

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES
LIONS ON THE HUNT



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

SEEDS OF HOPE FOR PEOPLE AND MONARCHS

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 2018

Intro

Wow. Just Wow. How did this year go so fast? Welcome to our November edition – the penultimate for the year. So much is happening in and around our community as we all gear up for Christmas holidays (I think its safe to mention Christmas now). The Kaipara Memorial RSA will be commemorating the 100th anniversary of the signing of the Armistice that ended World War One on Sunday the 11th of November at 1100 hours. The club will hold a parade that will form up at 1045 hours between Countdown and the RSA and march to the Helensville War Memorial Hall Cenotaph, where at 1100 hours on the 11th day of the 11th month, exactly 100 years ago, a commemoration service will be held, including laying of wreaths and , as proclaimed by King George V, two minutes silence will be observed in memory of the 16,700 New Zealanders who died for their country in World War One, including the 35 soldiers from our district and who are remembered on the Cenotaphs at Parakai, Helensville and Kaukapakapa. Families are encouraged to wear their relatives' medals on their right chest and join the parade, Poppies will be available at the RSA. Medals should be worn by Service and ex-service personnel. The club will be open for lunch and refreshments after the ceremony, the museum will be open and a video "ANZAC War Horses" will be playing. Any queries regarding the parade, ceremony and wreath laying, call the RSA 09 420 8888 or email kaipararsa@hotmail.co.nz or text Rex Keane 027 293 2768. The Kumeu Rotary Christmas Parade is on December 7, and Santa's team will be calling on local businesses shortly to enter or help. More than 50 parade entries are expected, with the event starting at the Huapai Reserve at about 7pm, travelling along State Highway 16 (Main Road) to the Kumeu Showgrounds in Access Road. The main road will be closed from about 6.45pm with traffic diversions in place. The parade is expected to take nearly an hour to pass any given point along the route. Families often make a picnic of the Friday evening event. The showgrounds will remain open into the evening for family entertainment, including Christmas carols from Kumeu Brass, carols by candlelight, food trucks and more. Email kumeuxmasparade@gmail.com, phone Dale on 027 224 4636 or Leslie on 021 334 401. An Antique Fair will be held again this year at the Kumeu Community Centre, 35 Access Road, Kumeu on the 1st and 2nd Dec 10am to 4pm each day. Entry will be by Coin Donation. This year the beneficiary from door collections will be Dementia Auckland. A very well worth Charity. All the articles on display will be for sale i.e. China, Jewellery, vintage and retro, Linen, Silver, Crystal, Tools, Small pieces of furniture and many more quirky items. If you have any questions regarding the Fair please contact Diane on 021 609 399.

As always, Stay safe – Be Kind
Sarah
Editor.



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

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PEOPLE & PLACES

LIONS ON THE HUNT

Stories by Geoff Dobson.

Lions are on the prowl for your contact details.

A 2019 community directory covering from Muriwai Beach to Taupaki is being compiled by the Lions Club of Waimauku.

With Yellow (Telecom) no longer providing residential phone book information to the club, members are inviting north-west residents to send in their names, street addresses, emails and cell phone numbers for inclusion.

"We've been doing a community directory for about 20 years," says club treasurer Grahame Edmonds, pictured.

"Telecom is no longer providing us with names and numbers, apparently because of 'restructuring,'" he says.

"Some people are also switching their supplier, and some who move here from out of the area, for instance, can often bring their phone number with them, so it's difficult to get all the correct information."

Grahame says street numbers don't necessarily have to be included in the directory if people don't want to specify that detail.



He says many people no longer have a home phone, relying on one or more mobile phones instead.

"We can only enter your changed details if you let us know."

About 7700 copies of the 120-page community directory will be published, and Grahame expects that with the area's growth more copies and pages may eventually be needed.

It now includes a food guide in full colour featuring many of the area's eating establishments, often complete with menus and photographs.

The publication is delivered by Lions free to homes and businesses in the Huapai, Kumeu, Muriwai Beach, Riverhead, Taupaki and Waimauku districts in about May 2019.

The club is still going strong, but can always do with more new members.

"There's not a big demand on people's time," Grahame says.

"On the first Monday of the month we have a social meeting, usually with a meal. Our business meeting is held on the third Monday of the month at the Waimauku Bowling Club from 6.30pm."

Club members can also get involved in various community projects. One such included the \$250,000 Lions Centennial Adventure Playground in Glasgow Park last year to help commemorate 100 years of service by Lions Clubs International, which has about 45,000 clubs in 200 countries.

A Waimauku town clock was completed in 2016 to provide an identifiable entry point to the township on State Highway 16.

An annual Village Gala and Garage Sale is held in the Waimauku Village shopping centre to help raise funds for various causes. The last one contributed to repair costs for the Muriwai Life-guard Service's patrol tower.

"We want to start a car boot sale in Waimauku Village on the last Sunday of each month starting November," Grahame says.

The local club contributes where it can to other Lions club requests for assistance, often for national or international disaster relief and for health research.



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Throughout the year it supports community projects and educational events such as Outward Bound and The Spirit of Adventure sailing programmes.

Waimauku Lions has about 30 members, both men and women in a range of ages and fields.

To register your contact information in the 2019 community directory, or if you didn't receive the 2018 guide, email numbers@waimauku-lions.club, or for more information phone Grahame on 09 411 7043.

SEEDS OF HOPE FOR PEOPLE AND MONARCHS

Stories by Geoff Dobson.

Mark Adcock has come up with a novel charity idea after learning swan plants - monarch caterpillars' main food - were in short supply nationally.

The Muriwai Beach resident of 28 years saw a connection between the caterpillars' life-cycle and metamorphosis with the struggle and challenges youth face navigating their difficult adolescent years.

"I thought I could assist with both, raise awareness and funding by selling swan plant seeds," Mark says.

As a director of Smashing Promotions, a 25-year-old Waimauku company providing a wide range of promotional items to other firms and even assisting with sponsorship and fundraising, it didn't take Mark long to come up with an idea.

He approached the Monarch Butterfly Society of NZ which provided more than a million swan plant seeds from its dedicated team of volunteers.

"Youthline (which assists young people) was also very receptive as the initiative aligned perfectly with their mission of 'Changing Lives' and the connection with nature and nurturing," Mark says.

"The need was established. The product was sourced. The objectives were identified. Hopeseeds was born."

The online shop made sense as it also offered the opportunity for community groups to fundraise for their own initiatives by directing people to the store. They could raise 50 cents per sale,

without any investment in resource other than sending out an embedded email link to their database.

Further support was sought from social/environmental responsible companies in the business community.

Envirotab (carbon reducing fuel conditioner) and NZYME (chemical free plant-based cleaners) were the perfect match, Mark says.

Both companies have generously assisted Hopeseeds to be able to market and create the online shop, while Chameleon TV has provided free television advertising in the Auckland community.

"The scene is set, all we require now is the public to champion the cause, buy and plant the seeds of hope," Mark says.

Hopeseeds will be officially launched on November 1, with 30 cents per packet going to Youthline and 20 cents per packet to the Monarch Butterfly NZ Trust.

Mark expects others can fundraise through Hopeseeds too and says there's been plenty of interest.

"They can earn 50 cents a packet just by emailing their databases or 80 cents a packet if they purchase and sell physical stock," he says.

Those wanting to register to be able fundraise for a community event or people wanting to purchase can visit www.hopeseeds.nz/shop or email mark@smashingpromotions.nz.

Visit www.smashingpromotions.nz, phone 09 412 6235 or email info@smashingpromotions.nz for more information.

BUILDING A SAFER HIGHWAY

A \$70 million safety improvement project is about to start on State Highway 16 between the Brigham Creek roundabout and Waimauku.

This stretch is classified as a high-risk rural road by the NZ Transport Agency (NZTA). Four people have died and 30 have been seriously injured between 2006 and 2015.

Over a third of these crashes were caused by drivers losing control and running off the road or crossing the centreline and hitting an oncoming vehicle.


Something has to change, NZTA senior system design manager Kevin Reid says.

"We understand this road is an important link. Over 30,000 vehicles a day use the route between the Brigham Creek roundabout and Kumeu, and 15,000 vehicles a day between Huapai and Waimauku. With vehicle numbers increasing, we urgently need to make safety and capacity improvements before more people lose their lives."

To make SH16 safer, the NZTA is considering various improvements:



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These include putting in flexible road safety barriers to catch drivers who leave their lane before hitting something harder like trees, poles, ditches or other vehicles. Flexible barriers will be installed along the middle and side of the road, except between Taupaki and Kumeu where only roadside barriers will be installed.

Extra lanes are being added between the Brigham Creek roundabout and the Taupaki Road roundabout (four lanes, two in each direction) to help improve travel times in the short-term, ahead of a longer-term project to reduce delays on this road.

Between Taupaki roundabout and Kumeu (Old Railway Road), a flush median will be installed. This is a painted area in the middle of the road to give drivers more room and a safe place to wait before turning, while traffic can continue to flow.

A roundabout will be built at the SH16/Coatesville Riverhead Highway intersection to help traffic flow better and make it safer to turn.

Between Huapai and Waimauku, the NZTA is widening bridges that are too narrow and making it safer to turn into Foster, Station and Factory roads.

For cyclists, a two-metre wide road shoulder is planned, but these designs are going to be reviewed to make sure great walking and cycling facilities are included for the future that integrate with longer term plans.

The NZTA is also considering safe and appropriate speeds along this stretch of road.

The focus of this project is to improve safety in the short term, ahead of other long-term projects that need more time for consenting and planning processes, Kevin says. "This project is the first part of a bigger package of work aimed at addressing growth and congestion in Auckland's North West. This programme of work is called Supporting Growth. Construction is expected to start next year and the project is scheduled to be completed late 2021.

Visit www.nzta.govt.nz/projects/sh16-brigham-creek-and-waimauku/ for more information.

CROWNING ACHIEVEMENTS

Crown Xu has big plans.

The Huapai resident, who established the local Special Operations Force military re-enactment group, has been heavily involved in the construction industry for 18 years and is now bringing affordable new housing to the north-west.

Crown, a prominent Auckland businessman who has been involved in commercial development, has just officially launched Stonewood Homes West Auckland.



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An opening event was held on October 29 at the franchise's new offices in the Northwest Shopping Centre which included suppliers, contractors and more.

Crown has been actively involved in a variety of Auckland businesses since coming here from China more than 20 years ago. These include establishing seven coffee shops under the Crown brand. He started from humble beginnings in a Kumeu café before expanding into his own business, attributing his success to plain hard work.

After working on projects all over Auckland, Crown says he's keen to get going on building quality homes throughout the north-west at affordable prices.

Crown believes having a reputation for quality while keeping build costs reasonable is important.

"If people want a standard house we can provide the most affordable plans from Stonewood Homes to help our clients dream come true easily," he says.

He's intends concentrating on the Kumeu district and surrounds, including Riverhead, Muriwai Beach and other parts of the north-west.

Development projects are already planned around Huapai.

"We plan to have two show homes in the north-west area," Crown says, adding one site will be in the Huapai Triangle development. He says Stonewood Homes West Auckland wants to hear from anyone with a possible suitable site, particularly one close to a main route like State Highway 16.

Land and home packages to turn-key stage will be offered, and Crown says Stonewood Homes has more than 2000 designs to choose from or can custom build to requirements.

"We can even find the land for you," he says.

"People want an affordable house," Crown says. "We can do that. "And we are looking for other people to work with us."

Crown says they recycle much of their left-over materials rather

than just dump it. "So we try to be good for the environment too."

The Stonewood Homes West Auckland team comprises efficient and qualified contractors, he says.

"We also have our own financing, surveyors, engineers, scaffolders and more.

"So that is why we always do the projects ahead of the timeline.

"We want to build in this area and we do a good, quality job at an affordable price, plus provide good service."

He wants to contribute more to the north-west, including attending local events with the military re-enactment group, which has more than 30 members.

Crown recently bought an ex-British Army tank which he is keen to show to schools and the public, taking part in the Kumeu Show and the Kumeu Rotary Christmas Parade.

"I love the Huapai-Kumeu area," he says. "It has a lot to offer and is great for bringing up children." He has four of his own.

When time allows, Crown also enjoys hunting and other outdoor pursuits. This area will be seeing and hearing a lot more of Crown Xu.

Stonewood Homes West Auckland is at Level 1, Building 7, 48 Maki Street, Northwest Shopping Centre, phone 0800 86 00 00, call Crown on 021 668 028, or visit Stonewood.co.nz for more information.

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SAFER COMMUNITIES

We receive a lot of calls at this time of year about fire permits, if one is needed and what restrictions may be applied to burning. Put very simply, it is always best to seek a permit before you light up. It does two things: It gets you to consider all the safety aspects and considerations and it allows a professional to review your plan who may give you some suggestions. Best of all it is free from cost. Your first step is to go online at www.checkitsalright.nz for specific information in your area. The present status is Open Fire Season. No fire permit is needed to light a fire in open air. However you still need to exercise caution, check the weather and be well prepared before lighting. Note that a restricted fire season is in operation on all Public Conservation Lands. You need to apply for a fire permit for any fire type that is not listed below:

- Gas-operated appliances
- Campfires in a permanent fireplace
- Cooking and warming fires

Note that any fire you light may have requirements to meet with the Auckland Council. Check online at www.aucklandcouncil.govt.nz or call 09 301 0101.

The other issue we get in November is BBQ's. We suggest you replace the drip tray absorbent, make sure the BBQ is at least 1 meter away from the house or any wood surface or cladding and check the gas connection and hoses are in good order. A little trick is to do a spring clean on your BBQ at this time using hot water with detergent and wash down the hoses and connection. Leave wet, ignite one of your burners and check that there is no bubbles on the connection or rubber hose. You may need to re-apply the hot water a few times to confirm.

Ensure you always turn the gas off at the burners and then turn the bottle off. And whatever you do, the BBQ stays outside or in a fully ventilated environment. Stay safe, be prepared and be aware.

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COMMUNITY NEWS

ANTIQUAIRE FAIR



An Antique Fair will be held again this year at the Kumeu Community Centre, 35 Access Road, Kumeu on the 1st and 2nd Dec 10am to 4pm each day. Entry will be by Coin Donation. The Donation last year went to the Hall Committee which was around \$600. This year the beneficiary will be Dementia Auckland, a very worthwhile charity.

