

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

THE QUIET ACHIEVER

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

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

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October 2017

Intro

Welcome to the October issue, daylight savings and the official start of spring! In this edition we profile a local treasure -Brian Bracey- who came to Huapai in 1957. Since then he's spent most of his life contributing to his community as a volunteer in a wide variety of roles. It's the mark of a humble man that he's just got on with the job, never seeking recognition for the work or even talking about it much. And there's been plenty of it – from emergency services to local committees associated with a variety of projects in the building of the community to what it is today. Having been actively involved in the local community for so long, its little wonder Brian is now transferring some of his voluntary roles to helping preserve the area's history. He's joined the newly formed NorWest Heritage Society and was involved in the preparation of the book "Doing it themselves: The story of Kumeu, Huapai and Taupaki", by Deborah Dunsford. While much has changed in the area during Brian's 60-year association with it, he wouldn't be anywhere else. And you can bet he'll remain involved in serving the community in whatever capacity he can for as long as possible. This month also sees the launch of the new Taupaki community cookbook 'Gather' on October 18. The 230-page recipe book is raising money for Taupaki School and will sell for \$30. It has taken eight months to produce, including four weeks of photography. The publication showcases more than 100 recipes, which often feature locally grown, raised or sourced ingredients. The book captures the country lifestyle enjoyed by families living in this small community. Taupaki School students appear in the book, photographed in their home environments, which for these country kids is nurturing their animals, helping in the garden or swinging from fruit trees. Funds raised from the sale of 'Gather' go towards updating the school's technical training rooms, used to teach design, hard materials and food technology to students from nine schools throughout North West Auckland, including Taupaki. Copies will be available from the Taupaki School office, the Monster Fireworks event at the Kumeu Showgrounds, Kumeu and Coatesville farmers' markets in November and December, or through www.taupaki.school.nz where there's more information. My favourite October event however is the Taupaki School Monster Fireworks Display at Kumeu Showgrounds. Don't miss out on West Auckland's best fireworks celebration. From 5pm on Friday October 27, bring the whole family and have a go on the rides, enjoy the huge range of food stalls, and of course bring your blanket and grab a spot for the spectacular fireworks finale.

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

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



kumeu Courier

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Cover photo: Brian Bracey is surrounded by memorabilia in his Huapai home office.

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THE QUIET ACHIEVER

Stories by Geoff Dobson.

Photo: The Huapai Hotel in about 1940. Brian believes his dad Clive is pictured at right, as he worked as a mechanic and bus driver there in the 1930s and 1940s.

Brian Bracey came to Huapai in 1957.

Since then he's spent most of his life contributing to his community as a volunteer in a wide variety of roles.

It's the mark of a humble man that he's just got on with the job, never seeking recognition for the work or even talking about it much.

And there's been plenty of it – from emergency services to local committees associated with a variety of projects in the building of the community to what it is today.

Moving here from Owairaka with his war widow mum Elsie after her husband Trooper Clive Sydney Bracey died and she remarried, Brian was just 11 when he joined the Taupaki St John Ambulance within a year of arrival.

Young Brian learned first aid and often helped with injuries and medical incidents on local rugby fields.

His step-dad, Alf Thack wray, was already well known in the area, owning a tree nursery. A cornet player, he introduced Brian to the Kumeu Brass Band around 1958. Brian stayed on for 12 years, playing cornet and tenor horn, often participating in Anzac Day services, Christmas parades and other events.

After attending Waimauku School for a couple of years, Brian went to Henderson High School and spent summer holidays and weekends working on local orchards and strawberry farms. Leaving school, he worked in a local orchard for three years, then went on to topdressing trucks and worked as a builder's labourer on many of the Kumeu district's early buildings, like the Plunket rooms and shops. He eventually ended up running the James Hardie sand washing plant in Kumeu for more than 38 years, finishing just over seven years ago.

Early 1970, the Kumeu-Huapai Lions Club called a public meeting to look at establishing a volunteer fire brigade in the area.

"The Lions went to the then Waitemata County Council to seek help with establishing a local fire service," Brian recalls.

"I put my name down as a volunteer."

He even helped build the station at the former council works depot site where the Kumeu Arts Centre and Kumeu Library are now, before the move to the present State Highway 16 premises.

As the volunteers had full-time jobs, working bees were held at weekends. "The concrete was mixed by hand and some of the timber was donated," Brian says.

The station opened in October 1970, and Brian remained a volunteer firefighter for over 33 years, becoming the longest serving member and recognised for his service with life membership.

Some major incidents in his time there included the 1993 Huapai Tavern fire which destroyed the top floor accommodation. Luckily, publicans Sel and Ivy Bennett were having a night out in Auckland city at the time.

He recalls one incident where two firefighters were injured while attending a fire in which a gas cylinder exploded. Another time, Brian fell through the roof of the former Kumeu particle board factory (now a film studio) and was saved through being



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PEOPLE & PLACES

caught in the under-roof wire netting.

The many call-outs (he had three on one Christmas Day) meant time away from wife Jean and their son and daughter. When he wasn't attending incidents, whether fires, stock rescues, a growing number of road crashes and more, Brian was also heavily involved in fundraising for the brigade.

This included building and selling a house, the popular annual "Hoedown" and much more.

The children did lead Brian to some other volunteer work as a parent helper with athletics and Scouts.

He's also been involved with many other organisations, like the Oddfellows Lodge in Kumeu for 33 years, spent nearly seven years on the Huapai Reserve committee, and became a foundation member of the NorthWest Community Patrol. He has also been on the Waimauku Lions Club for 14 years.

A foundation member of the Kumeu Community Centre committee, Brian served on it for 22 years, including 17 as chairman. The centre was officially opened by Sir Rob Muldoon in 1981, and Brian and Jean were caretakers there for six years.

Brian's been a Justice of the Peace for 21 years, a marriage celebrant for 13 years, and was involved in welfare work for about 12 years. He is a regular blood donor – now just six donations short of his goal to provide 100 donations.

In earlier years, Brian also managed to fit in some car racing, mainly in single-seater Formula Vees. He has raced at circuits like Pukekohe and Manfeild, and still enjoys following the sport. He met an up and coming racer called Scott Dixon while serving with the rescue team at Pukekohe.

Scott was 13 at the time and had rolled his Nissan Sunny, so Brian arrived in the rescue vehicle prepared to use his medical skills if necessary and helped pull him out.

About three years ago, Brian bumped into the now famous Indy racer at Soljans Estate Winery and shared the memory, also having a photo taken.

Having been actively involved in the local community for so long, it's little wonder Brian is now transferring some of his voluntary roles to helping preserve the area's history.

He's joined the newly formed NorWest Heritage Society and was involved in the preparation of the book "Doing it themselves: The story of Kumeu, Huapai and Taupaki", by Deborah Dunsford.

While much as changed in the area during Brian's 60-year association with it, he wouldn't be anywhere else.

And you can bet he'll remain involved in serving the community in whatever capacity he can for as long as possible.

KUMEU FIRE BRIGADE HONOURS

Top photo: Brigade members and life members at the honours night. Photo by Kerry Howard Photography.

An honorary life membership was bestowed on Gavin Rauner by the Kumeu Volunteer Fire Brigade at the United Fire Brigade Association (UFBA) service honours night.



The event was held at Markovina Vineyard Estate in Kumeu on September 2. The awards included three-year certificates, five-year medals and two-year bars.

"The night was special because we were able to award three Fire Service Long Service and Good Conduct Medals for 14 years' service to Gavin Rauner, Kris Lean and Jeremy Burnett," Kumeu chief fire officer Andrew Beattie says.

The service awards were presented by assistant area manager John Booth.

"The icing on the cake is that Gavin Rauner was also presented with a medal, issuing him status as a Life Honorary Member of the Kumeu Volunteer Fire Brigade," Andrew says.

Gavin began his service with the Kumeu brigade in October 1997, taking a short break in 2003 before returning in 2004. He retired from the service in March this year after serving a total 18.5 years at Kumeu.

Being an honorary life member means Gavin remains involved with the brigade without needing to be an active operational member.

The award also recognises his huge commitment and dedicated service to Kumeu.

Kris Lean joined the Brigade in July 2002 and Jeremy Burnett started in November of that year, both still active members.

Bottom photo: Gavin Rauner, right, receives his honorary life membership from Kumeu Fire Chief Andrew Beattie. Photos: Kerry Howard Photography.



PUSH TO GET STATE HIGHWAY 16 SAFETY MEASURES AND BYPASS CERTAINTY EARLIER

Photo: From left, National Helensville candidate Chris Penk, Rodney councillor Greg Sayers, National transport spokesman Simon Bridges, Public Transport Users Association chairwoman Christine Rose and businessman Craig Walker at the Kumeu meeting on September 7.

Proposed safety improvements for State Highway 16 between Brigham Creek and Waimauku got a mixed reception at a

Kumeu-Huapai Ratepayers Association meeting on September 6, and ratepayer representatives seeking a more definitive time-frame around a proposed bypass met National Party transport spokesman Simon Bridges at the Kumeu Baptist Church the next day.

Simon visited the Swanson rail station where the electrified line ends, looked over the Waitakere tunnel which is impeding progress on getting passenger rail to Kumeu, visited the Kumeu film studios in Access Rd and viewed the Special Housing Area off Station Rd.

He explained the government's planned \$26 billion in transport projects through to 2028 and said he would be asking the NZ Transport Agency about when it could do the SH16 realignment or bypass so area residents could get more certainty.

SH16 safety works are already well advanced in planning and consultation, with a start expected within a year.

Public transport is coming further west with a busway and park and ride planned at Westgate, while Simon says further investigation is needed into how extending passenger rail to Kumeu can overcome Waitakere tunnel safety issues. "The next step is to investigate to see how that stacks up," he told about 30 people at the September 7 meeting.

He says mass rapid transport is needed, and believes that may come with driverless electric vehicles in a shuttle type system. "Most of the cars on Auckland's motorways have one person, with the odd two." Simon says if more people use ride sharing or shuttles it would have a radical impact on congestion.

Asked about the considerable time spent on community consultation for the SH16 corridor, Simon says that's required under the Resource Management Act.

Residents are concerned about rapidly growing gridlock on the northwestern motorway and its approaches, especially with increasing residential development in this area.

The NZTA is already well down the track with planned safety improvements between Brigham Creek and Waimauku, starting within a year.



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Sanjay Prasad from the project's Safe Roads programme explained the stages and progress at the KHRRRA's meeting on September 6.

He says the agency has a good idea of what the community wants and a final round of consultation was in progress to "see if anything had been missed".

The stretch between Brigham Creek and Waimauku is considered high-risk, four people having died and 30 seriously injured in about 200 crashes between 2006 and 2015.

The suggested safety treatments include median barriers and four lanes from Brigham Creek to the Taupaki Rd roundabout, a roundabout at the Coatesville-Riverhead Highway intersection, a flush median lane from Taupaki Rd to Kumeu, a flexible median barrier from Huapai to Waimauku, and turning bays at Station, Foster and Factory roads.

Two metre road shoulders to improve cyclist and pedestrian safety are also recommended.

However, residents at the meeting were aghast the four lanes from Taupaki Rd would become two lanes to Kumeu, saying it would become a choke point and cause more disruption.

Some businessmen between Huapai and Waimauku were also concerned the flexible median barrier would block access from the northern side of the highway to and from their businesses. Safe Roads is recommending a speed review between Huapai and Waimauku, with residents at the meeting favouring a reduction from the 100kmh limit.

Residents spoke about how bad the traffic congestion is already through the area, some even suggesting there is a risk of Kumeu firefighters being unable to respond in quick time to emergencies in some situations.

Traffic already exceeds 30,000 vehicles daily from Brigham Creek to Kumeu and 15,000 daily between Huapai and Waimauku.

About half at the Brigham Creek end is through traffic, which a bypass would help remove, Sanjay says.

Residents want a start on safety improvements and more certainty around the bypass sooner rather than later.

TAUPAKI COOKBOOK LAUNCH THIS MONTH

Photo: Taupaki School principal Peter Hall with the fundraising cookbook 'gather'. Photos by Nicola Topping.

The new Taupaki community cookbook 'gather' will be launched on October 18.

The 230-page recipe book is raising money for Taupaki School and will sell for \$30.

It has taken eight months to produce, including four weeks of photography.

When Principal Pete Hall first heard plans to produce a cookbook showcasing recipes from school families, he hoped it would be something the school could be proud of. "It's incredible to see it first-hand," he says. "It's a professional piece of work, and so much more than I ever expected."

The publication showcases more than 100 recipes, which often feature locally grown, raised or sourced ingredients.

Each recipe has been artfully styled and photographed by professional photographer Nicola Topping. Nicola's food photography experience includes work published in Canvas, Viva, Woman's Day, New Idea and other cookbook publications for various schools around the country.

The book captures the country lifestyle enjoyed by families living in this small community. Taupaki School students appear in the book, photographed in their home environments, which for these country kids is nurturing their animals, helping in the garden or swinging from fruit trees.

Pete believes 'gather' will become a treasured reminder of this way of life. "As principal at Taupaki I feel a responsibility to seize every opportunity to document our school and our way of life today, and to celebrate what makes our school and community unique. 'Gather' goes a long way towards telling our story for future generations."

Along with recipes such as feijoa sorbet, Spanish paella and vanilla-bean baked cheesecake, the publication includes a bonus section containing 36 visual ideas for nutritious packed lunches. Project coordinators believe this section will offer inspiration for anyone needing to make lunches for work or school. "These lunch box pages are packed with ideas," coordinating member Linda Roodt says. "We believe they will be some of the most popular pages within the book."

