREE Specialty Dining or a Complimentary Beverage Package.

Sydney to Auckland with Celebrity Cruises - 12 night cruise from \$2749* per person twin share (Price based on an Oceanview Stateroom, Cat 8). Highlights: Cruise from Sydney to Melbourne, Fjordland National Park (scenic cruising), Dunedin, Christchurch, Wellington, Tauranga, Bay of Islands, ending in Auckland Cruise Departs: 20 Nov 2018. Cruise includes: • 9 night cruise onboard Celebrity Solstice® • Main meals & entertainment onboard • Port charges, government fees & gratuities BONUS: Receive a USD\$400 onboard credit PLUS a Classic Beverage Package.

All cruise specials are quoted subject to availability & subject to change - this is just a small selection of the hundreds on offer. Earlybird Airfare deals to Europe for 2018 are out now - get in quick. Airfare credits in conjunction with tours are also available, great discounts for early bookings - if you see anything advertised 'out there' please just ask, as I should be able to match. Please contact me: Tanya Franklin, your local Travel Broker, a member of helloworld, on 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday. See: www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

MARKETING MEANS BUSINESS

It's fundamental to business management; identifying the needs and wants of customers, determining which target markets your business can serve. Then sourcing products/services to serve the customers in these target markets so that the objectives of your business are achieved. Ideally, with some exclusive distribution to differentiate and protect sales.

This is best addressed by working through a Marketing Plan: Situation analysis, marketing objectives and tactics to achieve these via the marketing mix, budget and evaluation measures. This is the very best way to give you a very clear focus on the road ahead. An important part of your Marketing Plan is the Promotional Schedule: how, when and



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where you're going to communicate with your customers. Ideally, over a calendar year and written up on a wall planner so that you can see at a glance what's coming up next and prepare any materials ahead of time: flyers designed and printed for specific promotions, social media content, booking advertising space and material etc. Evaluating each promotion shows if it met the targets set, for example; number of new customers purchasing, number of incoming sales enquires. The frequency of promotions and communications is considered: a monthly newsletter (emailed, posted or via a blog?), quarterly promotions, annual customer survey or special events. Don't forget that keeping in touch with existing customers is as vital as attracting new ones. "Your next mission, should you decide to accept it" call Andrea at MOXY Marketing 022 327 4758. It's a great time to look at Christmas promotions or start your Marketing Plan for 2018.

FUN, ACTIVE AND A LOT OF LAUGHS

Having a lot of laughs, enjoying the fun with others, and removing the fear for new golfers is the aim of two FREE fun days at Redwood Park Golf Club, Swanson. On Sunday 29th October they are holding 'Bash and BBQ' for Dads, Lads and other keen blokes, followed by 'Golf and Glam' for Ladies, Lassies and Girls on-the-go, on Sunday 5th November. Both events are from 3pm. Those who want to exercise in a beautiful parkland setting, and enjoy the company of others are encouraged to attend these free activities. "It is more than just about the golf" says Warren Ogilvie, General Manager at Redwood Park Golf Club. "Those who come along to either Bash and BBQ or Golf and Glam will not only participate in some



simple fun golf activities, but will experience some treats in the club rooms afterwards. Golf clubs are not required and playing in comfortable casual clothing is also ok." For those who enjoy the fun, there will be an opportunity to participate in coaching clinics in the following weeks. "We want men and women, of all ages, to get out there, enjoy the fun of golf, while exercising." See our face book page for details. If you want to register for Bash and BBQ on 29th October or Golf & Glam on Sunday 5th November, please contact Redwood Park Golf Club, phone 09 833 8253 or email office@redwoodparkgolf.co.nz.

NATURE'S EXPLORERS KINDERGARTEN ARE ANIMAL LOVERS

Due to the children's interest in our new kindy rabbit, Fluffy, their enjoyment of playing cats and dogs (most days) and their interest in their pets at home, we decided this would be an appropriate topic for the children to learn and develop further knowledge on. We would like the children to learn about different types of pets, different roles of pets and the importance of caring for and nurturing pets. During the month, we have been very lucky to have several visitors coming in to support us with learning more about pets. This has included, Graeme Ashby with his dog Rufus, from Vets North. He spoke to the children about caring for rabbits, safety around dogs, caring for pets in general and his role as a vet. Tina from the Kumeu



FREE Golf 'n' Glam

*For Ladies,
Lasses & Girls on-the-go*

Redwood Park Golf Club Swanson
Sunday 5th November from 3pm

Come and discover the game and then have some treats in the clubrooms.
Golf clubs not required.

