

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

50 YEARS OF COMMUNITY SERVICE

- Blueberry muffins
- Health & beauty
- Home & garden
- Property market report

INSIDE HOBSONVILLE

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

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

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

kumeuCOURIER/ October 2015

# Intro

Spring has sprung! Daffodils and lambs now brighten up the countryside and I for one am looking forward to the warmer weather and of course...Christmas! In this issue we explore the new and highly publicised community of Hobsonville Point. This up and coming housing development is a hive of activity and a great place to visit if you are considering affordable housing in a fantastic area. With the award winning Farmers Market and wonderful Catalina café – Hobsonville Point is a great place to spend a Saturday. If you are looking for another great way to spend a Saturday why not try a nourishing day of food and yoga. The workshop will be held in Huapai on the 17th October and includes preparing a nutritious wholefood meal, dessert and accompaniments to be shared together with the group after a full yoga session. Contact Maree on 021 022 93012 to book your space. I would also like to congratulate local Chiropractor Chris McMaster who is celebrating 30 years as a Chiropractic Doctor. Chris has worked overseas as well as other parts of West Auckland but loves to serve our local NorWest community and has a keen interest in promoting the advantages of being active, keeping well and maximizing abilities. As always, Stay safe – Be kind.

Sarah,  
Editor.



# kumeu Courier

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### Questions and feedback:

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## 50 YEARS OF COMMUNITY SERVICE

Muriwai Volunteer Fire Force was established in 1965 by a group of locals



worried that the community's isolation left it vulnerable to fires and other emergencies.

The brigade started life as a 'Fire Party' out of a small shed (still present at the back of the current station). Its fire fighting equipment was provided by the community after a lot of hard work fundraising and brigade members donating both their own cash and time.

Over time the brigade evolved and became a Rural Fire Force, part of the National Rural Fire Authority and funded mainly by Auckland Council.

Then, in November 2014 the fire force became part of the New Zealand Fire Service.

To celebrate 50 years of community



service the brigade is holding a public open day from 12 to 3pm on Saturday 10th October.

There will be fire demonstrations plus kids activities and a sausage sizzle, we'd really like the community to come and take part in this important milestone - hope to see you there!

## RIVERHEAD GALLERY

Artist Donna has used her many contacts in the art world, gathered through years of experience, to set up a gallery in Riverhead.

The artists represented by the gallery have been carefully selected to ensure a diverse range of high quality pieces in varying mediums. These include original oil and acrylics, limited edition prints, ceramics, glass and jewellery.

When you visit you will most likely find Donna at work in her studio annex to the gallery, where she has oil paintings in various stages from conception to completion. She is always happy to stop and chat about these works or the artists in her gallery.

You can also shop online at the gallery's website [www.theriverheadgallery.nz](http://www.theriverheadgallery.nz). Donna is happy to call around with a painting if you would like to see how it fits in your home (local area only).

The gallery is open Wednesday to Sunday from 11am to 5pm, or by appointment - phone 027 227 8450. Riverhead Gallery - 1044 Coatesville-Riverhead Hwy (opp dairy).

## KUMEU CLUB NEWS

We are now into Spring and have lots of events on the way, following a dinner night enjoyed by 20 members at the Alexandra Park Trots in September. Coming up in October we have a Mini Putt Golf Tournament, followed by dinner and drinks in Downtown Auckland. November will see us trial Outdoor Bowls at a local club, and then it's time for our Annual Christmas Dinner and Dance in December. This event is not to be missed and is usually a sell-out! Don't forget to come along and join the fellowship at the Fireplace Bar & Restaurant every Wednesday and Friday Night. Friday is \$2 Raffle Night. Kumeu Club Members enjoy special discounts on all meals and drinks at the Fireplace, and soon we will be out on the deck enjoying the warmer weather. If you are thinking of joining, grab a Membership Form from our Notice Board at The Fireplace or ring Donald on 09 412 7479.

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

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# COMMUNITY NOTICE BOARD

## REAL SOCIAL NETWORKING

With all the current hype about social networking anyone would think that past generations never did it! Of course they did and they did it well. Without quoting a dictionary, if you look at the words 'social' and 'networking', the phrase simply means groups or individuals gathering for interaction and connection with others, whatever the occasion (small ones, informal ones, family ones, romantic ones, business ones and life changing ones!). These days, while your device may connect you with others, and lots of them, does it fulfil the true meaning of social networking?

Why not try meeting at The Riverhead and do your social networking there in style! Our Christmas function dates are filling up fast, but we do have a few more spaces for your team to celebrate your successes of the year. Give Lisa a call on 09 412 8902 or ping her an email on [lisa@theriverhead.co.nz](mailto:lisa@theriverhead.co.nz) with what you have in mind for Christmas.



## HARNEY & SONS FINE TEA

Harney & Sons Fine teas are proud to announce its sponsorship of local Kumeu rider Hannah Comrie. 20 year old Hannah is the head groom for NZ Dressage rider

Wendi Williamson, and a talented rider herself, with a team of three horses based locally in Huapai. Hannah is about to captain the Kumeu Pony Club team heading down to compete at the NZ Showhunter Champs in Foxton and Harney Teas wishes her and the team every success.



Harney & Sons supply luxury teas and teaware to cafes, hotels, retail and premium resorts throughout New Zealand. Their warehouse and offices are in Loft Place, Kumeu, as well as a small outlet shop, open Mon-Fri with discounted prices and specials. 1/10 Loft Place, Kumeu, phone 09 412 2515 or visit [www.harneyteas.co.nz](http://www.harneyteas.co.nz).

## HEART SAVER FINALISTS

We are super proud and humbled to be named a finalist in a few categories of the Westpac Auckland Business Awards 2015:

- Best Emerging Business
  - Excellence in Customer Service Delivery
  - Excellence in Strategy & Planning
- When we started Heart Saver, we didn't set out with the intention to win awards



- we set out to educate Kiwis on the importance of AEDs and knowing first aid, to help people and save lives. We also set ourselves a standard around our customer service – at Heart Saver we treat people as we'd like to be treated ourselves. So we're shocked but rapt to be in the finals for these categories and so thankful to our awesome customers from all around NZ who have given us the custom and support to get this far. Winners for all categories will be announced next month and we will keep you posted. Thank you for your support of Heart Saver – we truly appreciate it.

## START YOUR WEEKEND RIGHT WITH SOLJANS NEW BREAKFAST MENU

Spring is in the air and with the new season comes new dishes. It's time to head over to Soljans Estate Winery & Café to try our new exciting and satisfying breakfast menu. Head Chef Paul Reid's new breakfast menu exemplifies the stunning crisp Spring mornings found in our vineyard setting, including dishes such as fluffy pancakes with maple syrup drizzled over streaky bacon and fresh berry toppings. An added bonus is Soljans' new children's menu, full of fun and thrilling dishes tailored to keep your children happy all day! So start your weekend right and call the café on 09 412 2680 to book your table now! The new breakfast menu starts 1st October 2015 and is available weekends from 9am to 11.30am.

## MEACTIVITY FROM THE BEACH

Little Blue Penguin/korora numbers at Maukatia are rising thanks to all the great pest control work by the Rangers, Mike and Ian. MeACT recently helped out by improving the penguins' accommodation options. Following the example of

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P O Box 45 Waimauku 0842, Auckland, New Zealand



the Oamaru Blue Penguin Colony, we built two penguin boxes that will be set out as dry secure places for them to nest. Please get in touch if you are interested in supporting this project, especially if you are able to help with follow-up predator control. Predator Free Muriwai is being floated as an idea. We are fundraising for traps, and discussing how existing trap lines can be linked. Please get in touch if you have time, energy or interest to help.

The Mini-Ecofest festival is coming up 3rd-11th October, hosted by Kaipatiki Project and supported by Auckland Council. There will be workshops, courses and tidy-ups, including FREE events:  
 - Edible Native Landscapes, food foraging walks and talk, Hobsonville Point, 3rd October  
 - The Good Life Talks, evening with MC Rick Leckinger and special guests, The Pumphouse, 8th October  
 - The Good Life Homes Tour, ordinary families in Rodney who have created extraordinary homes of mud and straw.

For information, email [admin@kaipatiki.org.nz](mailto:admin@kaipatiki.org.nz) or [ruth@muriwai-environment.org](mailto:ruth@muriwai-environment.org), or phone 09 482 1172.

## KUMEU ARTS CENTRE

Kumeu Arts Centre continues to be a hive of artistic activity with a wide range of classes and new exhibitions held monthly. Our next members' exhibition is titled 'A Winter's Tale' and will feature work based around the winter theme, running from 11th September until 17th October.

This will be followed by our annual Printmaking exhibition, showcasing a variety of printmaking processes and techniques, running from 23rd October until 14th November. The Printmaking exhibition opening evening is Friday 23rd October, 7pm – 8.30pm – all welcome. For more information please visit [www.kumeuartscentre.co.nz](http://www.kumeuartscentre.co.nz) or email [thetinshed@clear.net.nz](mailto:thetinshed@clear.net.nz).

## PLANT ZERO

Wedding season is here and it's a great time for flowers of all shapes and sizes! We are currently taking orders for weddings including bridal bouquets, maids, buttonholes, table arrangements and more. We also have rental options for vases and other items too. Call us to make an appointment to go over your needs or just pop on down to see us.

At Plant Zero Flower Barn we are focused on growing beautiful "bee friendly" cut flowers and plants. We have now added gorgeous Sunflowers to our range and will grow these all year round. Gypsophila, Stock and Alstromeria will soon be ready, great for weddings and bouquet fillers too. Come down to talk to one of the team for all your floral and event needs. Phone 09 412 7606 or email [flowerbarn@plantzero.co.nz](mailto:flowerbarn@plantzero.co.nz).

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# SAFER COMMUNITIES

Keep safe when out and about – When walking alone at night, keep to well-lit areas where possible. Keep bags containing valuables (wallets, purses etc) close to your body. Keep your cell phone where you can reach it. Walk close to the gutter, not beside shop doorways. Walk facing the traffic. If you think someone is following you, keep looking ahead and walk briskly. Cross the road and see if they follow. If they do, go to the nearest place where there are people. Dial 111 and ask for Police. If a driver stops and asks you for directions, be polite but stay out of reach. If you don't trust them, walk away quickly in the opposite direction. Don't accept a lift from a stranger.

What to do if you are attacked – Try to escape and get to safety. Then dial 111 and ask for Police. Unless it is absolutely necessary to defend yourself to avoid harm, the best thing to do is to move away, avoid a confrontation, call Police and provide them with a good description. You may use force to defend yourself, but force needs to be reasonable. Self-defence skills need to be practiced and you can do this by taking part in a self-defence course. Your first concern should always be for your own safety and that of others with you. Never take the law into your own hands or take unnecessary risks.

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

Waitakere Fire Brigade continues to represent at a high level, with one Brigade member deploying to Canada to assist with the huge fires there. We have also been focused on the following:

- New Zealand firefighting deployment team leader training
- Station Officer training
- Two members finishing their driver pump operator assessments
- Two members finishing their qualified fire fighter training

Over the coming months we will be busy assisting the local kindergarten at their Fair and educating children with the New Fire Service Firewise programmes.

Daylight saving starts at 2am on Sunday 27th September, so put your clocks forward and remember to replace your smoke alarm battery. In an emergency dial 111.

