

# kumeu Courier

FREE monthly community magazine for Kumeu & districts

## EVENTS AND UPDATES SHAKE UP FOR SUMMER

- Microwave choc cake
- Canine Osteo - Arthritis
- Local Board comments
- Health & beauty

## INSIDE MURIWAI

Circulation is 10,500 print copies and 3371 opened and read email copies.

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

Contact Sarah Brightwell on 021 250 7324 or [sarahcartwright022@gmail.com](mailto:sarahcartwright022@gmail.com)

kumeuCOURIER/ September 2015

# Intro

In this month's issue we discuss the rugged and beautiful Muriwai with a range of influential people in the community as they consider the growth that may occur in the region, the dynamics of community, business, environment and recreation. Muriwai continues to be a melting pot of diversity and one which we would like to celebrate. Last month's cover featured the mast climbing net Playco supplied and installed for Waimauku School. Playco Playgrounds is a local business with a factory and office in Wookey Lane, Kumeu. A number of staff live locally and have supplied many local schools including Huapai and Riverhead and are currently working on more projects around the area. You can view their products in use as well as some exciting playground projects recently delivered for schools and councils on the Playco Playgrounds Facebook page. The Rodney Local Board wants to hear the views of Kumeu and Huapai residents about how to shape their area as it grows and develops. Residents are invited to share their experiences and expectations around the changes that growth is bringing to their area by attending one of several community workshops planned for August. Information and feedback that comes from all these studies on growth and development will also be used to inform a Kumeu - Huapai Centre Plan. Make sure you have your say and get in touch with your local board member or attend a community meeting. As always, Stay safe – Be kind.

Sarah,  
Editor.



## kumeu Courier

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### Questions and feedback:

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## PHELAN'S LOCAL BOARD UPDATE

Auckland Council is the result of the unification in 2010 of the Auckland Regional Council (ARC) and the seven district councils that formerly ran parts of Auckland. Auckland Council is the largest council in Australasia and has a \$3 billion annual budget and ratepayer equity of \$29 billion!

I frequently find people unaware of how Auckland is governed or that we are actually part of Auckland Council rather than the old Rodney District Council (RDC) which previously governed our district.

Auckland Council has a completely different governance model that what we were previously used to.

We have a directly elected Executive Mayor that is responsible for 'providing a vision for Auckland and the leadership to achieve the vision'. The Mayor appoints the Chairs of the various Council committees that are made up of Councillors and perform the decision making for areas of the Governing Body's oversight. I guess the main difference from the more 'hands on' Mayors of the old councils is that our Mayor is operating at a strategic rather than operation level.

At a regional level there is the Governing Body, which is made up of 20 Ward Councillors, operates at a higher more strategic level than councillors in RDC used to,

almost like Regional Councillors of the ARC. Their main roles are regional strategies and plans, regional bylaws, setting budgets, reviewing performance of the seven Council Controlled Organisations (CCO's – think Watercare, Auckland Transport, ATEED).

At a local level there are Local Boards. RDC did not have local or community boards although some other councils did. Local Board members such as myself now perform a role not dissimilar to the one performed by councillors under RDC. Local Boards are focused on council representation, decisions and planning at a local level being responsible for; providing and maintaining local parks and recreational facilities; supporting arts, culture and events; planning and advocating for local facilities and amenities; supporting community groups through grants and community development projects.

If you need advice or assistance with any



issues relating to council or if you want to achieve something locally for the community please don't hesitate to contact me. phelan.pirrie@aucklandcouncil.govt.nz or 021 837 167.

## SHAPE UP FOR SUMMER 10 WEEK CHALLENGE - WIN \$5,000

Summer's just around the corner so it's time to shake off those winter blues and get ourselves fighting fit for summer!

On 19th September Kumeu Gym will kick off its annual Shape Up for Summer 10 Week Challenge.

Proudly sponsored by The Riverhead, Aon Insurance and Mike Pero, Kumeu Gym will be offering a whopping \$5,000 First Prize! We will be hosting a range of Team Challenges, Group Training Sessions and competitions to keep it fun while getting stuck into our Resistance Programmes, Nutrition Plans and Cardio.

This challenge has got something in it for everyone!

Early bird discount if you sign up online before 31 August.

For more info go to: <http://www.kumeugym.co.nz/10-week-challenge/>, or call 412 8932 to talk to one of our friendly staff. What have you got to lose?!

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# COMMUNITY NOTICE BOARD

## LEARN TO SKATE

Auckland Waitakere Roller Sports Club runs "Learn to Skate" classes at The Trusts Stadium in Henderson (Court 4) from 5:30pm every Thursday during school term times.

It is open to all ages, but is more specifically targeted to 5-15 year olds. The cost is \$6.00 per session and this includes hire of roller skates. For further information please go to: <http://www.sports-ground.co.nz/aucklandwaitakereroller-sports/48171/>. You can also check us out on our Facebook page at <https://www.facebook.com/AWRSC> this is the best place to check for updates on Learn to Skate sessions at The Trusts (sometimes we lose our time slots to major events at the stadium).

From these classes you can progress to our club training sessions and individual coaching at the same venue for artistic dance, figures, freeskating and precision team events, and compete in regional, area and national championships. Come down and give it a go!

We are currently recruiting for our Masters team (mums and dads, beginners to intermediate) Tuesdays, 6:30pm at The Trusts.

## LIONS BOOK FAIR

Huapai-Kumeu Lions are planning another one of their popular Book Fairs at the Kumeu Community Centre on 19th and 20th of September and donations of unwanted books are now being sought.

People wanting to cull their bookshelves are encouraged to box their books up and leave them at one of the Lions' book depots which are at Sunnyview Orchards, Highway 16 or Kiwispan, 329 Main Road, Huapai. Support from the community in this way is very much appreciated by the local Lions club.

At the clubs' book fair in March, Lions were assisted by the Muriwai Muzzies ladies surf rowing team who participated in the Gallipoli memorial celebrations in Turkey. They received half the profit from the Fair for their expenses. Supporting Lions at the coming Fair will be a group from Massey High School raising funds to go on a music experience trip to Europe in January next year.

Huapai-Kumeu Lions is keen to help groups such as this and it also appreciates the groups' help in the sorting and lifting of boxes of books which can be very heavy.

As usual, it is expected that there will be a wide range of good quality books available on the two days of the Fair and the books are cheap - \$1 for soft covers and \$2 hard covers. Many good children's books are usually stacked on the tables and gardening and cooking books are available by the dozens but paper-back fiction usually takes up most space. All genres are well-represented at the Fair and there are many bargains for the book-lover.

It is encouraging to know that the reading of books is still the most popular leisure-time pursuit, despite all the electronic alternatives available today.

## SPRING HAS SPRUNG!

The Riverhead is looking forward to an action packed Spring and starts off with a bang with Father's Day on Sunday 6th September. Book your Dad into The Landing Restaurant for a scrumptious meal or take him down to The Boat House and relax to the gritty sounds of a Joe Cocker Tribute Show. There's two draws for him and a friend to join our Head Chef, Ryan Clark out on the Hauraki Gulf fishing...but we'll wait until the weather gets slightly warmer before venturing out.

The following week we have Big Daddy Wilson, the real deal all the way from North Carolina with his Blues, Roots and Soul. Tickets for this event in The Boat House on September are \$20 at the door or for \$15 from [www.eventfinder.co.nz](http://www.eventfinder.co.nz).

Don't forget our daily rituals... making The Riverhead your local. Queen Street, Riverhead. Phone 09 412 8902.

## SOLJANS ESTATE CAFÉ

Soljans Estate Café and Function centre is perfect for groups of all sizes. Soljans Café is dedicated to producing a varied and delicious menu for its customers, whilst ensuring that all dishes represent excellent value for money. Soljans has long been a popular spot for locals and tourists alike, with loyal customers returning time after time to enjoy the Soljans experience. Soljans also offers the perfect vineyard setting for all functions: from wedding ceremonies and evening receptions to corporate conferences and private parties, Soljans provides flexible facilities to cater for all requirements. Get in quick as the summer season fills up fast. To get in contact please email Brittany at [functions@soljans.co.nz](mailto:functions@soljans.co.nz) for more information or to book your table in the café phone 09 412 5858.

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## KUMEU ARTS CENTRE

Arts in Action 2015 at Kumeu Arts Centre. Fun, free family day. Come along and try your hand at various art activities. Including clay, beading, creative photography, polymer clay, nail painting, watercolour techniques, macramé, wood sculpting, face painting, watercolour techniques, card making, kids' craft and much more. Saturday 5th September 10am – 2pm, all welcome. 'A Winters Tale' - Various media by Kumeu Arts Centre Members, exploring the winter theme. Fri 12th Sep - Sat 17th Oct 2015 Please see our website [www.kumeuartscentre.co.nz](http://www.kumeuartscentre.co.nz) for more information.

## SMARTEN UP FOR SPRING

Brandit Plus Limited have been providing branding solutions for local businesses for many years. We can assist with re-branding design for company logos, printed apparel which includes business and work wear, team wear, printed bags and caps. We are always happy to provide a one off personalised tee shirt for that special occasion. Our sign writing division can supply cost effective sign writing for new and existing businesses ranging from shop front signage, vehicles, footpath signs, banners and flags. We also provide an extensive print range including business cards, flyers, posters and invites etc. Call in and see us today at 16 Matua Road, Huapai or phone Paul on 09 412 5840. Visit our website [www.branditplus.co.nz](http://www.branditplus.co.nz).

## PALMERS PLANET WESTGATE

With warmer weather arriving, it's time to think about dining and outdoor living, and at Palmers Planet Westgate we are your only specialist Weber retailer in North West Auckland with the complete range of top quality barbecues and accessories. Our customer service specialists will do their best to help you with anything from maintenance and cleaning to how to cook the perfect steak or roast a beautiful Christmas turkey. Whether it's gas, charcoal or the latest Weber Q, our barbecue experts will find the right answer to your question. Come in and see our great range of outdoor furniture and spa pools to get your home ready for a summer of entertaining. Palmers Planet Westgate, Northside Drive phone 09 810 8385, open 7 days.



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The Brown Bean Espresso drive thru offers premium quality coffee made fresh while you wait in your vehicle. Using only the best available beans, ground seconds, before going into your cup. We aim to keep our coffee at a consistently high standard.

## SOUTH KAIPARA U3A

Next meeting 4th September. The Quality of Silence: Author, Rosamund Lupton. "So what are you doing at a philosophy lecture? Apart from questioning (metaphysics part) of philosophy?" "Philosophy's important." "To animals?" "To how we think about animals. Ourselves. Our environment and our place in it." (Dialogue between Yasmin and her future husband, p 12). Christine Rose is to be our Speaker for September, her topic 'Basics of Philosophy'. Prior to this we will have a brief AGM. A couple more committee members would be very welcome. Come along to St John Ambulance Rooms, 7 Rata Street, Helensville, 1pm, Friday 4th. Gold coin entry - excellent afternoon tea. For more details contact Judy 09 411 8322. October Meeting Friday 2nd, 1pm. Perhaps you could reflect on your childhood and bring a story to share with the Group.

