

kumeu

Courier

FREE monthly community magazine for Kumeu & districts



EVENTS AND UPDATES

LOCAL BOARD UPDATE



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

WALK THE TALK

Intro

Welcome to our October edition, springtime and daylight savings! That must mean Summer is just round the corner... but in the meantime let's not get too ahead of ourselves. Firstly, congratulations are in order to Graham and the team at Mike Pero Huapai for receiving the Mike Pero Real Estate national sponsorship and community involvement award 2015- 16. Behind the scenes in all communities we have unsung heroes who just get on and do the job, trying to make life better for at least one person. Its people like these that restore my faith in humanity, so I think a little acknowledgement is well deserved. For all those out there doing your part for a cause, know that you are appreciated, even if no one says it out loud. You make a difference, you matter. Keep up the good work. Perhaps if you know an unsung hero you could thank them in your own way by doing something like bringing them fresh flowers from your garden, homemade baking or maybe even book them in for a massage. At Top Notch Massage Therapy, they understand the stress that is placed on the modern life; whether that is from a hard training session, the pressure of work and a busy lifestyle, or the impact that pregnancy has on the body. Their professionally trained therapists are ready to work with you towards better health, ensuring you get more out of life. So if you want to get better results in the sporting arena, re-balance yourself or make that pregnancy more manageable, then you need to get in touch with Top Notch today! They are also currently offering \$10 off all massages for new clients. You can book online at www.topnotchmassage.co.nz or call 021 181 8380. For those looking to treat their eyes and ears, the Kumeu Arts Centre is running a series of concerts in the lead up to Christmas to assess the interest for further events next year. Kumeu is changing quickly and the expectations of an increased number of local events is also increasing. Caitlin Smith and Paul Symons will be playing some of their original songs at the Kumeu Arts Centre on 24th September at 7.45pm. So grab a bottle of wine and spend the evening listening to great original music. \$10 at the door. Artists booked for the Kumeu Arts Centre for the remainder of the year are: Andrew Bell: Saturday 29 October. Chris Priestley: Saturday 26 November. Cillele-Saturday 10 December. For those looking for family fun, don't forget the Monster fireworks display on Friday 28th of October at the Kumeu Showgrounds – always an excellent event!

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



Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Kumeu Courier Limited.

kumeu Courier

Feature Stories

3	Walk the talk
4	People & places
7	Safer communities
8	Community notices
10	Kumeu art centre
12	In brief - updates
14	Property news & advice
16	Property statistics
24	Home & garden
26	Lifestyle block
28	Local board update
30	Build new
32	Pets
34	Food & beverage
36	Health & beauty
38	High blood pressure
40	Area columnists
42	GirlGuiding
44	Kumeu Library
47	Muriwai tide chart

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WALK THE TALK

A national community service award sums up what Graham McIntyre is all about. The Taupaki resident of 26 years leads the team at Mike Pero Real Estate Kumeu and Hobsonville, and they definitely walk the talk. They earned the Mike Pero Real Estate national sponsorship and community involvement award 2015-16, presented recently. A key reason for the win is Graham and wife Gail's philanthropic approach with their monthly magazines the Kumeu Courier and the Westerly, the latter covering the Hobsonville-Westgate area. Their idea was to promote community groups, charity events and not-for-profit ventures, while creating an advertising vehicle to invest thousands of dollars in community activities. That ranges from helping local fire brigades and sports groups to individuals with health and welfare issues. The McIntyre's felt other media weren't giving local organisations and causes the support they often desperately needed. "So we give community groups free editorial and a photo in our magazines, usually around what they do and any events coming up," Graham says. The Kumeu Courier started six years ago with four pages and 1000 copies. Now it is 48 pages in colour going to 10,000 households and numerous drop boxes for people to pick up. It's a similar story for the 48-page the Westerly, celebrating its first birthday. "We set up the magazines not only to provide good value to advertisers but to provide a feel good factor, so that profits are invested back into the community," Graham says. Examples include helping with the planned planting of flowering cherries along State Highway 16 entrances to Kumeu-Huapai, underwriting a Kumeu Fire Brigade fundraising event for cystic fibrosis, donating money to the Waitakere Fire Brigade, investing in sports equipment for the Kumeu Rugby Club and sponsoring the season start for the West Harbour Tennis Club. Money has also gone to help sports people develop their talents, and to local people with major health issues. "It won't change the world but it will help a few people," Graham

says. "It allows people to have a voice and for groups to work together to achieve more." Not just content with helping people through the magazines – and through Mike Pero Foundation grants – Graham takes an active role in his community too. He's station officer and second in command at the Waitakere Fire Brigade – where he's one of the longest serving. Graham's also called when needed at Kumeu and is part of an Auckland rural firefighting international deployment team available to help fight major scrub fires in Australia and New Zealand. Graham coaches the Kumeu junior rugby J4 Black team, in which sons Jack, 10, and Ben, 8, play - named the club's team of the year. Graham's head coaching input alongside his coaching team was recognised as the team where acknowledged as the coaching team of the year. Both boys attend Taupaki School where Gail is Parent Teacher Association co-chairwoman. That means she's involved in the annual Monster Fireworks school fundraiser at the Kumeu Showgrounds. An example of Graham's overlap in various roles happened when he came across a car in a ditch on his way home from rugby. It involved a parent and player. He ensured they were OK before being summoned to the Waitakere fire station and returning to the accident in his firefighting capacity. Graham's firefighting side developed from when he spent about six years on the children's charity fundraising Variety Bash, where he was responsible for five fire engines. "I was filling a fire engine with water at the Waitakere fire station when they said I could have the water, so long as I joined their brigade." So began 14 years of involvement. "In a small community, it's what you do. I know that when the bells go someone needs your help." Perhaps some of the skills Graham has developed in that line come from when he served in the British Army Territorials, graduating to the parachute regiment. His publishing knowledge isn't new either. Graham was publishing manager at APN Holdings (Herald publishers) for some years and worked with Profile Publishing led by Reg Birchfield before that. He's been involved in publishing about 18 years now. Graham's sales



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PEOPLE & PLACES

career started when he left school in Auckland, working for Kingston Press then several other firms. After moving to Taupaki in 1990, Graham's seen many changes in the area. Most notable was the investment in flood protection. "We would have massive flooding about twice a year, until the council identified the bottlenecks and invested in improving the water flow." Graham founded the Kumeu Art in the Garden for Rotary project for charity and continues to work hard for the community. Email graham.mcintyre@mikepero.com or call 0800 900 700.

CONCRETE HOUSING



Photo of Scott and Kim outside the Huapai concrete show home. Scott Gordon and partner Kim Williamson love concrete homes so much they want others to enjoy them too. They've just opened their new show home in Huapai with other concrete homes already underway in the area. The couple says it's the first concrete home of its kind in New Zealand, although they are popular in some other countries. The new owners of Compass Homes Rodney, Scott and Kim say the home is quick to build, warm, affordable, healthy, eco-friendly and quiet. Kim, who grew up in this area, says concrete homes are great for those suffering allergies, like herself (she gets hay fever mainly) and her asthmatic 7-year-old daughter, Isla. They have a son, Cohen who is 2 years old as well, and the concrete walls are also resistant to his playful antics. Apart from wooden roof trusses, the concrete homes have no organic material, so mould, mildew and other potentially harmful micro-organisms can't

grow in them. Even the decks are an eco-composite material which looks like wood but clips together, so no nails are visible. While Scott and Kim live in West Harbour in a more conventional home, they plan to have their own concrete house soon. Scott likes the simplicity and quickness of the build. "You make the house like a big Meccano set with forms to hold the concrete." From floor slab to walls takes about a fortnight. Roofing and other work sees the house completed within about 12 weeks. The forms are used to build the first slab for interior and exterior walls, insulation is then added before the forms are extended out and the exterior wall layer is then poured. The forms can be reused up to 2000 times. Exterior insulated walls are 200 millimetres thick and internal walls 100mm. Conduits allow for cabling and services. About 77 cubic metres (17 truck-loads) of concrete was used on the Huapai show home. There are no joins in the walls as it is poured as one piece so the home is extremely weather-tight, warm and solid. "It's really strong and will move as one in an earthquake. I know the people of Christchurch like it especially since these concrete homes are engineered and have a high resistance to earthquakes," Scott says. He says it only takes a few "chippies" about 11 days to do the roof trusses and other work. Window and door frames are aluminium, and there's no skirting or architraves to paint. "Compass can do the build from consent to turning the key, the show home costing about \$1800-\$2000 a square metre," Scott says. A range of homes is available to suit varying budgets and requirements. He says they're looking for invitations from people with sections wanting to build a home on them. Scott's had 15 years in sales, finance (mainly banking) and contract building while Kim has been a marketing manager for 10 years. She grew up around Helensville and loves this area. "We're partners in life as well as business," Scott says. They've been working with Compass Homes for about six months, which aims to have five show homes across New Zealand before the end of the year. The show home, at 3 Larmar Drive (named after a family who lived nearby), in the Matua Estate, has four bedrooms, 2.5 bathrooms, two living rooms, a big kitchen with island and walk-in pantry, up to three car garaging, and the many extras a comfortable home demands. It's very low maintenance (an annual soft wash is all that's usually needed), and concrete's thermal mass means the home stays a regular and constant temperature, requiring little heating in winter, remaining cool in the summer. What about add-ons to meet the demands of a growing family? They can be done with little difficulty, Compass representatives say. Visit compasshomes.co.nz for more.

FROM SALT CARRIER TO WINE MAKER

Tony Soljan must be among the last of the early West Auckland wine makers still actively involved in the industry. Turned 72 in September, Tony continues a family tradition going back generations in Croatia, as Soljans Estate Winery and Café manag-

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ing director Soljan means "salt carrier", but the family turned to horticulture on the Stari Grad Plain, one of the oldest recorded continuously cultivated areas in the world. Tony's dad Frank and grandfather Bartul brought that growing tradition to West Auckland in the 1930s. Bartul started grape growing and wine making in Lincoln Rd in 1932, where Mother's Cellar was until recent years. His business was called Pergola Wines after the way they grew their grapes. A 1935 photo of the family there has pride of place above the Soljans cellar door counter, where Tony is pictured with their top selling sparkling wine Fusion. Frank set up a winery and orchard in 1937 further south on Lincoln Rd where Paramount Drive now is. "In those days Lincoln Rd was a fruit bowl, as was Kumeu and Huapai," Tony says. He learnt all aspects of wine making on the job. Wineries made and sold their own, much of it fortified like port and sherry. "Today it's an entirely different industry," Tony says. One thing stays the same. Tony says he still values customers as much as his father did. Wine families like Spence, Babich, Nobilo, Selak and others were close knit when Tony was growing up in Henderson during the late 1950s and the 1960s. "We all knew each other as kids. As families we always had a good network of looking after each other," Tony says. Tony left Henderson High School at 15 to work in the family business. His dad tried to turn Tony's interest to other jobs like banking, rose growing and even joining the Navy, but Tony would have none of it. He later met regularly

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with many of wine family members through “the young wine-makers’ group” which tested and discussed wines, helping lead the change from fortified to table wines. “We talked about what we should make and where the industry was going,” Tony says. “if it wasn’t for the Dallies (Dalmatians) and some others like the Corbans and Collards we probably wouldn’t have had a wine industry,” Tony believes. He says their determination helped bring it about. Tony talks about the “golden era” of winemaking through the late 1960s and into the 1970s when many of the radical changes took place. He has a 1960 map of West Auckland showing about 52 wineries around Henderson, 13 of them in Lincoln Rd, and eight in the Kumeu-Riverhead area. Grape growing of particular varieties moved to regions best suited for them, and today Tony sources grapes from Gisborne, Hawke’s Bay and Marlborough. “So not so much grape growing is done in Auckland, mainly because of the costs in producing wine here.” Auckland land values are high, and wine making can now be done more efficiently on bigger sites in the regions, Tony believes. Becoming a wine maker involves much more. In Tony’s time it was all hands on experience. Now you need a science background and to study as well as work in the industry. Since moving from Lincoln Rd to a former peach orchard on 366 State Highway 16 in 2002, Tony says the winery has made huge progress. “It was the best thing I’ve ever done. It’s worked well since day one.” Marketing, finance, business management and even being a diplomat to deal with the bureaucracy is all part of it these days, Tony says. Exports have grown rapidly in recent years. Soljans wines go to the USA, Europe and increasingly to Asia, China being the big focus. Tony says Chinese wine drinkers prefer reds or sweeter whites, so the market continues to change. Soljans offers winery tours, functions and events like the Berba Festival at Easter, all up employing about 50 staff. “People love going to wineries – they have a bit of mystique about them.” Tony aims to remain at Soljans Wines as long as possible. “I’d go bonkers if I retired.” Meanwhile, perhaps he should write a book about it all. Contact Soljans on 09 412 5858 or visit www.soljans.co.nz for information.

MORE THAN TREES

It’s not just trees putting Woodhill Forest on the world stage. Tuhi Leef, who manages the 12,500 hectare property, aims to see it become a world class recreational forest, bringing greater benefits to this area. It’s already well on track with some 200,000 visitors annually on Restall Rd alone for its mountain bike, motorcycle and horse riding, tree obstacle course, multi-sport events, and more. Paintball, the Woodhill 100 off-road race, the Woodhill fallow deer ballot, school visits and guided tours add to that. The World Masters Games alone will bring about 1000 orienteering competitors in April. There’s film industry involvement with several big projects in the pipeline and visits from producers in the USA and China, plans early next year for a major musical event, and a growing emphasis on cultural tourism. As chief executive of Nga Maunga Whakahii o Kaipara Investment Ltd for the past nine months, Tuhi brings his international banking experience to help run the forest on behalf of the five marae under Ngati Whatua o Kaipara, which has more than 5000 members. Tuhi has family links to two of the five marae – Haranui and Kakanui. The vision is to increase visitor numbers by about 50,000 within a decade. A bus trial starts this summer, bringing people from central Auckland to Woodhill once or twice daily in the peak tourist season. Won’t that add to State Highway 16 traffic congestion? Tuhi doesn’t believe so. He says the move will be gradual, and they’re talking to other operators

working in the area. The shuttle idea came up at the same time as the North West District Business Association moved to get a transport service to “North West Country”. “The challenge is getting them here,” Tuhi says. Tuhi would love to see the northern railway utilised too. Overnight camping, glamping or even cabin or hotel type facilities at Woodhill could address a visitor accommodation shortage here. The forest venture adds up to helping meet the needs of local iwi. The investment arm looks after forestry, tourism, commercial property and investments, while the charitable trust (Whiti Ora) includes education, housing, employment and support services. The commercial part is looking at 9ha at Hobsonville Point for more than 400 homes, hopefully starting early next year, and property in Brigham Creek Rd at Whenuapai. Trees still play a role. A new joint venture with Rayonier Matariki will see iwi own half the trees (about 10,000ha at Woodhill Forest). So how did Tuhi get involved? The 45-year-old, raised in Massey, had a stellar banking career. While in London for eight years his responsibilities included greeting bank clients around the world. Returning here in 2007, Tuhi led a team of 90 working with a KiwiSaver provider. He was a national credit union manager and helped teach financial literacy in prisons. Tuhi has also represented New Zealand in Goju Ryu Karate at the World and English championships. While an executive director of AUT’s student association, he heard about the Treaty settlement in the Southern Kaipara and the work being done here. “I wanted to help our people to prosper, especially as I have whakapapa in the area.” Tuhi saw where his 25 years of banking experience could help. He now runs a team of six and helps the Ngati Whatua o Kaipara Trust Board. Tuhi oversees a heck of a lot, whether ensuring health and safety is managed in the forest, working with the forest’s 12 operators, or liaising with the community – to name a few. Allaying fears the new owners would increase visitor prices, Tuhi says most of their income is derived from other means, like forestry and investments. The Woodhill Forest project will create work for many across a wide spectrum. Young people can train as drivers, tour guides, administration support and in other roles. Visitors will learn more about the area’s history, incorporating smartphone technology. “It’s just doing what we do better, not necessarily more adventure activities,” Tuhi says. Planning to move closer to work from east Auckland with his wife and two young children, Tuhi appreciates the local support and sees an exciting opportunity for the area. Contact Tuhi on 09 420 9566 or email tuhi@kaiparamoana.com for information.



