

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

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

WORKS WITH WOLVES

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

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

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September 2016

Intro

Welcome to our September Edition! Firstly, a big congrats to Kumeu Brass. At the National Brass Band Championships held in Napier last month, the local band successfully defended their D Grade Championship title. Kumeu Brass collected all but one of the five trophies on offer, winning the Test Piece by 2 points and the Own Choice selection by 1 point. Back-to-back titles are difficult to achieve, but this success means that Kumeu Brass will now be able to compete in the C Grade for the first time in their 68 year history. Meanwhile in the community, Riverhead is growing up. And it's not just some of the nearly 2000 new homes under construction. Riverhead School is undergoing a massive \$9.4 million upgrade which will see it cater for 450 pupils in a few years. The new classrooms – known as learning spaces because of their open nature – replace seven ageing rooms with a further six added to meet roll growth. The concept is to have four teachers working collaboratively in the new spaces, which are designed to reduce noise and cater for various requirements, including pupils with special needs. So what was once a small country village school which delighted in finally achieving 100 pupils is now well and truly becoming a modern, burgeoning learning facility where pupils have a far bigger say than they used to. Keeping in line with historical changes - A representative from Auckland Museum's Online Cenotaph project will be visiting the Kaukapakapa Library on Sunday 18th September, 10 am to 1 pm. Online Cenotaph is a comprehensive online hub for stories of New Zealand service personnel, developed by Auckland museum, containing the records of approximately 150,000 men and women who served for New Zealand from the 19th Century through to today. Auckland Museum is requesting the help of communities throughout New Zealand to enhance these records further. Please go along and meet the expert who can teach you how to use Online Cenotaph and help you #DiscoverYourConnection. There are plenty of fundraising events happening in our community such as a "Pop Up" Children's Book Fair is on September 17 in Helensville. It's at the St Joseph's Catholic Church Hall on the Kowhai St and Puriri St corner from 10am to 2pm. As well as books, Helensville Lions will be selling toys, DVDs, and video and computer games. All proceeds go to community projects, such as expanding the riverside walkway later this year. The Lions also take donated books throughout the year, and members can collect larger donations.

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



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

kumeu Courier

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Cover Shot: Mark Vette in his Waimauku studio with his dog family.

Print run is 10,000 copies through Treehouse Print
Email database is managed by Sublime NZ



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WORKS WITH WOLVES

Cover photo: Mark Vette in his Waimauku studio with his dog family. Clockwise from left, top, are Monty, Reggie, Tommy and Blue. He has taught dogs to drive cars and fly planes. So what's next for Mark Vette? Perhaps a mock fly in for dog Reggie and a drive off from giant schnauzer cross Monty at Mark and fiancée Kim Morresey's wedding, possibly later this year. Meanwhile, the Waimauku animal



behaviourist has plenty on his plate. The 60-year-old star of the TV series Purina Pound Pups to Dog Stars is concentrating on his comprehensive dog training programme Dog Zen. The new online venture offers 30 videos and supporting documents about why your dog behaves the way it does, solve the common behavioural problems dog owners face and teaches how to achieve results with love and gentleness. Mark's also working with the Auckland Council to run a similar education programme. "I'd like to see

Auckland show other councils how it's done," Mark says. Especially as Auckland has 114,519 registered dogs (and probably up to 25 per cent more unregistered), with much attention nationally on menacing dogs and bitten people. Many dogs are put down too, which Mark finds sad and another reason he wants people to be better educated about dogs. Then there are two books nearing completion for publishing mid to late next year. The first is Dog Zen, which has Mark's Zen Buddhist and dog training philosophies. It will incorporate some of the driving and flying dogs' stories too. But there will be more about that, plus the many other animals Mark has worked with for TV and film productions, in a yet unnamed autobiography. How about Works with Wolves? Yes, Mark has worked with them quite often, including in movies like The Chronicles of Narnia, first studying wolves in the USA while doing a Master's degree in sheep dog behaviour and genetics. Mark became probably the first qualified animal behaviourist in New Zealand, working with animals for about 40 years. So why wolves? That's where dogs evolved from, Mark says. "It's a big migratory predator that co-evolved with tribal man and woman and created a symbiotic relationship with man as early as 10,000 to 40,000 years ago." Indeed, Mark believes humans might have been wiped out were it not for our dog fore-