Taupaki School published its first cookbook in the 1980s. Angela Chelet was one of the students whose artwork featured on the cover. She is now a parent with two sons attending Taupaki School and she contributed five recipes for 'gather'. "Things have come full circle," she says. "It's fantastic to have the opportunity to contribute to another Taupaki cookbook publication. If it's anything like the last one it will become a much loved and well used family cookbook for many decades."

Funds raised from the sale of 'gather' (which means harvesting food) go towards updating the school's technical training rooms, used to teach design, hard materials and food technology to students from nine schools throughout North West Auckland, including Taupaki.

Copies will be available from the Taupaki School office, the Monster Fireworks event at the Kumeu Showgrounds, Kumeu and Coatesville farmers' markets in November and December, or through www.taupaki.school.nz where there's more information.



SAFER COMMUNITIES

Two big things happened in the Waitakere area last month.

Two volunteer fire fighters joined the New Zealand deployment team to assist with containment of the wild fires in Canada. The fire was 134,000 hectares with a fire front of 700km. This is a lot bigger than we have tackled in New Zealand.

The guys were gone for five weeks living out of a tent in a camp with 400 other fire fighters from Canada, America and Australia. This was a great opportunity to show the Canadians our New Zealand rural skills and for us to learn from them.

The second big item is the Waitakere community has a new purpose built fire truck. The truck was a collaborative build by the Waitakere community and Auckland Rural Fire.

The truck holds 6,000 litres of water, carries six fire fighters and equipment to tackle rural and urban incidents.
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COMMUNITY NEWS

MONSTER FIREWORKS DISPLAY

Once a year Taupaki School puts on the Monster Fireworks Display at Kumeu Showgrounds. Don't miss out on West Auckland's best fireworks celebration. From 5pm on Friday October 27, bring the whole family and have a go on the rides, enjoy the huge range of food stalls, and of course bring your blanket and grab a spot for the spectacular fireworks finale. This is the biggest fundraising event for Taupaki School, and funds go towards delivering a 21st century education for all our students. Come along for a great night of family fun, enjoy the wide range of food vendors, amusement rides, watch the stunning display from SkyDive Auckland and then settle in for some explosive entertainment. Huge thanks to the community support from Bad Boy Fireworks & Mike Pero Real Estate, Kumeu & Hobsonville. www.monsterfireworks.co.nz.

THE RIVERHEAD GALLERY

Spring is in the air so we have changed the gallery hours to suit. We are now open Wednesday to Saturday from 9.30 until 3.30. I'm always happy to open by appointment too so just phone 027 227 8450 if these hours don't work for you. We have some lovely new works by Heather Wilson. Her mixed media rounds have plenty of colour and texture to brighten up any wall. We also have two new works from my top seller Chloe King. She is easily recognised for her quirky beach picnic scenes.

The gallery will be closed for a week from

the 20th until the 28th September while I'm in the South Island for the Dunedin Art Show. Looking forward to getting out with my camera for some new material to paint.

Come and visit me at 1044 Coatesville-Riverhead highway (opposite the new Riverhead Central) or check out www.theriverheadgallery.co.nz.



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At our September meeting Brian Lacey gave a live demonstration of the amazing things you can do with a simple Word Processor, which generated a great deal of interest and we now have Word Processor training sessions set up for September and October.

We also have a strong training programme for the members wanting to learn Photo Editing, plus many other subjects of interest.

If you would like to join our club, we meet at 10am on the first Wednesday of each month at St Chads Church Hall Huapai, just come along to our next meeting on October 4th or contact: Brian Lacey on 022 183 1811 brian@lacey.nz or Nigel Dempster at nigeldem@outlook.com.

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WAIMAUKU LIONS

The British & Irish Lions games against The All Blacks were shown on the big screen at the Muriwai Surf Club. During those evenings the Waimauku Lions [pun intended] organised a raffle during each of these three games, and \$517 was collected for the Surf Club. These raffles were part of a membership drive. Waimauku Lions have done some amazing work, and have contributed nearly ½ million dollars to the local community in the last 5 years. If we are to continue our valuable contribution, we need your help. We are looking for new members. Waimauku Lions welcome men and women, as well as couples. If you are interested, please phone us on 09 411 8606, or email us on lionswaimauku@gmail.com.

TEACHER THANK YOU GIFT IDEAS

As we head into the fourth term of the school year, it's time to start thinking about how you're going to show your appreciation for your children's teachers this year. Maybe a generic gift like chocolates, pens, candles or a bottle of wine. Gosh, they probably need it after dealing

with 20+ kids day in day out all year. Or, you could organise something more personal for them. At Precious Imprints, our range of gifts are inspired by the people they are created for. Key rings and bookmarks with special quotes about teachers are a popular choice at this time of year and with many of these pieces being able to be further personalised with names and dates, they truly make a meaningful gift idea. Visit our website www.precioussimprints.co.nz or email jo@preciousimprints.co.nz for further details.

WHAT'S ON IN OCTOBER AT KUMEU ARTS CENTRE

October the 2nd –21st. Black and White Exhibition.

Not everything is black and white. But in this exhibition, it is. Featuring a variety of works by Kumeu Arts Centre Members in a range of mediums the gallery will be transformed into a world of black and white. On Saturday October the 7th, between 5-8pm, there will be an opening launch Black and White party with black and white food, drink, props and a dressing up competition. All welcome.

October the 24th – November 7th. Exhibition of Photography.

Photographs produced by the talented members of the Kumeu Arts Centre Photo Group.

WAIMAUKU VAULTING CLUB

We have been on the road quite a bit this year, developing the sport of equestrian vaulting in Waikato, and then in July attending a competition in Wellington and now training with the Kapiti Vaulting Club. Equestrian vaulting is a mix of gymnastics and dance on the back of a horse. Vaulting is a highly challenging sport, requiring strength and balance as vaulters reach advanced levels performing at a canter. In team vaulting, acrobatics are also performed with more than one vaulter on the horse at the

same time. The movement of the horse must be absorbed by the vaulter as they are performing their routine; involving moves like standing, handstands, jumps, cartwheels, and other specialised vaulting maneuvers. Despite the stunt-like appearance of vaulting, statistically it is a relatively safe sport with no more likelihood of injury than riding a bicycle. The horses used in vaulting are specifically selected for good temperament and undergo lengthy training to prepare them to be reliable vaulting horses. Vaulters spend time training on a vaulting barrel before attempting difficult moves on the horse. Helmets are not used in vaulting due to the act of performing gymnastics making it a hindrance and causing more risk of the vaulter getting unbalanced, caught on equipment or knocking into other vaulters on the horse. To see the top New Zealand vaulters in action, head along to the Equidays Saturday night show in Hamilton (tickets on sale now) coming up in October. On November 11th there will also be vaulting demonstration at the War Horse Memorial celebration in Hamilton, called The Mane Event (free entry). Our vaulters will once again be providing entertainment at the Counties Cup Day at Pukekohe Park on November 25th. Google us to find our Facebook page or website for a list of upcoming events.



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ALL THINGS MARKETING

Getting it wrong is not just very expensive, it can risk lasting harm to your brand. Developing and establishing a brand requires professional management and investment over time. A brand includes: the vocalised name, visual identities of design, colours, symbols and typography also the key phrases and words used in communications. These are combined to create a unique multi layered identity which reflect the organisation, its product or services. A brand can become an intangible asset of the business which can be valued and included in an Annual Report. Big brands like Virgin and Apple are inspiring examples of what can be achieved in terms of brand value! A brand also forms part of the intellectual property (IP) of a company and should be protected by law. Registering a trademark ensures that only you have the right to use the brand and prevents others copying it or impinging on it. In New Zealand copyright is automatically applied to protect any creative or literary works. Marketing is specialised and highly skilled field that is best done by those who are qualified and experienced. Managing



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your marketing requires and overall or holistic view of the business and its competitive environment. Never allow well-meaning accountants or bored secretaries to 'have a go'. Just as you would not let an untrained mechanic to repair your car or someone unqualified to advise you on legal matters. Moxy Marketing provides professional marketing services and management consulting to west Auckland businesses. With a Postgraduate Diploma in Marketing, Master of Management degree and over 20 years' experience, call Andrea at Moxy Marketing on 022 327 4758 to discuss management of your brand. Creating a brand is an art and a science, always start with a brand design brief.

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There are a good number of storage solutions available for that extra gear you have that has taken over your garage, or when things have really got out of control and you're considering off-site storage. But if you look at the cost of solutions like attic stairs, or the month-on-month cost of off-site storage, it's likely that the solution will soon cost more than the gear you are storing. There are also growing lists of storage services that will drop off and pick up mobile storage units and then charge you a monthly fee for storage. All very innovative but you need to watch that monthly cost. We really like the idea of keeping the gear at our place up off the floor in ceiling racks. That way everything is there when you want it, you save all that floor space and at a cost of not much more than shelves from the hardware store. Take a look at the options on our website www.stealing-spaces.co.nz/ and give our installers a call on 027 366 1939.



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IN BRIEF

UPDATES:EVENTS

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Custom printed apparel is one of the most effective ways to promote your business, increase brand awareness and stand out from the crowd. Whether you're after a logo, business name or custom design for a one-off event, Benjamin Bowring can print or embroider absolutely anything to the highest standard using high-quality fabrics and the brightest colours. A family-run business with more than 25 years of experience creating branded merchandise for local businesses and sports teams, we'll do the

hard work for you and deliver high-quality custom apparel, from shirts and polos to jackets and hats. Call us today for a free quote and see why so many businesses in our local area already use us for all their printing requirements. 09 412 9521, 10B shamrock Drive, Kumeu www.bbp.co.nz.



KAUKAPAKAPA VILLAGE MARKET

Sunday 15 October 8.30am to 1pm. This village market has something for everyone, friendly people, great atmosphere and quality stalls with everything from hand-made crafts to pre-loved goods – a great opportunity to pick up something unique or grab a bargain – plus locally grown plants ready for your spring planting, a delicious selection of food and coffee to enjoy at the market or take home and much more....

Our musicians this month are Mike Lea who will be playing guitar inside the hall, performing popular tracks by various artists including Hank Marvin and entertaining us outside Robert Edwards will be singing and playing the Ukulele. A great morning out for the family.

For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz Kaukapakapa Village Market, 947 Kaipara Coast Highway, SH 16, Kaukapakapa. www.facebook.com/kaukapakapavil

lagemarket.

IS YOUR BOAT READY TO HIT THE WATER?

Follow these simple checks and preparation so that your boat is ready when you are. Charge your battery and make sure all leads are secure. Dispose of old fuel safely and fill with new gas. Check fuel line for leaks. Attach flush cups nice and tight. Start motor and run until idle is constant. Check cooling system when engine is running. Test all electrics on board. Remove anchor warp and chain to inspect joins. Ensure steering is free. If you have issues with any of the above, call George at GT Marine on 09 412 8348 or 027 297 4832 for a free quote. We also stock a range of boating equipment, from outboard oil to anchor chains. Come in and see us at 156 Main Road, Kumeu, call us or go to gtmarine.co.nz.

THERE'S PLENTY TO READ AT KUMEU LIBRARY

If you're a keen reader, you will always be looking for new things to read – and Kumeu Library is the perfect place to look. We have a wide selection of reading material on site, plus you can order items in from other libraries in the Auckland area free-of-charge using our comprehensive online catalogue.

And whether you like fiction or non-fiction, biographies or science fiction, we can help with ideas on what to read next. Just ask one of our friendly staff members for ideas - we're happy to help. Another great way to discover new titles to read is to come to Book Chat on the first Tuesday of each month at 10.30am. This is a fun, relaxed session where other keen readers meet and discuss the best books they have read recently. If you like the idea of reading with a group, Kumeu Library's Book Club meets on the fourth Thursday of each month at 7pm, and reads a differ-

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ent theme or genre each month for discussion at the meeting.

We have regular newsletters with ideas for new titles to try - sign up for one of our Next Reads newsletters through our website (www.aucklandlibraries.govt.nz), and get ideas emailed straight to your inbox each month. These newsletters are sent monthly or bi-monthly, and you can sign up for as many as you like. Each Newsletter covers a particular subject or genre, both fiction and non-fiction and are filled with great titles to try. And you can also get personalised recommendations from librarians sent directly to you - just go to our website and see which of our librarians reads the sort of thing you like, and sign up to get a personalised list of books sent to you.

Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with local events and happenings.

EMBODYBIRTH WORKSHOPS

Did you know that being upright and active during labour can help to increase space in the birth canal by up to 30%? Up until a couple of hundred years ago this is how women traditionally birthed, often instinctively moving their hips in gentle swaying, circling or spiraling motions to assist the baby's descent. EmbodyBirth™ birth preparation workshops are based around mindful movement for birth to help reconnect pregnant women with these movements and awaken our natural birthing instincts. The workshops are very powerful and the response from women has been very positive. "The most connected I have ever felt in pregnancy" said a woman in her third pregnancy. The workshops also include gentle yoga stretches, meditation, holistic birth education, sharing and support. The teachings are very unique and are one of the only classes around that offer a more experiential preparation of birth. Auckland teacher Maree Delmar had been teaching pregnancy yoga here in Kumeu for 5 years until recently deciding to focus solely on these workshops. "The

techniques we learn can help to have a more rewarding and positive birthing experience" she says. The next workshop in Kumeu will be on the 28th of October and in Sandringham on 25th November. Attendance is suitable from 13 weeks of pregnancy. The cost is \$89/99 and places are limited. Bookings: embodybirth.maree@gmail.com / 021 022 93012.