Keep safe.  
Denis Cooper  
Officer in Charge  
Waitakere Volunteer Fire Brigade  
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# FACEBOOK

## CYBER TALK

100% Organic Shea Butter is an amazing all natural & effective product with so many benefits and uses, but it is especially great for eczema, psoriasis, dermatitis, dry skin, wrinkles, stretch marks, scars, sun burn and nappy rash. Excellent customer feedback that even includes a Dermatologist's support in the use of this product for various skin conditions – \$20 postage included.



Scentchips are now in store at Kumeu Pharmacy! Talk to us about how it works. Like Kumeu Pharmacy's Facebook page and receive a free sample (worth \$5) on top of any Scentchips Product purchased. You must mention that you have liked us on Facebook. Go people – sniff, create and blend! Sniffing is free. Check out what an awesome powerful smelling product this is – and it's all natural.

Is anyone looking for a fast and reliable cleaner? I specialise in domestic house cleaning. I have spots available on Mondays and one left on Wednesdays. I can also do one off moving out cleans/ spring cleans. Check out my business page for details <https://www.facebook.com/pages/West-Auckland-Cleaning-Services-LTD/1614913128774766>

Hi lovely families! Are you experiencing any sleep issues with your little one? No problem is too big or too small, and I have a solution for every situation, including naps, night waking, settling, resettling, sleep regression and early morning wake ups! I've recently added lots more packages to accommodate your family's sleep needs! My methods are gentle, easy to follow and very effective! No Cry It Out!! Check out my sleep packages – call me on 022 507 5337 for your free consultation or visit <https://www.facebook.com/karensimplysleep>

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dling and much more for horses to hounds and everything in between. I am experienced, trustworthy, reliable and a total animal lover. Contact me to discuss your needs, email [ruralpetminder@gmail.com](mailto:ruralpetminder@gmail.com) or visit <https://www.facebook.com/ruralpetminding>

Real Kids Early Learning Centre is a family-owned, Reggio Emilia-inspired centre staffed with amazingly knowledgeable and passionate teachers. Based on an acre of wonderful Hobsonville history, we have nearly a quarter of an acre of natural outdoor area to complement our ethos of learning and teaching. Catering for children aged 3 months to school age, Real Kids Early Learning Centre Offers:

- Primary caregiving for infants and toddlers
- Affordable fees with full and short day options
- Free Treasures nappies for under 3 year olds
- Daily healthy, nutritious meals
- A Reggio Emilia-inspired educational programme
- Qualified, experienced teachers
- Spacious, well-resourced facilities.

Open Monday to Friday, 7am to 6pm. Contact us on 09 416 9070 to arrange a viewing around our amazing centre.



A couple of weeks ago I posted that I was organising a twilight Christmas Market at the Muriwai Surf Club on 6th December and had a great response – thanks! Could all those that are interested in having a stall at the market please email me on [kinsale@clear.net.nz](mailto:kinsale@clear.net.nz) with your details and a clear photo of what you are selling. Places are restricted and I want to keep the event homemade/cottage industry

and local. I want to get something in the next Gannet and also confirm costs to each stall holder, which will be determined by numbers. This will be an all-weather market with live music, food and something for the kids.

Penguins in Muriwai – penguin numbers are on the rise thanks to all the great pest control work by the Rangers, Mike and Ian. Today we decided to help out by improving their accommodation options. Following the example of the Oamaru Blue Penguin Colony, we built two penguin boxes that will be set out as dry secure places for them to nest. Please get in touch if you are interested in supporting this project, especially if you are able to help with follow-up predator control.

SPCA Cupcake Day at Country Bears! This was a really fun day creating and selling our handmade piggy and paw print cupcakes for our furry animal friends. With all our children transformed into animals, our handmade cupcakes were made and decorated by the little animals themselves. The parents then joined in the fun by eating all the cupcakes they could and raising money for the SPCA!

Waimauku Kindergarten – The Teachers would like to give a huge Thank You to everyone who supported our Movie Night Fundraiser, especially our Committee and its President Anna Gavin. Fantastic work ladies!! The night was an awesome success (exact details on the Kindy noticeboard). We were amazed at the support from parents, their friends and the community. Thanks for your continued support – we couldn't manage to keep the Kindergarten's resources in such a healthy condition without you.

Looking for an experienced babysitter? Get in contact with me! I have 5+ years' experience with children and infants from 1 week old to 15 years – babysitting and nannying. References are available. Full drivers license. Trained in First Aid. Mature, reliable and fun! Available after 5.30pm on weekdays and all day on weekends. Give me a call today or message me – 021 609 511.

Now in Ginger Crunch Cafe station – enjoy our vegetarian burger with homemade patty, with chickpeas, pumpkin, feta, spinach, sundried tomato, breadcrumbs, garlic, onion and leek.



# IN BRIEF

## UPDATES:EVENTS

### ROLLER SKATING - GET IN ON THE FUN!

Auckland Waitakere Roller Sports Club runs "Learn to Skate" classes at The Trusts Stadium, Central Park Drive, Henderson. Whether you want to learn to skate around the waterfront for fun and exercise or want to be NZ's next champion roller figure skater, we can help you out! Please check our Facebook page for up to date info on times/days. The cost of \$6.00 per session includes roller skate hire. LIKE us on Facebook <https://www.facebook.com/AWRSC> for timetable updates for our "Learn to Skate" programme. From these classes you can progress to our club training sessions and individual coaching (at the same venue) for artistic dance, figures, freeskating and precision team events, and compete in regional, area and national championships. Come down and give it a go! We also have a team purely for Mums & Dads – great fun, great fitness and open to all levels of skating abilities.

### MURIWAI GOLF

Muriwai Golf Links is Auckland's only true all weather links golf course. Set in the beautiful Muriwai Beach Regional Park, Muriwai provides a Champi-



onship golf course and a fantastic all round experience. Great rolling greens, wide fairways and flat easy walking are all characteristic of the links experience. Motorised carts with GPS are available every day of the year. The Muriwai Links experience is enhanced by the great views and ambience, a warm and welcoming clubhouse and café (and the cold beer!) and the ability to be able to walk off the course with dry feet and golf gear. We welcome applications for all categories of membership, especially women, juniors and 9 hole members. Contact Mark or Ursula on 09 411 8454 for membership or green fees enquiries.

### SENIOR NET KUMEU



Senior Net Kumeu enjoyed an 'off the cuff' talk from Christine Chambers and Ann Pearson from Kumeu Library at our last monthly seminar, held at St Chad's. Despite no connection to Wi Fi the ladies rallied well, giving us a question & answer session everyone could be involved in. Our grateful thanks to you both. As Windows 10 is now being downloaded onto everyone's computers, our members are asking for Windows 10 lessons. We are desperately short of willing, kind people who could fill this space. If you have some knowledge and a free morning/af-

ternoon weekly to help our Club, it would be greatly appreciated. Don't just think about it, phone our Course Co-Ordinator Joan Crowe on 09 416 7172. If you would love to help or teach classes on any programs or apps that would help our members, please pick up the phone and call Joan who would love to discuss it with you. Our next seminar's guest speaker is Richard Poole from e-magazine 'Grown-ups'. The seminar will be held on Wednesday 7th October at St Chad's Hall, Oraha Rd, Kumeu. 10am start, all welcome. \$3 entry includes tea/ coffee/biscuit. Our usual Raffles \$2 for 1 or \$5 for 3.

### THE CONFECTIONERY PALACE

Want something healthier to sell for your fundraising cause? The Confectionery Palace offers a great option for fundraising: the Jolly Time microwave popcorn range in an amazing variety of flavours. Popcorn has been called the perfect snack food with its 100% unprocessed whole grain. A serving of popcorn provides more than 70% of the daily intake of whole grain. It contains more of the beneficial antioxidant substances called "polyphenols" than comparative servings of fruits and vegetables. Jolly Time popcorn is also non-GMO and gluten free. In addition, the popping bags are made without PFOA (Perfluorooctanoic acid) or PFC which makes the Jolly Time range safer than some other brands. Visit us online at [www.snackit.co.nz](http://www.snackit.co.nz) to view our complete range or call us on 09 412 9968 to talk to us about your fundraising plans. Our outlet store is open Mon-Fri 8.30am – 5pm at 7 Shamrock Drive, Kumeu.

### WOODHILL SANDS EVENING SHOWS

With the start of daylight savings and more light in the evenings, Woodhill Sands will start up its twilight series on

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Wednesday evenings. These shows will alternate with dressage and Show Jumping, kicking off on 7th October with Show Jumping. Full schedules and entries will be available at [www.woodhillsands.co.nz](http://www.woodhillsands.co.nz). These events are open to all ages and riding levels, ponies and horses. Riders and horses do not need to be registered.



## MONSTER FIREWORKS 2015

It's almost time for the best fireworks display in the West! Monster Fireworks Display 2015 is just around the corner and again promises to be a fantastic family night of spectacular fireworks, delicious food stalls, fun festival rides, sky diving and more. Presented by Taupaki School and Bad Boy Fireworks, this display is a wonderful community event for all ages. The Monster Fireworks Display by Bad Boy Fireworks is an impressive array of lights and colours, attracting up to 10,000 spectators to the Kumeu Showgrounds each year. Parking is free and families can enjoy a range of food vendors or pack a basket of goodies and set up their own picnic. Either way it's a great, affordable night out for many. A Family Pass (2 adults and up to 4 children) costs only \$35 at the gate, or Adults \$15 and Seniors/Kids only \$5. Don't miss out on a fabulous night of entertainment, family fun and the best fireworks display in the West!

Monster Fireworks Display 2015, Friday 30th October, gates open 5pm, Kumeu Showgrounds. Rain date Friday 6th November. For more information, "Push the Button" raffle and Sky Dive auctions visit [www.monsterfireworks.co.nz](http://www.monsterfireworks.co.nz).

## MURIWAI SKATE RAMP PROGRESS

It's official. Work to upgrade and improve the Muriwai skate ramp facilities



by the tennis courts is underway. Ron Hanley, President Muriwai Community Association says, "We appreciate your patience during this period. I know there are locals keen to get back on that ramp, but we are sure it's going to be worth it with the refurbished mini ramp sitting on a new slab." The next Muriwai community association meeting is 7.30pm Tuesday 22nd September at the Surf Club. All passionate Muriwai locals welcome. There's been plenty of feedback on Facebook from locals and we would love your involvement in the next stages – visit [www.murwaicommunity.org](http://www.murwaicommunity.org).

## PALMERS PLANET

Palmer Planet Westgate is now your Weber Specialist retailer in North



West Auckland, carrying the entire range of Weber barbecues and accessories, including the incredibly popular and versatile Weber Q range, perfect for the outdoor kiwi lifestyle. All six Weber Q's were voted 'top performers' in Consumer's 2012 & 2013 barbecue review, along with two larger Weber gas barbecues. With our unique try before you buy product demonstrations in store, you'll learn how

to cook the perfect steak or create a magnificent roast meal. Demonstrations from 17th October, Palmers Planet, Northside Drive, Westgate. For more info visit [palmersplanet.co.nz](http://palmersplanet.co.nz).

## LOOK WHAT'S ON AT MATUA THIS LABOUR WEEKEND!

Join us for Seafood & Savvy at the Matua Auckland Cellar Door! If you're in Auckland for Labour Weekend, come on over from 11am Saturday 24th & Sunday 25th October for delicious Matua wine and a fresh seafood platter, crafted by award-winning Chef Eugene Sokolovski of Ribier Restaurant in Huapai.

## THE WAIMAUKU BOWLING CLUB

The Waimauku Bowling Club, located on the corner of State Highway 16 and Muriwai Road, has opened our new green after months of work in preparation and installation. Our members are very happy with the results and invite the local community to try it out. If you would like to have a go on the new green come along on Mondays at 10am or Thursdays at 1pm – we will provide the bowls, you just need to wear flat soled shoes. Call us at the Clubhouse on 09 411 8210, Francis Ross on 09 412 7352 or Colin Calder on 09 412 9233 or email [waimaukubowl@gmail.com](mailto:waimaukubowl@gmail.com).