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# SAFER COMMUNITIES

## MERGE LIKE A ZIP

Traffic lights in Kumeu have created a two lane que prior to the lights which has a short merging strip into one lane after traffic lights with a central turning strip that can become congested with right turning traffic.

In the last six months we have seen a large increase in "road rage" incidents in these areas with some motorist feeling that drivers have been inconsiderate leading to dangerous driving when merging with another lane.

Let us remind you that we all share the road and we all have a part to play in safety on our roads, be patient and be compassionate of other road users. If you believe that another road user is driving dangerously dial \*555.

If you find yourself getting worked up over other peoples driving, before you turn into angry birds, take a breath and count to twenty. It may save the resulting aggressive exchange.

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

## COMMUNITY - WHAT DO YOU DO, WHAT DO YOU EXPECT

Most Fire Stations within our area are manned by unpaid professional volunteers. What does this commitment mean to the volunteers involved. It involves a commitment that spans decades, not days. It involves weeks away from family training new skills and applying those learnings. Every week it means training on Monday night, refreshing old skills and learning new controls and standard operating procedures. These hours are logged based on the competency of the individual and the currency to ensure that the volunteer professional firefighter that is on that big red truck has the right skills and is effective at performing those to a very high standard. These qualities are recorded and administered through regional and national quality marks. So when you call 111 what do you expect? We are currently seeking individuals that want to be part of this professional volunteer service. To apply simply drop into your local fire brigade at 7pm on Monday night. What will you do?

Graham McIntyre  
Acting Officer in Charge  
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# AREA PROPERTY STATS

Every month Mike Pero 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](mailto:kumeu@mikepero.com). **This service is free from cost.**

Address	Max	Median	Minimum	Most Recent Sale
<b>COATESVILLE</b>				
Lifestyle	\$ 2,400,000	\$ 1,800,000	\$ 1,300,000	\$ 1,300,000
<b>HERALD ISLAND</b>				
Residential	\$ 1,570,000	\$ 1,000,000	\$ 810,000	\$ 810,000
<b>HOBSONVILLE</b>				
Residential	\$ 4,900,000	\$ 1,370,000	\$ 850,000	\$ 850,000
<b>HUAPAI - KUMEU</b>				
Residential	\$ 1,050,000	\$ 888,000	\$ 445,000	\$ 445,000
Lifestyle	\$ 5,500,000	\$ 1,865,000	\$ 1,290,000	\$ 1,290,000
<b>MURIWAI</b>				
Residential	\$ 995,000	\$ 770,000	\$ 660,000	\$ 692,000
<b>RIVERHEAD</b>				
Residential	\$ 1,695,000	\$ 970,000	\$ 607,500	\$ 1,512,000
<b>TAUPAKI</b>				
Lifestyle	\$ 1,110,000	\$ 1,020,000	\$ 930,000	\$ 930,000
<b>WAIMAUKU</b>				
Residential	\$ 2,100,000	\$ 1,385,000	\$ 500,000	\$ 970,000
Lifestyle	\$ 2,310,000	\$ 1,965,000	\$ 1,400,000	\$ 1,745,000
<b>WAITAKERE TOWNSHIP</b>				
Residential	\$ 1,420,000	\$ 980,000	\$ 595,000	\$ 905,000
<b>WESTHARBOUR</b>				
Residential	\$ 1,800,000	\$ 766,000	\$ 626,500	\$ 870,000
<b>WHENUAPAI</b>				
Residential	\$ 1,800,000	\$ 1,780,000	\$ 854,000	\$ 1,000,000

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

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David Lloyd  
Phone 027 411 9255

# IN BRIEF

## UPDATES:EVENTS

### ANYTIME PEST CONTROL

Anytime Pest Control offers a full range of quality Pest Control Services including; ants, cockroaches, fleas, flies, wasps, mice, rats etc. Give me a call (Kevin) on 09 420 9988 or mobile 027 277 7143 or email: skyline@xtra.co.nz for a free no obligation quote. I have over 40 years' experience in the Pest Control Industry and I am a registered Pest Control Technician.

### SENIOR NET KUMEU

Norwest SeniorNet members were blown away with the awesome talk by Carl McCullough, Manager of JB Hi Fi, Westgate. Carl stepped up at short notice and explained all the new and exciting items that they have for sale. His explanation for the new Freeview Plus was so enlightening. As we are in the older age bracket, understanding the way all these new items work can be a challenge. Carl helped us understand how to get the most from our TVs, computers, cellphones etc, explaining clearly and patiently, answering all questions put to him. His knowledge on the products sold at JB Hi Fi was superb. Those Members who did not make our Open day at St Chad's because of the shocking weather missed a great morning. We will not hesitate to get Carl back at a later date for you. Our Speaker for our next Open meeting will be Mathew Kerr from the Kumeu Library. Mathew



will be showing us the great ways we can access all the exciting things our Library has that we can benefit from. Our next Seminar on Monday 7th September is at St Chad's Hall from 10am, open to all interested parties, \$3 entry entitles all to a cup of coffee/tea & biscuit. A good choice of prizes to winners of our Raffles - \$3 for 1 - \$5 for 3. Hope to see you there

### SERIES FINAL

The Woodhill Sands Spring Series Finals will take place this month -



Show Jumping 19th & 20th September and Show Hunter and Dressage 26th & 27th September.

Riders have competed over six weeks to make the series finals, covers, cash prizes and of course glory will be up for grabs to see who has kick started their season successfully.

Spectators are welcome to view, entry is free, food and espresso coffee is available on site - no dogs please. For more information go to [www.woodhillsands.co.nz](http://www.woodhillsands.co.nz)

### WHAT'S ON AT THE MATUA CELLAR DOOR?

What's better than giving your Dad a pair of socks for Father Day? The Great Matua

Father's Day Roast that's what.

Come and join us at Matua with award winning Ribier Restaurant chef Eugene Sokolovski. Enjoy a generous gourmet serving platter of smoked paprika venison filet and black pepper, garlic roasted chicken served with duck fat roasted potatoes, Yorkshire pudding and steamed seasonal vegetables with a red wine reduction.

Afterwards relax and enjoy a warm seasonal fruit pie served with homemade vanilla custard and ice-cream. \$45 includes two courses and a matching glass of Matua Lands & Legends wine. Limited space available so book now for Sunday 6th September 12pm or 2.30pm. Ph 09 411 5559.

### RIVERHEAD TENNIS OPEN DAY

Come along and join in the fun at the Riverhead Tennis Club open day, Saturday 12th September from 2pm (free).

All welcome, adults, children, novices and advanced and everything in between. A great way to keep fit and have fun. Come along and find out what we are all about. Games will be organised for children from 2.30pm till 3.30pm so adults can have a hit or a chat.

This season we are offering a \$20 membership fee which gives you two free group adult lessons with club coach Amy Shipley and entry to two family fun days throughout the season.

Any queries contact [amyshipley@clear.net.nz](mailto:amyshipley@clear.net.nz) or 021 687 348. Kids coaching begins first weekend of term 4. Come along and support your local club.

### RIVERHEAD EARLY LEARNING CENTRE

Confirming work is commencing on an all day childcare facility at 2 Albert Street, Riverhead, catering for our growing community. Mums/Dads/caregivers who cur-

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rently have to drive to other towns for all day childcare will have a quality facility in Riverhead from the 3rd quarter of next year. The centre will cater from 3 mths to 5 y/o's. Signature Homes have a very talented designer who has designed a purpose built centre, building on their experience of building 112 centres in the last 12 years. They have also incorporated the council planner's input regarding the building shape and materials.

It is primarily an all day childcare, proposed to be open 7:30 a.m to 5:30 p.m. thus offering a different service to the other respected shorter term care and kindy facilities in Riverhead, who we wish to complement.

We've worked hard to keep the lovely oak tree on the corner, and still meet parking requirements on site, all of which has been carefully considered. We are aware that this is the first of a number of commercial site developments in the pipeline, so those who are looking forward to other services in the area have more opportunity yet. Things are moving quickly, and we will post details of what is happening, and happy to take any enquiries at [www.riverheadelc.co.nz](http://www.riverheadelc.co.nz).

## THE ART OF LIFE SKILLS WITH TEXTILES

10 Creative Individuals. Beginners +. Sunday 27th September, 9am – 1pm, or Sunday 18th October, 9am – 1pm. Kumeu Arts centre, \$60 per class, includes some craft materials from the Box of Abundance Creative Materials list: Your sewing machine and manual, basic sewing kit, e.g. scissors, pins, fabrics, a small notebook and pen, and most importantly – your ideas and your lunch.

The emphasis is on a fun creative class where we make stuff, learn sewing skills and an 'Art of Life Skill' along the way. It will be Awesome, maybe tricky, you might think you can't, but you will see that you can, and that it was Awesome and that YOU are Unique. Come along

and learn about Your Sewing Signature, how to use your machine and how to make your ideas. This is not a class where everyone is making exactly the same thing. Contact: Veronicah Hampton 021 383 953 or [veronicahampton@yahoo.com](mailto:veronicahampton@yahoo.com) for more info.

## BRENTON HAM BAND

Regarded as NZ's premier honky-tonk country unit, "NZ Music Awards – Tui" finalists the

Brendon Ham Band have built a solid reputation and embraced an ever increasing popularity with their own brand of hard-hitting rockin'-country music. Along with paving the way for a contemporary urban flavour, the Brendon Ham Band has deservedly earned the respect of a growing fanbase across ages and genres, eager to enjoy the unique package that the Brendon Ham Band delivers. Having shared the stage with international legends as Kenny Rogers and Charley Pride, the Brendon Ham Band have performed at a variety of venues and events across the country such as the Riverhead Tavern, International Rodeo World Tour, Whangamata Beach Hop and numerous R'N'R Club Hops plus many more.

Often asked who are the biggest influences for the band, well it really is the honesty of a few generations of real music. Their musical influences and heroes are many and spread across a range of genres. Although country music is the true spirit of the Brendon Ham Band, each member contributes their



own style and influences giving an unforgettable show.

To catch them live at their next gig or to enquire for your next function or event, please visit [www.brendonham.com](http://www.brendonham.com).

Contact: [brendon@brendonham.com](mailto:brendon@brendonham.com) or phone 027 533 5644.

## THE MAGIC OF A KIWI CHILDHOOD COMES TO HUAPAI

Jodi Browne is excited to open her new preschool 'The Secret Garden' to local families this month. The former police-woman and mother of two is joined by an experienced team of preschool educators passionate about education and childcare.

Located at 399 Main Road, Huapai, the preschool offers a modern and freshly designed indoor and outdoor space for 2 – 5 year olds.

With a large lush lawn and outdoor area complete with magical playground, bike track and a fabulous sand play pit for creative construction, The Secret Garden really is the perfect place for active pre-schoolers.

A high teacher to child ratio will allow for real one-on-one guidance and support, ensuring every child can reach their full potential.

Contact Jodi on 021 027 17702 or [info@thesecretgardenhuapai.co.nz](mailto:info@thesecretgardenhuapai.co.nz) to arrange a visit, or to discuss your child's needs.