All the articles on display will be for sale i.e. china, jewellery, vintage and retro, linen, silver, crystal, tools, small pieces of furniture and many other items. The dealers attending the Fair will come from Ruakaka, Taupiri, and many parts of Auckland. If you have any queries regarding the Fair please contact Diane on 021 609 399.

KUMEU LIBRARY

Here at Kumeu Library we are in full swing with our annual Spring Book Sale – come along to the library and grab a bargain from our table of withdrawn items. There are lots to choose from as we clear out older items to refresh the stock held at Kumeu Library. It's a great time to stock up on cheap, quality holiday reading, for

both adults and children.

Did you know that we have a free house-bound service for those who are stuck at home due to physical limitations and have no-one else who can come to the library for them? These are the times you really need something to read, and we're happy to help – if you can't come to us, Kumeu Library will come to you! Our wonderful staff can select items for you, or you can choose your own, and either we can deliver them to you or a family member or friend can pick them up for you. If you have need of this free service, please phone us on 09 377 0209, email us at kumeu.library@aucklandcouncil.govt.nz, or talk to one of the friendly staff at Kumeu Library, and we will set things up for you.

Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with all Kumeu Library's news and events.

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CHRISTMAS BOOK FAIR



"The best book fair in the West"

24th/25th November 2018 at Helensville War Memorial Hall.

This event is rapidly becoming the "go to" amongst book lovers and follows on from the success of the Autumn Book Fair in May where \$8,958 was raised. The Lions Club of Helensville, is once again holding their Christmas Book Fair on, Saturday 24th, 9am to 4pm and Sunday 25th 10am to 3pm of November, in the Helensville War Memorial Hall.

As a point of difference from other book fairs all our books have been sorted before the event and are not just dumped in boxes on tables for the public to scabble through. The aim of the Helensville Lions

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is to make your weekend of browsing as effortless and pleasurable as possible. Nonfiction is split into twenty separate categories, from Animals & Pets to Wines including one dedicated to New Zealand plus a large General Non Fiction section. Of special interest this fair is the Maritime Section featuring a large collection of books on boat building, sailing and solo navigation.

Fiction is arranged alphabetically, authors from Atwood to Zigman, with six special interest groups, the largest of which is the Fantasy section. We also have a great selection of children's books for all ages. Books are priced to sell with paperbacks at \$1, hardbacks at \$2.00 and all children's books being 50c each.

There is also a good selection of jigsaws, board games, puzzles, LPs, DVDs, CDs and quality magazines available.

All funds raised go into The Lions Club of Helensville Charitable Trust, and are used for the benefit of the local community.

Smaller donations can be left at Helensville Copy & Print or call Chris on 09 420 8527.

Please note that the last date we are accepting books for this Book Fair is Friday 16th November, this gives us time to categorise the books.

SENIORNET KUMEU INC.

The SeniorNet Kumeu 2018 season ended with our AGM and final monthly meeting of 2018 being held on November 7th. In keeping with the friendly and informal style of the club many members brought plates of cakes and savouries, to be enjoyed by all.

We will be starting the 2019 season on Feb 6th 2019 and will hopefully be back at our usual home at St Chads Church Hall.

The club committee would like to thank the Nor-West soccer Club for allowing us to use their hall while St Chads was undergoing repairs, without their help we may not have survived.

The purpose of our club is to support and motivate our members to enjoy and use

technology in their everyday lives, and equally importantly, to have fun in the process.

This was demonstrated at our first ever "Club Luncheon" in October, which was a purely social event where club members could get to know each other better and have fun with the table "Quizzes" the superb raffles and the general good humour.

Our next meeting will be on Wednesday February 1st 2017 at St Chads church hall, Huapai

Remember, technology is not going away, it will continue to play a big part in our everyday lives, so why not find out how it can work for you by joining us in 2019. It's educational, fun, and you will meet like-minded people, who want to learn how to get the most from their mobile phones, iPads, computers etc.

For more information please contact Brian Lacey on 022 183 1811 brian@lacey.nz or Nigel Dempster at nigeldem@outlook.com.

KAUKAPAKAPA LIBRARY HOSTS YOUR COUNTRY WEDDING



Checking out what's going on in the Kaukapakapa Library is always one of the attractions at the Kaukapakapa Village Market, held on the third Sunday of each month. Revival of the defunct library - established at settlers Eliza and Morris Henley's home in 1865 and finally given its own building in 1911 - was the brainchild of two local women, friends Megan Paterson and Sarah Legg, who devoted many hours to the rescue. Now, while Sarah continues to run the highly

successful market, Megan comes up with events like the book readings, talks and exhibitions that bring the building alive from 10am to 1pm each month.

Your Country Wedding, the event planned for Sunday 18th November, is guaranteed to spark a lot of interest. Although a relative newcomer, Megan loves Kaukapakapa's heritage; she was behind restoration of the World War II Memorial and, although not a church goer herself, it was Megan who helped prevent Saint Cuthbert's Presbyterian Church, from being sold off. Thinking about the historical richness of both Saint Cuthbert's in North Crescent and All Saints Church on the corner of Peak Road (both built by settlers in 1880) led Megan to the idea of opening them to the public with the Your Country Wedding theme as the draw card.

As well as the centrepiece of the churches open to view, market goers can meet wedding stylist Renee Harris in the library and brush up on what's available locally; venues, cars, celebrants, floral arrangements, photographers and more.

Even if you're already married and not planning a repeat, Your Country Wedding will be of great interest for the chance of seeing some of Kaukapakapa's history come alive. If you are in the market for wedding ideas, come and see what's on offer in the country. As Megan points out, with Kaukapakapa just 20 minutes from Silverdale and 40 minutes from the city, opting for a country wedding makes a lot of sense. "Just your little historic library making waves." Look for details on the Kaukapakapa Library Facebook page.

KUMEU BLEND CHOIR

Singers wanted - rehearsals Monday evenings 7:30 - 9:00pm.

We hope to be back at our 'home'- St Chad's Church, Huapai by the beginning of December. St Chad's will also be the venue for our Christmas concert on Sunday, 9 December at 7:30 pm.

For our recent concert we visited Selwyn Village and gave a concert ranging from

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choral works through Flanders and Swan to a modern setting of 'How Sweet the Moonlight' from Shakespeare's The Merchant of Venice.

As ever, we welcome new singers to join us next year. All are welcome – basses, tenors, altos and sopranos as we look forward to another busy, exciting year. We are a friendly group and enjoy a wide variety of music. Previous choral experience and ability to read music is helpful but not essential.

Enquiries Margaret Lindsay on 021 042 8855 or 09 849 8070 email Margaret@lindsays.co.nz.

KAUKAPAKAPA VILLAGE MARKET

Sunday 18 November 8.30am to 1pm. Spinning, knitting, sewing, quilting, handmade soaps, hand crafted jewellery and much more - a fabulous selection of handmade stalls and a great chance to pick up some unique Christmas gifts. Plus - locally grown fresh fruit and vegetables, plants, collectibles and car boot. Enjoy a delicious snack from the market café, freshly made doughnuts, coffee, cakes and pies and the Helensville Lions sausage sizzle. Our musician this month is wedding singer Michelle Hutchison performing popular songs from yesterday and today. A great morning out for the family with free face painting and a Christmas crafts table for the kids, see you there!

For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.



LAVENDER HILL

In preparation for another busy summer, Lavender Hill has been busy preparing new products and experiences. A new garden has been developed to complement the commercial fields of lavender and for the first time this summer 20 different varieties of lavender will be on display. New products are also available with gourmet lavender chocolate from "Schoc" in the Wairarapa. We have teamed up with Puhoi Honey and have new hives plus great local honey for sale. We are welcoming more and more locals and are an ideal option for unique local gifts and farm produce. We have a range of NZ made lavender oil products, a superb extra virgin olive



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oil and our Limoncello and lavender infused gin is now being stocked at NZ's largest duty-free store. We sell online, or from our farm shop. 11 Beacon Rd, www.lavenderhill.co.nz or phone 021 111 6686.

UNITED NATIONS IN THE NEW WORLD KUMEU BAKERY

Diversity is a key element to the success of our bakery with bakers from all over the globe coming to work from 4am every morning.

We have nine staff in our bakery from seven different nations: New Zealand, France, India, Sri Lanka, Malaysia, Korea and Fiji.

They bring the best of what they know and love to the bakery. Jerome, our French baker has introduced a fantastic range of traditional sour dough. This is proving incredibly popular amongst the bread lovers in our store.

Sunny, from Thailand is introducing gourmet cupcakes – great with a coffee from the Lotto counter. Pavan, from India made it through to the Top 20 in the Baker of the Year competition.

Georgia from New Zealand is working her way through an apprenticeship, as is Shan from Sri Lanka.

There is a great vibe in our bakery. The team is talented and they are keen, motivated and driven to deliver amazing products and expand our offering.

Picture, left to right, Pavan, Georgia, Jerome.



ARMISTICE CENTENARY AT HELENSVILLE

The Kaipara Memorial RSA will be commemorating the 100th anniversary of the signing of the Armistice that ended World War One on Sunday the 11th of November at 1100 hours.

The club will hold a parade that will form up at 1045 hours between Countdown and the RSA and march to the Helensville War Memorial Hall Cenotaph, where at 1100 hours on the 11th day of the 11th month, exactly 100 years ago, a commemoration service will be held, including laying of wreaths and, as proclaimed by King George V, two minutes silence will be observed in memory of the 16,700 New Zealanders who died for their country in World War One, including the 35 soldiers from our district and who are remembered on the Cenotaphs at Parakai, Helensville and Kaukapakapa.

(There are several names missing for some unknown reason).

The KMRSa holds dossiers on most of the men who are remem-

Chris Penk MP for Helensville

Stop in, the office is open!

365 Main Road, Huapai
09 412 2496

chris.penkmp@parliament.govt.nz
chrispenk.national.org.nz

National
Authorised by Chris Penk, 365 Main Road, Huapai, Auckland.



bered on these Cenotaphs, with details of their name, number, rank, medals awarded, theatre of war, service records and home addresses prior to enlisting. Any relatives or people interested in viewing these dossiers should visit the KM RSA museum during opening hours at 49 Commercial Road, Helensville.

Families are encouraged to wear their relative's medals on their right chest and join the parade; poppies will be available at the RSA. Medals should be worn by service and ex-service personnel.

The club will be open for lunch and refreshments after the ceremony, the museum will be open and a video "ANZAC War Horses" will be playing.

Any queries regarding the parade, ceremony and wreath laying, call the RSA 420 8888 or email kaipararsa@hotmail.co.nz or text Rex Keane 027 293 2768.

COUNTRY CLUB HUAPAI

Construction is well under way on an exciting new Lifestyle Retirement Village located in Huapai. Situated on the original site of the Nobilo Estate winery this is a joint venture project between Hopper Developments Ltd and Cabra Developments Ltd and is part of the Hopper Living Retirement Group.



Hopper and Cabra are both NZ family owned and run companies that take pride in producing quality property developments, and Country Club Huapai offers a new standard of luxury for the active retiree.

The first stage of building has commenced and includes 15 architecturally designed villas. It is anticipated the first of the villas will be completed early next year, much to the delight of those who have already secured their dream retirement property.

The central building construction is set to begin in early 2019. The facilities will include a restaurant & bar, meeting & social activity spaces, a luxurious indoor pool, spa and gym facility and the outdoor leisure area will include a bowling green. The building includes 46, one and two bedroom apartments on the upper levels and upon completion the community shall have 250+ dwellings, together with an aged care facility.

Residents will be able to select from a range of accommodation types under an "Occupational Right Agreement" and the village is registered under The Retirement Village Act and is a member of the Retirement Villages Association.

To lodge your interest or find out more contact Helen at the Sales office located in The Vines, Level 1, 1A Tapu Rd, Huapai, 09 476 4220. Every Wednesday you can enjoy a cuppa tea or coffee and a slice of cake between 10.30am and 2.30pm. www.countryclubhuapai.co.nz

\$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.



COUNTRY CLUB HUAPAI RETIREMENT LIFESTYLE Where City Meets Wine Country



Pop in for Coffee and Cake
Every Wednesday
10:30am to 2:30pm

Country Club Huapai situated on the site of the old Nobilo winery, offers premier retirement living with a range of quality 2 and 3 bedroom villas under construction now. The stylish Country Club amenities and apartment building, upon completion will include world class facilities providing exceptional retirement living.



Sales Office Open Monday to Friday or via appointment

LEVEL 1, THE VINES, 1A TAPU RD, HUAPAI

COUNTRYCLUBHUAPAI.CO.NZ | (09) 476 4220



IN BRIEF

UPDATES:EVENTS

WHAT'S NEW AT YOU TRAVEL?

Firstly, we welcome Jo Grundy who has joined our team at Westgate; with three years' experience, Jo has already proven herself to be a great part of our team.

Here at YOU Travel Westgate, I have been busy finalising our Solo Group Package to Vietnam & Cambodia. In May 2019 I have the pleasure of taking a group of ladies, who would normally be travelling alone, to Asia for 17 Days. We have built a fabulous itinerary with so much to see & do, with some free time too! All flights, twin share accommodation with breakfast, tours & transport, along with many lunches and evening dinners; are all included within the package price of \$7,183 pp. There is still room for a couple more people, so if you're interested, give me a call.

It's been a busy October, with our Cruise Sale Month, which has always been popular. We have had some amazing deals for both ocean and river cruising, all around the world. There are still great deals to be had, so don't miss out, get in touch and let's see what can be found for your next cruise holiday.

Can you believe Christmas is approaching and very quickly? I like to go away for a break over the holiday season – while everyone expects this to be a busy and expensive time of year to be away, I recently found a great deal, with flights, transfers and 5 nights' accommodation, with breakfast, oceanfront too; in Fiji for under \$1500 per person– What a great way to spend Christmas – If you fancy a festive break away; give me a call and see if I can find you a great deal too.

Email me paula@youtravel.co.nz Call me 09 831 0018 or come in and see me @ YOU Travel Westgate, 18 Westgate Drive, Westgate. www.facebook.com/youtravelwestgate www.facebook.com/YOU-CruiseWestgate. Let me give you a helping hand to find your next amazing trip.