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We have a number of pick-up-boxes in the area and we would like to thank the following companies for their support:

Carriages Cafe	Boric Food Market
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Top Shop Muriwai	

## STORY TIME WITH CRISPIN CALDICOTT IN THE KAUKAPAKAPA LIBRARY SUNDAY 18 OCTOBER

Local journalist and author / writer Crispin Caldicott will be reading in the historic Kaukapakapa Library from 10am to 1pm. Children will love listening to Crispin (once a member of the Peninsular Players) bring to life the characters and adventures from a selection of books about ghosts and ghouls – because it's nearly Halloween!



The Kaukapakapa Library is open on the third Sunday of the month in conjunction with the Kaukapakapa Village Market. A destination with character and atmosphere, everyone has the opportunity to pick up something exciting; quality stalls, fresh coffee, brunch from the market café and live music. Our musician for October is Foster Watkinson on the tenor sax, playing from 10am to 12pm. For more information contact Sarah on 027 483 1542 or email sarah1@maxnet.co.nz. 947 Kaipara Coast Highway, SH16, Kaukapakapa.

## GROWING CLEVER SEMINARS

The South Kaipara Food Revolution and the South Kaipara Economic Development Scheme are pleased to present 'Growing Clever'. This series of seminars is designed to inspire and inform people

about the role that food and food production has and can take in making the South Kaipara a great place to live, work, learn and play. Growing Clever's inaugural presentation, led by Margaret

Kawharu and Wikiwhiri Ratima from Ngati Whatua o Kaipara, will discuss Ngati Whatua's long association with the Kaipara and surrounding lands, especially as a place of growing, gathering and trading food, and help set the context for South Kaipara as we know it today. 7pm – 8.30pm, 7th October – South Kaipara – 1000 years of food and restoration – Margaret Kawharu, Ngati Whatua, Te Whare Oranga o Parakai (former Parakai Tavern, next to Parakai Springs). Please reserve your space by emailing southkaiparafoodrev@gmail.com or on Meet-up - http://www.meetup.com/South-Kaipara-Food-Revolution-Meetup/events/224749793/. Visit www.thrivekaipara.org.nz and www.facebook.com/southkaiparafoodrevolution for updates / more information.

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## RIVERHEAD ATHLETICS CLUB

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

## GRANDPARENTS RAISING GRANDCHILDREN

Come and hear Sonia Cope of Red Beach, on 1pm Friday 2nd October, at St Johns Ambulance Rooms, 7 Rata Street, Helensville. What support do grandparents raising grandchildren get? Why was this Charitable Trust set up? What is its vision? Please bring along a 'reflection' to share: maybe something you remember about your childhood, a local happening, or something your parents told you? Gold coin entry – and an excellent afternoon tea. Call Judy on 09 411 8322 for more information. Apologies to those who were looking forward to hearing Victoria Crone and the 'Cloud'. We hope to see her next year. Our 6th November meeting will feature Sheila Durkin, 'National Council of Women' and our 4th December meeting will be our Christmas Tea Party and music.

## MURIWAI BEACH CLEAN UP REVIEW

31 motor homes attended a rally held by the Auckland area of the New Zealand Motor Caravan Association (NZMCA), at the Muriwai Motor Camp on Saturday 22nd August 2015. The attendees met with local Park Ranger Joe Rangihuna to carry out a clean-up of the beachfront, sandhill and car park areas. This initiative has been promoted by our national body across the Association's 25 regional areas as a practical way for our members to give back to the community and reinforce our commitment to the environment. Some 50 club members took part, with a large quantity of miscellaneous rubbish removed. The delighted Ranger informed us that they simply do not have the time or resources to carry out this task.

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# PROPERTY

## NEWS & ADVICE

### MARKET REPORT

Welcome to your monthly market report, highlighting trends occurring in the property markets of Waitakere and Taupaki through to Muriwai and Woodhill. Auckland is a patchwork of individual markets, delivering different buyer preferences based on lifestyle choices, schooling, entertainment, access to services and infrastructure. In this column, I will tell you the facts, express a personal opinion on what is happening in the market and why, and give you my predictions for future activity.

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

**Waitakere Township and Taupaki** – There is currently strong demand for residential homes in the area, with competition certainly outstripping supply. Prices reflect this, with house sales between \$635,000 to \$830,000; and lifestyle and small rural farmlets of two acres to 20 acres selling between \$900,000 to \$1,370,000 in the area. With significant development in Swanson, Ranui, Riverhead and Huapai this is one area to watch as people migrate to semi-rural village living away from urban sprawl.

**Huapai and Kumeu** – There is a fair mixture of old and new property on offer with the odd bare section available for the quick to act buyer. The older homes in the area are selling between \$780,000 and \$890,000, with new homes selling between \$870,000 to \$930,000. The sup-

ply of homes on offer through multiple house and land package companies may provide some better value options in the future as supply outstrips demand in the category. This was always going to be matter of time versus the supply of new homes. Lifestyle in the area has increased as a result of speculation and SHA activity; larger land lots are selling from \$1,880,000 to \$4,200,000. Smaller lifestyle properties of one hectare are relatively static as buyers are not seeing the potential for future gains.

**Waimauku and Woodhill** – We are seeing some very good buying in these areas with buyers taking an interest in lifestyle property away from infrastructure gridlocks and urban sprawl. Sales of small to larger lifestyle properties are achieving \$900,000 to \$1,650,000 with fair demand from a diverse group of buyers.

**Muriwai and Muriwai Valley** – There have been very few property transactions in the area over the last month but based on last month and recent auctions in the area we see the value of residential sitting at \$850,000 to \$950,000. Lifestyle sales in the area are reflecting growing demand, ranging from \$1,000,000 to \$1,900,000. This is another market that is expected to flourish over the next six months.

If you are considering a change in your real estate situation and would like a professional discussion, a very sensible commission rate and a complimentary \$6,500 marketing head start, call us today on 0800 900 700 or visit [www.grahammccintyre.co.nz](http://www.grahammccintyre.co.nz) - Licensed REAA (2008).

### NINE EASY WAYS TO IMPROVE YOUR HOME FOR SPRING AT HOME STAGING LTD

The simplest projects can renew your space and lead to an instant upgrade — and some cost nothing but a little elbow grease.

**Clean your coffee table:** polish the surface and limit the items on display. Limit contents to showcase a few favourite things and create a streamlined look.

**Swap seating:** use what you have to vary seating throughout your home. Consider dining chairs in the bedroom, or a statement chair in the sunroom.

**Swap plants:** plants are in vogue at the moment so try moving your existing plants to different corners and rooms. They will fill each space uniquely, and benefit from new windows.

**Clean lamp shades:** pay extra attention to removing dust from the inside and outside of lamp shades to improve light quality.

**Organise your linen closet:** sort linens by type, and refold. Roll and stack favourite towels to refresh the look and make items easier to find.

**Organise books:** use what you have to create brand new, conversation-starting bookshelves. Sort by genre and colour to make the collection pop, and stack some titles horizontally to add variety. Or for a more Scandinavian look try turning the book binding to the back of the shelf so to display the neutral pages instead.

**Swap artwork:** hang art in a different spaces and play with placement. Let new wall colour and lighting bring a fresh perspective to old favourites.

**Clean windows:** pay extra attention to windows and make them shine to welcome more natural light and highlight the texture of window treatments.

Call Tracey or Anna on 029 200 9011 or 021 136 3750 or email [athomestaging@xtra.co.nz](mailto:athomestaging@xtra.co.nz).



David Lloyd  
Director

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## SHED-HOUSE COMBO

Do you need to expand your living space to accommodate more family? Or do



you want to come away from traditional dwelling styles and live alongside your hobbies in your shed? Or live alongside your workspace? A shed – house combo by Kiwi Span NZ is a great way to go, and cost effective too. You could have this type of building consented as the main dwelling combined with a shed; or if your site already has a house have it consented as a second dwelling (aka Minor Household Unit). Our buildings are not a set size or design layout. We will create a shed and house to suit your needs by way of size, height and arrangement of the different spaces all under the same roof. You may have an idea of layout that we can price for you, or you may like to look at some building layouts that we have done for others to get the ideas flowing. These buildings can look really stunning, with a modern industrial feel; a refreshing change from all the brick and tile or weatherboard housing we are seeing locally. Come in and talk to us today, Kiwi Span NZ - 329 Main Road, Huapai opposite the carwash, or give us a call on 09 412 8455.

## MONEY MATTERS

Banks are making headlines at the moment promoting "special" one year fixed rates. Before you commit to such a term consider where interest rates may be in 12 months' time. There is a possibility that they will increase, meaning you will be re-fixing again at a higher rate. A split of terms which include a one year fixed rate, with possibly a three and five year portion thrown into the mix, will provide savings and stability. David

Lloyd Mortgages offer no obligation, impartial advice at no cost to you, so call us to review your home loan. Phone 09 411 9251 or 027 411 9255 or email david@davidlloydmortgages.co.nz.

## TIPS FOR SELLING YOUR HOME WHEN YOU HAVE CHILDREN

Selling your home can seem like a daunting task, but when you add your kids into the mix, the job can be made a lot more stressful. Here are a few ways to take the stress out of selling your home when you have kids. De-cluttering is essential when selling your home but this can be a lot harder when you have the kids' toys and the pram to contend with – boxes, bins and containers are your best friend here! Prior to any photography or open homes, it is a good idea to take the home out of your property. Potential purchasers need to be able to envision their family living in the house and this can be an obstacle when you have family photos in many rooms of your house, toy trucks parked up in the living room and a band of Barbie dolls sitting on the mantle. If you're marketing your home as a family home then it can quite often be a good idea to stage your playroom – it creates a distinctive space dedicated to the kids and gives potential buyers an idea of how the space can be used. If you want to avoid the last minute scramble before the open home then a thorough checklist can be just the trick. It's important to give yourself a realistic amount of time to work your way through it – let's face it, the last thing you want to be doing is dashing around your home and picking up stray clutter just minutes before you need to vacate for your open home. Here's a good tip, always keep the boot of your car empty for those last minute dashes out the door – that way you have a temporary spot (that's out of the house) to store any books or toys that may have been left out.

Presenting a clean home is vital for any house on the market but this job can be made a lot harder with kids. A good way to overcome this hurdle is to involve your kids in the cleaning. Let them be the ones in charge of cleaning their room and make it an enjoyable game (however it can be a good idea to add this to the checklist). If you're cleaning the windows then let them spray the cleaner onto the window while you clean away the fingerprints. This is a chore that can be made fun while keeping your kids involved in the process. Mike Pero Real Estate Ltd. Licensed REAA (2008) phone 0800 900 700 for more information.