If you like the experience there are coaching clinics available from 12 November.

To register please Ph 09 8338253 or see our facebook page for details



Library visited, and kindly brought in a selection of stories on animals/pets to read with the children during group-time. Last week we were lucky to have a visitor from B.A.R.K (Building Awareness aRound K9's) visit with her beautiful dog Jango. She spoke to the children about how to keep safe around dogs. She provided the children with some sayings, including - To meet a pup - ask a grown up! (before touching a dog ask the owner for permission first). We have also had some lovely pets come in for a visit. This included Olivia's baby rabbits and chickens, Anna's dog and Avianna's two dogs.

The children have also had the opportunity to get involved in a selection of activities and arts and crafts, including; Matching animal and habitat game, making animals out of plates, dress up as an animal day (we had a wonderful turn out of cats, dogs, dinosaurs, zebras and monkey's to name a few). A vet clinic was also set up in the home corner area. X-rays of animals were displayed on the window and the children had a selection of soft toy pet animals to play with. This activity proved to be very popular with many of the children.

JOIN US AT JOJO'S CHILDCARE

Our new learning space is nearly ready, local families will have seen the building take shape over the past few months and we can't wait to share it with everyone as it comes to completion. If you are thinking about early learning options for your children for 2018 please come in and see us as we have limited spaces left for early 2018. Also don't forget we have our 5th birthday special running for our 2 and 3 year olds for the remainder of this year. #1 – if your child is 2yrs old and due to turn 3 before the 31st Dec 2017 we would like to offer you 20 free hours now which will continue once your child turns 3yrs old. * #2 – if your



Welcome to your other backyard...

At Muriwai we recognise the need to accommodate the growing families in our community. We take pride in our family friendly club and welcome all families, kids and beginners to our course and facilities. Play Golf with your family while enjoying views of the sea, you can even stay for lunch at our café before you head off to the beach if you choose, which is just 5 minutes away!

At our club you can learn, play or compete in Golf whatever your ability and to make life a little easier we are offering special membership options for you and your family.

Special Family Membership
FREE Junior Membership with every new Adult Membership before 1 December 2017.*

- Junior Coaching Clinic twice per month
- Course Access
- Driving Range

*Adult member must be a parent of the junior taking up Full Membership or USS Intermediate membership.

For this and other great membership options contact us now on 09 411 8454.
Muriwai Golf Links | www.muriwaigolfclub.co.nz
Find us on Facebook: Muriwai Golf Links

child is already 3yrs old we would like to offer you 30 free hours until 1st Feb 2018. * To receive one of our birthday gifts you must enrol and start before 31st December 2017. *Conditions apply. Please feel free to pop in and see us 5/21 Oraha Rd, Huapai or give us a call on 09 412 5325 for more info.

DIY ACCOUNTING: THE DANGERS AND HIDDEN COSTS

Kiwis love DIY – it's in our DNA! When it comes to home renovations, fixing cars or managing your own business and books, we love to do it ourselves. This makes sense for a lot of small businesses when cash is tight and there are accounting software options readily available in the market which theoretically make the task of bookkeeping and accounting a breeze. But does it really save you money? Trying to save money by doing your own accounts can often end up actually costing you more in the long run. Even a simple mistake can cost you time and money as you try to identify the mistake in the first place and then try to correct it. Often, as accountants, we spend a lot of time fixing these errors. Reconciling GST, wages/PAYE, FBT and income tax, and analysing revenue, capital expenditure, deductible and non-deductible expenses all takes a lot longer when there are errors in the bookkeeping and accounts. When doing your own accounts, you need to be prepared to accept a higher level of risk. Only you can determine whether it is a risk worth taking. For more advice on how to improve your cash flow, contact Mark Foster and the UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

WARMING HEARTS

It's a sad truth that many babies within Auckland are suffering due to inadequate warmth. Their inability to regulate body temperature, combined with substandard housing, no insulation or heating and limited funds available to purchase warm baby essentials mean babies suffer and fall ill. Warming Hearts was founded by locals Victoria, Amber and Sara as a way to fill that gap and ensure families are given the necessary bedding and clothing to provide the very best protection against the cold. The bundles of warmth contain pre-loved clothing and bedding from prem to 6 months size, with a focus on knitwear, merino and cotton. Bundles are delivered directly to those in need by community midwives. If you have any pre-loved baby clothing or bedding you no longer require you can drop to Precious Pips at 42 Taha Road, Waimauku, Mon-



Fri 7am – 6pm).or Casa Trader. 1/82 State Highway 16 (Behind BNZ). Open Mon-Thurs 11am-3.45pm. www.warminghearts.co.nz www.facebook.com/warmingheartsnz.