KUMEU CHRISTMAS PARADE ROLLS AROUND



The Kumeu Rotary Christmas Parade is on December 7, and Santa's team will be calling on local businesses shortly to enter or help.

"We've already started preparations and the team will be calling on businesses offering them the chance to showcase themselves in this popular parade," co-organiser Dale Wallace says.

More than 50 parade entries are expected, with the event starting at the Huapai Reserve at about 7pm, travelling along State Highway 16 (main road) to the Kumeu Showgrounds in Access Road.

The main road will be closed from about 6.45pm with traffic diversions in place.

The parade is expected to take nearly an hour to pass any given point along the route.

Families often make a picnic of the Friday evening event and the showgrounds will remain open into the evening for family entertainment, including Christmas carols from Kumeu Brass, carols by candlelight, food trucks and more. Email kumeuxmasparade@gmail.com, phone Dale on 027 224 4636 or Leslie on 021 334 401.

DUST OFF YOUR RACKET DAY

The Waimauku Tennis Club located at 895 State Highway 16, opposite the Caltex service station, is holding an open community day on Saturday the 10th of November 2018 from 12pm to 3pm. The Dust off your Racket competition Open Day is a promotional event for everyone including non-members of the club and open to all ages and tennis abilities. A great chance to dust off the cobwebs and get ready to get summer fit and have some tennis hits. Fun competition and sausage sizzle provided. Cost is \$20 entry fee (pay on the day). For further information you can contact Carol Griffin the tennis Club Captain on 027 208 2898.

KUMEU CENTRAL COMMERCIAL LOTS FOR SALE

Two commercial lots are for sale within the newly developed and highly anticipated Kumeu Central subdivision.

Colliers International brokers Caroline Cornish and Craig Smith are marketing Lot 1, which has an area of 3,346sq m, and Lots 24/25, comprising a total area of 3,086sq m, for sale by deadline private treaty closing at 4pm on 7 November, unless sold earlier.

They are also seeking expressions of interest from retail and office tenants looking to establish a presence within this high-quality development.

Kumeu Central is a 10ha mixed-use subdivision that will offer a range of commercial, retail, live/work and residential opportunities. It is located off Main Road,

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next to New World.

The commercial lots are being offered to the market either individually or combined. They are ready to develop now, pending issue of titles early next year, with full services and consents in place. The first residences at Kumeu Central are scheduled for construction from mid-2019.

TODDLER TIME AT FLIPPIN' FUN



Parents - are you looking for something new to do with your little ones and haven't been to our Little Flippers session? Then you need to come along and try it out.

Little Flippers is a dedicated time when parents can have fun with their preschoolers while socialising with their friends in a comfortable, low-key, relaxed environment.

Your little ones can discover their capabilities on the trampolines in a safe supervised area. It's a huge adventure playground which allows developmental benefits such as muscle co-ordination, motor skills, balance and, above all, self-confidence.

Grab one of our yummy coffees and enjoy sitting, relaxing and watching your toddler have a great time. Added bonus. We guarantee you r kids will enjoy a better afternoon nap! Call us on 09 833 6880 or visit www.flippinfun.co.nz for more information.

WHO IS YOUR FAVOURITE DISNEY PRINCESS?

Little Miss Enchanted is a little girl's

dream come true.

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Or maybe you'd like to go down the Rabbit Hole to our unique and amazing Wonderland Spa Party room, where you can enjoy some pampering from our hostesses using delicious products, foot soaks and scrubs, manicures, pedicures and Wonderland facials. Enjoy some pampering time with your Little Miss with our Mother and Daughter Pamper Packages in our amazing Wonderland Spa.

We cannot wait to hear from you. Inquire today for your next event. 302A Main Road, Huapai, Auckland. info@littlemisenchanted.co.nz. Phone 0800 LIL MISS or 0800 545 647.

CHRISTMAS GIFTS WITH MEANING



Christmas is coming. Tired of buying generic, mass produced gifts?

Why not support local and buy a gift that is custom made especially for your recipient.

Based in Muriwai, Jo from Precious Imprints hand crafts personalised and symbolic jewellery and keepsakes. Each piece is designed to represent the people, places and the things we love; therefore allowing us to keep them close always.

Whether it be the names of the special people in our life, significant dates, the

latitude-longitude of first dates/wedding locations/favourite places, or a design where the elements of the piece represent these things. Each piece is individually made to order just for you.

Choose from one of my designs or we can work together to design something truly unique and meaningful to your recipient. Visit www.preciousimprints.co.nz or email - jo@preciousimprints.co.nz to discuss your ideas today.

SMASHING PROMOTIONS IS CELEBRATING 25 YEARS

A family business committed to serving the community. We source and brand anything; free design and marketing advice.

Our new website www.smashingpromotions.nz shows all the latest in promo along with pricing, images and stock levels, all too easy. Better still there is a local discount of 10% off all promotional product, with free freight as well for the month of November.

Looking for Christmas ideas for staff or clients? Visit www.goo.gl/gpjMUf.

10% of every purchase donated to a local Not For Profit of your choice. Looking for free branded sports apparel? We have sponsors waiting to assist you, they will contribute to your gear if you incorporate their logo, and you can design your own creation with our fabulous new sublimation tool www.smashingpromotions.nz/sublimation designs only limited by your imagination. Call our friendly crew on 09 412 6235.

\$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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PROPERTY

NEWS & ADVICE

PROPERTY MARKET REPORT

Since 2010 I have provided buyers and sellers with significant information on the number of sales and the value of property in the area. It helps both buyers and sellers understand the market, understand value trends and make better decisions. Over the next several months I will create a clearer picture of trending data relating to specific markets, and what you may expect due to development and pricing. Waimauku, the township once driven by Vision Waimauku and now at the mercy of multiple developments. Land sales in the area are \$550,000 to \$650,000 for the year ending September 2018. Median value in the area sits at \$970,000 for the month compared to \$1,050,000 for the year ending September 2018. The highest sales upper quartile is down to \$970,000 for the month compared to \$1,330,000 for the year ending September 2018. Sales volumes for the month were 1 units (average days on market 17) with annual sales at 55 units (average days on market 78) to year ending September 2018. Buyer groups are blended over most age groups but deficient in families with high school age children. A concentration of 30 and 40 year old parents with younger children top the social demographics. The Waimauku market offers semi-rural living and larger section sizes and the infrastructure is working better. The market shows signs of slowing growth and reduced sales values.

Swanson, end of the double-track train line with a flourish of Fletcher homes and relocated dwellings. Land sales in the area are \$300,000 to \$370,000 for

the year ending September 2018. Median value in the area sits at \$810,000 for the month compared to \$860,000 for the year ending September 2018. The highest sales upper quartile was \$951,000 for the month compared with \$1,140,000 for the year ending September 2018. Sales volumes for the month were 8 units (average days on market 22) with annual sales at 95 units (average days on market 48) to year ending September 2018. Buyer groups are varied in the area. Demand is niche but values do reflect a real softening to the early \$900,000 as supply continues to increase.

Now let's have a look at this month's sales: Coatesville Lifestyle \$3,125,000. Helensville Residential \$370,000 to \$621,000. Helensville Lifestyle \$1,050,000. Huapai Residential \$915,000 to \$1,170,000. Kumeu Lifestyle \$3,000,000. Muriwai Residential \$675,500. Parakai Residential \$695,000. Parakai Lifestyle \$1,162,875. Riverhead Residential \$857,500 to \$1,500,000. Swanson Residential \$632,000 to \$1,050,000. Waitakere Lifestyle \$800,000 to \$1,000,000. Whenuapai Residential \$1,025,000 to \$1,145,000.

If you are seeking an opinion, thinking about improvements or change, I would suggest a no-obligation chat with me that will provide some clarity on potential gains, market changes and values that are at play in your street and area. Like-wise, before you go to market, have a chat with a few highly educated real estate professionals about the best process, marketing support and relationship that will deliver the best return on your asset. It may well save you thousands, make you thousands and deliver a much more

enjoyable experience. Call me today on 0800 900 700, text 027 632 0421 or view www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

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The Precision Roofing teams 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. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.

WHAT'S IN A NAME?

The legal professional in New Zealand is made up barristers and solicitors. What's the difference? A barrister will represent a client in open court and may appear at the bar. A barrister does not deal directly with clients but does so through a solicitor. Typically a barrister will specialise in a particular area or court i.e. family, civil or criminal.

A solicitor on the other hand is actually a Barrister & Solicitor and whilst they tend to deal with more transactional work



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such as the conveyance of property, raising and discharging mortgages, subdivisions, drafting wills and estate planning, negotiating disputes and settlements, a solicitor may also represent clients in court. One main difference is that a solicitor can operate a trust account for handling client monies, but a barrister cannot.

Both barristers and solicitors can also be referred to simply as 'lawyers'. 'Attorney' is the American equivalent, or 'advocate' in Europe.

In New Zealand we are only permitted to refer to ourselves as being a lawyer, barrister or solicitor if we hold a current practising certificate with the New Zealand Law Society. ClearStone Legal incorporating Kumeu-Huapai Law Centre are a firm of Barristers & Solicitors. Telephone 09 973 5102 to make an appointment.

HOW WE NEGOTIATED A CLIENT'S IRD TAX DEBT DOWN



Have you been behind with your tax payments and need some direction to tidy up your returns?

The Smith and Partners team regularly help clients come to settlement terms with the IRD.

We had a client who was in significant arrears with the IRD amounting to approximately \$500,000. This particular client had three separate entities that had, due to unforeseen circumstances, failed to file annual tax returns for a number of

years.

Our client came to us for advice as the IRD had served him with bankruptcy proceedings and his company with liquidation proceedings.

Working with our specialist tax compliance accountant, we were able to negotiate a settlement proposal, reducing the tax payable by \$475,000. Our client was also able to avoid bankruptcy and was required to pay a lump sum of \$25,000 to resolve the matter entirely.

AND most importantly our client could move on with life free of the stress of having arrears with the IRD.

If you would like further information in relation to negotiating a settlement with IRD to reduce your tax problem please contact Wendy Alexander on 09 837 6844.

ASBESTOS AND BODY CORPORATES

Commonly, asbestos is a material used for roofing and in some cases fencing during the last 20 to 30 years. Often as not in industrial units which are owned as strata title or unit title. However, the potential health and safety risks with having asbestos present in any structure has led to a range of regulatory action against this. From April 2018 onwards, a body corporate is required to have a management plan to deal with any asbestos which may be present in a body corporate owned structure. Importantly, the asbestos may not be in the roof over your unit but in another unit in the same structure given that individual owners may have from time to time replaced the asbestos roof with a tin roof. The cost can therefore fall upon all of the body corporate owners because it becomes a body corporate cost.

An obligation to either manage or remove asbestos may also be significant because it essentially involves the cost of a new roof. Significantly, the presence of asbestos in any unit title structure can involve negotiation of a discount of the

purchase price taking into account the removal or ongoing management obligations which relate to asbestos. These are all issues to consult your property lawyer about.

Kemp Solicitors, 25 Orahua Road, Kumeu phone 09 412 6000 or email luke@kemp-solicitors.co.nz.

WHO CAN BUY RESIDENTIAL LAND NOW?



From 22 October 2018 the law changed as to who can buy land, whether a house or lifestyle block, whether a New Zealand citizen or not. Every buyer will have to complete the new Residential Land Statement.

New Zealand citizens and residents who live here are free to buy any interest in land. This also applies to Australian or Singaporean citizens or permanent residents who live here and want to buy a home to live in or to develop residential land. However, for all other land purchases they will need consent of the Overseas Investment Office.

New Zealand residents who live overseas will need consent for any land purchase whatsoever.

All other overseas buyers are prevented from buying or building any home here. They may get consent to buy land to build houses - but they won't be able to live in them.

Before signing sale and purchase agreements ensure real estate agents verify the purchaser's status.

Belvedere Law, 29 Settlers Avenue, Hobsonville phone 09 416 6562.



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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	3,000,000	2HA	329M2	3,125,000
Helensville	520,000	1214M2	80M2	552,500
	610,000	460M2	101M2	621,000
	530,000	465M2	82M2	600,000
	560,000	600M2	1406M2	595,000
	475,000	506M2	74M2	370,000
	1,100,000	3.9HA	378M2	1,050,000
Huapai	1,200,000	753M2	262M2	1,170,000
	1,050,000	612M2	210M2	1,025,000
	1,600,000	624M2	218M2	1,060,000
	900,000	1500M2	160M2	915,000
	1,075,000	602M2	207M2	1,034,000
	1,075,000	700M2	220M2	1,135,800
	1,150,000	700M2	245M2	1,132,000
	1,175,000	733M2	256M2	1,081,000
	1,000,000	658M2	190M2	950,000
Kumeu	1,975,000	1HA	374M2	3,000,000
Muriwai	590,000	809M2	52M2	675,500
Parakai	810,000	520M2	182M2	695,000
	1,025,000	1HA	255M2	1,162,875
Riverhead	1,375,000	819M2	264M2	1,260,000
	1,250,000	752M2	238M2	1,220,000
	1,475,000	600M2	291M2	1,375,000
	1,175,000	601M2	207M2	1,080,000
	1,475,000	802M2	290M2	1,475,000
	870,000	809M2	120M2	857,500
	1,500,000	610M2	264M2	1,500,000
Swanson	965,000	1384M2	250M2	1,050,000
	780,000	1138M2	147M2	925,000
	1,000,000	1012M2	221M2	1,000,000
	840,000	574M2	150M2	795,000
	560,000	356M2	87M2	632,000
	1,125,000	1232M2	270M2	950,000
Waitakere	880,000	4.94HA	65M2	1,000,000
	1,150,000	5HA	177M2	800,000
Whenuapai	1,300,000	430M2	262M2	1,145,000
	1,100,000	305M2	245M2	1,025,000
	1,125,000	309M2	240M2	1,042,500

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then 1.95%
thereafter"

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"We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked"

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

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Blue
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4 Burner Hooded BBQ
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229378

EXCLUSIVE **\$27⁹⁸**



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BBQ Tool Set 3 Piece Stainless Steel
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EXCLUSIVE **\$28⁹⁸**



Grillman
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WESTGATE



EASY FAMILY LIVING, BRICK AND TILE, WESTGATE 3 2 2

By Negotiation

4 Rush Creek Drive, Westgate
By Negotiation

Welcome your family in to this easy care sunny and spacious brick and tile three bedroom home with wonderful street appeal. In a lovely elevated position and close to great schools, parks, Westgate Shopping Centre and NorthWest Shopping Centre, the Massey Leisure Centre, this fabulous home in a great location and is ideal for your family or a relaxed easy care retirement. Enjoy open plan living and dining with a modern kitchen overlooking the pretty front garden and urban views. Indoor outdoor living is enhanced by the large covered pergola leading to the back garden. Master bedroom with ensuite, double garage, heat pump, loads of storage and two garden sheds provide all the conveniences of modern living. For the keen gardener, beds are at the ready for your summer crop of veges.

www.mikepero.com/RX1664987



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



INVESTORS AND FIRST HOME BUYERS, BRICK AND TILE 3 1 2

By Negotiation

12 Akeake Lane, Manurewa
By Negotiation

A wonderful opportunity for Investors and First Home Buyers here. This near new, large two level, brick and weather board terraced home, provides all the conveniences and comfort of modern living. On the first level, you will enjoy a well-appointed kitchen with an open plan, spacious living and dining area, and the convenience of a guest toilet. Living areas lead out to the lovely patio area and garden, ideal for alfresco dining, summer entertaining and barbecues. Upstairs are three double bedrooms and two bathrooms including the master ensuite. With double glazing, aluminum joinery, internal access garaging and off street parking, living here is a breeze. Conveniently located near transport links and close to shopping mall and schools.

www.mikepero.com/RX1621009



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cherry@mikepero.com



TICKS ALL THE BOXES!!