KUMEU J3 BLACK

At the time this publication went to print, our amazing young J3 team from Kumeu Rugby were heading south to the Global Games Tournament in Taupo. They worked hard throughout the season to sell raffle tickets to fundraise their way to the games. They also have cameo appearances in the latest series of Spark TV adverts (watch out for the Green, White and Black rugby stripes as extras on the adverts), so watch out for them.

We are really proud of the boys who have had a fantastic fun filled, successful rugby season. They won the sevens' tournament for their grade earlier in the year, they were undefeated in their grade all season and the representative J3 team came first in the plate final. Well done boys and a huge thank you to their coaching team Graham McIntyre, Phil Brown, Shaun Murphy, Jason Veldman and Keith Lynch - you guys did an amazing job!

We look forward to updating you next month as to how the team go at the Global Games. It is certainly a different style of rugby with quick 10 minute halves. We will need to be fast off the mark. But at the end of the day, this experience will be a great celebration for the boys in recognition of their season and a once in a lifetime opportunity to play in such a large tournament with over 100 teams from NZ and overseas competing.

The team would like to thank all the local business's for their generous product support which helped us pull together an amazing raffle prize and a huge thank you to all those who purchased tickets. Thanks to Kumeu Junior Rugby Club for your ongoing support of the team this

season. The raffle was drawn on September 2 at the end of year prize giving at Kumeu Rugby Club under police supervision. The 1st Prize winner was Justin from Kumeu, 2nd prize Jacqui from Blockhouse Bay and lucky 3rd prize winner was Rob from Whenuapai. Congratulations to our winners. (Picture of our lucky first prize winner).



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PROPERTY

NEWS & ADVICE

MARKET REPORT

The number of homes being sold remains well down on last year, but prices are stable or down slightly. The number of properties sold in Auckland is down almost 22% on last year, however within this figure some communities are harder hit than others. While the Auckland median price rose from \$830,000 in July to \$840,000 in August. This figure also highlights two factors; a) more new homes selling at a higher price; and b) fewer sales volumes which skews the result. But this value is down from Auckland house pricing peak of \$905,000 reached in March 2016, prices have softened in Auckland. The REINZ's House Price Index, showed Auckland prices were down almost 3% in August compared to 2016, while prices in the rest of the country, excluding Auckland, were up 7% for the same period. It is also taking longer to sell properties, with the median number of days required to sell up to 37 in August compared to 30 in August 2016. There has also been a big decline in auction sales, in Auckland the number of auction sales was down by 61% compared to a year ago. With all this in mind it is a great time to improve your real estate position, the gap between what you have and what you want might be smaller than in 2016 and competition may well be less. Therefore if you are seeking to upsize, under your terms and favourable conditions give me a call today to discuss the best process to give you an edge. Let's have a look at the local market: Coatesville lifestyle \$1,550,000 to \$3,130,000. Helensville residential \$653,000 to \$770,000. Parakai residential

\$309,000. Huapai residential \$792,000 to \$1,070,000. Kumeu residential \$825,000. Kumeu lifestyle \$1,500,000. Riverhead residential \$835,000 to \$1,140,000. Riverhead lifestyle \$1,550,000 to \$1,600,000. Taupaki lifestyle \$1,240,000 to \$2,220,000. Waimauku residential \$950,000 to \$1,220,000. Waimauku lifestyle \$1,810,000. Waitakere residential \$750,000 to \$1,272,000. Whenuapai residential \$903,000. Upsizing or downsizing or liquidating, there are a number of things that will be important to you; a) the agent needs to be experienced and highly qualified; b) the process must attract a volume of buyers; c) the advertising plan must attract the right buyers to view the property; and d) you must feel part of the journey and involved in the success of the sale. At Mike Pero Real Estate, we provide a logical and easy solution that delivers peace-of-mind to buyers and sellers considering a property change. For more information go to www.grahammcintyre.co.nz or phone 0800 900 700.

THINKING ABOUT UPSIZING?

Upsizing in a cooling property market can have advantages, especially if you get the timing right. With the property market showing signs of cooling, home owners keen to upsize need to consider how to best time the sale of their existing home and the purchase of their new one. Buying your new home first - Buying a new house on the condition of selling the existing property is one way to approach upsizing. The benefit of buying first is it gives you time to shop around

and find the perfect dream home. In a cooling property market, you often have the opportunity to negotiate the terms of the purchase, such as making it subject to the sale of your existing home. This is very different to a heated property market where vendors are typically unwilling to accept conditional offers. The benefit of making any deal subject to the sale of your existing home is that there is less risk associated with the transaction. You can still walk away from the deal if you don't sell your home within the agreed time frame. If this is the approach you are considering - it is still important to do your research on how much your existing property is worth. Some upsizers can get into trouble when they have a conditional offer accepted on a new house only to find their existing home doesn't sell for what they thought it would, leaving a shortfall in their finances. While they are protected by having made a conditional offer, it could result in taking on more debt than anticipated, or having to walk away from the purchase. Selling your existing home first - Some upsizers choose to sell their existing house and then start looking for a new one. Remember though that you might be homeless for some time doing it this way, so you have to be committed to the process. One of the biggest advantages of selling first in a cooling market is that if the market drops further, you could re-enter at a lower price. However, one of the biggest disadvantages in taking this approach is that a cooling property market often means there are fewer houses on the market. So you may have to rent for an extended period of time if you don't find a suitable new home. Bridging finance - Bridging finance is a short-term loan that some lenders offer so buyers can purchase a new home while they are in the process of selling their existing one. In a heated property market, bridging finance is popular as it gives the buyer a better chance of negotiating with an unconditional offer. However, because bridging finance involves taking on two loans at once, and requires you to sell your existing home



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within a set time period, it brings with it greater cost and risk – especially true when the market is cooling. Given there is more opportunity to negotiate terms in a cooling market it makes sense to try and avoid bridging finance where possible. Buy first, sell first or apply for bridging finance? Every situation is different, so there is no easy answer to this question. However, a good place to start is by talking to a mortgage broker to learn more about your options. Mortgage brokers know the market well so they will be able to guide towards the solution that suits you. For more information contact Ivan Urlich – Mike Pero Mortgage broker – ivan.urlich@mikepero.co.nz or 027 5775 995.

NAVIGATING AN INCREASING COMPLIANCE MINEFIELD

Many people believe they can save money by managing their rental properties themselves. However, with recent changes to the Residential Tenancies Act 1986 (RTA), and with more changes on the way, it is becoming increasingly difficult for landlords to keep track of the risks and compliance requirements, while still trying to maximise their investment return. Tenancy Law Changes in the Pipeline. In May 2017 the Residential Tenancies Amendment Bill (No. 2) was introduced to Parliament. The Bill is intended to correct some issues that are very topical at present: Tenant damage - tenants are currently not liable for damage they cause unintentionally and which is covered by the property owner's insurance. This means the landlord can be left paying their insurance policy excess to cover the costs not met by the insurer. The proposed amendments will make a tenant liable for their landlord's insurance excess of up to four weeks' rent equivalent, for each incident of damage caused by carelessness. This will give tenants an incentive to take care of the property, and encourage the landlord to have appropriate insurance cover. Dam-

age caused intentionally or by a criminal act remains the liability of the tenant, and the landlord remains responsible for fair wear and tear. Unsuitable properties - there have been recent court decisions against landlords who have let unsuitable properties, such as garages, for residential tenancies. The Bill gives the Tenancy Tribunal full jurisdiction for any premises occupied for residential purposes, regardless of whether the occupation would be unlawful. Insulation Statements are compulsory on all new tenancy agreements signed since 1 July 2016. The landlord must disclose whether there is insulation in the rental home, where it is, what type and what condition it is in, therefore allowing the tenants to make an informed decision. Appropriate ceiling and underfloor insulation will be compulsory in all rental homes from 1 July 2019. Smoke Alarms - New Regulations came into force on 1 July 2016 requiring landlords to have the right type of smoke alarms installed in the right places. All new or replacement smoke alarms must be long-life photoelectric smoke alarms with a battery life of at least eight years that meet the required product standards, or a hard-wired smoke alarm system. To discuss these changes, or any of your property management requirements, contact Quinovic Kumeu's Franchise Owner Virendra Gupta on 09 973 5527 or email VirendraG@quinovic-kumeu.co.nz.

PRECISION ROOFING

At Precision Roofing we specialise in re-roofing, roof repairs, gutter and down-pipe installation and tile restoration. We can also install ceiling insulation while re-roofing your property - saving you time and money. This is especially important for any rental properties due to the new law change effective from July 1 2019 - when it will be compulsory for all rental properties to have ceiling insulation. We are a family owned and operated company based in West Auckland, servicing the wider Auckland region. We

provide free no obligation quotes and our prices are very competitive. Testimonials: "It was a pleasure doing business with you. I am happy to personally recommend you if you require such future references." Kevin. "Thanks for everything. Hugely impressed with how efficient and quick you were and especially thankful for the updates/ great communication throughout." – Denise. Precision Roofing and Spouting - phone 0800 002 222, email roofingprecision@gmail.com or visit www.precisionroofing.co.nz.

POST SEPARATION IMPROVEMENTS TO PROPERTY

Often as not one of a couple may remain in the relationship home after separation usually by agreement. That is, until the property is sold by agreement. The person in possession will usually be obliged to pay a notional occupation rent which is essentially a compensation amount to the party who is not in possession. However, arguably improvements to the property such as refurbishing or remedial work should justify a compensation amount to be balanced against occupation rent. This includes getting the property ready for sale and putting up the inconvenience of open homes. This is an area where legal advice is important to make sure there is no challenge to the nature and value of such refurbishing or remedial work. There are weaknesses when it comes to proving the value of such work where it has not been carried out by an independent person who would presumably be paid by the parties. For this reason, such work should be supported by estimates or quotes from suitably qualified people setting the nature of and standard of work to be achieved. Preferably then agreed with the non-occupying partner. Luke Kemp - phone 09 412 6000 or email luke@kempsolitors.co.nz.



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AREA PROPERTY STATS

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

| Suburb | CV | Land Area | Floor Area | Sale Price |
|-------------|-----------|-----------|------------|------------|
| Coatesville | 1,175,000 | 1HA | 380M2 | 1,580,000 |
| | 1,875,000 | 3.2HA | 365M2 | 2,300,000 |
| | 1,875,000 | 1.8HA | 420M2 | 3,130,000 |
| | 1,350,000 | 1HA | 277M2 | 1,705,000 |
| | 1,200,000 | 3.6HA | 220M2 | 1,550,000 |
| Helensville | 510,000 | 638M2 | 186M2 | 770,000 |
| | 520,000 | 470M2 | 190M2 | 740,000 |
| | 385,000 | 675M2 | 120M2 | 653,500 |
| Huapai | 780,000 | 602M2 | 193M2 | 975,000 |
| | 840,000 | 636M2 | 229M2 | 1,002,000 |
| | 750,000 | 600M2 | 199M2 | 960,000 |
| | 550,000 | 1282M2 | 100M2 | 900,000 |
| | 910,000 | 729M2 | 255M2 | 1,070,000 |
| | 580,000 | 811M2 | 100M2 | 792,500 |
| Kumeu | 660,000 | 660M2 | 170M2 | 825,000 |
| | 960,000 | 1.1HA | 224M2 | 1,500,000 |
| Parakai | 190,000 | 0M2 | 59M2 | 309,000 |
| Riverhead | 930,000 | 801M2 | 224M2 | 1,140,000 |
| | 580,000 | 809M2 | 98M2 | 835,000 |
| | 850,000 | 1500M2 | 230M2 | 1,050,000 |
| | 1,025,000 | 6860M2 | 242M2 | 1,550,000 |
| | 1,000,000 | 1.6HA | 180M2 | 1,600,000 |
| | | | | |
| Taupaki | 820,000 | 1706M2 | 120M2 | 1,240,000 |
| | 1,425,000 | 4HA | 280M2 | 2,220,000 |
| Waimauku | 920,000 | 1501M2 | 291M2 | 1,220,000 |
| | 590,000 | 1953M2 | 114M2 | 950,000 |
| | 1,340,000 | 10.1HA | 302M2 | 1,810,000 |
| Waitakere | 560,000 | 811M2 | 132M2 | 750,000 |
| | 810,000 | 4321M2 | 210M2 | 1,272,500 |
| Whenuapai | 640,000 | 30M2 | 169M2 | 903,500 |
| | 3,850,000 | 8.6HA | 105M2 | 8,000,000 |

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

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22 Trigg Road, Huapai
By Negotiation

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

www.mikepero.com/RX1223531



Peter Carson
027 277 1904
09 412 9602

peter.carson@mikepero.com

Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

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

www.mikepero.com/RX952890



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



EXTENDED FAMILY HOME, QUALITY HEBEL BRICK 6 2 3

Asking Price \$2,345,000

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

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

www.mikepero.com/RX1236188



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

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027 632 0421
09 412 9602
graham.mcintyre@mikepero.com



ULTIMATE LIFESTYLE PROPERTY 3 2 2

By Negotiation

45 Ararimu Valley Road, Waimauku
By Negotiation

This lifestyle property ticks all the boxes. Set well off the road amidst beautiful grounds just 5 minutes from Kumeu you will enjoy the peace and serenity this unique property has to offer. There are two centrally heated buildings, the main house is 210m2 with a uniquely large, second building of 170m2. The central heating also heats the pool. The gardens which back onto the Ararimu Stream are very mature with stunning specimen trees and a wide variety of fruit and nuts just waiting to be harvested. There is a planting plan available. Ducks wandering around the pond add to the rural charm this home provides. An unlimited crystal clear water supply is provided by an artesian bore. This water is bottled under a number of brands further down the valley. You can swim in it in the large heated pool.