**Tony Boyd**  
MANAGING DIRECTOR

P 09 411 8526  
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**Sunday 13th September**  
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Phone Lianne on 09 412 7329 or email:

[office@strawberrynz.co.nz](mailto:office@strawberrynz.co.nz)

All proceeds go to support Kumeu Badminton Club

## FREE BUSINESS BREAKFAST

The Churches of the Kumeu District are delighted to support local businesses by hosting a free business breakfast on the morning of Saturday 29th August. The breakfast will start at 8am at Kumeu Baptist Church (21 Access rd, Kumeu) and the seminar will run from 8:30-10. The guest speaker is Andrew L'Almont who has over 37 years working in the banking and finance industry. As NPD Maintenance has sponsored the event, there is a free spot prize MacPro tool chest to give away. For info and to register interest (for catering), contact Sam Schuurman on 021 795 708 or sam@kumeubaptist.org.nz.

## RODNEY LOCAL BOARD CALLS ON RESIDENTS IN KUMEU AND HUAPAI TO HELP SHAPE THEIR AREA

The Rodney Local Board wants to hear the views of Kumeu and Huapai residents about how to shape their area as it grows and develops.

These communities are growing fast with increasing demand for new amenities and better community infrastructure. Preliminary figures for Kumeu/Huapai and Riverhead estimate that in 2022 – 2026 between 6,900 and 8,000 new dwellings will be needed.

Early and extensive consultation with the community is a key part of planning for the area says Phelan Pirrie, chairperson of the Rodney Local Board Transport, Infrastructure and Planning Committee.

“As Huapai and Kumeu continue to grow and develop, change impacts on the way that people live. People need to be involved in the plans for their area and have their say on what they think is needed.

“An essential first step is for the local board to understand local views and experiences and to hear opinions on what can be done to improve the area.

“This is the start of an important conversation with the community that will continue over many months. People also have the opportunity to talk to a local board member at a monthly link session in Huapai,” he says.

Residents are also invited to share their experiences and expectations around the changes that growth is bringing to their area by attending one of several community workshops planned for August.

Feedback is also being invited on the draft Future Urban Land Supply Strategy. This draft strategy sets out the sequence and timing for when 11,000ha of greenfield land will be ready for development in the Auckland region over 30 years. It focuses on future urban zoned land located in the north, south and north-west of the region and includes Kumeu-Huapai.

### *Special thanks*

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

Carriages Cafe	Boric Food Market
Countdown	The Warehouse
Freshchoice	Mitre 10 Mega
Jacks Dairy	Kauri Gum Store
Kumeu Post Shop	
New World Kumeu	
Top Shop Muriwai	

Information and feedback that comes from all these studies on growth and development will also be used to inform a Kumeu - Huapai Centre Plan. Work on the centre plan is expected to start in early 2016. Once the centre plan is complete, it will be used by the community, local board, others parts of Auckland Council and other organisations to work together on key infrastructure and community amenity projects.

Rodney Local Board Kumeu subdivision members hold regular meetings for people wanting to talk to their local board members. Known as Rodney Local Board Link Sessions, these are held on the third Thursday of every month at Huapai Service Centre from 4pm-6.30pm. People wanting to attend should call the Huapai Service Centre on 09 301 0101.

**Parakai Springs**  
swim school

**ALL AGES**

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

## MEACTIVITY – NEWS FROM MURIWAI BEACH

The recent big swells and tides have meant a lot of plastic debris on our West Coast beaches – I sighted household and commercial containers, rope, rubber gloves and three shoes on a recent walk. Think about taking a few pieces home with you. Build a garden shrine to rubbish if it makes you angry.



Plastic doesn't biodegrade, so every bit of plastic trash has to be picked up and specially disposed of. If not it becomes everlasting litter. Carrying beach litter home for the blue bin makes the beach happier short term, but recycling takes energy and is not a solution to our endemic plastic over consumption.

So – cut your plastic use:

Take bags with you (produce, reuse, invest in some good cotton bags), get a water bottle and refill it yourself, milk?? Comes in plastic, or plastic lined cardboard – any suggestions? Teach this to your children and your children will thank you!

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# FACEBOOK

## CYBER TALK

What's new this week at The Gourmet Gannet? We'll have Lemon Poppysseed Cake, Orange & Cardamom Brioche, Pear & Custard Brioche. Of course we'll still offer everyone's favourite Jam Swiss Roll & Sticky Date Pudding (whole or by the slice)! And all our other regular goodies too. And don't forget we still offer RAW slices...

The Gourmet Gannet, a bakery just like they used to be! 322 Main Rd (SH16) Just along from Ray Whites cnr Matua Rd & SH16 look for our blue flag. Open Thu, Fri, Sat & Sun 7am-2pm.



Little Miss Enchanted is looking for a drama student to join our amazing team. Casual work. Weekends and school holidays. Email [info@littlemissenchanted.co.nz](mailto:info@littlemissenchanted.co.nz) or visit our website [www.littlemissenchanted.co.nz](http://www.littlemissenchanted.co.nz) and click contact us to inquire.

Are you looking for building materials but don't have the time to look around or too expensive? Then look at Trade Linkup we have Wanted to buy options. "Place your listing and let them come to you." Sign up today and save tomorrow. Like our page [www.facebook.com/tradelinkupnz](http://www.facebook.com/tradelinkupnz).

NEED more Room..? We have cabins to rent/buy...4.8 x 2.7m...insulated in the walls, roof, floor, power x 3 points, underlay & carpet, thermal drapes, \$95pw...great for a sleep out, storage room, campground cabin, art/hobby studio.. Call Bryce Studd 027 313 1904, or Lisa 027 313 1928 for more info.

Peak Prana Yoga & Osteopathy - Weekly classes on Tuesday and Thursday evenings 6.30-

7.30pm at St Patrick's Hall in Kumeu. \$10 first exchange to see if you like it, concessions available thereafter - \$70 1 class per week for 4 weeks, \$130 2 classes per week for 4 weeks. Mat provided. I teach Hatha yoga so it's a great mixture of stretching, strengthening, and relaxation. Text me when you are ready to come and check out a class - 022 0894 139.

It's that time again!!! The countdown is on to warmer weather and the first pitch of the season, our favourite time of year! You are invited to register with the Waitakere Bears Softball Club for the upcoming 2015/2016 season. Information regarding fees can be found on the Registrations tab of our website [waitakeresbears.co.nz](http://waitakeresbears.co.nz).

You choose the massage you need / want; Deep Tissue, Trigger points, Relaxation, Full Body, Unwind & Restore, Legs & Feet relief... I'm in the Riverhead / Kumeu area....Gift vouchers available. Contact Rosalind today on 021 169 3594.



Missing Cat: Kitten Pants has been missing from 81 Taiapa Rd for some time. He likes to go off on wandering adventures - sometimes for up to 3 weeks, but this time its been too long. He is a 16 year old (looks a lot younger) neutered male with lots of character. Not a large cat - small to medium size. We suspect he ranges quite a distance and may have been sighted recently in the Constable Rd area. If you've seen him around, or he's decided to live at your house for a while, please let us know - even if it's not good news. We've posted on the lost pets register. We miss him dearly. Please contact Helen or Donny on 09 411 7911 or 021 773 536 if you have any info.

Hi all you past Brownies, Guides and Rangers. Would you like to give something back to the Movement and our girls? It only requires

2 hours per week plus a few hours training / planning per term. Give me a call - Alison 021 138 3341.



Part time position going at Kumeu Produce Market! Two afternoons during the week and one day in the weekend. Would be suitable for a school kid. Feel free to pop in with CV or phone Sandy on 09 412 9998 for more information.

We are still looking for some keen workers to do some casual work, doing shop fitting at a couple of major retail chain stores, starting immediately. You need to be over 20 years of age, have clean full driver licence, know how to use basic tools, have own transport. The work could be day or night, anywhere in Auckland. If you are keen call Zee on 021 2255933.

Bella Vista now has an additional 8 man team specialising in Plastering ( Interior), Gib Fixing, Cove Installation, Fibrous Cove, level 5 Skimming & Wall Restoration, Residential & Commercial. Give us a call now, no matter the size of your project, we will accomodate you. Phone: Steve 0220367481 (7 Days a week). [www.facebook.com/bellavistaproperty](http://www.facebook.com/bellavistaproperty).

Rosebud Cottage - Looking for a Romantic Getaway - For all 2 night midweek bookings we include the Romantic Package as well as a \$100 dinner voucher for Ribier Restaurant [www.freshwaterfarm.co.nz](http://www.freshwaterfarm.co.nz).



New Karate Class Now Open: Toukon Ryu Karate affiliated to JKF Goju kai Japan. Come along and have a go to see if you like it. Great Activity for the whole Family. Helps with Fitness, Discipline, Respect, Coordination, Awareness, Stranger Danger and of course self Defence: Huapai District School Hall, Monday nights 6.30 - 7.30pm. Trigg rd entrance. See you there!

# PROPERTY

## NEWS & ADVICE

### WHEN YOU CHOOSE A REAL ESTATE AGENT DO YOU GO FOR THE CANDY FLOSS ?

I know, I know, how can you compare a professional real estate service with a whipped sugar candy option that looks great, tastes sickly sweet and leaves you with a red face and a sick feeling in the stomach? But let's face it, before we make a decision impacting on one of the biggest investments that we have, why wouldn't you undertake some serious research about the market? What service you are wanting? What you will experience and why? How does the service provider operate? How much they will deliver and how much they will cost? It takes very little time to interview three or four real estate agents, compare their offerings, understand their position in the market, read and research their past clients and their clients' experiences. If you gamble with your choice, you may well be gambling with your result. We appreciate that in real estate you have significant choice of individuals but also the brand values, the franchise systems and the process that will give you confidence in the experience and the result. So, before you rush off and throw the dart at the phone book, please have a thought for what companies you may wish to call in to interview and ask some relevant questions about past experiences, references and unique offerings. It may save you thousands and it might avoid the red face and the sick feeling. For more information go to [\[mcintyre.co.nz\]\(http://mcintyre.co.nz\) or phone 0800 900 700.](http://www.graham-</a></p>
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### MIXING METALS IN THE HOME — ON TREND AND GORGEOUS AT HOME STAGING LTD

There was a time when mixing metals, whether in home styling or jewellery, was considered a faux pas.

Whether you choose to take a subtle approach or go bold e.g. combining an

oversized copper light fixture with a silvery mirrored table, mixing and matching metal is a guaranteed way to bring a layered richness to any space.

Here are some simple suggestions to help you mix metal finishes in your home in a skilled and effortless way.

If you choose a dominant metal tone, then use a contrasting metal as an accent tone. Much like mixing coordinating colours in your wardrobe.

Take cue from your dominant paint or furniture colour and determine if you need the warmth of gold or brass or the coolness of silver or black iron.

If you stick with one metal tone, then focus on textures and finishes. If you love a gold finish and you want everything in your home to have that same gold tone, try mixing shiny or matte gold finishes or



even mixing new gold tone with vintage gold.

Most importantly – have fun with it.

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

### GIVING YOUR HOME THE EDGE THIS SPRING

Spring is in the air and sellers need to be prepared for a lot more competition



in the property market. But if you do some simple things well then you are more likely to stand out from the crowd and get the attention of potential buyers. This can be done in a variety of ways and one of the simplest and most effective ways to do this is to look at your property through the buyers' eyes.

