

kumeu Courier

FREE monthly community newsletter for Kumeu & districts

UNITARY PLANNING HEADS UP

- Latest house sales
- Community notice board
- Environmental concerns
- Fire brigade burning issues

KUMEU COMMUNITY POLICING

Circulation is 8000 print copies and 3371 opened and read email copies
Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.
Contact Sarah Cartwright on 0212507324 or sarahcartwright022@gmail.com

kumeuCOURIER/October 2013

Intro

The voting papers are out for the Local Body elections, with voting closing in mid October and I have two strong candidates in mind. We are now required to pick the best board members to serve us for the next three years, so have a look at the local candidates and their campaigns to see who will serve you best. The Unitary Plan (Auckland Future Zoning) prescribes Auckland's growth as "a little bit up and a little bit out," as Auckland gains a projected further million people in the next 30 years. The decision is also made more difficult in that the Unitary Plan attempts to create a balance of traditional suburban living with growing intensification and expansion into rural areas. So after 22,000 submissions, 250 meetings and 11 weeks of public scrutiny, last week the council spent five days redrafting the plan which will be released (hopefully) on the 30th September 2013. The Plan with amendments will be out for public submissions until some date in late January or mid February, to be set by the Auckland Council. Involvement by our Community Board and Council and Councillors will be important. Whoever we elect will need to be a strong advocate for our needs. Without a total commitment by each Board Member to our area, the community will suffer. What is certain is the next 3 years will see the Unitary Plan grind its way through the legal processes before it is enforced. Please do your homework and vote carefully! On a lighter note, spring fever is in the air! Time to clean out those cobwebs, spruce up your home and gardens and get set for a summer of long, lazy days, BBQ's and spending time outside with family and friends....once the weather clears that is. Check your smoke alarms and enjoy the extra time daylight savings brings to us all.

Keep safe, Sarah

kumeu Courier

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DECISION TIME AND THE UNITARY PLAN

The voting papers are out for the Local Body elections, with voting closing in mid October. We are now required to pick the best Board Members to serve us for the next three years. That from my perspective is difficult to do, for the first term of the Auckland Council has produced very little in Kumeu-Huapai that the community can see as real progress. That perhaps is not surprising in that the Auckland Councils were settling into the task of combining the old Council and formulating a new direction. The decision is also made more difficult in that the Unitary Plan (Auckland Future Zoning) will be released on the 30th September 2013. The Plan with amendments will be out for public submissions until some date in late January or mid February, to be set by the Auckland Council. Many details of the Plan have been revised with Council, with little contact with the community. The 25,000 feedback submissions were acknowledged, but no contact made with groups. I suspect the time frame set by Council wouldn't allow it. Given that the Government refused the enforcement of the rules from the date

of advertising, this has forced the Auckland Council to release the document on election time for a full consultation process. That includes rights of appeal to the Environment Court. That is how it should be! What is certain is the next 3 years will see the Unitary Plan grind its way through the legal processes before it is enforced. Involvement by our Community Board and Council, Councillors will be important. Whoever we elect will need to be a strong advocate for our needs. Without a total commitment by each Board Member to our area, the community will suffer. The Township of Kumeu will have a Supermarket rise out above the timber piles and that will start a summer season of growth. The Huapai North subdivision is waiting for the 1st October start of the earthworks season, so changes will be visible this summer. Vote carefully! Pete Sinton, Chairman: Kumeu-Huapai Residents & Ratepayers Association. Phone 09 412 2016

BURNING ISSUES WITH LOCAL FIRE BRIGADES

It's been an interesting month for the team at Waitakere Fire. We joined other brigades from across Auckland to attend a controlled house burn on Red

Hills Road. The weather was perfect and it proved to be an excellent training opportunity enabling us to see how fire develops and behaves, and eventually consumes a property. We were also able to practice techniques to control a fire and protect ourselves from dangerous flashovers. It highlighted to us just how important our training is and how quickly a standard house becomes un survivable unless you are wearing breathing apparatus and protective clothing. We also received an unusual request to help fill up a Steam Engine with water that stopped at Waitakere train station on its way to Helensville. It was very impressive sight and great piece of history to see up close.



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COMMUNITY NOTICE BOARD

SENIOR NET MEETING

On Monday 2nd October NorWest SeniorNet will host Grant Sidaway from SeniorNet Federation Wellington. Those of you who have heard Grant speak will know that he is well worth listening to. This will be a Technology trends presentation covering everything from the new computer emerging through Aps versus Software, 3D printers, Cloud systems and Tablet PCs. Grant will also answer your questions on the new technology. There will be a shared morning tea (so dazzle us with your home baking) and a chance to win a raffle.. Tickets for our monster Xmas Raffle will be on sale, to be drawn at our november meeting. So come along to our usual venue at St Chad's Church Huapai at 10.am. \$3.00 admission includes tea/coffee. Bring friends, members, visitors all are very warmly welcomed. www.seniornetnorwest.net

TASTING SHED IS PINK

The inaugural Tasting Shed Pink Lunch will be held on Friday the 18th of October to raise funds for the New Zealand Breast Cancer Foundation. Hosted by TV3's Carolyn Robinson, tickets are priced at \$120 per head to enjoy a pink-themed degustation lunch by Head Chef Stephen Smith. Guests will enjoy a complimentary glass of the award-winning Akarua Rose Brut on arrival. There are some wonderful silent auction items up for grabs, including a night for two accommodation package at Hotel de Brett, a Deadly Ponies handbag, a Miss Crabb designer outfit, plus packages from L'Oreal, Universal Music, Dry & Tea, Nails by Rikki, MOR Modern Apothecary, 42 Below, NEXT Magazine, and more! With celebrity guest speakers, plus a few

surprises, and lunch in the gorgeous Tasting Shed setting, the limited seats will sell fast. Please call the restaurant on (09) 412 6454 to purchase your tickets in advance.

KUMEU LIGHT PARTY

On Thursday 31st October between 5pm and 7pm there will be lots of fun happening for kids and families at the Light Party in the Kumeu Community Hall, 35 Access Road, Kumeu. A Light Party® is a positive, fun and safe alternative to Halloween's fear-based trick treating and scary costumes. Instead kids are asked to come dressed to have lots of fun in our Spots and Stripes theme! Last year Kumeu Baptist Church hosted the first Light Party for Kumeu where around 80 children and their families attended, enjoying fun party games and activities, face painting, crafts and a puppet show. This year is bigger and better being hosted by five of your local churches working together from Kumeu, Huapai and Waimauku and will have a bouncy castle, bubble machines and more. For just a gold coin donation per child they will also receive a sausage, drink, chips, lollies and an ice cream. Come along, bring the family and get amongst the positivity and fun! For more information contact Kumeu Baptist Church on 412 9154 or look up Kumeu Light Party on www.eventfinder.co.nz

WORLD SIGHT DAY

Thursday 11 October is World Sight Day, with donations this year going to Macular Degeneration NZ (MDNZ) to aid research

into this debilitating condition. Macular degeneration affects 1 in 7 people over 50, and the incidence is predicted to increase by 75% by 2030. Help MDNZ save sight, and receive a wrist-band, by donating at For Eyes Optometrists in the Kumeu Village. To thank you for your MDNZ donation of over \$10, For Eyes are offering Gift Vouchers for twice the amount of your donation (up to \$120) which can be redeemed on their specialized OCT scan which detects macular degeneration early. Gift Vouchers are transferable and valid for 3 months, so encourage a family member to look after their eyes, and support MDNZ at the same time. Donations must be made on or before 11 October 2013 to qualify for a Gift Voucher.

