

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

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

GOLD AWARD FOR MIKE PERO KUMEU

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

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

Contact Sarah Brightwell on 021 250 7324 or sarahbrightwell022@gmail.com

October 2018

Intro

Welcome to our October issue - I don't know how we got here but its only 3 months till Christmas!

Firstly I would like to congratulate Graham and the Team at Mike Pero Real Estate Kumeu, for being awarded a national community award for outstanding service to the local area. This accolade was presented at the Mike Pero Real Estate 2017-2018 national awards and I am very proud of the collective efforts of the Team. Our community is lucky to have such dedicated individuals and I hope it inspires others to give where they can. Congratulations and Thank you to you all.

For the fourth year in a row, Helensville will be full of colour and creativity during Labour weekend.

ARTS IN THE VILLE celebrates local artists and is an opportunity for you to meet artists in their working spaces, talk to them about their work, purchase pieces of art direct from the artist in their open studio, or from one of the pop up venues which will be open for the weekend. Maps and other details will be available prior to the event from www.artsintheville.co.nz or on the day from the Pop exhibition in the War Memorial Hall. There will be various venues throughout Helensville over Labour weekend Oct 20th-22nd 2018 (Daily Saturday - Monday) 10am - 4pm. Join in the fun!

Taupaki School and Bad Boy Fireworks are proud to present the Monster Fireworks Display on Friday 26 October at the Kumeu Showgrounds from 5pm. This is one of my favourite events of the year and one that many people across Auckland have marked on their calendars. Join the excitement and bring the family or a group of friends along and enjoy the stunning display and great entertainment throughout the night.

Check out our wonderful gardening tips from Central landscape supplies - it's a good time to plant your summer herbs and veggies so you will be prepared for all those bbqs this summer! Tomatoes, Capsicums, zucchinis, eggplants and cucumbers should all be on your shopping list or an awesome veggie patch. With the weather becoming milder and more people venturing out for a walk with the family, it's a good time to remind your kids (and some grown-ups) about Dog safety. Page 34 has a great article on what to do when you see dogs in the street or in your neighbourhood - The most important rule of Dog Safety is ALWAYS ASK. Yes, it sounds simple but it is the number one rule to drill into your children's minds: it can keep them safe and that's what we all want at the end of the day.

As always, Stay safe - Be Kind

Sarah
Editor.



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

Articles are not to be re-published unless written consent is granted from the publisher (Graham McIntyre).

kumeu Courier

Feature Stories

- 3 People & places
- 7 Safer communities
- 8 Community notices
- 10 About You Travel
- 12 In brief - updates
- 14 Property news & advice
- 16 Property statistics
- 25 Rural news
- 26 Home & garden
- 28 Palmers
- 29 The great outdoors
- 30 Central's tips
- 32 Build new
- 34 Pets tips & advice
- 36 Food & beverage
- 38 Health & beauty
- 40 Therapeutic massage
- 42 Area columnists
- 44 Local board update
- 46 Kereru Kindy

Questions and feedback:

Sarah Brightwell

P 021 250 7324

E sarahbrightwell022@gmail.com

W kumeucourier.co.nz

Cover photo: Joan & Brian Hale - Copy & Print

Print run is 10,000 copies through Treehouse Print

Email database is managed by Sublime NZ

Kiwi SPANNZ

NEW GENERATION BUILDINGS

- Locally Owned and Operated
- Designed and Engineered in NZ for NZ Conditions
- Quality & Honesty with Zero Limits
- Any Building to Suit your Height/Length/Inclusions
- Your Entire Consent Process Looked after for You
- Up to 30m Clear Span & up to 7m Stud Height

SHEDS, FARM & LIFESTYLE BUILDINGS
COMMERCIAL & INDUSTRIAL BUILDINGS



Body Builders Ltd

329 Main Rd
Huapai
Auckland 0810

PO Box 5 Kumeu
Auckland 0841

T: 09 412 8455

F: 09 412 8458

FREEPHONE: 0800 870 078

E: rodneym@kiwispannz.co.nz



0800 870 078

www.kiwispannz.co.nz

PEOPLE & PLACES

TWENTY-FIVE YEARS IN BUSINESS

Stories by Geoff Dobson.

Brian and Joan Hale have seen an awful lot of change in the 25 years they've been in the copy and print business.

That's not just in the traffic and area development either.

"Very few people had a home computer," Joan says of the time they bought Datasec from Russell Prescott and Judy Remacha in 1993.

"Cell phones then were literally the size of bricks, Windows were something you pulled curtains over, and internet and email weren't even in the dictionary."

When the Hales moved from the old FruitFed premises (now a pet food business) to their present shop in the Huapai Village shopping centre in November 1998, they also opened a Helensville business - both under their Copy and Print banner (Huapai and Helensville).

This November they're closing Helensville Copy and Print after 20 years and consolidating at the Huapai office, which continues to operate five-days a week.

It will save Brian, 70, a week-day drive from their Waimauku home to Helensville and back, and he can spell Joan at Huapai Copy and Print when she needs to take a break.

The pair are determined to carry on as long as possible at Huapai Copy and Print where their services are still very much in demand.

Those services may have changed over the years, although they are still essentially the same.

Back in the 1990s, the main tasks included typesetting newsletters, magazines and restaurant menus; typing letters, reports and CVs; Dictaphone typing, maintaining databases, managing payroll for various businesses and sending numerous faxes.

Now, fax machines are virtually a thing of the past, Joan says. "These days we scan and email innumerable documents for our customers instead."

They also do less typing and typesetting as many people now have home computers and printers. But people still bring in their creations on a USB or email it for printing in colour on a variety of paper stocks - even to poster size.

Starting out with an Apple computer and an 11-inch black and white screen, the Hales also had a couple of dot matrix printers and one black and white laser printer. The sole photocopier was also black and white and not connected to the computer.

Now they have a number of machines with multiple functions, which do the job better and more quickly.

"Desk-top publishing is still about 20% of the business, with printing and copying (including wide format) about 45-50%," Brian says.

"We were a service company which helped people start in business until they grew to the point where they did it in-house themselves."

Huapai Copy and Print still has customers who want the Hales to do much of their business work though.

And they continue to print certificates and team photos for sports clubs, plus print their own Helensville Community News sheet and others like The Causeway for a committee representing Whenuapai and Herald Island people.

They're also agents for Cartridge World, supplying products for home printing. "There's a lot of ink used for that now," says Brian who describes it as like "liquid gold".

Change has sometimes happened almost overnight.



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

Your child will thrive at Nature's Explorers. Here are a few reasons why:

- Our warm and caring nature based learning environment
- Specialist early education and low teacher/child ratio
- Gorgeous home-like environment

8 weeks half price fees
On all new enrolments

Visitors welcome at our beautiful kindergarten, visit or call us today

09 412 8800

www.naturesexplorers.co.nz

1 Maude St, Riverhead



"We used to sell fax rolls and floppy discs then cds – now people bring in USBs and smartphones," Brian says.

He says the file sizes mean some also provide the details through drop boxes or send links.

As for the area, Brian and Joan say it's become more like suburbia.

"There's a lot more subdivision – there used to be orchards everywhere," Joan says.

She says many trees have gone, especially between Huapai and Waimauku.

"And every new business seems to be a food business," Brian adds.

He counted 15 food outlets over a 2km stretch from Huapai North to Kumeu.

When the Hales first moved to Waimauku in the late 1970s, they say "The Good Life" was on tv and everyone was trying to be self-sufficient. They recall when the sale yards were on the main road and one of the agents even helped them run dry beef stock around their small Waimauku vineyard.

"No coffee culture existed then," Joan says. "Now it's full of coffee places."

Both were involved in the local community. Joan was a member of service organisation the Jaycees, while Brian was Kumeu Business Association secretary for many years and on the Helensville Business Association too.

Through living and working here they got to know many of the local people and area identities, now fewer in number.

And they tell many of their customers, "It doesn't matter what you want, ask us".

Says Brian, "If we can't do it we'll know someone who does."

GOLD AWARD FOR MIKE PERO REAL ESTATE KUMEU IN "COMMUNITY" CATEGORY

A national community award has been presented to Mike Pero Real Estate Kumeu for its outstanding service to the local area.

Graham McIntyre, Mike Pero Real Estate

Kumeu and Hobsonville brand and territory owner, and the publisher of the Kumeu Courier and the Westerly, has received the accolade at the Mike Pero Real Estate 2017-2018 national awards.

Recognition comes for Graham's team for supporting the Kumeu Monster Fireworks display, Taupaki School's cookbook project, the Waitakere and Kumeu fire brigades, and the Kumeu





MURIWAI
GOLF LINKS

Andrew Jackson
General Manager

Mobile: 021 2253907 Ph: 09 4118454
muriwai.manager@golf.co.nz www.muriwaigolfclub.co.nz
P O Box 45 Waimauku 0842, Auckland , New Zealand

Junior Rugby J3 Black team.

Mike Pero Real Estate Kumeu and Hobsonville last year became the supporting principal sponsor of the Kumeu Monster Fireworks Display at the Kumeu Showgrounds. It's Taupaki School's largest fundraising event and now attracts about 10,000 visitors to enjoy carnival rides, food and a spectacular fireworks display provided by sponsor Bad Boy Fireworks (the Yorks) lasting more than 20 minutes.

The event is widely previewed through media, billboards and other avenues.

Mike Pero Real Estate Kumeu was the first sponsor to sign up to launch the Taupaki School Cookbook project 'gather'.

"Life is uncertain – eat dessert first," Taupaki School cookbook photographer and co-author Nicola Topping told more than 100 guests at the launch. Nearly 30 pages of desserts feature mid-way through 232-pages of recipes from Kumeu district residents. About 2000 of the cookbooks were printed with funds helping develop the school's technology centre which also attract students from other areas.

Taupaki principal Pete Hall says the book is not only about recipes, but with photos of students involved in country activities it also represents a rural way of life under pressure from Auckland's development.

"Right from the start, this was a chance for us to come together as a community and write our history, so we can tell it 10 to 20 years from now."

Nicola thanked all who contributed, including sponsors like Graham and Gail McIntyre, with Gail the school's PTA co-chairwoman.

Described as "a cooking journey through North West Auckland and beyond", the book has easy to read recipes with full page photos of each dish, ranging from brunch and starters to baking, condiments and a "packed lunch" section. There's even a "time out of the kitchen" category with 15 local eateries.

Mike Pero Real Estate Kumeu sponsored the back page of gather with a stunning advert.

The cookbook generated over \$60,000 for Taupaki School.

Mike Pero Real Estate Kumeu also purchased \$5000 worth of cookbooks on top of their school sponsorship as client gift packs.

The local firm also annually sponsors and generously donates to local fire brigades.

Graham is Waitakere Rural Fire Station chief and supports the Kumeu fire brigade during the day.

He personally responds to over 200 calls annually, including structure fires, road fatalities and even horses stuck in ditches.

As the publisher of Kumeu Courier and the Westerly, Graham provides another community outlet and service in that the two magazines are largely written by the community for the communities they serve.

The Kumeu Courier includes topical community news and information, details on up-coming events, community activities

Kumeu Produce Market

Produce Retail & Wholesale
Specialist

p. (09) 412 9998
f. (09) 412 9398
407 State Highway 16 Kumeu
PO Box 104100 Lincoln North



and important dates. The publication also includes a number of ongoing editorial series on the history of Kumeu and surrounding districts, how Kumeu developed and the people involved in its development.

About 10,000 copies are distributed per month through letterbox drops and shop stands throughout Riverhead, Taupaki, Kumeu, Huapai and Waimauku.

The Westerly is free publication distributed throughout West Harbour. Whenuapai and Hobsonville communities, which includes topical community news and information, editorials and coming events.

It has 16,000 copies printed per month, again distributed through letterbox drops and shop stands such as Mega Mitre 10 at the Northwest shopping centre, Countdown, and Pak'n Save. Mike Pero Real Estate Kumeu sponsored Kumeu Rugby's J3 Black junior rugby team in 2017. Graham not only invested in the team over the season financially but coached them for the full season. The team won all its games.

Mike Pero Real Estate Kumeu and Graham were among four sponsors who contributed to the \$20,000 required to take the team to the Global Games in Taupo. This sponsorship covered entry fees, food, accommodation, transport, fun activities and uniforms.

The Global Games Junior Rugby Festival is held annually in Taupo and is the largest rugby event of its kind. It attracts more than 100 teams annually, including representatives of Japan, France, South Africa and Australia.

About 22 boys aged 10-12 attended from the Kumeu club, the team runners-up in their age group.

It's not the first time Graham and his Mike Pero Real Estate team have won a community award either.

A national sponsorship and community award from Mike Pero Real Estate was also received for the 2015-2016 year.

MADDREN HOMES' WINNING WAYS

Winning building awards has become a bit of a habit at Maddren Homes in Kumeu.

The long-established local builder has just nailed three golds and two silvers at the Auckland/Northland region Registered Master Builders House of the Year awards.

One of the gold winners, the "Woodhill" show home which opened in Kumeu in April, has also received gold reserve automatic entry into the second round of judging for the national finals in November.

Dubbed "Modern Love", the smartly designed modular cedar





SERVICE CENTRE

EOIN STUART
 Phone 09 412 5900 | Mob 022 639 0274
 338 Main Road Huapai - Kumeu, Auckland 0810
 autoworxnz@outlook.com

The Picture Framing Company^{LTD.}

We will frame anything!



- ✓ Competitive prices
- ✓ Professional Framers
- ✓ Knowledgeable Team
- ✓ Friendly Service
- ✓ Integrity
- ✓ Quality

Established in Kumeu for 20 years
 Ph 412-6224 · www.pictureframing.co.nz · 14A Shamrock Drive, Kumeu



FreshChoice Waimauku
 A-2 Waimauku Retail Centre
 5-19 Factory Road
 Waimauku, Auckland
 Phone: (09) 411 7890/411 9495
 Fax: (09) 411 8050
 Mobile: 021 048 3355
 Email: waimauku.fc@xtra.co.nz

KUMEU TYRES LTD

Main Road, Kumeu

New Tyres
Truck Retreads
Used tyres

Wheel Alignments
Great Service
Fleet service

Phone Neil 09 412 9856

Quality Dentistry Exceptional Service







State-of-the-art facilities utilising a modern approach with attention to detail in a friendly, calm and tranquil atmosphere.

📍 3/B Matua Rd, Huapai
 ☎ 09 281 5005
 ✉ info@adent.co.nz



home impressed judges in that it can also be easily transported to a new site and additional modules can be attached to meet the needs of a growing family.

The home, seen by passers-by on State Highway 16, won gold in the GIB show home category.

Maddren Homes also won two golds in the new homes \$700,000 to \$1m category for residences in Three Kings and Silverdale, another in the latter area also collecting silver.

A silver award also came in the \$1m-\$2m category for a Whangaparaoa home built by Maddren Homes.

Homes are judged on workmanship, design, style and functionality. "So the awards are not based on the cost but on the construction," Maddren Homes sales manager Keegan Anderson says.

He says winning three golds and two silvers "makes us feel proud".

"Each house is different and vary from the traditional to the contemporary."

General manager Rodger Scott says Maddren Homes doesn't set out aiming to win awards – "we just build a house to the highest standard we can. We don't engineer our homes just to win an award."

He reckons Maddren Homes must have about 44 gold and silver awards now, including one national award.

"We're one of Auckland's most consistent gold award winners, winning at least one every year – bar one."

The awards have flowed since Keegan's parents, Tony and Tere-na Anderson, took over the company in 2010.

Rodger says it's a tribute to the work put in by Maddren's team, including their many subcontractors.

Now both Rodger and Keegan are hoping the company's stand-out show home, designed by architect Richard Furze and featuring in the Kumeu Courier June issue, will help Maddren gain another national honour.

Meanwhile, Allan Wallace Builders of Kumeu also won gold in the Auckland competition for a Kumeu home worth over \$2 million.

National category winners and the Registered Master Builders Supreme Awards for House of the Year and Renovation of the Year will be announced at a gala dinner on November 24 at the Cordis Hotel in Auckland.

Visit www.houseoftheyear.co.nz and www.maddrenhomes.co.nz for more information.

NEW OFFERINGS FOR THE NEW SEASON AT PHIL GREIG STRAWBERRY GARDENS

The strawberry harvest is about to begin, signalling the start of summer for many.

Phil Greig's real fruit ice-cream is a major local attraction and

now incorporates artisan Italian style gelato and hot Belgium waffles.

The Kumeu strawberry farm and shop has been closed over winter for the first time in years.

It's given the Greigs a welcome break and the chance to provide new offerings alongside their traditional fare for the new strawberry season.

"Our real fruit ice cream will always be our priority, but we have applied the same passion in hand-crafting our very own gelato range," Lianne Greig says. "We use the best natural products, locally sourced where possible, to create our unique and flavour-some ice cream. We also have a unique opportunity to include Wilderness Valley Manuka honey harvested from our family owned farm into our gelato, a luxurious treat."

The new look Gelateria complete with seating offers a relaxing space with an area for children. It's also great spot to enjoy Altura's award winning coffee and to meet friends, Lianne says.