**Professional Photography** - A picture is worth a thousand words and if a photo is taken professionally then it can add thousands to your sale price. More often than not, the first time someone views your property will either be online or through print. The images presented will give the public an idea of what they can expect to see at the open home and if they don't paint an inviting picture then they will likely give your property a miss.

**The Great Outdoors** - A well-presented garden can add great value to any home. Your garden comes to life in spring and therefore it's a great idea to take advantage of new growth by creating an inviting outdoor oasis. Creating this space can be as simple as mowing the lawn, pruning over-grown plants and disposing of any stray branches or leaves. However, you could go a step further and add a splash of colour by planting some shrubs or perennials.



David Lloyd  
Director

David Lloyd Mortgages Ltd  
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**ELEVATED ENTERTAINERS ESTATE - 1500SQM WAIMAUKU** 4  2  2 

By Negotiation

**89 Freshfields Road, Waimauku**  
By Negotiation

Large flat playground with rural views this 258sqm home provides 4 bedrooms (5th bedroom is an option), 2 large impressive lounges with a vast open space designer kitchen/dining entertaining area with alfresco to large decking. This architecturally inspired house is clad in a combination of cedar weatherboard with copper finishing's and built to last titan board. Unique acid-stained concrete floors, with underfloor heating provides a fantastic contrast to the white walls, ready to dress to impress to your own style and taste. The CV on this property is \$1,100,000. 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](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
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Enquiries Over \$679,000

**54 Anich Road, Massey**  
Enquiries Over \$679,000

Overlook your own garden wilderness of Toi Toi Bushes, Ponga Palms Cabbage Trees and more right here in the middle of suburbia in Massey. Ground level comes complete with 3 car garaging and plenty of parking down this ROW. Then take a walk up to the first level and here you will find a large kitchen that comes with open plan dining and lounge that opens up onto a wrap around deck. On this level you will find as very large bathroom with shower, bath and vanity, plus a good storage cupboard. There is a separate toilet and a great size laundry that leads out the back to the clothes line and a paved tiered area. Back inside take a walk up to the second level where you will find the master bedroom, en-suite and wardrobe with a small deck. There is also another bedroom on this level.



**Joanne O'Brien**  
027 683 3366  
09 412 9602

[joanne.obrien@mikepero.com](mailto:joanne.obrien@mikepero.com)

[www.mikepero.com/RX403864](http://www.mikepero.com/RX403864)

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ELEVATED COASTAL VIEWS OVER MURIWAI

3 2 1

By Negotiation

**4 Edwin Mitchelson Road, Muriwai**  
By Negotiation

This idelic beach home, redecorated 160 sqm two level country style offers three bedrooms, two toilets, separate lounge and open plan kitchen dining. Delicious and abundant ocean views taking in beautiful Oaia Island and the stretch of breakers motioning toward the sand dunes. Easy flow from insulated and well presented tandem double garage through to pantry, and alfresco to extensive decking. A very usable 812sqm section offering low maintenance gardens and a fully fenced rear yard for pets. 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](mailto:graham.mcintyre@mikepero.com).



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INVESTOR, FAMILY OR FIRST HOME - SUNNYVALE NEAR GLEN EDEN



By Negotiation

**1/47 Sungrove Rise, Sunnyvale**  
By Negotiation

Excellent and affordable home offering excellent value for the investor or a family seeking an easy living environment, with garage/storage and fully fenced section. This well presented three generous bedroom home offers open plan living combined with North facing alfresco covered patio providing you a relaxed and comfortable living and entertaining home. Off the central hall are the three bedrooms, bathroom and laundry, all easy flow and easy care. Great location to access schools, parks and transport links. The CV on this property is \$490,000. 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](mailto:graham.mcintyre@mikepero.com).



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[joanne.obrien@mikepero.com](mailto:joanne.obrien@mikepero.com)

# HEALTH AND BEAUTY

## BOTTLE FEEDING VS BREAST FEEDING FROM A DENTAL PERSPECTIVE

There are varying opinions regarding whether breast feeding or bottle feeding is better. There is no clear cut answer aside from what is best for you and your child. Drawbacks for breast feeding:

difficult to latch on if the baby has a tongue-tie, mother has to eat and drink healthy at all times, can be physically draining for the mother, difficult for working mums.

Drawbacks for bottle feeding:

the dental arch/ alignment of the teeth would be according to the shape of the bottle which can contribute to a narrow arch and cause crowding, different swallow pattern which in turn can slow growth of the lower jaw, narrow arch can restrict the airway due to insufficient tongue space, has been shown to contribute to jaw joint problems as well as allergies due to mouth-breathing, pacifiers can have the same effect.

Both forms can cause dental decay if baby sleeps while drinking. If you have concerns regarding an improper latch, speak to your lactation specialist, GP, or La Leche League. The numerous medical advantages can be discussed with your local health professional.

Dr Krushen Viranna - Huapai Dental Care  
Phone 09 412 4751 or 022 4127155.

## ARTHRITIS

Do you suffer with arthritis? Arthritis

can be supported naturally using diet, lifestyle, herbal and nutritional supplementation, helping to reduce pain and inflammation. The key is finding the correct herbs and changes that are needed to fit your own personal set of symptoms and do not conflict with any medication you may be currently taking. Take an integrated approach to your pain management and book in to see a naturopath who can identify what will be best suited to you. Contact Selena Quinn, Phone 027 448 7096 or email- selenaquinn@gmail.com, www.damhealthy.com, Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, Facebook @ DamHealthy.

## THE BODY CLINIC KUMEU

Registered Osteopath (ACC Provider) & Massage Therapy. Lana & Freya who are sisters and long term locals have just opened a clinic above Kumeu Gym. We closely collaborate with the Gym to ensure the best healthcare for everybody in the community.

We can help with the following :

- Back pain, pelvic pain, sciatica
- Neck pain, Headaches, migraines, Jaw pain
- Hip, knee or ankle pain
- Shoulder, elbow or wrist pain
- Sports injuries/muscle strains
- Pregnancy and post-pregnancy related pain
- Sleeping, feeding or digestive problems in babies
- Asthma or breathing related issues
- Growing pain
- Digestive or gynaecological complaints

- Postural complaints
- Chronic pain
- Joint pain/arthritis
- Post surgical stiffness/rehabilitation
- Stress management
- Delayed onset muscle soreness (DOMS)
- Health maintenance
- Injury rehabilitation
- Relaxation
- Promoting restful sleep
- Anxiety / Depression
- Improves sports performance and recovery time.

Please contact us to discuss how we can help you. Phone 09 320 8303 or 0211538404 or visit our website [www.thebodyclinic.co.nz](http://www.thebodyclinic.co.nz).

## PROFESSIONAL ORGANISER

Do you have chaos in your life; do you need to declutter your home, your work space, your life? Are you disorganised without meaning to be? Are you shifting home and need to downsize? Do you lack time? Do you need more law and order in your life, to be more disciplined, more motivated and more in control? Don't know how or where to start? If you answer YES to any of these questions, these are a few reasons why you need a professional organiser.

A professional organiser will diagnose the trouble areas that you have and will identify what will work and what will not. This will help you achieve a more organised, relaxed and fulfilled life. A professional organiser will be able to help you to facilitate change by creating order, functionality, beauty and efficiency for you, enabling you to live a better life that is less chaotic, messy and disorganised.

A professional organiser will listen and understand exactly what your needs and wants are, and will be able to help you overcome these obstacles by working with you to implement new strategies to make your life more organised.

Joanne O'Brien Consultancy for help phone Jo on 0276 833 366 or email [joanneobrien@xtra.co.nz](mailto:joanneobrien@xtra.co.nz) you owe it to your-



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self to get the maximum out of life!

## MEN'S GREY HAIR IS GOD'S GRAFFITTI

Contrary to pop-culture stereotypes, men do and should care about their hair. And why not? After all, people spend far more time looking at your head than the other parts of your body, which means your hairstyle sends a subtle (or not so subtle) message to the world about your personality. In fact, men's hairstyles are so strongly symbolic that no self-respecting cultural revolution is ever complete without a trademark 'do -- just think, where would the Beatles have been without the mop-top, or punk rockers without the Mohawk?



Aside from shaping others' perceptions of you, men's hairstyles are also a relatively inexpensive way to switch up your look and grab some attention. Changing your hairstyle enables you to upgrade your appearance for a fraction of what it would cost to revamp your wardrobe, and there's nothing like a fresh hairstyle to help you feel like a new man.

So, whether you're ready to start a one-man style revolution or you just want to stay current, check here for everything you ever wanted to know about your hair and how to style it at Zash Hair. We keep on top of what's hot in hair so you'll always know all about the hairstyles and how to make them work for you.

You can trust us to provide answers and solutions to embarrassing hair-related questions, as well as problems you don't want to discuss with anyone else, including hair loss, dandruff, hairstyles gone wrong and more. Call or txt Carla at Zash Hair now on 021 814 663.

## BALANCE IN A BUSY WORLD

Finding balance can be hard work at a time when we seem to all be busy. Even though we have every device to make life simpler, we still seem to be living in a very busy world.

One of the keys to managing our time is to establish what our values are. Once we identify our values, we identify what is important to us in life, and need to spend our time on those things. Values can be things like, partner, children, family, extended family, friends, work ethics, health, finances, honesty, integrity, or anything else that is important to you.

We can make great plans and goals, and if they are not in line with our values, when we achieve these plans, they will seem bittersweet and not give us the satisfaction we thought they


would.

Now that we have our values and goals sorted, we need to think about time management. One of the biggest traps is to get distracted. We can lose so much time to things like social media, texting, internet and TV.

A great tip to see how you are doing in time management is to keep a diary of what you spend your time doing. Once you have this, you are then at a point where you can choose when you want your time to go. Also you can block out times in your day and allocate that time to things you want or need to get done. You may find this way you have far more time. Kim McNamara - Hypnotherapist, Life Coach, NLP Master Practitioner visit our website: [www.lifesuccesscoach.co.nz](http://www.lifesuccesscoach.co.nz).

## \$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at [sarahcartwright022@gmail.com](mailto:sarahcartwright022@gmail.com).




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# REGULAR AREA COLUMNISTS

## GOOD BUSINESS PRACTICES - HIRING LOCAL

In today's world it's possible to connect instantly with people all over the globe. Many of the people offering web design services come from faraway places with



no idea of where Kumeu is on the map. As a local web design company, Utopia has roots in your community and understands the commerce and people in the area. The cultural feel of our area is unique; your business caters to that special characteristic and your website should reflect that same feeling. At Utopia we work with clients looking for web design in the Norwest area. Website design is our business; we're available when you need us. When you come to us for a website design, revamping of content, search engine optimization or other services, we will show you a portfolio of work performed for other Kumeu and Norwest based businesses. Our commitment is to work with local businesses to enhance their business services. If you want to improve the performance of your website please contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

## PLANT ZERO

Wow September is here already and our Roses are starting to come into their own. Their



colours are more vibrant and gorgeous now with more sunlight available. We have lots of new flowers coming up, and right now we have beautiful Asiatic and Oriental Lilies in pots and cut flowers.