www.mikepero.com/RX892144



Lyndsay Kerr
027 554 4240
09 412 9602

lyndsay.kerr@mikepero.com



ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

Asking Price \$905,000

49 Matua Road, Huapai
Asking Price \$905,000

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$600,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1033818



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE, ELEVATED, SUNNY HOME IN WAITAKERE TOWNSHIP

2 2 1

Asking Price \$729,000

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

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

www.mikepero.com/RX1154898



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AFFORDABLE LIVING IN WAITAKERE TOWNSHIP

4 2 1

Asking Price \$747,000

114 McEntee Road, Waitakere
Asking Price \$747,000

The family can have their cake and eat it too, space, sanity and super-sized. Four bedrooms, two living rooms, delivering easy split living space making the adult and the kids-zone effective and workable. A traditional bungalow with clinker-brick over weatherboard, offering low maintenance living on 857 square meters (more or less) of lawn with improvements. An independent double garage and wood-shed ticks the boxes for a happy, warm and desirable home. Close to Waitakere Primary School, Bus link to Swanson Rail, Convenience shopping, parks and RSA. The CV on this property is \$500,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1176091



Graham McIntyre
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09 412 9602

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ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

Asking Price \$997,000

132 Hinau Road, Waimauku
Asking Price \$997,000

This hilltop bungalow offers generous space from the large high stud shed through to almost ½ an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1034803



Graham McIntyre
027 632 0421
09 412 9602

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THE SMELLS ARE BEAUTIFUL - VIEWS AMAZING

4 1

Asking Price \$845,000

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

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

www.mikepero.com/RX1158063



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HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 Kiwitahi Road, Helensville
By Negotiation

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

www.mikepero.com/RX1065529



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09 412 9602

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ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A Ridge Road, Riverhead By Negotiation

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$510,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1055369



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



RARE EARTH

Enquiries Over \$700,000

1056 Peak Road, Waimauku Enquiries Over \$700,000

Overlooking the Tikokopu Valley this 1.25 hectares (3.1 acres) is waiting for you to build your lifestyle dream. Multiple terraces provide a variety of building platforms. The views are panoramic. Animal lovers can build on the top platform allowing you to observe your animals at all times. Rarely does land become available in this choice location. Within the sought after Decile 10 Waimauku School zone this property is your passport to the myriad of outdoor pursuits this region has to offer. Call me today to arrange a look at this unique property. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.

www.mikepero.com/RX995192



Lyndsay Kerr
027 554 4240
09 412 9602

lyndsay.kerr@mikepero.com

HOME & GARDEN

SPRING CLEAN TIME

Spring is here, so now is a good time to begin cleaning away the dirt and grime that has built up over the winter months. With a decent water blaster (High Pressure Cleaner) from Grasslands, you will be able to blast that dirt away and restore some order in your outdoors. We have a particularly good deal on a very easy to use 3100psi petrol powered unit for only \$599.00, a saving of \$300.00. This unit is mounted on a robust trolley and has inbuilt detergent tank to make the cleaning job a whole lot easier. It may be that an electric powered water blaster is more suitable, so do call in and see Terry & the Grasslands Team at 20 Shamrock Drive Kumeu or 570 Swanson Road Ranui to discuss which water blaster would best suit your needs.



HOW TO AVOID OWNING A RENT-FREE RENTAL PROPERTY

If your rental property has alterations that weren't properly per-

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mitted, you may be in for a nasty shock. The Tenancy Tribunal recently ordered a Dunedin landlord to give back over \$10,000 in rent to his tenant because of unpermitted alterations on the ground floor of the home.

The Tenancy Tribunal said that the tenancy agreement was unenforceable, because the property itself was not lawful. As well as having to refund all the rental paid to him by the tenant over the term of the tenancy, he wasn't able to have his own claims for damage to the property considered by the Tribunal. The decision appears to be that because there were aspects of the property which were not permitted the whole tenancy was unlawful and the rent was not recoverable. The decision may be destined for appeal. The lesson for landlords is to know their property. When buying, get a LIM report but also check the Council property file. The Council doesn't know what it isn't told – the property file gives you a better picture of what has been signed off. A builder can also be helpful in spotting works done since the house was built. In the Dunedin case, the landlord was able to get a Council certificate of acceptance for the work, which will put things right for the next tenancy.

Taina Henderson and Shelley Funnell are local lawyers, offering smart legal solutions with the backing of a full service law firm that has been helping people in Whangarei for over 35 years. We'd be happy to help you: Taina on 027 537 9222 and Shelley on 027 537 9221.

LIFESTYLE PROPERTY BUYERS' GUIDELINES: PART TWO

There is no doubt that a drive around the outer city limits reveals some idyllic scenes. More and more New Zealanders are choosing to make their home on a relaxed lifestyle property. However, trying to get your head around the many issues that go with buying and owning a rural lifestyle block can be very daunting to those new to lifestyle living. The inspection of a lifestyle property involves two main components:

1. The dwelling and residential area
2. The land and any features that are relevant to farming, horticulture or other uses.

The Dwelling: When you approach the house from the main entrance, make a note of your first impression. Are there other lifestyle properties nearby? Neighbours can be very helpful and become good friends. Take careful note of the building's orientation for the sun and, if necessary, the likely impact of the prevailing wind on outdoor living areas. (Rural properties are often exposed because they don't have protection from neighbouring houses.)

Observe the general condition of the home and note any modernisation and upgrading. Inspect all the outbuildings, note the available garaging and how many vehicles can be put under cover.



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If a self-contained flat is an additional feature of the property, ensure that a Consent has been issued allowing it to be used as a residence.

Fences: These are a vital part of lifestyle properties. Boundary fencing is essential for containing or excluding livestock. Owners are obliged to keep boundary fences to a stock-proof standard. Different kinds of stock require different levels of fencing.

Water: Water is a major consideration on lifestyle properties. Check the type of water supply at a property along with the storage capacity and continuity of supply. Make sure you know where the water comes from. Rainwater can be collected from the roof and stored in tanks. Most water tanks are constructed of concrete or plastic. The standard size is 22,000 litres (5000 gallons). In areas of moderate to high rainfall one tank may be sufficient for an average family, but two tanks are usually preferred. Other water sources can be bore water for stock and grounds; water may also come from a spring or dam.

Sewage: Many rural lifestyle blocks are not connected to reticulated sewage schemes and instead rely on septic tanks or sewage disposal systems. It is important to understand what type of system has been installed, whether it has the appropriate permits or consents, and whether there are ongoing maintenance obligations. The tank is usually emptied every 3 to 4 years.

Services: If you are looking to purchase a bare land block, services such as power and telephone are usually available at the road frontage. Bear in mind that it can be costly to get these services connected from the front boundary to the house site if it is a significant distance from the road.

Communication Technology: Many prospective buyers will also want to know whether the property has, or is able to connect to, broadband internet and other types of information and communication technology.

If you require any further information on lifestyle properties or wish to buy or sell a property please give me a call on 027 554 4240 or 09 411 7854. Lyndsay Kerr Lifestyle Specialist Mike Pero Real Estate. Licensed REAA (2008).

FOREST FURNITURE

Meet Forest Furniture's new range, Lund. Named after the beautiful Swedish town, Lund makes a modern yet comfortable addition to any home. Along with Lund, Forest Furniture is also introducing two new stain colours- Ivory and Asphalt. Ivory is a pearly, cream tone while Asphalt brings a cool, subtle touch. Both allow the beautiful grain of the timber whether it is used on Kauri, Rimu or Oak to be



admired. Used alone or in contrast with any other stain (Fudge, Coco or Natural) to give a stunning look, making any piece a feature of the room. Come in store today and give this new dining setting a try. We are shop D9 Lifestyle, Maki Street, Westgate or visit our website www.forestfurniture.co.nz, phone 09 216 7674. Remember all furniture is solid timber, NZ made, with a 10year warranty.

TANK WATER

With all the rain we have had recently, most tanks should be full of water, which is ideal coming into summer. If you collect rain water from your roof, try to prevent overhanging tree branches from dropping leaf litter into the gutters by pruning back from the roof line. Overhanging branches also provide a ladder for pests such as possums and rats to access your roof. Try to keep your gutters clean. If you plan to clean the gutters yourself, be mindful of safety on the ladder and don't over-extend. Take a little extra time to think about working safely. If you are planning on painting your roof, make sure you prevent water from entering the tank and allow a couple of good rainfalls to rinse off before collecting again. It is preferable to disconnect at each down pipe rather than at the tank. Once we get into summer, water can sit in the underground collection pipes for up to a few weeks. With an increase in temperature, added with organic leaf matter, this sitting water can become quite stagnant. The next time it rains, this foul water can contaminate your tank water. Regularly flush out your pipes if you have inspection/flushing caps fitted. If you haven't had your tank cleaned for 2 years or more, then spring is an ideal time to get the job done. I can assist with cleaning tanks full of water by vacuuming the sludge from



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the bottom of the tank. This method of cleaning uses about 40 cm of water and is an effective way of cleaning tanks IF they are not too heavily soiled. Having a clean tank coming into the summer months is ideal as it prevents any health and plumbing issues when the tank gets low, particularly if the sludge gets stirred up. I am an experienced owner/operator and happy to provide assistance with any tank water problems. My core business is pump repair/sales, filtration and tank cleaning/repair. Joe Hall, 021 420 9236, www.healthywatersolutions.co.nz.

RHODODENDRONS AT AWA NURSERY

Awa Nursery currently has an abundance of rhododendrons and the variety of colours is fantastic. There is many an avid rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some



of these to their garden. A rhododendron bush is very attractive, especially when in full bloom and hard not to miss in the landscape. We have large and small varieties in stock to suit any garden situation. Rhododendrons do well with direct light for at least part of the day, and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The rhododendron has shallow root systems and need moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provides nourish-

ment, and limits weed growth. Prune your rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the many varieties, or better yet call in and see us at Awa Nursery and pick up your favourite coloured rhododendron.

WESTERN ITM – YOUR LIFESTYLE PROPERTY SUPPLIES SPECIALIST

With all the excess water around at the moment a sure remedy is installing Marley Drainflo/ Draincoil. Drainage lowers the ground water level whilst retaining moisture in the pores of the soil. Prepping a driveway/gateway?



Ensure you install Landtex Mud Cloth, Landtex is a woven polypropylene roading fabric for use under gravel on roads, driveways, parking areas, farm access & races. Landtex spreads the vehicle wheel loadings, prevents mud being pushed up & the gravel lost into the soil/ground below. Water line sprung a leak? We carry the complete range of low density polyethylene pipe, fittings & troughs for domestic/commercial use. We also stock Hansen Easy Fit Poly Fittings. To help you work in these damp conditions we've got a great deal on Redband Gumboots - NOW \$69.90 (women's sizes), \$79.00 (men's) saving \$10 on each style. Offer valid to 31/10/17. For further advice/information visit us instore today or visit westernitm.co.nz for a free quotation. Western ITM Kumeu - 154 Main Road, Phone 09 412 8148. Open 7 Days.

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LIVESTOCK REPORT

Saturday's cattle market at Pukekohe, whilst held in cold, wet conditions, attracted a large audience and this coupled with fewer numbers of cattle on offer, culminated in a strong market. All classes of cattle remained in very strong demand and buyers are prepared to pay for quality cattle. The killable cattle will continue strongly for some time, as supply is short and cattle don't fatten too well on muddy pastures.

| | |
|-------------------------------------|--------------------|
| Forward 2 year steers | \$1,410 to \$1,500 |
| Very light x bred steers | \$1,120 |
| Small x bred rising 1 year steers | \$740 to \$890 |
| Small x bred weaner steers | \$570 to \$685 |
| Prime heifers | \$1,290 to \$1,800 |
| Medium store heifers | \$1,140 to \$1,215 |
| Medium x bred rising 1 year heifers | \$680 to \$910 |
| Small weaner heifers | \$560 to \$610 |
| Best cows | \$955 to \$2,110 |
| Light cows | \$705 to \$865 |
| Fat lambs | \$110 to \$130 |
| Spring lambs | \$50 to \$60 |
| Hoggets | \$115 |
| Ewes | \$80 to \$119 |
| W/H bulls | \$150 to \$265 |
| W/H heifers | \$110 to \$150 |
| Red bulls | \$80 to \$110 |
| X bred | \$30 to \$80 |
| Weaners | \$50 |



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ROOFING MATERIALS 101

A beautiful roof is the crowning glory to any home but what goes on it is more than just a visual choice. Your choice of roof materials plays a critical role in the performance of your home, and it impacts on your budget now and when it comes to maintenance down the line. One of the advantages of building new rather than buying an existing home is access to terrific new product technology and guarantees that mean your home will be weathertight for decades to come. Whether you know exactly how you want your roof to look, or if you just want a cost-efficient and durable solution. Signature Homes West-Norwest Auckland can explain the most common roofing materials used in New Zealand, and give an insight into how they can affect the look of your home and your budget. We can discuss mono-pitch, gable, hip roofing styles or a combination for your home. Then create your vision exploring the various roofing materials to complete your design. Tak-



ing into consideration family needs, desires, weather tightness, insulation, durability and budget. We look forward to discussing your project with you. Contact us on 0800 020 600 or 09 412 9010.