SAFER COMMUNITIES

The Kumeu Police wish to remind the public to be vigilant in regards to their property. Lately there has been a spate of burglaries where sheds and out-buildings have been targeted, mainly in the Taupaki area.

Please keep an eye out for any suspicious activity day and night and report it to the Police. This may include people driving up long rural driveways who may have made up an excuse to visit the property.

If you have a phone or camera it is a good idea to take a photo, or note vehicle registrations and descriptions down. Otherwise it is essential to ensure your valuables are locked securely and that alarms are on and checked to make sure they are in good working order. Please take note of all your property serial numbers and identifiable features as we are often conducting search warrants and locating property that is obviously stolen. This property can then be returned and also the offender(s) can be prosecuted and held accountable for their crime.

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Phone 09 412 5192

Recently Auckland Rural Fire celebrated the success of its fire fighters at an honours night. The Waitakere fire team were recognised with presentations for completion of national qualifications in rural and urban firefighting. These qualifications represent hundreds of hours of study and practical skills. Rubbish fires are probably the calls we dislike the most. We often found ourselves "dammed if we do and dammed if we don't" because, if we found it necessary to extinguish a fire, we often wound up with a disgruntled person who lit it. If it wasn't breaking the fire regulation we often raised the ire of the person who had put the call in because we hadn't extinguished it. A simple guide for this summer: You can have an outdoor cooking fire such as a BBQ, hangi or umu or a heating fire such as a brazier. However only dry, untreated wood should be used and smoke must not be causing a nuisance to neighbours. Fires in the restricted fire season must have an Auckland Council issued fire permit. Please use the more environmentally friendly ways of disposing of your rubbish and be aware that all fires should be extinguished by nightfall. If a prohibited fire season is imposed during the summer all fires will be banned. If in doubt, check with Auckland Council by phoning 09 301 0101.

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COMMUNITY UPDATES:EVENTS

SENIORNET KUMEU



Our Seniornet Kumeu meeting held at St Chads Hall was a great success, our guest speaker Brian Lacey enlightened us with things to look into and find out about in "Google Search Engine". A "Question and Answer" followed with help from Nigel Dempster that I know we all benefitted from. A casual drop in afternoon was held at St Chads on Tues 13th Sept. for Question & Answers that was a great success. Another one will be held on 11th October between 1 – 3 pm which is open to all interested parties not just Members. Gold coin donation entry fee, come join us and enjoy learning. Our October meeting on Wednesday 5th at 10am - Nigel Dempster will be our Speaker on Google Maps, YouTube & TradeMe, lots to learn. Entry fee \$3, so just drop in and enjoy our Guest Speaker Nigel Dempster. Everybody is welcome to attend not just members, bring a friend and drop in. Enjoy morning tea/coffee & our regular raffle which last month produced 5 lucky recipients of donated goodies.

MONSTER FIREWORKS 2016

It's nearly time for the best fireworks display in the West. Monster Fireworks Display 2016 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. Monster Fireworks Display attracts up to 10,000 spectators to the Kumeu Showgrounds each year and the fireworks display by Bad Boy Fireworks is an impressive array of lights and colours. Parking is free and families can either 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 with a Family Pass (2 adults and up to 4 children) costing only \$35 at the gate, or Adults \$15 and Seniors/Kids only \$5. So don't miss out on a fabulous night of entertainment, family fun and the best fireworks display in the West. Monster Fireworks Display 2016, Friday 28th October, gates open 5pm, Kumeu Showgrounds. For more information on "Push the Button" raffle and Sky dive auction go to www.monsterfireworks.co.nz. Taupaki School are seeking products/gifts to raffle at the Fireworks display, products could be Gym passes, beauty treatments, restaurant vouchers to name a few. All proceeds from donated raffles products go directly back to the school. Please contact Gail McIntyre 027 532 0420.

SOUTH KAIPARA U3A

We start off with finding out about Sikim, followed by a book review. After afternoon tea Debbie our guest speaker tells us about Trade Aid. Come and find out more. Join us at 1pm, Friday 7th

October, St John Ambulance Rooms, 7 Rata Street, Helensville. Gold coin entry includes afternoon tea. For further information contact Judy on 09 411 8322. 4th November meeting speaker is Veronica Martin from "Sweet Louise".

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Let The Little Vintage Party create a unique and magical setting for your child's next birthday. We have stunning boutique themed party packages for hire. All filled with gorgeous vintage furniture, natural resources, ecofriendly tableware and enchanting costumes and props. Our parties are stress free being styled in your home and include delivery and pickup of equipment. We are a family owned and operated business located in Riverhead. We are super excited to have launched The Little Vintage Party early this year and will soon be opening a party show room in Riverhead on the 1st of October. If you have a child's birthday coming up and would like a magical party setting head on over to The Little Vintage Party Facebook page or Website to check out more of our boutique party themes. www.thelittlevintageparty.co.nz.

WAIMAUKU SCOUTS FUNDRAISING EFFORTS

Saturday 15 October - Horse Race fun night. Huapai Soccer Club, Huapai Domain. Doors open 6.30pm for a 7pm start. Tickets are \$15 each, or \$100 for a table of 8. Raffles & auctions on the night. Try your luck & have a flutter. Join us with

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HOSPICE WEST AUCKLAND



Hospice West Auckland has been mourning the passing of Sir Graeme Douglas, their patron. Sir Graeme started Douglas Pharmaceuticals, having started the

business making a few products from his community pharmacy in Te Atatu South and it grew from there. The company set up its first manufacturing site in the 1980s and began making generic medication. By the 1990s it expanded its focus to the export market and now makes 70 per cent of its turnover through exports. Sir Graeme was known for his generosity to charity and was a keen supporter of the community of West Auckland. Despite his growing business he found time to successfully compete as a weightlifter as well as in track & field events. He was one of the major sponsors of the Waitakere City Stadium and the field and all weather running track bears his name. Sir Graeme also sponsored the Going West Literary Festival and was the major sponsor of the Guide Dog Services. He was a major benefactor of Starship hospital. He was knighted in 2010 for services to philanthropy and athletics and in 1988 was appointed a member of the New Zealand Order of Merit for services to the New Zealand pharmaceutical industry. Sir Graeme was appointed the Patron of Hospice West Auckland in 2006. The Hospice's kaumatua Reverend Fred Holloway offered the whakatauki 'Kua hinga te tōtara i Te Waonui-a-Tāne,' a great Totara has fallen in the forest, adding it was a great loss for Aotearoa. CEO Barbara Williams said she would miss Sir Graeme's advice and thoughtful contribution to Hospice West Auckland. "Sir Graeme graciously shared his encouragement, great leadership and support with me in my role as CEO, for which I am eternally grateful. He will be hugely missed by everyone." The picture shows Sir Graeme with Barbara Williams at an event to mark him becoming Patron.

SMASHING PROMOTIONS

Looking to wow your clients /staff this Christmas, or looking to fundraise for an upcoming event check out Smashing Promotions online Christmas Catalogue www.smashinggifts.co.nz/category/xmascatalogue. A huge array of cool new

products and a facility to earn commissions for your club or non-profit organisation. You will be impressed. Let us do the work and deliver you premium branded products without the hassle. Visit our showroom in the Waimauku village, or simply email sales@smashinggifts.co.nz or phone 09 412 6235. Act now – get sorted, save \$ and relax.

RIVERHEAD SCOUTS APPEAL



Riverhead Scouts need donations to help replace four kayaks and other gear worth \$3500, stolen from a Murray Jones Reserve shed. The side of the metal shed was cut open to gain access, as the doors had already been reinforced following previous vandalism, Scout Group committee chairwoman Karen Body says. Six paddles, two lifejackets and four kayak seats were included in the theft. Nothing of value is left in the shed, which needs reinstating, Karen says. She says the group fundraised hard to get the kayaks and equipment, and now it seems likely to have to do it all again. Insurance for the theft and damage is being investigated. If you can help, contact Karen on kbody@kiwispannz.co.nz, particularly if you can donate.

CAT LOVERS URGENTLY NEEDED

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

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KUMEU ART CENTRE IS PROUD TO HOST THE FOLLOWING EXHIBITIONS IN OCTOBER:

Printmaking - Tuesday 4th Oct - Sat 15th Oct 2016. Opening Friday the 7th October, 7 - 8.30pm. An exhibition featuring various printmaking techniques by Kumeu Arts Centre members. Part of Artweek Auckland 2016. 'I am those Parts' by Carol Lindsay - Monday 17th Oct - Sat 29th Oct 2016. Opening Sunday the 16th October, 3 - 6pm, all welcome. Asking an artist to talk about their work is like asking a plant to discuss horticulture...Jean Cocteau. I make art as a way to fulfill my desire to research, connect, understand & express visually, things that matter to me. My imagination may be ignited or nudged by words, imagery, & personal life experiences...it may simply be an overheard word or phrase, music, or an engaging image. These nudges somehow resonate with my personal feelings & connections prompting my inquiry. Those ideas will then reside within until my collected materials & information can be cobbled together as a visual exploration. I love mixed media, it allows me to employ an intuitive, playful process, with the discovery of images & content unveiling throughout the layers of paint, collage & text. "I Am Those Parts" is a collection of works inspired by memories, relationships & personal experiences.



FEATHERWOOD FURNITURE

With a furniture market flooded with overseas variety, Ken Marshall of Featherwood Furniture still believes local is best. Apart from the obvious reason of reducing your carbon footprint, he knows that there is so much more to be gained when your furniture maker is situated 'just up the road'. The Featherwood Factory is located in the foothills of the Waitakere Ranges and while Auckland is its greatest market, they also send furniture all over the country. "We are able to deliver furniture ourselves within the Auckland region and quite often assemble beds and bunks for our customers" Ken adds "There is nothing more satisfying than standing back and admiring a piece of furniture settled into a customer's home" He says that it is quite common for a piece of furniture to be custom made to fit into a specific space. "Now you just don't get that with a stock standard imported piece" Having made children's furniture for the past 20 years for the TomTomJak range (formerly Treehouse), Featherwood is able to repeat discontinued lines, match existing furniture, repair and repaint tired pieces or quite simply continue to make the styles that have remained popular over the years. "They're

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our patterns at our fingertips" Featherwood can turn an order around in 3 weeks - no waiting for shipments to arrive. The best service of all though, is the aftercare. If an item is not sitting quite right or maybe the family dog has chewed the handle, Featherwood will remedy the problem. They are prompt and reliable and will always find a solution.

EURO WEST LTD- YOUR VW AND AUDI EXPERTS IN WEST AUCKLAND

For quality VW and Audi repairs and maintenance see the experts from Euro West Ltd. Serving West Auckland since 2000 this family owned and operated business specialises in vehicle servicing to VW/Audi factory standards: Computer diagnostics, electrical fault finding and repairs, brakes and suspension repairs, engine and transmission, immobiliser key programming. Rainer and Edith Zeltwanger, the company owners, have got some very exciting news. Their team has just been joined by German auto electrician Andreas Zickert. Andreas has a wealth of knowledge in fault diagnosis, vehicle electrics, modern can bus systems and even hybrid vehicle technology (Audi e-tron). Andreas worked previously at Giltrap Group in VW technical product support, Porsche technical support and training and as Audi technical trainer teaching franchise technicians from all over New Zealand the latest technology. Two first places in the New Zealand VW technician of the year competition are further proof of his outstanding ability. Euro West Ltd will continue to serve West Auckland with quality workmanship without the franchise dealer price tag. A courtesy car is available by appointment. Please visit their website eurowest.co.nz or call them on 09 832 0064, 021 266 3602 (Rainer), 021 255 4678 (Andreas) for bookings.



PURE ALLIES

The sun has been showing its face these days, a taster of a beautiful summer to come - we hope. Pure Allies have totally natural and very effective sunscreens for those of you worried about using chemicals on your skin, on such a regular basis over the summer months. Email pureallies@gmail.com or Facebook Pure Allies NZ.



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IN BRIEF

UPDATES:EVENTS

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Captivating parties at your place. Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids busy during the party? We can help. We'll bring our enchanted fun and games to your party and channel the children's energy into dressing up, magical stories and craft activities, treasure hunts and other fun activities that have been designed to captivate their innocence, creativeness and imagination. It's all about making your child's day extra specially magical and allowing you to sit back, relax and watch the children having a wonderful time. We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids absolutely captivated. We have three different packages and prices to suit your budget ~ and to make things even easier for you, we can even bring everything for the kids tea party. Our parties & events are suitable for boys, girls & adults of any age and we travel Auckland-wide. Book or enquire online: www.ivycottage.co.nz or email our friendly team: fairies@ivycottage.co.nz. Like us on Facebook. www.facebook.com/IvyCottageParties.