bears. "The wolf was our saviour. About 12,000 years ago during an ice age I think that relationship between wolves and humans kept us around as they guarded us against other predators, provided warmth (snuggling up, hence the saying a three dog night was a cold one) and helped with hunting too. "Dog Zen is about recreating that old bond. Truly the dog is man's best friend." Mark says it's more about educating humans. "We still live with a wolf, even if it is in Chihuahua clothing in an urban apartment. Humans need to understand dog behaviour, and we can do that by reflecting on ancestral wolf behaviour." It's vital to "socialise" or train dogs within their first two to four months (formative period), Mark says. Otherwise that socialising needs to be recreated later. And dogs need to be in a calm learning state (Zen) to be successfully trained, he says. There are 10 basic commands, including "sit" and "heel", but some like Hercules the "Bugger" dog could learn 150 commands. "Flying dog" Reggie had to deal with 80 different things, including noise, height and working in a cockpit, Mark says. A border collie named Rico learned over 1000 words. Sceptics, including one pilot, were blown away with what the dogs could do. And while the flying dogs' series has screened on Sky in the United Kingdom, it has yet to feature here. Mark has worked on projects with birds like 42 paradise ducks



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PEOPLE & PLACES

(for the movie Love Birds with Rhys Darby), pukeko, and now pigeons. Many of these, plus the four household dogs Reggie, Monty, Tommy and Blue, end up on Mark's lifestyle block and clinic, where the long driveway has many appropriate warning signs. "It's been fun over the years," Mark says. "We've had five world firsts in the flying and driving dogs, the octopus 'octographer' at Kelly Tarlton's, the 'Pound Pups' and training dogs like the one which can detect kauri dieback disease, and training rats to power a child's pushbike." Massive interest has been generated world-wide, and has led to Mark spending much time overseas. There's a You Tube series planned and more. Meanwhile, Dog Zen remains Mark's main focus. • You could win a subscription to Mark's online dog training programme Dog Zen. Just email your name, address and day-time contact details to geoffdobson2017@gmail.com to go in the lucky draw. • For more information on this issue, or to see how to fix your dog's problems, go to dogzen.com to check out Mark's Dog Zen programme.

ACTION SOUGHT ON NEW KUMEU STRUCTURE PLAN

Calls to get a move on with a new "framework" or structure plan for the area came at a Kumeu/Huapai Residents and Ratepayers Association meeting. This from some among more than 50 people at the monthly meeting. Particularly after they heard that nearby Whenuapai was well advanced with a draft structure plan, largely funded by developers, meaning nearly 11,000 homes in that area could be built well ahead of any in Kumeu's future urban zone. And that's prompted the association to get on with doing its own concept plan for the area, rather than wait for what council planners say could be a start on a new structure plan in 2018-2020. A structure plan setting out zonings, roads and facilities, was adopted by the former Rodney District Council, Rodney Local Board chairwoman Brenda Steele says. "We already had one whereas Whenuapai didn't." But association chairman and town planning consultant Pete Sinton