G.J. GARDNER HOMES NEW HUAPAI PREMISES COMING SOON

The G.J. Gardner Homes Rodney West team are on the move to their brand new offices situated on the corner of Highway 16 and Tapu Road Huapai. After more than two years camping in temporary offices in Orewa and Huapai the team is really excited to make the long awaited move into our new professional premises. The new office promises to offer a welcoming space where clients can enjoy a coffee with the team whilst perusing the latest home design and style ideas with our New Home designers. The two-building centre, known as The Vine, is themed around the local areas history in wine production. Construction is due to be completed by November 2017. Along with G.J. Gardner Homes in building one, there will be a new café complemented with a fantastic outdoor seating area, this will be an inviting area to have a catch up with friends and family. Building two will host a new Day Care Centre with a 60-child capacity to cater for the growing area. If you are thinking about building, you're welcome to call in to our new show home at 7 Grove Way, Riverhead. Our experienced New Home Consultants would love to help you in bringing your new home dreams to life, we have some great ideas on design and build options in a wide range of



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48 with 20 years' experience helping locals sort out their waste solutions, through owning and operating Mr Binz, we have seen it all. Now with our specialist Grab Trucks operating throughout Auckland under the '0800GrabIt' brand we have the right gear, experience and knowledge to tackle your job. It is a quick, cost effective, safe and tidy way to remove vegetation, rubbish, concrete, dirt, buildings etc. Call be on 0800 47 22 48 or check out our latest projects on Facebook 2grabit.co.nz to discuss how we can make your next 'too hard job' to easy!

TRADIE OF THE MONTH

Congratulations go out to Den Coombe from Handle Solutions in Albany. Den is our Tradie of the Month. Den has an extensive and vast knowledge of all different types of handles, hinges, door stops, locks and closers. There are many different types of product finishes depending on the type of environment. Den can be relied on for his expert advice in providing the right product for the right purpose. He is always extremely helpful and accommodating with our clients and will always find the right solution for them. Well done Den! Maddren Homes would also like to thank Western ITM for their continued support to acknowledge the hard work and dedication of our Tradies.



GRABIT

Now is a good time to start thinking about cleaning up your property, so you can enjoy it in the summer months. If you have a hedge, fence, large pile of garden waste or even a building you want gone, and not sure where to start or how to go about it. Think the job's too big? Give me a call, Stephen 0800 47 22



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PETS

TIPS & ADVICE

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

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



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

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

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

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

The team at Raw Essentials offer guidance, support, and prod-

uct to help you feed your dogs and cats the carnivorous diet they were built to thrive on.

SOME SPRING ISSUES

Pet hair is part of everyday life for cat owners. Cats with access to outside shed their coat more heavily in spring



and autumn. Daily brushing really can make a difference to the amount of pet hair in your home. A grooming routine will help reduce this, your cat will swallow less hair during washing, therefore fewer hairballs. Warmer days spark the arrival of fleas which spread once they find a host. To stop fleas taking hold, owners should apply regular flea control

As cats return to exploring in the garden, lawn fertilisers and other pesticides are dangerous. Gardeners should remember these can be very appealing and highly toxic. Make sure you follow the manufacturers' instructions on how long to wait before allowing your pet into the area. At Kanika Park Cat Retreat our guests are brushed regularly and we are fully internal with individual suites. Contact 09 411 5326 or 027 550 1406.

FLEAS! A BITING TOPIC

Now that we are coming up for some warmer weather some pet owners may notice an increase in the numbers of these hungry little critters on their pets and in the environment.

Our warm, wet and humid climate in Auckland is the perfect breeding condition for fleas. It is especially common to experience an explosion in numbers during the warmer months of spring and summer.

Apart from the "ick factor" for us humans, this can cause health issues in some animals including a condition called Flea Allergy Dermatitis (FAD). FAD can develop when an animal has an allergic response to the saliva left in their skin by the flea when it bites. This reaction causes the animal to experience intense itching in the area they were bitten. As a result they will scratch, chew and lick the area in an effort to deal with the itching. The most common area for this to occur is around the tail base on the back of the animal. Constant irritation of the area can allow bacteria to enter the skin, and this is where costly visits to the vet can begin.

So how do we prevent this? By far the best way is to prevent flea bites and control the numbers of fleas in the environment. There are a multitude of products available at your local vet, and



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AFTER SCHOOL CARE – SPACES AVAILABLE NOW!

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

We supervise your child's homework and provide a variety of activities as well as supervised free play. Afternoon tea will be provided.

Check out our website for more information:

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

staff will be trained to advise you of the best ones to use in your situation. Best practice is to use them all year round, paying particular attention to the spring and summer months.

Did you know:

- Fleas have a 4 stage lifecycle. The fleas you see on your pet are adults and only represent 5% of the flea population.
- Non adult flea stages live in carpets and bedding and in outdoor places where pets run around.
- 10 fleas on your pet can produce 3500 eggs in one week.
- Flea pupae can sit in their cocoon for up to 6 months before conditions suit them to jump out.
- Some fleas can jump more than 150 times their own body length– the same as you jumping a skyscraper.
- Adult fleas can bite your pet up to 400 times a day.
- If you're seeing fleas in your home after using flea products on your pets, these will be new fleas hatching from eggs laid in the last 3 weeks to 6 months.

Fleas are no fun for you or your pets, plus getting on top of an existing flea problem can be costly and time consuming. Avoid the hassle by keeping your pets treated all year round.

By Michelle Irwin – PET First Aid and Training. For more information on pet health go to www.petfat.co.nz.

ARE YOU READY? DISASTER PREPAREDNESS FOR YOUR DOG

We never like to think of it happening to us, but in our tiny country we are often slammed by Mother Nature... in the event of a disaster have you got your plan? Are you prepared for your family AND your dog? The SPCA and Ministry for Primary Industries are just a few resources online giving helpful advice on what to organise. Here's just a few of their ideas of what you can do to keep your fur-baby as safe as can be in a disaster. www.mpi.co.nz www.sPCA.co.nz.



Make up a home kit and an away kit: 'home kit' with all you need if you're unable to leave for a few days and an 'away kit' that's portable if you need to drop everything and run.

In the kit you should pack at least five days food, dry or tinned. Include a can opener, five days of water and a collapsible bowl. Make sure your dog always wears a collar, ID tag and Council rego. Have extra medication or any special dietary items your dog requires and check these every 6 months for expiry. First aid kits. I've written previously about what to put in a kit, you can find info on my page Country Pets/Facebook. Blankets and repeats of your dog's favourite toy, good supply of chew treats will help your dog feel less stressed. Sanitation items like poo bags, newspapers, litter, Dettol/bleach. Store vet details and any

special information about your dog in a waterproof container. Pack an extra collar and lead and a photo or two of you with your dog for identification.

I hope none of us are ever in need of such kits, but making them up one of these wet weekends will give peace of mind you and your dog can be ready. Country Pets is Muriwai's dog walking service. For more information see our Facebook page or contact Lisa on 027 380 0265.

WEST HARBOUR CATTERY

West Harbour Cattery has re-opened under new management, and we are ready to welcome your feline family members.



Short and long stays are available and we offer affordable rates.

You can rest assured that all furry guests will be comfortable and cared for in the shared or individual spaces.

Inspections by appointment are welcome to view our safe and clean accommodation.

We're easy to find at 97 Hobsonville Road, just 1.5 kilometres from the North West Shopping Centre. We're new to the business, but are committed, keen and passionate about Cats. Love them to bits!

Judy, the previous Manager is sharing her wealth of knowledge with us, and we're confident our service will have all guests purring in delight. See you soon! Kelly and Eric. Phone: 09 416 5586. Email: info@cathotel.co.nz or Web: www.cathotel.co.nz.

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Awesome dog & puppy training kept simple. Your time is precious. We make sure it does not get wasted. Independent of age, breed or behavioral problem we offer you a common sense approach to dog and puppy



training that works, empowers you and relaxes your dog. The focus is on the relationship between you and your dog and how you can build respect, trust and understanding. Book a free phone consultation 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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Please see our Facebook page for delivery area & Menu
[@ggswoodfiredpizza](https://www.facebook.com/ggswoodfiredpizza)

FOOD & BEVERAGE

RASPBERRY AND WHITE CHOCOLATE BUTTERMILK MUFFINS

Makes 12

2 cups self-raising flour

¾ cup brown sugar

1 cup frozen raspberries

1 egg, lightly beaten

¾ cup white chocolate (drops or chopped)

¾ cups buttermilk

½ cup vegetable oil (rice bran or canola etc.)

Grease or line with cases muffin/ cupcake pan

Sift flour into a bowl, stir in brown sugar, raspberries, egg, buttermilk and oil.

Stir quickly with large spoon until only just combined.

Spoon the mixture into muffin tins and bake at 180 for approx. 20 mins.

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

When cool sprinkle with icing sugar.

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



SOLJANS ESTATE WINERY

With the wedding season just around the corner, it is the perfect time 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 14 October 2017 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 call or email our Wedding Coordinator Brittany on 09 412 2824 or weddings@soljans.co.nz.

Saturday, 14 October 2017, 10am – 2pm.

Soljans Estate Winery; 366 State Highway 16, Kumeu, Auckland.

HALLERTAU AND BORIC COLLABORATE

It's collaboration time again here at Hallertau Brewery. We have joined forces with Boric Food Market to produce a seasonal fruited Witbier. This 5.2% Belgian style wheat beer had the juice and zest from 50kgs of Tangelos added to the brew which had been freshly picked from the Boric orchard. Expect crazy fruity aromas of banana and tangelo. Light soft body with



a tart lemony finish. Very refreshing. It's tap only so fill up your flagon next time you're passing the Hallertau Biergarten.

THE FIREPLACE CAFÉ RESTAURANT & BAR

It's almost the end of winter and we are heading towards spring. Here at The Fireplace, we have some great specials going – so come on and take advantage of huge savings right through to Christmas. Also if you are having a Christmas Dinner party, book now. We can cater from a small gathering to big groups. Give us a call now.

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 Porky's Thursday: Pork belly, Pork Ribs or Pulled Pork Burger + House wine/ Pint of Tap beer \$25.00
 Friday: Happy Hour 4-6pm. All bar snacks half price plus Drinks specials.

For inquiries Call us - 09 412 6447.

The Fireplace Café Restaurant & Bar- 64 Main Road, Kumeu – www.thefireplace.net.nz or www.facebook.com/TheFireplace-caferestaurant&bar.

NEW ZEALAND HERBAL BREW

New Zealand Herbal Brew teas aren't just leaves in a bag for making a cuppa; there's a lot of thought behind them. This new range has been meticulously developed, tested and tweaked by Kumeu local Rebecca Stenbeck —a qualified herbalist and naturopath – resulting in teas for both interest and therapeutic qualities....

"A therapeutic dose can be achieved in three to six cups of tea a day, depending on the ailment and person." Her range currently includes health teas for liver, digestion, heart & circulation issues and coughs & colds



– with more therapeutic blends to come. It also includes single blends such as hibiscus, lemon balm, peppermint and chamomile as well as fun blends like a craft beer tea with malt and hops - great gift for enthusiastic craft beer lovers. Teas are available in small and large jars, along with re-sealable pouches. For more information visit www.newzealandherbalbrew.co.nz or [Facebook.com/NewZealandHerbalBrew](https://www.facebook.com/NewZealandHerbalBrew).

PEKO PEKO JAPANESE TAKEAWAY

We have been having good chats with a number of customers who have travelled to Japan recently and we are always happy to hear about their great journeys to our country. Now we need to let you know that we will have a break from Saturday 21st October until Thursday 9th November as Aki is taking her son for a family event back in Japan. She will try to upload some photos of Japan on our Facebook page during her stay (most of them could be food photos). We apologise for any inconvenience during our holiday break. We will look forward to seeing our lovely customers till 20th October before we close. Thank you for your continuing support and we appreciate it. Peko Peko is a little food truck located on 92 Hobsonville Rd, car park of Passion Produce vegetable shop. Phone order recommended. 022 431 3462.



Wedding Expo

Saturday, 14 Oct 2017

10 am - 2 pm

366 State Highway 16, Kumeu

Soljans Estate Winery is the complete wedding venue with many unique backdrops for your ceremony & photo opportunities. Experience the perfect blend of romantic winery surroundings, award winning wines and endless rows of beautiful vines.



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Delicious canapés

Wine Tasting

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For more information, check out our website and facebook page.



HEALTH AND BEAUTY

WEDDING SEASON IS FAST APPROACHING

Fresh & Flawless would love to help you look and feel your best on your big day. Get in touch today about makeup & hair for your big day. "Lauren did mine and my bridesmaids and mum's make up for my wedding in



January 2017. She did an absolutely amazing job, my makeup lasted all day and she was awesome to deal with. Professional, on time, and did my makeup exactly how I wanted it. Can't recommend her enough and if you are getting married any time soon definitely check out Fresh and Flawless and get in touch with Lauren" Mell Cole www.freshandflawless.co.nz lauren@freshandflawless.co.nz.

CHIROPRACTIC AND HEADACHES: HOW IT COULD HELP

A headache is the body's way of telling you something isn't right. But what you may not know is that the headache doesn't always originate in or near the area where you feel pain. When it comes to



your body, everything is connected. For example, a wrist problem can actually be a spinal complication, whereas elbow trouble can actually result from a shoulder issue.