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Western ITM Kumeu stock a comprehensive range of Urban & Farm Fencing that can add so much value to your rural/lifestyle property. Fencing not only provides you & your animals security & privacy, it can also provide shelter from the elements. Wire & Batten Fencing - Usually this consists of seven or eight wires, using 2.5mm hi-tensile. The posts can be #1 or #2, which relates to the diameter of the post. Post & Rail Fencing - A popular option for lifestyle blocks & equestrian facilities. Strainers & Stays - Strainers are larger fence posts that provide anchoring points & extra strength for your fence. Farm Gates – We stock wooden & galvanised gates in a variety of lengths & styles. Chain Fencing & Hex Netting – Offers a transparent design, our range of chain link fencing is suitable for boundary separation, pet enclosures & animal compounds. Electric Fencing – We carry a comprehensive range of Gallagher Electric Fencing System & a wide range of Strainrite fencing tools, equipment. For further advice or information visit westernitm.co.nz or call instore today. Western ITM Kumeu, 154 Main Road, Kumeu. Phone 09 412 8148 - OPEN 7 Days.

HAPPY HEARTS RIVERHEAD TRIP TO STARDOME

“We’re going to the moon?” was the first response received when we told our Happy Hearts pre-schoolers we’re planning a trip to culminate our latest topic ‘Space’. Unfortunately, a trip to the moon was a little over our budget, so our class went to the Stardome Observatory and Planetarium where we could look through a telescope at the moon, instead. During our session there we participated in an interactive lesson about the sun, moon and stars, were treated to a water rocket display, and saw rocks from the moon. We also spent time looking around the galleries at Lego replicas of space rockets, took photos of ourselves dressed up as astronauts, weighed ourselves on special scales to find out how much we would weigh on the moon, and then to top it all off we watched an animated movie called Accidental Astronauts in Stardomes’ 360° theatre. This was a great way to complete our learning from our Space topic. The staff at Stardome were impressed with all the things we already knew about space and they built on what we had learnt at Happy Hearts over the last 6 weeks. Great fun was had by all.



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COUNCILLOR’S CORNER

By Rodney councillor Greg Sayers. I would like to share with you an independent viewpoint about how I am performing as your councillor. The extract below is from a professional publication which reports on Auckland Council’s political news. It is called the Town Hall and is published by the local government consultancy firm McGredy Winder and Company. This is their summary;



“Sayers is very proudly the elected member for Rodney, happily so, and determined to do the best for the people who put him there. He is also the councillor who has most openly and explicitly taken on the mayor. A month or two back he was hauled



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into the mayor's office and threatened on the consequences, for both himself and the people of Rodney, if he didn't fall into line over the mayor's budget. Such blustering and disrespect isn't actually how this game works, and is way out of order. To his credit, not only was Sayers not intimidated, he actually outed the mayor on his behaviour.

In so doing, Sayers gave a very clear indication of his nettle, and so insulated Rodney from anything adverse the Albert Street dwellers had in store for them.

Town Hall says if Rodney is treated worse than average on any issue (including during next year's 10-year budget setting process), suspicions and accusations of Goff making good on his claims will inevitably arise, "and Goff can't afford that".

I have also been quietly but very effectively growing quality relationships amongst the other councillors, within the council organisations and in many of Auckland's communities.

The resulting tsunami of positive public support I have received for genuinely wanting to deliver greater transparency to Rodney's ratepayers has been overwhelming.

This all shows that Auckland Council badly needs a constitutional upgrade. This upgrade of the established set of principles currently governing Auckland should enshrine the right for all elected members, and for members of the public, to easily access detailed financial information about our rates and what they pay for locally. There remains particularly poor transparency around local operational spending and if local development contributions get spent locally.

Ratepayers should be very concerned that not only is the wage bill up but the budget set of \$811 million was blown out by \$42m to \$853m.

Auckland Council is out of control when it comes to delivering to its wages budget.

This \$42m of overspending has completely wiped out the \$37.5 million the council gained through the recent 2.5% rates in-

crease. That means the council doesn't have any extra money left to do anything extra.

Figures released to me show Rodney ratepayers are paying more than \$206m each year, including estimated development contributions and fees.