WELCOMING HAILEY

Mark Anthony hair design would like to welcome Hailey to the team. Hailey is the 4th member to the team of experienced senior stylists. Mark Anthony is a Wella exclusive salon with a large range of products including Illumina and SP. Hailey works Tuesday to Saturday and Thursday late night. Call to book an appointment 09 837 6228 or book online at www.markanthonyhairdesign.co.nz.



RELAY FOR LIFE FIGHT BACK

Relay for life is a fun overnight fundraising event for the Cancer Society that brings communities together to celebrate and remember the lives of those who have been affected by cancer. Teams walk or run around a track, whilst enjoying entertainment and activities in a carnival like atmosphere. West Auckland relay will be held on Saturday 15th and Sunday 16th March 2014 at the Trusts Arena, 65-67 Central Park Drive, Henderson. The relay is currently in the team recruitment and sponsorship request stage and need your support. If you would like to help in any way, or participate in this event yourself, please contact relayforlife@akcan-soc.org.nz or phone 09 308 0494 for more information.

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ALPHABET ART

A community pre-school fun and learning programme is held at the Riverhead Family Church on Friday mornings from 10 to 11.30 a.m. during school term. Nina Bates is a registered teacher, and is volunteering her time to run a programme of music, craft, stories, fun phonics and other playing, to suit the child's age. It is also an opportunity for caregivers and children from the wider community to get together in a relaxed environment over morning tea at the end. The programme is approaching its first anniversary, and has drawn a lovely group of mums and pre-schoolers from the wider community. With some children about to start school, there is now space for you and your pre-schooler(s). To register or enquire please contact nina.bates@yahoo.co.nz or 0277 247 222.

RIVERHEAD ATHLETICS CLUB

The club has been a stalwart of the Norwest community for over 50 years. Club nights are all school term Wednesdays through summer at Riverhead War Memorial Park. Club nights are for children aged 2 through 14, these are an ideal first introduction into sports. The older kids from seven and up have the opportunity to concentrate on specialist events and take them through to an entry in the Auckland Champs. Last year we had 16 children make finals day at the Auckland Junior Champs. Registrations are being taken online now (www.sportsground.co.nz/riverheadathletics) and season subscriptions start from \$20 for pre school children."

CHRISTMAS PARADE

Kumeu Rotary Christmas Parade is on Friday 6th December. The committee would like local business to get behind the Parade and make it the best ever. So to make this event something special for families this year, get your ideas together and enter a float. We would appreciate donations towards the running of the Parade. You can make enquiries to Dale Wallace 412 9611 or twal@xtra.co.nz or Lyn Anderson 412 8068

CRESCENT DAIRY GOATS OPEN DAY

Crescent Dairy Goats is an organic dairy goat farm that makes award winning, artisan goat cheeses with their milk. In support of NZ Cheese month in October they are having an Open Day on Sunday October 13th so that the public can have a look behind the scenes. It is a FREE event from 10am - 5pm and people who visit will get a chance to; Meet and pat this years newborn kids; Walk through and look around our milking area and sheds; Have a look through our cheese making areas and cheese ripening cellar; Talk to us and ask us any questions they have; Sample some fresh, raw goats milk and one or two of our cheeses. They have a cheese shop on their property which will be open so if people want to purchase any milk, cheese and yoghurt on the day they can do so. As well as their farm shop their cheeses are available at The Dairy in Ponsonby Central and also feature on the menus of many of the top restaurants throughout NZ. For more information check out their website www.crescent-dairygoats.co.nz

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SAFER COMMUNITIES

Too many people die in our community. Accidents usually can be avoided with some planning and prevention, Two messages from Kumeu Police and New Zealand Fire Service



A huge focus for Kumeu Police is road trauma and how to prevent it. Too many people die on our roads. Crashes occur for a reason, many of which can easily be prevented. Kumeu Police are focussing on the "fatal five" road policing problems which include Alcohol and Drugs, Speed, Restraints,

Licensing and young drivers and Dangerous/Careless drivers. We will be targeting high risk and repeat offenders and focusing on prevention strategies in an attempt to prevent serious crashes and injury from occurring. Here are some simple tips for you to help us keep our roads safe; don't drink and drive - statistics show more than half of alcohol-related fatalities occur on rural roads, so organise a sober driver, and look after your friends and family. Reduce your speed and drive to the road and whether conditions. Make sure your vehicle is safe and roadworthy. Parents - make sure your kids comply with their license conditions. Wear your seatbelt - it may save your life. Abide by the road rules and be patient and courteous to other drivers. Serious crashes affect everyone involved, so please be careful out there and do your part to help us reduce road trauma and make our community safer.

Everyone will be changing their clocks when New Zealand Day Light saving starts on 29 September. Why not take a few moments to test your smoke alarm at the same time? It takes no time at all and could save your life. Fire kills - you can prevent it. Change Your Clock, Check Your Smoke Alarm is a campaign run by the New Zealand Fire Service to encourage people to check and replace smoke alarm batteries when putting their clocks back an hour. The New Zealand Fire Service says smoke alarms act as an early warning device to give people crucial minutes to get out of a burning house. Fires start quietly and grow quickly. When you're asleep you can't smell smoke and can't detect a fire. Without a detection device, a fire could start anywhere in your home without you knowing.

A smoke alarm sounding could be the first warning there is a fire and could be the difference between life and death. So while smoke alarms can't put out the fire, they can save lives. However, a smoke alarm can only warn you of fire if the battery is working. Some batteries need replacing every year. People should get into a habit of checking and changing alarms on a set day, such as daylight savings. If you still don't have a smoke alarm, make this the day to install some in your home - in every sleeping area, living area, hall and on every level of your home. Alarms can be cleaned by vacuuming them gently. As part of the promotion the Fire Service will check smoke alarms, install batteries and provide fire safety advice to householders.


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AREA PROPERTY SALES

ADDRESS	CV	LAND AREA	FLOOR AREA	SALE PRICE
Coatesville				
The Promenade	\$710,000	1059m ²		\$765,000
Helensville				
Basil Orr Road	\$550,000	19470m ²	180m ²	\$575,000
Kowhai Street	\$405,000	632m ²	113m ²	\$480,000
Karaka Street	\$255,000		70m ²	\$355,000
Rautawhiri Road	\$315,000		140m ²	\$416,000
Hobsonville				
Wiseley Road	\$480,000	863m ²	120m ²	\$809,000
Oak Park Place	\$690,000	1500m ²	320m ²	\$866,000
Bannings Way	\$630,000	388m ²	227m ²	\$826,000
Hobsonville Road	\$690,000	1619m ²	305m ²	\$1,300,000
Huapai				
Rheingold Place	\$440,000	609m ²	150m ²	\$531,000
Main Road	\$520,000	873m ²	100m ²	\$737,000
Kaukapakaupa				
Mclachlan Road	\$500,000	1.4700HA	170m ²	\$578,000
Martin Access Rd	\$610,000	2166m ²	185m ²	\$580,000
Kumeu				
Oraha Road	\$710,000	3914m ²	170m ²	\$757,500
Access Road	\$570,000	1012m ²	133m ²	\$670,000
Old North Road	\$615,000	10002m ²	80m ²	\$640,000
Muriwai				
Waitea Road	\$650,000	812m ²	120m ²	\$540,000
Motutara Road		1306m ²	100m ²	\$758,000
Waimauku				
Cane Road	\$420,000	1540m ²	100m ²	\$477,000
Grassfield Place	\$600,000	1000m ²	199m ²	\$775,000
Denehurst Drive	\$690,000	1772m ²	240m ²	\$850,000
Freshfields Road	\$700,000	1692m ²	212m ²	\$816,000
Murray Way	\$770,000	2476m ²	290m ²	\$845,000
Mcpike Road		5547m ²		\$180,000
Peak Road	\$810,000	3.6350HA	200m ²	\$725,000
Waitakere				
Wairere Road	\$470,000	5211m ²	80m ²	\$460,000
Waitakere Road	\$375,000	1407m ²	95m ²	\$560,000
McEntee Road	\$480,000	2023m ²	130m ²	\$660,000

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 compelation. Furthermore these figures are recent sales over the past 30 days from all agents in the area. If an area is not represented no sales have been registered.