"We wanted to introduce waffles for some time but needed to ensure we do it well. Perfecting the right recipe has been key in producing a crisp, fluffy waffle complemented with our gelato. Our signature waffles are proving to be a huge hit with our customers."

In creating a new look for the Gelateria, Phil credits Dylan Lee from Lee Design, a local graphics designer and sign writer. "We have worked together for a few years now and Dylan is someone who genuinely takes an interest in people and their business to give the best creative and product advice possible," Phil says. "He has brought our vision into reality with his creativity and professionalism."

Lianne says their business is known for consistency in the quality of produce, and Phil Greig's strawberries are renowned not just locally but throughout New Zealand and in export markets such as Asia.

The shop is stocked daily with fresh picked strawberries in a variety of packs to cater for individual tastes and requirements. Specialty orders can be arranged by prior consultation for weddings and events.

The hugely popular pick-your-own season runs from December 26 until the Waitangi Day holiday weekend.

The long-established strawberry business has seen many others move from the area, partly due to the high value of land now sought for development, particularly housing.

The traffic congestion is particularly noticeable in summer, including weekends, with many visiting the area for recreation. The area is also well known as a food basket for Auckland for its locally produced foods and for its wineries.

A right-turn lane city-bound into Phil Greig's Strawberry Gardens is planned in highway improvements, but Lianne says they encourage visitors exiting the farm to turn left and not right to avoid congestion.

Phil Greig's has been established for more than 25 years and offers seasonal employment from November to January.



Luke Kemp
LL.B., B.COM., DIP.HORT

KEMP BARRISTERS & SOLICITORS

Property
Business
Wills & Estates
Litigation

25
Orana Rd
PH:412 6000
Email:luke@kempsolicitors.co.nz
www.kempsolicitors.co.nz



NORTHLAND TOWN PLANNERS LIMITED

**Resource Planning Applications & Reports
Subdivision & Engineering Design
Advocacy & Mediation Service**

09 412 2016 | 021 637 772
288 Old North Road, RD 2, Kumeu 0892, Auckland
petesinton@townplanner.co.nz

SAFER COMMUNITIES

The 36 fire fighters NZ sent to the United States and 65 to Canada to help have returned with great stories and a learning experience that is second to none. What they learnt in the five weeks firefighting overseas is equivalent to a lifetime here.

This has also opened the door and we now have a team of North American fire fighters visiting us to see how they may help us in our fire season.

On 11 September, eight fire fighters from the Waitakere Fire Brigade joined the 160 who walked up the stairs of Auckland's Sky Tower in memory of their American colleagues killed in the World Trade Centre attack in 2001.

Before the Memorial Firefighter Stair Climb, the names of all 343 firefighters from the New York Fire Department who died were read out.

The names of the 57 New Zealand firefighters who have been lost in the line of duty were also recited.

Each firefighter carried a special tag with the name of an individual firefighter, dedicating their climb to their memory.

The event was created after the 2009 Tamahere cool store fire, which killed Hamilton firefighter Derek Lovell and seriously injured seven other firefighters.

Denis Cooper
Station Officer
Waitakere Volunteer Fire Brigade




Jojo's ChildCare Ltd

Warm and nurturing environment
Large play spaces for all ages
Healthy, hearty, home style meals
High quality curriculum
Exceptional resources for play and learning
3 Days free for 3 - 5yr olds* *conditions apply*
Nappies provided for Under 2's

Contact Sarah or Jo
www.jojoschildcare.co.nz
09 412 5325

Corner Orahā Rd & State Highway 16, Huapai

COMMUNITY NEWS

JESTERS WESTGATE

Jesters Westgate is proud to be supporting local schools with raising much needed funds. Why not organise a Hot Pie Lunch with your school? For every hot delicious Jesters pie sold your school will receive \$2. Contact enquiry@kindo.co.nz for more information.

WAITAKERE GREY POWER ASSOCIATION

Waitakere Grey Power Association held a successful Special General Meeting recently at the Waimauku RSA. We responded to calls to our office over the past year to take a meeting to the North West. There was an attendance of 28 people and we gained 5 new members who signed up on the day. Our Guest Speaker was Shane Henderson Chair of the Henderson Massey Local Board and he gave an interesting talk on the role of local boards in their communities. Shane advised our North West members that they must take their local Council related issues to the Rodney Local Board which is situated in Orewa. At the conclusion of the meeting we got a consensus from members present to hold one or possibly two Waitakere Grey Power meetings at the Waimauku RSA in 2019. We will place a notice in the Kumeu Courier in advance of a meeting. Please read your Waitakere Grey Power Newsletter to keep you up to date on advocacy matters and scheduled 2019 General Meetings. Thanks to everyone who attended to make our August

Special General Meeting a success. Our next meeting is Thursday 27 September 2018. Waitakere Grey Power General Meeting at the Te Atatu South Community Centre 247 Edmonton Rd Te Atatu South from 12.30 pm to 2.30pm. Our Guest Speaker is Kohine Tu from Nationwide Health and Disability Advocacy Service. Afternoon tea is provided. All members and friends are welcome to attend.

SENIORNET KUMEU



Have you ever heard of "The Internet of Things" and do you have any idea what it is?

If you were a member of Seniorsnet Kumeu you would have a fair understanding of what it is and how it can benefit us in our daily lives.

At Seniorsnet Kumeu, the presentations at our monthly meetings cover a wide range of subjects of interest to our members, these include laptops, iPads, android tablets, Smartphones, email, Word processing etc.

We also run informal training sessions for members who want to learn a bit more.

So how about joining in the fun and learn how to do the things that you would like to do. In our small, friendly and stress-free classes, you'll gain the skills and confidence you need to get the most out of

information technology.

Membership costs just \$20.00 a year. Our monthly meetings cost just \$3.00, which includes a break for free drinks and cakes when members can chat and get to know each other better. The meetings are open to non-members who want to visit and find out what our friendly and informal club is all about.

Our monthly meetings are held on the first Wednesday of each month (next one October 3rd) at "Norwest Soccer Club" in the Huapai Domain Huapai, or for more information contact: Brian Lacey on 022 1831811 or brian@lacey.nz.

KAUKAPAKAPA VILLAGE MARKET



Sunday 21 October 8.30am to 1pm.

Held on the 3rd Sunday of the month all year round the market hosts a variety of quality stalls and entertainment. Our October musicians are duo Mike & Gillian plus there's free face painting and a kids craft table. A great selection of stalls with fresh locally grown produce, artisan food, handmade crafts, secondhand goods and collectibles and plenty of tasty treats to enjoy with a freshly made coffee. Have a chat to the clever craft ladies who are always keen to share their knowledge or enjoy a rummage through the second hand treasures and find yourself a bargain. The relaxed atmosphere and friendly people make it an excellent choice for a Sunday morning excursion.

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

Inspiration. Encouragement Experience.

Davis Funerals will create a funeral ceremony with the style and service that celebrates the life of your loved one.


Davis Funerals

Henderson 09 835 3557 www.davisfunerals.co.nz

Call John Schipper today for a free consultation or a friendly chat on the type of service you would like.

VODANOVICH
LAW

SALES & PURCHASE OF REAL ESTATE

RELATIONSHIP PROPERTY | BUSINESS STRUCTURES

POWERS OF ATTORNEY | WILLS & TRUSTS

COMPANY & EMPLOYMENT LAW

PLEASE CONTACT IVAN

ivan@vlaw.co.nz 09 412 8000
4a Shamrock Drive Kumeu, Auckland

MUSEUM AT LARGE

Sunday 21st October 10am to 1pm. The historic Kaukapakapa Library hosts a fundraiser for the Helensville Museum. Come along for some great Christmas gift ideas and find out more about your local Museum.

Books available for purchase include "Pioneering Women of the South Kaipara", "Men Came Voyaging", "Tall Spars, Steamers and Gum" and for the train enthusiasts "The Kaipara Line", as well as more. Also, the just released, 2019 "Then and Now" Calendar.

Support your local Museum. Kaukapakapa Library open in conjunction with the Kaukapakapa Village Market. Contact Megan Paterson 021 959 017 or email threehorses@xtra.co.nz.

WAIMAUKU VAULTING CLUB



I am a parent in the stage of remembering the good old days when life was about spending time outdoors exploring, challenging ourselves, and being resourceful. These days it can seem difficult to pry tweens and teenagers from their devices. Sport brings the qualities that parents aim to instill in our young generation - focus, fun, self-confidence, determination, and working towards goals. A group of young ladies at the Kapiti Vaulting Club are on a journey to push themselves to the top level of the sport of equestrian vaulting. One among them, is local athlete, Jasmyn Rodriguez from the Waimauku Vaulting Club. They are aiming to compete as a team in the World Vaulting Championships for juniors to be

held in Holland in July 2019. Already the girls are living and breathing vaulting - training in fitness, horse vaulting, and a majority of time on the static vaulting barrel building their strength, balance, and coordination to be able to execute the vaulting moves with gymnastic accuracy and seamlessness. This team, named Kiwis, represents us. As an island nation, we are isolated from competing with the rest of the world. The team has forgone the benefits of being in regular competition (since vaulting is only practised by a few clubs in NZ), and they are using their sheer determination to get to world class level. Their resources are few, their resolve is high. You can follow their journey to the worlds on the Kapiti Equestrian and Vaulting social media pages plus @nzvaulting on Instagram.

KUMEU ARTS CENTRE



We invite you along to our family, arts festival 'Arts in Action' on Saturday the 13th of October, 10am-2pm. Come along to have your face-painted with U.V. make-up and your portrait taken under U.V. lights, help us to create some cool street art, use a spin-art bike to create an awesome painting or try your hand at clay, painting, card-making and much more. There will be activities for all ages to enjoy at this fun, free community day. We also have an exhibition by local, award-winning photographer Michelle Durrant starting on October the 15th. Michelle is known for her stunning, landscape and night photography. Entries for the upcoming Kumeu Art Awards close on October the 16th. Find out more about all of this and much more @ kumeuartscentre.co.nz Discover the hidden gem in your

community! Image © Michelle Durrant - Gannets Under the Milky-way.

KUMEU BOUNCY CASTLE

Summer is on its way and there are still many opportunities to host a party with a bouncy castle so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, etc. Amazing face painter and entertainers - fairy, clown, magician and balloon twister! Remember to ask us about local community halls for hire so that you don't need to worry about the weather. All of our bouncy castle hire prices include LOCAL delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. No cancellation fee! Phone Cindy 021 1192 573 or email kumeubouncycastle@gmail.com.

ARTS IN THE VILLE 2018

Helensville's three day arts festival. Various venues throughout Helensville, Auckland. Labour weekend Oct 20th-22nd 2018 (Daily Saturday - Monday) 10am - 4pm.

For the fourth year in a row, Helensville will be full of colour and creativity during Labour weekend.

Arts in the Ville celebrates local artists and is an opportunity for you to meet artists in their working spaces, talk to them about their work, purchase pieces of art direct from the artist in their open studio, or from one of the pop up venues which will be open for the weekend.

The artists taking part work in paint, wood, hat making, sculpture, fibre, metals, glass and clay. You can 'have a go' at one of the interactive displays and go home feeling inspired by the creativity that has collected in this historic town.

This year, as part of Arts in the Ville, we will be hold a Hat Walk on the Monday, showcasing hats from Myra, of Marmalade Hats, who are also one of our open

YOUR BUILDING SUPPLIES SPECIALIST

<p>Prenail Truss Cladding Linings Insulation</p>	<p>Posts Poles Retaining Gates Fencing</p>	<p>Power Tools Hand Tools Hardware Safety and much, more</p>
---	---	---

2 Airport Road WHENUAPAI 416 8164 **OPEN MON-SAT**

154 Main Road KUMEU 412 8148 **OPEN MON-SAT**

2 O'Neills Road SWANSON 832 0209 **OPEN MON-SAT**

WESTERN

westernitm.co.nz

CASTLE
PANELBEATING

Grant Castle

P (09) 412 8239 | 106 Main Road, Kumeu
M 027 299 7054 | E castlepanelbeating@orcon.net.nz

studios throughout the weekend.

Maps and other details will be available prior to the event from our website or on the day from the Pop exhibition in the War Memorial Hall.

As an 'add on' to our creative weekend, a fundraising art auction, Art for a Cause will be held on the Friday evening, to benefit the Helensville Women and Families centre.

Our website, which will be launched in September, is www.artsintheville.co.nz. Blog www.artsintheville.blogspot.co.nz. For more info email Jo Dixey dixeysoul@gmail.com.

ABOUT US @ YOU TRAVEL WESTGATE

As we know the world is a big place! There is so much to discover out there, different continents, different cultures, historic tours, walking/cycling tours, foodie tours to name just a few... cruising has become the way to see more in the time you have on holiday, waking up in a different country or city, seeing and sampling the best at each location. At YOU Travel Westgate, we pride ourselves on finding the best holiday on land or water – or even both; to find all your holiday requirements so you can tick it off your Wish List. We aim to link your trip with smooth itineraries, detailing all you need to know with transfers (seat in vehicle or private car). When you come home, we love to hear all about your trip and embrace your memories. With 24hr phone, email and text access to your consultant, you can relax and enjoy your trip knowing someone is only at the end of the line ready to take your call and help if needed.

We cover all your travel needs, flights, hotels, day excursions of course, but also the importance of knowing and assistance you to get the appropriate visa, travel insurance, ordering foreign

currency/cash, multi-currency cash passport; along with hints and tips for the countries you are visiting – in fact anything and everything you need to make your trip Perfect.

Don't delay; come in for a consultation, call or email – I would love to hear from you and get to know more about you, where you have been and where you would like to go next.

Email me paula@youtravel.co.nz, phone 09 831 0018. YOU Travel Westgate, 18 Westgate Drive, Westgate.

WHAT CAN NATURE'S EXPLORERS KINDERGARTEN PROVIDE FOR YOUR CHILD?

Develop their self-help skills, put their shoes on, and manage their belongings, toilet train. Social skills, making friends, learning concepts including: respect consideration and kindness to others. Nature rich learning environment. Developing gross motor skills and fine motor skills



throughout every day environment and activities. Reciprocal learning is valued where teachers, children and whanau learn from one another. Transition to School with weekly school visits to the library and New Entrant classroom. Confident competent lifelong learners. If you are interested in finding out more information of the wonderful things we provide feel free to pop in to see us at 1 Maude Street Riverhead, call us on 09 412 8800 or email office.kindergarten@gmail.com.

YOU Travel Westgate

CRUISE MONTH IS ALMOST HERE



Our Cruise Sale Month is for 2018 is almost here

October is all about Cruise Deals at YOU Travel Westgate

DON'T MISS OUT GRAB YOURSELF A DEAL

We are waiting for the big release of Ocean Cruising Deals to be announced.

Covering so many destinations, different durations of sailings, cabin categories and a wide variety of Cruise Liners.

Contact me now and let me know where you are looking to cruise to and for how long, once the sale is released I can contact you with a great deal and you wont miss out – limited spaces at reduced rates on sailings, so be in with a chance to get the holiday of your choice. Contact me NOW !

Email me paula@youtravel.co.nz Call me: 09 831 0018

Or come in and see me @ YOU Travel Westgate, 18 Westgate Drive, Westgate

facebook pages:

<https://www.facebook.com/youtravelwestgate> www.facebook.com/YOUCruiseWestgate/

Q Card accepted here: 15 months Int Free and Payment Holiday for bookings over \$2000





TAUPAKI SCHOOL AND BAD BOY FIREWORKS PRESENTS

MONSTER FIREWORKS *Display*

ENTERTAINMENT - FOOD - RIDES - FREE PARKING

FRIDAY 26 OCTOBER | FROM 5PM

KUMEU SHOWGROUNDS



PROUDLY SUPPORTED BY



WWW.MONSTERFIREWORKS.CO.NZ

IN BRIEF

UPDATES:EVENTS

KUMEU RUGBY GOES TO FIJI



In the first week of September a bunch of boys from J3 Kumeu Rugby Club travelled to Fiji to play against two Fijian rugby teams in Nadi. It was an amazing experience for all of us - one none of us will forget. The first team we played was Sabeto Village District School. The field was hard and bone dry and only half of it covered in grass (they hadn't had a good rain fall for nearly 3 months). The 2nd game was played at Nawaka District School. The boys were not expecting the type of rugby they faced. The games were hard and intense. They made us work for every step we took. Our boys weren't prepared for the type of rugby the Fijians play at age 10. They tackled hard and didn't stop coming at us - on and off the ball! Our boys had to work their butts off and they did awesome. They played their hearts out. We were the minority on the side-line and the support from the schools for their own teams was inspiring. The cheers and running onto the field and swirling t-shirts above their heads every time their teams scored was loud and amazing to be a part of. We won the first game 33-26 and drew the 2nd game 26-26.