says the plan here was for 10,000 people. "In our view the plan needs to cater for about 30,000 people. It's three times what was envisaged. So the old structure plan just doesn't cut the mustard." Pete says the Auckland Council Unitary Plan, when finalised, will lock down all the zones. "The old structure plan will have no legal basis when the Unitary Plan becomes operative." A "framework" plan has to be finalised before the live zonings are done, he says. He believes Whenuapai's draft structure plan format could be followed in developing one quickly for Kumeu. Fears were also expressed that until a new structure plan was introduced the area could be at risk of "ad hoc" private applications for land changes, with developments like the non-notified "Maddren" site project bringing more people to the area and exacerbating transport issues. Already, the Maddren Kumeu Town Centre proposal's building height can go up another two storeys, from 12 metres to 18 metres, Pete says. "So that will intensify far greater than what was first approved on the block now for sale." The meeting discussion centred on the new Unitary Plan, a final one due to be presented to the Auckland Development Committee this month. Much attention focused on the area's countryside living zone, where subdivision was previously very limited. A huge area from Brigham Creek to Kumeu south of State Highway 16 through to Taupaki is included, pictured in an Auckland Council draft zoning illustration held by Pete. Now 2 hectare subdivision in the countryside living area will be allowed as of right, with a reduction to 1ha in some cases where transferable titles are allowed, Pete says. The Kumeu town planning consultant says the pattern of large, quality homes on big sites will become the norm in that zoning, delivered well ahead of any residential zone extension in the Kumeu district. Former Auckland planner Vern Warren of Waimauku eased any concerns about a "deluge" of subdivision applications in the countryside living area as a result of the commissioners' actions, mainly because of a limited market and resources. "Yes, there will be a spurt. But it won't be wholesale because the market is not there for it," Vern says. "I don't think it will be a deluge." In another change, the commissioners have confirmed the Rural Urban Boundary (RUB), with some reductions but no live zoning past the existing operative ones. All other land inside the RUB has to go through the framework plan approval to determine timing and type of zone. Concern was also voiced at the association's meeting about delays in getting any transport plan for the area, where 33,000 people are expected to live in the urban area and an unknown number in the countryside living area. "It will cost the NZ Transport Agency (responsible for highways) and Auckland Transport more now because the land is worth more and the transport corridor is largely unprotected," Pete says. "There are options but no definitive one." He's been pushing for a Kumeu transport plan for the past 3-4 years. Pete's transport concerns were essentially backed by traffic engineer Dave Mitchell of Riverhead, who spoke at the meeting. Meanwhile, outgoing Rodney Local Board member Warren Flaunty

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acknowledged at the meeting the "huge amount of work" Pete had done for the association. Contact Pete on 09 412 2016 or email petesinton@townplanner.co.nz for more information.

MURIWAI LIFEGUARDS TO THE RESCUE

Lifeguard leader Tim Jago is on a rescue mission. A Muriwai Volunteer Lifeguard Service member for 32 years, Tim has stepped down as president to concentrate on fundraising and other ventures. That includes getting to Pakistan on September 25 for about a fortnight to continue the work he started to resolve the high number of drownings on Karachi's 35 kilometres of coastline. "They were having about 250 drownings a year across 17 close beaches," Tim says. "We got it down to just over 20 in the space of a couple of years." He says people were going into the sea fully clothed, mainly to escape the high temperatures, while any surf lifesaving was at a rudimentary standard. "We had to start from scratch." Tim and the club have helped through training, providing old lifeguard equipment and donating inflatable rescue boats (IRBs). "They have three and we're trying to get another three." With lifeguards Oliver Tyack and Nigel Sorenson, Tim hopes to take about 160 people through training from entry level to advanced guard. It's Tim's fifth trip to Pakistan since 2002, and they need about \$6000 each to cover costs, taking holidays to do it and paying their own way. What about terrorism dangers? Tim says he's often asked if he's worried, but the lifeguards are not in any high risk areas. "Pakistan was one of the first nations to be Islamic, so it's not as if anyone is trying to change it to an Islamic state." A key figure in getting the club's new \$5.1 million rooms over three years ago after the old facility was threatened by erosion, Tim says it's going from strength to strength. There was some dickering over finances which has left the club having to pay off a loan at about \$48,000 annually over 10 years - with nine to go. But membership has soared to 680 and climbing, particularly with many families moving into the north-west area. That means potentially more young lifeguards to join the nearly 160 patrolling members at what's considered one of New Zealand's busiest and most dangerous beaches. Patrols run from Labour Weekend until Easter or even later if required, and there's a lifeguard squad for after hours and winter call outs too, not just for water rescues either. "People come out here for swimming, board riding, kite surfing, kayaking, fishing, boating, motorbike riding, off-road driving, horse riding and more," Tim says. "It's a mix of activities and the sheer numbers involved can also bring hazards." Normally