HAPPINESS ABOUND

We considered most real estate brands before we embarked on a journey with Mike Pero Real Estate Limited based in Kumeu. We are in our golden years and we wanted to work with an individual and a company that understood that this sale was our retirement savings and a vital step in us making significant change. In addition we needed to research what we wanted to buy while having no appreciation for how the whole process would come together without risk, nor bridging finance, nor stress. We met up with Graham McIntyre, franchise owner and right from the start he made us feel at ease, he made sense of the market, the likely price range of our property and how we could ensure the best money was on our table. Likewise he was pro-active in successfully facilitating us securing our dream home in Katikati at a price that made everything an absolute dream. Graham takes the initiative, he drove us to Katikati, negotiated through the local agent and made the process a breeze. This real estate agent is a step above the rest. D and Martin

MONEY



Last month we highlighted the pending changes in the deposit (equity) required in order to purchase property. Since the Reserve Bank's announcement the banks have moved quickly to implement policy change to ensure they comply with their legal requirements of only holding 10% of their lending book at loan to value (LVR) ratios of 80% or above. Some lenders have also introduced specific interest rates and fees if borrowers don't have the preferred 20% deposit. These recent changes reinforces that independent advice from your local mortgage advisor can save you both time and money. We're a free service with no obligation so please contact us. Phone 09 4119251 / 027 4119255 or david@davidlloyd-mortgages.co.nz, Thanks David Lloyd

BANKS WANT YOUR MORTGAGE

With the recent changes to high LVR lending limits announced by the Reserve Bank, the major trading banks are offering great short to medium term rates for those with greater than 20% equity in their home. Take this opportunity for a full mortgage review and take advantage of these lower interest rates while they last. Locking in your mortgage, or switching banks may sound like a daunting task, but that is where a Mortgage Broker helps you through this process and contacts the banks on your behalf finding you the best value Mortgage to suit needs at no cost to you. If you would like a Mortgage Review, require a specialized Lending solution or would like to find out if you qualify for a mortgage or a Welcome Home Loan please give me a call on 09 215 6990 or drop me an email mark.greene@mikepero.co.nz.

IN BRIEF

UPDATES:EVENTS

HARMONIOUS HANDS

Hello! I've recently moved into the beautiful Waimauku district and I'd like to introduce my business Harmonious Living to you. What do we do? We provide an extra pair of hands and some emotional support to help you through the process of de-cluttering your stuff and organising the rest. We fully appreciate that sometimes our stuff is just too much, we have too little time, and it's all just a little overwhelming. So where do we start? My tip is to start small. Start in one area and finish it completely before moving on to the next.

I'll be writing some handy hints in the next few months so watch this space. In the meantime, check us out online or on facebook. Many thanks, Michelle.
Phone: 021 421 900.
www.harmoniousliving.co.nz



A WHOLE NEW WORLD

Foodstuffs (Auckland) Limited is delighted to confirm that construction on New World Kumeu will commence shortly. "We are pleased to announce that after the winter break, our construction team is now back working on building New World Kumeu" says Foodstuffs (Auckland) General Manager Property Development, Angela Bull. "By early October the building should start to come out of the ground, and we anticipate opening in the first half of 2014". The New World supermarket will be approximately 2,800sqm in size, with a modern bright look, easy access and provide plenty of car parking.



A confirmed opening date for New World Kumeu will be announced closer to the time.

GIVE TOTAL AUTOMOTIVE A GO

My name is Nigel Bradbury. The business is Total Automotive. We do repairs and maintenance on all makes and models of cars. We have a WOF service available and offer free pick up and delivery. Motorcycles are also welcome as I'm a keen motorcyclist myself. We are located at 289B Old North Road Kumeu. Phone numbers are 412 2562 mob 021 980 241. Totalautomotive@xtra.co.nz. We previously had the business located in the city. We were there for 20yrs before building our house in Kumeu with an American style barn attached for the business. Moving to Kumeu has been the best thing we've ever done and especially being able to work from home. We just love the area. Before Kumeu we lived in Swanson up on the scenic drive. Interests are motor racing and rugby league. Big warriors fans.

TOP SHOP CAFE A WINNER

Tucked away behind the back of the Top Shop on Motutara road there is a wonderful little secret... I was lucky enough to get a sneak peak at the delicious new menu and sample the updated wine list at the Top



Shop Café in Muriwai the other night, and I was impressed. Owners Nerralee and Tony, together with their talented chef Sara, (I highly recommend her Pork and Puha) have worked hard to make this little café a very cool venue that is perfect for a light bite and a cold drink after a long hard day spent at the beach. They offer a great selection of Tapas as well as a lunch menu and Nerralee is keen to start taking private function bookings. If you are looking for a great place to chill out then take a drive out to 182 Motutara Road. Summer hours are currently Friday - Saturday 4.00pm to 9.00pm and Sunday 9.00am to 4.00pm and bookings are recommended if you have a large group. If you have the time it just right you can enjoy the view of the beach while watching the sunset from the perfectly positioned picnic table in the courtyard... Phone: 09 411 8086. Email: cafe@muriwai.com

RUISHTON COTTAGE

A small cottage full of surprises. It all started when the Buswell Family bought a small cottage in James Mackie Rd and called it Ruishton Cottage, shortly thereafter deciding to overcome the fear of dogs Lorraine Buswell Purchased 4 unrelated puppies and started a responsible breeding program to provide pet puppies to responsible want to be dog owners. So was Born Ruishton Cottage Pups, fast forward ten or so years and a shift to another Cottage in Fordyce Road-Ruishton cottage pups had grown in size to accommodate A dog grooming Parlour, small pet shop and Health shop for People and Pets with home stay on the Horizon and now trading under the name of simply Ruishton Cottage Ltd. Selling Raw Pet food and accessories and pre-packaged Organic goods for people. Along the way Lorraine found that introducing Raw food as nature intended for animals, was solving many a health problem

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(Mainly sore ears and skin allergies) at the Cottage and also dogs that came to visit for a groom. It didn't take long for Lorraine to notice a direct parallel between the Dogs and people. Discovering Additives and preservatives are our worse enemy, it opened up a new chapter in her life discovering life's Healthier food alternatives. Follow Lorraine on her discovers with sometime a bit of Tongue and check, straight to the point on what's being talked about and sometime stocked at Ruishton Cottage.

NO 1 MONTEITH'S WILD FOOD

Ribier is the winner of the Monteith's Wild Food Challenge 2013, Eugene will cook our winning dish Black Dune Sea Bass. Pan-roasted sea bass, nestled on a bed of mosquito plant tajarin cooked in a game bird stock that has been infused with squid ink. Served with sea bean tempura and dusted with harakeke and dried lemon. A final touch of macadamia nut and watercress completes this dish. This dish is a marriage of both of New Zealand's North and South Island West Coasts. We loved the subtle sweetness from the honey and citrus flavour of Monteith's Pacific Pale Ale from Greymouth. New Zealand has so much to offer with the huge variety of ingredients available all year around. This year the colours of the black dunes of Muriwai are reflected in our dish. With love,

Eugene Sokolovski Ribier Restaurant
Ribier Restaurant: 329a Main Rd, Huapai,
Phone 09 412 2001 www.ribier.co.nz

SPRING AT HORSELANDS

Daffodils are out, lambs are bleating and home gardeners are busily planting. Horse-lands Kumeu Grain supply Pea Straw bales. These are high in nitrogen and nutrients for the garden. Use as a mulch to prevent weeds and as a soil conditioner. Barley Straw bales are available to provide beds for growing delicious strawberries. Pick up a load with your trailer or enquire about home delivery. Keep those pesky slugs, bugs and snails away with Diatomaceous Earth. Made from fossilised diatoms, it is a natural safe approach to a pest free garden. DE isn't just for the garden though! Ask us about all the uses. Save \$ with a liquid Blood and Bone fertiliser Clearance: 5L = \$50.00, 25L = \$100.00 Handy location with ample parking opposite the Kumeu Showgrounds - Open Seven Days, 933 Waitakere Rd, Phone 09 412 7400, Web www.horselands.co.nz

EVENTS AT KUMEU ART CENTRE

Time Space and Flow 7 - 19 October 2013.
An Exhibition by Jago Neal at Kumeu Art Centre.