Organising the games was the first trial but endless communication paid off and we were all thankful for what our families got to experience. At the end of each game the boys gave the opposition teams their jerseys and some handed over their boots. Huge thanks to our coaches Glenn Wheeler and Stu Hollier for all their efforts. The boys needed the right words at the right time, on and off the field, and you guys did us proud. We are now looking for a business or individual to sponsor a new set of jerseys for our team! Please contact Glenn Wheeler if you're interested in having your business name on a set. Glenn 027 494 5666.

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 child's teacher this year.

Maybe a generic gift such as 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, and with many of these pieces being able to be personalised with names and dates, or even your very own quote, they truly make for a meaningful gift.

Visit our website www.preciousimprints.co.nz or email jo@preciousimprints.co.nz for further details.

FOOD AND WINE ALONG THE RIVERS OF EUROPE



Having recently travelled with APT I loved my time onboard and discovering the medieval villages dotted along the Rhine, Main and Danube rivers, and of course cruising on their luxury ships.

I loved having the wine and beer included, (or spirits if that's your thing) and could sit and enjoy the afternoon cruising without having to put our hand in your pocket each time.

An average day includes a gourmet breakfast (with champagne if you like), a walking tour, back onboard for tea/coffee and cakes. Then a rest before lunch while cruising to your next destination. On arrival an afternoon walking tour and back onboard for afternoon tea and a rest before dinner, or a destination talk, or a wine while watching the scenery if you are cruising. Dinner was always 3 courses and each week you get an option to eat in the fine dining restaurant with a food and wine match - fantastic! The food was always tailored to the destination you were cruising through and so was the wine. Each evening there was local entertainment and sometimes the chance to boogie. The entertainment we called

EARTH MOVING CONTRACTOR

BOLER

CONSTRUCTION LTD



Driveways, All Drainage, Site Cuts,
Property Maintenance, Subdivisions,
Horse Arenas, Footings & Drilling,
All earth work requirements.
Laser Equipped.

Steve PH 0274 971 154
A/H : 411 7177
E: bolercorstruction@xtra.co.nz
www.bolercorstruction.co.nz
Reg Drainlayer: Over 20 yrs Experience

LIFESTYLE DRAINAGE

Registered Drain Layers

Rob Owen

M: 021 413 199 P: 09 411 9224

E: lifestyledrainage@xtra.co.nz

- Commercial drainage systems
- Water tank supply and install
- Drainage on lifestyle blocks
- Biolytix wastewater systems
- New water waste systems
- Sewer/storm water drainage
- Truck & digger hire
- Eco flow grinder pump installation for the PWC system

lock-hoppers as they get on at one lock and get off at the next and one night we tried to get the band to stay on until the next one! Ha-ha didn't work though. We travelled from Amsterdam to Budapest and I don't think there is a right or wrong way to enjoy the river, but we loved finishing in Budapest as it's so beautiful with the river lit up at night, a wonderful way to finish.

Join us for an evening at Soljans Winery with APT and Travelmarvel to discover the Food and Wine along the Rivers of Europe on Wednesday 17th October at 6pm. The cost is \$10 per person refundable on your APT or Travelmarvel booking.

The arrival time is 6pm and you will have ½ hour to wander the winery before the Wine & Food presentation starts at 6.30pm, followed by the APT/Travelmarvel presentation.

Ticket are available from helloworld Hobsonville at the Hobson Centre, 124 Hobsonville Road, Hobsonville. Phone 09 416 1799 or email jan.glover@helloworld.co.nz.

KUMEU LIBRARY

October brings school holidays, and we have plenty of free fun going on at Kumeu Library to keep the kids entertained. Our October School Holiday theme is "Time Turners", and we will be travelling through time from pre-history with dinosaurs, through ancient Egypt, on to colonial New Zealand and Victorian times, and into the future with rockets and Star Wars! There will be a different activity every day at 10.30am – for details on each day's activity, check out our Facebook page (www.facebook.com/kumeulibrary), go to Auckland Libraries' website (www.aucklandlibraries.govt.nz), or pick up a brochure from Kumeu Library.

As Term 4 gets underway, many students are facing the pressure of exams, and study becomes a priority. Here at Kumeu Library we have many resources avail-

able to help with study. There are study guides for both NCEA and Cambridge curriculums for most subjects – check out our online catalogue and place a hold on what you need. We also have extensive online databases, accessible by signing in to our website with your library card number and password. These databases cover a wide range of subjects, and have authoritative, up-to-date and in-depth content, which is available at any time from the comfort of your own home. And if you need more help, try Any Questions, the online homework help site (www.anyquestions.co.nz). Powered by live online librarians, this service is available from 1pm to 6pm Monday to Friday. Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with all Kumeu Library's news and events.

PUTTING DOWN ROOTS



This month Abundant Life Church celebrates 8 years since starting in 2010. Previously meeting in Waimauku School hall, they moved to 25 Waimauku Station Road, Waimauku at the end of last year and have been slowly cleaning up and renovating the existing buildings. Obvious changes have been made inside both buildings with plans for revamping the outside in the near future. As with any charitable organisation, these changes take time, planning, volunteers and donations.

"There is so much more we want to do" says Reuben Baker (Pastor). "We can now put our roots down and make the building adapted to our activities and serviceable to those who are looking for a local community church to call home".

For further details about Abundant Life

Church, meeting times and activities coming up please check out www.abundantlifenz.org or the Abundant Life New Zealand Facebook page.

KUMEU VINTAGE BRASS



Kumeu Vintage Brass is your local band comprising over 40 experienced brass musicians who have played in over 85 brass bands in New Zealand and overseas. The average age is 75, the oldest member is 89 and the average playing experience is 45 years.

Always by invitation, we have performed at numerous venues with increasing popularity and have quickly developed a reputation for quality and musicality by playing what our audience wants to hear and playing it well.

Our Annual Variety Concert is on Saturday October 27, 2.00 – 4.00pm at Whangaparaoa College Auditorium. 15 Delshaw Ave., Stanmore Bay. Tickets: Adults \$20 Children 12 and under \$10.00. For ticket sales contact Lois: tickets@kumeubrass.org.nz or phone: 021 1711 836.

WAIMAUKU SCHOOL AG DAY



Waimauku School Ag Day - Saturday 27 October from 9am till 12.30pm.

Animals, classroom displays, raffles, cake stall, and games. Great family fun!

QUALITY WATER

SUPPLIES



7 DAYS
PHONE NOW!

Dave, Bev &
Andrew Speedy

Registered by Ministry of Health & Auckland Council
Fresh Water Supplies

Ph. **411.8116**

Mob **021.265.2389**

pink apple

You do the do, we do the done



Pink apple is a **wedding planning and coordination** service based in Kumeu. We create bespoke planning packages based on your requirements and budget. We also offer pop up wedding packages so get in touch today for a free consultation.

Heather Altorf | +64 27 200 4312
heather@pinkapple.co.nz

PROPERTY

NEWS & ADVICE

WHY DO I NEED ENDURING POWERS OF ATTORNEY (EPA'S)?



By ClearStone Legal.

There are two types of EPA's – one for Property (to deal with bank accounts, real estate, investments etc) and the other for Personal Care & Welfare (to deal with decision about your health, medical and care etc). An EPA can appoint someone to act on your behalf if you lose capacity. I think having EPA's is a bit like insurance, you don't always know if you are going to need them but you want them to already be in place when you do. An EPA will allow a person of your choice to make decisions on your behalf – they are your attorney. Without one it can be a stressful and costly exercise of applying to the

Court for someone to be granted with the authority.

Your attorney can be anyone you trust to understand and respect your wishes and feelings. Usually they are a family member, a friend or perhaps a colleague.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist putting an EPA in place for you. Telephone 09 973 5102 to make an appointment.

PROPERTY MARKET REPORT

Since 2010 I have provided buyers and sellers with significant information on the number of sales and the value of property in the area. It helps both buyers and sellers understand the market, understand value trends and make better decisions. Over the next several months I will create a clearer picture of trending data relating to specific markets, and what you may expect due to development and pricing. Riverhead, the historical township with a pincushion of new homes and old relocated dwellings, under the watchful eye of Mr Haines. Land sales in the area are \$525,000 to \$575,000 for the year ending August 2018. Median value in the area sits at \$1,040,000 for the month compared to \$1,050,000 for the year ending August 2018. The highest sales upper quartile is down to \$1,050,000 for the month compared to \$1,380,000 for the year ending August 2018. Sales volumes for the month were 7 units (average days on market 62) with annual sales at 61 units (average days on market 54) to year ending August 2018. Buyer groups are blended over most age groups but

deficient in families with high school age children. A concentration of 30 and 40 year old parents with younger children top the social demographics. The Riverhead market is very in vogue at present and buyers are being specific about choosing Riverhead because it is a little hip and fresh but pricing seems to have slid to the early \$1,000,000 mark and may be slow to increase.

Whenuapai, home of planes and air-cadets with a wave of new Fletcher homes and older dwellings. Land sales in the area are \$413,000 to \$550,000 for the year ending August 2018. Median value in the area sits at \$1,120,000 for the month compared to \$1,080,000 for the year ending August 2018. The highest sales upper quartile is constant at \$1,190,000 for the year ending August 2018. Sales volumes for the month were 9 units (average days on market 22) with annual sales at 54 units (average days on market 42) to year ending August 2018. Buyer groups are young families and adults under 49. This demand seems to have created a quiet niche in the market but values may reflect a softening to the early \$1,000,000 as supply continues to increase.

Now let's have a look at this month's sales: Coatesville \$1,860,000 to \$3,100,000. Helensville Residential \$650,000 to \$735,000. Huapai \$850,000 to \$1,220,000. Kumeu Residential \$870,000 to \$1,215,000. Kumeu Lifestyle \$1,515,250 to \$2,410,000. Muriwai \$860,000. Parakai \$720,000. Riverhead Residential \$729,500 to \$1,380,000. Swanson \$892,000 to \$1,480,000. Taupaki Lifestyle \$1,625,000 to \$2,000,000. Waimauku lifestyle \$1,200,000 to \$2,450,000. Whenuapai Residential \$1,045,000 to \$1,080,000. If you are seeking an opinion, thinking about improvements or change, I would suggest a no-obligation chat with me that will provide some clarity on potential gains, market changes and values that are at play in your street and area. Like-wise, before you go to market, have a chat with a few highly educated real estate professionals about the best process, marketing support and relationship that



JET HOME

Sewage Treatment Plant

Sewage Treatment Systems
Concrete or Fibreglass Tanks
Full Installation & Servicing
Council Approved
Drainlaying & Excavation
Water Tanks, Pumps, Filters

Ph 09 415 1538 email info@jetwaste.co.nz

Friendly Legal Experts

- Property Law
- Business Law
- Employment Law
- Debt Collection
- Family Law
- Family Trusts
- Estates
- Wills

smith
AND PARTNERS

LAWYERS

293 Lincoln Road
Henderson, Auckland
PH: 09 836 0939
smithpartners.co.nz

will deliver the best return on your asset. It may well save you thousands, make you thousands and deliver a much more enjoyable experience.

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

TRADING UP OR RENOVATING?

While buying your first home is exciting – eventually you'll find yourself getting antsy about your next property move.

Kiwis just can't help themselves. Is the kitchen outdated? Is one bathroom really enough? What would a study be like for the kids?

Renovating your current home is a viable option for many home owners who want to expand or improve their current property. Moving to a new home isn't always the solution – so instead, renovating by knocking down walls, adding extensions and installing a new kitchen can be the better solution.

When renovating, it is critical to have the right finance in place – but with so many options, it pays to have a mortgage broker who can guide you through the process. In some cases, property owners will be able to redraw any additional payments they've made on their existing loan to cover renovations.

In other cases, you will need to apply for a supplementary loan and draw on the equity you have built up in your home or investment property over time. Knowing the intricacies between different loans is what your mortgage broker does best.

If you are thinking along these lines and are interested in how much you can borrow for your renovations, send me an email and I can chat with you to discuss your options.

For further details or feedback contact Ivan 027 577 5995 or email ivan.urlich@mikepero.co.nz.

Ivan Urlich is a registered Financial Advisor specialising in Mortgages, his disclosure statement is available free of charge on request.

PRECISION ROOFING



We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered.

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to variable weather conditions. Our team gives attention to detail, so all our work is Precision quality.

The Precision Roofing teams are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.

WHAT IS A COVENANT?

By Jason Hendriks - Smith and Partners. Essentially a covenant is a restriction as

to what you can and can't do on a property. These restrictions can cover a huge range of things – anything from the colour of the buildings, to how the property is to be maintained through to how many and what kind of pets are allowed. Covenants are registered on the title for the property, and you should have an experienced property lawyer review the title and explain the full implications of the covenant (and any other interests listed on the title!) before you agree to purchase a property.

Covenants are enforceable – usually by any owner of land within a 'mutual covenant scheme', by developers, or by Council. A breach of a covenant may result in fines – even daily fines until the breach is rectified.

Restrictive covenants are particularly common in new subdivisions and developments – particularly around Hobsonville Point, Kumeu-Huapai, Waimauku and Whenuapai.



\$85 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at sarah.brightwell022@gmail.com.



Precision Roofing

And Spouting Solutions

Think Roofing, Think Precision
Free No Obligation Quotes

0800 00 22 22

Atlan Norman
Managing Director
021 044 3093

www.precisionroofing.co.nz
info@precisionroofing.co.nz



Henderson Reeves

creating smart legal solutions

P 09 281 3723 F 09 438 6420
E auckland@hendersonreeves.co.nz
PO Box 217, Waimauku 0881
www.hendersonreevesauckland.co.nz

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	2,375,000	2.96HA	329M2	2,274,000
	2,950,000	1.32HA	344M2	3,100,000
	1,700,000	1.133HA	150M2	1,860,000
Helensville	830,000	885M2	230M2	720,000
	720,000	604M2	158M2	735,000
	670,000	520M2	142M2	650,000
Huapai	325,000	400M2	299M2	1,220,000
	1,000,000	492M2	201M2	1,000,000
	1,075,000	612M2	214M2	1,055,000
	960,000	432M2	194M2	923,000
	1,400,000	617M2	340M2	1,200,000
	930,000	600M2	180M2	850,000
	1,100,000	727M2	221M2	1,048,000
	1,050,000	630M2	220M2	1,060,000
	1,275,000	741M2	270M2	1,270,000
	1,100,000	668M2	233M2	1,045,000
	560,000	624M2	218M2	1,100,000
	1,000,000	623M2	209M2	1,005,000
	970,000	535M2	185M2	990,000
1,125,000	856M2	255M2	1,090,000	
Kumeu	1,225,000	520M2	279M2	1,215,000
	980,000	446M2	198M2	980,000
	920,000	1356M2	113M2	870,000
	1,100,000	413M2	248M2	1,100,000
	840,000	651M2	222M2	980,000
	1,900,000	2.843HA	260M2	2,410,000
	1,700,000	1.404HA	280M2	1,515,250
Muriwai	1,400,000	1.6HA	228M2	1,337,000
Parakai	730,000	481M2	164M2	720,000
Riverhead	1,100,000	608M2	210M2	1,006,800
	1,375,000	801M2	280M2	1,380,000
	940,000	809M2	116M2	729,500
	1,050,000	800M2	172M2	995,500
	1,050,000	809M2	159M2	990,000
	1,100,000	812M2	219M2	1,080,000
	860,000	809M2	100M2	870,000
	1,950,000	1.21HA	37M2	1,950,001
	1,450,000	1.602HA	180M2	1,270,000
Swanson	985,000	529M2	240M2	985,000
	950,000	898M2	220M2	892,000
	1,350,000	4.148HA	110M2	1,480,000
Taupaki	1,500,000	1.62HA	365M2	1,850,000
	1,400,000	1.055HA	275M2	1,625,000
	2,100,000	4.532HA	331M2	2,000,000
Waimauku	2,100,000	4.01HA	330M2	2,450,000
	1,225,000	1.91HA	186M2	1,200,000
Whenuapai	1,375,000	430M2	304M2	1,180,000
	1,100,000	303M2	240M2	1,045,000
	1,100,000	303M2	234M2	1,068,000

“we charge
2.95% to
390,000
then 1.95%
thereafter”

* plus \$490 base fee and gst

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

Phone

0800 900 700

Graham McIntyre
Brand & Territory Owner



List today for a
\$6,000 multi-media
marketing kick start.

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.

We charge 2.95% not 4% that others may charge” “We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked” Phone 0800 900 700.

LADIES NIGHT

MITRE 10
MEGA

WESTGATE



Get the girls together for a fabulous night out at Mitre 10 MEGA Westgate!!

Wednesday 14th November, 2018

7.00 - 9.30pm

**Mitre 10 MEGA Westgate,
Northside Drive**

Get the chance to pick up expert tips from our huge range of suppliers, plus gain some hands on experience building your own planter box or cheese board with our very own Stan Scott.

**BUILD YOUR OWN
PLANTER BOX or CHEESE BOARD**
For a Gold Coin donation

**STOREWIDE
DISCOUNT***

Complimentary
Refreshments
& Nibbles

Plus Loads of Spot Prizes & Giveaways

MORE FM 91.8
TODAY'S BEST MUSIC MIX

**More FM will be onsite!! Don't forget
to visit their Delicious Dessert Station!**

*Terms and Conditions apply. See instore for details.