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a quiet time of year, winter is getting busy at Muriwai Beach. Car parks are often quite full, and in summer many turning up who can't find a park simply go elsewhere. "Everyone out here says this is the busiest year ever," Tim says. The club had more than 12,000 people through its doors and turned over about \$310,000 last year, about \$100,000 of that from grants. "So we have to find the rest," Tim says. "Our goal is to find another \$100,000 a year for the upkeep and other costs." On top of that the club has a rapidly expanding sports programme, with about 25 members training six days a week. "Our membership is Auckland city wide so our coaching programme has to be mobile," Tim says. "The cost of training is about \$30,000 a year for two coaches, so we're asking businesses for help." The club's not just begging and borrowing. It's got its own fundraising ventures, looking at an academy type programme starting this summer. Tim says the club aims to train 14 to 18-year-olds in surf survival skills, develop surf sports, and provide resuscitation training and other life skills which can also be used in the work place. Meanwhile, the club is also fundraising to get an invited team of under 18s to Huntington Beach next July, featuring a fortnight of beach competitions at places throughout Southern California. So life really is a beach for Tim Jago – Muriwai Beach anyway. Visit www.muriwaisurf.org.nz for more information.

BIG SCHOOL PROJECT AT RIVERHEAD

Riverhead is growing up. And it's not just some of the nearly 2000 new homes under construction. Riverhead School is undergoing a massive \$9.4 million upgrade which will see it cater for 450 pupils in a few years. Work started in June on a two storey classroom and administration building, expected to open by about July next year. It's exciting times for principal Kris Hughes, the school's 30 staff and its 319 pupils as they watch the foundation work progress. During nearly nine years there, Kris has seen some big changes in the Riverhead area. More shops are proposed for Riverhead, including a liquor store likely to meet stiff opposition from the school as it's suggested near an area where pupils assemble to cross the busy Coatesville/Riverhead Highway. Meanwhile the school is getting on with some ground breaking work. The new classrooms – known as learning spaces because of their open nature – replace seven ageing rooms with a further six added to meet roll growth. The work's funded and managed by the Ministry



of Education, but the school has been heavily involved in the planning for more than two years. Kris and others travelled to Canada, Sydney, Melbourne and parts of New Zealand to check out designs and learn which were successful for student learning. "You have to talk to the teachers and children to see what works," Kris says. That's come together in the building design she's pictured with on the work site. Although it was a lengthy process, time spent has been worth it to ensure the new building is what students want and need. The open space concept is known as an "innovation learning environment", and Riverhead pupils have been closely involved. "Our children choose how they best learn, and are more in control of their own learning," Kris says. The concept is to have four teachers working collaboratively in the new spaces, which are designed to reduce noise and cater for various requirements, including pupils with special needs. "It's not like the 1970s open plan teaching at all," Kris says. "Everyone's working together for the benefit of all the children. If a child doesn't work well with one teacher then they have three or four others they can work with. When you have the child's interest in mind you get the best practices." The focus is on accelerated student achievement, and Kris admits all the new concepts may be scary for some parents. "I can reassure parents there are spaces where children can go for quiet." The new building will include a technology suite, drama and dance areas and a lecture theatre style presentation area, catering for intermediate age (10-13 year olds) as well. Four prefabricated buildings and the old administration block will go once the new facilities are completed. Construction is running to schedule, despite the odd hiccup with asbestos from old buildings having to be carefully removed, and a septic tank revealed when the new foundations were being prepared. Outdoor space includes off-road parking, and children have been involved in planning their play areas too. A bike trail in three stages is one of the bigger projects. It starts with a trail around the school fields, followed by a more challenging course and then a sealed area for road safety instruction and bike education. A basketball court, fitness circuit and a central water play area are planned to make the best of the school space. "It's about future proofing the school," Kris says. Families are moving to the area in droves, even though some established residents have taken advantage of Auckland's soaring property prices to go to areas like the Bay of Plenty. The school already has the largest amount of junior classes ever, with five running and another opening before the end of this year. So what was once a small country village school which delighted in finally achieving 100 pupils is now well and truly becoming a modern, burgeoning learning facility where pupils have a far bigger say than they used to. Visit www.riverhead.school.nz for more.