## LOADS OF WATER TANKS

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**QUALITY TWO LEVEL HOME NEAR HOBSONVILLE** 4 2 3

**By Negotiation**

**45A Hogarth Rise, West Harbour**  
By Negotiation

Elevated quality built home in West Harbour offering three bedrooms plus an office or fourth bedroom, three toilets and a generous open plan entertainers kitchen leading to lounge and dining areas with views. The home offers easy flow to bedrooms downstairs and office/extra room upstairs. Very quiet location and private with established trees, screens and fencing for pets and child safety. Good alfresco living, bar-b-que area ready for summer and minimal maintenance garden and lawn area. A very well constructed warm home that offers easy living, peace of mind and tranquility. A short distance to convenience shopping, marina, primary and secondary schools and transport links. The CV on this property is \$590,000. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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Enquiries Over \$859,000

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**HENDERSON HEIGHTS - OVERLOOKING PARKLAND** 4 2 2

**Enquiries Over \$779,000**

**44 San Valentino Drive, Henderson**  
Enquiries Over \$779,000

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



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**QUALITY HOME IN SUNNYVALE - EXCELLENT BUILDERS REPORT**



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

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



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**FAMILY BUNGALOW WITH POTENTIAL - SUNNY HUAPAI**



**By Negotiation**

**10 Merlot Heights, Kumeu**  
By Negotiation

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



**Graham McIntyre**  
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# HEALTH AND BEAUTY

## CLENCHING AND GRINDING HABITS

Clenching and grinding your teeth starts in conjunction with stress. If a behaviour is repeated for more than three weeks it becomes a habit, which means that is then done subconsciously. Clenching and grinding your teeth can contribute to head, neck and shoulder pains. Most patients then take pain killers which just mask the underlying problem.

Clenching and grinding can be caused by a functional problem with your teeth, such as an imbalanced bite, similar to your car wheel alignment being out. It can also be caused by muscular problems, such as an imbalance from your head, neck and jaw muscles being too tight, creating increased pressure on your teeth, gums, jaw joints, jaw bones and muscles. Your teeth can then chip, crack and break and dental treatment does not last long due to the pressure the teeth are under. This pressure can also contribute to gum disease, TMD (temporo-mandibular disorder), tinnitus (ringing in the ears), blocked ears and so on.

There are simple things you can do to help increase the longevity of dental treatment and improve your quality of life if you suffer from these symptoms. Massages, meditation, stretches, night splints and magnesium supplements (discuss with your GP for drug interactions and if it would be suitable for you) can all help.

There is evidence to show that tight jaw muscles can contribute to tight hips as the kinetic chain is being affected higher

up. Relaxing the jaw muscles can help relieve both sets of symptoms. As an added bonus, relaxing the muscles of the jaws, face and neck is like doing a mini facelift. Please feel free to watch our acupressure and neck stretches videos on our website – [www.huapaidental.co.nz](http://www.huapaidental.co.nz). Contact Dr Krushen Viranna at Huapai Dental Care, phone 022 412 7155 or 09 412 7851.

## FUN WITH EYE COLOUR

Have you ever wanted to change your eye colour? For Eyes optometrist Molly Whittington is one of those rare people with naturally different coloured eyes and has always had an interest in colour. So it will come as no surprise that For Eyes in the Kumeu Village offer coloured contact lenses. Change or enhance the colour of your eyes – and you don't even need to leave home to do it! Visit [airoptix-colors.com](http://airoptix-colors.com) and upload your photo in the online studio, and you can virtually try on the different colours available. If you find one you like, print out a voucher for a free pair and bring it to For Eyes (fitting costs apply if you have not worn contact lenses before).



## CELEBRATING THIRTY YEARS

21st September marks 30 years as a Chiropractor for local Doctor of Chiropractic Chris Mc-Master.

Chris graduated from Sherman College of Chiropractic in South Carolina, USA in 1985 and immediately returned to New Zealand where he started his own practice in Henderson. He then combined that practice with another in Glen Eden where he served the people of West Auckland until 2002.

He then moved to Ireland with his wife Nolene, who is also a Chiropractor, where they managed a couple of practices in Dublin and County Wicklow. They also spent two years running a practice in Oman in the Middle East, before returning to Kumeu.

They have now been running Kumeu Chiropractic for the last four years. "We love it here in the Nor West and are very pleased to be able to offer our skills to the community and beyond. People seem to be more invested in their own health now, which fits in perfectly with the pro-active approach we as Chiropractors have in staying well and maximising our abilities to be active and productive."

"I love being a Chiropractor and I continue to look forward to assisting as many people as I can in having a healthy and happy life."

Kumeu Chiropractic – 8 Shamrock Drive, Kumeu. Phone 09 412 5536.



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## FRINGES - A DECORATIVE BORDER

Quite often we look in the mirror and want something a little different. I don't mean a total overhaul of your current look but just an added extra to recreate the look we already wear, but with a twist.

Having a fringe cut into your existing hairstyle can re-shape and re-create your look into something fresh and new. I can guarantee that it will have friends contemplating what looks so different about you, even though your overall hairstyle is the same. Depending on your face shape and texture of your hair there are a few different options to achieve this.

\*Side fringes are perfect for ladies who want that swept over look. It creates a softer, flowing effect and can be done at any length whether it is above the eyebrows or below. Great if you already have longer layers but want to create softness around the face especially when worn up.

\*Blunt straight fringes give a sharper and more defined border to the face. Hairstyles like bobs or blunt ended cuts look fabulous when framed with a blunt fringe to compliment the cut.

\*Textured wispy fringes are great to add softness to any cut. They can be worn really short or longer and follow through with the texture of razor cuts or very texturized hair.

So if you need that something different, text us today or call in and have your look transformed in literally 10 minutes. It's the perfect pick me up for spring. Call or text Carla at Zash Hair on 021 814 663.

## FROM XRIDE TO THE WORLD CHAMPS

"As an overweight mum of 89kg I decided to join Club Physical's XRIDE class. Julie the instructor is such a pocket rocket. I found myself absolutely loving the classes and lost heaps of

weight.

A few years on and I got brave and also started road cycling. This year I was selected to represent New Zealand in the Amateur Cycling World Championship in Denmark. I am super proud of this achievement but haven't forgotten where it all started, in Julie's XRIDE class." Samantha Gray (now an athletic 67kg). If you would like to release YOUR own 'inner champion' why not call in for a chat today? Phone Club Physical Westgate on 09 833 3306.



## AUCKLAND WOMEN'S TRAMPING GROUP

Are you looking to enjoy the beautiful outdoors, and meet a group of active fun ladies who have a sense of adventure? Come walk the tracks with us and have a blast. Our aim is to get busy working woman to take time out, make new friends and enjoy hiking with us. We run both weekend and weekday tramps, varying between two and five hours' duration. Facebook group page <https://www.facebook.com/groups/hikingladies/> or email Vanessa [hikingladies@gmail.com](mailto:hikingladies@gmail.com).

## FIVE WAYS TO IMPROVE DIGESTION

1 – Relax and eat slowly. It is hard for our body to digest food when we are on the run; all the blood moves to our skeletal muscles in a flight or fight reaction. By relaxing blood can move towards our digestive system supporting healthy digestion.

2 – Chew your food. Remember your stomach doesn't have teeth so make sure your food is well chewed before swallowing.

3 – Lemon water. Upon rising drink a small glass of water with 1/2 lemon squeezed in, 30-45min before breakfast. It will help increase the digestive juices that break our food down for energy (these reduce as we age).

4 – Reduce drinks at meal times. Save big drinks for between meals. Too much fluid with your meal will dilute digestive juices making it harder to digest food.

5 – Increase fermented foods. To support a healthy digestive system add fermented foods daily such as yogurt, kefir etc.

We offer natural support for digestive disorders and any other health condition through diet, lifestyle and supplementation. Book in for a naturopathic consultation today to get your health back on track. Contact Selena Quinn – phone 027 448 7096 or visit [www.damhealthy.com](http://www.damhealthy.com). Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, Facebook @DamHealthy.

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Radiance of the Seas escapes to paradise this festive season with an 11 night cruise around the South Pacific departing from Sydney on 15th December 2015. You will visit five ports: Noumea & the Isle of Pines in New Caledonia, Port Vila, Mystery Island, and the gorgeous Champagne Bay in Vanuatu. You will get to celebrate Christmas Day onboard! Prices start from NZD\$1599 per person including port taxes, government fees & gratuities, all meals, most onboard activities, kids clubs, live entertainment, live shows, movies, the list goes on. Return Airfares to Sydney are additional.

I have just come off a seven night cruise in Hawaii and it was amazing! We had three generations on board with our family – and we all loved it for our own reasons! Plenty to do onboard should you want to – follow the fun filled daily agenda, or just relax by the pool or in a quiet spot in the library, treat yourself to their spa, go to the gym, learn how to make Mojitos, make sushi, go to a lecture or an Art Auction, party it up in the bars/nightclubs, or watch a live show - a magician/illusionist,

or a comedy act. Perhaps you want to relax on your private balcony with a bottle of wine in an ice bucket, and enjoy the gorgeous views! The meals are amazing, your choice of buffet or a la carte for every meal, with some 24/7 outlets in case you come back late from exploring the South Pacific paradise that you are in that day, or just get 'peckish'. Our boys (8 & 10) loved the 24/7 ice creams & juice/soft drink machines. Their Kids Club was amazing with themed sessions that they could book into, three sessions a day and three different age groups. The late session was from 7pm till 10.30pm so that we could feed them at the buffet and then drop them off. One night they learned Circus acts and then put on a show for us. Another night they dressed as pirates, and did a Treasure Hunt all over the ship – all whilst we had a lovely three course a la carte meal, a couple of drinks at the martini bar with a live band, or watched a Las Vegas style show. Heaven for all ages! The European Earlybirds for 2016 departure are out now – Economy, Premium and Business class – let me know your plans, and I will price up the very best deal for you.

Contact Tanya Franklin, your local Travel Broker, on 09 411 9105, or 021 254 9169, or email [tanya@ttb.co.nz](mailto:tanya@ttb.co.nz). Make an appointment to see me in my home office in Waimauku to chat about your next holiday! Visit [www.thetravelbrokers.co.nz/](http://www.thetravelbrokers.co.nz/) tanyafranklin.

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many providers and options when it comes to accepting payments on your website. One typical solution is to offer a payment page on your website so customers can pay for goods or services. This involves taking a website form and hooking it up to a chosen payment aggregator who then processes the payment so the money can go into your bank account. These aggregators will typically charge from 1% to 4% of the transaction amount. Common providers include DPS (for credit cards) and POLi (for bank transfers). The cost to implement these on your website starts at \$300. Once complete you can then provide an easy way for your customers to pay their account or purchase items from you. If you are a business or local organisation wanting to offer this service, please contact us here at Utopia on 09 412 2473 or email [michael@utopia.co.nz](mailto:michael@utopia.co.nz). We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

## HOW DOES PERSONAL DEVELOPMENT BENEFIT A BUSINESS OWNER?

There are many different ways to refer to the intangible subject of personal development, or self-awareness, personal growth, self-empowerment or even simply becoming wiser. All of us are familiar with these words but do we really know what they mean and how personal development might benefit us and our business? Can we even see the point? Our

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whole life is a crash course in learning and growing anyway. We have experiences every day that shape who we are; if you've done alright so far, why spend any extra valuable time on the subject?

This is why! Your business is an extension of you. Wherever you are at with communication or relationships – this is where the business is at. Whatever work ethic and morals you choose to live by also belong to the business. The way you make financial decisions will impact on the financial decisions made for the business. Lack of confidence and worry can play out in a business too. As the business owner you are the leader. You are at the helm guiding the ship. Your business operates equal to you, it cannot be anything else.

And here is yet another way of putting it. If you imagine a snap shot of your business at this moment, everything about your business is a reflection of who you are currently being. Your business exists equal to who you are being every day. It cannot become more, it cannot outgrow you, it cannot expand beyond who you are.