5 5 3

By Negotiation

12 Amber Place, Waimauku
By Negotiation

If a home with options and space is what you crave you've struck the jack pot. This spacious property located in a quiet peaceful cul-de-sac has plenty of options with a 3 bedroom property and an attached 2 bedroom apartment on separate power. With 4 living areas, 3 bathrooms, 2 outdoor living spaces and triple garaging, room for 5 off street parks in total there is room for all the family. An ideal opportunity for extended or blended families. This home boasts a beautiful green outlook, lots of birdlife (tuis and wood pigeons), in a strong, safe family community and conveniently located to an abundance of vineyards, wineries and great restaurants. Ideal extended or blended families. Apartment ideal as great rental or B&B.

www.mikepero.com/RX1675880



Jacqui Kalka
021 867 108

Jacqui.kalka@mikepero.com

Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



OFFERS OVER \$1,039,000 - MOTIVATED VENDOR IS ON THE MOVE

4 3 2

Offers Over \$1,039,000

16 Denehurst Drive, Waimauku
Offers Over \$1,039,000

Big home, brick, block, tile, roofing eaves, on a large 1236 sqm site. Four bedrooms (master with ensuite and walk in wardrobe), two bathrooms feature in this expansive two level home delivering space to work, live and play, all under one roof. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for teenage retreat/ office or games area. Close to Waimauku Primary School, convenience shopping, cafés, reserves and a short drive to the iconic Muriwai Beach. The property is sure to impress in location, looked after and longevity.

www.mikepero.com/RX1575586



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EXCEPTIONAL AND SPACIOUS LIVING ON HARVARD

3 2 2

Offers Over \$1,019,000

16 Harvard Street, Hobsonville Point
Offers Over \$1,019,000

This two level spacious home is an exceptional Beacon Pathway demonstration home packed with additional features. Located in the original Buckley Precinct, prized for its established gardens and design. A light filled home with street appeal, high ceilings, a corner position with plenty of windows and set adjacent to a small street bush reserve, allows this property to really stand out from the crowd. A large North facing, sunny and easy care back garden provides alfresco dining, entertaining and outdoor fun. Ground level offers an open plan well-appointed designer kitchen and two living areas. Upstairs is the large master with ensuite, two additional double bedrooms and bathroom, all boasting loads of light and a lovely outlook. Includes guest bathroom, four heat pumps and plenty of storage.

www.mikepero.com/RX1522096



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cherry@mikepero.com



SPLASH INTO SUMMER! FABULOUS FAMILY HOME ON 1200 SQM

4 2 2

By Negotiation

17 Matua Road, Huapai
By Negotiation

Hidden in the heart of Huapai you will find this fabulous four bedroom single level home, perfectly positioned on a prime flat 1200sqm site. Lounge, dining and kitchen flow out to a magnificent paved and landscaped back garden oasis with in ground swimming pool, spa area and alfresco covered dining, perfect for all year round entertaining. Beyond the fully fenced pool area is an abundance of lawn to play or bounce on the trampoline. Four bedrooms include a very spacious master with ensuite, space to relax, own separate entrance and overlooking the lush front garden. Big main bathroom, additional toilet, separate laundry and a wood burner provide all the comfort and convenience of modern living. With a double garage and plenty of parking, there is room for everyone!

www.mikepero.com/RX1705127



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CENTRAL MASSEY LOCATION, ELEVATED AND WELL PRESENTED

4 2 2

By Negotiation

19 Zefiro Drive, Massey
By Negotiation

Three generous bedrooms upstairs and a bedroom or rumpus downstairs. On a fully fenced, easy care, landscaped section this home offers some great options. Open plan expansive entertainers kitchen, lounge and dining with hallway access to bedrooms and bathrooms. Elevated home over two levels with mature trees and good hard and soft landscaping features. North facing decking upstairs and patio downstairs. A two car garage off the road makes for easy pull in and relax out. The CV on this property is \$770,000. 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/RX1505411



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09 412 9602

graham.mcintyre@mikepero.com



4 BEDROOM - NEW MADDREN HOME AT \$915,000

4 1 2

Asking Price \$915,000

31 Nellie Drive, Kumeu
Asking Price \$915,000

Seize this opportunity to purchase your four bedroom two bathroom brand new home in a quiet street in Huapai. Crafted under the watchful eye of Maddren Homes, one of the original craft builders in the Kumeu area and backed by a residential Master Build 10-year guarantee. Concept to Construction. Brand new Maddren Home. Stunning high spec property with quality fittings and workmanship. Additional stud for that feeling of space and quality in the living area. Impressive kitchen with massive bench space, gas cooktop and island bench. Open plan kitchen, dining, living area flowing to outdoor living. Master bedroom with stunning ensuite, walk in wardrobe. All Watercare services. Double glazing, heat pump, LED lighting, dishwasher, rangehood, waste disposal, heated towel rails, alarm.

www.mikepero.com/RX1567258



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09 412 9602

graham.mcintyre@mikepero.com



RIVERHEAD MAGIC, WALK TO RIVER, ON 1214M2

3 1 1

By Negotiation

43 Maude Street, Riverhead
By Negotiation

This elevated family home sits atop a magical North facing site with park-like grounds featuring mature trees, loads of lush green lawn, chicken coop and abundant bird life. Living here is easy and just a short stroll takes you to the river, shops, school, bar and eateries including the historic Riverhead Tavern. Expansive covered decking provides indoor / outdoor living all year round, overlooking the big sunny back garden and enjoying glorious forest views and a peek of the river. There is plenty of room here to grow the children the old fashioned way, playing, exploring and tree climbing, amidst the free range chickens. Three bedrooms, selected double glazing, upgraded modern kitchen, bathroom and laundry, open plan lounge and dining, plenty of parking provide all the comfort and convenience of modern living.

www.mikepero.com/RX1673369



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POTENTIAL, PERSONALITY, POSSIBILITY AND FUTURE URBAN - KUMEU

2 1 1

By Negotiation

46 Orah Road, Huapai
By Negotiation

Often Sought, seldom found, this character filled stucco bungalow offering an honest and genuine two bedroom, one bathroom home with separate kitchen, dining room and lounge leading to westerly decking. Rustic storage building and ROW access top and bottom, the door is open to explore development options given the large section size. This treasure trove of opportunity, within a stone throw of convenience shopping and a short drive to school and transport links. The CV on this property is \$760,000. We are happy to provide a list of the last 12 months of sales in the area, please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1470382



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LIFESTYLE, BIG BARN - WAIMAUKU, HELENSVILLE FRINGE

3 2 2

Offers Over \$1,195,000

125 Alf Access Road, Helensville Offers Over \$1,195,000

Brick and tile, elevated home with extensive views to the North. Refurbished and ready for you to move in. The home offers a very comfortable, entertainers open plan environment, large kitchen dining area, leading to second living area, with wrap around decking joining to large living area. Extensive decking leads out to the view. Three double bedrooms, including large master room with ensuite and walk in wardrobe, opening on to deck. Main bathroom includes shower and bath separate to toilet. Office / study or fourth single bedroom. This lifestyle property is 1.8 hectares with easy access for boat or motorhome, double garaging and additional access way to the barn and vegetable garden. Easy access, off a no-exit road, close to Waimauku and Helensville.

www.mikepero.com/RX1662304



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HOBSONVILLE - AFFORDABLE FAMILY HOME

3 1 2

Offers Over \$869,000

136 Hobsonville Road, Hobsonville Offers Over \$869,000

With a six Homestar rating, this home has been beautifully finished by Jennian Homes, built in 2016 with a 10 year master builders guarantee. The open plan kitchen, dining and lounge area link seamlessly out to the north facing alfresco patio. Perfectly positioned with excellent indoor outdoor flow through a double stacker slider allowing you a private, sheltered spot to relax with friends and family. A clever floor plan downstairs allows for additional extra features including a small study, guest toilet, laundry and under stairs storage which are conveniently accessed off the main living area. Upstairs are three generous sized bedrooms including a gorgeous master with walk-in wardrobe and spacious ensuite. A single garage with storage and workshop space is accessed via a private laneway.

www.mikepero.com/RX1610906



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BUILD YOUR DREAM HOME WAIMAUKU

By Negotiation

908 Old North Road, Waimauku By Negotiation

Often sought but seldom found, this flat easily accessed 1.7 hectare site ticks the boxes for the lifestyle buyer that seeks a flat no nonsense property to create a piece of magic. It features: 1.76 hectares, No building covenants. Down a private ROW, Fenced, Flat site, In a rural glade with shelter belt trees to the south west. A short drive to Kumeu and Waimauku shopping centres, transport links and schools. The CV on this property is \$760,000. 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.



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www.mikepero.com/RX1571757

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TAUPAKI, KUMEU, WHENUAPAI BOUNDARY LOCATION

By Negotiation

Lot 1 Nixon Road, Taupaki By Negotiation

Affordable countryside land offering location, lifestyle and lookout. Offering up an impressive 2 hectares on Nixon Road, a short drive from Massey, Whenuapai and Kumeu Townships. The land is elevated and offers panoramic, north facing valley views. Options around building sites and potential for additional development subject to council approval. If you have been searching for a covenant-free land lot that offers easy access for relocation and a blank canvas for creation of your lifestyle plan, this could well tick all the boxes. NB: If you are concerned about electrical step-potential from high tensile wires and nearby pylons then this is not the property for you. If however you can overcome this social hype, give me a call and let's make a plan.



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BRM CYCLES KUMEU WELL PLACED TO SERVE



BRM Cycles is in the right place to serve the growing number of recreational bike riders in the north-west.

Now at 78 Main Road, Kumeu, (it was previously at 338), BRM Cycles provides a wide range of bikes from children's cycles and popular mountain bikes to family-style cycles and electric bikes. It caters for top brands like Specialized and Giant.

BRM (named after the Monty Python skit Bicycle Repair Man) was established by keen mountain biker Jamie McParlane, opening in Kumeu about three years ago.

Jamie came here from the United Kingdom in 2006 and, after working for several major cycling firms opted to establish a shop "where all the cycling is" in the north-west.

With trusty mechanic side-kick Isaac Shuurman, Jamie says they had an immediate impact on the local cycling scene, providing quality mountain bike products, services and advice.

Their aim is to encourage people to get out cycling – and that certainly seems the case with vehicles loaded with bikes often heading out west to the Riverhead and Woodhill forests and surrounds.

BRM's workshop, open daily except Mondays, deals with basis servicing right through to suspension servicing and bike set up, even offering cost effective 'out of the box' builds to meet all budgets.

Jamie and Isaac are also active in the cycling community.

When not out riding himself, Jamie fosters mountain bike riding with regular sponsorship of local events and trail building. He is also a board member of registered charity the West Coast Riders Club.

Isaac assists with cycle coaching and trail building.

Both say they work hard to make a difference to the cycling communities in their path.

"We're more than just a bike retailer," Jamie says. "We're an active part of the cycling scene."

So they really do walk (or bike?) the talk.

Email brmcycles@gmail.com or phone 09 412 9953 for more information.

THE BEEKEEPERS WIFE SERVES UP GOOD FARE

The Beekeepers Wife Bar and Eatery has recently opened at 1047 Coatesville-Riverhead Highway in Riverhead's new commercial centre and is already proving a hit.

Serving a wide variety of fresh, tasty food, fresh juices, smoothies, Atomic coffee and a range of teas, along with a selection of wines and beers – including mainstream and craft beers – plus classic cocktails, The Beekeepers Wife is open seven days for breakfast and lunch from 7.30am (8am weekends), with dinner served Wednesday to Sunday.

An extensive menu includes popular fare like pork belly, wood-fired pizzas, the Beekeepers big breakfast, eggs benedict, slow cooked (in dark beer) Canterbury lamb shank, barbecue ribs, burgers, fish of the day (and chips), seafood chowder, bar snacks, sharing platters and much more.

Owners Adrian and Cath Donald have had many years' experience in the hospitality industry (Adrian was at the old Albany pub for the past 11 years and Cath spent a similar time in the hotel field in the United Kingdom).

So they know what they're about and see great potential in the Riverhead area, already renowned for places like The Riverhead and Hallertau restaurant and brewery.

"Location is a key for us and we looked at the city and other areas, but nothing ticked all the boxes like Riverhead," Adrian says. The Beekeepers Wife also has a function room catering for around 40 to 100 people, suitable for birthday parties and other special occasions.

It adds to Riverhead's growing popularity among Aucklanders as a key weekend destination.