THE LIQUORICE LAND

The Liquorice Land has an amazing selection of nougat, fudge and liquorice with confectionary to suit every taste. Our products (both liquorice and non-liquorice based such as our fudge range) have proven to be a hit with individuals or businesses wanting to gift their staff

and clients. Our products' uses are unlimited - personal treats; corporate gifts; gifts for clients/employees; Christmas, birthday, Mother's day or Father's day gifts; goodies for parties; wedding favours etc. We visit offices for employees to buy at their convenience, so contact us if you want to bring these fantastic products to your workplace. Contact us also for wholesale enquiries- our nougat bars are very popular in cafes. We can be found every Saturday and Sunday morning at the Hobsonville Point farmers' market; at Coatesville market on the first Sunday morning of each month; at Craftworld Westgate all year round; and at many other craft and food events throughout the year (including galas). Our products are fresh, with a large and changing selection on offer. Our products are made by a New Zealand manufacturer using raw materials which we source from New Zealand as often as possible. Our products are produced to very high standards, and we maintain high hygiene standards consistently. Check out our website for our full range of products. You can make purchases online and make any enquiries there also. www.theliquoriceland.co.nz/ www.facebook.com/theliquoriceland Contacts: 09 442 5203 or 021 232 0397, theliquoriceland@vodafone.co.nz The Liquorice Land is a confectionary distributor for the New Zealand based company, New Generation Liquorice Int, who have been in business since 1993.

THE RIVERHEAD GALLERY

Life in the gallery is ticking along nicely with some fabulous new artists adding


to our impressive line-up. An original by Bec Robertson painstakingly done in pen and ink, resin pieces by Debbie Oetgen and Libby McColls two latest artworks are now adorning our walls. Libby and I (Donna Massey) are both working hard for the Nelson art expo over Labour weekend but I'll have my works available in the gallery before we head down there. Come in and visit me, I always have time to stop and chat. We also have gorgeous work by renowned glass blower Rebecca Heap among originals, prints, ceramics and jewellery from some of NZ most talented! Open from 11-5pm from Wednesday to Sunday you'll find us at 1044 Coatesville-Riverhead Hwy (opposite Riverhead dairy).

MEET AUTHOR JOHN REYNOLDS AT THE KAUKAPAKAPA LIBRARY

Sunday 16th October, 10am to 1pm. Robyn Hood: Outlaw Princess - a young adult novel about school girl Robyn Howard who, following a violent thunderstorm, is transported back to medieval England. Finding herself in Sherwood Forest as Robyn Hood, the leader of a band of outlaw women, her actions lead her to being captured and condemned to death. Escape seems impossible. Written by October's author in the Library, New Zealander John Reynolds, a former teacher in London, Saskatchewan and Zimbabwe and lecturer at University of Auckland, John has also written the thriller "Uncommon Enemy" and a practical guide to "Writing your first Novel." Come along, say hello and be inspired. The Library is open on the third Sunday of every month in conjunction with Kaukapakapa Village Market. For more information contact Megan, phone 021 959 017 or email threehorses@xtra.co.nz.

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for those newly engaged couples to start searching for their ideal wedding venue. Soljans Estate Winery has a wealth of experience as a successful wedding venue and would like to showcase their stunning grounds at the Soljans Wedding Expo on Saturday 15 October 2016 from 10am to 2pm. Enter the architecturally designed winery that reflects their Dalmatian heritage, wander the surrounding home vineyard and experience the ambience of the rural setting. Come and talk to the dedicated staff about Soljans wedding facilities and gather contacts from recommended vendors. If you have any questions, please do not hesitate to email or call our Wedding Coordinator Brittany on 09 412 2824 or weddings@soljans.co.nz. Saturday 15 October 2016, 10am – 2pm at Soljans Estate Winery; 366 State Highway 16, Kumeu, Auckland.

SHOW JUMPING CONTINUES INTO OCTOBER



The Woodhill Sands calendar is still dominated by Show Jumping as we roll into October with two GP shows happening early (8th & 9th) and later (29th & 30th) in the month. Spectators are welcome with no admission fee, but please leave your dogs at home as we are a dog free venue. The top Show Jumpers will be at Woodhill to get early season points on the table for the national series classes, including Olympian Kate Laurie and the well-known Wilson Sisters. Our Twilight series will get under way with the start of daylight saving and we also will be hosting rallies for some of the local pony clubs, who need a bit more sun before they can ride on their grass arenas.

KUMEU ARTS CENTRE

The Kumeu Arts Centre is running a series of concerts in the lead up to Christmas to assess the interest for further events next year. Kumeu is changing quickly and the expectations of an increased number of local events is also increasing. Caitlin Smith and Paul Symons will be playing some of their original songs at the Kumeu Arts Centre on 24th September at 7.45pm. So grab a bottle of wine and spend the evening listening to great original music. \$10 at the door. Caitlin is one of Auckland's best known jazz vocalists. Paul Symons lives in Kumeu. He played his first gig in his late teens in Dunedin. His first album "Spaceman" was released in 2005 to a warm response. Artists booked for the Kumeu Arts Centre for the remainder of the year are: Andrew Bell: Saturday 29 October. Chris Priestley: Saturday 26 November. Cillele-Saturday 10 December.

GET THE BEST OUT OF YOUR BOAT



Have you used your boat lately? If not, it might be in need of some TLC before summer. Regular maintenance is your best protection against common issues like seized steering, hard starting, water pumping failures and flat batteries. If you follow simple preventative maintenance you'll save on repair bills. Contact GT Marine to receive monthly reminders to: Start motor and run for 15 mins. Turn steering wheel fully for a smooth operation. Trim motor fully up and down to reduce friction. Operate control levers at

full throttle in forward and reverse gear (motor not running). Switch on all electronics, bilge pumps, lights etc. Rotate winch handle and wind up or down jockey wheel. Do not leave ear muffs attached to your motor. This causes the rubber to crack and stretch which reduces water flow. Contact George on 027 297 4832 or george@gtmarine.co.nz.

NEW LOOK, NEW WAY, JUST COME & PLAY!

Kia Ora, We welcome our community and surrounding areas to come and experience Waimauku Playcentre. It's a Preschool with a difference! Come & enjoy playing with your child, getting to know other families in the community and making friendships for life. No commitments, just come along to see how good Playcentre is for yourself. Enquiries: waimauku@playcentre.org.nz or phone/text 022 063 7153. Open from 9.15am – 12 noon Mon, Tues and Thurs.

CUSTOM MADE HATS AND T-SHIRTS ON SALE

Summer is approaching fast and here at ASAP Promo we love putting custom-made branded hats on heads. Do you? What do you do for your staff or customers? We still have our most popular T-shirts on sale until the 30th of September. These shirts are priced from only \$6.95 + GST (unbranded). Many shirt colours are available and you can personalise these garments with any logo or design you want. Conditions do apply so give us a call to talk about what you want to achieve. To learn more about ASAP Promo and what we do, please visit our website at www.asappromo.co.nz, email us at info@asappromo.co.nz or find us on Facebook www.facebook.com/asappromonz. Phone 09 973 4352.



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NEWS & ADVICE

MARKET REPORT WITH GRAHAM

One month of selling time before the Christmas slow down. A change in season always brings about interest in property, values, listings and buyer demand. The new Auckland Council plan and its associated boundary lines will in turn create change and opportunity. We sense that there is calm before a storm of activity. The market is in constant change and we encourage you to consider the value that is represented within refurbished homes and that history dictates that it will never be cheaper to build than it is today. Let's see what the market has achieved this month: Coatesville lifestyle from \$1,035,000 to \$1,531,000. Helensville residential from \$688,000 to \$715,000. Helensville lifestyle from \$890,000 to \$1,605,000. Parakai residential from \$540,000 to \$555,000. Huapai residential from \$732,000 to \$1,180,000. Kumeu lifestyle from \$2,825,000. Riverhead residential \$805,000 to \$1,350,000. Riverhead lifestyle from \$2,110,000 to \$4,000,000. Taupaki lifestyle from \$950,000 to \$1,640,000. Waimauku residential from \$930,000 to \$1,018,000. Waimauku lifestyle from \$980,000 to \$1,580,000. Waitakere lifestyle from \$1,150,000 to \$1,286,000. Whenuapai lifestyle from \$1,660,000. If you are considering a real estate change you would be well advised to talk with Mike Pero Real Estate because of some very clever and sensible offers: Your commission is very sensible (saving you thousands of dollars). A free marketing offer including TV, magazine, online, print exposure. Exposure to our extensive local, national,

international buyer database. Service standards that revolve around you and your needs. Further to this we have a number of exclusive Trademe special offers and digital upgrades to ensure you get the very biggest marketing exposure with a very low commission rate. See more at www.grahammcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Kumeu - It's not about the talk, it's walking the talk. Licensed REAA (2008).

MONEY MATTERS

Are you self-employed and need a small cash-flow injection or looking to update plant or equipment? If so, I have access a finance provider who specializes in unsecured business loans up to \$50,000. Applying for this type of finance shouldn't be complicated nor should you have to jump through hoops. My bank contact makes it easy and affordable, so call me for a no obligation and confidential discussion about your business needs. Phone 09 411 9251 or 027 411 9255 or email david@davidlloydmortgages.co.nz.

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PROFESSIONAL PHOTOGRAPHY



We all know the old expression - a picture is worth a thousand words and if a photo is taken professionally then it can add thousands to the sale price of your home. Professional photography is an essential strategy for many real estate agents because it can increase the likelihood of serious buyers choosing to attend an open home. The internet plays a huge role in real estate these days, with many home buyers going online to browse what houses are on the market. If you don't use an attractive, eye-catching image to entice buyers, then the battle is lost be-



David Lloyd
Director

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fore it has begun. Being a visual medium, people will decide in a matter of seconds if they want to find out more information about a particular property and let's face it - if an image doesn't look appealing, then buyers are likely to give your property a miss. Just remember, real estate agents are hired to sell homes, not take photos. So while they may have a great camera, it doesn't make them a great photographer. Professional photography has the ability to inspire and allow potential buyers to visualise themselves moving in before they even walk through the front door. Photographers come with years of experience and training - they don't just take a photo of a room, but they highlight the best features of your property. One of the more common reasons for not wanting to invest in photography is the cost. A photographer will cost approximately \$200 depending on where you live in the country but if you think about it, it's a pretty small price to pay for a service that could increase your sale price by hundreds or thousands of dollars. Another reason we tend to hear a lot is because our sellers have a good quality camera which they think is capable of doing the job - well think again. Many people fancy themselves as a photographer because they have a great camera, but do they know how to take full advantage of that camera? Properly lit, high-resolution photos are the only type of pictures that should be used in a home marketing campaign and a photographer has the skills to use composition, colour and lighting to showcase the configuration of a home, enhance selling features and bring a room to life. When you list your home on the market, you will come up against a lot of competition who will have taken the time to invest in professional photography, so if you choose to run with photos that you took on your personal camera, then you are giving your home a huge disadvantage. Photos taken by an agent or vendor can't measure up to the quality of images taken by an experienced photographer. So put your best foot forward and take advantage of what professional photog-

raphy can add to the sale of your home. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

SMOKE ALARMS AND INSULATION

The updated Residential Tenancy Act requires landlords to provide smoke alarms and insulation on and from 1 July 2016. Smoke alarms are required in sleeping places - with functional batteries at the beginning of the tenancy. Thereafter, the tenant must keep the smoke alarm functional which includes replacing the battery. The new rules are intended to protect life and improve the quality of tenanted properties. As expected, there are significant fines which accompany non-compliance. There will also be insurance obligations given that fire alarms are an early warning to prevent loss of life and damaged property. A fire alarm which is not properly functional may undermine the insurability of the property. It may be appropriate for a landlord and tenant agree on a routine maintenance check on all fire alarms installed. The landlord must insulate the subfloor and ceiling over the habitable spaces of the property. The New Zealand standard for such insulation must be met. Conductive of insulation such as foil appears to be banned (foil may conduct electricity). Luke Kemp - phone 09 412 6000 or email luke@kempsolicitors.co.nz.

ELECTRICAL INSTALLATION NEW BUILDS

When is the best time to set up your electrics for the future? When building or doing a complete renovation. This is the easiest time to look at the use of the house and the footprint you wish to leave. We can install solar panels and batteries as well as inverters including generators if necessary to keep the power on when everyone else has none or

just to run the water pump and save on your future power bills. The system can be customised to the extent that it can be disconnected from the grid at night using stored solar energy from the batteries to power the house overnight. It can then reconnect to the grid once this energy has been used up to recharge. Complement this with LEDs to minimise consumption and heat generation. Being fully-sealed LEDs lose a minimum amount of heat into the ceiling space. At an estimated \$50 per lamp installed (dependent on size etc.), LEDs have a 25000 hour life span so minimal changes to fittings over a 10-20 year period and a 90% less power consumption when compared to an incandescent lamp, it makes sense to start out with LEDs. We can also install alarms that connect to your phone so you can check the property at any time of day from anywhere with internet. Talk to us today about how to get the most out of your home now and for tomorrow. Phone Tony 021 772 756 or visit www.sparkn.co.nz.

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Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	990,000	3640M2	120M2	1,400,000
	1,075,000	1HA	175M2	1,531,000
	2,050,000	1.5HA	224M2	1,035,000
	1,000,000	1.4HA	235M2	1,450,000
Helensville	445,000	893M2	150M2	715,000
	520,000	651M2	180M2	815,000
	490,000	455M2	80M2	688,000
	790,000	1.6HA	233M2	890,000
	970,000	4HA	120M2	1,605,000
	610,000	1.2HA	100M2	955,000
Huapai	840,000	1033M2	220M2	1,070,000
	365,000	517M2	180M2	947,000
	375,000	863M2	256M2	1,180,000
	880,000	702M2	242M2	1,012,500
	455,000	842M2	70M2	732,000
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	850,000	636M2	222M2	1,001,000
	820,000	601M2	205M2	968,000
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	2,800,000	11.4HA	356M2	8,000,000
	1,220,000	1HA	530M2	2,350,000
Muriwai	790,000	1Ha	170M2	1,350,000
Parakai	330,000	0M2	90M2	555,000
	315,000	0M2	90M2	540,000
Riverhead	610,000	892M2	130M2	805,000
Taupaki	670,000	1224M2	140M2	950,000
	1,100,000	4.2Ha	150M2	1,640,000
Waimauku	620,000	1131M2	130M2	930,000
	730,000	1091M2	181M2	1,018,888
	750,000	7365M2	220M2	980,000
	845,000	1HA	160M2	1,425,000
	920,000	4.1HA	114M2	1,580,000
Waitakere				

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Graham McIntyre
Brand & Territory Owner



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

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3 2

Asking Price \$788,000

7H Clearwater Cove, West Harbour
Asking Price \$788,000

Ahoy there! Unique opportunity to secure a rock solid, versatile and modern home located right by Westside Marina. Concrete slab terrace type townhouse with peaceful outlook to the Marina Esplanade, this two storey home offers flexible living arrangements. Two bedrooms upstairs with master arranged to access generous sized bathroom. Downstairs offers open plan living from the contemporary kitchen flowing to private spacious deck and fenced courtyard. A third bedroom also downstairs plus a large carpeted garage converted as another living space which could be returned to auto door garaging. New carpet, paint and curtains throughout. Catch the ferry to the CBD, launch your boat or enjoy the Marina restaurants and cafes.

www.mikepero.com/RX890000



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09 412 9602

les.whale@mikepero.com



EXTENSIVE MAINTENANCE OR POSSIBLE RECLAD TO REAP THE REWARDS!