Register in store or online at www.megawestgate.co.nz

Be in to WIN one of two
\$250 Mitre 10 Gift Cards



Entry is by
Gold Coin Donation
with proceeds going to
Bright Foundation



GET YOUR PLUMBING PROJECTS SORTED



\$96⁷⁶
Hansen
Ball Valve Blue Handle
50mm
283049



Mitre 10 MEGA Westgate & Henderson have a NEW increased range of Hansen products for all your plumbing needs! Come down and see the team and get the right products to get your plumbing project sorted.



\$28⁴⁷
Hansen
Straight Coupling
50mm Black
159213



\$26⁴⁷
Hansen
Tank Fitting Female
50mm Black
282944



\$3⁹⁸
Hansen
Hex Nipple
50mm Black
282875

Products shown are available at Mitre 10 MEGA Westgate & Henderson. Subject to availability and whilst stocks last.

Mitre 10 MEGA Westgate & Henderson
Northside Drive & Lincoln Road
Monday to Friday: 7am to 7pm
Weekends: 8am to 6pm

megawestgatehenderson

MITRE 10
MEGA

WESTGATE &
HENDERSON



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

By Negotiation

4 Rush Creek Drive, Westgate
By Negotiation

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

www.mikepero.com/RX1664987



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



PERFECTLY POSITIONED, HOBSONVILLE POINT 3 1 2

By Negotiation

9 Kanuka Road, Hobsonville Point
By Negotiation

This Jalcon, sun-filled beautifully finished and spacious, two-level, three bedroom, two living, free-hold home, offering the best of modern designer living and convenience. Downstairs a separate entrance, leading to a living room that enjoys the morning sun, a patio and front garden. The second open plan living room offers a well appointed large modern kitchen and dining area. Perfectly landscaped, entertainer's back yard, with covered pergola, providing alfresco dining all year round. Upstairs, a large landing, main bathroom, three spacious bedrooms, including the gorgeous master with huge walk in wardrobe, ensuite and its own balcony complete the second level. Two carparks, two heat pumps, security alarm, keypad entrance and visitor parking ensure ease of living.

www.mikepero.com/RX1545579



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



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

By Negotiation

12 Akeake Lane, Manurewa
By Negotiation

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

www.mikepero.com/RX1621009



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



SUPERIOR BUILD, SPACIOUS LIVING, HOBSONVILLE POINT 3 2 2

Asking Price \$1,049,000

16 Harvard Street, Hobsonville Point
Asking Price \$1,049,000

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

www.mikepero.com/RX1522096



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



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



Offers Over \$1,039,000

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

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



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

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

www.mikepero.com/RX1575586



CENTRAL MASSEY LOCATION, ELEVATED AND WELL PRESENTED



By Negotiation

19 Zefiro Drive, Massey
By Negotiation

Three generous bedrooms upstairs and a bedroom or rumpus downstairs. On a fully fenced, easy care, landscaped section this home offers some great options. Open plan expansive entertainers kitchen, lounge and dining with hallway access to bedrooms and bathrooms. Elevated home over two levels with mature trees and good hard and soft landscaping features. North facing decking upstairs and patio downstairs. A two car garage off the road makes for easy pull in and relax out. The CV on this property is \$770,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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

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

www.mikepero.com/RX1505411



CHARMING CHARACTER HOME ON A SUNNY 923 SQM 4 2 2

By Negotiation

21 Punga Road, Whenuapai
By Negotiation

A wonderful opportunity in Whenuapai awaits. Welcome your family to this spacious, open plan character home, set on a huge sunny North Facing site. Enjoy large open plan alfresco kitchen, dining and living. French Doors and expansive decking lead to a taste of "the good old days" with an established and landscaped back garden, featuring lawn and mature trees. Four double bedrooms include a large master with walk in wardrobe, high wooden ceilings and deck boasting a lovely rural outlook. The home is filled with character finishes, polished wooden floors, a native timber bench, cast iron footed bath and stained glass windows. With a country feel, loads of land, a double garage, close to amenities, plenty of scope to add your finishing touches, this home is well worth the wait!

www.mikepero.com/RX1604749



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



4 BEDROOM - NEW MADDREN HOME AT \$915,000 4 1 2

Asking Price \$915,000

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

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

www.mikepero.com/RX1567258



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



POTENTIAL, PERSONALITY, POSSIBILITY AND FUTURE URBAN - KUMEU

2 1 1

By Negotiation

46 Oraha Road, Huapai
By Negotiation

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

www.mikepero.com/RX1470382



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



LIFESTYLE, BIG BARN - WAIMAUKU, HELENSVILLE FRINGE

3 2 2

Offers Over \$1,195,000

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

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

www.mikepero.com/RX1662304



Lyndsay Kerr
027 554 4240
09 412 9602

lyndsay.kerr@mikepero.com



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



HOBSONVILLE - AFFORDABLE FAMILY HOME

3 1 2

Offers Over \$869,000

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

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

www.mikepero.com/RX1610906



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

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



PANORAMIC VIEWS - EASY LIVING IN SWANSON

4 2 2

By Negotiation

1069 Scenic Drive North, Swanson
By Negotiation

Easy living on a traditional ¼ acre site (1012 sqm). The large north facing home offers a modern open plan kitchen and dining, opening up to a large lounge, leading out to decking area with panoramic views of the Waitakere 's. Three generous double bedrooms, master bedroom with ensuite and wardrobe, main bathroom over one level, the ground level has a large rumpus or extra room perfect for teenagers or extended family, with its own ranch slider leading to bottom grassed area. This modern entertainers family home, is fully fenced in its own perimeter, independent double garage, overlooking jaw dropping views, private, calm and relaxing. A short distance to Swanson Rail Station, Swanson Café, convenience shopping and multiple primary schools and day care options.

www.mikepero.com/RX1570684



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



BUILD YOUR DREAM HOME WAIMAUKU

By Negotiation

908 Old North Road, Waimauku By Negotiation

Often sought but seldom found, this flat easily accessed 1.7 hectare site ticks the boxes for the lifestyle buyer that seeks a flat no nonsense property to create a piece of magic. It features: 1.76 hectares, No building covenants. Down a private ROW, Fenced, Flat site, In a rural glade with shelter belt trees to the south west. A short drive to Kumeu and Waimauku shopping centres, transport links and schools. The CV on this property is \$760,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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

Lyndsay Kerr
027 554 4240
09 412 9602
lyndsay.kerr@mikepero.com

www.mikepero.com/RX1571757



TAUPAKI, KUMEU, WHENUAPAI BOUNDARY LOCATION

By Negotiation

Lot 1 Nixon Road, Taupaki By Negotiation

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



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

Lyndsay Kerr
027 554 4240
09 412 9602
lyndsay.kerr@mikepero.com

www.mikepero.com/RX1651651

BABYDOLL SHEEP

Here is another rare breed of sheep becoming increasingly popular for lifestyle block owners. At this stage they are a little difficult to get hold of and quite expensive. If you chose to invest some money in this adorable breed you could probably make



money out of breeding Baby Doll's. Their popularity will grow as more people become familiar with the breed. With their sweet teddy bear faces and woolly charm, babydoll sheep attract people looking for gentle pets or adorable lawnmowers.

Officially known as babydoll Southdown sheep, members of this ancient breed are the diminutive version of the Southdown breed of sheep, which originated in the South "Downs" of Sussex County, England. There, they were known for their hardiness, fine fleece and their tender meat.

People often choose to keep babydoll sheep because of their gentle, yet distinctive personalities and as they aren't real big so they're easy to manage. Babydoll sheep are most often white, but can also be black, which is a recessive gene. As they are out in the sun a lot, the wool on black sheep lightens and can look brown. As they age, their coats can turn a kind of grayish-brown.

Their fleece, which is sheared each spring, is springy and soft. In textile terms, it runs in the 19 to 22 micron range, which means it's similar to cashmere and can be worn next to the skin without being itchy and uncomfortable. Babydolls are only about 18 to 24 inches tall when they're fully grown. Because of their small size, they're easy to handle. They can be easily contained with small, low fences. The larger danger isn't that these lovely creatures will escape; it's that predators can get to them.

Both babydoll ewes and rams are naturally polled, meaning they're born without horns. They are non-aggressive by nature and can be wary in new situations. Breeders say the sheep are curious and trusting with the people they know and are especially fond of routine. Babydolls are easy keepers and don't need much acreage. They're not hard on the land. The only thing they do is eat the grass.

You need a shelter where they can cool off in the summer and get out of the rain. But in general they like to be outdoors because they always have that wool sweater on. Babydoll sheep are popular as organic weeders. They are often used in vineyards as well as orchards because they don't hurt the fruit, tree trunks or shrubs and they fertilize the soil while they graze. Yealands Estate winery in Marlborough run a mob of them at their vineyard and name a very drinkable Sauvignon Blanc after them, well worth a try. Babydoll ewes are good mothers, according to breeders, and often have twins and occasionally even triplets. They like to stay together and don't typically wander off and get lost. These sheep is they have a strong flocking instinct. They tend to stick together. Whether you want pets a seriously cute lawnmower or wish to breed, Southdown Babydoll sheep are wonderful to own. More information on this rare breed is available from www.rarebreeds.co.nz/southdown. If you google Babydolls you will find a number of NZ breeders.

If you require any further information on animals suitable for lifestyle blocks please give me a call on 027 554 4240. Lyndsay Kerr your local Mike Pero Lifestyle and Residential real estate specialist.

LIVESTOCK REPORT

A large quantity of cattle was on offer at the Pukekohe sale yard on Saturday, with good buyer demand ensuring prices remained strong throughout the auction. Demand for killable cattle remains very solid, and quality young cattle are most sought after. Despite the very wet winter just endured, the last thing we want at this time of the year is for the ground to dry out too quickly. This can really stifle grass growth and can make things difficult after an already difficult winter.

Cattle	Lowest	Highest
Best steers	\$1,530	\$1,850
Other good steers	\$1,230	\$1,450
Medium yearling steers	\$950	\$1,020
Light yearling steers	\$750	\$830
Small x bred weaner steers	\$450	\$500
Very small steers	\$200	\$390
Best heifers	\$1,450	\$1,700
Medium yearling heifers	\$680	\$830
Small weaner heifers	\$405	\$525
Boner cows	\$890	\$1,250
Cow & calf	\$1,530	
Fat lambs	\$130	\$162
Store lambs	\$129	
Spring lambs	\$87	\$129
Hoggets	\$130	\$160
Ewes	\$101	\$140
Ewes with lambs	\$54	\$90
Rams	\$130	\$160
Weaners	\$60	
Store	\$108	\$130



Tiling Wright

- Bathroom
- Kitchens
- Waterproofing
- Splash Backs

Josh Wright
027 260 8225
Tilewright@outlook.com

ANYTIME PEST CONTROL

FLIES, ANTS, COCKROACHES, FLEAS
RATS, MICE, SPIDERS, WASPS ETC.

WEEDSPRAYING

KEVIN MORRIS REGISTERED TECHNICIAN

PHONE: 09 411 7400 MOBILE: 027 277 7143

HOME & GARDEN

LASER PLUMBING & ROOFING WHENUAPAI

Your plumbing, roofing and drainage experts in West Auckland.

Laser Plumbing & Roofing is your local plumbing company based in Whenuapai. We are committed to servicing our local community families and businesses with great service at reasonable rates.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai. Whether you have a dripping tap or a blocked toilet, our experienced and friendly maintenance plumber, Dave will be there when you need him. With over 20 years' experience, Dave is very thorough and meticulous, and never leaves any mess behind. You can rely on Dave and all our Laser Plumbing staff to offer complete plumbing solutions.

Laser Plumbing & Roofing Whenuapai are also your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations. We also offer a state of the art drainage un-blocking service. And you will always receive our 'Totally Dependable' service, guaranteed.

Contact Laser Plumbing & Whenuapai for all your service needs on 09 417 0110 or whenuapai@laserplumbing.co.nz.

We are open five days a week from 7am-5pm and are located at



Ever had mess
left behind?



No mess, no dodgy products &
no run around. We guarantee it.

Ph: 09 417 0110

Roofing | Plumbing | Drainage | Gas fitting
Drain Un-blocking | 24 Hr Service



"Totally Dependable"

Laser Plumbing
Whenuapai

whenuapai@laserplumbing.co.nz

www.whenuapai.laserplumbing.co.nz

Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

FLOWERING CHERRY TREES

The flowering cherry is hard to miss as it heralds in the start of spring in the garden. Driving through Kumeu is always a pleasure as the Prunus Awanui bursts into flower. Awa Nursery has a good range of flowering



cherry trees in stock ready and waiting to decorate your garden with the added bonus of attracting birdlife as they feed on the nectar. Upright or weeping, there is a cherry tree to suit every garden be it large or small. Mt Fuji, Accolade, Kanzan, Nigra, Shidare Yoshino, and Awanui to name a few. These deciduous beauties not only have gorgeous flowers in spring, they provide shade and lush attractive foliage through summer and autumn, and a great silhouette and structure over winter. They are easy to grow, relatively fast growing, suit most soil types but prefer moist, well drained, fertile soil, and can cope with windy conditions. Plant in full sun to encourage good flowering and autumn colour. The trees are shallow rooted so other plants should not be planted too close. Provide good drainage and mulch each spring to conserve moisture and add nutrients. Then sit back and enjoy the splendid display each spring!

Awa Nursery phone 09 411 8712 or visit www.awanursery.co.nz.

PLENTY OF OUTDOORS TODAY INCLUDING A CHALLENGING HILL

It's 9 o'clock and we're off to Mitre 10 Mega at NorWest for a muffin and a drink before setting off to Swanson to visit Earthsong Eco-Neighbourhood, New Zealand's first cohousing neighbourhood based on permaculture principles and eco-design.

After an informative talk and accompanying video we split into groups and looked through a couple of homes, saw the gardens and evidence of permaculture.

Titirangi RSA had prepared lunch for us. A very pleasant way to catch up with each other before splitting into two groups this time, one going to Lopdell House Gallery and Te Uru, Waitakere Contemporary Gallery and the other to visit McCahon House in the hills of French Bay. The hills don't get any flatter! After the swap over and safely on the bus again we travelled the Scenic Drive, stopping at Rose Hellaby House to look at the wonderful view of Auckland. The two harbours look so close from there... wonderful.

Back on the bus...I might say a somewhat quieter busload of



- HEAT PUMPS & AIR CONDITIONING
- DUCTED & HOME VENTILATION SYSTEMS
- SERVICING & REPAIR
- FREE ASSESSMENT & QUOTE

Office 09 912 0553,
admin@clarksonaircon.co.nz,
www.clarksonaircon.co.nz

passengers now. Another wonderful day. In October we will be around the Coatesville/Riverhead area, November travelling north to Matakana to visit Sculptureum and December, our Christmas Lunch. You can contact: Judy 027 272 9994, Diana 027 478 8928, Althea 021 123 6448, Jan 021 108 7925, Bette 021 145 1854 for more information.

KEEPING GRASS GREEN

Keeping grass green requires regular lawn mowing. For those that do it themselves or for the average lawn mowing contractor the norm is to do this using petrol powered machines. Collectively this amounts to a lot of emissions. At 1st Class Gardens we believe we can do better.



In recent years we have successfully transitioned our service from a high emission service to having ultra-low emissions. We did this by moving almost all of our tools to battery powered and recently adding an EV into our fleet of vehicles. So if you would like to truly keep your grass green then please get in touch with us for your free quote. Check out our website at www.1stclassgardens.co.nz or contact Chris on 0800 23 6696.

HAZARDS IN THE GARAGE

We see a lot of garages and so many of them are full of haz-

ards that could ruin your day. Most common are piles of 'stuff' waiting for you to trip over or fall on top of you, the kids or the car. Less obvious are the chemicals like garden sprays, cleaning products, paints and oils which at best could make a mess on the floor, at worst are a poison hazard. It's really satisfying to get our ceiling racks installed so all these dangers can be lifted up and out of the way. Up near the ceiling where it is warm, dry and out of reach of the kids. Get in touch and I can take a look at your garage to see if ceiling storage racks could work in your garage. www.stealingspaces.co.nz.

CAR COSMETIC RESTORATION

We Kiwi's sure do love our cars, our unlimited driving freedom. However, keeping them in sparkling condition is easier said than done. The friendly team at The Mobile Car Specialists make it easy with multiple car restoration services just a phone call away. Our full service suite: Dent removal - large and small. High-end car detailing



ing / cut and polish (using European quality equipment). Paint protection - ultimate shine protection with world leading Feyn-lab Ceramic Coating technology - never wax again! Headlight restoration - foggy headlights gone plus UV sealant to prevent further erosion. Bumper scuff repairs. We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.