Those living in rural areas are paying \$36m, residential ratepayers \$30m and businesses \$7m.

Of the nearly \$38m from rural ratepayers, only \$1.22m is being used to seal Rodney roads.

I want to see \$100m spent over 10 years to seal a third of Rodney's unsealed roads.

The Rodney Local Board is investigating a transport targeted rate in the area, but I don't like the idea of rural ratepayers having to pay extra on top of their rates.

There is still much work to be done to shape the Auckland Council to be sufficiently transparent to its ratepayers.

Representing Rodney within the country's second most powerful political organisation continues to be a massive privilege for me. With that privilege also comes a huge responsibility. It's a highly competitive, egocentric political environment, but Rodney is making excellent progress as we steadily keep chalking up local win after win, where it counts the most, back in our local communities.

PERMISSION GRANTED - DO WHAT YOU WANT

I am giving you permission to live life the way you want. We think we are living freely but it can be a blind spot for many. Without knowing it we hold ourselves in rigid ways, behaving in certain ways or unconsciously putting strict rules on how things are done. We limit our approach to life. The biggest thing screaming at me right now is that many of us have forgotten



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about joy. Authentic happiness is better than any medication or any green smoothie. Finding our joy is perhaps the most important mission we can undertake as a human. We forget about this... or perhaps we need permission to do it? Doing small things that are good for the soul works miracles. I recently had a small epiphany around exercise. I had put exercise in the 'have to' category and any 'have-to' in my life finds itself at the bottom of the to-do list. Usually, when your hearts not in it, you aren't running to go do that thing. I had to think long and hard about what kind of things I could do that were good for my soul. The key here was not to attach any outcome to it. Don't do it because it will make you thin, or eat it because it will make your skin shine – do it because it makes you smile and that's it! Do it because in that moment you are thrilled doing what you're doing. The theory being that when you are truly doing the things you love, you have a sense of well-being and a sense of its good to be alive. You feel content, satisfied. You're having fun, you feel carefree. You are in the present moment, you smile. Now when your body is experiencing these emotions – amazing things are happening. You could say you're being the most spiritual person on the planet in that moment. You have chosen to live and connect with what its really all about. Because emotion is where we create everything from, when we experience authentic positive emotions our body can naturally do what it does best – function optimally. It knows how to naturally lose weight, it knows how to heal, it knows how to have glorious skin, it knows how to be youthful. Real joy in the moment has a spin off effect in every area of your life – even your bank account. An unrelaxed person, a person in situations they would rather not be in, a person not at ease, doesn't usually have life working out for them and can't ever find what they are looking for. Time to get brave and make some changes. So... I went to a Zumba class. For me it was

amazing. I needed to be brave to walk in there in the first place, I needed courage to be OK about looking silly. I did it all and loved it. I was so satisfied and had a smile plastered on my face the whole time. I then signed myself up for tree climbing. Best thing ever! You need courage and balls and strength. I was so happy and proud. It was also a big reminder for me about activity putting you in the present moment. You are naturally focusing on the task at hand instead of tomorrow, or that thing next week. So, go fishing more, get out in the forest more. Get in a kayak. Try going to the pool and swimming a few lengths. Join a class of something. Do something scary, change your routine. What would be good for your soul? What would you be thrilled to do? Some of us need to go bigger - I sometimes want to go up to people and shake them 'you can leave your marriage you know' 'you allowed to hand in your notice' 'Stop talking about it and just do it' 'you can relax around your children, the way they are, is the way they are'. Following our hearts to be happier is a worthy cause and an act of compassion – for self and for others. The best thing we can do for our communities and our world is tend to our own authentic happiness first. Making changes in big areas of life takes courage and bravery. Doing things our way and creating the changes we want may feel selfish or irresponsible. We can feel responsible for another's happiness and therefore keep things peaceful and don't rock the boat. I think that if you are truly making choices from the heart, from your wisest self, then everything will always be OK – you can't really get it wrong for yourself or others. This little saying helps me a lot 'May this happen for my highest good and the highest good of everyone involved' – then go about your business. When we love ourselves enough to make any necessary changes we are also loving everyone. It may not seem like it at first, but believe or not it is showing love for everyone. There is so much point in adversity. Things seem so hard at first, but we always come

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out of it stronger, wiser and happier. Remember - you can't pretend. You can't fake being happy. The world knows, your own body knows. You're either being true or you're not. And if your body and your world are reacting to your emotions you owe it to yourself and those around you to be living a truer version of self. The truer version of you is healthier and happier. Come and see me for a session. I give personalised meditations to connect with self and start creating emotions that make the good stuff happen. I help with feeling lost, not knowing what to do next, feeling anxious, depressed, work and relationship stuff and health issues. A session is usually 2 hours and costs \$150.00. Anna 021 555 658 anna@thinkyourbest.co.nz.