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The days are getting longer and Spring is in the air. As the ground dries out and we start to clean up our sections keep in mind that if you are going to have a fire in an urban or rural area then please check the status with the Auckland Council. Once you have done this and if the fire season status and area allows you to burn either with or without a permit, there are still some things that you must do to minimise the risks. Ensure the fire will be adequately supervised at all times. Allow cut vegetation to brown off and dry out before burning as this will reduce the smoke nuisance. Ensure your burn pile has no plastics, tyres, rubbish, used oil, treated wood or composite wood products such as plywood, particle board or MDF paint, appliances, chemicals, or household waste as this will produce toxic smoke. Keep soil out of burn piles as this will cause excessive smoke and make the fire burn for a lot longer. Only burn in low winds to reduce risk of fire escape. Burn in conditions that smoke from the fire will not cause a smoke/ash nuisance to neighbouring properties. Fires should be lit at a time that allows for them to be settled by nightfall to the point that flames are not visible. If this cannot be achieved please discuss with the Auckland Rural fire team. Ensure the fire is fully extinguished before leaving it unattended. Follow fire season rules and permit conditions if applicable.

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COMMUNITY UPDATES:EVENTS

RIVERHEAD ATHLETICS



Riverhead Athletics is due to start again on 12th October. This is held Wednesday evenings through summer at Riverhead War Memorial Park from 5:30pm, age groups for children from 2 through 14. The club has been a mainstay of the community for over 50 years and continues to produce great talent. Last season the club had six children pick up medals at the Auckland Championships. Athletics is a great first sport for kids, and with the recent Olympics coverage and success of our athletes like Valerie Adams it is riding a high. Parents can access the clubs website on www.sportsground.co.nz/riverheadathletics to find out more information about the upcoming season and registration.

KUMEU ARTS CENTRE

International Postcard Exhibition - Tuesday 30th August - Saturday 17th September 2016. An exciting exhibition, featuring art work in a postcard format from all over the world and New Zealand. Entries from Croatia, Ireland, America and China,

just to mention a few. Woodhill School - Mon 19th Sep - Sat 1st Oct 2016. An exhibition featuring the work of students aged between 5 and 13 from Woodhill School. Exploring themes of identity and culture, students have created artwork in a range of media. They have been inspired by heroes in art, fiction and reality. Arts in Action Festival 2016 - Saturday the 24th September 2016. 10am - 2pm. We invite you to attend our annual Arts In Action Festival, this a FREE community event, all welcome. Activities on offer on the day include will include a range of art activities for adults and children a like to try their hand at. Last year's line included: Clay animals, Clay kick wheel, Face Painting, Creative Photography, Polymer Clay, Flax Weaving, Wood Sculpting, Felt Flower making, Beading, Macrame, Kids Craft, Finger Print Art, Huristic Collage, Watercolour Techniques, Print making and more! Thanks to Pub Charity for funding for this event.

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tifully curled, mini manicure, gorgeous princess tiara, play our fun garden games set up around the room and so much more. Having a fairy party at home? Why not book our amazing fairy entertainer, or are you having a princess party? Why not invite Elsa, Sleeping Beauty, Tinker Bell, Rapunzel, or Alice to attend? Making your child's birthday magical and one they will never forget. Join us for one of our many events we hold at Little Miss Enchanted in Huapai. We host princess pamper days, discos and slumber parties. We are excited to announce we are currently working on a Wonderland party room. Follow us down the rabbit hole for fun had by all. Visit www.littlemissenchanted.co.nz. Find us on Facebook [littlemissenchantedparties](https://www.facebook.com/littlemissenchantedparties).