3 1 1

By Negotiation

16B Ebony Place, Massey
By Negotiation

Calling all builders, investors or developers - this house has water tight issues. Initial indications are that the house does certainly require maintenance and could benefit from a reclad. Elevated on a north facing site this 3 bedroom home offers wide harbour and city views from the upper level. Positioned up a ROW in a quiet cul-de-sac street in popular Massey West this property is very private. Open plan living, single car garaging with internal access and a unique opportunity to add value by restoring the exterior and improving existing kitchen and bathroom, make this a must view for the astute purchaser. Offshore vendor has enjoyed excellent rental return and now wants it sold. Thermal imaging report will be made available.

www.mikepero.com/RX885125



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09 412 9602

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KUMEU - HUAPAI FAMILY HOME - CUL-DE-SAC LIVING 4 1 2

Offers Over \$839,000

6 Tokay Place, Huapai
Offers Over \$839,000

Set in a highly desirable family cul-de-sac location this brick and weatherboard home delivers easy contemporary living with significant alfresco to decking and lawn to the North. Entertainers open plan kitchen, dining area the home has living downstairs with guest WC, and laundry, while upstairs has four bedrooms, including en-suite and master and main bathroom. Generous 610 sqm section with rear fully fenced yard and attached single garage. The home is refreshed and presents to a very good condition and the neighbours within the cul-de-sac are community minded and inclusive. Close to parks, convenience shopping, café, primary school, sport fields and transport link.

www.mikepero.com/RX895936



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09 412 9602

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1603 SQM LAND - TWO DWELLINGS - OPPORTUNITY 4 2 2

Set Date of Sale

69 Royal Road, Massey

Set Date of Sale - 4pm, Tuesday 4th October 2016 (unless sold prior).

New planning guidelines from Auckland Council have delivered opportunity for an astute developer. A flat to gentle sloping section, with generous home, minor dwelling and separate garaging. The main home is set to the left of the section, an immaculately presented four bedroom two bathroom, two lounge home with extensive alfresco to elevated decking and views through the west. In addition a one bedroom minor dwelling delivers extra value/ income. An independent development report from Terra Nova, planners and surveyors is available to prospective purchasers. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX891433



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BRAND NEW - VALLEY VIEWS ON 4027SQM

4 2 3

Offers Over \$1,459,000

26C McEntee Road, Waitakere
Offers Over \$1,459,000

A brand new executive home of 237sqm offering well thought out entertaining areas and spacious living with clever modern elements including nice-and-easy Butlers Pantry and extensive alfresco to covered courtyard and grassed landing. Meticulous attention to detail from formal entrance way to storage areas including dry-store attic storage, central heating throughout all rooms. The home enjoys modern planning with all bedrooms off a central corridor and constructed to make the most of semi-rural valley views. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX883782



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



SUNNY ELEVATED NORTH FACING HOME - TE ATATU SOUTH

3 1

Auction

17 Mickle Street, Te Atatu South
Auction - 1pm, Saturday 1st October 2016 (unless sold prior).

Located off a quiet cul-de-sac, set on 635 sqm section, north facing with views through to The Trusts Stadium. A delightful single level, brick and vinyl weatherboard home with good insulation and cosy woodburner. The home is open plan dining and lounge with easy access to impressive north facing decking attracting generous sun and providing a platform for excellent views. Three bedrooms and bathroom, WC off a central corridor. A separate, stand-alone office/ storage or workshop around 40sqm provides good options. The home overlooks a flat lawn, established fruit trees and easy care garden which is private and fenced. An excellent quiet and private home that is sure to impress.

www.mikepero.com/RX894954



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09 412 9602

graham.mcintyre@mikepero.com



ABSOLUTE MURIWAI CLIFF TOP: RENOVATE OR REMOVE

2 1

Offers Over \$850,000

9 Ngatira Road, Muriwai
Offers Over \$850,000

This large 1522 square meter section leads down to the Muriwai cliff top with viewing areas in place overlooking Oaia Island. The property features a 60 square meter two bedroom home moved on to the site in the 1980s, in need of some renovation or a great building site for that dream home. Nestled in one of Muriwai's most exclusive cul de sacs with views overlooking the Tasman Sea. Listen to the sound of the ocean and enjoy the amazing Muriwai sunset from your own cliff top location. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



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VALUE ADDED LIFESTYLE-10 MINS FROM KUMEU!!

4 5 2

By Negotiation

796 Inland Road, Helensville

And just 40 minutes from the CBD yet a fraction of the price of Kumeu, this home represents exceptional value to the astute buyer! Inspiring scenic views are enjoyed from the elevated site and the generously proportioned 4 bed, 1 bath, 1 en-suite plus 2 WC's, 350m2 home is guaranteed to satisfy. The 5.8 acres of native bush/pasture provide plenty of room for the kids or horses. Inside opens up to a vast central open plan living/dining/lounge room for relaxed sociable living. A Home Theatre/Media room entertains in grand style as the latest movies are viewed on the enormous 150 inch plus big screen!!! Carpeted internal access double garage/laundry has room for an office and/or home gym! The entertainment/bbq area also has a spa pool for ultimate comfort. 3 Bay Shed with 3 phase power/3m high ceiling provides additional storage and good sized workshop. Call Phil to view or visit one of the upcoming Open Homes.



Phil Compain
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phil.compain@mikepero.com

www.mikepero.com/RX804352

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www.mikepero.com



DO-UP OPPORTUNITY IN HUAPAI

4 1 1

By Negotiation

26 Pinotage Place, Huapai By Negotiation

Enjoy this 140m2 house as it is or you can add value by renovating. The property has plenty of space, large kitchen dining area opening on to lounge with cozy wood burning stove. Four double bedrooms and dedicated office. Single lock up garage with workshop and plenty of off street parking on this flat 810m2 section. Handy location in the center of Huapai close to all amenities. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



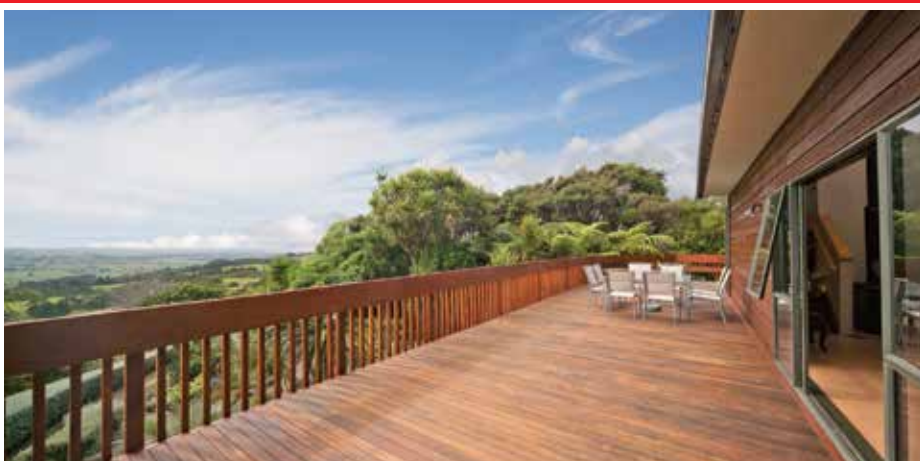
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PLENTIFUL VIEWS, CONTEMPORARY LIVING, GARDENS GALORE

3 2 4

Enquiries Over \$1,450,000

429 Kiwitahi Road, Helensville Enquiries Over \$1,450,000

Set on 1.4 hectares of unequalled and established plantings and garden, delivering enormous satisfaction to Owners and Guests alike. The property has a large amphitheater, formal walks within a range of beautiful and unique backdrops. Well acclaimed through Garden tours and regional competitions this could be the foundation for your new Wedding Venue (subject to the necessary approval) or maybe it is the good life you crave with this clean crisp air and the beautiful clear water that is drawn from the private deep water bore. The house was a finalist in House of the Year with Maddren Homes and offers a contemporary open living environment. Please email graham.mcintyre@mikepero.com for recent sales in the area.



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PICK OF THE BUNCH: SUPERB LOCATION & LIFESTYLE



By Negotiation

16 Meteor Road, Hobsonville Point
By Negotiation

Unique in every way, Hobsonville Point is a living example of a modern day community master minded from a forward thinking concept to stunning reality. Spread over 3 levels this spacious brick and cedar architect designed home offers versatile spaces to easily accommodate different living dynamics as well as including every feature you would expect from modern day living: 4 bedrooms, 2 bathrooms, 2 living areas. Media room or kids play room. Elegant designer kitchen with new appliances. Seamless indoor outdoor flow. Lock up auto garaging & off street parking. Private, sunny, low maintenance lock up and leave. Catch the ferry to downtown Auckland, buy artisan foods at the weekend Farmer's market, reserves and walkways by the inner harbour, enjoy the cafes and easy access to the water.



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ULTIMATE LIFESTYLE PROPERTY - WAIMAUKU



By Negotiation

45 Ararimu Valley Road, Waimauku
By Negotiation

Rarely will you find a lifestyle property with so much to offer. The main dwelling is a four bedroom 210sqm home and features beautiful polished floors which open out to huge decks overlooking the pool and garden. The second dwelling is a two bedroom 170sqm with great potential. These homes are surrounded by stunning gardens and ponds that feature amazing specimen trees and fruit bearing trees, figs, walnuts, hazelnuts, lemons, mandarins, blueberries, fejoia etc. Both homes and pool are heated by a state of the art central heating system. Water is drawn from an artisan bore which is bottled by a number of suppliers in the Ararimu Valley. Close to vineyards, equestrian and mountain biking facilities. Call Lyndsay today to arrange an inspection of this truly unique property on 027 554 4240.



Lyndsay Kerr
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09 412 9602

lyndsay.kerr@mikepero.com

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Mix Grey
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\$2,599



Milano
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Patio Cart **\$249**



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HOME & GARDEN

STANDARD ICEBERG ROSES AND SPRING GARDENING

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





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WHAT YOU NEED TO KNOW ABOUT SEPTIC TANKS

When purchasing a property a lot of people pay little attention and ask too few questions about the condition of the septic tank. People think that if the toilets flush and water drains from the sink everything is working fine, but this does not mean that everything will be working tomorrow. Be aware if you are moving into a house that is currently handling 1500 ltrs per day the system could be overtaxed if subject to twice that amount. If you have any concerns, there are companies who can inspect the system for you and advise you. You would also want to know how well the system is maintained. Under normal circumstances a septic tank should be pumped clean at least every two years or so. In a properly operating system the waste water from the house flows into the tank through the sewage lines, once there the solids fall to the bottom as the level of liquids rises, the liquid rises to the outlet port which is lower than the inlet pipe it then flows out of the tank and in to the distribution chamber the effluent is then distributed into the drain field through perforated plastic pipes buried underground. Maintaining your septic tank system - Your septic tank system needs regular maintenance some of this can be done by you some will need professional attention. Why do you need to maintain? This needs to be kept up for the sake of your health and others in your neighbourhood. If your system is not maintained properly it can contaminate bore water, groundwater and other waterways by spreading disease and infection. Wastewater can contain a plethora of bacteria including campylobacter, salmonella giardia and cryptosporidium to name but a few. Warning signs - Call an expert if you: Notice a disagreeable smell, either from your drains or from the soakage area; Toilets are slow to flush or sinks and baths take a long time to empty; If bad smells come from toilet or drains; Your soakage area is permanently wet. You can look after your system by the following: Be careful what you put into your system; Limit the amount of laundry loads you do per day; Don't empty large amounts of water at once from such things as spa pools etc; Don't put strong chemicals into the system such chlorine and bleaches; Don't put foreign bodies into the system such as tea bags coffee grinds plasters, paint disposable nappies etc. Putting anything toxic into your system will impair the process of effluent treatment. Should you require any further information on this or any other Real Estate related questions please do not hesitate to contact Ian Sneddon at Mike Pero Real Estate Kumeu. Phone 027 209 0789 or email ian.sneddon@mikepero.com.

HEALTH AND SAFETY

The H&S at Work Act 2016 (HSWA) encourages a proactive approach to keeping people safe from harm but if there is a failure to do so then prosecutions or penalties may follow. This was



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always the case under the old legislation however, the penalties have significantly increased. It is important to note that insurance policies cannot be used to pay fines or infringements imposed. One offence is failure to comply with a duty under the Act. This could result in a company fine to a maximum of \$500,000 for not carrying out risk and incident assessments. If you compare this fine against the cost of a standard package we can provide for under \$1,500 (depending on the size of your business) then why wouldn't you consider putting in place some H&S systems? Call or email us to arrange an initial visit and no obligation quote, healthandsafety@losslink.net.nz or phone 09 837 1140.



HALLWAY STYLING – MUST KNOW TRICKS

There will be no hall passes for badly styled hallways. Hallway styling is easy. But before we smash into this month's blog, I thought I'd mention we still have a couple of tickets left for our up and coming paint colour workshop at Studio Black, Riverhead. This event has previously sold out, twice. So get in quick and book your tickets for this fun-filled evening of wine, food, and colour. Visit www.loubrown.co.nz and hit the Colour Workshop tab at the top for more info and to book tickets. Styling tip 1. Bench seats and hallways are a match made in heaven. Anchor your bench seat by placing artwork, a mirror or coat hooks on the wall above and don't be afraid to make a bold statement by going large and colourful! But don't just stop there. Treat your bench seat like a sideboard and style it with stacked books, candles, urns, vases, cushions, baskets for shoes etc. You'll find some great inspiration on Pinterest for styling bench seats. Styling tip 2. If you've got a fairly gloomy and dark hallway, draw light into the space by using a large mirror. Placing a mirror at the end of your hallway will also give your space a greater sense of depth. I just love oversized round mirrors with their curvaceous form that softens any space. Styling tip 3. If you want your hallway to have x-factor, well-considered lighting is key. Do you have a storage unit that could benefit from a gorgeous overhead feature pendant? Or, do you have a feature wall that could be enhanced by a gentle wash of down lights? If you're an art lover, then go for a quality non-compact LED or fluorescent with high colour rendering (CRI 90+). Low colour rendering bulbs tend to misrepresent colours, making them less vibrant and muddier, in particular, the colour red. Styling tip 4. Repetition will make your hallway appear longer, whether it's a series of prints, a row of feature pendant lights or up lights dotted down the corridor. So, if you're trying to make your hallway seem more spacious, then repeat after me, repetition is key. To view the full version of this





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blog with example images included, visit www.loubrown.co.nz where you'll also find more of my helpful interior design blog posts. Also, if you're in the area swing by Studio Black, 1058 Coatesville Riverhead Highway. Our designer homewares store is open every Thursday and Friday 10am – 4:30pm.