Artist and photographer Jago Neal moved to west Auckland from London seven years ago. Since then he has displayed his work in local galleries, painted public murals, won a Trust painting award and been involved in the Waitakere Open Studios. In this, his first solo show since 2007, he displays a range of work including; drawings, etchings, large mixed media panoramas, black and white film, pinhole and digital colour photographs that focus primarily on natural forms, light, and pattern. Jago says "My intention in creating my images, using all media, is to explore and understand my environment. My starting point in my work is often with photography. I find this enables me to record and later reflect on the world around me. I often incorporate the photograph in my work which I find helps retain the integrity of the image while also allowing me to develop my ideas further, to give a more thoughtful and deeper meaning." Children's Art Exhibition From Monday the 21st Oct to Sat the 2nd of November, Kumeu Arts Centre will be showcasing a selection of year 8 & 9 local school children's work. Several local schools will be putting forward art works that they feel best represent their schools. Phone 09 412-9480

Enduring solutions to pain and injuries

When pain and debilitating injuries interfere with everyday living and stop people from achieving their personal goals, it is definitely time to take action.

And at Peak Pilates, physiotherapist, Gemma Monachino treats clients from all walks of life helping them to attain long-term recovery.

"All clients receive thorough individual assessments from Peak Pilates' physiotherapists before commencing any exercise routine with conditions such as chronic back pain, joint injuries or soft tissue trauma being identified," says Gemma. "The total body is assessed, not just the injured or painful area."

Because physiotherapists at Peak Pilates are ACC accredited providers, treatment can be

subsidised and clients don't need a referral from their doctor. It is now well recognised, that appropriate exercise is often the best method of injury rehabilitation and can improve post-operative recovery therefore a personalised treatment programme from Peak Pilates ensures the specific needs of each individual are addressed.

"Pilates exercises begin by gently strengthening the core and deep abdominal muscles and progress to stabilising and mobilising the entire body," Gemma says. "Over the years the exercises have been adapted to ensure a session is hard work but not painful. By 'switching off' painful or injured areas and 'switching on' other muscles and nerve pathways, stability, balance and ease of movement are achieved."

Peak Pilates' physios have an initial one-on-one session with all clients to teach correct technique. Individual sessions or small group classes are available as well as a rehabilitation group, which provides motivation and support for participants not suitable for a conditioning class. A qualified physiotherapist tutors and consults with clients during all classes. Routines include mat based exercises utilising all of

the various Pilates equipment or clients can opt to use a reformer and other Pilates machines. Totally adjustable to individual height and body type, these specialised Pilates machines provide support in specific areas.

As well as treating injuries, Pilates also concentrates on breathing and can help manage asthma and other breathing difficulties. Gemma says this component of Pilates teaches slow and controlled breathing and develops full use of lung capacity so that people of varied fitness levels won't feel breathless during sessions.

"Other conditions such as high blood pressure are also allowed for and we choose postures that don't exacerbate the problem," she says. "The progression of strength and fitness enables routines to intensify and a good cardio workout is achievable at more advanced levels. This means people from all age groups and varied physical capabilities can build strength, balance and confidence at Peak Pilates."

"Our team has the expertise to help an elite athlete overcome an injury, correct the posture of a youngster or improve the bone density of more mature clients."

It is never too late to work towards a pain-free and active lifestyle.

Call Peak Pilates & Physiotherapy today for a positive physical future and a new outlook on life.



Reformer machine used for specific exercises



Peak Pilates & Physiotherapy
288-290 Lincoln Rd
Henderson.
Ph 950 6136
www.peakpilates.co.nz



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Peak Pilates & Physiotherapy - 288-290 Lincoln Rd - Henderson - Ph 950 6136 - www.peakpilates.co.nz

*Discount applies to initial consultation appointment. Call for more info

RUISHTON COTTAGE

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MURIWAI ENVIRONMENTAL UPDATE

Bee awareness month ended, and the spring blossoms are bursting despite rain/wind. Look out for local flora including:
Clematis Rewarewa- not unlike a bottle brush but way, way better.
Spring tree orchid – heavy bud, this cascade of blossoms.
And the freesias carpet down by Muriwai Campground.
Please remember the bees in your spring planning and planting .
Maui's dolphins have already been seen in Maukatia (maori bay).
Please write to government, supporting proposed protection measures but urging protection within harbours, out to 100m depth and including the 'dolphin corridors' to the south island. Email mauisdolphin@doc.govt.nz, or visit the doc website, before 4pm October 10.
MEACT plant propagation area is being rejigged, watch this space.
Seeds to ecosource and propagate this month include: houpara, lacebark and puriri. Composting – 3 hour free course at muriwai surf club 9th november. Book:

- Online at www.Kaipatiki.Org.Nz
- Phone kaipatiki project on (09) 482 1172
- Email admin@kaipatiki.Org.Nz

Wash against waste need donations of:

Large and small plates, shallow bowls, cups, cutlery, tea and hand towels. Contact Sarah on sarah@ecomatters.org.nz

JOJO CELEBRATES DISCO NIGHT

Our First Anniversary Disco was the highlight of 2013 so far. For 2 hours the centre was packed with clowns, animals, tightrope walkers, we even had a ring master and a magician. We had over 200 in attendance made up of our children, parents and siblings and our amazing teachers who went the extra mile to make the party a success. We are now looking forward to being part of the Kumeu Christmas Parade and then putting on our Christmas Concert and Family Evening which we hope will be a great chance to spend more time all together. With only 2 weeks left of term our gymnastics sessions are winding up and we have already booked again for next year.

To find out more about Jojo's Childcare and that little something different we can offer your family check out our website www.jojoschildcare.co.nz find us on facebook www.facebook.com/JojosChildcareLtd , give us a call (09) 4125325 or drop in any time for a look around.



HEALTHY CHOICES

What is a healthy choice? You could consider that buckling up before you drive off - a healthy choice; wearing chaps when you use a chainsaw, or a parachute when skydiving. What if you saw someone spike your drink at a party, would it be a healthy choice to drink it? Of course not! Like me, many people buy food everyday that we know is spiked with additives and preservatives that could be linked to serious illnesses and yet, we still eat it. Also - like me, many people put healthy food choices in the "Too hard" or the "Too expensive" basket.

Recently, we have decided to introduce real food into our diet. Well, the good news is that it is getting easier, and it may surprise you that when you do eat real food - you often feel more satisfied and it can really cost less than you may think.

So, every month I'd like to share with you the virtues of a new healthy food choice and how you can use it.