KAUKAPAKAPA'S HISTORIC LIBRARY



A representative from Auckland Museum's Online Cenotaph project will be visiting the Kaukapakapa Library on Sunday 18th September, 10 am to 1 pm. Online Cenotaph is a comprehensive online hub for stories of New Zealand service personnel, developed by Auckland museum, containing the records of approximately 150,000 men and women who served New Zealand from the 19th Century through to today. Auckland Museum is requesting the help of communities throughout New Zealand to enhance these records further. For example, learn to lay a virtual poppy against a specific person's name and contribute additional information and images to the record. Please come along and meet the expert

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who can teach you how to use Online Cenotaph and help you #DiscoverYourConnection. Library open on the third Sunday every month in conjunction with Kaukapakapa Village Market. For more information contact Megan, phone 021 959 017 or email threehorses@xtra.co.nz.

CHILDREN'S BOOK FAIR



A "Pop Up" Children's Book Fair is on September 17 in Helensville. It's at the St Joseph's Catholic Church Hall on the Kowhai St and Puriri St corner from 10am to 2pm. As well as books, Helensville Lions will be selling toys, DVDs, and video and computer games. All proceeds go to community projects, such as expanding the riverside walkway later this year. The Lions also take donated books throughout the year, and members can collect larger donations. Smaller offerings can be left at Helensville Copy & Print, 56 Commercial Rd. Contact Chris on 09 420 8527 or Hilty on 09 420 8122 for more information.

WAIMAUKU SCOUTS FUNDRAISING EFFORTS

Thursday 17 November – please join us for an amazing day out at Alan Gibbs Sculpture Farm – Kaipara Coast – stroll amongst the art, exotic wildlife, and admire the beautiful harbour views. A very special day out. Tickets just \$ 49 per person for entry only, and if you want us to supply you with a yummy lunch to save you having to pack and carry it around with you – then add on another \$12. We have covered the iTICKET booking fees, so

it is just your credit card/eftpos fee to pay, all nice & easy online: www.iticket.co.nz/events/2016/nov/waimauku-scouts-gibbs-farm-sculpture-park. Don't forget we have the Fantastic First Aid Kits for sale. 77 items in a zip up case for just \$39 each. Great value! Please call into either Waimauku Doctors or Silver Fern Medical Centre with cash to purchase. Thanks to all of your support for our fun & successful Trivia night in July, we are having another great fun Horse Racing night – save the date for this on Saturday 15 October – look out in the next edition for more details. We have a troop of nearly 30 Scouts & Leaders to get to Jamboree in December, and we still need to raise over \$16k! If you have any suggestions of how you can help us out with our fundraising efforts – we'd love to hear from you, please contact: waimauku.scouts@gmail.com. Due to high demand, we have opened a second cubs group who will meet on a Wednesday night at Glasgow Park Den 5.45pm till 7pm. Cubs is for boys and girls in school years 4 through 6. Children in Cubs get to experience new things, have outdoor adventures, learn leadership skills, and most importantly have lots of fun. If you are interested in joining please contact Michael Lasham on 021 740 869 or 09 411 7567. Please like & follow us on our new Facebook page: www.facebook.com/waimaukuscouts.

SENIORNET KUMEU

The Speaker for SeniorNet Kumeu's monthly Seminar at St Chad's Hall on Monday 5th September will be Brian Lacey. Explaining Google Search engine, searching for more secret details hidden away in Google. (Very Interesting.) Also a discussion re Internet things. Brian will be helping us understand W.10 a little more. Bring along any questions you would like answered on problems you are experiencing. Last month Patricia Donovan entertained us all with her talk on Technology which was so enlightening. Entry is \$3. Everyone is invited, not just Members, Monday 5th September -