FINDING THE PERFECT LIFESTYLE BLOCK

In recent columns I have discussed the features you should look for when choosing a lifestyle block to suit your particular needs such as grazing various livestock or combining that with say the ability to make hay or silage to get you through the leaner parts of the year. Now that spring is here many of you will be looking at properties to buy, here is a checklist to help you chose the right property. **Water** - You can't farm without it, check the water supply. Are there sufficient tanks, does it have a bore or a stream? **Fencing** - Is the fencing in good condition, fencing can be expensive. Are the gates well hung? Is there electric fencing? If fences were built well they are usually reasonably easy to repair. **Soil** - In this area we have good fertile soil, get a soil test, this costs very little and will give you an idea of what is needed to bring it up to scratch. **Weeds** - Keep an eye out for weeds. All properties will have weeds, if there is an infestation of noxious weeds this can cost you time and money to eradicate. **Contour** - If the block is steep will heavy livestock damage the pasture? Flatter is better for heavy livestock and easier to work. Rolling country though can be cheaper and generally provides great views. **Outbuildings** - You can't have enough of them, they are expensive to build, are they suitable for your needs. **Shelter** - Does the block have shelter from the freezing southerlies or shade from the scorching sun, both livestock and pasture ben-

efit from some protection? **Yards** - If you are planning to have cattle you will need yards, are the animal handling facilities adequate to your needs. All of these factors need to be considered when looking at a lifestyle block. An experienced Rural/Lifestyle real estate agent can help you make the right choice and ensure what you purchase is suitable for your planned lifestyle. Equally, if you are selling you need an agent who can explain the benefits your property provides and the value this brings to the purchaser. Call Lyndsay Kerr at Mike Pero Real Estate on 027 554 4240 or 09 412 9602 to help you buy the block that is right for you.

LIVESTOCK REPORT

A beautiful spring day at Pukekohe on Saturday saw cattle prices strong once again, with some very nice quality cattle on offer and keen buyers queuing to purchase them. Lesser killable cattle are coming forward and the price for these has reached a peak, but those available are selling very well. Medium sorts of steers made \$1,700 and bulls \$1,890. Buyers are becoming very discerning when it comes to younger cattle and are prepared to pay a premium for lines of quality cattle.

Medium prime steers	\$1,320 to \$1,700
Lighter steers	\$1,190 to \$1,270
Medium 15 month steers	\$1,000 to \$1,140
Light 15 month steers	\$930 to \$985
Medium yearling x bred steers	\$780 to \$850
Very small x bred yearling steers	\$570 to \$735
Light 20 month heifers	\$970 to \$1,195
Medium x bred yearling heifers	\$680 to \$820
Very small x bred yearling heifers	\$475 to \$520
Medium weaner heifers	\$480 to \$512



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Bulls	\$1,890
Very light cows	\$630
Fat lambs	\$107.50 to \$136
Store lambs	\$89 to \$104
Feeder lambs	\$10 to \$25
Spring lambs	\$23 to \$53
Ewes	\$60 to \$112
Ewes with lambs	\$52 to \$60
W/H bulls	\$110 to \$322
W/H heifers	\$100 to \$220
Other bulls	\$50 to \$110
Fresian heifers	\$50
Weaners	\$100 to \$120

DEALING WITH MOISTURE IN HOMES

We will all have heard of "leaky buildings" and that some homes may be at risk but what does this actually mean, and what can you do to manage moisture in homes? Firstly, some facts on sources of moisture (as per Consumer NZ). Litres Per Day. Cooking (non extracted) 3.0. Clothes washing 0.5. Showers/baths 1.5 per person. Dishwashing 1.0. Clothes drying (unvented) 5.0 per load. Portable gas heater 1.0 per hour. Breathing (per hour-average) 0.2 per person. Perspiration Breathing (sleep) 0.03 per person. Pot plants what goes in comes out. *The average person can contribute up to 20 litres per day. These can have a major impact on the potential water, mould, and mildew content of a home but with a little thought and planning, this can be minimised to ensure your home remains dry, and as humid free as possible. Windows are commonly the first notification of potential excessive moisture because the internal moisture level is rising or the external temperature is dropping reducing the temperature of the internal glass. Always ventilate to exchange the internal/external air, and though it's tempting in winter to close off unused rooms, let the air flow through the house by not closing off rooms. Bathrooms create excessive moisture, and are subject to mould so if you have an extractor fan then use it, if it is damaged then have it fixed as soon as possible. The cost for installation of a good quality extractor fan is minimal

when compared to possible repairs of not doing so. A shower cap could be installed to contain the moisture, but the most effective method is to always open the bathroom windows when in use then continue the ventilation when finished by having a small flow of air via a locked but open window system. These precautions include: installing a mechanical ventilation system, having good insulation in walls/ floors/ceilings, installing double glazing, replacing and recycling of inside air with external air, and installing a dehumidifier. If you are considering selling your home, or simply want a no obligation appraisal, or a casual meet to discuss your property please call Les Whale on 021 411 345.

STAGE MANAGED BUT NOT STAGED

We are all familiar with the concept of staging a home in preparation for going to market. This almost always applies to houses that were rentals or not a vendor's prime place of residence and are devoid of furniture, art work and soft furnishings that can add colour, warmth and the wow factor to a home. Staging companies are reluctant to leave their furniture and soft furnishings in a house where people are living so for anyone feeling their own furniture is a little worn or dated there have been few affordable options for owner's to dress their home for sale short of investing in cushions, throws, blankets and art. Given they are about to move to a new property most are understandably reluctant to buy items for their present home when their new home is yet to be purchased or may have a very different design and décor. The great news is that there is now a new kind of staging company offering clever solutions to uplift tired décor and furnishings at a reasonable cost AND you get to keep living as normal in your home! Stage It Yourself offers accessory packages for hire which are tailor made to uplift and perfect the look of your home. Not only do they supply the accessories they will also make recommendations on how to get your home picture perfect for photos and open homes – all as part of a \$50 plus GST consultation fee. After your consultation you can take owner Frances O'Duffy's tips and suggestions and 'Stage It Your-



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self' or you can allow her to dress your home for you choosing one of her well-priced accessory packages. Frances offers a full range of colour palettes including linen, pillows and covers for all size beds. For further information on preparing your home for sale, the real estate market in general or for an appraisal please contact Susan Annett on 021 345 788.

PHELAN'S LOCAL BOARD UPDATE

I was reading the news coverage of the Auckland council elections this week and was struck that every ward being covered had the same issues, whether Orakei, Franklin, Whau or Mt Albert everyone had transport problems up the top of the list, following by lack of facilities and concerns that investment in transport and facilities wasn't keeping up with demand – everyone felt they were getting a raw deal and growth was the biggest issue they faced. And so it is for Rodney. Over the next 20 -30 years there are planned to be 100,000 new houses built from around 2022, so about 4000 a year, or around 10,000 new residents coming to Rodney each year from 2022. The work to address the growth challenge starts later this year when the Local Board starts work on its new 'Local Board Plan'. This is the three year plan laying out investment and spending within Rodney. The Board will seek public feedback on what facilities and levels of service the community wants, and then a draft plan will be back early next year for further consultation and final sign off mid-year. Following this the 'Long Term Plan' budget process will start and the Board will lobby Council will determine which of the projects identified in the plan will be budgeted for – some may or may not make it through this funding round. In 2013 when the Board did its last plan there was a high level of participation and feedback, this support enabled the

Board to obtain funding of things like \$10 million for road sealing or the \$2 million for extra footpaths. This year, your feedback will be critical in setting the basis for planning and funding infrastructure and facilities we will require over the next ten years. Keep an eye out for the Local Board Plan consultation events later this year and next year and either go along or pop online and provide your views. Ultimately it's the community that will help determine what gets funded and what doesn't – having your say will be the first step in dealing with the challenge residential growth will bring to Rodney.

HAPPY HEARTS

At Happy Hearts – Riverhead Early Learning Centre we have recently completed our Olympic Games focus. Many of our children have never experienced the Olympics before so this was all very new and exciting. We held our own Olympics events starting with an opening ceremony where we painted and learnt about different countries' flags, and creating events where the children participated in high jump over towers of blocks, discus using paper plates, shot put with balls of newspaper, rhythmic gymnastics with ribbons and music. We learnt how to show good sportsmanship, we had a tally of medals on the wall and we figured out that you have to do lots of practice to compete in the Olympic Games. The activities we did were a great catalyst for conversations at home, and lead to many children enjoying watching the games with their family, and cutting pictures from the newspaper to share with their class. As well as having great fun during our topic, there were many opportunities to discover more about the world around us, and gain an understanding of the people in it. www.happyheartselc.co.nz 09 412 7745.

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helloworld Hobsonville will be opening on 26 September 2016. We are a fabulous bright new brand, and have access to exclusive deals and exciting specials. We would love to meet you in our new store and help to make your travel dreams a reality.

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BUILD

NEW

AUCKLAND'S MOST AWARDED BUILDERS

During the 2016 Master Builders House of the Year Awards, Jalcon took out nine awards from eight entries, making Jalcon again the most awarded Auckland Builder. Among these awards, Jalcon's Cape Cod boathouse-style home, part of Jalcon's Pine Harbour development, took out not only a Gold Award but also the Local Category Award in the competitive \$650,000 - \$1 million category. "Winning this category is fantastic because it's the most difficult to win and gets the most entries in the competition," says Jalcon's Chief Executive Bruce McKinnon. "Winning a gold means the quality of build is as good as it could be," he says. "But to have the best built product in the category is so exciting." The expansive kitchen, dining and living area feature lofty ceilings which extend through to a covered deck. The main driveway entry flows into the top floor living spaces, and all of the bedrooms are downstairs, providing an every-day holiday feel. Judges in the competition look for a quality finish, McKinnon says, along with the functionality of the design, and the way the property works with the landscape. Jalcon Homes is the lead partner in the Pine Harbour housing development and the winning house is one at the entrance to the marina on Jack Lachlan Drive. It provides an anchor for the

rest of the current marina housing projects, as well as being part of the row of homes known as 'The Brae.' Designed by Stevens Lawson Architects, this group of homes was aimed at providing a stand-alone 'lock-up-and-leave' style home for people who spend long periods out on their boats or travelling overseas. "The brief was for something iconic," McKinnon says. "They came up with the boatshed idea which was attuned to the area, featuring weatherboard and long-run iron." The houses have been cleverly future-proofed for a lift, which some owners have taken advantage of. "We targeted them to the down-sizing market providing plenty of luxury space," McKinnon says. These homes have been designed to fit perfectly in with their surroundings and the theme of the marina, even including a boatie's weather station in the kitchen. Visit www.jalcon.co.nz or phone 0800 52 52 66.

SIGNATURE HOMES

Things are moving fast at Signature Homes Kumeu. We have some amazing opportunities at the moment. Our five architecturally designed terrace houses in the Huapai Triangle are now

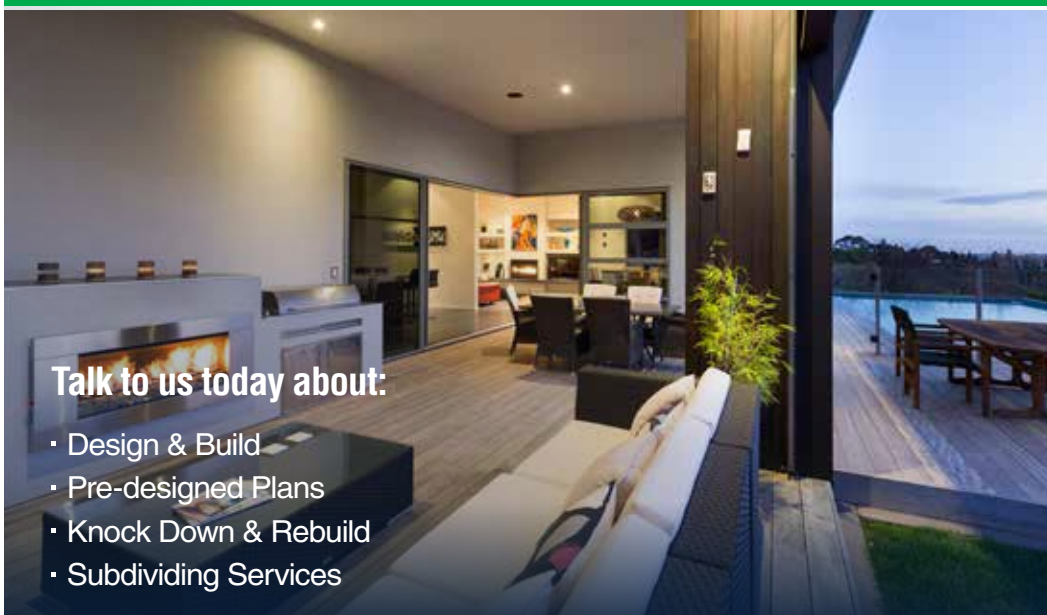


available. These spacious 4 bedroom homes are all north facing with a private courtyard. Come in and see us to view the floorplans. Coming soon - I have a truly spectacular site coming available soon on Te Atatu Peninsula. This is a waterfront site with views towards the Harbour Bridge. This site will be offered as an architecturally designed house and land package. If this sort of lifestyle sounds like you, get in touch with me as soon as possible. Kauri Grove. Also on offer is a house and land package available at the new prestigious Kauri Grove Estate. This is

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RENDERING TO REALITY

One of the first hurdles you face when you start planning your dream home is visualising the spaces. Traditionally you would collect together some images of things you liked and your Architect or Designer would produce some hand sketches and 2D plans to look at and try to visualise. This process would then be repeated a number of times as you refine your ideas and the plans. While this first step is critical in getting everything you want in your dream home, it can be time consuming and relies on you being able to visualise one dimensional plans as three dimensional reality. Seeing design in 3D is a whole lot easier and quicker. 3D rendering is rapidly changing both how you see your new designs and how you interact with them. Today, 3D rendering is used for analysis and approval in the building process. "3D rendering has completely changed the new home design process. Those who are not good with visualising plans find it so helpful seeing in detail how their house will look and function." Paul Reid Maddren Homes. 3D rendering makes it simpler and quicker for architects and designers to try different design variations. Revisions and changes can be made quickly and efficiently. Changes are made in a flexible environment which means they don't involve having to start from scratch. Walk throughs, fly overs and video modelling can even show the effects the sun will have to the design of the home. "The advantages of video computer modelling are that the client gets to experience the full house and all the design features and structure that you miss between the usual still images. It also allows for solar modelling that portrays the design characteristics

that have been included to further enhance the overall liveability and efficiency of the home." Richard Furze Furze Architecture + Design. 3D rendering doesn't just shorten the design cycle though. A final design can now be viewed via the internet or captured on a USB for wider distribution to key stakeholders. Teams can work together to identify different solutions and find out what works best and the most efficient ways to build. Any feedback or changes can then be made to the original CAD file easily. Building companies have been using 3D renders to capture static renders of new homes for some time, but this new generation of 3D visualisation creates a whole new level of value. From design improvements to greater efficiency in the building process. If you would like to see how your dream home could be rendered into reality contact Paul at Maddren Homes on 09 412 1000.