There are positives and negatives to this. Right now you will have many good things going on. For example, as a business owner you decided to take a step out of your comfort zone and sign up for a challenge. Who were you being when you did that? You weighed up the risks, did the figures and thought about what you wanted. You probably talked to others and sought advice. Some people may have warned against it – “don't do it, I wouldn't, seems risky to me” – fear fear fear. But you did your research and made the leap. Not everyone does this...Who were you being when you took that step? There are many people out there who don't make a move. Most people dip a toe in and run a mile. Most people don't sign on the dotted line – BUT you did. You may have felt a bit of fear, but if you had chosen to live equal to that feeling then you wouldn't be sitting where you

are now.

However, we are only human and most of us have aspects of our businesses that we would prefer to be different: issues such as getting paid on time, employee problems, or a complaint from clients or employees that just keeps popping up.

Remember, everything about the way your business operates right now is a reflection of your current thinking, acting and being. Your business can't operate any other way – it is equal to you.

What do I mean by 'who you are being'? It's that undercurrent of feeling that is truly running the show. If you want to know who you are being most of the time, take a careful look at it all. Am I being strong and confident or am I being slightly worried or fearful? What was my part in this? You will 'be' different in each area of your life. If an area is a representation of yourself, then what kind of person are you really being? This exercise can be like swallowing a pride pill – but that's personal development for you!

Then ask “what do I, as the leader, need here?” Right now there are dozens of solutions and possibilities available. What needs to happen for you to be able to see them all? Ask “who do I need to be and how do I need to think in order for this area to actually be different?”, or, ask “what would a wise person do here?” and watch what happens. Make no mistake, when you start being different from the inside, life will respond.

Personal development is becoming wiser about who you are and why you do things. It's not just about having more self-knowledge but actually having the knowledge make a practical difference in your life. I see people in Riverhead. Please email [anna@thinkyourbest.co.nz](mailto:anna@thinkyourbest.co.nz) or phone 021 555 658 for an appointment.



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

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## COUNTRY BEARS KIDS EAT HEALTHY

Recently, everyone seems to be asking "what is healthy eating?" At Country Bears Early Childhood we always look for ways to present the healthiest options to our children at meal times. Alongside a carefully constructed eating plan created by our wonderful and knowledgeable chef Janie, the children take on healthy eating responsibilities of their own.



Weekly, the children see recipes turn to life. This is so much fun for the children as well as being educational; teaching them maths, science and healthy eating. By making food themselves they grow an understanding of the ingredients and the process and hopefully, a love for healthy food, which, through education at the early stages, steers them away from all the highly processed foods that seem to flood the market at present.

A note from our chef – "Cooking time with Janie: Hi from the Country Bears Kitchen! After attending a two day seminar at the Healthy Heart Foundation, I have become more aware of just how much sugar is in our everyday foods. With this in mind we have been baking super-healthy afternoon snacks with our Bear Cubs children. Keeping in mind the need to use less sugar, we are replacing sugar with honey and/or dried fruit or freshly grated fruit and vegetables. We are also adding wholemeal flour into baking which seems to be popular.

The children are also enjoying sharing platters filled with chopped vegetables, lettuce, cheese, ham and wholemeal bread to build their own sandwiches. Bigger Bears have also loved the sharing platter approach by making their own pizzas using choices from the platters. Ingredients such as broccoli, cheese, ham and grated carrot are all available. The children have enjoyed this process immensely, instilling in them a sense of independence and choice.

We are looking forward to this coming summer where we will be making sugar free frozen yoghurt ice creams and enjoying our seasonal fruit and vegetables".

Speaking of seasonal fruit and vegetables, Country Bears has our very own garden with five large planters and a newly constructed shade house ready for this summer's array of fruit and vegetables. With our gardener, Ben, sharing his extensive knowledge of planting, growth and the responsibilities of a garden with the children and our wonderful staff onboard with it too, this garden is sure to be a success. So please watch this space or head to our Facebook page [cbearsecc](https://www.facebook.com/cbearsecc) for all the fun the coming months have to grow, I mean show! Country Bears – 79 Oraha Road, Kumeu. Phone 09 412 8055.

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## THE POLISH ROOM



With the arrival of Spring pedicure season is here. While some love to have their feet pampered, others cringe at the thought of having their feet touched, so I offer a variety of pedicure options from waterless to deluxe and anywhere in between. You choose what suits you. Add on options include upgrading from regular polish to gel polish lasting 6-8 weeks, sugar exfoliant, soaking in spa salts, heel work, moisturiser, massage, or wax treatment. All products used are organic so no nasty chemicals, ideal for even sensitive skin. So before you pull out those pretty sandals be sure to show your feet some love – they will love you for it! Transform those toes today! Text Larissa at The Polish Room on 027 407 2264.

## A NOURISHING DAY OF FOOD & YOGA

Come along to our Wholefood Cooking & Yoga class, including dinner and dessert, with Maree and Keith Delmar – 1.30-8pm, Saturday 17th October, 5 Matua Road (St Chad's), Huapai. It's the perfect combination! What could be a nicer way to spend a Saturday afternoon than enjoying good food, good yoga and good company? This workshop will be a fun and relaxed afternoon, learning to prepare a nutritious whole food meal, dessert and accompaniments. It will also include preparing a delicious green smoothie for afternoon tea and a raw cheesecake dessert. This will be followed by a full length yoga practice with Maree and the evening will conclude with a relaxed seated dinner, sharing the food we have prepared together and accompanied by a glass of organic wine. We will show you simple ideas that anyone can prepare quickly at home, but with delicious results. All food is provided and will be suitable for those on vegetarian, dairy free and wheat free (gluten free by request) diets. The yoga practice will be suitable for all levels, including beginner.

Maree Delmar is a Yoga Therapist and Instructor and teaches weekly classes at

St Chad's (Tree of Life Yoga) as well as being a passionate cook and whole fooder. Keith owns and runs Keith's Wheatgrass as well as holds inspirational workshops on health and nutrition, Auckland wide. Numbers for this workshop are limited, so book your place now. \$129 (all inclusive) early bird until 10th October, \$149 thereafter. Email [treeoflifeyoga.maree@gmail.com](mailto:treeoflifeyoga.maree@gmail.com) or phone 021 022 93012.

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#### Current fees from April 2014

##### Babies 3 months – 3 years old

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

##### 3 & 4 year olds

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

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

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

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



## Waimauku Kindergarten

Northern Auckland Kindergarten Association

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

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

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

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

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

## BLUEBERRY BUTTERMILK MUFFINS

Makes 12  
2 cups self-raising flour  
¾ cup brown sugar  
1 cup frozen blueberries  
1 egg, lightly beaten  
¾ cups buttermilk  
½ cup vegetable oil (rice bran or canola etc)



Grease or line with cases muffin/ cupcake pan.  
Sift flour into a bowl, stir in brown sugar, blueberries, egg, buttermilk and oil.  
Stir quickly with large spoon until only just combined.  
Spoon the mixture into muffin tins and bake at 180 for approx. 20 mins.

(Tip – If you don't have buttermilk, use normal milk at room temp and squeeze some lemon juice into it to sour it.)

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email [info@paulajanecakes.co.nz](mailto:info@paulajanecakes.co.nz) or visit [paulajanecakes.co.nz](http://paulajanecakes.co.nz).



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## NEW OWNERS AT ZAC'S PIZZERIA

You may have noticed that recently Zac's (Pizzeria Venezia) in the Kumeu Village is a little different. The new owners took over the iconic pizzeria in August and have been working hard on delivering exceptional pizza and pasta. You'll notice a few new pizzas on the menu including Meat Lovers, Chicken Apricot, Chicken Peri-Peri and Hot Mexican. These new flavours are proving a huge hit alongside the traditional Zac's favourites. Zac's is also offering the same delicious pastas and mains, made with same traditional recipes – although you might see a few new mains to tempt your tastebuds too! Until Christmas, Zac's is offering a Tuesday/Wednesday special – two standard pizzas for \$15 (save \$5) and two large pizzas for \$30 (save \$10). They also have a new loyalty card, where every 10th large pizza is free. Zac's has been serving the Kumeu and surrounding community for over 20 years. The new owners look forward to continuing and extending that hospitality in the coming years.



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Director

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## MURIWAI TIDE CHART

| Date       | High  | Low   | High  | Low   | High  |
|------------|-------|-------|-------|-------|-------|
| Thu 01 Oct | 00:38 | 07:02 | 13:05 | 19:24 | -     |
| Fri 02 Oct | 01:24 | 07:47 | 13:50 | 20:11 | -     |
| Sat 03 Oct | 02:10 | 08:33 | 14:37 | 21:00 | -     |
| Sun 04 Oct | 02:59 | 09:22 | 15:29 | 21:55 | -     |
| Mon 05 Oct | 03:56 | 10:17 | 16:31 | 22:58 | -     |
| Tue 06 Oct | 05:03 | 11:22 | 17:41 | -     | -     |
| Wed 07 Oct | -     | 00:08 | 06:15 | 12:34 | 18:50 |
| Thu 08 Oct | -     | 01:15 | 07:21 | 13:41 | 19:50 |
| Fri 09 Oct | -     | 02:14 | 08:19 | 14:37 | 20:43 |
| Sat 10 Oct | -     | 03:04 | 09:08 | 15:25 | 21:28 |
| Sun 11 Oct | -     | 03:48 | 09:51 | 16:07 | 22:07 |
| Mon 12 Oct | -     | 04:27 | 10:30 | 16:45 | 22:42 |
| Tue 13 Oct | -     | 05:03 | 11:04 | 17:20 | 23:15 |
| Wed 14 Oct | -     | 05:38 | 11:37 | 17:54 | 23:48 |
| Thu 15 Oct | -     | 06:11 | 12:09 | 18:28 | -     |
| Fri 16 Oct | 00:21 | 06:46 | 12:42 | 19:03 | -     |
| Sat 17 Oct | 00:56 | 07:21 | 13:18 | 19:40 | -     |
| Sun 18 Oct | 01:33 | 07:59 | 13:56 | 20:21 | -     |
| Mon 19 Oct | 02:15 | 08:41 | 14:40 | 21:07 | -     |
| Tue 20 Oct | 03:03 | 09:29 | 15:32 | 22:03 | -     |
| Wed 21 Oct | 04:00 | 10:28 | 16:35 | 23:10 | -     |
| Thu 22 Oct | 05:09 | 11:38 | 17:45 | -     | -     |
| Fri 23 Oct | -     | 00:22 | 06:23 | 12:52 | 18:56 |
| Sat 24 Oct | -     | 01:31 | 07:34 | 13:59 | 20:02 |
| Sun 25 Oct | -     | 02:32 | 08:37 | 15:00 | 21:01 |
| Mon 26 Oct | -     | 03:28 | 09:34 | 15:54 | 21:55 |
| Tue 27 Oct | -     | 04:20 | 10:26 | 16:45 | 22:45 |
| Wed 28 Oct | -     | 05:08 | 11:14 | 17:33 | -     |

Please note that tide times have been corrected for daylight saving time.