Organic Coconut Oil, someone has recently shared with me a list of 52 uses for Coconut oil due to the lack of space here, I will post the whole list on our website www.ruishtoncottage.com But for just a wee taste of what it includes, here are a few:

1. Replace nasty, unhealthy vegetable oils in your cooking and baking with Coconut Oil.
 2. Use it to help sooth chicken pox, shingles, or other rashes or skin irritations.
 3. Take up to five spoonfuls per day for improved thyroid function.
- Lorraine, Ruishton Cottage

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WAIMAUKU FAMILY HOME MINUTES TO KUMEU

4 2 3

Auction

20 Sarah Todd Lane, Waimauku
 Auction - On site 2pm 2nd November
 Viewing by appointment

This immaculately presented two level cedar home has been crafted for the fun and ease of a good family life. Three bedrooms plus study provides ample room for work and rest while a separate double garage and workshop ensures the tools and toys are protected. Nestled upon a flat open 1400 square metre landscaped section with established elegant plantings and within a quiet, child friendly cul-de-sac we welcome your interest in this rare find. Minutes to park, tennis court, high decile school and shopping center. While a short drive to Kumeu and Auckland CBD.



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“There is much talk in our industry about service standards and about the integrity of industry professionals. I deliver a consistently high level of service to buyers and sellers. Having experienced life within a number of brands and I can talk from experience that the people within Mike Pero Real Estate are exceptional in their commitment to creating a personal connection and engaging at a level that will make you feel at ease and ensure the communication is up-front and transparent. We value and appreciate everyone has different life experiences and a range of needs. I am committed to making your experience with us enriching and positive.

- I'm Karen Stent.”



Karen Stent

027 479 6368

karen.stent@mikepero.com



SOLID CONCRETE... WITH A HIGHLY EXCITING DESIGN

4 2 2

Enquiries over \$750,000

15 Solan Drive, Waimauku
Enquiries over \$736,000 - Viewing by appointment

A rare opportunity to secure a quality solid masonry home in a sought-after community. Step inside this former show home with its high standard you find subtle architectural features throughout such as wood paneling, classy trim finishes, customised front facing feature windows, and schist ledgerstone walls inside and out all creating a lovely presence and ambiance. The living areas and kitchen located in the middle, kids/guests wing on one side of the home and the Main bedroom, en-suite with his/hers wardrobes and basins on the other side. The unique open plan design also allows for great entertaining, with double ranch sliders opening from all four living areas to the impressively landscaped private rear barbeque and rustic pergola area



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THESE TENANTS NEED A LANDLORD - HELENSVILLE

2 2

Enquiries Over \$888,000

88 Commercial Road, Helensville
Enquiries Over \$888,000
Viewing by appointment

Centrally located in Helensville, this two level freehold commercial property makes a great investment choice for savvy investors and business owners. The property has a residential flat + the possibility of adding a second residential flat. Currently two anchor tenants lease the bulk of the downstairs for a liquor shop and a restaurant.



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LUXURY COUNTRY LIFESTYLE - WAIMAUKU

5 3 3

Enquiries Over \$1,400,000

101 Taylor Road, Waimauku
Enquiries Over \$1,400,000 - Viewing by appointment

Tucked away in the sheltered Waikoukou Valley of Waimauku, is this delightful architecturally designed French Provincial home. Drive through the rock wall entrance with 24 hour security in operation and meander down the private driveway of Wharaurora Estate, winding through your own native bush to where you will be greeted by the magic and tranquility of a beautiful county lifestyle. Positioned for all day sun and views of the valley. If you are thinking about a luxury country lifestyle within a safe and secure environment, literally minutes from convenience shopping, good broadband links for study or home-office options, this is one home not to be missed.



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“When it comes to trust, the New Zealand public has voted the Mike Pero brand way ahead of others when it comes to independent advice on property financing. It’s no surprise that Mike Pero is the fastest growing national real estate brand across the nation. We’re proud to have made the move here in Kumeu. The fees are substantially less than others. Mike Pero - 2.95%, most others closer to 4%. Savings can be anywhere between \$3,000 and \$6,000. We’d happily talk to you about the differences in marketing your home. Call me today - **I’m Darren Ryder.**”



Darren Ryder
021 307 014
darren.ryder@mikepero.com



PICTURE PERFECT

3 2 1

Auction
Auction

55 Sunnyside Road, Sunnyvale, Waitakere
 For Sale - On site 1.45PM 5th October
 Open Home - Sat/Sun 1.30-2PM leading up to Auction

Positioned on a generous 875m2 freehold section, this house is perfect for Summer entertaining with friends and guests out the back or front. From the moment you walk up the stairs the trickle of the water feature makes you feel you're in paradise. With views of the horizon, you can't help but want to sit and relax on the deck, perfectly perched for all day sun & the most incredible sunsets. It's bigger than most in the area, with three double bedrooms and a huge downstairs space, It's also better than most with many sought after features, like a heat pump, bottled gas and fire place. The Kids will love the play house in the back yard, ready for their next adventure



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SUNNYVALE'S BEST KEPT SECRET IS OUT!

4 2 3

Auction

60 Sunhill Road, Sunnyvale, Waitakere
 Auction - On site 3pm 5th October
 Open Home - Saturday's 2.30-3PM leading up to Auction

Built for the views this executive quality family home will be sold. The property itself boasts a designer kitchen and an open plan layout, enjoyable living spaces and deck positioned for stunning bush backdrop views and summer entertaining. Inside this low maintenance home, offers two levels with four double bedrooms, three bathrooms, plus a study area. Two heat pumps complete the package so after a busy week, settle down for rest and relaxation. Don't miss this opportunity to own..



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EQUESTRIAN BUSINESS WITH HOME - KUMEU

5 2 3

Enquiries over \$1,400,000

175 Foster Road, Kumeu

Enquiries over \$1,400,000 - Open home - Viewing by appointment

Established equestrian business called "Blagdon Equestrian Centre" is for sale offering a fair return, fantastic facilities and a lifestyle home that naturally entwines the business. This dressage training and livery facility set on 7.4 hectares of prime land minutes from Kumeu's CBD with a host of business chattels and an established income track record. We welcome your interest in this opportunity and will provide more in depth details including accountants summary. We encourage \$1,400,000 plus buyers to inspect



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“Mike Pero Real Estate has raised the bar for the whole industry. More agents across New Zealand have moved to Mike Pero than any other brand in New Zealand. It’s not only because of the lower fees to the home owners of New Zealand. I believe it’s because more and more Kiwis realizing there’s now an alternative to the legacy brands and there’s more entrepreneurial ways of marketing. Mike Pero has introduced the New Zealand public to TV advertising of homes for sale. From under \$300+gst we can now advertise your home on TV. This could cost you up to \$6,000 or more to achieve on your own elsewhere. There’s online, print, radio and more. I’d be delighted to tell you more. ***I’m Warren Marshall.***”



Warren Marshall

021 222 4255

warren.marshall@mikepero.com



PRE-SALE OF PREMIUM RIVERHEAD WATERFRONT SITES

Enquiries over \$450,000

5 Dinning Road, Riverhead
Enquiries over \$450,000 - Viewing by appointment

We are seeking pre-release offers on the prestigious Aston Park, a limited number of sites on offer overlooking the tidal inner harbor. In an exclusive pocket of Riverhead, away from the hussle and bussle. A selection of sites on gentle sloping land offering views and premium positions with sections at 600 square meters to 900 square meters. A quality development with sensible covenants to protect the integrity of the area. Close to the North Western and Hobsonville motorway links, excellent school, access to the inner harbor and convenience shopping close by. Documentation is available today with titles released in 2014. Serviced lots with an expected value range from \$450,000 to \$900,000. We welcome your expression of interest in these sites before 4pm on Thursday 14th November 2013.



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FLAT ELEVATED 2000SQM SITE IN RIVERHEAD - MINUTES TO WESTGATE

Enquiries over \$750,000

1027 Coatesville-Riverhead Highway, Riverhead
Enquiries over \$750,000 - Viewing by appointment

Wanting a bigger residential site in Riverhead? This property is an elevated rear site of almost 2000 square meters, offering a fully useable section with mature plantings, partial fencing and services at the roadside. This is a golden opportunity to build your dream home or consider the plans that have been put forward by Build 7 for a 4 bedroom, 2 bathroom, double garage home. This established site is available with a freehold title which should be available within the next 120 days. Minutes to Riverhead School, Kumeu and Westgate shopping areas. We encourage buyers considering an investment over \$750,000 to take an interest in this house and land package.