Of course, headaches can also be directly related to the spine, being caused by a number of reasons including: Compensation for lower back problems, misalignment, poor posture and muscle spasm. Chiropractic care is a natural regime that promotes the body's own healing ability. At Kumeu Chiropractic, we see many practice members who come in seeking relief for headaches. To their surprise, Chiropractic isn't just about bringing relief—adjustments may actually help correct the underlying

issue at hand to help prevent a relapse in the future, and other health issues can often resolve as well. Are you tired of taking painkillers for the pain in your head or neck? Whether you've exhausted traditional methods or are just starting to look for a more natural way to help your headaches, contact Kumeu Chiropractic today to find out how we can help. Kumeu Chiropractic 8 Shamrock Drive, Kumeu - Phone 09 412 3356.

REFORMER PILATES

A couple of months ago we wrote about the virtues of Reformer Pilates, whereby exercises are performed on a 'reformer machine,' and is generally more dynamic and



intense than mat based Pilates. One of the best things about the reformer is its versatility. As we mentioned before, exercises can be done lying down, sitting, standing, pulling the straps, pushing the foot bar, perched on the foot bar, perched on the shoulder blocks, with additional equipment, upside down, sideways and all kinds of variations. With this one relatively sleek piece of equipment the reformer can train many parts and dynamics of the body. Exercises promote length, strength, flexibility and balance and there are many reformer exercises for first-time beginners, plus exercises that challenge more advanced practitioners. The great news is NorthWest Physio+ is now offering group Reformer Pilates classes. Check out our page at www.northwestphysioplus.co.nz/yoga-and-pilates.html for more details.

CHRISTMAS SPA PACKAGES AT SPA DI VINE

Spa Di Vine (est. 2002) in Waimauku is the perfect place for a great experience and relaxing time with the girls, so plan now for a Christmas get-together.



Arrange a half day spa for your Christmas do, a birthday, or, just because it would be lovely to catch up with each other for more than just a minute. A friendly welcome and expert spa therapists, a soak in the hydrotherapy spa pool, various massages and facials to choose from and time for morning tea on the sunny terrace or courtyard. The team at Spa Di Vine have more than 15 years' experience to ensure a great experience. Phone Paula on 09 411 5290 to ask about The Girls' Day Out Package or send an email to relax@spadivine.co.nz or www.spadivine.co.nz. Spa Di Vine is located in Waimauku, open by

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THE PAINFUL THUMBS OF MUMS

You may have noticed thumb and wrist pain when gripping, turning your wrist or trying to pick up or feed your child. De Quervain's tendinitis is very common in mothers. Changes in hormones during pregnancy are linked to De Quervain's. Changing nappies, repetitive lifting & carrying of baby can place additional strain on wrists



and thumbs. Hand therapy can offer: A variety of splinting options to rest & protect your wrist / thumb. Management of swelling. Activity modification, exercise programme & advise to return to full use. Call The Hand Institute Kumeu – phone 09 412 8558.

\$10 OFF YOUR FIRST MASSAGE WITH TOP NOTCH

At Top Notch Massage Therapy, we understand the stress that is placed on the modern life; whether that is from a



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

WHY I TRAIN WITH PETE FROM B3 PERSONAL TRAINING

"I've trained with Pete for around 15 years, and during that time he has kept me constantly motivated to keep fit. His firm but gentle manner has meant that I've achieved goals I never thought I was capable of; from running 100 metre sprints to coping with a marathon, from women's duathlons to cycling the Round Lake Taupo race. But it's not been all sweat and tears;

there's also been lots of fun and laughter. Now in my mid-sixties, thanks to him I'm certainly not going to give up the gym." Tara Jahn-Werner. "Pete has been my personal trainer a number of times over the last 10 years. He is very approachable and experienced and has helped motivate me to succeed in my personal training goals. Sessions are always a fun 45 mins." Dianne McIntosh. Call now to book a consult and take the first step towards feeling amazing again. Peter Bristow B3 Personal Training 027 359 0976 peter@b3training.com.

THE POLISH ROOM

We are spicing up your October manicure with a tangy grapefruit organic skin peel. Yes it is time to kiss goodbye those dry winter hands and brighten them up with our beautiful hand treat. This



zesty citrus skin peel will roll and lift away any dry, dead skin cells and leave your hands instantly fresh and glowing. So if you have a special occasion coming up or you just want to feel fabulous with some pretty nails, we would love to treat you. We love nails and we love to pamper you, so be sure to visit us this month to get your complementary grapefruit hand treat with your gel manicure. The Polish Room 027 407 2264.

YOUR WAIMAUKU PARTNERS IN HEALTH

Some months back we wrote about the innovative and co-operative approach to medical treatment and integrated health care as practised by Waimauku Doctors, Silver Fern Medical and Waimauku Village Pharmacy having won the ProCARE 2016 Community Engagement Award.



This award winning service has recently been enhanced with the opening of the second pharmacy, Waimauku Pharmacy Silver Fern next door to Silver Fern Medical.

Both pharmacies will provide dispensing services with the bulk of health associated retail and a range of clinical support services provided at the new larger premises.

This integrated approach to patient support has received critical acclaim at the 2017 Pharmacy Awards. With the team taking out four of the major categories,

Professional Service of the year – Diane Phone.

Innovation in delivering care and advice – Diane Phone and

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team.

Community Pharmacy of the year – Waimauku Village Pharmacy
The supreme award – Pharmacy of the Year

These services are further enhanced with the addition of Robbie the Robot (I had to call it that). This robotic dispensing machine is designed to manage complex medicine requirements where dosage, timing and quantity are critical and often complex or difficult with our lifestyles. This is achieved by dispensing the medications in pre-packaged, user friendly sachets.

Come in and check out the new facilities, Robbie and the team are waiting to help you.

HO! HO! HO! OH NOOOOO!

By the time this edition is published, most of our Christmas stock will be in the store. Sad but true. The reason is that suppliers of our gifts offer their selection of goodies in January each year and then deliver from September on. Crazy? We think so, but it is what it is. It's also a huge surprise for us when we open the boxes because we have completely forgotten what we bought 9 months ago. So come in from now on and see what lovely and unusual Christmas gifts and decorations are here to tempt you at Hobsonville Optometrists - Glasses and Gifts, 413A Hobsonville Road. Monday to Friday 9am to 5.30pm and Saturdays.



because we have completely forgotten what we bought 9 months ago. So come in from now on and see what lovely and unusual Christmas gifts and decorations are here to tempt you at Hobsonville Optometrists - Glasses and Gifts, 413A Hobsonville Road. Monday to Friday 9am to 5.30pm and Saturdays.

HOW IS YOUR HEALTH ACCOUNT?

"Your health account, your bank account, they're the same thing. The more you put in, the more you can take out" - Jack Lalanne. How is your health account at the moment? Can you afford to take anything out? Make it goal this month to add to your health account. Do



some more exercise, get up from your desk more regularly, improve your diet or get adjusted. There are lots of ways to add to your health account. If you have niggles or pain that may be hindering your attempts to increase your health balance, we may be able to help. Visit our website or call us to arrange a time. Your body will thank you for it. Elevate Chiropractic: Shop

1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312. www.elevatechiropractic.co.nz.

FLOATING DURING PREGNANCY

Floating is a unique and one of a kind environment that offers a warm, calm and peaceful place for mamas to be to reflect, restore, bond with baby and relax. The stresses of daily life can often feel compounded during




pregnancy and on this whirlwind of a journey our bodies can often be challenged both mentally and physically. Floating offers tremendous health benefits to expectant mothers who can find much needed pain relief in the use of float therapy during pregnancy, along with time to bond with baby, and practice visualisation and breathing techniques in preparation for the upcoming birth. Some of the health benefits of floating during pregnancy include relief from swelling, hypertension, Braxton hicks, insomnia, leg cramps and stress. Floating in Epsom salts during pregnancy can help boost the natural magnesium level in your body. When you float, your body becomes weightless. Epsom salts are known for their healing and anti-inflammatory powers, so floating can decrease your pregnancy aches and pains. Book a float today @ www.black-lotus.co.nz or call us to make a booking on 09 412 9827.

MUMS – ARE YOU EXERCISING SAFELY?

Are you struggling to flatten your 'mummy tummy'? Having pelvic floor issues? Trainer and mum-of-two Kirstyn Campbell of KCFIT can help. After experiencing abdominal separation seven years after having her daughter,



she now specialises in helping mums exercise safely. Kirstyn says it's crucial women understand how pregnancy and birth change their bodies before embarking on burpees, sit-ups, crunches or planking, which can damage the abdominal area and affect digestion, pelvic floor and cause hernias. Kirstyn offers 1 hour classes for mums (with free babysitting) focused on improving fitness, burning fat, strengthening, reducing stress and lifting moods. She also offers focused training to help repair 'tummy split' or bladder leakage due to a weakened pelvic floor. Whether you're returning to exercise or want to take the first step – do it safely with KCFIT. Find out more about upcoming classes at facebook.com/KCFIT. You can email Kirstyn on kirs-



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FOR EYES

Eyes aren't just the window to your soul—they also offer a glimpse into your health. Changes in your eyes can signal vision problems, diabetes, stress, even retinal detachment. What's more, most of these you can actually see for yourself—assuming you know what to look for. Follow our series in Kumeu Courier as Natasha Herz, M.D., clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist. Visit Matthew and Molly Whittington, For Eyes, Kumeu Village Phone 09 412 8172 for top quality eye examinations and for reading disability or colour vision assessments and treatments. (*Acknowledgement: M. Bonner, Marie Claire, 24 March 2017).




HUAPAI MASSAGE THERAPY

Huapai Massage Therapy is holding an October special. \$10 off all bookings for the month. Whether you have an injury, postural and work related issues, or just need some time out for relaxation, Vikki can tailor her massage techniques to suit your individual requirements. Vikki is a Qualified Massage Therapist, graduating from the New Zealand College of Massage in 2010. She specialises in Sports/deep tissue massage, relaxation & pregnancy massage. Take advantage of this deal, it's time to make time! Call Vikki now on 021 755 745 to book in and visit the website www.huapaimassagetherapy.co.nz for more information.



NEW HEALTH PROVIDER IN WAIMAUKU

Performance Rehab is a new physio service which has started at Silver Fern Medical in the Waimauku Village. Giovanni Comuzo has been a physiotherapist for 7 years and has previously worked in west and north Auckland. Performance Rehab has been set up to best serve the community by providing accurate diagnosis, treatment and care. This is achieved by implementing a robust rehabilitation management plan following any injury or persistent long term ailment. He specialises in pre and post-surgical management, specific adolescent conditions,



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

treatment of soft tissue and joint injuries, pain management of chronic conditions, sport specific management and functional retraining (sport, work or daily life). Giovanni has set up business within Silver Fern Medical and appointments can be directly with Giovanni by calling 09 426 8815 or by email info@performancerehab.co.nz. More information is available on his website www.performancerehab.co.nz.

FANCY A ROUND OF GOLF?

Here at Westgate Optometrists we have ten vouchers for one round at the picturesque Huapai Golf Club to give away. Simply book in for a full eye exam and mention this offer to claim your voucher. This offer is on a first-in-first-served basis. We can even assist you in some suitable eyewear for your round. For more information or to make an appointment - phone our friendly team. Phone: 09 831 0202 Website: www.westopt.nz.



GEOPATHIC STRESS

Imagine having a headache or migraine every day for a year or more, I'm sure you would start to go crazy. Or having tinnitus in your ears and ringing you can't get away from. How's your memory? Do you feel that it's starting to deteriorate and you are just blaming it on 'age'? What if it's not? What if geopathic stress is the culprit. Would you give something a go if you had never heard the term before? Luckily for my clients they were willing to try anything, and after identifying this phenomenon in their homes and clearing it, the results are amazing. Headaches gone. Tinnitus gone. Fuzzy head and memory improving. What else are you suffering from that perhaps geopathic stress is causing? Check out Nicky at www.ClearEnergyHomes.com now to find out or call 021 545 299.

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ECONOMY- Barcelona on Qatar Airlines via Doha from \$1319, Milan on Cathay Pacific via Hong Kong from \$1369, Paris on Etihad via Sydney & Abu Dhabi from \$1549, London on Air NZ via LAX from \$1599.

PREMIUM- London on Virgin Atlantic via Shanghai from \$3899, Paris on Singapore Airlines via Singapore from \$4599.

BUSINESS - Amsterdam China Airlines via Brisbane & Taipei from \$5129, London on Korean Airlines via Seoul from \$5360, Frankfurt on Thai Airlines via Bangkok from \$5899.

There are amazing River cruise specials of Fly for Free on Emirates Airlines with Viking Cruises, as well as APT, and huge Air Credits of up to \$2000 per couple when taking an Avalon cruise. Note that these specials are valid at the time of providing editorial on 11 September 2017, so are subject to change, and subject to availability.

Please take a moment to check out my website below to find out what the current deals are, and click on the link to be added to my newsletter database.

I only send out one newsletter a month, so I will not clutter your inbox.

Please contact me: Tanya Franklin, your local Travel Broker, a member of helloworld, on 09 411 9105, or 021 254 9169, or

email: tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday! See: www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

HOW CAN WE TEACH CHILDREN EMPATHY?

At Kereru Kindy our children are currently interested in learning about creepies and crawlies. We are all loving going outside and searching our natural environment to find different places where they can discover new insects and bugs.



We have found many things hiding in a variety of places, from centipedes, worms, ants, slaters to bees and spiders. It is wonderful to share the children's delight as they find something new and exciting to them.