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

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## THE HEART FOUNDATION

Heart disease is New Zealand's biggest killer of both men and women, claiming the lives of more than one Kiwi every 90 minutes. 'Include a Charity' Week was held in September 2015. Include a Charity is a movement to encourage more Kiwis to include a gift in their will



to their favourite charity, once they've looked after family and friends. The Heart Foundation – New Zealand's leading heart health charity – asks Kiwis to help continue its life-saving work by leaving a gift in their will. Karen Miller, Heart Foundation Bequest Specialist, says despite huge advances in treatment and prevention, heart disease continues to devastate thousands of Kiwi families each year. "But it doesn't have to be this way. By leaving a gift in your will to the Heart Foundation you can help improve the heart health of all New Zealanders, ensuring the reduction in heart disease continues well into the future," she says. "Legacy funds help keep New Zealand families together for longer, for generations to come." Karen says leaving a gift in your will is not something reserved for just the rich and famous. "Every little bit helps, whether it is a sizeable gift or not. Anyone can do it and it's easy to draw up a will and include a gift to charity." One Kiwi leaving a gift to the Heart Foundation in his will is an Auckland farmer, Lawrie Coe. Lawrie, who has had heart issues for 30 years, says it was a natural choice for him and wife Rae to make a bequest. "The reason we did this was due to my ongoing heart problems," Lawrie says. "It doesn't affect our current standard of living but we know it will make a real difference to the lives of others. It's one way of giving back to those who've helped me." Another reason the couple want to support the Heart Foundation is because of the excellent care Lawrie has received from his cardiologist Dr Ivor Gerber. "The Heart Foundation, through its supporters, played a major role in Dr Gerber's early training by providing him with research grants and an Overseas Training Fellowship. We want to help the Heart Foundation fund more important research and cardiology training." Lawrie says setting up a will was simple; through their solicitor they made provisions for family and then allocated funds to the Heart Foundation. "We feel good knowing that the life-saving work of the Heart Foundation will carry on and that we have played a part in helping future generations." If you have not yet drawn up a will, contact your solicitor to ensure your wishes are carried out as intended. Remember to include your friends and family, and then consider leaving a legacy to the Heart Foundation. If you would like to receive information about leaving the Heart Foundation a gift in your will, or for a confidential chat, please contact Karen Miller, the Heart Foundation's Bequest Specialist on 09 571 9193 or email karenmi@heartfoundation.org.nz.

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## GROWING RURAL BUSINESS NETWORKING GROUP TO HOLD VISITORS DAY IN OCTOBER

Late last year saw the launch of a new networking group for businesses in the Norwest area. With over 20 businesses represented now is your chance to be part of this group, referring and sharing over \$500,000 a year in work. To build the group we are holding a special event on 20th October where visitors can experience our regular networking breakfast and see just how referral business works, for free. The event goes from 6.50am to 8.30am. BNI (Business Network International) is the global leader in business networking. Now's the perfect time to see how your local BNI group can help your business grow. Only one of any type of business can be represented and we currently have various professions represented from lawyer to mortgage broker, electrician and plumber to web designer among others. These businesses come from around the area including Helensville, Kumeu, Riverhead and Muriwai. We meet at Carriages Café in Kumeu weekly for breakfast. To reserve your place at our Visitors

Breakfast, contact Michael Baxter on 027 695 77 88 or michael@utopia.co.nz. You can also read more about the group online at <http://ni.bni.co.nz/auck-land-bni-norwest/>. This is a great opportunity for your business and one not to be missed.



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While there are no instant cures for Tinnitus, there are a number of effective options to help deal with it. We can help this process by changing and improving the sound going into your ears with hearing aids and sound therapy.

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# PETS TIPS & ADVICE

## SPRING AT FEED DIRECT

Feed Direct Ltd in Kumeu is responding to our customers feeling a little fraught with their flighty equine friends! Even though it may not look or feel like it, the grass must be growing and the Spring sugars kicking in, if feedback from our customers is anything to go by. Spring is a good time to review your feed regime as young growing grasses offer an added boost of energy.

A high-fibre diet is the natural feed choice for horses and ponies. With a shortage of grass over Winter the first port of call for most horse owners should be good quality hay and/or high fibre commercial feeds, supplemented as needed with their choice of energy or high fat concentrate feeds. Come Spring those concentrates may be less necessary as the grass becomes more nutritious, and some owners may find it beneficial to restrict access to grass to control behaviour and waistline. Fibre, however, is still your friend! It is essential to keep the fibre intake up to ensure the health of your equine's digestive system – a horse's gut is designed to always be partially full, and colic is a real risk if an empty intestine "telescopes" or twists. Less dramatic but equally challenging is the grumpy, uncooperative behaviour that results from a hungry horse with a bit of a bellyache!

So if your equine buddy ends up on a diet to help keep him

sane and slim, don't forget the fibre – and if you've any other feed-related issues, Feed Direct are always happy to offer advice. With over 80 years' combined experience of feeding, coaching, competing, and caring for horses (and owners!) and a full range of feeds, we can confidently offer customer service second to none! Drop in and see us at 156c Main Rd, Kumeu, next door to Saddlery Warehouse. We're open 8am - 5.30pm weekdays, and 9am - 3pm Saturdays, or give us a call on 09 412 7334.



## GRUMPY CAT = HAPPY YOU!

Over 2 million cat videos have been uploaded to YouTube with over 25 billion views and their category has the highest views per video; cats are an Internet sensation! But how many of us are guilty of spending time watching the antics of cats such as 'Maru', 'Lil Bub' or 'Grumpy Cat' when we had other things we really should have been doing? Well, maybe we don't have to feel so guilty now.



Watching cat videos online boosts viewers' energy and positive emotions, and decreases negative feelings, a recently released study has shown. The study, published in the journal *Computers in Human Behavior* by Jessica Gall Myrick, an Indiana University Media Scholl researcher, surveyed around 7,000 people about their cat video habits and how it affects their moods, with around 36% of participants describing themselves as a 'cat person'. It was found that after viewing internet cat videos the levels of each self-reported negative emotional state measured in the study were lower and levels of each positive emotion were higher.

So, rather than considering watching cat videos a form of procrastination, they could be a way of making you feel happier, more energetic and therefore more productive in your work. They could also be considered a form of digital therapy. Several studies have already been done that show that spending time with pets such as cats can be very beneficial to both your mental and physical wellbeing. This latest study suggests that viewing online cat videos may actually function as a form of digital pet therapy and/or stress relief for internet users; a big plus for those who miss out on actual pet therapy sessions due to time/travel/financial constraints. This study will hopefully spark oth-

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er researchers' interest in studying the psychological effects our pets have on us. Imagine the future where a therapy session is watching videos of cats for a period of time!

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## THE TROUBLE WITH MIXED FEEDING

What is mixed feeding? Mixed feeding is when you feed a raw meaty bones diet AND processed/carb-laden food to your cat or dog. The natural protein in the raw, prey-based diet of wild carnivores stimulates strong gastric (stomach) acidity. In mixed feeding, additional



carbohydrates (grains, rice, starchy veges, processed pet foods) are added to a raw diet, and gastric acidity is weakened. Additional carbohydrates are also found in grain-free biscuits – the grains in these biscuits are just replaced by other carbohydrates! Why is gastric acidity important? Strong gastric acidity promotes complete digestion and absorption of a raw diet, allowing dogs and cats to safely benefit from crunching through bones. It also protects against disease-causing bacteria, which can be found in both processed and raw foods.

Our advice: make a choice! Mixed feeding may weaken gastric acidity, putting your pet at risk of ill-health (including gastrointestinal upsets and auto-immune disease). Feed either a well-planned raw diet or a processed pet food, but not both. Raw Essentials – 250D Main Road, Kumeu. Phone 09 281 055, email [kumeu@rawessentials.co.nz](mailto:kumeu@rawessentials.co.nz) or visit [www.rawessentials.co.nz](http://www.rawessentials.co.nz).

## ANGEL'S GROOMING

We've found that many people are getting puppies and leaving them far too long before getting their first groom. We've come up with a plan to teach puppies to love to be groomed! After your puppy's first paid groom (we recommend 12-14 weeks of age), bring your puppy in for a FREE wash and dry every week until they are six months old. That's how much we care about your precious pup (it doesn't hurt that we get lots of puppy cuddles!).

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## THE DOGGERY

Today we welcomed Miss Peppa, a very cute six month old labradoodle fluff ball with a different style of "cone of shame" – a fashion statement. Poor Miss Peppa has recently undergone exploratory laparoscopy to search her intestines for a possible foreign body after



she became unwell. Now the poor wee one has sutures in for another week and is confined to cage rest and monitoring. She has eaten well tonight and had a little wander in our now wild west stormy night. She has settled into her abode and has the company of King Louis. Contact Cecilia on 0274 311 877, email [thedoggerynz@gmail.com](mailto:thedoggerynz@gmail.com) or visit [www.thedoggerynz.co.nz](http://www.thedoggerynz.co.nz).

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# INSIDER

## HOBSONVILLE

### HOBSONVILLE POINT LAND COMPANY

Hobsonville Point Land Company is an independent subsidiary of Housing New Zealand that has its own Board to ensure it is delivery focussed. Chief Executive Chris Aiken shares his insights into this special development.

"We see our job as packaging up investment opportunities, and using the capital of build partners and capital on our land to contribute to New Zealand's housing supply. At present we are delivering two homes per working day which is more than any other single development."

"Diversity of housing supply was part of our concept mix because it is vital to deliver very efficient land use, offering home options at \$400,000 to \$1,600,000. This mix ensures that 70% of our homes are under Auckland's average median house price."

"This efficient pricing model drives high desirability within the development. The market has responded to the efficient use of a smaller land footprint and more effective and efficient homes. Part of our plan is to build a community with good design, excellent quality and with a range of amenities."

"Auckland, through its obsession with a larger land footprint, has designed its own housing problem. We have designed our development so there are no smaller houses on large land while other Auckland developers have designed to deliver larger homes on generous land, which has led to high house prices and urban sprawl."

"Real estate is about housing people, about building communities of people and supporting peoples' individual needs. We measure satisfaction with our home owners after purchase and track what works and what can be improved. Satisfaction runs at 80% at present."

Talking about the growth in the community – "We were challenged by the Minister of Housing to produce the greatest volume of growth and test how fast we could go to build a quality community with an attractive and desirable environment. There are no speed limits when you plan well. The Hobsonville Land Company had traffic plans, walkways, cycleways, parks and schools delivered up front to ensure that there was capacity at every level to provide a high level social infrastructure. Our

confidence to act and ability to deliver gives buyers confidence and a high community satisfaction level. The market is very smart; they know what the amenities are and what they want. We have a very strong relationship with Auckland Council and



Government; this engagement has resulted in delivering 20% of all homes as affordable quality housing."

What are the key milestones coming up? "We are getting very close to celebrating 1000 house sales in the area and very close to building our 500th home. We have an effective and professional Residents Association; motivated, organised and aligned, this group aids progress and protects the future. Home owners gain membership of the Association when they buy into the area, which ensures community longevity and provides assets that the Association can take control and ownership of."

"The opening of the schools last year and the pre-school this year are important for the community."

"Hobsonville Point was the first ferry wharf to be built in Auckland in the last 50 years and the first affordable volume housing development to be undertaken. This has allowed us to deliver significant bang for the buck from the taxpayer. We are most proud of our ability to demonstrate a respect for our customers rather than a result based on what fitted on the plan. Hobsonville Point is the first terrace house and unit development a distance away from Auckland CBD and our engagement with the builders has been excellent. The development has a heritage spirit that has kept most of the houses, hangers and classic older buildings to deliver back to the character of the area, anchoring the history and creating a unique personality."