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WAIMAUKU FAMILY AND LIFESTYLE ON 2020 SQM

Enquiries over \$650,000

15 Buttercup Place, Waimauku
Enquiries over \$650,000 - Viewing by appointment

If you have been searching for a 1/2 acre section with a solid three bedroom plus study home this ticks the boxes, the convenience of double lock up garage, bathroom and ensuite. Loads of space in this north facing open plan home spreading onto large decks and lawn. We encourage buyers over \$650,000 to view.



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"I've lived and breathed real estate in the Kumeu area since I was a teenager and I've found the best deals have been where there's the right people, the right finance and the right property. This is where Mike Pero is unique. It's about connections and linking these components together to make the process easy, transparent and cost effective. Mike Pero Real Estate and Mike Pero Mortgages working together provides the obvious solution and can make the buying or selling of real estate easier. If you're selling we can have your home 'Finance Assessed' so when it goes to the market buyers know there's a mortgage broker readily available. I'd love to help you sell your home - I'm Aaron Lawler."



Aaron Lawler

021 164 3031

aaron.lawler@mikepero.com



TO KUMEU OR COATESVILLE LIFESTYLE IS CLOSE

3 2 1

Enquiries over \$1,150,000

355 Waitakere Road, Taupaki
Enquiries over \$1,150,000 - Viewing by appointment

A delightfully refreshing bungalow of excellent character, north facing with extensive alfresco living, in an open plan three bedroom home. Excellent storage options and growing options with a 1200 square metre Growing house. The land is over 4 hectares of prime land suitable for grazing or growing. We invite buyer enquiry over \$1,150,000 for this outstanding lifestyle block.



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35 HECTARES IN TAUPAKI, CLOSE TO KUMEU

4 2 2

Buyers over

14 Wairere Road, Waitakere
Buyers over \$1,500,000 - Viewing by appointment

Within ten minutes drive, west of Kumeu, this 35 hectare property set in an elevated private valley offers privacy and tranquility. The land gently folds around a beautifully presented north facing brick and tile home offering four bedrooms, two bathrooms, double garage and open plan entertainers kitchen, dining and lounge. Delightful, easy, single level layout enjoying plentiful convenience shopping and local school. We encourage buyers over \$1,500,000 to view



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INVESTOR/ HOME BUYER - NEWISH BRICK AND TILE

4 2 2

Enquiries over \$450,000

20 Jury Place, Favona, Manukau
 Enquiries over \$450,000 - Viewing by appointment

Set within a quiet cul-de-sac with good fencing and parking this near new brick and tile home with four bedrooms, two bathrooms, double garage sits upon 525 square meters offering excellent alfresco living in a safe secure environment. Immaculately presented this presents a real opportunity for a buyer wanting a blue chip investment offering a good return. Solid tenant and property management in place delivering a regular income and ongoing capital growth.



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“We’re in a competitive market place. Real Estate offices in the Auckland region have a wide range of services, standards and fees. I know most of us just want good service, good price and a successful outcome, with no surprises. We’ve switched to Mike Pero because, after considering all options (all real estate brands), there was only one that had the forward vision that we wanted to be part of. Simply put, the Mike Pero brand works on the principal of more value less cost. If we can save our clients (say) \$4,000 and deliver a better service then we’d be mad not to. We had the view if it was to work better for our customers then it would work well for us. I think you’ll be sold too on Mike Pero, call me today for a no obligation appraisal
- I’m Graham McIntyre.”



Graham McIntyre

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graham.mcintyre@mikepero.com

REGULAR AREA COLUMNISTS

JOINT VENTURE IN KUMEU

KiwiSpanNZ is very proud to announce that we are working together with Kumeu Hire to design and build their new 1056sqm premises. The new building will be purpose built to suit... with a layout to please all clientele coming in and out of the place, including a large drive through canopy and attached wash bay. With large reception area, work area, welding/grinding room, spare parts store and offices to oversee this will be a pleasure to work within.

This is the best of local businesses working together to provide a fantastic new premises for one of our local icons. With consents now out, we very much look forward to the spade going in the ground and works starting on site. For more information contact Karen Body on 09 412 8455 or 0800870 078. View www.kiwispans.co.nz

PHOTO VOLTAIC TECHNOLOGY

A grid-connected solar system reduces your electricity bill in two ways. While the sun is shining, you are powering your home from your own solar generation system. On top of this, you'll actually get credited any excess electricity you feed back into the grid! We design, supply and install. At Solarcraft we pride ourselves on delivering a quality service for all our customers, from the equipment we supply you, to the accuracy of your design and installation and the professional training you will receive on final hand over. This we are able to offer you due to our expert technical knowledge, professionalism and customer focus. We work with our clients to determine their specific energy needs, then provide a custom, renewable and sustainable energy system that will suit their household, property or commercial demands. Visit us for a free quote and we'll take it from there. www.solarcraft.co.nz

THE WEB - UNSPUN

So far we have chosen our key phrase for our page, tuned our 'Meta Title', 'Meta Description' and 'Meta Keywords' on our page and now we need to carry on with some additional tuning on our page before we look at factors external to our website. In our content area on the page we normally have a heading and then content that follows the first heading. The first heading needs to be the highest level (HTML) heading <h1> which the search engines look for. In this heading you should include your key phrase and in the content that follows 'sprinkle' your key phrase carefully without over-doing it. Any images that you have in your content should have a 'Title' and 'Alt Description' relating to what the image is about which is also much better for SEO. On a WordPress website, the name of the page when creating the page becomes the first heading on the page <h1> so you should tune your key phrase for your page in the name of the page. The image below shows the page title up the top, then the actual page name that appears when you bring the page up in a browser and below, you can see the first heading is the same name on the actual page. For more call David Partis on 0800 932 872.

KUMEU PARTY HIRE MOVES TO LOFT PLACE

After nearly a decade in the big yellow building on Main Road Kumeu. Party Hire has relocated to bigger and better premises at 48 Loft Place in the Kumeu Business Park. The new showroom is almost twice the size and boasts more stock than ever before, including a candy floss machine, a new portable bar and learners and white folding chairs to name a few.

Kumeu Hire Limited (the machinery and equipment hire side of the business) will be moving to join them in December with a purpose-built building soon to be erected next door on the vacant corner lot. Moving to loft place comes with plenty of benefits, including ample off street arking, no more puddles to jump over and never again having to cross the heaving Main Road Traffic.

The showroom is open Monday to Friday 8.30am to 5pm and Saturday 8.30am till 12noon. Phone 09 412 2071 or email: events@kumeuhire.co.nz for more information. Keep your eyes peeled for their upcoming website launch! For the time being Kumeu Hire Limited remains at 108 Main Road Phone 09 412 9905 or email equipment@kumeuhire.co.nz

KUMEU EQUIPMENT

108 Main Road

Ph 09 412 9905

Fax 09 412 9965

Hrs Mon-Fri 7am - 5pm

Sat 7.30am to 5pm

Sun 8am -4pm

KUMEU PARTY HIRE

4 Loft Place

Ph 09 412 2071

Hrs Mon-Fri 8.30-5pm

Sat 8.30am-12pm

Sun Closed

HELENSVILLE

41 Mill Road

Ph 09 420 9905

Fax 09 420 9015

Hrs Mon-Fri 7am -5pm

Sat 7.30am to 12pm

Sun Closed



KUMEU PARTY HIRE
TELEPHONE
412 2071

TAUPAKI SCHOOL &
BAD BOY FIREWORKS

RAIN OFF DAY - SAT 8

MONSTER FIREWORK Display



FRIDAY 1 NOV from 5pm

KUMEU SHOWGROUNDS

entertainment food raffles free parking rides

Come early and eat

There will be plenty of everything, so come early, grab a good vantage point and eat here.