WYATT

LANDSCAPE SUPPLIES

0800 638 254 or 09 422 3700

Call: 09 411 9604
 948 State Highway 16, Waimauku
 (just after the Muriwai turn off)

Locally owned & operated www.landscapesupplies.net.nz

Free

loan trailers
for use

For all your
landscaping needs

stock up now for summer and autumn

Trade

Metal
supplies

OPEN 7 DAYS! Mon-Fri: 7.30am-5pm Sat: 8am-4pm Sun: 9am-3pm

WE CAN DELIVER

- Sand
- Metal
- Shell
- Pebble
- Scoria
- Mulch
- Garden Mix
- Topsoil
- Compost
- Tirau Gold
- Pine Bark
- Cambian Bark



Palmer's

co.nz to see our work and 5 star reviews.

PAYDAY FILING

Payday filing is now optional for employers, and becomes compulsory on 1 April 2019. Payday filing means filing your employment information on/after each payday instead of filing an Employer Monthly Schedule (EMS) every month. The due dates for your PAYE payments don't change – only the filing of employment information is changing. You will still need to complete and file an Employer Deductions Form and make your payment every month. Payday filing requires you to file your employment information within two working days of paying your staff. If you pay different employees at different times, for example some weekly and some monthly, you will still need to file the employment information within two working days of paying each of them.

To find out more about payday filing and for all of your accounting and tax needs, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

BRIDGESTONE KUMEU – YOUR LOCAL TYRE STORE FOR OVER 20 YEARS

Spring is the time for new growth and new beginnings but we would like to remember and to thank all our customers for their continued support of our locally owned and operated tyre store. Thank you too to all the people who take the time to post their appreciation online or via email, this makes the job we do very rewarding.

Our goal is to keep you safe on the road and when we get emails saying "I just wanted to comment on how great the service was at Bridgestone Kumeu when I was there. The Team were busy yet so polite and accommodating to every customer that entered the store and also very knowledgeable. Customer service like this is hard to come by and I would highly recommend the store to friends and family" it certainly puts a smile on our faces.

Your continued support helps us do our bit in the community and we are proud to have joined with some other local businesses to provide book bags to 500 children at local schools. If we can help you with a puncture, new tyres, an alignment or balancing or just some free advice please call in to see Johnny and the Team at 43 Main Road, Kumeu 09 412 9111 or email on firestonekumeu@xtra.co.nz.

P.S. we always recommend getting tyres checked regularly (free service) this has helped many people in the past get longer life out of their tyres by spotting uneven wearing and making corrections before the tyre is too worn.

WELCOME Spring!

Sat 6 October from 8.30am at Palmer's Westgate

There are plenty of prizes and giveaways on the day, plus a colouring competition, treasure hunt and face painting for the kids and plenty of onsite workshops, demonstrations and talks.

WHAT'S ON

- From 10am** *Yates*
The best sprays to use and how to treat problems in the garden
- 10am - 2pm** *Tui* - tomato upside down planter
- 10am - 3pm** *Magic Moss*
Kokedama demonstration
- 11am - 2pm** *Heavensent Gourmet*
demo tasting
- 11.30am - 1.30pm** *Free* face painting
- 2pm** *Compost Collective*
cold composting, worm farming



MINI VEGES OR FLOWERS

FOR \$10

\$1.99 EACH SAVE \$1.94



ALL HOUSEPLANTS

10-40% OFF

Plus more great deals in store

All offers valid till 15th October at Palmer's Westgate only



GET A \$10 REWARD WITH EVERY \$100 SPEND JOIN IN STORE OR ONLINE



PALMERS.CO.NZ



Palmer's

Cnr Maki St & Northside Drive, Westgate. Ph: 09 810 8385

Open 7 days: 8.30am - 5.30pm.



Steven Baxter
Painter & Decorator
1168 Old North Road
Waimauku
Auckland 0882

☎ 027 201 7001
☎ 09 411 5136

Baxters Decorating
baxtersdecorating@gmail.com



THE GREAT OUTDOORS

SOFT BAITING FOR TROUT



For many of us, our first taste of freshwater fishing was when we were kids armed with a spinning rod and reel, casting lures out into rivers and lakes, eagerly anticipating a bite.

By using spinning gear we could cover more water and ultimately cover more fish. We got fewer tangles spin fishing and could cast further than we could with a fly rod.

Many fresh water anglers end up fly fishing exclusively and sadly never venture near the spinning rod again, but in recent times those attitudes have been changing, and in particular with the popularity of soft baiting for trout.

For example, the past five years or so have seen a major increase in people targeting the massive canal trout of the McKenzie country with soft baits, with huge success. By swapping out the traditional hard metal lures for more lifelike plastic and rubber baits, by using a variety of differently weighted jig heads, these monster trout that grow to 40lb have been caught more regularly.

The North Islanders have been a little slower on the uptake with soft baiting in freshwater, which is surprising, especially when so many of them target snapper in the ocean this way. However, over the past little while, a few of my mates have been using soft baits more regularly on the different Rotorua lakes and have been enjoying success. The more that we have embraced soft baiting in different freshwater situations, the more skilful we have found that we have become when fishing a variety of environments.

Most of all, we have found that different water lends itself better to varying forms or techniques of fishing. In other words, some of the angling challenges that make fly fishing the great sport it is, now have similar challenges for the spin fisherman, particularly when using soft baits.

In the shallows, whether it is on a lake or small river, fly fishing is king, but as the body of water gets bigger and or deeper, soft baiting comes into its own. Often when fish are down deep they clearly see the large silhouette of the soft bait and literally rise up to attack them. With soft baits the angler can cover much more water, which ultimately means more fish are covered when in the right zone.

Remember, fish are going to always favour the best lies or spots where the food is. Much the same as fly fishing, vary your retrieval rates. Change speed from fast to slow, employ a subtle twitch into the action of the lure and change the depth at which

you retrieve your lure through.

If you haven't picked up a modern spinning combo in recent years, you are in for a shock. The good rods are ultra-light, yet powerful. The reels slick with smooth drags, and as for the line – braid is a revolution in itself.

How about challenging yourself to diversifying your approach this season. If you fish a wide range of environments for trout that include hydro lakes, spillways, deep lakes and larger rivers, make sure that you give soft baiting a go – I am sure you will find it thoroughly rewarding. Most of all, it will help you to become a very versatile angler who can turn his or her hand to all situations.

For more information contact either Westgate on 09 833 3019, 7 Cabernet Crescent, Westgate or North Shore on 09 869 3331, 1 Holder Place, Rosedale, freephone 0800 486 834 or go to www.huntingandfishing.co.nz.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Mon 1 Oct	02:32	09:02	15:00	21:30	-
Tue 2 Oct	03:24	09:54	15:57	22:31	-
Wed 3 Oct	04:27	10:58	17:07	23:44	-
Thu 4 Oct	05:43	12:12	18:26	-	-
Fri 5 Oct	-	00:58	07:03	13:26	19:40
Sat 6 Oct	-	02:06	08:13	14:33	20:43
Sun 7 Oct	-	03:06	09:13	15:31	21:37
Mon 8 Oct	-	03:58	10:05	16:21	22:26
Tue 9 Oct	-	04:46	10:52	17:08	23:10
Wed 10 Oct	-	05:31	11:35	17:51	23:51
Thu 11 Oct	-	06:13	12:15	18:32	-
Fri 12 Oct	00:30	06:53	12:52	19:12	-
Sat 13 Oct	01:07	07:32	13:29	19:51	-
Sun 14 Oct	01:43	08:09	14:05	20:30	-
Mon 15 Oct	02:20	08:48	14:44	21:13	-
Tue 16 Oct	03:01	09:30	15:30	22:03	-
Wed 17 Oct	03:53	10:21	16:31	23:10	-
Thu 18 Oct	05:06	11:30	17:49	-	-
Fri 19 Oct	-	00:25	06:30	12:48	19:02
Sat 20 Oct	-	01:32	07:38	13:54	20:00
Sun 21 Oct	-	02:25	08:32	14:47	20:48
Mon 22 Oct	-	03:11	09:17	15:32	21:30
Tue 23 Oct	-	03:53	09:57	16:13	22:09
Wed 24 Oct	-	04:33	10:36	16:53	22:48
Thu 25 Oct	-	05:12	11:14	17:32	23:27
Fri 26 Oct	-	05:52	11:52	18:13	-
Sat 27 Oct	00:06	06:33	12:32	18:55	-
Sun 28 Oct	00:48	07:15	13:13	19:39	-
Mon 29 Oct	01:31	07:59	13:58	20:26	-
Tue 30 Oct	02:19	08:47	-	-	-

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



Central's Tips

October 2018



It's growing time! Plant summer veggies and herbs, hang sticky traps in apple and pear trees and patch up that lawn. It's also a good time to get the weeds and pests under control and add mulch to the garden.



Plant summer veggies!

Get tomatoes, capsicums, zucchini, cucumbers and eggplants as well as herbs in now for a full and delicious summer veggie patch.

In the Veggie Patch

- **Plant all the summer producing vegetables** - tomatoes, capsicum, zucchini, cucumbers and eggplants
- Did you know? It's best to put a **tall stake (1.8m)** beside your **small tomato plants** as the vine types grow very tall and need support as they crop
- **Flavoursome summer herbs** such as **dill**, **French tarragon** and **coriander** are good to plant now
- **Eating flowers** - there are plenty of flowers that can be used in salads or as edible garnishes - nasturtiums, carnations, daylilies, rose petals and violas are just a few. Plenty of ornamental flowers near the vegetable garden assist pollination of fruit and vegetable flowers
- **Hang sticky traps** in apple and pear trees to stop an infestation of codling moth in the young fruit. Or, Spray with Yates' Success Ultra (four times only) over the spring season.



Hang sticky traps

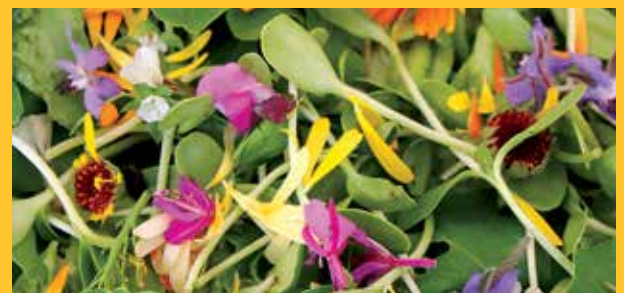
Get rid of those pesky holes in your pears and apples by putting up sticky traps now to catch the codling moths before they get into your young fruit

Lawns

- Perfect time to **patch existing or sow new lawns**
- **Fertilise** established lawns with Turfmaster Gold
- Our ProLawn handy spreader is excellent for applying the correct amount of seed or fertiliser.

The rest of the Garden

- **Wage war on the weeds** - by actively removing or spraying them early in the season, leaving more room for desirable plants to flourish
- **Aphids appearing:** Spray with an organic insecticide or, if your water pressure is good, loosen them with a heavy squirt of water
- Apply **sheep pellets** and a **layer of mulch** around the garden. This combination nourishes soil, conserves moisture at the roots of plants and curbs weed growth.



Eat some flowers

Nasturtiums, carnations, daylilies, rose petals and violas are edible and will make colourful and vibrant additions to your salads.



We dig weekends.

Talk to our friendly Central Landscape Supplies team at Swanson about all your landscape supply needs.



Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 833 4093 • 598 Swanson Road, Swanson

BUILD

NEW

THE ILLUSION OF INVISIBILITY

We knew it was something special and the gold award at this year's Registered Master Builders House of the Year awards confirmed it. This is the second award winning home we're profiling of our five entries that all received awards. This smart modular home with dramatic black detailing against cedar cladding was dubbed 'Modern Love', and was a clear winner in the GIB Show Home. And there's much to love about it. This year we brought on Architectural Designer Richard Furze to craft our Kumeu based show home. One of Richard's signature stamps is his ability to use space in clever ways while retaining a minimalistic aesthetic. A key design feature in this is the discreet concealment of some of the more mundane aspects of the house; butler's pantry, guest toilet and laundry. Using the cedar paneling that cascades down the hallway, these spaces have been blended so well into the cedar wall that upon first glance, most people miss



them when they visit our show home. This was an exciting challenge for us when building, as it required perfect alignment of every panel and a precise finish to create the illusion of invisibility. We were over the moon with this show home, but in all honesty we make all our houses to be award-winning show home quality. As traditional craftsmen, our passion is in the perfection and detail that goes into building. And when the details are so perfect they become unnoticeable it means we have done the job to our standards.

IS LESS REALLY MORE?

Less is more is a saying bandied around in the design world all the time. And for me I do agree considered placement within and in design of our homes is important. There is no point to an extra space, nook or cranny unless it serves a purpose. And in our personal lives this principle is overflowing with sensibility. We could all benefit from taking stock of prioritising our time and breathing in the summer air..... Give yourself permission to sometimes take the easy option.

At signature homes we pride ourselves on being a 'one stop shop'. Enabling you to get your cup filled in one place. Be it a holiday home, realising subdivision potential, investment projects, first homes or dream homes. We offer not only an amazing number of fabulous predesigned homes awaiting personal touches but we also provide a fantastic architectural design and build service. Meaning you can discover your dreams from scratch with our help turning them into reality. It is unnecessary to engage the council, an architect, quantity surveyor, builders, project manager, multiple trades and interior designers at different posts when we offer the entire service complete with robust guarantees and peace of mind.

COULD YOU BE SITTING ON A GOLD MINE?

There's never been a better time to subdivide - talk to us about the Auckland Unitary Plan



Subdividing your land can give you options for the future, including a second income from a rental, a house for the kids or build and sell for a profit. Our specialists can help you unleash the potential of your land, explore the Auckland Unitary Plan and discuss its impact on your property.

Signature Homes West Auckland can assist with the process of subdividing, design for a new build or alternatively knocking down and rebuilding. We will facilitate the entire process working alongside you, the council and other professionals required to enable a smooth build.

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

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

HUAPAI SHOWHOME: 3 Podgora Ave, Auckland Hobsonville | Open Wed-Sun 12-4pm

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

Signature
HOMES
EST. 1983
YOUR HOME. YOUR WAY.

Work with our team to realise your property vision for 2018. Go for less is more and use our multidisciplinary approach. Come and discuss your options. Signature homes 0800 020 600.

G.J. GARDNER HOMES CLEAN UP WEEK

Keep New Zealand Beautiful (KNZB) is proud to present the G.J. Gardner Homes Clean Up Week, ran from Monday 10th September until Sunday, 16th September.

Clean Up Week sponsor, G.J. Gardner Homes, have mobilised their extensive franchisee network right throughout New Zealand, contributing to a record number of volunteers set to take part this year. Over 49,000 volunteers are already registered and more are joining events across the country every day. KNZB encourages events of all sizes, with organisations, community groups, individuals and even full school and early childcare centre facilities coming on board this year to create the biggest G.J.'s Clean Up Week in recent memory.

G.J.'s Clean Up Week is a community pride initiative run by Keep New Zealand Beautiful, aimed at empowering communities to work together to keep their corners of New Zealand cleaner, safer and more beautiful.

Heather Saunderson, CEO of Keep New Zealand Beautiful, said "G.J.'s Clean Up Week is one of the biggest community pride initiatives in our calendar. It empowers individuals and everyday New Zealanders to each do the right thing, with their actions accumulating to create a tide against littering that reaches every corner of New Zealand. In 2016 alone, Clean Up Week saw enough litter removed from our environment to fill 120 rugby fields over 1/2 a metre high, and this year is set to exceed these results."