What opportunities do you see in the future? "We are engaged with a bigger question over us (is this an enduring option/model). We have worked with SERA in Christchurch and with IWI regarding our skills and know how. We have an innovative approach in looking at the use of land in a way that builds community, development and long term governance. We have a few years to go at Hobsonville Point but we are looking at 2020 as a date that will signal our near completion. We are mindful of market wins and we have a tail wind at present, but we are cautious, not wanting to get ahead of ourselves; we budget for a modest market not a bull market. We are here to demonstrate to our stakeholders that land at the rural urban fringe can be developed with better outcomes. There are lessons that we have learnt and recorded to ensure the future demonstrates better community outcomes. Hobsonville Point has allowed us to test and prove that our model can work because Auckland has a housing problem. We are seeing increasing interest by Government and Council. Hobsonville Point has delivered 40 lots per hectare. The vast majority of buyers are owner occupiers that





want to enjoy the schools and parks and this produces affordability and growth within a high quality high density build. Our challenge was to prove a new model that Council and Governments can point to. Other developments can be done like this as a fully planned development based on current greenfields. This is the model for the future and market acceptance will follow. Some people in the area were sceptical about the development initially and wanted their ¼ acre pavlova paradise. Hobsonville Point is different; it is affordable and it is community focused. We offer sustainable value to a wide range of buyers who want a great build quality and an excellent community. This is a \$3 billion project and over \$2.5 billion is commercial money from build partners”.

Stakeholders moulding the future – “Hobsonville Point Land Company is moulding a bright future. While we are here as the developer we need to be able to keep our promises. We are held to account by the Residents Association – we say this is their community, and we support it by attending their meetings and having regular dialogue. There is a high quality Residents Association Committee, which is motivated and has maximum numbers. The Residents Association are very active and engaged. They also turn the heat up on the developer and that is an asset which keeps us all focussed.”

What can buyers expect of future developments? “People will see the coastal edge developing, delivering more high value homes. You will also see a diverse mix of 1000 homes that are truly affordable. The development of the Landing, the Sunderland hangar and Seaplane hangar are coming shortly and will be a fantastic next part of the journey. This project requires Council and government to work together and to have a consistent position around leadership, governance and stability. People build buildings and then buildings create community; the context of this has an impact on people’s lives. It helps innovation and fills a community need.”

Chris Aiken was an absolute pleasure to talk with, displaying a solid conviction to the program at hand and with a vision for the future that was crystal clear. We would like to thank Chris and the Hobsonville Land Company for sharing their insights. For more information go to [www.hobsonvillepoint.co.nz](http://www.hobsonvillepoint.co.nz).

## CATALINA CAFÉ

Catalina Café offers great coffee and a delicious menu, from quick sandwiches to hearty meals, as well as gourmet pizzas on a Sunday evening. Open 7 days a week from 7am to 4pm, the café has a full license and free wi-fi. It’s a special building – Catalina Café was once the home of the administrative and planning



functions for the Air Force. It has been lovingly renovated with careful attention to retaining its rich character. Thanks to Vector for the crucial role they played in making the building energy efficient and bringing fibre to the door. Visit [www.catalinacafe.co.nz/](http://www.catalinacafe.co.nz/).

## HOBSONVILLE POINT FARMERS MARKET

The Hobsonville Point Farmers Market was voted best in Auckland in 2012 and that was before it moved to its fantastic new venue in the historic Seaplane Hangar at The Landing. It’s the only waterfront market in Auckland, there’s lots of parking and it’s easy to get to via either the Northwestern motorway or the Northern motorway and Upper Harbour Highway. The Hobsonville Point Farmers Market is a real ‘foodies’ market, selling fresh local farm produce, breads, meat, fish, cheese, eggs, organics, coffee, honey and flowers, to name just a few!

Live music adds to the atmosphere and there are lots of opportunities to taste fresh produce and be inspired by cooking demonstrations using food from the market. It is THE place to get your whole week’s supply of fresh produce in a relaxed and vibrant environment. You can stay on for a coffee and pastry, listen to live music, take a walk or ride along the coastal walkway through Hobsonville Point Park and stop off at the playground. Located inside an old seaplane hangar down at The Landing (next to Hobsonville Point ferry terminal), the market makes a great morning out for the whole family – rain or shine. There are coastal walks and playgrounds to explore or you may want to check out some of the show homes in this new community. The market is held on Saturday and Sunday mornings from 9am to 1pm. We have plenty of parking, and we are dog friendly! Visiting the market is a perfect morning out for the whole family!! Visit <http://www.hobsonvillepointfarmersmarket.co.nz/>.



## HOBSONVILLE POINT SCHOOLS

Hobsonville Point is fortunate to have not one, but two brand new schools within the community: Hobsonville Point Primary

and Hobsonville Point Secondary School. Both are state schools and are run by a single Board of Trustees. The schools share a common approach to learning and collaborate regularly. When your child makes the transition from primary to high school they are already familiar with the environment, staff and older students.

The schools are run under a PPP (Public, Private Partnership). This means a private company takes care of the management of the buildings and grounds, freeing up the Principals to concentrate on the important work of education.

Hobsonville Point Schools sit close to the centre of the development in De Havilland Drive on the former Hobsonville air base, surrounded by a mix of new and old housing, former Air Force facilities, a café, farmers market and new ferry terminal.

The primary school, which opened in February 2013, caters for Year 0-8 students. The secondary school, which opened in February 2014, will progressively cater for Year 9-13 students, starting with Year 9 students in 2014. Further year levels will be added each year so that the school will have a full range of Year 9-13 students by 2018. The schools are state-of-the-art and designed, both educationally and architecturally, to meet the needs of modern learners and the requirements of the New Zealand Curriculum. They provide exciting spaces to work in for both staff and students.

Each student has their own individual learning plan that identifies their specific interests, goals, strengths and areas for improvement. This ensures every student receives a stimulating, relevant, integrated and challenging path to success across all areas of the curriculum, as well as in the sporting and cultural life of the schools. There will also be integration between the schools to ensure that transitions between different levels are cohesive so that students' progress continues smoothly.



## COUNTDOWN HOBSONVILLE OPENS

On the 17th September 2015, Countdown Hobsonville opened its doors to a very excited local crowd, keen to explore and experience the brand new offering. Convenient outside parking, close access to the entrance and a very open and easy store to move around. As you enter the store you get the feeling you are in a fresh produce market but as you move through the store the produce is easily found and the environment feels well lit and easy to navigate. The store opens at a time when there is significant growth throughout Hobsonville Point and surrounding areas and will provide a convenient shopping option for local



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residents who have previously traveled to Albany or Westgate for grocery shopping. Countdown Hobsonville Store Manager Andre Ciseau says he's excited to be leading the team at the new store.



"We've been working

really hard to get ready for opening day. The store looks great and is a testament to my team and the effort they have put in over the last few months.

"We're really excited about being open for business and are looking forward to getting to know our new customers and being an important part of this fantastic community," Mr Ciseau says.

Councillor Linda Cooper, who opened the store, says Countdown Hobsonville is a great addition to the area.

"It's fantastic to see this new store open – not only because the community has a new supermarket, but also because it has brought 50 jobs to the area as well," Councillor Cooper says.

The new \$15 million store is a new-generation format and features energy efficient fixtures and fittings, full service deli, seafood and bakery departments as well as a sushi bar and self-service checkouts.

## ROBERTS COFFEE BAR

Roberts Coffee Bar is a community focused and family orientated business. We offer a lovely atmosphere and deliver service with a smile. You can enjoy a coffee or meal while you have a meeting, catch up with a friend or take the kids out to enjoy the giant kids' corner located in all of our stores. This has a huge chalk board wall, toys and books galore and big comfy bean bags for them to chill out and watch movie on the TV, while you grab five minutes of peace. We even offer story time every weekday – an hour of stories and song. Children are a big part of what we are about. Along with being part of local sports groups and supporting our local schools, we also donate 0.50c per coffee sold to a chosen charity every quarter. We offer our own specialty beans roasted and blended to perfection leaving you with a smooth taste, and baristas that pride themselves on pouring the perfect cup – hot, creamy and smooth for you to enjoy. We offer support and knowledge to the businesses that stock our beans – we will come to your premises four times a year and train your baristas to get the most out of our beans, answer questions and have a laugh.

Retail Unit 5, 160 Hobsonville Point Rd, Hobsonville 0618.



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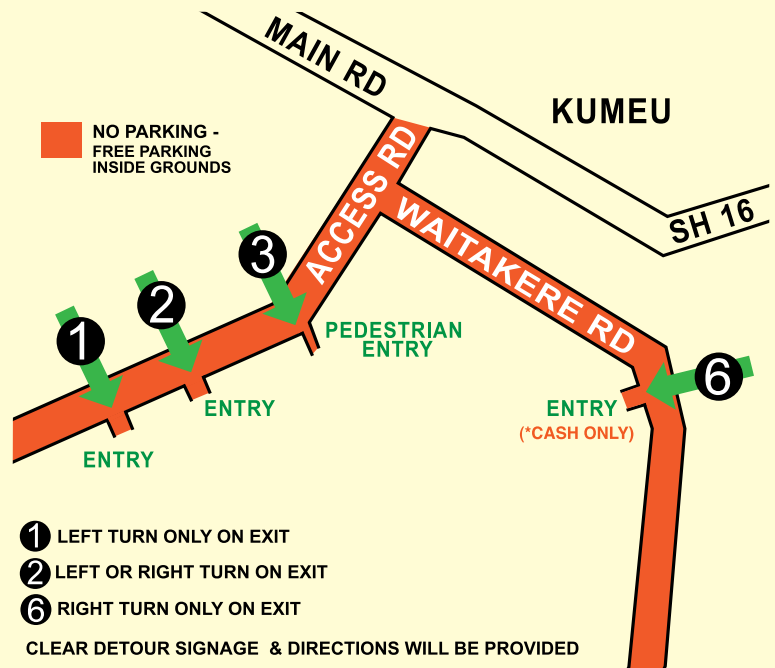
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- Mahon's rides
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The wonderful generosity of the York family of Bad Boy Fireworks, enables us to run this family event every year for the community.  
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## DT DENTURE CLINIC

The thought of getting dentures, whether it be a full set or a partial, can be a daunting experience especially if it is your first time. However, the reality can't be further from the truth. Back in the "murder house" days, a lot of people were traumatised to the point of doing anything to avoid a dental chair; they have an immediate association of painful injections or the uncomfortable feeling of almost choking whilst having your impression taken.

Mark, Clinical Technician at DT Denture Clinic says "The perception of what is involved compared to what we actually end up doing is a lot simpler and more straightforward. A lot of patients say 'I wish I'd done it sooner, it's a lot easier than I thought it would be'."

The process and techniques for making dentures have been refined greatly over the last decades, allowing the process to be stress free and completed much faster than previously. Dentures now have better fits and chewing ability, all with deceptively natural smiles.

DT Denture Clinic have put together some frequently asked questions – No matter what product I use and no matter how often I clean my dentures, there are these stains and hard plaques building up. What am I doing wrong? Too many people put up with a dirty denture feeling embarrassed, thinking that the stains are their failing to maintain them – this couldn't be further from the truth. These stains and build-ups are not uncommon and more often than not are no fault of your own; some foods and drinks (and smoking) can cause stubborn stains that normal cleaners just cannot remove completely. We can provide specialised cleaning products and professional cleaning services to help restore your dentures to their original lustre. A lot of people make the mistake of attempting to chip off the build-up or scratch the stain off – this only guarantees the build-up and staining will return due to the rougher surface created by the scratching; but this too can be remedied. If you have any other questions you can make an appointment with the team at DT Denture Clinic, 67 Brigham Creek Road, Whenuapai. Phone 09 416 5072 or visit [www.dtdentureclinic.co.nz](http://www.dtdentureclinic.co.nz).

## GIRL GUIDES

Our local Girl Guides managed to get themselves on television at their winter camp, held at Otimai, Waitakere. TVNZ arrived at the weekend camp to film our local Girl Guides in action doing a range of outdoor activities. Girl Guiding NZ encourages girls to lead their own programmes, modernising activities to boost numbers. The news clip showed some of the work being done to bring exciting programmes to girls of all ages. Check out the clip online by searching "TVNZ Girl Guides".