Through this experience they are learning about their world around them and how to care for and show empathy to other living creatures. We make sure we are always gentle and caring towards the animals and put them back safely where we found them (in their homes).

To extend this interest, we will be building our own bug hotel, so our tamariki can continue to enjoy this experience for months to come. Come and see for yourself at 10 Oraha Road, Huapai. Phone 09 412 2624.

E-PACK IS MAKING CHRISTMAS "SHOPPING & SHIPPING" EASIER

It's not long before the crazy Christmas rush hits and if you have relatives and friends overseas you need to make sure you send gifts to them as early as you can. E-pack offer a comprehensive and robust service to most parts of the world and a range of services to suit size of parcel, budget and delivery time. From postal to tracked express courier we can fulfil any shipment to UK / Europe / USA / Asia Pacific. We will also pack your shipment for you so it arrives safe and sound at its destination. To make sure you get your presents off in time to friends and relatives you should aim to have them away by late November at the latest, then you miss the delays that the huge volumes create. And with e-packs nationwide services we can reach your relatives and friends across New Zealand too. e-pack - 5b Wookey Lane Kumeu. Call us today on 09 412 7018.

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NORTH WEST COUNTRY

OCTOBER UPDATE

A MESSAGE FROM NWDBA CHAIR: TONY FORLONG



We had a great turnout to our Annual General Meeting at the end of August where members received a report back on our activities over the past year.

A Committee for the 2017/18 year was elected and I congratulate representatives for the following areas:

Helensville: Shona Oliver, Elke Ryan, Fletcher Clarke, **Parakai:** Dion Tilson, **Waimauku:** Stewart McLachlan, **Kumeu/Huapai:** Karen Allen, Matthew Burt, Hayley Plowman, **Riverhead:** Paula Pepperell and **Kaukapakapa:** Geraldine Bayley.

The meeting confirmed a name change of our Association to North West Country Inc which helps us to align with our branding for the area and help marks the North West district as a destination in the minds of visitors.

Spending in the North West District has increased by over 46% over the past five years, compared to 22% for Auckland as a whole and 24% compared to the three areas we benchmark against (Matakana, Pukekohe and Whangaparaoa) and this is only going to increase as new residents arrive in the area.

The Business Association faces a unique challenge in being the only Business Improvement District (BID) that covers multiple town centres and a large area, but we are making great progress, and we look forward to keeping you update with progress over the coming 12 months.

CONNECT WITH US

Join us on our social media channels to keep in touch and keep up to date with what's happening in the North West area.

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/NorthWestCountryNZ

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WWW.NORTHWESTCOUNTRY.CO.NZ



North West COUNTRY **FATHERS DAY WINNERS!**

| | |
|--|--|
| HANNAH GORDON won \$200 Woodhill Mountain Bike Park Pass Shopped at: Parakai Springs | JON FERRIS won The Pawa Room pack (Emu Slippers & Possum Socks) Shopped at: Mitre 10 Helensville |
| PARAKAI SPRINGS VOUCHER WINNERS: Selina Harwood Shopped at: The Cafe Andrew Senn Shopped at: Anna's Hair Studio Mary Reed Shopped at: Mitre 10 Helensville | HALLERTAU VOUCHER WINNERS: Miles Harvey Shopped at: Kumeu Garden Hub Lynsy Wadham Shopped at: The Healing Heart of Helensville Neil Laffoley Shopped at: Helensville Fisheries |

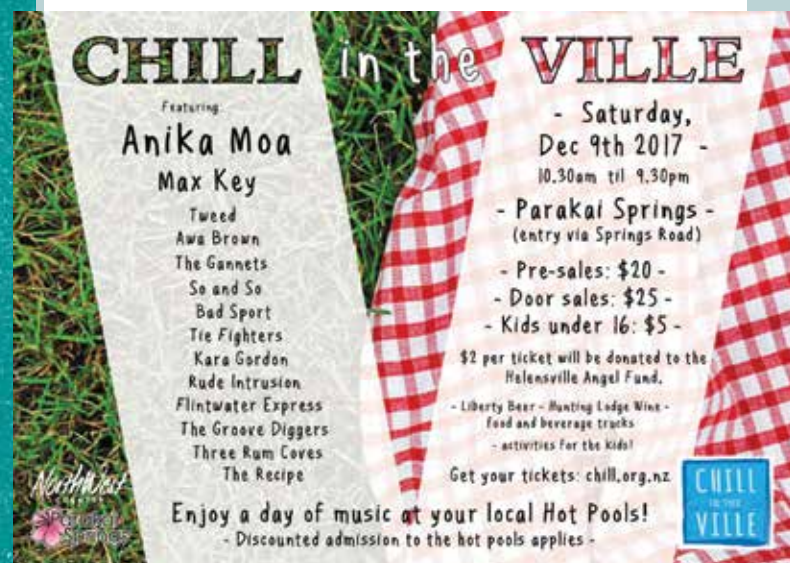
CONGRATULATIONS, AND THANK YOU FOR BUYING LOCAL!

Congratulations to all our winners! and a big thank you to all the businesses that donated prizes, but also to those businesses that participated in the competition.

CHILL IN THE VILLE

The music festival is coming back with a new line up, but the same great atmosphere and intent. Get your tickets now to see headliner Anika Moa rock the Ville on Saturday, 9th December.

\$2 per ticket sold will be donated to the Helensville Angel Fund, so you can give back while enjoying a day at your local hot pools - Parakai Springs.




CHILL in the VILLE

Featuring:
Anika Moa
Max Key
Tweed
Awa Brown
The Gannets
So and So
Bad Sport
Tie Fighters
Kara Gordon
Rude Intrusion
Flintwater Express
The Groove Diggers
Three Rum Coves
The Recipe

- Saturday, Dec 9th 2017 -
10.30am til 9.30pm
- Parakai Springs -
(entry via Springs Road)
- Pre-sales: \$20 -
- Door sales: \$25 -
- Kids under 16: \$5 -
\$2 per ticket will be donated to the Helensville Angel Fund.
- Liberty Beer - Hunting Lodge Wine -
Food and beverage trucks
- activities for the kids!
Get your tickets: chill.org.nz

Enjoy a day of music at your local Hot Pools!
- Discounted admission to the hot pools applies -



Visit chill.org.nz
for more information and tickets.

but there are many things business owners can do to improve and maintain healthy cash flow. Following up customers for payment of overdue invoices should be a top priority – after all, what is the point of working hard providing great products or services if you are not going to get paid? Your terms and conditions should set clear timelines for payment, and we also recommend credit checking everyone you are considering extending credit to. From an accounting point of view, remember that not all of the money you collect in is yours, so don't forget to set money aside to meet your PAYE, GST and provisional tax obligations. To improve your cash flow management we recommend preparing simple monthly cash flow forecasts. Forewarned is forearmed, and forecasting allows you to work out strategies to counteract any shortfalls as well as plan for capital expenditure and growth.

For more advice on how to improve your cash flow, contact Mark Foster and the UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

NATURE'S EXPLORERS KINDERGARTEN ARE ANIMAL LOVERS

Since the arrival of our new rabbit Fluffy, there is an enhanced interest in animals at Nature's Explorers Kindergarten. The children have learnt to care for Fluffy, and have helped feed and clean his enclosure. Because Fluffy is a free range rabbit, the children have had an opportunity to learn about gentle patting and being careful when he is around. We have observed the



children and have also seen an enjoyment of role playing 'cats and dogs'.

This interest has given the children so many fun learning opportunities from home and the community. We have had Vets North Kumeu come out and have a fun chat with our children about how to look after animals. They were able to look at X-rays and listen to the Vet's dogs heartbeat. We have had children bring in their pet dogs, chickens and rabbits into Kindy. Together the children thought it would be a great idea to have an 'Animal Dress up Day' at Kindy.

The teachers have extended children's learning through literacy with books, writing and drawing about pets and animals.

We are now taking bookings for 2018. If you are looking for childcare next year, now is a great time to secure a spot at our beautiful nature rich Kindergarten in Riverhead. Pop in or call us on 09 412 8800 alternatively you can email us: office.kindergarten@xtra.co.nz. manager.playschoolelc@eeg.co.nz.

INCOME PROTECTION INSURANCE, MORTGAGE PROTECTION INSURANCE, ACC, HOW DOES IT ALL WORK?

In basic terms, income protection insurance in New Zealand replaces a percentage of your income when you cannot work in your own occupation for a medical or injury reason. It is designed to provide 75-80% of your in the hand earnings to you when disabled at claim time. Most policies today have a range of options and different flavours. Fundamentally there are two types, those you pay tax on at claim time and those you do not. The rules and approach around each one are a bit different which is where we come in as specialist advisers on protecting your income. What are the types? In simple terms, there are three flavours of income protection. Agreed Value in which you prove the level of cover at application time to have more security at claim time that you will get paid. Indemnity Value where you prove your loss of earnings at claim time, and it pays or replaces, your income up to a certain level. Which runs the risk of not being able to if your employment and earnings situation has changed. Loss of Earnings where you prove your loss of earnings at claim time, and it pays a percentage of your lost earnings. Like indemnity this option has risks at claim time though is usually a stronger option than the indemnity approach. What about ACC? Yes, we also have ACC, something quite unique to New Zealand. ACC replaces up to 80% of your personal taxable earnings if you are disabled in an accident and are unable to work in any occupation. You do need to keep in mind, 75% of white collar occupation disabilities and 50% of blue collar occupations do not involve ACC disability or weekly compensation claims. So the prevailing idea ACC has you covered is not as secure as you might like. If you are self-employed

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there are a couple of catches with ACC claims. Income split with your spouse isn't included in the 80% claim calculation. Also, because ACC pays your personal earnings, if you have business expenses that don't stop when you do, you will have a shortfall as ACC will not pay these either. As an employee, you need to keep in mind ACC may require you to return to another occupation if you cannot return to your own occupation. This is subject to existing knowledge, experience or further training. With income protection this is a choice you can make to return to work in a different occupation, it can't be forced upon you like ACC can. In a disability situation where you have ongoing income or ACC payments, Income Protection policies can and do take this into account when your claim payment is made. Mortgage Protection Insurance. Mortgage Protection is very similar to Agreed Value Income Protection, with some providers it is the same with one key exception if you have a mortgage, and a claim is paid, there are no offsets. Seem complicated? – Please contact Risk Solutions if you would like to go over these options and more. www.risksolutions.net.nz, Tim Peat – 027 573 4064.

METH AND CRAYFISH: TWO DEGREES OF SEPARATION

That's a headline not many of us thought we'd ever see, but crayfish and methamphetamine recently established a connection when a large quantity was stolen in Northland, destined for an Auckland gang in exchange for P.



Both locations aren't surprising when you look at the areas branded as New Zealand's "P Lab hotspots" by University of Auckland researchers. Herekino in the far north took the number two position, while two Auckland suburbs rounded out numbers four and five.

Indeed, New Zealand has one of the highest rates of meth usage in the world. A 2015 survey found that only El Salvador, The Philippines and Australia consume more meth per capita.

And it's not just the usual drug suspects you'd expect to be prisoners of meth. Over the past year, Drug Detection Agency testing showed that 13.4% of all positive pre-employment drug tests detected meth. Meth has long been an issue in the construction, forestry and meat working industries, but the epidemic has now spread to tourism, the public sector and professional services.

Only one thing is certain. Meth has planted its feet firmly in our soil and doesn't intend to go away without a fight.

Code Green provides methamphetamine decontamination services whereby we clean your property and remove methamphetamine contaminated materials where required, eliminating

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PHELAN'S LOCAL BOARD UPDATE

By the time you read this we will have finished the 'Local Board Plan', the three year strategy for Rodney. We received the highest level of feedback in Auckland, over 1500 submissions and I took the time to read through all of them. It's an important task because this is the best chance over the three-year term we get to measure the pulse of the community, what you're thinking about where council is going and what you'd like to see us do. Our residents don't hold back and some very robust feedback was provided, thank you to everyone who took the time to do this, the issues raised in the feedback have been incorporated into the final plan. It is clear we have work to do to effectively communicate with you about our role, I think we need to improve not only our communication but also how we ensure we're effectively engaged with the wider community. We have been listening to you, especially using social media, and most of you supported our main initiatives which is encouraging. Our Local Board Plan is part of a budgeting process government legislation requires us to go through. We are now neck deep in the Long Term Plan, or what the Mayor is calling the '10 Year Budget' – a far clearer description. A plan is pointless without money to implement it and this budget is what funds the Local Board Plan objectives.

Council's 10 year budget has identified a gap in funding of billions of dollars to deliver the projects needed to cope with growth. There will be some interesting options coming to the public next year which will no doubt spark debate.

If more money cannot be found to meet the shortfall the limita-

tions of a 2.5% annual rate increase mean that cuts will need to be made in services as staff levels are reduced and this will start to become apparent across a range of council services from transport infrastructure maintenance to parks. Simply put the pie must be cut up to serve a greater population and the pie isn't growing quick enough. Council cannot borrow more and is limited in how it can raise additional revenue, unless central government steps in to provide alternatives residents may see the effects in lowering service level over the coming years.

Meanwhile considerable capital funding in being spent in Rodney to make up for years of neglect. We had a presentation from Watercare, the sewerage and fresh water provider for our towns, this council controlled organisation has poured about \$300 million into failing infrastructure from Kumeu to Wellsford while ensuring this is future proofed to provide for predicted population growth. It's not sexy or visible but money is being spent in our area to deal with both legacy and future issues.