We are back to our Summer Hours Mon-Friday 9am-5pm, Saturday 9am-2pm. Our prices remain very competitive & we can make up Bouquets while you wait. Pop on down for a coffee & a read of the paper! See what beautiful flowers we have ready for you today. We cut our flowers 3 days a week & as the weather gets hotter & more flowers appear we will be cutting every day so you can't get any fresher than that! We look forward to seeing you! Remember we can deliver anywhere in Auckland 7 days a week & we are located only a few minutes from Kumeu township along Station Road! Ph 09 412 7606 or email: flowerbarn@plantzero.co.nz.

## SEPTEMBER SPECIALS AT KPL

Wet wintery weather is just about behind us and to celebrate Kumeu Plumbing Ltd is having a special on all showroom Wood Fires. KPL has a large range of Clean Air

and Non Clean Air Wood Burners available. New Zealand made Firenzo, Kent and Wagener Wood Burners available suitable for small, medium and larger homes. Wood Burners are the cheapest method of home heating (proven by Consumer Magazine). Use your new Wood Burner as an alternative source of heating water and cooking. Fireplaces are romantic – try turning the lights down low in front of a heat pump. Save \$\$\$ from our showroom specials! Now is the perfect time to install a new Water Storage tank to ensure you have plenty of water for the coming dryer months. Water storage tanks available from 300L to 31,000L. Enquire at KPL 156 Main Road Kumeu. 412 9108.

## WORDS FROM SPARKN

Although it is still chilly we are starting to see some sun poking through and it is time to think about summer. Do you need an outside powerpoint for a spa pool or are you considering a pool? We can help you with organising power for your pool pumphouse and analysing your power to ensure you have a large enough supply to run the pool or spa pool. Do you need to run cables underground? We can help. Then, perhaps, some outdoor lighting. We have brought in a number of LEDs for outside recently and can turn the deck or garden into a colourful or softly lit entertainment area. Give us a call today and we can discuss your ideas for the perfect garden. Sparkn Electrical - Tony phone 09 411 8526 or 021 772 756, email: info@sparkn.co.nz

## IS THERE MORE TO LIFE?

ALPHA: Everyone has questions about the meaning of life. Perhaps you've never been to church and aren't sure what you believe. Perhaps you gave up on church a long time ago. This ALPHA course was designed for you. Essentially it's a free 8

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**Sam Whelan**  
Your Expert Fabric Advisor

week course, each evening starting with a free meal, following by a thought provoking video, then breaking into discussion groups exploring different aspects of the Christian Faith. It's fun, relaxed and totally non-pressured (over 25 million people have already done it). It's being run by the combined churches of the Kumeu Area, and will be held at Kumeu Baptist from Friday 11th September through to 13th November (breaking for school holidays). For info and to register interest, contact Sam Schuurman on 021 795 708 or sam@kumeubaptist.org.nz.

Computer Services on 322 Main Road in Huapai (opposite Mike Pero). Phone 09 412 9227 or email huapai@itathand.co.nz.

## WINDOWS 10 IS HERE, FREE FOR NOW. ARE YOU ELIGIBLE?

Windows 10 has finally been released!

It is a great new platform with better functions and it also runs faster. Faster on lower spec computers too. You can have the free upgrade if you are running qualified and genuine Windows 7 or Windows 8 versions.

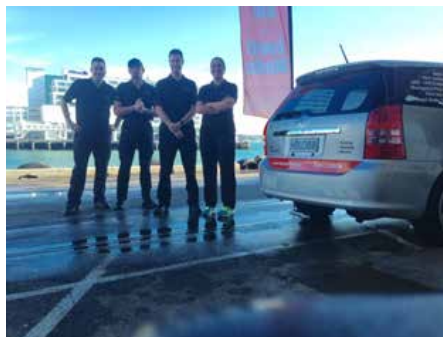
There are several ways to do the upgrade. You can do this yourself keeping in mind that the download is about 3.5Gb per computer. If you have a slow internet connection or you have satellite / Mobile Broadband, then you want to avoid using your own connection.

The other option is for the techs at your local IT@Hand service shop to do this for you using their fast internet connection. They can tell you if the computer is ready for the upgrade and they can also test and fine-tune software drivers after the installation to make sure your computer runs great after the upgrade. Your local friendly IT team is happy to advise and support you with your computing needs. For more please come to IT@Hand

## HEART SAVER NZ LIMITED

You may have seen our cars out and about in Kumeu and wondered what it is we do...

In addition to AED's (Automated External Defibrillator's), First Aid Training and First Aid supplies we also provide Event Medical Cover.



You may have seen our team at The Trusts Arena providing medical cover for our NZ Silver Ferns against South Africa last month.

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### Our weekly rituals

Monday **Two for One Pizza's**

Dine in only

from 6pm in  
The Landing

Tuesday **The Riv's Ribs** 'All you can eat' \$28pp

from 6pm in  
The Landing

Wednesday **Quiz Night**

A great night for friends, family, young & young at heart with prizes to be won!

from 7.30pm in  
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Saturday **Party Night**

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Sunday **Sunday Live**

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Our buildings are not a set size or design layout. We will create a shed and house to suit your needs by way of size, height and arrangement of the different spaces all under the same roof.

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These buildings can look really stunning, and have that modern Industrial look. A refreshing change from all the brick and tile or weatherboard housing we are seeing locally.

Come in and talk to us today, Kiwi Span NZ - 329 Main Road, Huapai opposite the carwash, or give us a call 0 9412 8455.

## COUNTRY BEARS

An important aspect of the Country Bears philosophy is respect. Respect not only exists among all children, teachers, families and animals of the Country Bears family but extends to respect for our greater family, the community. Through detailed programme planning Country Bears aim to support children in their exploration and understanding of 'community', their individual role in it, the people who help us and people we can help. Fostering respectful relationships between children and their community has been the programme focus over the past month.

Bronfenbrenner's ecologist theory states that a child's well-being is dependent on their understanding of their place in their environment. This includes their immediate surroundings (home and family), their secondary (school) and finally their greater community.

Learning about community, what it means to the individual, the collective and the different roles and responsibilities have been explored. We have been distilling an encouraging, non-judgmental, understanding of the different groups, ages and professions that together create the sense of community. This

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awareness has focussed on the children's responsibilities around their school, Country Bears and beyond outside of the gates. And what better way to explore the community than to get out amongst it? That is exactly what Country Bears have done, carrying the learning outside. A highlight was the visit we had from the Kumeu Volunteer Fire Brigade. The friendly firemen showed us inside and out of their fire truck and sounded all its different noises. The children had a turn on the water hose, learnt how to be fire safe and took a ride in the truck. This was a great experience growing the children's awareness of the fire brigade's role and responsibility within the community and how to be responsible and safe in the case of a fire.

The children baked cookies for a gold coin donation and these were a real hit amongst the parents! Thank you to the voluntary firemen for your wonderful work and to the parents for supporting both the children and the Kumeu Volunteer Fire Brigade!

Another highlight has been our trip to visit the residents of Kumeu Village Rest home. The month leading up to the event the children prepared with Ali-May, our amazing music teacher, an array of songs. With decorated props in hand the children did a fantastic job. The children were asked what else they could

do for the elderly and they suggested we bake them cookies. The children did an incredible job singing and talking to the residents as they handed them the freshly baked cookies. We are so proud of their efforts and from the smiles on the children's faces they too were proud of themselves.

Seeing the benefits this visit had for both the residents and the children was magic and rewarding. Music is medicine for the soul and we are so fortunate to have had this opportunity to interact with the elderly. It's important to find links between younger and older generations, and this was a clear success of that link being formed.

Next month Country Bears will continue to support the children's understanding of community, the world around them and their place in it with more visits from key members of the community. We have a visit planned from both the police along with St John's Ambulance service. To see photos of these visits along with the previous visits to Kumeu Village and the Kumeu Volunteer Fire Brigade please head to our Facebook page; cbearsecc. Country Bears - 79 Oraha Road, Kumeu. Phone 09 412 8055.

## \$75 = EXPOSURE FOR A MONTH

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### Current fees from April 2014


#### Babies 3 months – 3 years old

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

#### 3 & 4 year olds

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

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

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

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



**Waimauku Kindergarten**  
Northern Auckland Kindergarten Association

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

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

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

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

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

## 5 1/2 MINUTE MICROWAVE CHOC CAKE!

This cake is great for a last minute dessert  
Best eaten the day it is cooked

- 125g butter
- 1 cup water
- 1 1/2 cup sugar
- 1/4 cup cocoa
- 2 eggs
- 1 tsp vanilla essence
- 1 1/2 cup flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon



Combine the butter, water, sugar and cocoa in a microwave safe bowl and microwave on high for 3 1/2 mins. Leave to cool slightly while preparing other ingredients.

Whisk eggs and vanilla essence together then whisk quickly into slightly cooled mixture.

Sift flour, baking powder, baking soda and cinnamon together and combine into the wet mixture.

Lightly spray a microwave safe ring tin with cooking spray - Pour chocolate mixture in and microwave on high - 5 1/2 min.

Turn out onto serving plate and dust with icing sugar

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



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## KUMEU RUBY - SEASON CLOSE!

The season has come to a close and we have grown as a team through a blend of training workshops, competitive gaming and improved fitness. On talking with other Coaches there is a sense of patience, pride and perseverance that has resulted in a feeling of sadness that the games and training is over.



We salute the Parent helpers that through rain and hail help out and contribute to the outcome, Liam you're an absolute star. The assistant coaches that allow for specialist training and technical skills, have done a spendid



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Director

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job allowing young players to develop basic knowledge to keep them safe, skilled and proficient, Phil and Shaun thanks for all your hard work, you have invested so much and it is really appreciated. And through all this we have celebrated our rising stars, so many potential great All Blacks and such a great honour to see our young grow. Thanks also goes to Gail, my fabulous team manager, for keeping me on the straight and narrow. So after another great year with Kumeu Rugby I would like to thank Becks and her team for the great work that you all do. I hope I can assist in 2016, Till then, Go the mighty All bBacks, Graham McIntyre, Kumeu J5 Black Coach. Pictured left to right, Kaige (with ball) Caleb and Michael, Kumeu J5 Black.

## MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Tue 01 Sep	-	05:38	11:41	17:59	-
Wed 02 Sep	00:00	06:24	12:26	18:45	-
Thu 03 Sep	00:45	07:10	13:12	19:32	-
Fri 04 Sep	01:33	07:57	14:01	20:23	-
Sat 05 Sep	02:24	08:48	14:56	21:19	-
Sun 06 Sep	03:22	09:46	16:00	22:24	-
Mon 07 Sep	04:30	10:52	17:11	23:35	-
Tue 08 Sep	05:42	12:02	18:20	-	-
Wed 09 Sep	-	00:43	06:49	13:09	19:21
Thu 10 Sep	-	01:42	07:47	14:05	20:13
Fri 11 Sep	-	02:33	08:36	14:53	20:57
Sat 12 Sep	-	03:16	09:19	15:35	21:36
Sun 13 Sep	-	03:56	09:57	16:12	22:11
Mon 14 Sep	-	04:32	10:31	16:47	22:43
Tue 15 Sep	-	05:06	11:03	17:20	23:14
Wed 16 Sep	-	05:39	11:34	17:53	23:45
Thu 17 Sep	-	06:12	12:06	18:26	-
Fri 18 Sep	00:19	06:46	12:40	19:01	-
Sat 19 Sep	00:55	07:22	13:18	19:40	-
Sun 20 Sep	01:36	08:03	14:02	20:26	-
Mon 21 Sep	02:24	08:51	14:55	21:22	-
Tue 22 Sep	03:22	09:50	15:59	22:31	-
Wed 23 Sep	04:31	11:02	17:12	23:48	-
Thu 24 Sep	05:47	12:18	18:25	-	-
Fri 25 Sep	-	00:58	06:59	13:26	19:30
Sat 26 Sep	-	01:59	08:02	14:25	20:27
Sun 27 Sep	-	03:53	09:57	16:17	22:18
Mon 28 Sep	-	04:43	10:47	17:06	23:07
Tue 29 Sep	-	05:30	11:34	17:53	23:53
Wed 30 Sep	-	06:16	12:20	18:39	-

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



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## LIVE STOCK REPORT

Killable cattle sold extremely well at Pukekohe on Saturday, with steers selling to \$2,170, heifers \$1,650 and cows \$1,395. Young cattle prices were more mixed with some selling extra well and others failing to meet vendor's reserves. The recent downturn in dairy prices has many farmers nervous for the coming season, with extra beef calves being reared and a drought being forecast well in advance. Perhaps the best way to handle uncertain times is to stock the farm cautiously i.e. drop stock numbers to a level where feed and or water shortages will have little effect on the farming operation. If the drought does not eventuate the stock will just be happier and heavier!

## CATTLE

Best prime steers	\$1,570 to \$2,170
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Very small x bred yearling steers	\$570 to \$700
Very small x bred weaner steers	\$360 to \$415
Best prime heifers	\$1,110 to \$1,650
Medium x bred yearling heifers	\$650 to \$750
Smaller x bred heifers	\$600 to \$625
Very small weaner heifers	\$300 to \$435
Boner cows	\$902 to \$1,395
Very light cows	\$480 to \$590
Medium yearling Fresian bulls	\$925

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Fat lambs	\$90 to \$111.50
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Feeder lambs /spring lambs	\$78
Ewes & lambs	\$31 to \$50.50

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Other	\$10 to \$40
Jersey bulls	\$90

## PIGS

Weaners	\$62
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## TELL US HOW HALLS AND RESERVES SHOULD BE MANAGED LOCALLY IN RODNEY

The Rodney Local Board is consulting over possible future management and governance options for rural halls along with the roles and responsibilities of reserve advisory groups in the Rodney Local Board area.

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There are many ways that people can have their say during the consultation period which runs from 10 August to 25 September:

Attend a community meeting:

24 August, 7pm - Riverhead Citizens Hall, 1011 Coatesville/Riverhead Highway, Riverhead or 27 August, 7pm - Helensville War Memorial Hall, 49 Commercial Road, Helensville. Visit [shapaeuckland.co.nz](http://shapaeuckland.co.nz), email [rodneyruralhallsreserves@auckland-council.govt.nz](mailto:rodneyruralhallsreserves@auckland-council.govt.nz), pick up a feedback form from service centres located at Ōrewa, Warkworth, Helensville and Huapai.

For more information including a list of the halls under review, go to [aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz).

## PLAYSCHOOL ELC OPEN DAY

Saturday 19th September  
– 10:30AM - 1PM, 7 Wookey Lane, Kumeu.

Tucked safely away from the busy main roads of Kumeu lies Playschool, an early learning centre like no other. With a strong Reggio and RIE inspired philosophy, our centre offers beautiful learning environments and expansive natural outdoor play spaces. Catering for children from three months to five years, we engage with children through play, fostering their individual identities, thinking and creativity.

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To make a time to visit the centre during the week, please contact our Centre Manager, Joslyn on 09 412 8081 or Manager. [PlayschoolELC@eeg.co.nz](mailto:PlayschoolELC@eeg.co.nz) or visit [www.playschool.co.nz](http://www.playschool.co.nz).



## LOOKING FOR FUNDRAISING \$\$\$\$\$\$

Smashing Promotions have a group of local businesses keen to support "not for profit" groups within the Norwest region. They will contribute funds to assist with various events. All you need to do is email [mark@smashingpromotions.co.nz](mailto:mark@smashingpromotions.co.nz) with your wish list, outlining your activity and you could be in line for local sponsorship. Check out [www.smashinggifts.co.nz/category/fundraise](http://www.smashinggifts.co.nz/category/fundraise) for fundraising ideas or phone 09 412 6235.



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# PETS

## TIPS & ADVICE

### CANINE OSTEO-ARTHRITIS

Osteo-arthritis is one of the most common "untreated" problems as owners often assume that it is a fact of life, but there are many options to improve the quality of life for the dog. There are 3 components in arthritis treatment - pain control, joint protection and muscle building.



Veterinary treatments address pain control and joint protection. However, it is really the role of the canine exercise therapist to build muscle strength.

The number one treatment goal is for the dog is to stay active as this is a critical component. Pain control is also key, unless we have the dog's pain under control then we are not going to get improved function or increased muscle strength. There are physiotherapy techniques to complement the vet's pain management. Keeping the joint moving can be achieved through specialised range of motion exercises, hydro-therapy and stretching. Your dog's ability to function day to day can be improved by using therapeutic exercises.

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Tania Evans, DipAnPhys - Canine Exercise Therapist, visit our website: [www.pawsitivelifestyles.co.nz](http://www.pawsitivelifestyles.co.nz)

### ENZYME STAIN & ODOUR REMOVERS

How often do you experience stains or odours from your pet that need to be treated? We've all been there: You come home from work and it literally hits you in the face – The 'Smell'. Unlike regular stains, pet stains and odours need to be treated with enzymes to be removed effectively. Common household products are often chemical cleaners that bind to pet stains which may neutralise the organic stain or odour but will not remove it completely. No More Stains+Odours combine the very best in cleaning technologies to create effective pet safe formulas. The enzyme and oxygen based formula deeply penetrates and consumes molecular structures to eliminate tough pet stains. At the same time a dual action formula destroys pheromones and prevents resoiling so your pet won't be tempted to lift their leg there again. The fast drying formula eliminates tracking, is extremely effective and works on old and deep stains. See us in store at Animal Avenue Pet Store today for your free sample to try for yourself. For more information on all things pets sign up to our newsletter. Email [pets@animalavenue.co.nz](mailto:pets@animalavenue.co.nz) or see us in store. Phone 09 412 2581.



### WHAT TO ASK WHEN BOOKING YOUR PET IN FOR THEIR HOLIDAY

When you are leaving your pet with someone you want to make sure that they know what they are doing and are capable of looking after your pet just as well as you would (Well almost as well). Key Questions To Ask:

- What are you and your team's qualifications? - Too often we see animal lovers starting up businesses with the best intentions but without the knowledge to perform the duties correctly. So make sure you are checking they have animal care and behaviour skills that are backed by a certificate or qualification of some sort.
- Would you all know what to do in an emergency situation? - Do they know PET First Aid? Accidents unfortunately can and do happen so you need to make sure your pet has the best chances if something goes wrong. Also make sure that there is a PET First Aid Kit onsite. The kit needs to be specifically designed for animals as some items in a human first aid kit cannot



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be used on animals.

- How many animals do you take? - They should have a limit to the number of animals they accept; when the facility is overcrowded animals will not get as much attention or care as they need. The team should know their limits.

- How do you prevent the animals from escaping? - If you are leaving your pet with some one you need to make sure their facility is secure. Are the fences high enough? Are there at least two doorways/gateways between the animal housing and exits? Are the individual spaces lockable?

Remember if any of these questions haven't been answered well enough to meet your standards then the facility probably isn't the right one for you. You need to make sure that you are certain your pet is going to be well looked after and feel comfortable about leaving them there. Also check their website; look at the testimonials when was the last one written. For more information visit our website [www.petfat.co.nz](http://www.petfat.co.nz) or Facebook/PETFirstAidNZ.

## MAKING SUSTAINABLE PET FOOD CHOICES

Your choice of raw cat or dog food affects the health of your pet AND of the environment. A Colmar Brunton poll found that 88% of NZ consumers are influenced by sustainability in their shopping choices. Here are a few things to consider when shopping for sustainable raw pet food...



- Packaging – A challenging area, but some great plastic-free options are in development. In the meantime, aim for products that use minimal packaging rather than lots of individually packaged single portions.

- Nutrient claims – Beware of nutrient claims that filter down from the human food chain. These are seldom relevant to sustainable pet health. Cholesterol and fat, at levels normally found in prey species, are an essential part of a balanced carnivorous diet. If a product proudly proclaims they are low in these nutrients, they are not using a science-based approach to feeding your pet.

- Wild product – Utilising noxious pests is an excellent option. Don't be afraid to ask how much wild product is in minced products – make sure you are getting plenty of rabbit for your buck!

- Source of products – Local, of course!

Raw Essentials - 250D Main Road, Kumeu. Phone: 09 281 055 or email: [kumeu@rawessentials.co.nz](mailto:kumeu@rawessentials.co.nz), visit our website [www.rawessentials.co.nz](http://www.rawessentials.co.nz).

## ULTIMATE FEEDS LTD

Ultimate Feeds Ltd was founded by Peter & Josie Stables, long-time residents of Kumeu. They have bred Alaskan Malamutes for over 30 years. Their dogs have competed in sled dog events from the Woodhill forest to the Cadrona Valley. Running a team of up to 6 dogs hauling freight over long distances, they required a top quality food. Investigation revealed that top working formula feeds were up to 30% more expensive in New Zealand than in their country of origin. This was traced to the cost of freight, customs and MAAF clearance, and the extra middleman. So they decided to manufacture their own. A modern extruder plant was installed in 2000, and with the help of small animal intuitionists from Massey a range of completely natural premium feeds were developed. Quality took precedence over price.

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# INSIDER

## MURIWAI

### RON HANLEY - COMMUNITY ASSOCIATION FOR MURIWAI



Muriwai is defined in area and in community; we have a million visitors a year and we need to manage both the community and the big numbers coming through the area. We are fighting for money in the Auckland pie to spend on facilities but we are the most popular destination in Auckland. We are trying to ensure that the community has services. It is difficult to get harmony between community need and visitor need.

Muriwai was an escape destination but now it is a mix of interest Groups; a strong community and diverse groups of visitors - it is the greatest challenge. Take the stream for example, we find it a mix of walkers, bikers, motorbikes, 4x4 drive through, dog walkers and access. Part of the beauty of the area is the mix of wild, open and unregulated areas; you can still walk dogs without a lead as just one area. The natural environment that needs nurturing and protecting brings new dynamics to the area and this is good to consider the future for the next generations.

Education is an increasing element and the tracks and reserve land is protected and maintained by parks staff, which is likely to continue.