G.J. GARDNER HOMES

Come on in and talk to us about building your dream home on a rural site. You may notice many new G.J. Gardner homes popping up in new subdivisions in and around Huapai and Riverhead, but we also have extensive experience in building large family homes on rural sites. Take a drive around rural Rodney and you will pass many well established country homes proudly built by G.J.'s. What's more, with the new Auckland Unitary Plan coming into force, which includes minor units as a permitted activity, its never been easier to build your (and perhaps your extended) family home. Feel free to pop in and see us at our temporary office at 3C Matua Road, or visit one of our friendly, experienced New Home consultants at our show homes located on Matua Road, Huapai or Pohutakawa Parade, Riverhead. Visit our website or give us a call on 09 412 5371 to find out what we can do for you.

Old Hands at Building Award Winning Homes

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PETS

TIPS & ADVICE

DOG AND COMPANY

Based in West Auckland, Steve and Marianne Antunovich, and daughter Kirsty run Dog&Co, selling top quality and brilliantly unique handcrafted dog collars imported from the USA. You can make your beloved dog stand out from the crowd with one of these collars. There are styles for dogs of all sizes and personalities, from masculine sheriff stars and studs, to pretty hearts with Swarovski crystals. Kirsty is a pet photographer who worked at Sharrows kennels while completing her media degree at Massey University in Albany, and now uses her empathy with dogs and her awareness that each is unique to capture what you love most in your pet. She'll work together with you to come up with a session that will achieve this, while keeping them happy and comfortable. Meet them at Coatesville and Hobsonville Point Farmers Markets, where Kirsty sets up a dog photo booth and the collars are displayed for sale, or she can arrange a private photography session if that suits you and your pet better. Dog&Co. officially launched at the Auckland Pet Expo at the ASB Showgrounds on the 24th and 25th September. Follow at www.dogandco.nz or on Facebook @dogandconz.



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issues you are facing, not a Band-Aid. If you are busy and do not have enough time for your dog, TheK9Way's professional dog walking & sitting services will fulfill your dog's mental and physical needs. Book a free phone consultation or free Meet & Greet online at www.thek9way.co.nz or call us now on 021 239 0635. We speak dog, let us teach you to do the same.

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These are pretty much the standard MO for the dogs that come and hang out at Waimauku Dog Daycare. We are now exclusively a dog daycare, sharing our 16 acre rural playground with dogs every day. Something for everyone - huge paddocks to zoom around in, a watering hole to swim in, a swamp to stomp in, a forest to snuffle in and a cosy, fully insulated, double glazed den to laze about after all that fun! Your pal will go home happy and tired. It's all about your dog here, small numbers means no overcrowding or overwhelming and are fully supervised at all times. We back this up being certified in canine behaviour and care, canine body language and pet first aid for extra peace of mind. Super value for money with at least 7 hours of good old fashioned fun. Get in touch for a free evaluation today - all the details are on our website: www.runplaystay.co.nz - check out the Facebook page and Instagram as well, or give us a call 021 266 6370.

HAS MY PET GOT TOOTHACHE?

If you see your dog or cat pawing at its mouth, struggling to chew on one side, drooling or has a smelly breath or mucky teeth, its highly likely that he or she is in considerable pain and needs a trip to the vet to be checked out. Considering how many clients tell me their pet seems a lot happier after they have been to see us and had their bad teeth sorted out it's certainly true that our pets get toothache. It's often hard to tell how your pet is feeling, if only they could talk. At Dr Bobs Veterinary Clinics we have ultrasonic descalers to remove tartar deposits building up on teeth. If left untreated, tartar build up can lead to eroded and inflamed gums and tooth root abscesses so early detection and treatment is vital, to keep teeth nice and clean and healthy and white. After we have given them an ultrasonic clean we polish teeth for a longer lasting protection. If we discover advanced dental disease is present, we sometimes have to remove dead and dying teeth. We also have a new digital dental x-ray unit, allowing us even more advanced examination of teeth where something is bothering your pet but a visual examination doesn't reveal anything obvious. We sometimes discover fractured teeth for example, particularly big dogs chasing sticks and stones, or a tooth that looks healthy on top, but the xray shows a tooth root abscess or dental decay hidden underneath. Even better than having your pets bad teeth treated is

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preventing this occurring in the first place. Encourage your new puppy or kitten to crunch on dry food as a lifelong diet of tinned food and pouches only predisposes your pet to bad teeth. We have Hills t/d, a pet food designed by a computer to clean your pet's teeth as they eat. This is on a discount offer at our brand new branch, Dr Bobs in Huapai/Kumeu. Introduce all new food gradually, mix a little in with usual food to start with. The good news is if your pet refuses to eat t/d there is a money back guarantee. There are other products that can help with dental care. Chicken flavoured tooth paste sound horrible but some dogs and cats actually like having their teeth brushed and it is very effective at preventing dental disease. We also stock Aquadent which is added to drinking water and can be an aid to reduce dental disease. If you have any concerns about the health of your pet's teeth, ring Dr Bobs, the nurse's advice is free over the phone and they can book you in for a full dental health check by one of our vets if this is needed. Dr Ross Milner, B.V.Sc, MRCVS. Dr Bobs Veterinary - Kumeu and Huapai Clinic phone 09 412 7577 and Waimauku Clinic is 09 411 7575.

NEW RABBIT BAIT TRAPS – KNOW YOUR POISONS

As many of us will know wild rabbits have been declared a pest under the Regional Pest Management Strategy in the Auckland Region. Councils are actively targeting rabbit numbers in urban parks and reserves in rural urban areas. The active poison being used is an anticoagulant called Pindone with chronic toxicity LD50 of 2.5 mg/kg for dogs, 3 mg/kg for cats, 50 mg/kg for adult humans. It is a second-generation anticoagulant and they have



made a few alterations to the mix, which are designed to improve safety features. The addition of Bitrex which makes the poison bitter is supposed to make the pellet poison inedible and consequently be spat out by a cat or child. Remember that most dogs don't taste their food they gulp it so this may not be an effective solution for dogs. A blue dye has also been added which is not a deterrent; but if your child or pet has eaten the poison there will be staining around the lips, which could assist in the diagnosis. In any anticoagulant poisoning symptoms may include: hypovolemic shock – because the victim is bleeding internally the amount of blood in the circulatory system is reduced resulting in chronic organ failure and death. Less severely affected animals may show signs of: lethargy, pale mucus membranes – gums, deep breathing, excessive drooling, Lack of appetite, vomiting sometimes with blood in it, bloody faeces, bleeding from the nostrils or abdominal pain. With any poison, keeping your children and pets away is the ideal solution. Any baiting should be done in strict accordance with contractual obligations and the national best practice guidelines which states: Signage is placed at the entrances to all reserves where bait has been laid and provides relevant information as to what has been applied, control dates, antidotes and contact numbers. Never allow your pets to eat any dead animals they find as they may then get secondary poisoning. If you have any concerns or suspect your animals have eaten or been in contact with Pindone get them to your nearest vet. www.youtube.com/watch?v=CFz16NGfEDg. *An LD50 is a standard measurement of acute toxicity that is stated in milligrams (mg) of pesticide per kilogram (kg) of body weight. An LD50 represents the individual dose required to kill 50 percent of a population of test animals (e.g., rats, fish, mice, cockroaches).

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FOOD & BEVERAGE

PINEAPPLE AND MANGO MERINGUE PIE

Sweet tart pastry:

2 cups flour

Pinch salt

¾ cup icing sugar

150 gms butter

1 egg

Place flour, salt, icing sugar into food processor. Pulse till combined then add butter and process then add egg and pulse until it forms a ball. Wrap in glad wrap and refrigerate for 30 mins. Roll out pastry in between 2 sheets of glad wrap and line a loose bottom greased pie dish and prick with fork. Place in freezer for 10 mins. Bake in oven at 190° c for approx. 15 min until golden – remove from oven.

Filling:

1 tin crushed pineapple

2 peeled & chopped mangos or 1 tin mango (strained)

¾ cup water

2 Tbsp custard powder

In saucepan place crushed pineapple and juice and chopped mangos and water, Bring to the boil. Mix together custard powder with a little water to form a paste. Stir this into the pineapple /mango mixture to thicken. Pour into pre-cooked base.

Meringue:

4 egg whites

5 Tbsp Caster sugar

½ tsp vanilla essence



Whip egg whites till very stiff then really slowly add caster sugar till well combined and glossy then beat in vanilla. Pile on top of pie filling covering all edges and fluff up to form peaks on top. Bake for 10 mins at 190°C.

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

PEKO PEKO JAPANESE TAKEAWAY

Daylight saving has started and finally we can see summer on the way. We start our summer time trading hours for those working till late. Our trading hours are Lunch Tuesday to Thursday 11:30am to 1:30pm, Dinner Tuesday to Sunday 4:30pm

to 8:30pm, located at 92 Hobsonville Rd, Passion Produce vegetable shop car park. Let's enjoy more sunshine together. Phone order and pick up recommended. 022 431 3462.



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It's a perfectly sized combo of our luscious meatballs, crunchy potatoes and fresh beans. Perfect for your little one and for only \$12 a plate. Available from 5pm - 6.30pm on Wednesdays, Thursdays and Fridays at The Tasting Shed. Book now! Phone 09 412 6454 www.thetastingshed.com.



SMOOTHIES – GOOD OR BAD??

One of the most common questions I get asked by women is "are smoothies bad or should I be having them more often?"

No, smoothies are not bad for you. Especially if you are not a huge fan of veggies/fruit, then this is the perfect way for you to get nutrients and more fun than eating whole foods you don't necessarily like. There are two answers to this question though. Yes, they can be bad & hinder your results IF you put too much into your smoothies or rely on smoothies only. What do I mean here? My advice is when making your smoothie, lay out the food in front of you and ask yourself this simple question "if I was to eat it in whole food (unblended) form, would I be able to eat it all?" If you cannot eat it in whole food form, then best to

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SAVE

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dial back on how much 'food' you are putting into your smoothie. It's not about filling the glass to the top, it's about getting the nutrients you need without over filling your energy tank aka tummy. The second part to that answer, if you are simply drinking smoothies for multiple meals a day you are also depriving your body of other nutrients it requires to maintain & achieve the results you want. One smoothie yes, but remember to fill your body with whole foods too. Tip: Add some good fats into your smoothies eg coconut milk, almond milk, blended nuts (almonds/brazil etc), this will help you to feel fuller for longer & give you that much need energy for your busy day too. Feel free to check out more tips & advice at www.benefityou.co.nz or if you have a specific question about health & fitness, then contact melissa@benefityou.co.nz.

BANGERS & BEER 2016

The great Hallertau beer banger challenge returns for its fourth year. Half a dozen of Auckland's finest butchers are given different Hallertau ales to make a sausage with. Served on a platter from Oct 10th at the brewery when the public can vote for their favourite. Reigning and past champions return including Grey Lynn Butchers, Westmere Butchery & L'authentique.



KOFTE KOFTE

The first original KOFTE KOFTE eatery was established in New

Zealand 2015. This eatery is very handy indeed in the heart of Hobsonville. I spent time with Ramazan, a genuinely lovely man that many refer to as a Ray of sunshine. Ray and his Kiwi wife Kerry have a background in cafes and restaurants over last 23 years, and they wanted to provide a healthy food option in a takeaway, with cafe quality, in convenient options, generous portions, to take home and enjoy in the comfort of your home. KOFTE KOFTE menu offers balance and a diverse range of healthy food options; grass fed New Zealand beef - lamb, free-range chicken, fish and vegetarian falafels are very nutritious and have all the ingredients for a healthy diet. A selection of drinks complement the food with a mix of fair trade product sourced locally and shakes. Our philosophy is handmade, natural healthy food. Our aim is simple - to offer our customers the freshest food using the finest quality ingredients at an affordable price. Our meat is sustainably sourced and cooked to order. Our vegetables are carefully selected and freshly hand cut daily on our premises. Our meats and salads are made entirely from natural ingredients and are great source of protein, fibre, iron, vitamins. Ray invites you to learn more about healthy balanced -diverse food options on their web site www.koftekofte.nz. Open 11.30am - 9pm daily, phone 09 948 0500, Email eat@koftekofte.nz.

\$75 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarabrightwell022@gmail.com.

The Riverhead's winter deals

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A fun way to meet other locals | The Portage Bar

Tuesday Night **The Riv's Ribs** All you can eat \$32pp from 5pm

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! Bookings Essential. from 7.30pm in
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Thursday Night **Two for One Pizza's** Dine in only from 5pm in
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Friday Night **Cocktail Night** Why go all the way to town? from 5pm

Saturday Night **Rugby on the BIG screen** from kick off time in
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Sunday Afternoon **Sunday Live** Live music from 1-4pm. Free entry most Sundays. Bring the family gates open at 12 -5pm
in The Boat House

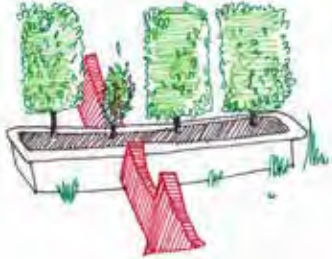
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HEALTH AND BEAUTY

DO YOU HAVE STUNTED TREES?

Have you ever noticed a line of trees or scrubs and then one is just not doing as well as the others? Have you bought trees or plants at the same time, given them the same fertilizer planted them at the same time but one just didn't grow as well as the others? Or maybe none grew as well as they were supposed to. Did you know that Geopathic Stress (GS) affects plants the same as it affects animals and we humans? If you notice that the plants or trees around you are not growing the same as the others or have distorted branches or limbs, there is a high chance that Geopathic Stress is also present. For example Mint and Parsley...Mint likes the frequency of GS and parsley doesn't. Check out my book (What if it was that easy) or website for more info www.clearenergyhomes.com. Nicky 021 545 299.



WHICH OF THE FIVE BENEFITS OF CHIROPRACTIC CARE WILL YOU CHOOSE?