Visit www.thebeekeeperswife.co.nz for more information – including the menu.



HOME & GARDEN

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www.whenuapai.laserplumbing.co.nz

ing is located locally at Unit 4, 3 Northside Drive, Whenuapai. Give us a call today 09 471-0110 or visit our website whenuapai.laserplumbing.co.nz for more information.

STANDARD ICEBERG ROSES AND 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 every 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 healthy flowers. Regular dead heading will encourage more flower buds to develop.

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 is also a good time to fertilise your plants and mulch your gardens to aid moisture retention over summer. Awa Nursery phone 09 411 8712 or visit www.awanursery.co.nz.

KUMEU GARDEN HUB - YOUR LOCAL GARDEN STORE

We are ready to go with the planting rush! Time for planting tomatoes, chill, capsicum, courgettes, cucumber, pumpkin and all other summer vegetables.

Don't forget to feed your soil. The winter rains will have washed away a lot of the valuable nutrients. Add compost and new mix to top up existing beds, pots and planters. It's much easier when they are empty.

We have lots of grades and varieties of healthy tomatoes ready for pots or the garden, feed them and they will feed you. Ask our friendly staff for the right food for the right plant. It makes a huge difference to your crop. Potatoes lots of varieties in store now. Time to plant your hanging baskets and tubs to brighten up your garden, or ready for that



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wedding or function. Use a good quality mix with water retention properties. Line your basket with a square of plastic in the base. Add water crystals to maintain moisture. Plant something with a little height in the middle such as a geranium. Then use "spillers and fillers". Spillers such as lobelia and ivy to trail over the edge, fillers such as petunia and alyssum for lots of choice for colour. Keep it the same colour such as white or blue, choose complimentary colours or just go for a riot of colour. We stock everything you need including special hangers that allow the basket to hang at a lower level. You can use potted colour which are bigger plants or six pack punnets, succulents make easy care baskets. We can plant up your baskets for you, we will need a few weeks' notice.

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, advice about adapted gardening equipment and other aids.

Call us at the Hand Institute and make an appointment today....



09 412 8558 Kumeu.

WAIMAUKU GARDEN CLUB

New leaves, new flowers, birds with nesting material, everything coming alive. Spring at last.

We stayed local this time, New Lynn and Whenuapai. Thank you Mitre 10 Mega Cafe at New Lynn for getting us off to a good start with a drink and a muffin.

I'm sure you have all had some Crown Lynn dinnerware at some time or your mother or grandma did. Maybe even had a drink from a NZ Rail Cup. Remember the white swan?

A visit to Te Toi Uku, Crown Lynn Clayworks Museum is certainly worth a visit. Ronnie Pace made the history so interesting. He talked about the Gardners, the Crums and the Clarks. A trip down memory lane awaits you.

One of the old kilns is next door which you can view through the glass.

New Lynn has changed so much!

After a satisfying lunch at the New Lynn RSA we headed off to Whenuapai where Roy and Lee of Le Roy Orchids were waiting for us.

It was easiest to group into three groups. Roy took one, Lee another and the rest were able to wander around their garden. A mature garden with plenty to catch your eye. It was a big home-ly garden.

Lee took us inside her laboratory and showed us how she propagated the orchid plants from seeds. What a laborious job. Her Dad had introduced her to orchids when she was four.

From here we went out to the temperature controlled glass-house. Well here you saw the most beautiful blooms you could imagine plus all the new seedlings that had been propagated in

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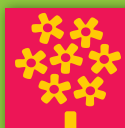
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All offers valid from 30 October to 14 November 2018 while stocks last. Plant availability may vary due to seasonality. Colours and photos are indicative only and where possible mature specimens are shown.

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Lee's laboratory.

Labour intensive work with stunning results.

The face of Whenuapai is changing, let's hope the garden will be able to continue.

October 18 we will have enjoyed visiting Coatesville for the Day. Fernielea, Pinelee Garden, A la Fois and Twin Lakes.

November 15 Matakana and Sculptureum. December 18 Soljans for Christmas Lunch. Contact Judy 027 272 9994, Diana 027 478 8928, Althea 021 123 6448, Jan 021 108 7925, Bette 021 145 1854 for more information.

LIVESTOCK REPORT

The cattle market continues to show some resilience, as dropping schedules seem to do little to deter buyers competing strongly for any available killable cattle. What is very noticeable is a real price differential between horned cattle and polled (without horns). This will continue, so any farmers not sure how to deal with horned cattle would be advised to contact their livestock agent for guidance. Young cattle sold well considering the numbers on offer. It is only the off-bred stock that have thus far, proved difficult to sell.

Cattle	Lowest	Highest
Best prime steers	\$1,530	\$1,810
Other 2-year steers	\$1,130	\$1,300
Medium 15-month steers	\$980	\$1,020
Light x-bred steers	\$700	\$840
Weaner steers	\$390	\$600
Medium prime heifers	\$1,230	\$1,300
Medium 18-month heifers	\$760	\$890
Medium rising 1-year heifers	\$600	\$730
Weaner heifers	\$360	\$630
Boner cows	\$240	\$1,000
Sheep		
Fat lambs	\$110	\$172
Store lambs	\$100	\$121
Spring lambs	\$87	\$100
Hoggets	\$90	\$123
Ewes	\$108	\$155
Ewes with lambs	\$102	\$110
Rams	\$102	\$125
Sows	\$330	

\$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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THE GREAT OUTDOORS



The arrival of Spring in the Auckland region heralds the magical start of the peak fishing season.

Earlier on, the snapper were holding wide in the outer gulf off the Southern part of Great Barrier Island, Channel Island and the top of the Coromandel peninsula, close to their winter hide-outs. Many boats were making the long run across and finding regular long lasting work-ups.

Over the last few weeks, the better fishing has moved considerably closer to Auckland. Kawau Bay has started showing better sized fish with the area between Flat Rock and Motuora Island a stand-out. Stray lining in close on the island seems to have been the most successful technique. Whangaparaoa Bay has also had some good fishing with fish in close at times from Stanmore Bay to Wellington Reef.

The inner Gulf has also contained hot spots South-West of the Aha's and west of Rakino Island on the worm beds. Larger male snapper have even been caught in the thirty metre hole off the wharf at Motuihe Island.

All the standard techniques for work-up fishing have been proving successful, including sliders, slow jigs and soft baits. Of interest has been the success of very large (8-10 inch) soft baits and the re-introduction of Shimano's Lucanus lures in a couple of new colours. All of these techniques, along with a very full range of purpose designed rods and reels, have proven deadly effective.

The consistency and intensity of the work-up fishing for snapper should continue well into the Summer.

The quality of the fishing for the West Coast has lagged slightly behind the East for most anglers with mixed reports from the coast and Kaipara and Manukau harbours.

The most successful harbour anglers have been fishing in very shallow water on top of the banks over the top of the tide, using mostly fresh cut stray-lined baits. As we move towards Summer, expect the channels to start filling with quality fish too.

Surfcasting and kontiki fishing, especially at Muriwai, is gathering

momentum out west. The best reports have come from the top of the beach up to the spit at South Head. The general consensus is that the fish are now moving down the beach and will soon be accessible to those closer to home.

When the prevailing South-West swell and winds ease, the bottom fishing offshore has been consistently good at varied depths, depending on who you talk to. Those beach launching at Muriwai or crossing the Manukau bar have reported good catches of average (for the west coast) sized fish.

As always, your local Hunting & Fishing store in Westgate is able to provide up to the minute info on where the good fishing has been happening and advice on fishing tackle matched to your requirements. Feel free to come and see us or give us a call.

Matt Keys - Westgate Hunting & Fishing. For more information contact either Westgate on 09 833 3019, 7 Cabernet Crescent, Westgate or North Shore on 09 869 3331, 1 Holder Place, Rosedale, free-phone 0800 486 834 or go to www.huntingandfishing.co.nz.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Thu 1 Nov	04:19	10:44	16:57	23:30	-
Fri 2 Nov	05:34	11:55	18:10	-	-
Sat 3 Nov	-	00:39	06:47	13:06	19:19
Sun 4 Nov	-	01:44	07:53	14:11	20:19
Mon 5 Nov	-	02:42	08:51	15:08	21:14
Tue 6 Nov	-	03:35	09:43	15:59	22:02
Wed 7 Nov	-	04:23	10:29	16:46	22:46
Thu 8 Nov	-	05:07	11:12	17:29	23:27
Fri 9 Nov	-	05:49	11:51	18:10	-
Sat 10 Nov	00:05	06:28	12:27	18:48	-
Sun 11 Nov	00:41	07:05	13:02	19:26	-
Mon 12 Nov	01:15	07:41	13:37	20:04	-
Tue 13 Nov	01:51	08:17	14:13	20:43	-
Wed 14 Nov	02:30	08:55	14:55	21:27	-
Thu 15 Nov	03:17	09:40	15:47	22:22	-
Fri 16 Nov	04:17	10:37	16:50	23:27	-
Sat 17 Nov	05:29	11:46	17:59	-	-
Sun 18 Nov	-	00:34	06:39	12:57	19:02
Mon 19 Nov	-	01:33	07:40	13:58	19:57
Tue 20 Nov	-	02:26	08:33	14:51	20:47
Wed 21 Nov	-	03:15	09:20	15:39	21:33
Thu 22 Nov	-	04:01	10:05	16:25	22:19
Fri 23 Nov	-	04:46	10:49	17:09	23:04
Sat 24 Nov	-	05:30	11:32	17:54	23:49
Sun 25 Nov	-	06:14	12:16	18:40	-
Mon 26 Nov	00:34	06:59	13:01	19:26	-
Tue 27 Nov	01:22	07:46	13:48	20:16	-
Wed 28 Nov	02:12	08:35	14:40	21:09	-
Thu 29 Nov	03:08	09:28	15:37	22:07	-
Fri 30 Nov	04:10	10:28	16:41	23:10	-

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



Central's Tips

November 2018



It's starting to feel like summer is just around the corner - now's the time to plant the tender crops, keep an eye on citrus for pests and tidy up gardens and outdoors by removing old blooms, trimming perennials and mulching.



Plant tender crops
Runner beans, basil, corn and melons can go in now that the ground is warmer.

In the Veggie Patch

- **Tender crops can go in now** - runner beans, basil, corn and melons
- **Check your citrus trees** for colonies of scale, whitefly and aphids, particularly on the tips or backs of the foliage. If there's an infestation, spray with Conqueror Oil, (summer strength) when the bushes are not in full sun
- **Water fruit trees and vegetable plants regularly** - if the area is dry and windy, mulch to aid water retention

Lawns

- **Combination weed-and-feed lawn products** can be used now, but it is important to follow the instructions closely
- **This is the right month to apply Aquaturf Max G** to help water penetrate to the roots of lawns that tend to dry out over summer



Check your citrus

Scale, whitefly and aphids multiply quickly at this time of year so it's very important to get on top of them quickly! Spray with Conqueror Oil in the cooler part of the day.

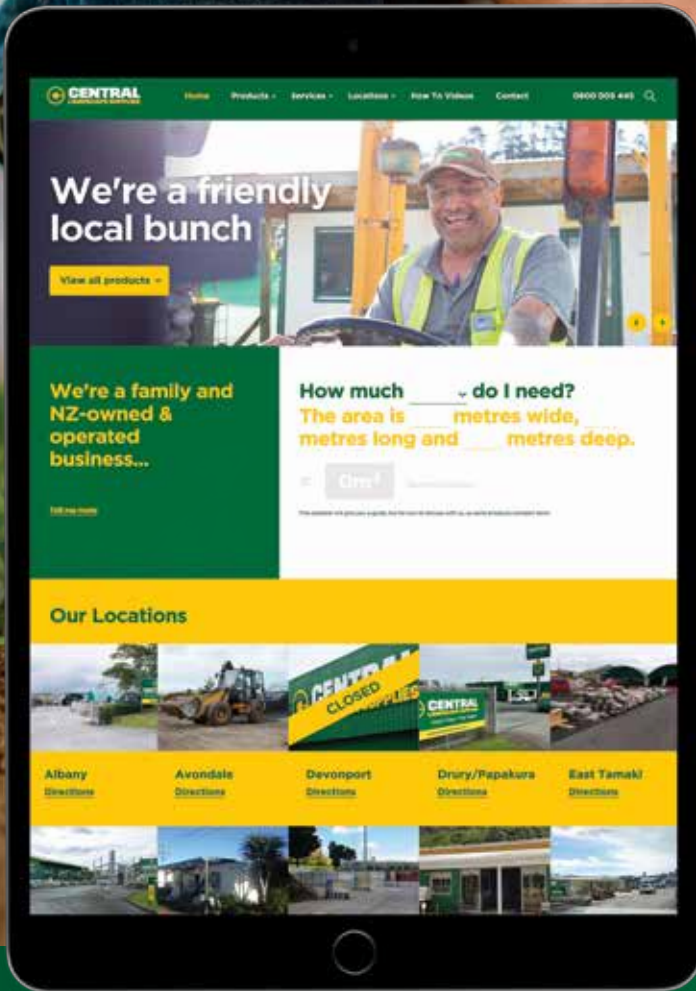
The rest of the Garden

- **Remove or spray weeds such as ivy and convolvulus** that threaten to smother prized plants
- **Neaten the look of camellias and azaleas** by removing fallen blooms. It also helps to reduce the risk of spreading petal blight
- **Mulch** everything ahead of the hot, dry summer season
- **Time to divide and re-pot water lilies** and give the pond/water feature a good clean-up
- **Trim perennials** that will look great again in the new year: lavenders, daisies, pulmonarias and catmint all look great with fresh growth on them



Mulch, mulch, mulch!

Spreading mulch around plants is the best way to help them through the dry season. Plus, mulch inhibits weeds growing through the garden and it looks great.



Help videos

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Product info

Landscape project tips

We dig our new website.

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- A calculator for the volume of products
- Easy enquiry options to know more about products
- Packed with information to help with landscape projects



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BUILD

NEW

WHEN PRECISION PAYS OFF

The stars aligned for the third of our five winning homes at this year's Registered Master Builder House of the Year awards. Picking up silver in the NuLook New Home \$700,000 - 1 million category, this stylish home was a standout with its strong architectural forms.