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As part of the Girl Guide programme all girls have the opportunity to experience fun outdoor activities and camps, and work towards badges and certificates that teach them outdoor skills. Awesome fun and great times! Brownies (7 - 9.5 years), Girl Guides (9.5 - 12.5 years) and Rangers (12.5 - 17 years) are in full swing at the moment in Kumeu, with Pippins (5 - 6 years) due to start next term. If you'd like to visit us, contact Girl Guiding NZ on 0800 222 292, or email [info@girlguidingnz.org.nz](mailto:info@girlguidingnz.org.nz). For Girl Guiding info, stories and competitions, visit [www.girlguidingnz.org.nz](http://www.girlguidingnz.org.nz).

## GET READY FOR SPRING!!

Good soil preparation is really important this month prior to Spring planting. Use generous amounts of compost to get the soil ready, or use lime which can help it react with the soil before other fertilisers are added in Spring. More is better with flowering plants so make sure to plant for mass effect. Come into the Mitre 10 Mega Westgate Garden Centre and talk to one of our experienced team. Don't forget to join our Garden Club for exclusive prices and helpful tips and advice. Visit [www.mitre10.co.nz/gardenclub/](http://www.mitre10.co.nz/gardenclub/).



## THE ANTIQUE POSSUM

Collecting industrial salvaged items and vintage treasures has been a major part of Jacky and Mike McCoy's life over the past few years. They crossed the USA hunting out and gathering eclectic, unusual and antique merchandise, and now have it all located at The Antique Possum at 522 State Highway 16, Kumeu. They are open Mon to Sat 10am - 4pm and Sunday 11am - 4pm. If they don't have what you are looking for, they can source it through their contacts. There is an ever-changing variety of items on display, from art deco style items and metal dolls head moulds through to automotive memorabilia, rare enamel advertising signs and industrial coffee tables. The current hot trend in home decorating is reusing old furnishings and repurposing these items in new ways. The best part is, you can add to your collection as you find the pieces that speak to you. But remember that if you see it and love it - Buy it as chances are it may be gone on your return (Jacky and Mike learnt this the hard way!). Visit [www.thedrunkpossum.co.nz](http://www.thedrunkpossum.co.nz) or phone 021 328 338.



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## Menu

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# HOME & GARDEN

## GARDEN MULCH

Free delivery of wood shavings from a local joinery company. Timbers used are mostly Western Red Cedar, Pine and occasionally Rosewood, French Oak, American Oak wood shavings. We would happily accept farm produce in exchange for two guys to unload the trailer (2.4 x 1.8 x 1.6). We must have a good access to drive in, turn around easily and unload. If you are interested please email grandvue.joinery@gmail.com or visit www.grandvuejoinery.co.nz.

## PRE-PURCHASE HOUSE INSPECTION

Our promise to you: your inspection will be carried out in a thorough and professional manner by a very experienced and competent builder. Our two inspectors Kevin and Keith have over 100 years building experience between them. We will provide a verbal report by phone, and via email a detailed written report clearly outlining all findings. A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005. We are totally independent and work only in the interest of the perspective purchaser. We cover the entire Auckland area, from Orewa to Pukekohe and beyond. Reports are promised within 24 hours but are usually sent on the same day as the inspection. Competitive prices – from \$350 (single level, verbal only). Call Kevin today to

book your comprehensive building inspection on 021 288 0101 or email: kevinmontgomerie@gmail.com.

## TAX AND SELLING A HOUSE

Buying and selling anything as a matter of trade has always been taxable. This includes houses if you do it on a regular basis. As to how regular, it is probably a matter of degree unless Inland Revenue can prove your intention to resell at the time of the purchase. After 1st October, the new tax rules rightly or wrongly assume that a sale within two years is taxable. While there will be exceptions to the two year rule, largely, a non-resident purchaser will become a taxpayer in New Zealand. The new rules also require lawyers to collect their client's tax number and bank account details, presumably of a New Zealand bank account, at the time of the purchase. This is to help Inland Revenue later to enforce the new rules. Whether this dampens the Auckland house price market is anyone's guess. However, get legal advice before you embark on a purchase, especially if you think it will only be a short-term investment. Contact Luke Kemp – Kemp Barristers & Solicitors. 25 Oraha Road, Kumeu. Phone 09 412 6000 or email luke@kempsolicitors.co.nz.

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## WYATT HAULAGE

I started Wyatt Haulage in 2004 with one tip truck doing general works locally in Rodney area – now we run a fleet of 12 trucks. In 2007 I saw an opportunity to start a landscape yard in Warkworth to look after the landscapers in an area that was growing rapidly, beginning with just a couple of bins and growing from there. Now Wyatt Landscape Supplies has three acres of yard and over 50 bulk products. Our prices are very competitive because we run a fleet of 12 trucks and can cart most of our own products. With a number of contractors we have worked with over the years now working in the Waimauku area, we couldn't pass up the opportunity to purchase Waimauku Landscape Supplies when it arose about 12 months ago. We hope to bring our experience in the reliable and consistent supply of all metal and landscape supplies to trade customers and retail to this area. We look forward to building business relationships in the area and working to bring you the best prices and service. Phone 09 411 9604.

## MUST KNOW LAUNDRY DESIGN TIPS

Determining storage requirements – Literally start by writing a list of all the items you'd like to store in your laundry. Divide this list into two columns. In the first col-



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um jot down all the usual laundry basics you'd like to store such as: cleaning products, rags, tall items such as a mop and buckets, vacuum broom, ironing board, medications / first aid kit, drying rack / drying cabinet, laundry basket, linen, hanging space for shirts waiting to be ironed, pet food / products, shoes / gumboots etc. Now for the second column, think hard about your lifestyle. Do you play sports? Have any hobbies? Arrange flowers? Scrap booking? Are there any items that are not currently stored in your laundry but if they were, it would make your life much easier? Write these down. Space planning / layout – Think about how you currently use your laundry and how you'd ideally like to use it: If you prefer to fold your washing in the laundry you'll need plenty of bench space. If the room is tight, use a pull-out shelf. Where possible consider location, make sure you have convenient access to your clothesline. Consider having designated cubbyholes where each person can pick up their folded washing. Avoid hanging clothes all over your house to dry/air and install a drying cupboard. These are really handy in the wet months and double as a spot to hang items waiting to be ironed. Like a bathroom, a laundry needs good ventilation. Opening windows, an extraction fan, or when there's no direct access to the exterior, a condenser dryer are all good options. Front loading washing machines are great for increasing bench space or, when used in conjunction with a staking dryer above, are great space savers. Remember to consider which way you'd like your dryer and washer doors to open. If positioned side by side, have the doors opening away from each other to make transferring washing easy. If your laundry has no access to an exterior wall then use a condenser dryer which doesn't require venting. It extracts the moisture from your clothes and stores it in a container for you to empty.

If you have the space go for a deep, wide sink with a high tap so that you can fill up buckets and vases with ease.

Don't be so boring! There is no excuse for a boring laundry. Yes, it's a very practical space (that reminds me, remember to put child safety locks on cupboards with cleaning products) but it doesn't have to be so sterile! As well as task lighting and general lighting, consider feature lighting such as hanging pendants and under-mounted LED strip lighting. Add instant glam to your laundry with feature shelves, artwork, a coloured splashback, textured wallpaper, some cool storage baskets and voilà - you've glamorised your laundry! I hope you've found this helpful. If you'd like interior design help with your project, please get in touch. Don't leave it too late and avoid the Christmas mayhem. See you next month for more interior design tips! Hayley - Anne Brown - Phone 021 814 329 or visit [www.facebook.com/loubrowndesign](http://www.facebook.com/loubrowndesign) or [www.loubrown.co.nz](http://www.loubrown.co.nz).

## LIVESTOCK REPORT

Pukekohe on Saturday saw cattle numbers far fewer than previous weeks but prices remained very good for the quality stock on offer. Killable cattle continued recent very strong trends with steers to \$1,820, heifers \$1,490 and cows \$1,430. The few yearling cattle on offer sold exceptionally well with white face steers to \$990 and the medium weaner cattle really sought after as demand outstripped supply, with very small steers to \$520 and heifers \$510.

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# It's planting time!



## Spring is in full swing and has to be one of the most exciting months in the gardening calendar!

This is an essential time to turn your attention to your kitchen garden, so prepare the area first with plenty of compost dug well in and a dressing of Palmer's General Garden Fertiliser. Sow vegetable seedlings straight into the ground, including beans, spinach, radish and courgettes, and tomatoes really hit their stride now the warmer weather is here. Plant new seasons herbs like basil, chives, coriander, parsley and rocket for fresh zingy flavour in your summer salads. Liquid feed all of your kitchen garden plants with Seasol and make sure to repeat every 10-14 days for amazing instant results.

in store Wednesday 14th October from 10am to 3pm. Ask our experts your burning garden question, bring in your problem leaf or plant, or show us a picture of your garden problem and we'll help solve it for you - it could even end up on the telly!

We're celebrating our love of all things Italian in October and there are so many Italian influences in our gardening and food. Nothing says Italy like mozzarella cheese, tomatoes and aromatic coffee, and at Palmer's Planet we have all this and more this month. Our friends at Mad Millie will be in store on October 11th, demonstrating how easy it is to make artisan cheese, we have some tasty Italian treats in the café, plus get all the expert advice on how to grow the best Italian tomatoes for your pizza and pasta dishes from our gardening experts in store.

If you haven't picked up your copy already, come on in and get the new issue of Fresh Living, packed full of great spring gardening ideas and tips for the home.



You just can't beat home grown and now's the time get started on your summer vege garden.

Get your FREE copy in store now!

Herbs and veges in pots are convenient if you have a smaller garden area, but also need a little extra love: use Palmer's Premium Tub & Container Mix as it contains water crystals to help retain water when the air and soil are getting warm. Increase watering of all of your container plants at this time, and add Miracle Gro or Nitrosol at each watering for that extra boost of health.

The new season of **Get Growing** has started on **Choice TV** (Fridays 9.30pm) and we're super proud of the roadshow events being filmed in our store! Come in and meet Lynda Hallinan, Justin Newcombe and the Get Growing team

Enjoy this month in your garden

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

# ITALIAN Festival



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| Very light x bred heifers      | \$530 to \$570     |
| Medium weaner heifers          | \$510              |
| Small x bred weaner heifers    | \$400 to \$460     |
| Tiny Jersey x heifers          | \$100 to \$250     |
| Boner cows                     | \$1,100 to \$1,430 |
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| <b>SHEEP</b>                   |                    |
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| Sim x heifers                  | \$80 to \$100      |
| Devon x                        | \$125 to \$165     |
| Others                         | \$10 to \$20       |
| <b>PIGS</b>                    |                    |
| Weaners                        | \$84 to \$100      |
| Sow                            | \$90               |

## PARENTING THROUGH SEPARATION

Separating from your partner or spouse is usually stressful, but the effects of this can be minimised for your children. This short, four hour course provides a wealth of information and well-proven ideas that will benefit you and your children. There are two DVDs for you to keep, one for parents and one for kids. Useful leaflets are also provided. There are also refreshments and snacks. The course is funded by the Ministry of Justice, through the Family Courts, and there is no charge to attend. Driver's licence to be sighted please. 10am – 2.30pm, Saturday 21st November at Te Whare Oranga o Parakai, Te Moau Ave, Parakai. Contact Michelle on 09 818 0203 or email michelec@lifewise.org.nz.



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