A surge in registrations from schools this year is attributed to

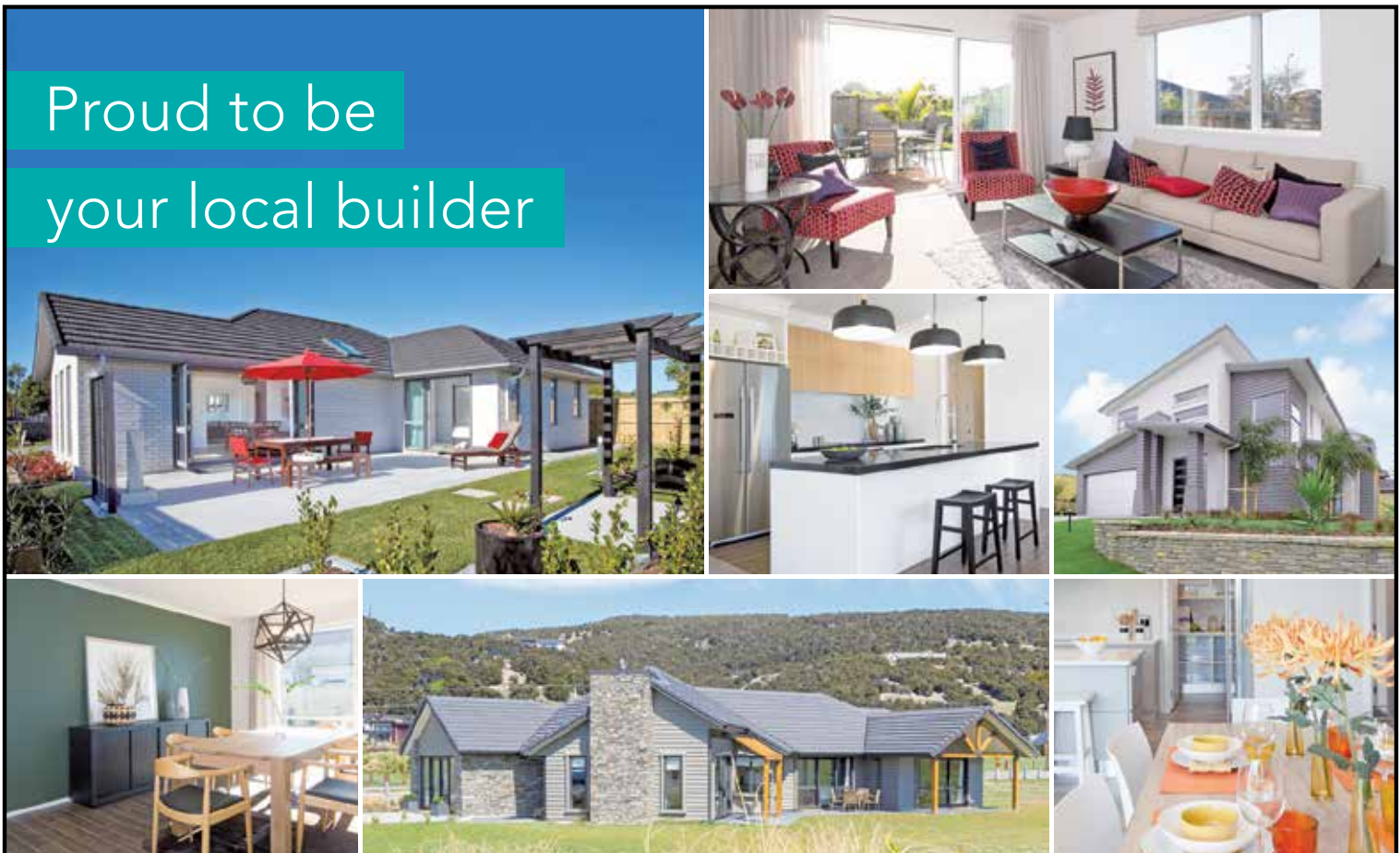
the increased priority on education programmes from KNZB, with the Young Reporters for the Environment competition this year receiving a record number of entries, and the Term 3 launch of the Kiki Kiwi - Litter Less Programme to primary and intermediate schools in New Zealand.

Saturday, September 15th also marked World Clean Up Day, with 60 events registered to take place for World Clean Up Day alone.

Individuals and groups wanting to join a public event are able to see events happening within their region by checking out the G.J.'s Clean Up Week page on the Keep New Zealand Beautiful website.

MADDREN HOMES TRADIE OF THE MONTH

It's hard to believe that a retaining wall and excavation site can not only be functional, but also pretty - but Ben Manion from Formation Earthworks somehow manages to do it. And it's these specialty skills that saw the new boat ramp and seawall at Herald Island come off without a hitch, that's earned him the Maddren Homes Tradie of the Month. Ben's attention to detail and careful excavation planning alongside low tide times, ensured a safe and secure seawall and boat ramp was built for locals, that's well deserving of a voucher from proud sponsor Western ITM. Keep up the great work Ben.



Proud to be
your local builder

RODNEY WEST OFFICE
3C Matua Road, Huapai.
(09) 412 5371

SHOWHOME
7 Grove Way, Riverhead
OPEN Everyday 12.00pm-4.00pm

G.J. Gardner. HOMES

0800 42 45 46 www.gjgardner.co.nz

PETS

TIPS & ADVICE

KANIKA PARK CAT RETREAT

What are cats allergic to?
By Dr. Lorie Huston – www.petmed.com.

It's that time of year again. Spring-time, heading into summer. The fleas are out in full force. Plants are blooming. Pollen is flying. And your cat may have allergies.

In cats, allergies most commonly surface as skin problems rather than respiratory problems

There are a few different things cats can be allergic to, and fleas top the list

Atopy is another common allergy in cats. Atopy is an allergy to something your cat is in contact with in his environment. Food allergies can occur as well.

How are allergies in cats best treated?

Flea allergies are treated by eliminating the flea population. Atopy is treated by avoidance (if possible) and sometimes with other anti-inflammatory medications. Food allergies are treated by avoiding the food ingredient that is causing the allergy.

Consult your veterinarian to determine the best course of action for your cat if you think your cat has allergies

For the full article go to www.facebook.com/kanikapark/notes
Contact Kanika Park Cat Retreat Phone 09 411 5326 | info@kan-



ikapark.nz | www.kanikapark.nz.

CAT LOVERS URGENTLY NEEDED

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



THE MOST IMPORTANT RULE OF DOG SAFETY FOR CHILDREN

ALWAYS ASK. Yes it sounds simple but it is the number one rule to drill into your children's minds: it can keep them safe.

Teach your children that they should always ask the owner before approaching a dog. Asking 'Please can I pat your dog?' or 'Please can I say hello to your dog?' firstly announces to both the dog and its owner that the child is there and would like to interact with the dog.

Imagine if you were walking down the street and a complete stranger randomly walked up to you and hugged you or your child; we can guarantee most of you would be pretty worried and unimpressed, you would be uneasy to say the least. The same goes for when someone or you are walking a dog and suddenly there's a group of children touching the dog. Secondly, by asking you are giving the owner the opportunity to say 'no'. If they say no there is probably a reason why not. It may be that the dog isn't particularly fond of children or has had a bad experience with them in the past. It may be that your child is wearing a hat and people wearing hats spook the dog. It could be that the dog is ill, injured, tired or just having a bad day and the owner knows the dog won't appreciate being touched by strangers. Or the dog could be in training and the owner needs the dog's full concentration on them, it may be that the dog is new to the family and they aren't sure yet on how it reacts to children. There are so many reasons why an owner may say



SPECIALISING IN ALL TYPES OF
PLUMBING & DRAINAGE



PLUMBING



DRAINAGE



GAS



PUMPS



WATER TANKS



FILTRATION

LOCAL, RELIABLE & REASONABLE

New housing,
alterations & repairs



Domestic & Commercial



P 09 412 6322

E sales@waterfx.co.nz

no, but remember it is highly likely the 'no' is coming for you and your child's safety so please teach children not to take it personally when it happens. Instead of getting sad, or grumpy, teach them that it is okay and it might be that the next dog they see they are able to say hi to.

The 'always ask' rule is also a great way of teaching children what to do if the owner is not there. If the owner is not there then there is nobody to ask, and as they always have to ask: the answer is NO!

This could be if a dog is tied up outside a shop waiting for its owner or a dog may be poking its head out of a hole in the fence. Children need to be taught that if they see a dog on its own then they leave it alone.

Please teach the children (and grown-ups) in your family to ALWAYS ASK before touching a dog.

Always Ask is the first of 3 Golden Rules from Kids Safe with Dogs Charitable Trust (KSWD). You can find out more information on keeping your children safe around dogs and the great work KSWD do on their website www.kidssafewithdogs.co.nz.

DOG & CO

Woohoo! Spring has finally arrived, and with it comes a plethora of incredible photo opportunities all over Auckland! From cherry blossoms and fresh, floral backdrops, to amazing sunsets with daylight saving. It is a perfect



time for a professional photo shoot. We are particularly lucky in West Auckland with some of the most stunning locations imaginable right on our doorstep – Bethells Beach is my all-time favourite. The black sand, the mind-blowing vistas, the beautiful grassy dunes. It is a pet photographer's heaven.

I may call myself a pet photographer, but I don't just photograph animals by themselves. I absolutely love having the opportunity to do families, couples, engagements & pre-wedding photo shoots...as long as they involve pets! I also specialise in on-location photo shoots, rather than limiting myself to the confines of a studio. There is nothing more special than to see dogs get to enjoy the fresh air and experience pure joy at the beach or park. Just as it is so special being outside, taking advantage of natural surroundings and beauty. These factors make for the most unforgettable experiences and photos. Hence why I was SO excited for Winter to finally be over!

If you have been thinking about getting some professional images of your family & pets, now is the time to get in touch. I offer a selection of affordable packages, all of which include both prints and digital images. So there is no obligation or pressure to purchase a fortune worth of prints or wall art on top of

what you are already paying. It's easy, fun, and affordable. I also have gift cards, so keep that in mind with Christmas quickly approaching! Bring on the warm weather! www.dogandco.nz / Email: kirsty@dogandco.nz.

COUNTRYPETS

We're only just into Spring and the evenings are still quite chilly, our wood burner is still going, so it came as a bit of a surprise as I walked my pack today at the beach barefoot, that the black sand in parts was already getting quite hot, the dogs noticed too. Summer is coming! And for me that means time to be more vigilant about walk routes and other needs of your beloved four legged friends.



Things are heating up and fleas, ticks, midges and biting flies are waking up! Make sure your dog's flea and worm plan is up to date, getting rid of a flea burden is not fun, get on top and stay on top before they do!

I'll be considering where we walk, is there shade, water to cool off in and grass under foot? Black sands and asphalt heat up fast, if I can't hold my hand on it or walk barefoot neither can your pooch, paws blister easily. Walking earlier and I'll start reducing the intensity of walks if needs be. Lots more water on board, parking the vehicle in the shade and using a windscreen visor. Dogs can overheat in a hot car in no time.

At home ensure your dog is well hydrated with access to fresh cool water always. Can your dog get in the shade? As we get into the hotter months consider cool mats, fans, cooling collars and paddling pools to help your dog moderate body temperature. Be sun safe and enjoy time with your dog, summer is coming!!

Country Pets is based in Muriwai and offers small pack off leash walks. See CountryPets on Facebook or call Lisa on 027 380 0265 for more information.

Ultimate Playgrounds

Swings and Slides | Customised Playgrounds | Flying Foxes

www.UltimatePlaygrounds.co.nz

Call John | 021 141 6678 | 09 213 3349

Atom Services Ltd

Commercial Cleaning Solutions

Atom Services Ltd

For the very best in
Internal and External
Cleaning

Let us take care of all your cleaning needs:

- Spring Cleans
- Windows
- Weekly cleans
- Carpets and Upholstery
- One-off cleans
- Exterior House Cleaning

Call Kath or Ian today to discuss your requirements.

Kath- 021 2690 790 Ian- 021 0264 3227

FOOD & BEVERAGE

THE HERBALIST CRAFT BEER

With spring upon us, it is still great to hunker down with a hearty meal on the cooler nights. This recipe can be used with either lamb shanks or ribs. Ribs will need about 5-10 minutes of grilling at the end of cooking.



Lamb Shanks With Beer Recipe: Ingredients: 2 shanks, 3 tablespoons brown sugar, 1 teaspoon five spice, 1 teaspoon ground coriander, ¼ teaspoon ground black pepper, 1 ½ teaspoons Himalayan salt, 2 cloves garlic (crushed), zest of an orange, 250mL The Herbalist Manuka Ale, 50mL brandy. In an oven dish with a lid, mix the marinade ingredients together then add the lamb shanks. Marinade in the fridge for 2-4 hours, then cook covered for approximately 2 hours at 150C. Quartered onions, chopped carrots, potatoes or kumara can also be cooked with the lamb for extra flavour. Serve with freshly steamed vegetables.

The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.

APRICOT, DATE AND GINGER SLICE

¾ cup chopped dates

¾ cup chopped dried apricots

THE GALLERY
JAPANESE & CAFE

Dine in & Takeaway
(10 complimentary dumplings when you spend over \$40)



Tues & Sun: 8:30 - 5pm | Wed - Sat: 8:30 - 8:30pm
Ph: 09 412 8983 | 329a Main Rd, Huapai
www.facebook.com/thegalleryjapaneseandcafe

125 g butter
1/3 cup sugar
60 g crystallised ginger (sliced thinly)
3 cups cornflakes

150 g dark chocolate

Place chopped fruit, butter, sugar and ginger into a pot and heat slowly until butter melts and fruit softens.

Add cornflakes and mix well.

Press into a lined slice tin and refrigerate for 1 hour.

Melt dark chocolate carefully in microwave and spread over cooled slice and refrigerate again until chocolate sets.

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.

HALLERTAU

It has been collaboration time for Hallertau Brewery and their neighbours Boric Food Market. Hallertau have been foraging Boric's seasonal fruit and using them as adjuncts in a run of seasonal beers. Lemon Curd Sour Ale was a tarty treat using heritage lemons for a citrus tang. Currently pouring are Speakers Grapefruit IPA weighing in at 7.4% abv which packs a tropical and hoppy hit, also on the taps soon is a Belgian style Tangelo Witbier 5.5% which will be a sensational spring thirst quencher and ideally garnished with a tangelo slice. Drop by the Hallertau Biergarten for a pint or a flagon fill.



NO MORE PLASTIC STRAWS FOR THE COFFEE CLUB

The Coffee Club New Zealand, one of the country's largest and fastest growing café brands, has announced that it will no longer be using plastic straws. From 10 September, The Coffee Club's 63 stores will be using Eco Straws instead, a paper straw that is 100% recyclable and compostable.



The move will eliminate nearly one million plastic straws annually (898,000).

"Like many of our customers, we are concerned about the neg-

the Bottle-O®

301 Main Road, Huapai, Auckland
Phone: (09) 412 9614
www.thebottle-o.co.nz

Real Locals, Real Value.

Never drink and drive




ative environmental impact of plastic straws being disposed of irresponsibly," explains The Coffee Club Co-Director, Andy Lucas. "Earlier this year, we stopped using straws for many drinks that simply didn't need one, which reduced our straw usage dramatically. Moving to a non-plastic straw for the remaining drinks will allow us to further reduce waste and minimize the impact that our stores have on the environment."

Recent news and studies have shown alarming consequences of the growing threat of plastics to the world's oceans and wildlife. The Ocean Conservancy, a non-profit environmental advocacy group, estimates that eight million metric tonnes of plastics enter the ocean each year, on top of the estimated 150 million metric tonnes that currently circulate the planet. This prevalence of plastics in the ocean has been making its way into the diets of marine animals that mistake it for food and become sick or even die.

With the commitment to eliminating plastic straws from its stores, The Coffee Club joins the ranks of other New Zealand organisations and brands working to reduce the use of single-use plastic, such as Bird on a Wire, Countdown, Burger Wisconsin and Mexicali Fresh.

The Coffee Club stores can be found throughout both the North and South Islands. For more information visit thecoffeeclub.co.nz.

SOLJANS MERLOT MONTH MUSHROOMS AND PORK CHOPS

It's #MerlotMonth #MerlotMe this month so we've put together a delicious recipe for you to enjoy with a glass of Merlot!

Ingredients:

- 1 cup beef stock
- 2 tablespoons milk
- 2 teaspoons flour
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ½ teaspoon white pepper
- 450g pork chops
- ½ teaspoon paprika
- ½ teaspoon fresh thyme
- ½ cup Soljans Merlot|Cabernet|Malbec
- 1 onion, sliced
- 300g quartered mushrooms

Instructions:

1. Combine stock, milk, flour, mustard, salt, and pepper in a small bowl, whisk.
2. Coat each pork chop with paprika and thyme.
3. Heat a large skillet over med-hi heat. Add vegetable oil.
4. Add pork to pan; sauté 1 ½ minutes on each side or until pork is done and lightly browned.
5. Reduce heat to medium-high. Deglaze with Merlot.



Parakai Springs
swim school

ALL AGES

Contact Us: **09 420 8998**
swimschool@parakaisprings.co.nz

6. Add onion and mushrooms; sauté until lightly golden.
7. Add remaining broth; bring to a simmer. Cook 2 minutes
8. Add milk mixture. Stirring with a whisk.
9. Add pork, turning to coat; cook 1 minute.
10. Serve with a glass of Merlot and enjoy.

YOU CAN'T 'BEET' THIS RELISH

Beetroots are highly nutritious root vegetables that are a great source of vitamins and minerals, rich in antioxidants and known for their anti-inflammatory properties, ability to lower blood pressure, increase blood flow and cleanse the liver.



'NoShortcuts' Beetroot Relish goes well with all meats and game, particularly roast beef and as a marinade for pork fillet; fabulous with smashed avocado and egg on five grain toast; ideal in hamburgers, sandwiches, antipasto platters; perfect with sour cream/cream fraiche as a dip or with crackers and cheese.

There are no artificial flavours, colours or preservatives and every jar is packed full of fresh natural beets; it's handmade – just like mum made.

'NoShortcuts' produces for today's time poor yet health conscious and environmentally aware consumers, a range of traditional chutney, pickle, relish and jam that is wholesome, real food, in the fast and easy convenience of a recyclable glass jar. Order online at www.noshortcuts.co.nz.

JESTERS WESTGATE

Jesters Westgate is proud to be supporting local schools with raising much needed funds. Why not organise a Hot Pie Lunch with your school? For every hot delicious Jesters pie sold your school will receive \$2. Contact enquiry@kindo.co.nz for more information.