People often ask us here at Kumeu Chiropractic, "How long do I need to come?" The short answer is how long you choose to benefit from Chiropractic care is always up to you. There are five ways to benefit. 1. Relief Care. Most people begin here. Pain or symptoms will prompt them to begin chiropractic care. If you stop care as soon as you feel better, you'll invite a relapse. Muscles and soft tissues do most of their healing after symptoms disappear. 2. Corrective Care. With the most obvious symptoms reduced, many of our patients opt to continue their care. This helps stabilise and strengthen their spine. Doing so helps promote lasting chang-



es and helps avoid a relapse. 3. Maintenance Care. Like brushing or flossing your teeth, regular chiropractic care helps maintain your progress and avoid a relapse. Visit frequency is based on your age, condition and the stresses in your life. 4. Preventative Care. Periodic chiropractic checkups can help catch new problems early, as well as prevent new problems from occurring. This can minimise inconvenient flare-ups. Those who value their health often take this proactive approach. 5. Wellness Care. We experience life through our nervous system. That's why optimising our nervous system at the spinal level is key to becoming all that we can be, and living life to the fullest. How far will you choose to take your chiropractic care? Call us at Kumeu Chiropractic to discuss your options. Phone 09 412 5536.


WHY WE WAX LYRICS AT SHOE TALK ABOUT THE PROPÉT BRAND

This brand is designed to be functional and comfortable and support the foot as you go about your daily life. Some of the styles are down-right funky and there are styles to suit all ages. There are specialist styles available to suit people with diabetes. Lots of styles have soft uppers which are lovely and comfortable for people with hammer toes, bunions, corns and other feet issues such as these. Propét is well known for its Travel Walker collection, I call these shoes my slippers and they come in a range of colours and are very versatile and funky! Propét has developed the patent-pending Rejuve footwear collection to bring revolutionary technology to foot care. Rejuve Motion Technology works by enhancing natural gait and helps to alleviate foot and lower body pain often associated with over-pronation and the improper functioning of the foot. Shoe Talk phone 09 835 9936.



LIFE COACH/HYPNOTHERAPIST

Sometimes our belief system can have a good go at telling us why we shouldn't try something just in case we fail. If there is someone out there in the world doing what you are wanting to do or something similar, then there is a good chance it can be done. Imagine in your mind you achieving what you really want to do. Let your imagination take you through all your senses. Imagine that goal achieved, how would you feel? Who would be in that vision helping you along? Who are your support crew? Where might you have needed to get extra resources from? Once you have imagined achieving your goal, your brain already has had a pre-run on the goal. Write the goal down in a positive sentence. What obstacles might you



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need to overcome? Where can you get support? What is your time frame? What is your motivation? Does this goal sit in line with your values? Take yourself seriously, write down your plan, your time-frame. Revisit your goal every day. Pat yourself on the back for all successes big or small. For any obstacles, see them as learnings and something that is making you stronger, never give up. It is all there waiting for you. Kim McNamara Life Coach/Hypnotherapist www.lifesuccesscoach.co.nz phone 027 978 5970. My client base is around West Harbour, Whenuapai, and Hobsonville areas.

SKIN PIGMENTATION TREATMENT AT SPA DI VINE

The scientific approach to even skin tone. Three years ago Theravine Skincare embarked on a plan to develop the company's most powerful Skin Brightening product. Not only was this formula meant to be effective, but also safe for normal use. Though the idea was simple enough, the research and development to create such a product was surprisingly extensive. Every possible factor was considered in creating this revolutionary formula. Upon completion, the product was officially named Melanovine and this new formula incorporated the industry's latest research and most cutting edge technologies. The Brightening Facial (60min) is now available at Spa Di Vine for \$139 for a limited time (RRP\$165) and you will receive a face relaxant ampoule free! Phone for your appointment now. Phone Spa Di Vine, Paula or Mary, to book, on 09 411 5290 or email us relax@spadivine.co.nz or www.spadivine.co.nz.



DO YOU SUFFER FROM HEADACHES OR MIGRAINES?

Headaches and Migraines are one of the most common complaints we see in clinic. Symptoms are extremely variable between people and can include, dull and aching pains, tightness/pressure around your head and tight neck and shoulder muscles. Nausea, aura, visual changes and noise sensitivity are also commonly experienced. There are many types and causes of headaches including; eye strain, hormonal, stress, whiplash, jaw problems/grinding teeth, sinus, dehydration, cervicogenic (arising from tightness in the upper neck/back). And least commonly, serious illness. Some tips to help: Keep a good posture and work station setup. Keep hydrated. Stretch your neck and upper back muscles regularly so they do not become tight and stiff. Book in to see an Osteopath. At the Body Clinic, we can help to reduce the frequency and intensity of your headaches

by addressing any areas of muscle tension or joint stiffness and posture imbalances. We can also refer you to other health professionals if further investigations are necessary. If you need more advice or information please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

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DON'T IGNORE HIGH BLOOD PRESSURE

High blood pressure (or hypertension) is a medical condition that affects many New Zealanders. Interestingly, most people who have high blood pressure have little or no symptoms. Those who do, may suffer from a headache or dizziness. I have often diagnosed this condition during routine blood pressure checks, when a patient has visited the clinic for another reason. It is important to understand that it is normal for the blood pressure to rise in healthy patients during periods of stress. If the blood pressure is persistently high, however, it needs to be monitored and treatment is usually offered. Unless the first reading is excessively high, most doctors will formally diagnose this condition after more than one high reading, each having been measured on a separate occasion. Some people become stressed when they come to the doctor. This may cause an elevation in the blood pressure in an otherwise healthy individual. If this situation is suspected, the patient may be offered 24 hour blood pressure monitoring, where they are given a machine that checks their blood pressure at regular intervals during the day. This gives a more accurate result. But why do we worry about hypertension? The main reason is the link it has to cardiovascular disease. This basically means that having high blood pressure can increase your risk of suffering from a heart attack or a stroke. If you have other risk factors for cardiovascular disease, such as a family history; are a smoker; or have high cholesterol or diabetes, then these all contribute to increase your risk. In

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addition to the heart and brain, high blood pressure can also affect other organs such as your eyes and kidneys. This is why it is important to treat. Is there anything that can be done to reduce the risk of high blood pressure? Certainly exercise can help. Excess salt in the diet can also contribute to this condition. I have had some patients who have managed to reduce their blood pressure by implementing these lifestyle changes alone. Medication is usually offered to those with persistently high blood pressure. There are many different types of blood pressure medications which work in different ways. It is not uncommon for patients to be on more than one medication. As you get older, your blood pressure may increase, which is why it is imperative that you see your doctor regularly in order to keep an eye on things. Once the blood pressure has been stabilised, then three to six-monthly checks with your doctor are important. This is because your doctor needs to monitor for side effects of medications, check blood tests and make sure your blood pressure is within the normal range. High blood pressure is a common condition. Controlled hypertension alone rarely affects a patient's quality of life. The prompt diagnosis and effective management of high blood pressure is important because it enables the patient to maintain a healthy body and prevent problems in later years. If you are due a blood pressure check, or you have any questions, don't hesitate to make an appointment with your GP. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre – phone 09 833 3134 or visit www.wgmc.co.nz.

THE DANGERS OF SPRING GARDENING

The Olympics are over and it's time to peel ourselves up off the sofa. Spring has sprung and amateur horticulturists across the land are itching to get back into their flower beds and rockeries after a long winter of inactivity. Pruning, mowing and weeding can be as dangerous as competitive sports. After the relative hibernation of the winter months, forgetting that our bodies, like the gardens, need to be coaxed in gently and limbered up over a period of time, many gardeners overdo things and end

up needing treatment for a host of injuries including gardener's back, weeder's wrist and pruner's neck. The most common garden-related injuries are lower back pain, sprains and strains to ligaments and joints. Throwing yourself into the hobby, without a warm up, is as dangerous as an All Black returning to competition without training. Many people do not realise how far they have strained themselves until later, when the aches and pains set in and it is too late to do anything about them. So remember; before getting started, warm-up! Body-Balance Massage & Neuromuscular Therapy, taking care of the issues in your tissues. Call Debbie 021 120 2175.

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GARDENING AND YOUR HEALTH

Gardening can be great for your health. It has been shown to help reduce stress, reduce the signs of depression and reduce the risk of dementia. It is a great form of low-impact or non-exercise movement and if you are growing fruit and veges, it can help improve your diet. There are also risks involved with lifting things, bending poorly and being in poor positions for prolonged time. If you do hurt yourself or have a few niggles, chiropractic care is a great way to get you back in good shape and back out into the garden. For more information and to read the full blog post on this, visit our website and blog, www.elevatechiropractic.co.nz. If you are wanting a checkup, call the clinic on 09 413 5312 to arrange a time. Elevate Chiropractic - Shop 1, 10 Greenhithe Road, Greenhithe.

ARE YOUR FEET GETTING FURTHER AWAY FROM YOU?

With age, comes thicker and more brittle toenails making them harder to cut. We also lose flexibility, strength, dexterity and eye-sight making it difficult to take care of our feet. Higher rates of foot issues occur in those who are older, obese, women and people with osteoporosis, diabetes, hip, knee and back pain. CJ Podiatry offers a convenient and friendly mobile foot care service in West Auckland by registered Podiatrist Carmen Whittaker. In order to stay independent and mobile call Carmen on 021 607 492 to arrange a personal 'one on one' consultation, or book online at www.cjpodiatry.co.nz.



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NEW BABIES' GIFT RANGE

We have been asked so often for gifts for littlies that we now have a special area devoted to gifts that will capture your heart. Beautiful quality and so appealing! Hobsonville Optometrists - Glasses and Gifts 413A Hobsonville Road diagonally opposite Memorial Park. Open Monday - Friday 9am - 5.30pm.



GOOD-BYE WINTER, HELLO SPRING!

It's lovely to see the sun again and exciting to finally bring out those sandals that we've been hanging out to wear. Make sure to show your feet some love before bringing them out and scaring us all. Even if it's just a nice fresh pop of colour on your toes, they will look a lot nicer and you will feel a lot prettier. Perhaps they need a total makeover, a skin peel and exfoliation can do wonders for that dry, dehydrated skin, and if your heels are rougher than sandpaper you may want to think about a nice relaxing foot soak and heel file too. Whatever you want, our pedicures can be tailored to suit you. We know that some of you love to have your feet pampered while others hate their feet being touched, so we cater to you all. For more info or prices Contact Larissa Ph 027 407 2264 or you can message me via [Facebook.com/thepolishroom](https://www.facebook.com/thepolishroom).



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your business. A good website offers a route to market for your information and products directly and quickly. So, with that in mind, your website needs to be built for the user, but, with your clearly defined business goal in mind. Whether you want them to buy there and then, sign up for a newsletter, contact you, your website needs a defined purpose and the appropriate build to fulfil that purpose. What is your most important "Call-To-Action"? or what is the button you want them to press, the action you want them to take? All website paths and calls-to-actions should lead to delivering that goal. Here at Utopia we have put together a free guide to help you achieve success with your website. Go to www.utopia.co.nz/freeguide to get your own copy of the guide. We are based in Kumeu and provide website design, consultancy and app development to a range

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AWARD WINNING TRAVEL BROKER - TANYA

The Travel Brokers had their annual conference on the Hunter Valley in August and I was awarded in the "Top 5" of Individual Brokers for the 2015/16 year, which is a huge achievement amongst 80 Brokers nationwide. I



would like to thank all of my clients for your business in helping me to achieve this, and of course my family who support me so much at home. In July we travelled through Thailand & Singapore. A week at Club Med at Kata Beach on Phuket – with 13 family members celebrating the admirable milestone of my parent's 50th wedding anniversary. Club Med is all inclusive – meals, activities, Kids club covering 4 different age groups, Circus school/Trapeze, all entertainment, night shows, unlimited drinks – Yip ALL drinks – not just beer & wine – there is a long list of cocktails included with the Bar open at 10am, shutting at 2am. The closest Club Meds to us are in Asia: Phuket, Bali, Bintan (40 mins ferry from Singapore), Cherating (1 hr flight from Kuala Lumpur), and a few in China & Japan, with many more all over the world. Ask me about the 40% discount deals – they are SUCH good value – limited dates and availability of course. We headed north after our week at Club Med, over the causeway onto Thailand's mainland, around 2 hours' drive north of Kata beach on Phuket to the glorious Pullman Khao Lak. We were lucky enough to be upgraded to a beachfront villa with a private pool, gorgeous, just what we needed to wind down for a few days after all the excitement of the week with family at Club Med. Then onto a real adventure at www.elephanthills.com. This National Geo Award winning eco resort is truly amazing. We had one night at the original Elephant Hills Luxury Tented campsite, hands on feeding, and scrubbing the elephants, then we travelled out to the national park and onto the lake on long tail boats to the remote floating Rainforest camp, luxury tents on pontoons, no wifi/phone/tv... just solar power for your lights & gas for your hot water and NATURE. We saw gibbons swinging from tree to tree, snakes, spiders, bats, tonnes of insects, butterflies, fish and more. We saw wild elephant footprints at the lake edge where they had come to drink. We could hear the gibbons calling to each other during the day, as well as the calls of wild boar and wild deer at night. Kayaking & jungle trekking, it was simply a fantastic experience & highly recommended to all. Ask me for the best deals. Back to civilisation in Karon Beach Phuket at the 5 star Centara Grand Beach Resort which was just lovely. The boys loved the slides, lazy river, and jumping cliffs of up to

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6 metres high. A full day trip out to James Bond Island, caves, kayaking & a visit to a village on stilts on the ocean. We did plenty of shopping at the markets at Patong. Off to Singapore. 3 nights at the Hard Rock Hotel on Sentosa Island: Singapore's playground. Cable Car, Luge, Universal Studios, beach, evening laser shows, the original Merlion, Ropes course & Ziplining. 3 nights at the Rendezvous Hotel in the city: Jurong Bird Park, Singapore Flyer, Marina Bay Sands, Gardens by the Bay, Chinatown, Bum Boat ride on the river at Clarke Quay, and the Hop On & Off Double decker open top bus to get around above the city, and the super-efficient Underground. Ask me about the Singapore Airlines special Activity pass deal available when you are stopping over in Singapore – it is excellent value – you get all of the above & more for free when you purchase their special accommodation deals for your stopover in Singapore. You will also get a SGD\$40 Duty Free voucher per person to spend whilst in transit – with the 4 of us that was SGD\$160 - which is honestly quite hard to spend all in one go. Please ask to befriend me on Facebook, www.facebook.com/tanya.franklin.12 as I have posted lots of photos, descriptions & recommendations of my travels. EARLYBIRDS Airfares are out right now for travel to Europe, Asia & the USA for 2017. Be in quick. I look forward to hearing from you so that I can help you plan your next trip away. Contact: Tanya Franklin, your local Travel Broker, 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday. See: www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

BEING AUTHENTIC VS BEING A LIAR

I overheard my 8yr old son and his two friends talking last week. "Who's the funniest one here?" was the question asked. "Quinn is" they all agreed. Then "who is the second funniest?" After little discussion it was quickly agreed that Henry was the second funniest. It was then announced as absolute fact "Tai, you're not very funny." Poor Tai was now lumped with the label of 'not very funny'. So now Tai has a choice he doesn't know he's making. He can ignore the comments and carry on with life unaffected. Or he takes it on board and lets his new label move in. Unfortunately, he will probably take the hard path because at 8yrs we don't know any different. Our brains are being unconsciously programmed. We are forming our identity. It's all guess work at this stage but a person who now has the identity of 'not very funny' might be out to prove they are funny and becomes the joker in the group because to them it means social acceptance. Or perhaps they now steer well clear of any funny business and are afraid of telling jokes because joke telling is now potential social embarrassment. Either way they are doing themselves an injustice and being unauthentic. When we hold onto an identity that does not serve us we can't be present, we can't be real. My example is small but whether we are aware of it or not we

all have an 'identity' which we affirm in our conversations and actions daily. We often adapt our behaviour when we are with others. We play roles. We please our partners or our bosses because of a need to keep the peace or because we fear we will lose their love or respect or we need them to think highly of us. When we fear we will not appear cool or the funniest or the most intelligent we are now being inauthentic. We will dress a certain way when we know we are seeing certain people. We often don't say that one truthful thing because it will make us look weak, or vulnerable. It's like having a guard up, a front. It's actually a form of lying. When we do this, it's like pushing the real you, the true essence to the side. We are being the version of ourselves that's worried about getting it right or being liked. It's hard to make real connections when we are being like this. We can't have authentic relationships and when we are not being authentic it's hard for life to help us out. You get more of what you focus on. Where you put your energy expands - so when we are focusing on fitting in or pleasing others or being the funniest... what do you think we are getting back in return? We are telling the world with our energy that we are not enough the way we are... then life goes and gifts us a whole lot of scenarios in line with not being enough. If you want to know what you really believe about yourself, just look at your life. The bits you don't like are telling you all you need to know. People can't really hide. The state of everyone's life - the relationships, family or money stuff is a representation of our current thinking. Self-awareness is the key here. Can you take a closer look and catch yourself when you are being inauthentic? To be more present with your real self and being brave enough to be it is fun, and is how life is meant to be lived. Contact Anna for a session phone 021 555 658, email anna@thinkyourbest.co.nz or visit www.thinkyourbest.co.nz.