It was a great project to see through and the finished result is a stellar example of what can be done with a large floor plan and lots of creativity. The clients were very artistic with lots of ideas and flair which they used to design the outdoor space and landscaping. Their love of entertaining required lots of space which we created with a mono pitch roof and raking ceiling that seamlessly flowed across the entry, kitchen-dining and living area, making three rooms look like one.

The indoor connects beautifully with the outdoors to the patio area and we kept that sense of space by cutting the concrete slab to look like large tiles. Rodger Scott, General Manager who

oversaw this project said, "This took a lot of time, but the precision in doing this paid off and it's these little details that really elevated this house." When the judges do their evaluations, they grade all these elements and how they work together while ensuring a high standard of craftsmanship underpins everything. It wasn't enough to just have lots of space, so it was important to allow plenty of natural light in with clerestory windows above the kitchen, which borrow light from one side of the house to be used for the other. As builders while we are all about detail, we are practical by nature. We use traditional building methods and modern design to craft a home with the perfect balance of design and flow to perfectly suit our client's lifestyle.

MADDREN HOMES TRADIE OF THE MONTH

It's rare to find someone who is so good at what they do, that customers never get let down. Mark Little from Robertson Bathware is that guy. And it's his 30 plus years' experience combined with his incredible problem-solving abilities that have seen him take home the Maddren Homes Tradie of the Month award. Nothing's a problem for Mark and he often steps in with a clever solution when problems arise from overseas orders. Because of this, it keeps a build project running smoothly so that the client can move in, on time as planned. Mark's awesome work ethic has earned him a voucher from sponsor Western ITM. Well done Mark.



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AN UNMISSABLE INVESTMENT OPPORTUNITY



Are you seeking a sound and solid investment that delivers quality and assurance? A Signature show home investment will tick all your boxes.

New home construction companies from time to time seek investors to finance their new show homes. They can be a rarity as they are often 'picked up' quickly due to their safe and profitable nature.

Signature Homes, in order to maintain liquidity, will often seek an investor in preference to tying up working capital, to finance a show home. A show home is a tool used to show case product, design, quality, and provide a visual manifestation of space. Typically these are turned over every two to four years (depending on the franchise) to keep a fresh look, and to showcase new products.

Three great reasons to purchase a Signature show home:

1. Guaranteed rental income, fully maintained, cleaned and insured throughout lease period.
2. Top quality finishes and specifications and landscaping.
3. Fabulous return on investment.

How does it work? Exact details vary from company to company but typically an investor will fund the project, either from cash funds or a mortgage, and own the property outright. The

property will be leased back for an agreed annual sum, often with renewal options. The homes incur very little wear and tear without full time tenants and are often reinstated if need be, to new, prior to handing back to the owner.

Why is this desirable?

- An investor will benefit from a secure guaranteed income over the period of the lease without fear of damages to the property.
- Signature Homes Kumeu will usually cover all insurances and outgoing for the duration of the lease.
- The lease-back fee could be a higher interest rate than a mortgage against the property giving an immediate net gain.
- In a good location the capital gain will see profit over the period of the lease.

Could it work for you?

If you are considering relocating in the future, a show home investment could see you purchase at this year's prices, hedging against price increases and capital increases due to market pressures and knowing your home is secure for future occupation by yourself.

If you are looking for an investment over a one to three year period with potentially good returns and lease renewals, this could be worth considering.

Things to consider:

In all cases as with all investments your own due diligence is essential. The company you work with, the region, current and anticipated market trends, interest rates and levels of investment should all be considered carefully before committing to any investment opportunity.

How do I find out more?

Approaching Signature Homes Kumeu to discuss the concept with either the franchise owner, company owner or a new home consultant would help you ascertain if any are currently available. Signature homes 0800 020 600.

We build homes as unique as you



Signature Homes can help you design and build a home that is perfectly suited to your family and lifestyle. You can bring your own plans to us, or engage our experienced architects and interior designers to take your dream home off the back of an envelope or Pinterest page, and make it a reality.

If you are thinking about building, whatever stage you are at in your journey, we can help.

Contact us on 0800 020 600 or visit our website signature.co.nz for more information

HOBSONVILLE SHOWHOME: 30 Myland Dr (off Scott road), Hobsonville | Open Wed-Sun 12-4pm

HUAPAI SHOWHOME: 3 Podgora Ave (off Station Rd), Huapai | Open Wed-Sun 12-4pm

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

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PETS

TIPS & ADVICE

KANIKA PARK CAT RETREAT

Excerpt from Pet n Sure. How do we stop the fighting and the abscesses?

Just after you drop off to sleep, snoozing Fluffy slides to the floor and heads for the cat door. As he emerges from the small opening into the darkness outside he shakes his claws, loosens up his shoulders and turns into a lean mean fighting machine

The next morning, he is curled up on the sofa. Relaxed. Content. Asleep.

If he comes off second best he'll have wounds that will cause discomfort and pain. Infection may set in.

How do we stop the fighting and the abscesses? If your cat tends to be the loser of most of these dust-ups, there are some solutions to the problem

Try using Feliway, the synthetic pheromone that helps your cat to chill out a little. Call it anti-aggression aromatherapy

If that doesn't help, there are veterinary dispensed "chill pills".

With recent changes around home you may see a change in



your pets' behaviour. Eg: house renovations, the presence of trades people etc. This can sometimes upset a cat.

If all else fails and your furry friend continues to fight and get bitten then you may have to resort to a time-honoured tradition ... curfew.

Thanks to Nick Purdon (B.V.Sc) of St Lukes Veterinary Clinic for contributing this article

For the full article go to our notes page on Facebook

Kanika Park Cat Retreat offers individual suites, only cats from the same family share a room. Contact 09 411 5326 | 027 550 1406 | info@kanikapark.nz.

A CHRISTMAS GIFT FOR YOU

It's almost Christmas and here's the perfect gift for you. Think about having a custom designed magazine style photoshoot starring ... you and your furry best friend. It is a pamper session that includes hair and make-up.

Your pet is the star of the photoshoot, but the whole family can join to celebrate your special bond and love you share. Imagine a gorgeous art mount of your favourite photograph to hang in your home to treasure and make you smile every day.

Book a photo shoot with Yellow Lab Pet Photography before 30 November and you will receive ten of these custom made Christmas Cards (see photo), with your favourite photograph chosen from your session to go on the front and your own special message on the inside to send to friends and family.

To make use of this, quote XMASCARDSWESTERLY when you get in touch on yellowlab.co.nz or email salome@yellowlab.co.nz.

You also have the option on the website to gift a shoot to someone special.

Follow on Instagram / Facebook @yellowlabpetphoto for fun behind the scenes.



DO CATS AND DOGS ON A RAW DIET NEED EXTRA FIBRE AND OMEGA-3?

Dietary fibre promotes gut health in people by releasing short chain fatty acids (SCFAs) into the large intestine. SCFAs benefit the cells lining our gut. A diet with plenty of vegetables provides us with the fibre that we need.



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We are often asked "Does my pet need fibre? Should I add vegetables to their diet?" But studies have shown that when animal products such as cartilage, collagen and bone are fed to carnivores, they have fibre-like effects – producing SCFAs to nurture the gut. So, dogs and cats on a well-planned raw diet will be getting a carnivore-appropriate version of fibre.

This makes perfect sense from an evolutionary perspective: carnivores are built to get the nutrients that they need from eating prey. This is yet another reason why a raw diet must be carefully planned, and should include a mix of meat, bone, and organs from a variety of prey species.

You may have noticed that many processed pet diets have added omega-3 fatty acids (the 'anti-inflammatory' fatty acid). This is because the ingredients of most processed diets (such as grains, and grain-fed animals) are naturally high in omega-6 (the 'inflammatory' fatty acid). A recent study compared the ratio of omega-6 to omega-3 in grain-fed versus grass-fed cattle. Grass-fed cattle had a good ratio: 2-2½ times as much omega 6 relative to omega 3. Grain-fed cattle had 8-30 times as much omega 6!

Research suggests that the negative effects of a high omega-6 diet cannot be offset by simply adding in more omega-3. The overall level of dietary omega-6 needs to be reduced so that a healthy level and ratio of fatty acids can be achieved. This is where a well-planned raw diet comes in...We are lucky with our omega-3 fatty acids in NZ. Wild, and grass-fed animals have excellent fatty acid ratios: they are naturally lower in omega 6, with plenty of omega-3.

The team at Raw Essentials offer guidance, support, and product to help you feed your dogs and cats the carnivorous diet they were built to thrive on.

DOG SAFETY TIPS

With the ever growing number of home delivery services being provided by retailers and other grocery suppliers, staff will increasingly need to be aware of the risks associated with entering a private residence, or even some businesses, where there may be a dog present.

Over the past 10 years New Zealanders have reported over 123,000 bites at a cost of over \$40 million. Last year alone there were over 14,500 dog bites reported that required medical attention.

So how can we protect our workers? Education and training is the key. Do your staff understand why a dog may bite? Do they recognise the signs when a dog is nervous? Are they inadvertently behaving in a manner that may scare the dog or intimidate it thus causing a bite?

Here are some tips from The Dog Safe Workplace around miscommunications between humans and dogs that can help keep your staff safe:

A wagging tail – many of us have been told that this is a sign that the dog is happy. Unfortunately this is not always true. Research has shown us the tail wagging shows that the dog is engaging with something in its environment. They could be engaging in a positive or negative way. The Dog Safe Workplace has videos of aggressive dogs with their tails wagging.

Rolling on its back – again many of us think this is because they want their belly rubbed. Again not true. They are actually telling us that they are scared and small so please don't hurt me.

Bringing you their toy – yes they are showing you their toy and want you to play with them. Not always true. They may want you to play with them. Though this is not always the case and if you go to take the toy or pick up the ball they may try to snatch it back which could result in a bite. Also there may be certain rules that need to be followed or commands given when playing with that particular dog.

If you have staff entering properties with dogs it is your responsibility as the PCBU to ensure you are educating your staff to avoid known risks. Dogs on properties are a known risk, we cannot eliminate the risk but we can take steps to minimise the risk as much as possible.

Please pass these tips onto your staff and for more information contact The Dog Safe Workplace on 0508 DOG SAFE or email admin@dogsafeworkplace.com.

CAT LOVERS URGENTLY NEEDED

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



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FOOD & BEVERAGE

THE RIVERHEAD IS A POPULAR PORT OF CALL

Riverhead's historic tavern was named a finalist in two categories in the Hospitality New Zealand national Awards for Excellence 2018, just dipping out on the two wins. The Riverhead was nominated for 'Best Destination Venue', won by Tantalus Estate (Waiheke Island). And it was also selected in New Zealand's 'Best Neighbourhood Bar & Eatery' category, won by the Southern Cross Garden Bar (Wellington). The winners were announced at the Hospitality New Zealand annual conference in Queenstown recently. The local tavern, restaurant and function centre has been a favourite destination for more than 100 years. Thousands of excursionists would travel from Auckland by boat to a wharf below the tavern, and some still do that today. The Riverhead, at 160 years reputed to be one of New Zealand's oldest riverside taverns, is one of the only pubs you can take your own boat to. Its popularity stems from its appeal to a broad range of ages and tastes with three entirely different areas to suit any chosen occasion. 'The Landing Restaurant' attracts large numbers because of its consistent and varied high quality gastro pub fare. The cosy 'Portage Bar' is a focal point for local people - it's the place to meet friends, watch sport, play pool or just have a quiet drink with family. 'The Boathouse' caters for a wide range of functions from weddings, birthdays and Christmas parties to corporate and community events. The Riverhead, previously known as the 'Forrester's Arms', was extensively renovated and reopened in 2011 under the ownership of Stephen and Paula Pepperell, who sold their yacht the day they bought the pub after travelling the world. Visit www.theriverhead.co.nz for more information.



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THE HERBALIST CRAFT BEER

Wholemeal Ale Carrot Cake with Fennel Seed Cream Cheese Icing Recipe. This is absolutely delicious and is a wee modification on the Edmond's 1989 Cookery Book recipe: Cake ingredients: 1 ½ cups grated carrot, 1 cup wholemeal flour, 1 teaspoon baking soda, ¾ cup coconut or brown sugar, 1 cup sultanas, 1 teaspoon cinnamon, 1 teaspoon mixed spice, 3 eggs, ¼ cup The Herbalist's Manuka Ale, ½ cup olive oil or melted coconut oil. Method: Pre-heat oven to 180C/350F. Throw everything into a bowl as quickly as possible. Mix well and pour into a baking paper lined tin. Bake for 35-45 minutes, depending on the tin you use. Cool on a wire rack. Icing ingredients: 2 x small plastic cube packs of Philadelphia cream cheese or about ¼ cup in total, 2 tablespoons butter at room temperature, 1 ½ cups icing sugar, ½ teaspoon cinnamon, 1 teaspoon fennel seeds. Mix well or beat with a mixer until the icing is smooth. Ice the cake when cold and decorate with shredded coconut and pumpkin seeds. Serve with The Herbalist's Manuka Ale, enjoy! The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.



TOMATO CHICKPEA SALAD WITH CORIANDER AND LIME

This salad is full of nutrition, can be made in minutes & is packed with fresh, citrusy flavour! A salad or side dish, prep time 10 minutes, 4 cups/servings. 2 cups / 540 ml can of cooked chickpeas. 1 medium red onion. 4 - 5 large tomatoes diced. 2 large handfuls of coriander or flat-leaf parsley. 1 tablespoon extra virgin olive oil (omit to make oil-free). 1 large lime zest and juice (or lemon if unavailable). Salt and pepper to taste. Add the chickpeas, onion and tomato to a large bowl. Drizzle over the olive oil and lime juice and sprinkle over the zest then stir well so everything is coated. Season well with salt and black pepper to taste. Be generous. It really brings out the flavours. Add the coriander/parsley leaves and stir again. Leave to sit for about 10 minutes to allow the flavours to mingle. Stir well before serving. Best on



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the day it is made but leftovers can be stored in the fridge and are ok for up to 2 days after. Author Melanie McDonald. Follow my blog at avirtualvegan.com.