St Chads Hall, Huapai, pop in just before 10am, free coffee/tea & biscuit, Raffles (plural) \$2. for 1, \$5 for 3. (Remember each month we alternate Mondays & Wednesdays). Mark your Calendar for Wednesday October 5th (Speaker to be arranged). Do you struggle with those complex computer issues we are confronted with today? If this sounds like you, SeniorNet (40yrs plus) would be right for you - join up today for \$20. We run weekly classes 2 hour duration at St Chads Hall Huapai. Covering topics from Windows 10, photos, card making etc. If teaching is your forte, we are also looking for volunteers with the prospect of becoming tutors for our relaxed and friendly group. This voluntary position is easily learned with our guide program book. We welcome your contact. For further information contact Joan Crowe 09 416 7172 or Jenny 09 412 7645. Welcome to all our new Members who have who joined our Club. Annual joining fee is \$20.

CRAFT OUT WEST



Fundraiser for Hospice West Auckland, West Wave Recreation Centre, Henderson. Saturday 12th of November, 10am to 4pm. General admission \$5, children 12 and under free. Great opportunity to do all your Christmas shopping in one convenient great location. Featuring over 75 craft stalls, suppliers and demonstrators. Proceeds to Hospice West Auckland. www.facebook.com/CraftOutWest.

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SOLJANS WEDDING EXPO

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



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At ASAP Promo we have our most popular T-shirts on sale until the 30th of September. Do you have an event coming up? These shirts are priced from only \$6.95 + gst (unbranded). Many shirt colours are available and you can personalise these garments with any logo or design you want. Conditions do apply so give us a call to talk about what you want to achieve. To learn more about ASAP Promo and what we do, please visit our website at www.asappromo.co.nz. Email us at info@asappromo.co.nz or find us on Facebook www.facebook.com/asappromonz. Telephone: 09 973 4352.

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

ARTS IN THE VILLE

Helensville's 3 day arts festival, Various venues throughout Helensville township, Northwest Auckland. Labour weekend Oct 22nd – 24th 10am – 4pm. Helensville will be full of colour and creativity during Labour weekend. "ARTS IN THE VILLE" is an opportunity for you to meet artists in their working spaces, talk to them about their work, purchase pieces of art direct from the artist or from one of the pop up exhibitions. You can 'have a go' at one of the interactive displays and go home feeling inspired by the creativity that has collected in this historic town. Maps will be available prior to the event or on the day. Blog www.artsintheville.blogspot.co.nz.

BACK-TO-BACK TITLES FOR KUMEU BRASS

At the National Brass Band Championships held in Napier last month, local band, Kumeu Brass, successfully defended their D Grade Championship title. Kumeu Brass collected all but one



of the five trophies on offer, winning the Test Piece by 2 points and the Own Choice selection by 1 point. Back-to-back titles are difficult to achieve, but this success means that Kumeu Brass will now be able to compete in the C Grade for the first time in their 68 year history. Kumeu Brass Inc. comprises three bands: Kumeu Evolution Brass (a junior band), Kumeu Brass and Kumeu Vintage Brass (a group of musically-active retirees). If you would like to consider joining the band, please visit: www.kumeubrass.org.nz.

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IN BRIEF

UPDATES:EVENTS

GENEROSITY OF LOCAL FARMERS SUPPORTS A LONG-STANDING TRADITION IN THE KUMEU AREA



With spring around the corner it's the 'off' season for Kumeu's local Waitemata Hunt but there's no time for slacking for the Committee with a schedule of local summer day treks, across farms in the local area, to organise and planning for the start of the 2017 season in March. Waitemata Hunt has been an integral part of the District for over 50 years and while there are fewer hunts (venues) close in around Kumeu these days as the land is developed, there are several wonderful hunts for local riders to enjoy close-by at Muriwai, Waimauku, Woodhill and Helensville. Everyone is welcome to come and join Waitemata Hunt or to come out on one of the Hunt's day treks, where everyone walks together enjoying the local countryside and company. The Hunt itself is quite unique. It's a 'drag hunt' which means a scent is laid by people on horseback who go out in advance of the hunt. The Huntsman and his pack of hounds then pick up the scent and the 'field', led by the Master, follow - well