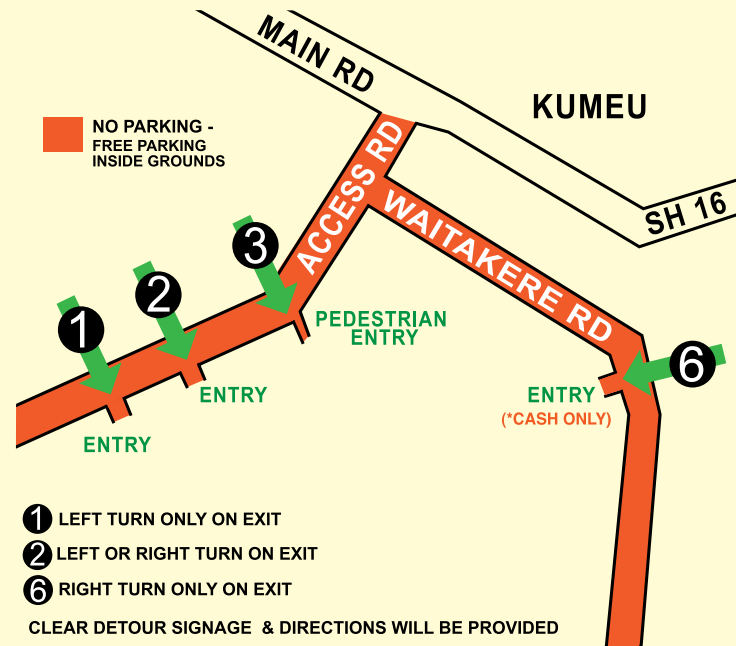
- Woodfired Pizzas
- Heather's Pikelets
- Fritz's Wieners
- NZ kettle corn
- Coffee • Drinks
- Ham Rolls
- Hotdogs
- Hot chips
- Sausage Sizzle
- Donuts
- Candyfloss
- Ice Creams
- Shaved Ice
- Sweet Stall
- and much, much more

Entertainment

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- Bouncy Castles
- Mini Hot Rods
- Novelty electronic fishing
- Water Walkers
- Raffles
- Glow sticks & flashing toys

Thanks to Bad Boy Fireworks!

The wonderful generosity of the York family of Bad Boy Fireworks, enables us to run this family event every year for the community.
All funds raised go to Taupaki School.



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Larissa Pb: 027 407 2264
206 Waitakere Road, Taupaki, Auckland

HOW DO MOST CHILDREN LEAN TO READ

At Country Bears Early Childhood Centre we hope to encourage parents and whanau to understand the importance of encouragement and engagement throughout all aspects of supporting positive communication/listening skills. Also to recognize how significant their children's feelings are, and take time to listen/explain. If we can work together and have corresponding understandings of how and when, we will empower our children to develop, to learn, to read and write! Reading and writing. At the same time as they are gaining listening and speaking skills, young children are learning about reading and writing. They listen to favorite stories and retell them on their own. They may play with alphabet blocks, point out the logo on a sign for a favorite restaurant, draw pictures, scribble and write letters and words and watch as adults read and write for pleasure and to get jobs done. Young children make numerous language discoveries as they play, explore, and interact with others. Language skills are primary avenues for cognitive development because they allow children to talk about their experiences and discoveries. Children learn the words used to describe concepts such as up and down, and words that let them talk about past and future events. At Country Bears we offer many play experiences that support children's emerging literacy skills. Sorting, matching, classifying and sequencing materials such as beads, a box of buttons, or a set of coloured cubes, all these contribute to children's emerging literacy skills. Rolling playdough and doing fingerplays help children strengthen and improve the coordination of the small muscles in their hands and fingers. They use these muscles to control writing tools such as crayons, markers and brushes. As their language skills grow, young children tell stories, identify printed words such as their names, write their names on paintings and creations and incorporate writing in their make-believe play. After listening to a story, they talk about the people, feelings, places, things and events in the book and compare them to their own experiences. Reading and writing skills develop together. Children learn about writing by seeing how the print in their homes, classrooms and communities provides information. They watch and learn as adults write – to make a list, correspond with a friend, or do a crossword puzzle. They also learn from doing their own writing. Everything that your child is exposed to is important in the evolution of their understanding and development of reading! So remember they need to have positive and caring experiences and achieve. Call Rita on (09) 4128055 and see what we are doing and just how happy the children are. Please check us out at: www.countrybears.co.nz



Kumeu Chiropractic
adjust ♦ adapt ♦ thrive

Dr. Chris McMaster ♦ Dr. Nolene McMaster


412 5536
www.kumeuchiropractic.co.nz
8 Shamrock Drive, Kumeu

Sarah Beazley, BSc MAud
Audiologist MNZAS

55 Waimauku Station Road
Waimauku
P. 09 835 3332 (bookings essential)
E. s.beazlev@bloomhearing.co.nz

bloom[™]
hearing specialists

Hearing Tests Hearing Aids Hearing Advice



Shamrock Physiotherapy Clinic

Carolyn O'Leary
Dip. Phys. Dip M.T (Manipulative Therapy)
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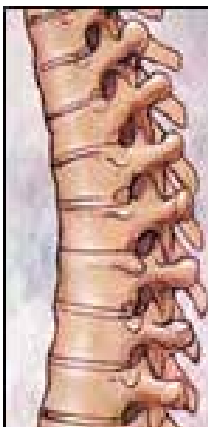


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your body will thank you by releasing tension and producing happy hormones and chemicals to build new, healthier cells and tissue. Chiropractic is the connection between posture, a healthy functioning spine and nervous system, and good health. Get your spine checked at Kumeu Chiropractic. Call Glenis at Kumeu Chiropractic on (09) 4125536 for an appointment.

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VESSEL INSPECTIONS

This has been a month on the water for Sparkn, having spent most of the month converting a vessel to charter, I was able to experience some fine winter fishing and trial the newly installed navigation packages a few times this month. It seems the fish are biting in deep water and we brought home a few meals. Now is definitely the time to give your boat a once over, prior to the summer starting. Check your batteries to make sure they are fully topped up and that all electrical connections are sound. We offer a vessel check for peace of mind. Watch out for our promotion next month, we are hoping to have a number of options for LED's that change colour by remote. Feel free to call me, Tony with any queries about your electrics. 021 772 756



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Here at Raw Essentials we emphasise the importance not only of species appropriate nutrition for pets, but of balanced nutrition. An unbalanced raw diet of high quality fresh meat is, in my professional opinion, a greater risk to your dog or cat than cheap processed pet food. Unfortunately, a growing number of well-meaning pet owners are confusing balanced, species appropriate nutrition with feeding hunks of raw muscle meat to their dog or cat. Although fresh meat is a good source of protein and some minerals, it doesn't represent a balanced diet. Seek advice from experienced raw feeding vets before starting your pet on a raw food diet. This advice is available at Raw Essentials, just pop in and ask at any of our stores. Wild canines and felines eat nearly all the parts of their prey, including small bones, internal organs, blood, brain, eyes, tongue and other tasty treats. Many of these parts of prey animals provide important nutrients for dogs and cats. This is how carnivores in the wild nutritionally balance their diets. An exclusive diet of raw chicken muscle meat – or any other meat only diet – is lacking the minimum requirements for a number of vital nutrients. These include potassium, iron, copper, manganese, zinc, iodine, and vitamins A, D, E, B-12 and choline, the essential fatty acid ratio – omega 6s to omega 3s – is unbalanced, and there's a complete lack of phytonutrients, antioxidants and enzymes. We can make raw feeding your pet a balanced diet incredibly simple. And very enjoyable for you and your pet! For more information see www.rawessentials.co.nz

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THE RIVERHEAD WELCOMES CHEF PAUL JOBIN



Paula and Stephen Pepperell, owners of The Riverhead are delighted to announce the appointment of Paul Jobin, to the position of F & B Director. Paul leaves his position of Executive Chef at Sky City to join the team at The Riverhead in early October. Paul will work closely with Paula and Stephen on their quest to make The Riverhead one of the most unique hospitality experiences in New Zealand. Paul and his wife Lindsay have purchased a home in Riverhead and he is looking forward to being an integral part of this developing business and can see the vast potential for growth. "I have put my money where my mouth is by purchasing property and am looking forward to moving to Riverhead and being part of the local community" says Paul. With plans on the drawing board for a new larger function centre and boutique hotel the Pepperell's are committed to putting Riverhead well and truly on the map as a tourist destination.