KUMEU ROTARY DONATES SATELLITE PHONE

Kumeu Rotarians presenting the satellite phone to Muriwai First Response representatives Tena Kennedy and Amanda Aislabie. The St John Muriwai First Response Group is a volunteer group that responds to emergency incidents in and around the



Muriwai Community, Muriwai Beach and Woodhill Forest. The St John Muriwai First Responders are trained by St John Ambulance to respond to emergency incidents within their community, and treat medical and trauma emergencies. The St John Muriwai First response group attended 74 incidents last year. The Kumeu Rotary Club has very generously donated a satellite phone, which will provide essential communications for the St John Muriwai First Response Group when responding to emergency incidents in an area with poor radio and cell phone coverage. The satellite phone will be a tremendous asset to the St John Muriwai First Response Group, and will assist St John in providing the best possible care for our patients. Rotary is making a difference in your community. If you would like share in making a difference to your community, through Rotary contact the Kumeu Rotary President on 021 969 251.

PHELAN'S RODNEY BOARD UPDATE

The Local Board has just completed its first year and it's worth taking stock of what we have achieved. We have five main areas of focus; Better Roads & Public Transport; Connecting our Communities; Planning for Growth; Protecting the Environment and Working with the Community.

Our three-year 'Local Board Plan' looks at ways to address the transport needs of Rodney and how council could bring forward funding to deal with the pressures of growth; public transport & road sealing. We presented the option of considering a 'Rod-

ney Transport Targeted Rate' and there was enough support for us to progress to exploring proposals that residents might support. We aim to have something ready for the 2018 10 Year Budget (Long Term Plan) consultation early next year.

We have ticked off more footpaths in high growth areas such as Riverhead leveraging our budget with Auckland Transport's to get more done faster. Four new footpaths in Riverhead will be delivered this financial year. We will continue to advocate for more responsive road maintenance and alternative ways of dealing with road sealing.

Greenways, or trailways, paths that can be walked, cycled or used by horse riders were a popular initiative in our Local Board Plan. We have allocated \$250,000 this financial year towards assisting community groups produce feasibility studies for sections of our Greenways plans with sections in Kumeu and Riverhead identified as priorities. We will complete Greenways Plans for areas that don't yet have them, an area from Kaukapakapa to Dairy Flat down to Coatesville and across to Helensville.

A Centre Plan for Kumeu and Huapai has just been completed, an essential part in both improving the current township for residents and preparing for Structure Planning in Future Urban areas planned for development after 2028. We will be looking at the priority list in the Centre Plan for funding in the 10 Year Budget.

The Board has provided \$230,000 towards the 'Huapai Hub' group's proposal to create a community space in Huapai and they aim to have this well underway this year. The group has leveraged this funding and it is an exciting partnership between the community, business and council representing the first steps in delivering on the 'Kumeu Huapai Centre Plan' to create a vibrant town centre.

We have focused its efforts on improving our harbours and the waterways that flow into them. We have committed \$250,000 to assist landowners fence off and plant up riparian margins on rivers with pollution issues with the upper Kaipara River catch-



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ment being targeted in the first round of funding. We have partnered with Fonterra, Beef & Lamb NZ and Te Uri O Hau to deliver this program and it has been well received on the ground which is a fantastic start

The Board has chosen the \$12 million Huapai Indoor Court facility as its major advocacy item for the 10 Year Budget. We have spent the last three years planning for this facility to meet the growth needs of the wider community and believe have a solid business case for funding. We are presenting this to the governing body (Ward Councillors) for inclusion in the 2018 plan and public consultation in the New Year.

Phelan Pirrie, Deputy Chair, Rodney Local Board. If you need assistance around Council related matters I can be contacted on either 021 837 167 or phelan.pirrie@aucklandcouncil.govt.nz.