HALLERTAU'S BEER BANGER CHALLENGE

Hallertau's Six annual Beer Banger Challenge once again pitted six of Auckland's finest artisanal butchers against each other in the quest to produce the best beer banger. All six sausages were served on a platter at the Hallertau Biergarten and patrons voted for their favourite. After over 120kg of sausages served and some spirited debate the top two sausages literally could not be separated. With both receiving the same number of votes, Whenuapai Meat Merchant and Alpha Butchery Huapai were declared joint winners. Alpha's Hallertau No.2 Pale Ale, Pork, Kaffir Lime, Mediterranean Herbs sausage and the Hallertau No.4 Schwarzbier, Pork, Cardamom & Fennel from Whenuapai will join the Hallertau menu and can be purchased instore. Photo: Francesco (Alpha Butchery – Huapai) & Steve Plowman.



'HOT TUBS'

With warmer weather and longer days upon us, you may feel like indulging in an ice cream treat but feel guilty or have second thoughts because of the calories, carbohydrates, fat and sugar content. Fear no more - IsoCream is here, and in two new flavours and a single serve tub. Our New Zealand-made high protein, reduced-fat ice cream is now available at over 150 stockists around the country. Due to the popularity of our Choc Fudge Cookies & Cream, we have added Peanut Butter Cookies & Cream - and yes, it's gluten free too. And always a popular choice, we've also launched Salted Caramel. You'll find these and our other flavours in a 500ml tub size, and the two new flavours, plus favourites Choc Fudge Cookies & Cream and Chocolate, in a new 120ml tub for a protein-rich, reduced fat, low cal/carb, 99% sugar-free snack on the run, after the gym, or at the beach. See our website www.isocreem.co.nz for full nutritional information and stockists around New Zealand. Readers have a chance to win a voucher to experience IsoCream or try a new flavour - simply visit our website, send us a message saying where you read this article and which flavour you'd like to



try, and you'll be in the draw to win one of three vouchers for a 500ml tub. Entries close on 30 November 2018.

WONDERING WHAT TO BUY FOR SOMEONE WHO 'HAS EVERYTHING'?

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 are handmade - just like mum made, chockful of natural ingredients and contain no artificial flavours, colours or preservatives. You can select which of the following products you'd like in your gift pack; Beetroot or Gherkin Relish, Mustard Pickle, Sambal Ulek, Tamarillo or Old Plum Chutney, Thai Tomato, Feijoa & Ginger Jam or Feijoa Kasundi. Just \$20.00 for the 2 pack and \$30.00 for the 3 pack. To purchase go to www.noshortcuts.co.nz.



SIAMESE DOLL COMES TO CATALINA BAY

Siamese Doll restaurant opened recently. It is brought to you by Quality Restaurant Group. Sharing DNA with popular Thai restaurants Grasshopper, Thai Street, Mai Thai and Red Crab, Siamese Doll is a new South East Asian injection right in the centre of Hobsonville's Catalina Bay. Edward and Bo of Quality Restaurant Group arrived in New Zealand in the mid 80's and saw an opportunity to add flavour and colour to the Auckland dining scene and Mai Thai was born in 1988. They have since created a string of other well-known Thai restaurants in Auckland, each with their own unique identity. The Siamese Doll menu takes you far beyond any other dining experience, accommodating an authentic Thai cuisine experience. Consider the menu an exhibition of the tantalising tastes of South East Asia, showcasing sweet, sour, spicy and savoury in complete harmony. Whether you begin or end your evening here with a small bite or share a night of exquisite dining, we are here to create a social hub that caters for every occasion. Phone 09 416 0333. 3/3 Boundary Road, Hobsonville Point.



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HEALTH AND BEAUTY

TWO WAYS TO PROTECT YOUR NECK WHEN LOOKING AT YOUR DEVICE

You can't go far these days before you see someone with their head bent forward looking down at their phone or tablet. This head position is not good for your neck and upper back and is a common cause of neck/shoulder pain and headaches. I recently released a video showing two alternative ways of looking at your device. One was a version that can be done when sitting and the other can be done on the ground. The idea is to be able to keep your back straight and minimise the bending forward of the head and neck. To watch the video and learn these techniques, simply visit our Facebook page or the blog section on our website. Facebook page - www.facebook.com/elevatechiropractic Website - www.elevatechiropractic.co.nz Elevate Chiropractic: Shop 1, 10 Greenhithe Road. Phone 09 413 5312.



WHAT YOUR EYES CAN TELL YOU ABOUT YOUR HEALTH

Our series continues - 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: You're spending too much time on the computer. As much as we love Netflix, too much screen time could be causing your eyes to strain and tear up. "Although it sounds ironic for watering to be a symptom of dry eye, it's the eye's response to dryness," Herz explains. "It's common among people who spend much of their day looking



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at a computer or television screen."

Optometrists Matthew and Molly Whittington have lots of experience treating dry eyes, and supply specialised lenses for viewing screens, hand-held devices and reading. Book your top-quality eye examination at For Eyes in the Kumeu Village: Phone 09 412 8172. (*Acknowledgement: M. Bonner, Marie Claire).

REFORMER PILATES AND PREGNANCY

Reformer Pilates is an ideal exercise during pregnancy because of its low impact nature, meaning it's kind to your joints. There are particular exercises suitable for pregnant women that can be performed in positions that are safe at all stages of pregnancy. The Reformer machine has a gliding carriage that allows movement through a full but carefully controlled range of motion, while enabling you to work at an intensity you are comfortable with.



Pilates targets the exact muscles and functions that can be a problem during pregnancy and after birth, in a safe way. Regular Pilates sessions can: strengthen your tummy muscles, reduce back pain, strengthen your pelvic floor, help with balance and help to relax and control your breathing.

As you progress through your pregnancy, suitable exercises will change to reflect the changing shape and needs of your body. It's important therefore to receive instruction from a qualified Pilates instructor or physiotherapist in a setting where you can receive individual attention.

Our qualified Reformer Pilates instructor at NorthWest Physio+ is also a physiotherapist and can provide you with the best possible care and instruction at this special time in your life. Call us for more information on 09 412 2945 or contact Laura at laura@nwphysioplus.co.nz www.northwestphysioplus.co.nz

ONCE YOU GO...

One of the most common myths when it comes to Chiropractic, is that when you initiate care you have to keep coming back! This is of course not true, but we do have people who come in regularly for the rest of their life. So, what is the deal?



There are many different reasons why people visit us. The most common ones are: Relief, correctional, maintenance, preven-

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tion and wellness. They all serve different purposes, and have different commitments attached to them. For some people, getting out of pain is all they need. For others, it's a about maximising their health and wellbeing.

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

So, if it has been a while since your last Chiropractic tune-up, consider giving us a call for your pre-Christmas adjustment.

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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.



MAKING CHRISTMAS HAIRCARE EASY

It's nearly that time of the year again when we are starting to prepare for the big day ahead and the holiday that follow.

I know myself how crazy this time of the year becomes and how every day seems to roll into the next and before you know it, Christmas is upon us again.

So here are a few little tips to make hair care easy leading up to Christmas

- Make sure all your appointments are booked ahead. Do this after every haircut but even more so at this time of the year because a good salon will book up early.
- Start planning how many weeks there are until the big day and work out your timing accordingly for colour work.
- If you have a lot of events coming up in December be prepared early, don't leave it until the day before your event to book your appointment
- Christmas shopping can also be done at the salon in the way of vouchers, gift packs and products. It is so nice to give a gift that

maybe someone wouldn't buy for themselves.

- Treat your hair to a conditioning treatment. As the weather improves and warms up we need to replenish what is lost. It is also a small amount of time put aside just for you to relax and do something for yourself.

- Remember if you tend to get frizzy hair during these months now is the time to have your keratin complex smoothing treatment done. Go into Christmas with great smooth hair.

Call us today to organise your next appointment and sit back and relax into Christmas and the merry season. Zash Hair 021 814 663.

ALLERGIES: NATURAL PREVENTION

What if you could get on the front foot and attack your allergies before they attack you. Prevention sounds sensible but how do you do it? Prevention of allergies starts with reducing exposure to the causes (pollens, animals, foods, etc) where possible. Air-borne allergens are hard to avoid (since you must breathe). Food allergens are hard to identify, as sometimes there is a delay between eating the food and when the effects start.

Even if you think your allergies are caused by pollens, studies are showing that there are usually food causes too. Think of your immune system as a glass. Food allergies fill the glass up half-way with water. Then when you are exposed to pollens, the glass over-flows causing your hayfever symptoms. These studies have shown that testing for, and removing, allergy-causing foods allows people to cope with more allergens from pollens and other sources. Because of this, I recommend food sensitivity testing for people with hayfever, even seasonal hayfever. Nutrient Support: Early Phase

There are two phases of allergic response that you need to be concerned with. The first is a histamine reaction. This is where taking antihistamine medicines regularly can help. My favourite antihistamine is a natural one called lipospheric quercetin. Quercetin is contained in many bright coloured fruits and berries. It is very powerful, but not well absorbed. This is why I recommend taking it in a lipospheric form. Vitamin C is also a



Are you worried about your own, or someone else's drinking or drug use? Contact me to make an appointment if you would like a friendly and confidential discussion about your concerns and options.

Rochelle Brett - registered alcohol and drug practitioner,
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good antihistamine and can be used in combination with your usual antihistamine tablets.

Nutrient Support: Late Phase

After the initial histamine flare, there is a delayed hypersensitivity phase involving white blood cells. Using nutrients like zinc and fish oils can help to moderate this late phase and reduce the frequency of allergies. Probiotics have also shown promise in turning off allergies.

It is now known that giving probiotics to mothers in the last 3 months of pregnancy reduces the risk of allergic diseases in the baby by 30%. That is a huge reduction. Several case reports have documented preventing anaphylactic reactions to foods using a probiotic-based protocol. The researchers are now conducting clinical trials to investigate this further.

Need more help?

If conventional antihistamine tablets and nasal sprays are not controlling your allergies, then have a chat to our team at Massey Unichem Pharmacy about our Optimal Allergy Health Solution. Take back control of your immune system. Martin Harris.

HOBSONVILLE OPTOMETRISTS - NEW FRAMES

The Colours of Summer are on display now at your local family optometrist.

Our beautiful frames have started to arrive and the colours are simply stunning. Featuring Face a Face, Jag, Rayban, Fendi, Vanni and Maui Jim sunglasses.

If you need to organise new glasses come and see these delightful frames and talk to us about what you want your glasses to do for you. Do you want them for driving, for computer work, for reading for everything? Sunglasses in your prescription?

Come and browse and chat with us. We will fit you with frames that suit you, and we will advise you about lenses. After an eye exam, we can create your new glasses - usually within two weeks.

Ring us for an appointment for an eye exam - or simply come and browse. You are welcome Monday to Friday 9am to 5.30pm and Saturdays.



DEPRESSION?

Do you know someone who may be depressed?
Are you?

Do you suspect someone who may be?

Do you know anyone who has moved house or office and you've noticed a change in his or her personality and or health?

It is very likely that moving location, can affect your health.

The stress, the worry, the cost, and many of you may never have heard of this, but the Geopathic Stress (GS) or Noxious Earth Energy.

It is in every home, and if it is where you just happened (or were forced to because there was no other choice) to put your bed, you may have won or lost the jackpot!

If your bed has Geopathic Stress in the same location it could cause depression or lower your immune system so your body just gives up.

Some other typical signs of GS are headaches/migraines, sleep disorders, allergies/eczema, lack of energy, dizziness, high blood pressure, arthritis, chronic fatigue, IBS, cancer and depression, to name a few.

Make sure you won the jackpot and your bed is in a good (GS free) space. Don't lock yourself in a cage!

Call Nicky 021 545 299 or visit the website: clearenergyhomes.com.


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 heat towards 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 mould 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



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NOT CATCHING ENOUGH ZZZ'S?

This can affect your eyes... We are sure you all know that the amount of sleep you get every night has a huge impact on how you feel, your body's health and your ability to perform at your best during the day. Something




Westgate Optometrists

you may not know, is that your eye health is also greatly affected by the amount of sleep you get.

If you aren't getting a full night of sleep, you can eventually develop issues with your eyes, which may result in symptoms such as pain, light sensitivity, redness or blurred vision. Involuntary eye spasms (known as myokymia) are a common indicator of lack of sleep. Over time, lack of sleep can lead to red bloodshot eyes due to eye strain or dry eye, which is when your eyes aren't getting the lubrication they need to stay healthy.

Furthermore, if you already suffer from dry eyes, a lack of sleep can often amplify the symptoms of dry eye syndrome, causing redness, discomfort and irritation.

In order to keep your eyes healthy and fight against the symptoms of dry eye, it's vital that you get adequate sleep. Making sure you get between 6 - 8 hours of sleep each night will help your eyes to replenish and recover from a long day's work.



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

If you are still suffering from dry eye symptoms, even after a good night's sleep, our newly introduced Dry Eye Treatments here at Westgate Optometrists may be just what you need. For more information phone us on 09 831 0202 or make an appointment to see one of our therapeutically endorsed optometrists via our website: www.westopt.nz.

CHIROPRACTIC AND PREGNANCY

With pregnancy come many joys as you prepare for the arrival of your newest little bundle of joy, and we love seeing our pregnant mums in our Hobsonville Office. However, sometimes it comes with pain as well—specifically, back pain. Fortunately, a recent study finds that Chiropractic care is an excellent way to relieve back pain during pregnancy, and the positive effects occur not on during pregnancy, but long after you've delivered.



If you're expecting and you have back pain, natural Chiropractic care can help ease your symptoms. We're conveniently located at 295 Hobsonville Road, and we'd love to help you have a healthy, natural pregnancy. Give our office a call today at 09 416 7589 for an appointment.

Peterson CK, Mühlemann D, Humphreys BK. Outcomes of pregnant patients with low back pain undergoing chiropractic treatment: a prospective cohort study with short term, medium term and 1 year follow-up. Chiropractic and Manual Therapies 2014;22(1):15ly.



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SHOPPING ONLINE – SAFER AND CHEAPER

Buying online is a great way to get some great deals and also knock off your Christmas shopping without the crowds in the malls.

There are a few things to consider to make online shopping a little safer so are some handy tips.

Shipping is expensive especially when you live in a rural location – not only that but it is slower.