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FROM MY PLACE.

The season of gumboots continues. Last time I pulled mine on, my warm toes were met with a slippery squish and yuk! There had been an unlucky temporary tenant, which caused me to make apology, though unheard by the snail so unfortunately concerned. And I thought. How taken for granted, and muchly despised and often ignored, most little creatures. Until someone discovers a human use for them. Snails are consumed as a delicacy somewhere, and more recently their silvery secretion, that I find fascinating, has been found to rejuvenate complexions. Chocolate-dipped crunchy ants and grasshoppers are tasty morsels elsewhere. Crabmeat shrimps and whitebait are my absolute limit! Back to current gumboots, mine are jealously sacred. As the song goes "where would we be without gumboots?" My old leaky ones, plain or pretty, with cracked uppers and spade-split soles, filled with compost and cascading geraniums, proudly stand down in the garden. (Some still stand waiting!) D I Y Gumboot Parker, easily and economically constructed, will keep yours dry and vacant. Grab a few 6x4 builders' ends (my age is showing). For two or three pairs, take a piece about 18 ins long, attach with two screws a horizontal cleat across each end to keep it off the ground. On the other (top) side, screw from underneath four or six uprights far enough apart to drop on the inverted footsavers! Easy! Spring from Dawn Kendall.

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LETTERS AND FEEDBACK

We took up the concern of another Clean Fill on the Kahikatea Flat Rd near Dairy Flat couple of years ago. The main points we raised for that one were:

- 1) Traffic
- 2) Safety – trucks turning off a busy through road
- 3) Soil stability – the fill was to be in a steep valley and the base was to be contained by a wee retaining wall. In addition the land in this area is prone to slippage.

I agree that we should support the Ratepayers but I do also raise the fact that clean fills are likely to be necessary if we are looking at growth in housing. My advice would be to see if there are any inherent dangers – otherwise the suggestion would be that the Clean Fill will need to provide, up front, for the roads to be re-instated. Such a levy would probably make the fill uneconomic!

Bruce - Helensville

KUMEU GYM – 8 WEEK CHALLENGE

Achieve your ultimate health and fitness goals by taking part in the kumeu gym – 8 week challenge get the body you desire and you could win \$1,000 cash and anyone can join.

Non members that wish to join for the challenge can take advantage of 8 weeks gym membership with full gym access for only \$80 if they sign up and pay to take part in the kumeu gym - 8 week challenge.

Call the kumeu gym now for further information or pop on in to register your name today.

Challenge runs from saturday 21 september till saturday 16 november 2013. \$200 sign up entry fee includes: opportunity to win cash prizes up to \$1000, as well as gym memberships, beginning, half way and end of challenge assessments and photos, 2 x nutrition classes, 4 x outdoor boot camp workouts and a trainer to show you your 2 x 4 week exercise programmes. What have you got to lose? Rob, Cassie,

Mel and the team of Kumeu Gym & Indoor Sports Ph. 09 412 8932

NEW LOOK KUMEU COURIER

Another milestone is recorded in this issue of Kumeu Courier, a publication that is into its third year of production. Starting off as a humble community A4 photocopy the publication is now positioned as one of the most read and most enjoyed community titles showcasing a range of community events, updates and activity. The publication also runs a number of stories about the local businesses in the area, new products, new services, letters and feedback. We would like to thank the team that has worked tirelessly on this new look issue, including our designer Ben, Sarah and Ashleigh. The publication publishes two more issues this year, November and December and the deadline for advertising and editorial is 15th of the month prior. For details phone Sarah on sarahcartwright022@gmail.com



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TUBE WEAN NZ NEEDS YOUR SUPPORT

My name is Rebecca and I am Mum to identical twin boys Caleb and Jayden (now 3 years old) who were born premature at 34 weeks. Both boys had Nasogastric tubes (NG tube) to start with, then Jayden managed to drink whereas Caleb never did. Caleb had a NG for a year and then a gastrostomy (MIC-KEY button). At the age of 14 months Caleb was diagnosed with mild Hypotonic Cerebral Palsy which didn't help with his ability to eat (Caleb also has a life threatening heart condition called Pulmonary Vein Stenosis and Pulmonary Arterial Hypertension). We have worked really hard on developing Caleb's oral skills and he will now eat some food (puree, yoghurt, jelly, ice cream and has just started having plain pasta) but what he consumes orally is not enough to sustain life so he is given a high energy, nutritionally complete drink called Fortini via his tube. We were really hoping that he would be eating properly by now but unfortunately he is not. To say that having a tube fed child has been hard is an understatement.

The level of stress that we have experienced specifically because Caleb is tube fed has been hard to bear at times. Although I have learnt to place a MIC-KEY button myself, it is something that a Mum should never have to experience. When Caleb had an NG tube I spent most of my days watching Caleb to make sure he or Jayden didn't pull out his tube, as the process of placing a tube is traumatising for all of us. Caleb has the ability to eat and the best thing for him would be if he was totally weaned from his tube. In New Zealand we as parents and caregivers do not receive adequate support and advice regarding weaning our children off their tubes and that is why we need a dedicated tube weaning specialist team to be established. Tube Wean NZ is a pro-active group based in Wellington that has been established by a group of concerned and affected Mums who have had or still have a tube fed child. Tube Wean NZ have drawn up a petition to put to the government and proper health officials by early next year. The main objective of this petition is to initiate the support of our Health System to implement an intensive rapid weaning program, based on the Graz Method from Austria. Thank you for taking the time to read our story. We need your help to raise awareness so we can get as many signatures as we can for the tube fed children of New Zealand.

Visit facebook.com/tubeweannz for details or to download the petition for signing. Also click "like" on the "Tube Wean NZ Campaign Page" on Facebook where you can read stories of children that have been or still are tube dependent.



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FAVOURITE STICKY DATE PUDDING



Ingredients: 450ml water
 275g dried pitted dates, chopped
 1 teaspoon bicarb soda
 100g butter, softened
 275g caster sugar
 3 large eggs
 275g self-raising flour
 1 teaspoon vanilla essence

For the butterscotch sauce
 160g brown sugar
 1 cup (250ml) cream
 200g butter

Preparation: 20min > Cook:40min > Ready in: 1hour

- 1) Preheat oven to 180 degrees C. Grease 20cm x 30cm rectangular baking dish.
- 2) Bring water and dates to the boil in a medium saucepan. Stir in the bicarb soda. Cool.
- 3) Beat butter and sugar in a small bowl with electric beaters until light and fluffy. Add the eggs, one at a time, beating well after each addition. Stir in the vanilla. Stir in the flour and the date mixture. Pour into dish; bake for 40 minutes.
- 4) For the butterscotch sauce: combine the sugar, cream and butter in a saucepan; stir over a medium until smooth. Bring to the boil. Remove from the heat. Serve the pudding drizzled with the sauce.

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