HOW CHILDREN LEARN THAT RESPECT & COMMUNICATION GO HAND IN HAND

Times change, just look at the rate of technology. But what about when it comes to parenting and teaching? Has it really changed or do we just have more knowledge about different styles thanks to technology? What about our own childhood experiences and values that we grew up with? What happens when there are conflicting values about discipline, parenting styles or learning opportunities? How do we cope when cultural differences come into conflict? With all that in mind, rest assured, we are never alone! At Country Bears we acknowledge that everyone is unique and individual



with their own set of values, morals, life experiences and family constructs. As a teaching team, we value each other's strengths so that the children at our Centre have clear boundaries with the underlying core value of respect. Like adults, each child will interpret and gain something different with every experience. If we take a look at an ant, everyone will see something different; size, shape, colour, how it moves, how fast it moves, where it lives or what it may be carrying. The teachers will show the children that we need to respect this tiny little creature. We believe that if children grow up with respect and empathy to the tiniest of insects, this will transfer to respect and empathy to themselves, others and their environment. How do we respectfully "correct" a well-intentioned adult (grandparent, aunty, uncle or friend), who engages with our child in a way that really goes against our parenting beliefs? For example, we may not want our baby to have toys "waved in front of their faces" or just picked up without any communication about their intentions. We don't want to risk 'offending' the well-intentioned adult, so do we bite our lip or stand up for our belief system? There are a few ways to deal with these situations and it all comes down to respectful communication. This can be done through role modelling the way we respond to our children so that others notice the approach. You can even use respectful intervention, by saying to the person "Let's ask her first if she would be okay with you holding her?". When your child has indicated their response, you can then follow through. You will be surprised at how much role modelling is noticed, even by complete strangers. At Country Bears respect and communication go hand in hand and this is the way we see children growing up becoming valued members in our community. Our whakatauki (core statement) since 1993 is "A good beginning lasts a lifetime" so we cannot wait to see the children in our Centre grow up to become caring, empathetic and respectful individuals. We have already seen past children all 'grown up', some have even come



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back with their own children or become teachers here themselves. Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With almost 25 years of experience, Country Bears is the name in childcare that you can trust. We are proud of who we are and how we got here, and we are committed to continue to provide this Country Bears quality for another generation. Please feel free to come and have a look at our beautifully placed centre with our professional and caring team of teachers. Check us out on our Facebook page: www.facebook.com/cbearsecc.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Wed 1 Nov	-	02:14	08:19	14:39	20:38
Thu 2 Nov	-	03:06	09:11	15:31	21:28
Fri 3 Nov	-	03:55	09:59	16:19	22:16
Sat 4 Nov	-	04:42	10:46	17:06	23:02
Sun 5 Nov	-	05:28	11:31	17:52	23:48
Mon 6 Nov	-	06:14	12:16	18:38	-
Tue 7 Nov	00:35	07:00	13:02	19:26	-
Wed 8 Nov	01:22	07:47	13:49	20:15	-
Thu 9 Nov	02:12	08:36	14:41	21:09	-
Fri 10 Nov	03:08	09:30	15:40	22:08	-
Sat 11 Nov	04:12	10:30	16:46	23:13	-
Sun 12 Nov	05:22	11:37	17:55	-	-
Mon 13 Nov	-	00:19	06:30	12:45	18:59
Tue 14 Nov	-	01:22	07:33	13:49	19:58
Wed 15 Nov	-	02:20	08:29	14:46	20:50
Thu 16 Nov	-	03:12	09:20	15:36	21:38
Fri 17 Nov	-	03:58	10:04	16:21	22:20
Sat 18 Nov	-	04:41	10:45	17:02	22:58
Sun 19 Nov	-	05:20	11:21	17:40	23:33
Mon 20 Nov	-	05:56	11:55	18:16	-
Tue 21 Nov	00:07	06:31	12:28	18:50	-
Wed 22 Nov	00:39	07:04	13:00	19:25	-
Thu 23 Nov	01:13	07:38	13:34	20:01	-
Fri 24 Nov	01:50	08:14	14:12	20:40	-
Sat 25 Nov	02:32	08:54	14:56	21:26	-
Sun 26 Nov	03:20	09:42	15:48	22:20	-
Mon 27 Nov	04:18	10:39	16:48	23:22	-
Tue 28 Nov	05:23	11:46	17:52	-	-
Wed 29 Nov	-	00:27	06:30	12:55	18:56
Thu 30 Nov	-	01:30	07:35	14:00	19:57

Source: LINZ. Daylight Saving: Please note that tide times have been corrected for daylight saving time. Disclaimer: MetService and LINZ accept no liability for any direct, indirect, consequential or incidental damages that result from any errors in the tide information, whether due to MetService, LINZ or a third party, or that arise from the use, or misuse, of the tide information contained in this website.

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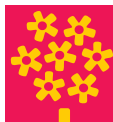
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