I notice figures about urban growth in Huapai have been waved around during the election. Just to clarify the plan for future urban areas. The Unitary Plan's future urban zones in Riverhead and Huapai for 6000 houses can only be developed from 2028. Work is being carrying out on the transport designations needed for this growth and a Structure Plan will be undertaken around 2025 to allow for the various infrastructure providers to plan their budgets. Although there have been calls to do a Structure Plan early it's important to note that development cannot take place until this is done. We all want the infrastructure to be in place and doing this planning early could allow development to be forced on the area faster than 2028. In my view it would be undesirable to have developers forcing Council's hand when budgets for community infrastructure weren't available.

If you need assistance with council related matters or have



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a project you think council should be involved in feel free to contact me on either phelan.pirrie@aucklandcouncil.govt.nz or phone 021 837 167.

WHY PROBLEMS AREN'T ALL BAD

The bigger the problem the more you think about it. The longer we have the problem the harder it is to find a solution. The more we talk about the problem the more entrenched we are in it. The things we don't like in our lives tend to get talked about the most. It's hard to get off the subject of that big thing. Reality is a funny thing - it's hard not to focus on it. Fat thighs get focused on all the time. Lack of money gets focused on all the time. That annoying staff member gets focused on all the time, our sore back gets focused on all the time. The one thing that needs to be different is being affirmed every day. 'The way things are' tend to stay the way things are because pointing it out all the time ensures our focus on it and we keep it all as it is.

On the other hand, I believe we are built to want and we should want! We are a race of wanters and perhaps there is perfection in this. At first we wanted food, then we wanted warmth, then we wanted health, then comfort, then fun, then more fun and on it goes. Without desire perhaps evolution wouldn't exist. Usually we want something because we believe we will be happier when we have it. When we are hungry we want food then we are happier. When have more money to renovate the bathroom we will be happier. This goes for wanting a pain free, healthy body and it goes for wanting more confidence or wanting our partner to be different. There is no difference. We want what we want because we believe we will be happier when we have it. But we need to get the balance right here. We don't

want to be in the trap of wanting and waiting – only becoming happy when we get the thing. Letting things and people in our lives dictate how we feel is conditional – and it's creating more of what we don't want. Creating things with thoughts works when we don't need conditions to be a certain way before we FEEL a certain way. Having the right mindset and creating our life with our thoughts is NOT about focusing on reality. We need to be able to rise above our daily conditions and feel a different way about ourselves, our money, and our job BEFORE things are different.

Life does not respond to what we say - life is responding to what we mean (the way we really feel). Mindset and positive thinking will only go so far – if you're not feeling it – it can't happen. Dr Joe Dispenza says the definition of change is 'to be bigger than your environment'.

Problem is good, as it kick-starts desire. Without desire or want for something we are not expanding or creating – and there is such joy in expansion. There can be clarity in problem. We have been shown what we don't want, so we know more clearly what we do want. Without a question, there cannot be an answer. Problem produces solution that puts you in a better place. So now you know what you want – time to get your thinking in the right zone. We need our expectation to be different. Expectation is desire and belief in the same place. This is mindset. Expecting something but deep down believing it's not possible will not move you forward. Having your desire and your belief in an equal place together steers you more in the direction you want to go.

Call Anna for a session 021 555 658. Check out my website www.thinkyourbest.co.nz I help with specific ways to think about any situation and give my clients a personalised guided visualisation to get you in the habit of the new way of thinking. Learning new thoughts is just like learning anything. What you focus on



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NORTH WEST WILDFIRE SPECIALISTS BATTLE FIRES IN BC, CANADA

On August 6, 2017 around 80 rural fire specialist personnel departed Auckland Airport on route to British Columbia, Canada. It included one incident management team and three task force teams (20 people in each task force) that would be allocated to



fires in the area. A priority for the Incident Controller of the fire complex was to minimise the spread of the fire and work systematically down the fire flank to restrict the potential fire spread to communities within the Cariboo region especially around the Green Lakes area which was home to permanent residents and an extensive number of holiday cabins. Six fire-fighters represented the North West region and worked long days, from dusk to dawn alongside crews from Mexico, Australia and Canada. At its peak almost 800 personnel were deployed to fighting the fire, plus support from 26 helicopters and heavy machinery and a collective of water and retardant bombers. "The scale of the fire complex is the thing that most people struggle with" says Graham McIntyre, a crew member and crew leader, "the fire perimeter was over 400 kilometres and the area burnt or burning on the fire called K20637 Elephant Hill Fire was 192,000 hectares. In comparison, New Zealand's biggest fire in 2017 was the Christchurch Port Hills Fire which was about 1% of the Elephant Hill Fire being 2,075 hectares and a fire perimeter of 30 kilometres". Graham was involved in both and says "the scale and the complexity to get the right resources to the right place at the right time was a major factor in trying to manage the spread of the fire and conditions played a major part in the ability of crews to black out (extinguish) the fire edge and reduce the potential for the fire to jump into the green. At times the temperature would get up to 36 degrees, the humidity would fall into the teens and the wind would gust, and puff 25 to 40 kilometres per hour. It was these days that we could only watch embers high above transfer 100 to 300 meters and start spot fires along way into the green unburnt fuel. Sometimes the conditions just don't allow you to fight a compelling and successful battle and we found ourselves making the call to evacuate to a safe forward point and re-task to a safer zone". After almost 15 years of rural and urban fire-fighting Graham has seen more than most when it comes to extinguishing flame and reducing risk and said his highlight from the trip was working in with Canadian and International teams while maintaining the high spirited kiwi culture and humour that made time away

from family and friends bearable. "Spending a month fighting flames on the other side of the world is not the normal but with extreme weather conditions all over the world it may just be the start of things to come" says Graham. The team arrived back on September 10th with no accidents nor injuries to record against the deployment.

REASONS WHY YOUR CHILD SHOULD ATTEND PRESCHOOL, EVEN YOUR PRECIOUS BABY

You may be thinking; "but my child is so small!", and yes, they are! However, a high-quality preschool is designed to set young scholars up for future academic, emotional, and social success that will help your child succeed in life.



At Country Bears we pride ourselves on our small group sizes within an environment that exceeds the industry requirements with high teacher to child ratios. Our Baby Bears Centre was designed to create a home away from home feeling, with a primary care system in place as the focus, to provide the very best of care and nurturing for babies and infants. With high quality, qualified and experienced teachers, this is where the preschool journey begins.

Preschool promotes social and emotional development: In order to learn, a young child needs to feel cared for and secure with a teacher or caregiver. Young children are able to spend time away from parents and build trusting relationships with adults outside the family. High-quality preschool programmes nurture warm relationships among children, teachers and parents. Teachers build a close personal connection with each child



www.compasshomes.co.nz

Scott Gordon
Director/Sales Manager

scott.gordon@compasshomes.co.nz
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in their care.

Preschool is an opportunity for growth: For many children, preschool is their first experience in a structured setting with teachers and groups of children. It's an opportunity to learn to share, follow instructions, and begin the foundation for learning valuable skills needed throughout their lives.

Preschool helps develop motor skills: Physical coordination improves, allowing the child to explore their environment, and to challenge themselves in new ways. Young children are in motion for a good part of the day. High-quality preschool programmes provide several opportunities daily for children to run, climb, and play active games. Activities are offered to help children develop fine motor skills, such as threading beads or cutting with scissors. Children are challenged through a variety of activities to build their hand-eye coordination and balance.

The preschool environment is structured, although it may not appear that way: A well designed structured environment helps young children learn to make friends and play well with others. This doesn't mean there are lots of rules or that adults constantly direct children's activities. On the contrary, the structure of a high-quality preschool is largely invisible to children. Classroom space is organised to encourage social interaction, and minimise congestion and conflicts.

Children get to make choices: Children have several choices of activities. Teachers can support a child who can't figure out how to enter other children's play and may offer suggestions on ways to join the group.

Children learn to take care of themselves and others: Children's sense of competence and self-worth grow as they learn to take care of themselves and help others. Empathy is natural to some children, however it can be taught with the right guidance that empowers the child to grow their empathetic nature.

Preschool promotes language and cognitive skills: Preschool-age children's language skills are nurtured in a "lan-

guage-rich" environment. Between the ages of 3 and 5, a child's vocabulary grows from 900 to 2,500 words, and their sentences become longer and more complex. In a conversational manner, and without dominating the discussion, teachers help children stretch their language skills by asking thought-provoking questions and introducing new vocabulary during science, art, meal time, and other activities. Children have many opportunities to sing, talk about favorite read-aloud books, and act out stories.

Preschool teachers nurture a child's curiosity: Teachers observe, ask questions and listen to children's ideas during these activities — "correct" answers are not the goal. To nurture their curiosity and motivation to learn, teachers use children's interests and ideas to create activities. Even a simple, chance event - such as a child's discovery of something in a garden — can be turned into an exciting opportunity to learn.

Preschool prepares children for school: As primary school system becomes more academic, many parents look at preschools to launch their child on the path to success in school. At the same time, parents may worry that the current trend to focus on pre-math and pre-literacy skills in preschool cuts into important play time and pushes a child to grow up too fast. It's a confusing issue, especially with friends and family offering different opinions and advice. Fortunately, in selecting a preschool, parents aren't forced to choose between protecting a child's play time and making sure they are ready for school. A high-quality early childhood education programme will offer children both.

Here at Country Bears, we believe that when you choose a high-quality programme that suits your child and family, you can feel assured that your child is well cared for, is enjoying activities and making friends — and is building the knowledge, skills, and confidence to do well in school and life.

Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. Our whakatauki (core statement) since 1993 is "A Good Beginning Lasts a Lifetime". With over 20 years



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of experience, Country Bears is the name in childcare that you can trust. We are proud of who we are and how we got here, and we are committed to continue to provide this Country Bears quality for another generation. Please feel free to come and have a look at our beautifully placed centre and our professional and caring team of teachers. www.facebook.com/cbearscc.

MURIWAI TIDE CHART

| Date | High | Low | High | Low | High |
|------------|-------|-------|-------|-------|-------|
| Sun 1 Oct | - | 00:59 | 07:01 | 13:24 | 19:35 |
| Mon 2 Oct | - | 02:03 | 08:07 | 14:26 | 20:31 |
| Tue 3 Oct | - | 02:56 | 09:00 | 15:17 | 21:18 |
| Wed 4 Oct | - | 03:42 | 09:46 | 16:03 | 22:02 |
| Thu 5 Oct | - | 04:26 | 10:28 | 16:46 | 22:44 |
| Fri 6 Oct | - | 05:09 | 11:10 | 17:29 | 23:26 |
| Sat 7 Oct | - | 05:51 | 11:52 | 18:12 | - |
| Sun 8 Oct | 00:08 | 06:34 | 12:34 | 18:55 | - |
| Mon 9 Oct | 00:51 | 07:18 | 13:17 | 19:40 | - |
| Tue 10 Oct | 01:36 | 08:03 | 14:02 | 20:28 | - |
| Wed 11 Oct | 02:24 | 08:51 | 14:53 | 21:21 | - |
| Thu 12 Oct | 03:18 | 09:45 | 15:51 | 22:23 | - |
| Fri 13 Oct | 04:23 | 10:48 | 17:02 | 23:32 | - |
| Sat 14 Oct | 05:38 | 11:59 | 18:17 | - | - |
| Sun 15 Oct | - | 00:43 | 06:52 | 13:10 | 19:26 |
| Mon 16 Oct | - | 01:49 | 07:59 | 14:15 | 20:26 |
| Tue 17 Oct | - | 02:47 | 08:56 | 15:11 | 21:19 |
| Wed 18 Oct | - | 03:38 | 09:45 | 16:01 | 22:05 |
| Thu 19 Oct | - | 04:24 | 10:29 | 16:45 | 22:46 |
| Fri 20 Oct | - | 05:06 | 11:09 | 17:25 | 23:23 |
| Sat 21 Oct | - | 05:45 | 11:45 | 18:03 | 23:58 |
| Sun 22 Oct | - | 06:21 | 12:19 | 18:39 | - |
| Mon 23 Oct | 00:30 | 06:56 | 12:51 | 19:13 | - |
| Tue 24 Oct | 01:02 | 07:29 | 13:23 | 19:47 | - |
| Wed 25 Oct | 01:35 | 08:03 | 13:57 | 20:23 | - |
| Thu 26 Oct | 02:12 | 08:38 | 14:36 | 21:03 | - |
| Fri 27 Oct | 02:55 | 09:20 | 15:23 | 21:52 | - |
| Sat 28 Oct | 03:48 | 10:12 | 16:22 | 22:55 | - |
| Sun 29 Oct | 04:54 | 11:17 | 17:32 | - | - |
| Mon 30 Oct | - | 00:07 | 06:09 | 12:32 | 18:42 |
| Tue 31 Oct | - | 01:15 | 07:19 | - | - |

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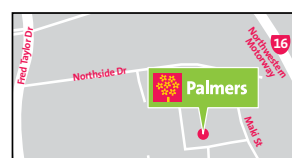
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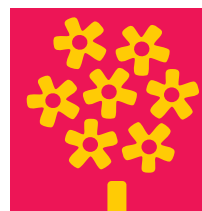
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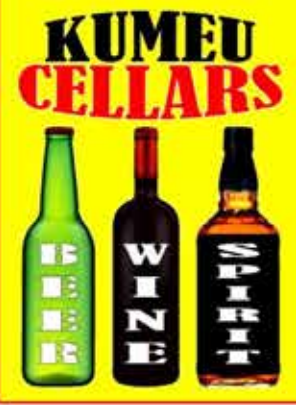


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