Our challenge is community ideas, expectations and wants. The traditional working bees and the volunteer services that were the way things were done have changed. We want to work closer to the local board to maximise funding and implementation with community engagement.

The Muriwai community is a mix of people enjoying the environment, surfing, swimming, fishing, and walking rather than in meetings and discussion groups. With Facebook and community groups online there is much better understanding of options for funding and a platform to float ideas and options for the future.

Big issues that we don't tackle are drainage and septic systems which would be nice to be dealt with to ensure that the infrastructure is moving in tandem with the increase in occupancy in the area.

Sometimes it is good to have a common issue that everyone can link hands on - the seabed mining issue and the oil exploration issue did bring the community together.

Things have changed in the area but it has been steady not dramatic change. We manage our use of the beaches and area to ensure we enjoy the area at its best.

It is excellent to see the footpath in Oaia Road completed. ron.hanley@muriwai.com or admin@muriwaicommunity.org.

### TALKING WITH PHELAN PIRRIE

What is the best thing about Muriwai? Been in Muriwai for 10 years, best thing is the beach and the community. Being next to the sea and a strong sense of community where people do know each other. Because we live within a Regional Park there is a massive range of recreational activity like walking, surfing, fishing and it is all in walking distance.

A lot of different community groups like golf club, surf club, environmental group, fire brigade, that all interact and link up to make the area work. It is only 30 minutes from Auckland and has that great community feel. It is Auckland's best kept secret and one of the closest west coast beach environments from Auckland.

Challenges - The population growth in Auckland puts a lot more visitor numbers into the area and puts pressure on the facilities and the groups that service the Community. Trying to find the right balance between local community and visitor communities that have an interest in the area.

Demographic - The property owners are changing; the history was very beach bach with low occupancy however today most people moving into the area are younger families that have an interest in the area, the community and the family dynamics. The need for easy access with footpaths and safe traffic areas are considerations for locals.

Issues in the area - The police have been very active in educating visitors in the area on their responsibilities on the beach and have been monitoring traffic movements carefully. Beach users on bikes and vehicles are being asked to be more respectful of speed limits and the other beach users and this is likely to be a more policed area.

Fire and Rescue Service - We have 18 members in the brigade responsible for urban and rural fire issues. The brigade recently transferred from Auckland Rural Fire to New Zealand Fire Service which provides a number of sustainable benefits for the Muriwai community and visitors to the area. The brigade attends almost 70 calls a year. It is a great group of guys and girls that muck in well and achieve a great deal. We deliver a very



high degree of peace of mind for those in the area.

Local Board - There has been positive outcomes for the area including the skate park and additional footpaths in the area, having a collaborative approach to council works for everyone, delivering better outcomes through discussion, prioritising and planning. The community groups have more engagement and more dialogue, including meetings, one-on-ones and Facebook which all helps grow a depth of understanding.

## MURIWAI PROPERTY OWNER - RYAN

I spent a lot of time in Muriwai in my younger years and I love the place. It is a mix of relaxed beach living, and good community. The mix of recreational activities and groups makes it a great place to live. I purchased a property in Domain Crescent as I saw potential not only in the property but also growth occurring in the area. The properties in Muriwai are changing, I can see more people investing in their homes and improving the area. I like the feeling that you get out in Muriwai that you go for a walk and see the parks and reserves and caravans and it feels like you're on holiday.



## MURIWAI SURF CLUB

Going remarkably well, busier than we anticipated it would be. We have had black out nights for the All Blacks, 120 people here and many young Dads enjoying themselves with the kids. We had a hard look at ourselves and where we wanted to go, we considered our history and then considered our future. Many members were cosmopolitan Aucklanders; while in the 1990's we were about local community and while people grew and families changed the importance for us was to be engaged in both community and metropolitan. We wanted the community to take ownership of the project and the vision, which it was. Significant engagement from the design phase to the completion was about the engagement with critics and it was important that it was a facility was big enough for the community groups and with a 50 year plus lifespan. Since we started the project and the growth projected in the area our hunch was right. Between 12 - 15,000, projected, 33,000 in first year, 35,000 in second year. User fees are keeping a pace of that. We underestimated the variety of uses and the community has invented uses and engagement with the club and facility.

The membership of Muriwai Surf Lifesaving has increased and the facilities have been an important part. We are the largest patrolling club in the country with 690 members; we have more nippers, qualified patrollers and competitors. On average we

are the busiest club in the country, with more rescues, more savings, more patrols and this is important for growth of our members.

We are the closest to Auckland City based on time to sand and the improvement through the new motorway system has delivered more visitor numbers and more members from around Auckland.

We have nine groups within the building and when we do have a working bee there is a descending wave of helpers that get things done. It is really good to have that engagement from all members.

It is good to see groups that were not supportive in the early stages take a supporting interest in the growth and development of the facility and ensure that it meets the community's needs.

The future of the club and the facility will grow because Muriwai is a suburb of Auckland. It offers a choice to Aucklanders and is attractive to professional people. This will drive other amenities like the village green, Skateboard Park and the recreational activities that link to the facility.

Parking, footpaths, roading and access are problems and we can't always get out to incidents. If roading and parking are not in the right place people may swim in the wrong places which would be a concern. Growth may bring more patrols and an extension in our static patrol presence. The last call outs have been difficult due to dusk and night time on the southern end of the beach and into Maori Bay which has radio shadows.

We patrol from Labour Weekend to Easter and we provide paid patrols for three months. We have strength in people and resources but it puts pressure on structure and administration. Leadership team have engaged to take ownership of key areas of activity.

Muriwai Surf Club has an innovative approach to surf lifesaving and we have a history of innovation and push ourselves to find solutions to challenges. The culture mix of people we rescue has stimulated key messages in multiple languages and communication with key groups. The nippers group has achieved a large diversity of ethnic make-up and this will keep us strong going into the future.

Managing problem behavior by introducing liquor bans and removing vehicle movements in problem areas has been important. We continue to have a working relationship with Auckland Council, Police and Parks which has many benefits in aligning support and educating users. [tim@promotion.co.nz](mailto:tim@promotion.co.nz).



## GERRY - MEACT

From a MEACT point of view the issues going forward are varied

but with a common focus of enhancing the environment we occupy and leaving it in a much improved state for future generations. There are many small(ish) steps we can take now that have a bearing on this particularly in the three areas of native planting, pest plant control and pest animal control where our group is active in Muriwai. Bringing all that together is our engagement with the local community so that each person does not feel isolated in their own back yard but is part of a community effort.

We are about to establish a community nursery in Muriwai. This will be a major project for Meact and the Muriwai community and we want to involve many residents in growing local sourced native plants for public as well as private planting projects. Engaging with the local community this will be a learning and productive opportunity for us all.

In the next ten years or so we hope to achieve a flourishing bushy park on the Village Green home for many native birds all year round. The local road corridors will carry more trees and be free of weed infestation and pest predation. This will not come about in isolation but as part of the "wild-link" native bird corridor linking Ark in the Park and Tiritiri Matangi Island.

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## MURIWAI WALKING TRACKS

Edwin Mitchelson Track ½ hour - 1.1 km From Oaia Road, the Edwin Mitchelson Track descends through regenerating coastal forest to Lookout Track (20 minutes) then continues to Edwin Mitchelson Road. Enjoy spectacular views north up Muriwai Beach.

Maukatia-Maori Bay Track 0.16 hour - 0.2 km Don't be put off by the fact that this track just seems like a connection between the two carparks; the track passes by a number of majestic Puriri trees. This shaded and peaceful track may be all you need to recharge your batteries after the crowds.

Muriwai Lookout Track ½ hour - 0.7 km Though bush walking may not be the main reason for most people to visit Muriwai, this track should be able to convince most people that perhaps it should be. The track has a good surface and winds past mature coastal bush.

Muriwai Quarry Track ¼ hour - 0.5 km From Waitea Road track climbs easily through mature nikau and pohutukawa, crosses small stream and eventually meets Lookout Track.

Takapu Refuge Walk ½ hour - 0.8 km From the carpark at Maukatia/Maori Bay, the Takapu Refuge walk skirts around headland then descends to the end of Muriwai Beach Access Road. Two short branch tracks lead to lookouts over the gannet colony. Find out more at [regionalparks.aucklandcouncil.govt.nz/muriwai](http://regionalparks.aucklandcouncil.govt.nz/muriwai).

---

## MURIWAI TOPSHOP

Heading down to the beach? We stock a large range of essential items in our shop. From fishing bait & tackle through to ice, Surfers Skin Sunblock, Sticky Johnson Wax, magazines, fly spray & insect repellent, t-shirts, ice-cream, eggs and many other grocery items. Hungry? "Always eat between the flags" at the Top Shop and choose from a range of take out food. Espresso coffee, a range of cabinet food, fresh salads, soups, savouries and even frozen dinners to go. We have the best ever homemade pies, sausage rolls, cakes, slices and biscuits. We also cater to vegetarian and gluten free diets. Out catering available on request. 189 Motutara Road, Muriwai, phone: 09 411 8624.

## FOOTPATHS, DRINKING FOUNTAINS & BASKETBALL HOOPS

Living at Muriwai, the Muriwai Community Association (MCA) members share a passion for nurturing the well being of their community. For them, Muriwai is the place to be. They are a group of Muriwai people committed to working together for progress. Working for the community by the community creating a place called 'home' this is what makes communities.

Over the last 12 months, working closely with Local Board member and Muriwai resident Phelan Pirrie, they improved local amenities and got action on footpaths.

"The Muriwai Community Association works on local projects enhancing the everyday lives of Muriwai locals. It's great some of our projects such as the drinking fountain and basketball hoop down at the tennis courts are being well used", says Ron Hanley, President MCA.

They also influenced the completion of the Oaia Road footpath. Originally planned to be on the left side, this was overturned so the entire footpath circuits on the right side of the road.

Funding has also been signed off for the materials for a path on the Oaia Road reserve. Many hands make light work, and volunteers will be required for a working bee to help create the path. More soon.

The skateboard ramp and facilities are well used down by the tennis courts. Working with the council and Phelan Pirrie, funding has been signed off to improve these facilities. More soon.

A successful gathering was held on 14 July for the Muriwai Community Association (MCA) AGM. Members were particularly excited about progress on projects such as footpaths and facility improvements for youth.

"Our focus for 2015/16 includes the skate ramp area, the Oaia Road Reserve footpath and engaging more of the community with MCA projects. We need the greater community for our projects to become a reality", says Ron Hanley, President MCA.

The new executive committee: Ron Hanley – President, Neville Clifton – VP, Tina Fitchett – Secretary, Ron Huston – Treasurer, Executive team: Mike Alexander, Dave Fish, Jackie Giles, Gerry Henley, Simon Leitch, Warwick Peterson, Delwyn Shephard, Patricia Wardell. The MCA meet regularly to share ideas, be informed on community happenings relating to the Local Board, listen to the voice of the locals and take action to make Muriwai a better place. Be part of progress in the Muriwai community by becoming a member for only \$10 per year. Visit <http://www.muriwaicomunity.org> or email [admin@muriwaicomunity.org](mailto:admin@muriwaicomunity.org) for more information.