SMALL BUSINESS TIPS: MANAGING YOUR DEBTORS

Accounting software firm Xero released figures stating that in NZ only about 1 in 9 invoices issued by small businesses were being paid on time. In SMEs debtor management is a vital job

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that is often poorly carried out, resulting in perpetual debt problems. We recommend having a process for following up on unpaid invoices promptly, such as sending an email reminder 2 business days after the invoice is due, followed by a phone call if there is no response within one week. Be aware that you don't need to offer the traditional "20th of the month following invoice date" as your payment terms - changing to "payment within 7 days" can make a huge positive impact on your cash flow. If customers admit to having difficulty paying consider letting them pay in instalments, or accepting credit card payments which are useful for providing credit while leaving the risk with the bank. Business owners should actively monitor their age of debtors and quickly take appropriate action to reduce it whenever necessary. Chartered Accountants Mark Foster and the UHY Haines Norton team are located at 329A Main Road, Kumeu. If you have accounting, tax or business finance enquiries please phone them on 09 412 9853 or email kumeu@uhyhn.co.nz.

GIRLGUIDING NZ

At GirlGuiding NZ our vision is that girls and young women in every community are inspired and empowered to turn their dreams into reality. To do that we need fun, energetic volunteers to run high quality groups. You don't need any experience you just need to be someone who: Is good at building lasting relationships with children and families; enjoys planning and delivering fun activities to help girls thrive; wants to empower and motivate girls to be the best version of themselves; loves to get involved in the local community. There is a range of ways that you can get involved. You will be given free leadership training and all uniform is provided. We have groups running all across Auckland so we can find somewhere that suits you. Alternatively you could start your own with a group of friends and we will support you all the way. Email Erica on erica.filshie@girlguidingnz.org.nz or call on 0800 484 331.



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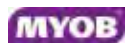
THE FUTURE OF WORKPLACES

Ever think about what cave men and women did for work? There must have been work, because people have always needed shelter, to eat, and to empty the dishwasher. But you can bet that whatever work they did, they didn't do it for money (it wasn't invented). The things today's researchers are finding out about why we work, are that what makes us go to work (and stay there) has 'the money' in second or even third place. The real reason we go to work is for the feeling that we are doing something worthwhile, the respect that comes with that, and



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the collegiality that goes with it. Don't get those things from your work? You aren't alone. According to a recent Gallup poll only 13% of people around the world feel engaged by the jobs they do. 33% of people plan to leave their current job within six months! But all the signs point to change coming. There have never been more non-traditional sources of work available to us in part because the internet and smart phones mean distance is no barrier to doing business. Smart employers are realising that to retain great employees they need to offer some of the benefits of the go-it-alone work style. Collaboration between workers, flexibility of work place and time, and valuing employee's ideas make for more productive and happy workers and workplaces. If this appeals to you, why don't you challenge your employer to see what flexibility they can offer? A case in point is law firm Henderson Reeves, with its mobile 'satellite' office now operating from Muriwai to Mt Albert and beyond. Having a mobile office shakes up the traditional lawyer model of staid legal offices and expensive overheads. Lawyers Taina Henderson and Shelley Funnell love the flexibility and going out to see clients at their work, home, or even in a café. Responsive and productive lawyers means great legal advice without the expensive overheads. We do all areas of the law, we're friendly and local - if you need us phone 09 281 3723. e're friendly and local - if you need us phone 09 281 3723.

NZ'S FUTURE OLYMPIC COMPETITORS

The future generation at Country Bears Early Childhood Centre held our very own, unique version, of the Rio Olympic Games at the same time as our kiwi athletes competed in Brazil. Initially, the teachers introduced our tamariki (children) to the Olympics through the symbols of the Games. Symbols such as the Olympic rings, torch lighting, the spirit of the competition, medals, events and games, ceremonies and the bringing together of

nations from around the globe. At the official opening ceremony of the Country Bears Olympics Games we came together as a centre and sang our National Anthem in both English and Te Reo Māori. The children then had great fun performing a



haka. An Olympic torch, made by our Bear Cubs, was paraded around the centre carpark, followed by the children from Junior Bears, Bear Cubs, and the Bigger Bears, and their teachers. Amongst the sea of international flags, it was a lovely sight to see the kiwi pride on all their little faces. Then the fun of the competition began. The track events were held on the nearby field and included sprints, sack races, potato and spoon races. The sandpit arena featured the field events which included long jump, high jump, shotput, and sand darts. On the mats we held balance beam and wrestling competitions. We were also very grateful to have a visit from the Riverhead Primary Kapa Haka group who performed to a delighted audience of children and teachers. At our closing ceremony we again sang our New Zealand national anthem and presented each child with a Country Bears 2016 Olympic medal and certificate for participating in the games. We concluded the ceremony with a spirited haka. "The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well." Pierre de Coubertin (founder of modern Olympic Games). If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual pace, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc.



Remember adventuring everyday in a diverse natural environment. Immersed in nature, playing confidently amongst the trees, paddocks, vege gardens & freshwater! ... It IS all still possible for your child at Country Bears

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www.countrybears.co.nz
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KUMEU LIBRARY

The first week of October is also the last week of the school holidays - come down to Kumeu Library for free, fun activities to keep the children happy. The theme is 'steam and steel': more specifically the steampunk world of gadgets, gears and gizmos. We have drop-in and do activities available anytime, and also the following events for week two of the school holidays: Monday 3 October, 10.30am - Storytime (suitable for pre-school upwards). Tuesday 4 October, 10.30am - Fantastic Flingers (suitable for 5 years upwards). Wednesday 5 October, 10.30am - Steampunk bracelets and armbands (suitable for 8 years upwards). Thursday 6 October, 2.00pm - Balloon-powered Rocket Ships (suitable for 7 years upwards). Friday 7 October, 10.30am - Steampunk Photo Frames (suitable for 5 years upwards). And in other library news, did you know you can now renew a book for a second time, providing there are no holds on that item? That means you can have a book for up to three periods of 28 days each - perfect for finishing that extra-long book. Items can be renewed online through our website (www.aucklandlibraries.govt.nz), by phone 09 307 7795 or at your library. Follow Kumeu Library on Facebook to keep up with all the local news and events at your library (www.facebook.com/kumeulibrary).

MURIWAI ENVIRONMENTAL ACTION — SUPPORT KASM

The Total Marine Environment of Aotearoa/New Zealand is 15 times larger than its landmass. Our Exclusive Economic Zone is the 4th largest on earth. 80% of our biodiversity is in the sea. Yet

only 0.2% is protected by marine reserves, and 24.2% is threatened by seabed mining. Phil McCabe is the founder of KASM. He was last here 4 years ago, during actions that defeated TTR's 2013 mining application. He spoke at the Surf Club at Muriwai on Wednesday 14th September, about TTR's latest submission. Seabed mining is an experimental field, lifting or dredging minerals up from the sea floor. KASM, Kiwis Against Seabed Mining, focuses on proposals to mine the foreshore and seabed, informing Kiwis about this threat to our marine environment, and illustrating opposition. TTR (Trans Tasman Resources) propose underwater open-cast mining. A massive underwater crawler machine breaks up the seabed and pumps it to a 345m ship. The 90% which is not iron ore, is dumped further along the seabed, creating massive plumes that smother and kill sea life. TTR has initially applied to operate over 65.76sqm 12-20 nautical miles offshore between Hawera and Patea, off the Taranaki Coast. The science around the impact of these experimental ideas is incomplete and unproven. This sets a precedent for the strip mining of our beautiful West Coast. As coastal residents - and New Zealanders - we encourage you to take a stand. What can I do? Go to www.kasm.org.nz. Donate or join. Make a submission - but personalise it. Share this information and make sure your neighbours care. Fundraise - KASM need \$75-80k to cover the cost of scientists and legal advice.

DRESSAGE WAITEMATA RIDER TRAINING DAY

Dressage Waitemata put on a day for riders after Robin Potter and Judith Cunningham were "spurred" into action after the panel discussion held at the Committee Meeting day of Dressage NZ Conference weekend. The area is very fortunate to have these two Judge Mentors, and so it was relatively easy to set this

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day up as part of our annual winter training sessions. The judge mentors worked together with a trainer. The trainer chosen was Jill Flyger. Jill trains local riders and has trained her daughter Chanel from lead rein ponies through to Prix St Georges level on two different horses. Jill has trained many horses for herself over the years, currently rides at PSG level and also has a very nice young horse in the early stages of training. The format of the day was structured so each rider was allocated 40 minutes. They worked- in alone, as they would at a competition, then rode their test. Both judges scored it – and Jill, the trainer, watched and listened. The judges made comments after the test – and then Jill took the rider aside to work on a few key areas. The rider then rode the test again, it was scored again, and final comments were given to the rider. The first three basics of the training scale were kept firmly in mind in discussions and in the training tips Jill gave. She also worked on horse and rider posture, which with all the riders made quite noticeable improvements. There ended up being too many applicants for the available places – which were limited to 10 for the day. Overall the day was a resounding success with the riders ALL improving by at least a mark in most movements, and generally gained a mark more in each of the final assessment summing up marks. As the format was so popular, the group will look at holding another day for the riders who missed out and others who are keen.

PARTNERS IN HEALTH

Silver Fern Medical Centre and Waimauku Doctors have joined together as partners to provide its growing community with a unique health experience. With a team of seven doctors and

seven nurses on staff. Both clinics are Welcoming new Patients. Visit us at either location to obtain an enrolment pack. Introducing our newest Staff member, Dr Philippa Ho, She joins us full time and is local from Muriwai. We are trialling a walk in service at the Waimauku Doctors Clinic for those who find themselves unwell and don't have an appointment you can just turn up and wait to see a Doctor. We have had many cases of Chicken pox recently You can vaccinate your children from 9 months of age. The popular shingles vaccine is available for adults over 50 years. We offer late nights on Monday's, Tuesday's and Thursday's and Waimauku Doctors are open to see all of our Patients on a Saturday morning. The clinic's latest initiative is to offer access to an online Patient Portal facility, which allows you the opportunity to request prescriptions, make appointments and view your test results online. This is offered at no extra charge and is easy to set up, just ask the reception staff to register you next time you visit.

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MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Sat 1 Oct	-	05:02	11:04	17:20	23:18
Sun 2 Oct	-	05:39	11:39	17:56	23:51
Mon 3 Oct	-	06:14	12:11	18:29	-
Tue 4 Oct	00:22	06:47	12:42	19:02	-
Wed 5 Oct	00:53	07:19	13:14	19:35	-
Thu 6 Oct	01:26	07:52	13:47	20:09	-
Fri 7 Oct	02:02	08:28	14:25	20:48	-
Sat 8 Oct	02:43	09:08	15:10	21:34	-
Sun 9 Oct	03:33	09:57	16:05	22:33	-
Mon 10 Oct	04:33	10:59	17:11	23:45	-
Tue 11 Oct	05:45	12:14	18:23	-	-
Wed 12 Oct	-	01:00	06:59	13:28	19:31
Thu 13 Oct	-	02:05	08:06	14:31	20:32
Fri 14 Oct	-	03:01	09:04	15:27	21:26
Sat 15 Oct	-	03:53	09:57	16:17	22:16
Sun 16 Oct	-	04:42	10:45	17:05	23:04
Mon 17 Oct	-	05:29	11:32	17:52	23:50
Tue 18 Oct	-	06:15	12:18	18:38	-
Wed 19 Oct	00:37	07:00	13:04	19:25	-
Thu 20 Oct	01:23	07:47	13:51	20:13	-
Fri 21 Oct	02:12	08:35	14:41	21:06	-
Sat 22 Oct	03:06	09:27	15:37	22:04	-
Sun 23 Oct	04:07	10:27	16:42	23:10	-
Mon 24 Oct	05:17	11:34	17:52	-	-
Tue 25 Oct	-	00:18	06:27	12:44	18:58
Wed 26 Oct	-	01:22	07:30	13:48	19:57
Thu 27 Oct	-	02:19	08:27	14:44	20:49
Fri 28 Oct	-	03:09	09:16	15:32	21:34
Sat 29 Oct	-	03:54	09:59	16:15	22:15
Sun 30 Oct	-	04:34	10:38	16:54	22:51
Mon 31 Oct	-	05:11	11:13	17:30	23:24

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

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What's on

THIS MONTH

Saturday
8 Oct 11am

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Top tips for creating your own miniature garden



Sunday
9 Oct 1pm

Top tomato tips

Everything you need to know about growing tomatoes



Thursday
20 Oct 6pm

Organic Gardening Insights

Discover all you need to know about organic gardening



Saturday
22 Oct 11am

Christmas Wreath Workshop

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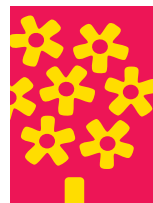
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