Wedding Expo
Saturday, 27th Oct 2018
10 am - 2 pm

SOLJANS
ESTATE WINERY

- Free Entry
- Delicious canapés
- Wine Tasting
- Complimentary glass of award-winning Fusion Muscat

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.

www.soljans.co.nz | 09 412 2824 | functions@soljans.co.nz
366 State Highway 16, Kumeu, Auckland

HEALTH AND BEAUTY

HAVE YOU EVER BEEN CUPPED?

Myofascial (myo/muscle and fascial/connective tissue) cupping is something that I have recently added to my toolbox and my clients are experiencing great results – the treatment is less intense than the traditional myofascial techniques used during massage. Myofascial cupping creates a negative pressure on the tissues, which means that it lifts, stretches and separates soft tissue that is stuck – this in turn loosens soft tissue, increases range of movement (joints move better) and increases circulation.

Using a combination of massage and cupping, my happy clients include those with post-surgery scar tissue, scoliosis, burn scar tissue, oedema (fluid retention either injury or post-operative), myo-fascial pain syndrome and fibromyalgia. A particular client is beginning to get sensation back in the surrounding tissue of a five-year-old surgical scar, it is so rewarding for me to be able to facilitate that for someone.

A potential challenge to myofascial cupping is the 'bruise' marks. At times there are circular marks left from the negative pressure of the cups. These marks are normal, non-painful and can last anywhere between 2 days to 1 week, sometimes even longer. The colouring of the marks can be an indication of the health of the tissue underneath. Darker marks mean more tissue stagnation (lack of blood flow) and increased build-up of adhesion/ scar tissue.

If you are looking for professional massage services which include cupping to reduce joint/muscle stiffness and pain, reduce

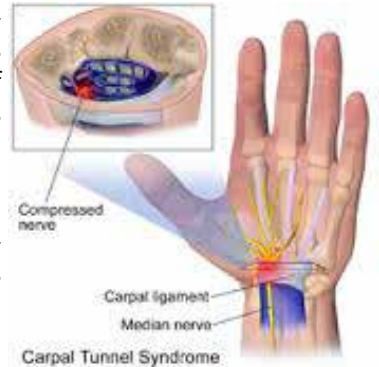
scar tissue or release trigger points, call Debbie from Realign Massage & NMT on 021 120 2175.

DO YOU WAKE AT NIGHT WITH PINS AND NEEDLES IN YOUR HAND?

You may have carpal tunnel syndrome (CTS). CTS is caused by compression of the median nerve as it runs beneath the carpal tunnel ligament at the wrist.

Symptoms include:

- pins and needles or numbness in the thumb or fingers that wake you at night;
- pain, weakness or dropping things.



These symptoms may also be caused by other conditions. At the Hand Institute we provide comprehensive assessment of your symptoms and can refer you to a specialist if indicated.

Interventions for CTS:

- splinting;
- activity modification and exercises;
- post surgical interventions

Call us to book in an assessment at the Hand Institute Kumeu 09 412 8558.

WHAT YOUR EYES CAN TELL YOU ABOUT YOUR HEALTH

Natasha Herz, M.D.*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist.

Today's tip: You could have jaundice.

If the whites of your eyes are yellowing like old paper, this is definitely a warning sign something is wrong in your body.

The likely culprit? Jaundice, a condition that occurs when there's too much bilirubin—a yellow compound formed

from the breakdown of red blood cells—in your blood. If your liver can't filter the cells, bilirubin builds up causes your eyes and skin to turn yellow. Babies may be born with jaundice; in adults it's usually due to an infection like hepatitis, alcohol-related liver disease, or something blocking your bile ducts like gallstones or cancer.



KUMEU GYM
GET FIT IN YOUR COMMUNITY

- Fully Equipped Gym
- Designated Cardio Area
- Group Fitness Classes
- Smart Training
- Personal Training
- Indoor Netball Leagues 4 Nights a Week
- Pita Pit Onsite



Providing fitness in Kumeu for 30 years

Ph. 412 8932 | www.kumeugym.co.nz

Take Your Eyes to For Eyes!

- Advanced scanning equipment for early detection of cataract, glaucoma and macular degeneration
- Specialty assessment of child and adult reading difficulties
- Specific-tint lenses for Irlen Syndrome
- Lenses to correct red-green colour-blindness



Phone: 09 412 8172
email: foreyes@foreyes.nz
website: www.foreyes.net.nz

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu

For Eyes in the Kumeu Village Phone 09 412 8172 offer top quality eye examinations and treat colour-blindness, headaches and reading difficulties. (*Acknowledgement: M. Bonner, Marie Claire).

PINC & STEEL CANCER REHAB

At NorthWest Physio+ we have our fully qualified cancer rehab physiotherapist Laura who is here to support, guide and rehabilitate people through every stage of their treatment and recovery. The PINC and STEEL rehabilitation programmes are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need. Various sources of funding are available for those with different cancer types. Bowel Cancer Foundation Trust are now providing all bowel cancer patients with 4 sessions of physio. There is a welfare grant available from Prostate Cancer Foundation for up to \$500 and we have strong links with the Breast Cancer Foundation.



For information on applying for funding or to find out more about physiotherapy and cancer please contact Laura at North-West Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.

THANK YOU

As we head into spring, we would like to take the opportunity to thank the people of the wonderful Nor-West for their continued support of Kumeu Chiropractic, and of chiropractic care in general. The winter months have been busy with the usual sports related strains and sprains and summer is now on its way with its usual stressors about to hit us with a vengeance.



At Kumeu Chiropractic our focus is on more than just relief of back and neck pain. Good spinal health is about performance, injury prevention, healing and general well-being. Improving spinal function through chiropractic care assists your body to work better and to heal better; it's as simple as that.

So, it is our mission to create a healthier and happier community by adjusting as many spines as we can to promote a more natural healing process within every one of us. We can only do this through your referrals and we appreciate all those who have told their friends and family to give Chiropractic a go. We

have the best practice members around, and we have miracles happen in our office every day. That's why we love what we do. The team at Kumeu Chiropractic are looking forward to helping even more people to achieve their health-goals over the next year and we wish to invite you to investigate how Chiropractic Care may benefit you and your family.

Give us a call now. Phone 09 4125536 - Kumeu Chiropractic. 8 Shamrock Drive, Kumeu.

DO YOU USE A STANDING DESK?

Standing desks are becoming more and more popular these days. We all know that sitting is bad for us so the idea of a standing desk makes sense. I recently released two video's giving some simple tips to help make the most of your standing desk. These tips will help take the strain off of your lower back and feet and allow you to feel better at the end of the day. For example, you can use a stool to perch against or use a fidget bar to help take the strain off of your lower back. I also discussed what shoes or flooring you should use with your standing desk. To watch the short videos, simply visit our Facebook page or the blog section on our website.



Facebook page - www.facebook.com/elevatechiropractic
 Website - www.elevatechiropractic.co.nz
 Elevate Chiropractic: Shop 1, 10 Greenhithe Road. Phone 09 413 5312.

WHEN DAILY LIFE TAKES ITS TOLL...TENSION HEADACHES

It's been one of those days...too much to do, too much stress... and BANG you've got a tension headache. It's a pain you can feel at the base of your neck, like a vice. Usually caused by muscle tightness in these areas, tension headaches are very common and can develop into a chronic condition. While this muscle tightening is often a response to stress, depression or anxiety, there are other physical causes as well. Activities done in one position for a long time like computer work, or sleeping with the neck in an abnormal position can also trigger tension headaches. Other causes may include spinal misalignment, eye strain, fatigue, excessive alcohol, smoking, or caffeine use, sinus infection, nasal congestion, overexertion, colds and the flu. Along with stress reduction and regular stretching, Chiropractic Care can help relieve the tense muscles and misalignments of the spine in the neck and upper back area.



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

Rochelle Brett - registered alcohol and drug practitioner,
027 420 4556

Village Medical 2a Dodson Ave,
 Milford, Auckland
www.restorecap.co.nz,
rochelle@restorecap.co.nz



Dr. Chris McMaster + Dr. Nolene McMaster & Associates

412 5536
www.kumeuchiropractic.co.nz

8 Shamrock Drive, Kumeu

Get back to living the pain free life you deserve... Contact Hobsonville Chiropractic for your Spinal Examination today Phone 09 416 7589.

THERAPEUTIC MASSAGE FOR WOMEN

Fleur Williams has been massaging for over twenty years, and works locally in Massey.

Fleur's therapeutic massage is about muscle pain, relief, relaxation and the feeling of cheerfulness that follows the removal of anxiety, pain and stress. 'Therapeutic' means relating to the treatment and cure. Having muscle tissue pain in the body can signal that something is out of balance. With the art of massage, Fleur can help reduce muscle pain and bring relaxation to your body. This can bring about a fast release (relief?) and your body can start to recover and heal.

Fleur brings a holistic approach to her massage sessions, Holistic healing means bringing mind, body and spirit back into balance, for a happier, healthier wellbeing.

Book a therapeutic massage with Fleur on 021 069 4708 or fleur8970@gmail.com.

WORN OUT JOINTS? COMMON PAIN KILLERS MIGHT BE MAKING THEM WORSE

Joint pain is not something you should have to live with. The ideal treatment for joint pain should quickly and effectively relieve pain and help to restore joint health. You may be a little shocked to hear that some of the most commonly used medicines for joint pain may destroy joint cartilage, causing more problems in the long term.

Studies have compared patients with osteoarthritis who did not take non-steroidal anti-inflammatory pain killers (like ibuprofen

and diclofenac) with patients who took them regularly. Patients who never took one of these medicines had more favourable outcomes for their joints in the long term. The conclusion was that these anti-inflammatory medicines might be destroying cartilage in joints. This is alarming as these medicines are commonly available in supermarkets and petrol stations.

This is important information. My goal is to be mobile and healthy well into my old age. So, if these pain killers are likely to be unhelpful in the long term, then I would rather not take them.

Healthy Pain Relief - I am not suggesting that anyone should have to live in pain. Fortunately, there are natural alternatives to these pain killers that don't cause joint damage. Nutrients like ginger, Boswellia, capsaicin, MSM and turmeric when used in combination have been found to work as quickly as the anti-inflammatory medicines.

Restoring Cartilage - The reason that joints get painful is because the spongy cushion layer (cartilage) breaks down. Did you know that your body makes glucosamine and SAME which help to make cartilage and keep your joints working well? Unfortunately, the older you get the less glucosamine and SAME your body can make. This seems like a bit of a design fault. As you get older and your "mileage" increases your body should start making more of the reparative nutrients.

Fortunately, you can take supplements of these joint nutrients. Studies show that after about two weeks on these products your joint health is improved. The improvement gets better if you stay on them longer.

A good diet will also help your joints. For example, lots of sugar effects your insulin which directly damages joints. Gentle exercise can also help to encourage healthy cartilage growth.

So, eat well, keep gently exercising your joints, choose natural anti-inflammatory pain killers, and support your cartilage production with repair nutrients.

SPRING ... YEAH!

Go to our Facebook page Hobsonville Optometrists - Glasses and Gifts to see our gorgeous new selection of 'different' gifts and home-ware.

We are looking forward to your comments, feedback and suggestions.

It's all about Lanterns and Wall Art this year - floor lanterns, table lanterns, pendant lanterns - in wicker, bamboo, metal and shell. Our wall art is simple, neutral and elegant in metal and glass front frames.



DT

DENTURE CLINIC

DENTURE SERVICES AND REPAIRS

Attention Denture Wearers

Expert Treatment, Individual Needs

We offer:

- Full Dentures
- Partial Dentures
- Same Day Relines,
Repairs and
Tooth Additions
- Mouthguards
- WINZ Quotes


*Make a booking to discuss your
FREE treatment plan.*



AU-7174784BY

67 Brigham Creek Road,
Whenuapai
www.dtdentureclinic.co.nz
P: (09) 416 5072

Made in NZ with imported materials



HOBSONVILLE OPTOMETRISTS

Glasses & Gifts

Frank G Snell B.Sc., B. Optom
Optometrist

Unit A, 413 Hobsonville Road, Hobsonville 0618
Ph: 09 4163937. E: hobsonville@eyeteam.co.nz

While you're browsing (Monday to Saturday 9am to 5.30pm) look through our large selection of sunglasses. Do you need sunglasses in your prescription? Not a problem. We stock the best sunglasses in the world - Maui Jim. Come in and we will show you why they're the best.

MANUAL HANDLING

All our jobs require lifting, carrying, pulling, and in some jobs the lifting and carrying requires heavy or bulky materials.

Whether it is putting into the cupboard the ream of photo copying paper, carrying a box of tools as a mechanic, carrying and installing materials like frames boxing and windows if you're a builder.

All these items can be heavy and require bending over for a period of time, or repetitive tasks as raking or laying bricks, or working on a production line, filling a photo copying machine with paper. Our backs are twisted and we can be holding something while on unstable ground and have a poor body position. Handling small loads for long periods without a rest can result in fatigue and lead to injury.

All these factors mean that there is no truly safe weight limit for any manual handling. The degree of risk is linked therefore to the nature of the job, the load, the circumstances in which the lift takes place, how often we are lifting and the weight of the item and the type of item of being lifted.

Manual handling in the workplace is one of the biggest risks that we all face in the workplace, and in some occupations the risk is greater than others. There is nothing more debilitating than a sore back and even worse if your off work with what is often cited on the ACC claim form as Lumber Strain to the lower back.

So what steps can we take to avoid such risks. The first step is to think first about what needs to be done before starting a heavy or repetitive task. Consider your site or office layout, ease of access and the storage of materials to reduce double handling. Work with the courier or other staff and people and use perhaps a Hiab/trolley to deliver and move materials to reduce double handling. Install a loading platform if your working on a high level that can be accessed by a lifting device so as to reduce manual handling. Purchase equipment or hire equipment to support lifting and carrying of materials especially heavy materials and where you may have to carry a number of items throughout the day. Keep path ways and the site and floor tidy to reduce the risk of tripping and stumbling when handling bulky or heavy materials and items. Have good communications with one person to take the lead when lifting and carrying.

8. Use the right techniques. Do not work for long periods without a break. Establish a stable base and grip on materials, keep the load close to your body, move your whole body and bend at the knees.

For further advise or training in manual handling see your Securo Health and Safety Consultant, John Riddell, phone 027 477 9750, website www.securo.co.nz or email secure4@securo.co.nz.

FIND JAW RELIEF WITH TOP NOTCH MASSAGE THERAPY

Are you getting jaw pain? The joint in your jaw is called the temporomandibular joint (TMJ) and it can become very painful, inflamed with chewing, biting, grinding (bruxism), clenching and you may experience headaches.

To get benefit we target the two major muscles that help the jaw function, the masseter (located in your cheeks - FYI, it's the strongest muscle pound for pound so keep that in the back of your mind for future pub quiz's) and the temporalis muscle (located on the side of your head by your temples). We also look at the pterygoids that help with opening the jaw which can be accessed within your mouth safely and effectively. We don't adopt the no pain-no gain with this area as we aim to reduce your sensitivity not increase it, so be aware of this type of therapy. Most importantly we won't forget to look at your neck (and shoulders) as they also have connections into your face and jaw.

The Jaw relaxation trick - The long surprise
Spend long periods of time (up to an hour) with your jaw wide open (if you can do so without pain) This is a better way to approach rather than trying to remind yourself not to clench.

Top Notch Massage Therapy - Phone 09 212 8753 or email info@topnotchmassage.co.nz. Hobsonville - 295 Hobsonville Road, Hobsonville. Massey - 402 Don Buck Road, Massey.

STAY COOL & ENJOY THE VIEW

Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. New season sunnies have now landed at



Westgate Optometrists

Westgate Optometrists and there's a style to suit everybody. Brands inclusive of Kate Sylvester, Barkers, Adidas and more - all can be paired with our polarised prescription lenses for single vision and progressive lens wearers at competitive package prices. Stay cool and enjoy the view this coming summer. Stop by to check out our range and have a chat to our friendly team, we're just around the corner from Robert Harris Café and opposite the ANZ. Phone: 09 831 0202 Website: www.westopt.nz.

ACC REGISTERED • PRIVATE PATIENTS • SELF REFERRALS WELCOME



Avondale Family Physiotherapy

We offer a range of treatment options:


- > Neck & Back Pain
- > Occupational Injuries
- > Joint Pain & Dysfunction
- > Exercise Prescription
- > Sports & Soft Tissue Injuries
- > Post & Pre-surgery Rehab
- > Pilates - Mat & Reformer

Quote booking code word: **Rehab**

63 Rosebank Rd Avondale



09 869 2913



Gillian Wiltshire D.O.

Registered Osteopath
ACC Accredited

36 Sunny Crescent
Kumeu
Auckland 0810
Ph/Fax (09) 412 5977
0212330413
gill.wiltshire@gmail.com

AREA COLUMNISTS

BEHIND THE ENGINE BAY DOORS

Gosh! What a busy year so far, and not in a good way. As of mid-September, the Kumeu volunteer Fire Brigade has attended approximately 300 incidents out there in our community. Each year our call numbers have been increasing slowly, most likely due to the increase in population in the area and more people on our roads.

Unfortunately, as many of you would have seen and heard, several of these have been serious crashes in the wider Kumeu community over the last month and a half.