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and heat and is easy on the bank, drop into Curry Leaf at 250B Main Road, Kumeu or phone 09 412 9218 or look us up at [www.curryleafrestaurants.co.nz](http://www.curryleafrestaurants.co.nz).

## A LITTLE BIT OF HISTORY

Compiled by Colin Buckwell - some Kumeu news snippets over the years.

**Early fruit season.** 21st April 1924 - The fruit season has been a very short and busy one for local orchardists. Owing to the weather conditions prevailing throughout the summer, the apple crops have ripened earlier than usual and with the exception of Dougherty, Yates and other late varieties, all have been harvested. The production of apples in the District as gauged by the number of cases consigned from Kumeu Railway Station, has been in the vicinity of 40,000 bushels to date.

**Kumeu & Waimauku telephone exchanges.** 16 December 1924 - The necessity for a central telephone exchange to deal with the business of Kumeu and Waimauku was stressed at a meeting of the Kumeu ratepayers. The opinion was that there was great community interest and that the arrangement of two exchanges was neither economical to the Department nor in the best interests of the subscribers. Each of the exchanges has over 80 subscribers and if they combined it would be possible to have a continuous service, including Sundays and holidays.

A motion was passed, authorising the president, Mr. J.A. Lambdin, to meet the sectional telegraph engineer and a representative of the Waitemata Association to further the scheme.

**Kumeu Electric Power Needs.** 22 November 1929 - A well-attended meeting of the Kumeu District Ratepayers Association was held this week. The chairman of the Waitemata Electric Power Board, Mr J.W. Hayden gave an outline of the £100,000 [\$200,000] loan proposal for extension of the Board's work and assured the ratepayers that this would not involve any general rate being struck, as new extensions had to be self-supported before being commenced. Messrs G. O'Halloran and J. Mackie spoke in support of the chairman's remarks. On behalf of the ratepayers the president of the Association, Mr J.A. Lambdin expressed confidence in the Board and staff. This was carried by acclamation.

It was resolved that the Railways Department be requested to install electric lighting on the Kumeu station as the present system of lamps was not only inadequate but dangerous.

It was decided to hold a picnic at Browns Bay for ratepayers and their families.

**Transport of fruit.** 04 February 1933 - The Kumeu and District Ratepayers Association decided at its meeting to ask the Railways Department to add a fruit truck to the 9.30pm train, it being impossible for the smaller fruit-growers to pack and consign their fruit in time for the 5.00pm train.

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ised arrangement which could include that one party (who could be a couple) services a larger share of the mortgage because they come in with less money. Other rules include a restriction against tenancing except by agreement with all of the parties. An option to buy out the other party's share is a good protection if you want to remain on the property. If no one can agree on a buyout, a sale by all of the parties and division of the proceeds brings the arrangement to an end.

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## 6 EASY TIPS ON HOW TO ARRANGE FLOWERS LIKE A PRO!

Let's talk flowers. Last week I attended the James Dunlop Vive Vanuatu Charity event where I was fortunate enough to hear Davina Pranker, founder of leading floral design studio Vida Flores, present her how-to guide to style flowers. Davina's passion for her art is infectious and she's inspired me to make more of an effort with flowers. Here's what I learnt...

**Avoid clear glass** - Clear glass not only shows the stems which distract the eye, but it also exposes the scummy water. If your vase is transparent, you should line the inside with acetate (you can find this at art and stationery suppliers such as Gordon Harris) and then fill with water.

**Sellotape grid** - Now that you've lined your vase, place a sellotape grid across the top like so...

This replaces the need for expensive floral foam, allows you to use less flowers and holds everything in place preventing it all from dropping into the middle of the vase. The best part is when you tip your vase up to change the water every two days, your gorgeous arrangement will stay put!

**Make your flowers last longer** - Firstly, let's take a moment to smash the various flower longevity tricks and myths out there to smithereens! The ole "Aspirin in the water trick" does not work, and neither do those sachets of feed attached to your store bought bouquet. Sugar only makes your flowers open quicker, so don't do that.

So how do you make your flowers last an extra week?

1. Trim the bottom of each stem on an angle and then immediately put them in water. Don't cut and place on the bench

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whilst you reply to a text message, put them in the water straight away.  
2. Most importantly, change the water every two days.

3. For flowers that tend to go mushy and smelly (like Gerberas) add a drop of bleach. If you do add bleach, be careful with your clothes when you're changing out the water every couple of days.



Keep it simple - Don't try to put together a bouquet with one of every flower available, it will end up just looking like all the other arrangements. You don't have to go out and find "filler flowers", just find one type of flower that is beautiful and make it sing! Start off by layering foliage, add some texture and structure with something like a twiggly branch, berries or a seed pod. Finish it off with a few stems of your favourite bloom and voilà, you're arranging like a pro!

If they don't grow together then don't arrange them together - Don't mix tropical flowers with English garden flowers, it just looks awkward. If they don't naturally grow together then they're not going to sit together in an arrangement comfortably.

Better to have something than nothing - Final tip: fill that lonely empty vase with something! Whether it be a bunch of exquisite Columbian roses, orchids, peonies, king proteas, or perhaps something found like a bunch of twigs, pinecones, berries, feathers, citrus branches, rosemary stalks or some of your neighbours gorgeous magnolias that are just about to burst open! Something is better than nothing - just give it a go!

There you have it, now get out there and inject a bit of glamour into your home with flowers. If you'd like to view Davina's presentation for yourself you can watch the video at [www.lou-brown.co.nz](http://www.lou-brown.co.nz). To view more of my interior design and styling tips visit the Lou Brown Design Facebook page or website and sign up to my blog. Happy styling! Hayley - Anne Brown phone 021 814 329 or [www.facebook.com/loubrowndesign](http://www.facebook.com/loubrowndesign).

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## STOP AND THINK ABOUT WHAT YOU'RE THINKING ABOUT

We don't stop to think about why we think what we think, or why we have that opinion, or why we got offended or angry in that moment. We just go ahead and think it. We just go ahead and be our reaction without question. We just keep thinking, keep reacting, keep having an opinion, keep seeing life the way we see it. Because, come on – what we think is what we think, we know what we know right? We have a right to fly off the handle. Someone disagreeing with us, well.. that's just their opinion and they are entitled to it.. but they're wrong of course. We see it black, others see it white end of story.

If you want change, then it's not the end of the story. Change requires seeing ourselves and the way we are in the world differently. The problem is some of our views do not serve us and most of them are blind spots. We don't know we are thinking or being the way we are. Life is the way it is, because life is the way it is. We only see and experience what we believe – nothing else is possible, nothing else occurs to us. Perception is key here. Our perception of ourselves and our world, rules our world. Ultimately you cannot become more than your own beliefs about yourself. It's near impossible. You may think a bigger thought or ponder over a bigger idea but our perception of who we are will rule our next move and govern our life.

And we are at it all day every day. Every minute is bringing forward a new situation, a new chance to practice our views. Over half the time our feelings are not true and we live our lives by them – one of the biggest mistakes a human can make, is believing that what we feel is true. So the problem is we are just not paying attention to them. We don't examine them. We are not taught to. It generally doesn't occur to us to ever question the way we see ourselves or our opinions. It's not really a part of our culture. We are not taught to really hear ourselves talk. We are not taught to do more than think – but to really be aware of what we are thinking! This requires awareness and practice. Perhaps if it was like reading and writing and we were taught this skill from preschool then it would be a naturally occurring thing. But its new and it's foreign and even when we see the benefits of being more aware we forget to do it!

When we do become aware of what we are thinking then we get to question whether it's moving us forward or not. Our objective is to avoid limiting ourselves. Left to our own devices our thoughts and feelings will usually be in line with keeping us safe. But this will not give us a true taste of life! Without our fearful feelings and worries we would all go and conquer the world. Where we put our attention is what we get more of.

Most people have an A and a B (where we are now and where we want to be). There is a saying 'if you want to change your life, you have to change your life' and our thoughts and feelings and views are important as they are a precursor to our actions. A



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human usually won't 'feel the fear and then do it anyway'! But that is precisely what is needed if change is to occur.

My hope is that this article may motivate you to start questioning your views and feelings. When we don't question them, we are affirming them. In any moment we are 'being' a feeling and life is responding to this.

During a session I am always listening for any limiting ways of thinking and then creating new ones. I create a guided meditation with clients. Meditation occurs at a deeper level than normal day to day thoughts and is ideal if we are wanting change. Being in meditation is a chance to 'be' the new thoughts and feelings – for 20mins you are that change and the results make you smile. Ring Anna for a session 021555658 or email anna@thinkyourbest.co.nz

## LAND RELEASE STRATEGY AND THE RURAL URBAN BOUNDARY?

In February 2015 the Unitary Plan Commissioners released an interim 'Guidance on Development and Subdivision'. That guidance was to help submitters and the community have direction into how to present the final evidence at later hearings.

Of major importance to our area was:-

1. The reversal of a no subdivision policy in rural areas imposed by the Auckland Council
2. The Rural Urban Board will be limited to seven years of developable land - not 30 years
3. Structure Plans have to be completed with community involvement before land is made live for development

These three policies have resulted in the Council releasing a 'Future Urban' land supply strategy of where land should be developed over the next 5-10 years! (seems they have listened to the Commissioners!).

Submissions have just closed on that policy, so it will be interesting to see how the final areas are selected. Clearly the serviced areas for water & sewerage should be selected first.

That means Huapai North zoning where development is currently occurring would be first with the SHA of the Huapai triangle following. There will not be in my view land released where the services are not available.

The Unitary Plan hearings are looming fast. The Auckland Council Planners evidence has to be submitted by 14th October 2015 for the RUB. The community's evidence by 16th November 2015, hearings then held in mid January early February 2016. Also confirmed is the zoning hearings originally set down for December 2015, these are now been rescheduled for Feb-April 2016. The Association's main thrust will be at the re-zoning in Feb-April 2016.

The Association questionnaire has been delivered to the residential community and we have already received about 10% return. We will extend the survey period and advertise that in the local paper. The extended period is to coincide with the shift in the Unitary Plan timetable.

When completed, the Association will post the results on our website. The recent 'talk fest' by the Council staff over the land release strategy, like other consultations over the last 6 years have been taken away by staff never to surface again.

The telling time will be on 14th October when the Council staff have to release their evidence! Pete Sinton - Chairman. Phone 09 412 2016 or 021 637 772, email petesinton@townplanner.co.nz.

## KUMEU WI NEWS

The monthly meeting on August 5th, started with a time of remembering member June Boyd, who had recently passed away at the age of 92 years. June had been part of Kumeu WI for over 40 years, and will be sadly missed. Rona Attwood was thanked for representing the WI at June's funeral, and for the beautiful eulogy she had given.

The afternoon Speaker, Haidee Oliver, gave us many simple remedies using Homeopathy. For the September meeting, we shall be joining Helensville WI on their meeting day of Thursday September 3rd, at 11am in the Masonic hall, Kowhai St, Helensville. After a shared lunch, the speaker will be from the Dyslexic Foundation. Visitors will be welcome, especially mothers or Grandmothers of children with Dyslexia, the common cause of children's reading problems. For further information phone Hilda 09 420 7106 or Mary 09 412 2262.



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