What is common practice is that the rural postie signs for your parcel from the main courier and then drops it at your place on their behalf.

Invariably, if you're not home they will just leave the parcel on the deck / front door with no signature needed.

Now here is the worse part – thieves operate in our area all the time but in the next few months they scale up their activity.

They drive round in what can pass as a courier van and follow the rural postie, watching where they deliver parcels and a short while later they steal your online purchase. You won't know for a few days until you try and track it and as far as the courier company is concerned it has been delivered.

This could be a valuable item money wise or more importantly a sentimental item that you can't put a dollar value on – either way you might get your money back from the courier company

but you won't always replace what you bought.

Why not think about having our online purchase delivered to work or use the free e-pack service "epickup" - just buy online and have the item delivered to e-pack on 5 Wookey Lane Just add your name and mobile contact number to the front of the parcel.

Once it arrives we will text you and you can swing by and pick it up, we open from 7.30 till 4.00pm Monday to Friday and will arrange out of hours collection in special circumstances.

This saves rural courier fees and delivery time and more importantly your purchase will be safe.

Safe shopping & safe shipping!

Contact e-pack for more information 09 412 7018 or mike@e-pack.co.nz.

FREE RANGE CHILDREN

Did you know that the Ministry of Education's minimum outside activity area is required to be only 5 m² per child? Here at Kereru we understand the value of space and how much this supports our children in an individual way. Have you ever been in a situation where everything just feels so cluttered and claustrophobic, you are desperate for some space? Well that's exactly how children can feel in these cramped outdoor spaces. Children are naturally curious and want to explore, they want to learn, be loud, run, play and have fun. With developments these days the size of the home is taking more priority than the size of the good old-fashioned quarter acre back yard. Come and check us out yourselves! Sit back, relax, have a coffee or tea, meet our teachers and experience first-hand how relaxed, happy, capable and confident our children are within our safe environment. We currently have limited spaces for children 2-6yrs of age. Call in at 10 Oraha Road, Huapai, anytime.



GROUND-BREAKING LOCAL HEALTH DOCUMENTARY 'THE BIG FAT LIE'

Have you wondered why there is so much heart disease and cancer? Well according to Grant Dixon it's all about what we eat. Grant lives in Hobsonville Point and is an independent film and television documentary maker. His new film claims that



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most heart attacks and many cancers would be avoided if Kiwis ate a whole food, plant-based diet.

The film claims that cow's milk is far from safe, gives no benefits to bones, and probably causes type 1 diabetes. Stories are told of ulcerative colitis, heart disease, obesity and type 2 diabetes being cured by a change in diet. The film also warns that the fat content of sausages and mince is far higher than you would think, while a surgeon links our world-leading bowel cancer rates to our love of fat and red meat.

Grant interviews six professors, nine doctors and numerous health experts to show the benefits of this new way of living. The film also claims major food companies dominate government food policy, while reducing food quality to increase profits.

The premiere screening is on 15 November at Auckland University. To book go to www.eventbrite.co.nz and search 'The Big FAT Lie'.

EMPATHY & RESPECT: THE CORE OF WHO WE ARE

Country Bears philosophy emphasises nature as a vast and wonderful classroom, encouraging empathy and respect to all living things through relationships and connections to Papatūānuku (Mother Earth).



Our Elements of Life Programme gives children the outdoor experience to discover the wonders of nature that is Country Bears. With our inquiry based, emergent curriculum, we incorporate nature exploration and environmental practices into our daily learning. We have the ability to go beyond our

fences on nature walks, and discover nature through the arts, holistic and unscripted exploration.

We provide daily educational experiences for children to be immersed in hands-on activities that foster meaningful connections to a nature based curriculum which helps to build the foundation for a love of learning; developing an understanding and awareness of the connections between people, places and things in their world (te waihanganga hononga).

A big part of all this learning is developed by real life experiences, and we are very proud to see our first litter of baby bunnies. The children were able to see our three year old male rabbit be introduced to an adult female rabbit, watch them play together and now the babies. The children have learnt to care for them through respectful interactions, including watching signs from the mother, alongside the necessity of feeding them which teaches the children about responsibility.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc.

Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu 09 412 8055.

LIONS VINTAGE SHOP SERVES THE COMMUNITY

Members of Huapai-Kumeu Lions and the volunteer ladies working in their Vintage Shop are confident about continuing growth in this fund-raising project. Entering its sixth year of operation, the Vintage Shop is an important way of Huapai-Kumeu Lions building funds for local projects.

The shop which is located in the historic Pomona Hall next to the Kumeu Community Centre at 35 Access Road has a tasteful



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and ever-changing display of vintage items all labelled at very good prices.

Items include small pieces of furniture, crockery and crystal, jewelry, ornaments and other unwanted mantelpiece treasures. Even fine linen, history books, cutlery and small workshop tools can be found.

Most items in the shop have been donated by people not wanting them anymore or wanting to move on or down-size. From time-to-time the shop is fortunate to be gifted items from deceased estates. If necessary items are cleaned before being put on display.

Donated items will always be willingly received by the volunteer ladies who work at the shop which is open Tuesday to Friday, 11-3pm. and Saturday mornings when special events are occurring.

Di Ackroyd currently manages the roster of volunteer workers who give their time one day every week or fortnight and anyone interested in vintage items and who enjoys meeting people, while at the same time supporting a local Lions community project, can call in at the shop and signal their interest.

PHELAN'S LOCAL BOARD UPDATE

Work starts on new bus services.

The Local Board and a dedicated Auckland Transport team have been working over the last two months to deliver the first projects funded by the Rodney Transport Targeted Rate.

The first two bus services which we aim to have up and ready in February are a new service from Wellsford to Warkworth and from Helensville to Silverdale which will stop in Kaukapakapa and Waitoki. The Helensville service will be designed to provide a two-way link to Silverdale services or Helensville to City buses. Auckland Transport is now doing exploratory work on a 'Westgate - Riverhead - Albany' bus service. This would give Riverhead Residents a bus service for the first time, not just to the central city, but also to the North Shore. This new service will give residents north or Riverhead an option to link from the Huapai Helensville service to Albany at the 'Boric corner' bus stop.

In addition to the new bus services initial planning work on park'n'rides for the Kumeū area is underway. This month the Board also resolved to build two new footpaths locally on Arthur Street and Springs Road.

Supporting Growth Program.

Last month there was a public engagement evening from the 'Supporting Growth' team presenting the latest planning around transport for the North West. This is a new joint Government/Council planning team focused on specific growth areas in Auckland.

The material being made available clearly lays out steps over the next ten years leading to the release of future urban zoned land in Riverhead and around Huapai (you can find this on the

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website below).

There is a pathway of work around transport connections which will continue until 2022 when Public Hearings will be held on the chosen routes. Council will then engage with the community on developing a Structure Plan in 2025 and following that work can start on the budgets required to complete the infrastructure.

The new 'Future Urban' zoned land will only be released for development after 2028. By then Government and Council will have completed all the planning and have identified budgets in advance of the next wave of housing. This is in contrast to what has happened previously and it's a welcome change to see Council and Government cooperating on planning in a timely manner.

Early next year the team will be back out to Kumeū to present information on the Light Rail service the Government is proposing for the area.

There's been a bit of speculation about what is happening and the timing, some of this has been incorrect leading to confusion in the community. The best source of accurate information on planning work for our areas is the new website 'www.supportinggrowth.govt.nz' (go to 'North West Auckland'). If you have any questions you can contact the team directly or you're welcome to contact me.

Phelan Pirrie, Rodney Local Board Deputy Chair, 021 837 167. phelan.pirrie@aucklandcouncil.govt.nz.

MAKING YOUR BUSINESS WORTH MORE

A business that relies heavily on its owner is not as valuable as a business that is not reliant on its owner. Reducing or minimising your business' reliance on you as a key person can significant-

ly improve its value. Buyers will pay a higher price for a business that can be easily integrated into their current business or smoothly transitioned to a new owner. They will want some comfort that the business' key customers and staff will stay with the business once the current owner departs. We recommend looking at several key areas: business systems such as inventory management systems, establishing customer relationship management protocols, and putting staff succession plans into place. A business valuation is always a good place to start.

To find out more about business valuations and how to increase the value of your business, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

NOISE IN THE WORKPLACE

None of us probably want to lose our hearing, yet that can be what happens from working in a noisy environment.

The companies we work for have a duty under the Health and Safety at Work Act to ensure that every practical step is taken to prevent us, the workers, from hearing loss.

As workers we also have a responsibility to ensure that our hearing is protected from damaging noise.

Part of that responsibility is to advise our boss that the environment we are working in is noisy. Hearing loss is preventable.

When it comes to noise risk and hazards noise can be from the machines we work with, equipment or vehicles. It can be from the path the noise travels before it reaches us or at the place we are working.

A PCBU (person conducting a business unit) that you work for should be carrying out noise monitoring tests to establish the

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risk posed by noise and this should be done every five years to check that conditions have not changed, or sooner if necessary. As well a PCBU should be conducting regular hearing tests of staff to ensure that workers are not being affected by noise and further checking with staff on a regular basis to ensure that there are no new noise issues, and that staff are aware that noise can pose a problem and how it can affect their hearing and that adequate hearing protection is provided and is being used. A good idea for a business is to hold regular Toolbox meetings that cover issues such as how to maintain or look after your PPE equipment (ear muffs) and even how to wear the PPE. There is an art to correctly fitting ear plugs in your ears. A suggestion is that you ask your local PPE provider if they could arrange to come and talk to staff about how to choose the correct ear muff for your situation.

For further information please phone your Securo H&S consultant John Riddell on 027 477 9750 or contact him through www.securo.co.nz or email securo4@securo.co.nz.

AUCKLAND COUNCIL CHANGES PLANNING RULES

The Unitary Plan is now operative and in its first real test in front of the Environment Court, the rules have been found to be defective.

As outlined in early articles, the Court Hearing over the Kumeu property site adjacent to Soljans Restaurant went to a 5 day hearing.

As a result of the decision in the form of the appeal, the Court made observation and interpretation of the new rules. Effectively the Ratepayers Association from Kumeu & Taupaki advocated that the Countryside rule didn't provide for the high intensive 'Rest Home Development' designed for that site.

The Auckland Council on 2nd October resolved to change the rules in the Rural Production Zone and the Countryside Living Zone.

The change prevents comprehensive residential developments and the high intensity Rest Homes & Retirement Village in the Countryside Living Zone.

The sad part is that, it has taken a full Environment Court Hearing for the mistakes and oversights to become apparent.

The Countryside Living Zone will now revert back to a single dwelling on a one hectare block as the density.

The formal Scheme Change will come out from the Council

probably before the end of the year. Until the Unitary Plan is further tested, we will not see what other faults there are.

Even our Planners & officials don't always get it right. Pete Sinton - Phone 09 412 2016 or email petesinton@townplanner.co.nz.

IS THE SUN STAYING?

We hope so. All though it's pretty unforgiving, we all really need look after ourselves. I know you've heard it all before, but it is true. Keeping our bodies safe inside and out. At Pure Allies we can help you on the outside, our products are totally natural and safe. We don't test on animals, we test on humans. Oops does that sound bad. It is the best way to see how effective products are. We have been using Pure Allies sun screen for



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NOVEMBER IS HERE MEANING ANOTHER MUCH ANTICIPATED KUMEU ARTS

Awards, recognising and celebrating New Zealand artists and linking Kumeu to wider arts communities. Prizes of up to \$1,000 in value, generously donated by local businesses will be awarded at a prestigious ceremony on November the 3rd between 7-9pm. This year we've had



another great response to our call for entries and a large number of works submitted of an incredibly high standard. The exhibition, which runs from November the 5th until the 24th of November, will include over 80 works from locally, regionally and internationally acclaimed artists. All works will be for sale in our gallery. The Awards Exhibition is followed by our annual Affordable Art Sale starting on November the 26th with artworks for



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under \$400 giving lots of opportunities to view and buy quality artworks here in Kumeu. Come and discover Kumeu Arts Centre – The Hidden Gem. Image - Last year's 1st Prize winner Terry Prize with his painting 'The Fisherman, Kare Kare'.

YOUNG AUCKLAND TALENT TAKES TO THE STAGE THIS NOV/DEC PREMIERE OF SHREK THE MUSICAL

"Once upon a time, there was a little ogre named Shrek...." Thus begins the tale of an unlikely hero who finds himself on a life-changing journey alongside a wisecracking Donkey and a feisty Princess who resists her rescue. Throw in the vertically-challenged Lord Farquaad, a cookie with an attitude and over a dozen other fairy tale misfits, and you've got the kind of mess that calls for a real hero. The closest thing they have is an Ogre called Shrek...

The National Youth Theatre Company presents the Auckland premiere of "Shrek the Musical".

A Tony Award-winning fairy tale adventure, featuring all new songs from Jeanine Tesori and a side-splitting book by David Lindsay-Abaire. Shrek brings all the beloved characters you know from the film to life on stage and proves there's more to the story than meets the ears.

With a cast of over 200 of the finest young performers from all over the Auckland region and a rocking live band, Shrek delivers a magical night out for the whole family, in a not-to-be-missed, side-splitting adventure of fairy tale proportions. Four shows only, and no extension is possible!

Presented by the National Youth Theatre Company under the Artistic Direction by Jonathan Alver, Stage Director Seamus Ford, Choreographer Frith Horan & Musical Direction James Doy. The outstanding cast includes emerging talent discovered through NYTC's Outreach programme which provides scholarships to singers, dancers and actors who might otherwise not be able to experience the joy of participating in an NYTC production.

NYTC is a charitable trust providing a place where young performers can learn and thrive, developing not only outstanding performance skills but life skills that will support them throughout their lives including confidence, teamwork and mentoring. The company has become the premiere development ground for young stars in New Zealand with alumni working both here and internationally in musical theatre, opera, television and film including graduates starring in School of Rock in London, and locally in Billy Elliot the Musical and Priscilla Queen of the Desert.

Shrek the Musical graces the Civic stage from 29 Nov- 2 Dec 2018. Public performances run Friday 30 November 7 pm, 01 December 1.30 pm & 7 pm & Friday 2nd December 1.30 pm. Just 4 shows, tickets are on sale now from Ticketmaster.



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