The Kumeu brigade has responded to 15 motor vehicle accidents since August 1st and sadly, there have been multiple fatalities due to these incidents.

As locals, we all know how dangerous our roads can be. Please be vigilant on all roads even if you drive them daily. Please remember to always be respectful of other road users, so we can all get to where we want to go.

Always remember when driving through accident scenes that as emergency responders we want to get home to our families too, always respect those that may be directing traffic and keep your speed to a minimum.

As the weather is getting warmer many of you might be think-



ing about getting that BBQ back into action. Here are some tips for reducing the risk of fire when using BBQs and gas cylinders. BBQs are potentially dangerous when used carelessly or when consuming excessive amounts of alcohol. Treat your BBQ the same way you would a stove: don't drink and fry, and avoid leaving cooking unattended.

Whenever you connect a gas cylinder to a BBQ, make sure it's hand tight. Ensure you regularly check and maintain any fittings and connections. Use the soap bubble test to make sure there are no leaks.

Remember to:

- Leave plenty of clear space around the BBQ. Make sure there is no nearby debris that could catch fire.
- Supervise children at all times when using the BBQ.
- Remove all excess fat from the BBQ after each use.
- Make sure the cylinder is turned off when you've finished using it.
- Have all gas appliances serviced according to manufacturer instructions.
- Store and install cylinders in an upright position.

Bex Lawrence, Station Officer - Kumeu Volunteer Fire Brigade.

TANYA FRANKLIN - THE TRAVEL BROKER - EARLY BIRD DEALS ARE OUT!

A huge congratulations to our team recently at the National TAAZ awards for 2018 held at Sky City. The Travel Brokers won "Best Broker Brand", and helloworld is "Best Retail Brand"



Please see some of the special airfares out currently, subject to availability, and subject to change:

Singapore Airlines special, bookings to be made & paid within 3 days of confirmation, and by 23 October at the very latest: ECONOMY CLASS: Europe from \$1,400pp South Africa from \$1,250pp. PREMIUM ECONOMY: Europe from \$4,000pp South Africa from \$3,000pp. BUSINESS CLASS: Europe ex WLG from \$5,900pp. ex CHC from \$6,500pp. ex AKL from \$6,900pp.

You have to love competition with the airlines! Air NZ & Emirates have been battling it out for the cheapest fares for direct flight to Bali, with Emirates getting as low as from \$899 return!

The same applies with both Hawaiian Airlines & Air NZ flying to Honolulu, this got as low as an incredible \$499 a while back! But more sustainable specials circling around \$900 return.

All specials are quoted subject to availability & subject to change - this is just a small selection on offer!

Earlybird Airfare deals to Europe for 2019 are out now - get in quick - limited availability! Airfare credits in conjunction with



SEPTIC & WATER TANK CLEANING

YOUR SEPTIC TANK SHOULD BE CLEANED EVERY 3 YEARS (AVERAGE FAMILY OF 4)

WE SERVICE ALL AREAS

PROMPT, PROFESSIONAL SERVICE WITH 30 YEARS EXPERIENCE

PHONE: 09 412 9210 OR 027 492 4494



Tanya Franklin

Travel Broker

T +64 9 411 9105

M +64 21 254 9169

tanya.franklin@ttb.co.nz



Waimauku, Auckland
New Zealand

thetravelbrokers.co.nz/tanyafranklin

tours & cruises - some "Fly Free". Great discounts for early bookings - if you see anything advertised 'out there' please just ask, as I should be able to match!

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!

THE IMPORTANCE OF CARING FOR OUR EARTH

Here at Country Bears we are making small steps in teaching our children about sustainability and the importance of looking after our environment and earth.



Most of us are aware of the effects that waste has and what that does to our earth. We as teachers are doing everything we can to help the children to understand the importance of keeping our environment clean and beautiful by providing learning experiences for the children.

Country Bears organised a "Clean Up" of our local park behind the Kumeu Library. This was a part of the "GJ Gardner Keep New Zealand Beautiful Week". This event is the largest national clean-up in New Zealand. Last year, with almost 40,000 volunteers taking part in 699 events nationwide, we are hoping that this year will be even better!

Country Bears invited other local Centres and Kindy's to join in with this event, teaming up with Kereru Kindy and Jojo's Child-care. Together we picked up rubbish that ranged from half a licence plate to cans and bottles. In just under an hour, we collected bags of both recyclables and general rubbish. Along the way, the children were able to distinguish between what was

recyclable and what was general waste. We hope that this experience and many more like this will remind the children to put their rubbish in the bin when one is available or to take their rubbish home with them.

When we had covered the entire park, stream edge and the gravel yard, we were able to see just how much rubbish there really was, in what appeared at a first glance to be a very clean park. We were amazed at how much rubbish we did end up collecting! We were so proud of all the children and adult volunteers. Country Bears would like to thank all the hard work they put in to help keep our community the beautiful place it is.

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

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

PHELAN'S LOCAL BOARD UPDATE

Huapai Hub well underway.

Possibly many locals will not have noticed the work going on behind the Kumeu Arts Centre and Library.

The Rodney Local Board has funded the Huapai Hub group to design and develop a public space for Kumeu and Huapai. This is a community led initiative organised by a dedicated team of residents. The plans will see our first large public space available for events and when complete will have a stage and versatile multi-use public space. This is expected to be completed early next year.

The Local Board is also providing a new building for the fast growing Kumeu Arts Centre which will be integrated into the



Remember adventuring everyday in a diverse natural environment, immersed in nature; playing confidently amongst the trees, paddocks, vege gardens & treehuts?
..It IS all still possible for your child at Country Bears
 Join us in providing the best wholesome beginning for your child





COUNTRY BEARS
 Est. 1993
 Early Childhood Centre




Locally owned and operated with 20+ Years experience

Contact Angela: 09 4128055
www.countrybears.co.nz
www.facebook.com/cbearsecc




HELENSVILLE **COMMUNITY** RECYCLING CENTRE

We can take care of **ALL** your waste
(EXCEPT HAZARDOUS WASTE AND ASBESTOS)

Your closest waste disposal centre

PAY TO DROP OFF



HOUSEHOLD RUBBISH



GARDEN WASTE



WOOD



ELECTRONIC WASTE



OLD FURNITURE



HARD FILL

FREE TO DROP OFF



RECYCLING



SCRAP METAL



SECOND HAND ITEMS

Ecostore
Refill Station

Open Thursday to Sunday 8am to 4pm
35 Mill Road Helensville
022 652 1181

Huapai Hub space and will be completed around the same time. The group are looking for sponsors for the Stage which wasn't covered by the budget, if you can help make contact via the groups Facebook page or email me.

If you want to get involved or keep up to date with this project go to their Facebook Page: 'Huapai Hub – Community Project'. Improvement to Rural Road safety on the way.

In this year's 10 Year Plan Auckland Council allocated \$120 million specifically to rural road safety projects, this aligns with the Governments focus on improving road safety.

Auckland Transport has adopted 'Vision Zero', also known as the Safe System. This is an international road safety movement that started in Sweden more than 20 years ago to eliminate all road deaths. Back then, Sweden had a similar fatality rate to New Zealand today. But they adopted ambitious targets, investing heavily in safety infrastructure and lower speed limits which resulted in almost halving road deaths by 2016. If New Zealand had the same rate of road deaths per head as Sweden today, 255 lives would not have been lost last year.

Rodney has one of the worst death and injury rates in Auckland and this new budget is welcome. Too many people are dying and suffering live-changing injuries on our roads and something needs to change as the accident have increased. The work has already started in some areas such as Dairy Flat Highway and will including improving road design, reviewing speed limits and other measures.

This work is in addition to the \$70 million Safe Road project led by NZTA that is starting this summer from Brigham Creek to Waimauku. This will take two years to complete and will see four lanes from Brigham Creek to Taupaki, road widening, safety and median barriers for other stretches of SH16 and a roundabout at

the Coatesville Riverhead intersection. Sign up for updates on this projects by Googling: 'Safe Roads Brigham Creek'.

You can play your part in making our roads safer by being patient, driving to the conditions on our unforgiving roads, and reporting bad driving by calling *555 or 111.

If you have anything related to Council you need assistance with or have a local project you want to get going, contact me on either 021 837 167 or email; phelan.pirrie@aucklandcouncil.govt.nz.

FLIPPIN' FUN GEARS UP FOR BUSY FINAL QUARTER

Looking for a more stimulating environment for your group function or party? Flippin'Fun's huge mezzanine area is an ideal separate space featuring a large screen TV, ample seating



and exclusive toilet facilities makes it perfect for large group functions. We're busy taking bookings for end of school year sessions and Christmas parties, so for an event your people will talk about for a long time after, contact us now. Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 4 (kindly note, except for fitness we suspend classes during the holidays). Flip fit classes – with summer on the way it's time to start thinking about getting back that beach bod. Flip classes – Fly with the best! For age 8 yrs+. Learn new tricks



to impress your friends. Junior flippers – a fundamental movements programme for kids aged 5 -7 yrs teaching skills core to many sports. Little flippers – a super fun toddler session for the 5 & unders – no older kids allowed. Need a cool gift idea for your bounce crazy child? Christmas Gift 10 entry concession cards available in store for only \$100. For pricing and times be sure to check www.flippinfun.co.nz or call us on 09 8336880. Also follow our Facebook page for summer specials.

LOW CARB HEALTHY FAT CONVENIENCE MEAL START-UP GETS UNEXPECTED KICK-START

One Auckland entrepreneur and businessman was so impressed with start-up business Simply Lose It – which offers customer's three pre-cooked meals a day based on the low carb healthy fat lifestyle – that he had three kitchens built to support the launch of the business in June.

The pre-cooked, unfrozen convenience meal service incorporates the principles outlined in the bestselling New Zealand book *What the Fat* by AUT academics Grant Schofield, Craig Rodger and Caryn Zinn.

Founder Heather Deeble, who started the business after she had to quit work to care for her ageing mother and needed 'something to do', said that 'Simply Lose It' is a subscription meal service that is only intended to run for three months, by which time customers should be educated in the low carb healthy fat lifestyle and able to continue the journey on their own.

"Simply Lose It is a way of eating that leads to weight loss and a healthier lifestyle, but it's really there to educate and to help



people manage their transformation to the low carb, healthy fat lifestyle – the programme includes two consultations with dietician and author Caryn Zinn.

"The science behind switching to fat as your energy source rather than sugar-based carbohydrates is well documented, but the proof is in the eating. Simply Lose It offers the convenience of pre-prepared meals, but also demonstrates a healthy way of eating that turns the food pyramid on its head."

The business has two distinct offerings. Simply Lose It, which is a weight loss programme, and Eat Real Simple, which is a straight low carb healthy fat meal subscription service.

"I'm extremely grateful to the businessman who sponsored the kitchens – he wishes to remain anonymous – because he made it easier for us to launch this business. You hear lots of romantic stories about starting a business at the kitchen table or in your garage, but it's just not practical when you have to maintain hygiene standards while mass producing food."

The Simply Lose It story started when Deeble's mother was diagnosed with dementia and she had to quit her job to care for her.

"I was looking for something to do when my daughter asked me to cook for her and her husband because she was on a four-week teaching practicum. The low carb, healthy fat way of eating has always made sense to me – I lost 18 kilograms for my son's wedding, and I've kept it off – so I thought 'why not?'"

"The idea really gathered momentum for me when I attended a talk at the Millennium Institute by Grant Schofield and Caryn Zinn and decided I needed to try and create this business because it could help a lot of people," she said.

Dr Caryn Zinn, who is a registered dietitian, author and senior lecturer at AUT's School of Sport and Recreation, says Simply Lose It is the only programme she is aware of that is designed to work as a lifestyle education tool.

"It's the only programme I know where the objective is to get you off it as soon as possible,"

"My role is to help to educate participants in the Simply Lose It programme and prepare them with the right calorie contribution to their food intake, as well as helping them with lifestyle management when they come off the programme," Dr Zinn, who is not a director in the business, said. For more information visit www.simplyloseit.nz.

RATEPAYERS ASSED TO MEET WITH NZTA AND AUCKLAND PLANNING CHAIRMAN

NZTA have requested a meeting with representatives from the District to discuss the forward transport issues.

Recently the 70M upgrade of the existing S.H/Way16 has been outlined to the community and some of the physical work has started.

The real issue for the traffic solution long term is, the ByPass or



Old hands at building award winning new homes

We are not part of a franchise. We are not owned by overseas interests. We are proudly 100% New Zealand owned and committed to building award winning new homes that are personalised to your way of life.

Call us 09 412 1000 or visit www.maddrenhomes.co.nz



Kumeu Huapai

PANELBEATERS

PHILIP GRIMMER
 Ph/Fax: 09-412 8054
 Mobile: 027-498 7727
 Email: khp@xtra.co.nz
 PO Box 737 Kumeu
 280 Main Road, Kumeu, SH 16

relief road location. That has yet to be decided, but we know the alignment designation is due in the next six months. Until the alignment is known, it is difficult to progress other infrastructure planning or a framework plan for the District.

The Council in mid September after letters and complaints from the Association, have agreed to meet to discuss the issues.

Over the last 18 months there has been complaints received by the Association and the Local MP's office over the processing of planning applications.

The issues stem around the determination by Council staff of planning applications that they are deemed to have minor effects.

Applications are proceeding without adjacent landowners being notified or consulted.

The nett result is applications being approved which have an adverse effect on neighbours without those landowners having the ability to comment.

It is an issue which the Association believe needs addressing at the Council level.

Another issue the Association has been seeking clarification on is, the 'Development Contribution' being paid for by developers for each new section or building being created (built).

The Council's response has been that they are unable to advise how much has been paid within our District and they cannot advise where the money has been spent - not a satisfactory explanation to the Association. Pete Sinton, Phone 09 412 2016 email petesinton@townplanner.co.nz.

KERERU KINDY

One of the wonderful advantages of coming to Kereru is our ability to understand each child individually. Through knowing our children has enabled us to better support our children, such as understanding children's need to climb, jump, create, nurture and the desire for authentic experiences. Through our child led planning we discovered how eager our children were to experience the joy of a real-life camp fire. We first went over all the important information on how to be safe around fire. The children discussed the reasons about why we need a hose in close proximity, how to use our hands as a heat bubble decipher and the distance needed to walk safely around the fire before practising phoning the fire brigade. After the children were able to enjoy their first experiences of cooking marshmallows over a fire. Over all this has been a very popular and exciting new addition to our outdoor environment.



Kereru Kindy provides early learning and care to children aged 2 years plus at 10 Oraha Road Huapai.

KUMEU TRADE LTD.

Mon. to Sat.

Ph: 09 412 5568
Tel: 020 4123 8888
Add: 80G Main Rd, Kumeu
Email: kumeutrado@gmail.com

Zash Hair

77 Waitakere Road
Phone: 021 814 663

NOR-WEST & KUMEU GLASS SERVICES

Specialists in Windscreens & Glazing

46 Main Road
Kumeu
PO Box 626
Kumeu 0841
Darren Hakesley

Phone: 412 9914
420 7818
838 1499
Fax: 412 7875
Mobile: 0274 965 596
nwkgs@xtra.co.nz

TOTARA WATERS

- HOLIDAY ACCOMODATION -

Private, two-bedroom, fully self-contained accommodation set amongst luxurious subtropical gardens.

89 Totara Road, Whenuapai

Phone: 09 416 8272 www.totarawaters.co.nz

Summer is just
around the corner.
Fortunately so are we.

Give your garden a Spring Clean today with our
Premium Landscaping & Maintenance service.

GARDENING & LANDSCAPING

HEDGE CUTTING & TRIMMING

GARDEN & PROPERTY MAINTENANCE

PRE-SALE PREPARATION SPECIALISTS

It's time to feed your plants. Hedges and other plants grow faster and healthier if fed properly. Is your lawn full of weeds? Spring is best to spray out the weeds and feed the new growth.

FREE
QUOTES
& ADVICE
ON ALL OUR
SERVICES

CALL

Need privacy? We have the solution.

027 579 0001

Email: greg@gkcreations.co.nz



TESTFIRED BY THE HUNTERS CLUB



DOUBLE SIDE WALL INTERIOR PORCELAIN COATED GRILL GRATES
9.1 KG PELLET HOPPER WITH HOPPER CLEAN-OUT
ADDITIONAL 3 VERTICAL INCHES (7.6 CM) OF COOKING HEIGHT
ARC D² WIFIRE CONTROLLER

TASTE THE **WOOD FIRED** DIFFERENCE



TIMBERLINE 850
\$3,999

NEW MODEL



IRONWOOD
\$2,999



PRO SERIES 34
\$1,799



PRO SERIES 22
\$1,399



BRONSON 20
\$999



NORTH SHORE 1 Holder Place, Rosedale ☎ 09 869 3331
WESTGATE 7 Cabernet Cres, Massey ☎ 09 833 3019
Opening hours: Mon-Fri 8.30-5pm, Sat 9-5pm, Sun 9-4pm

Freephone 0800 486 834 www.huntingandfishing.co.nz