that's the theory - jumping spars (prepared fences) along the way or choosing to go through the gates. Hunting is one of the most thrilling sports if you ride at the front of the field, jumping all the fences in your path. But equally you choose to take a more leisurely place at the back of the field 'gating' with a friendly bunch of riders. The Hunt wouldn't be in business without the generosity of local farmers who allow the Hunt to ride over their land and hopefully this long-standing tradition will continue for another 50 years in this area. If you're interested in giving hunting a try or coming out on one of the Hunt's summer day treks see www.Waitematahunt.co.nz or check out the Waitemata Hunt on Facebook. Photos courtesy Karen Urwin. Farm featured Muriwai Downs, owned by the Houghton family who have allowed the hunt to hunt over the property for many years.

NORTH WEST BUSINESS AWARDS

The first ever North West Business Awards launches this month. The Awards, initiated by the North West District Business Association (NWDBA) and sponsored by many local businesses, aims to find the 'Best in Business' amongst a range of categories, celebrate their success and communicate both the quality and quantity of businesses in the North West District. There are eight different categories to enter and two special awards: Retail, Hospitality (non-licensed), Hospitality (licensed), Recreation, Health & Beauty, Business & Professional Services, Rural Services, Manufacturing and Trade plus The People's Choice Award and The Su-

preme Award. Nominations are now open and participants may nominate their own business or any other business within the NWDBA boundaries. Following the nominations finalists will be selected, a mystery shopping firm will assess all of the entrants on customer service attributes and formal entries will be submitted. The Event culminates in a black tie Awards dinner in early November. Nomination forms are in retail shops across the district and further information can be found on www.northwestcountry.co.nz. So it's time to think about your favourite shop or business, nominate them and then vote for them!

WAIMAUKU VAULTING CLUB



In July the Waimauku Vaulting Club sent a team to the first ever New Zealand Interclub Vaulting competition. The competition was the largest vaulting event yet to be held in New Zealand with seven vaulting teams altogether coming from a total of three active vaulting clubs out of Kapiti, Waimauku and Takaka (South Island). Our team came second in our vaulting class, competing on our horse, Tiny, at a walk. The competition comprised of a compulsories section where all the vaulters do individual compulsory movements on the horse, then the team freestyle. The freestyle section can have up to six vaulters in the team and three on the horse at any one time. The routines are a maximum of four minutes long completed to music. The judges score the routine based on the harmony with the horse, the flow and artistry of the movements and the difficulty of the exercises. Our next event will be a fun

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family "Poker Night" and entertainment on Saturday 3rd September from 5 - 8 pm. Google us to find our Facebook page and website for more details about our club and events.

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PURE ALLIES NZ



Perhaps the coldest part of winter has passed, it's really difficult to tell, the weather's been pretty unpredictable of late and winter's been fairly mild. Whatever the weather decides it's still always good to wear a moisturiser with a bit of sun protection if you're outside. If you haven't been using a spf facial moisturizer, then now's the time to start, our dry

skin could do with some exfoliation and hydrating all round. Pure Allies NZ can provide all that you need to nourish your skin and don't forget the chest balms for the lingering colds and pain relief balms for the aches, pains and strains. We can make products to suit your needs, all lovingly hand made by request locally. Facebook Pure Allies NZ or email pureallies@gmail.com.

WORDS

Word Processing (CV's, Reports, Minutes of Meetings) \$25 + gst per hour. Office Services (printing small scale, scanning). ROOM RENTAL (need a quiet room with table, 4-6 chairs, whiteboard, wifi use and free coffee and biscuits?) \$25 per hour. Design (Newsletters, PowerPoint Show, Flyers). Secretarial Services (Minute Taker, Travel/Accommodation/Conference Bookings). Michelle Hutchison - 299 Main Road Kumeu. Phone 021 798 624 or email candidphotography77@gmail.com.

COUNTRY LIFESTYLE & GARDEN TOUR – FUNDRAISER

Sunday 2nd October 9.30am - 4pm. 7 fabulous country lifestyle properties will proudly open their gates to the public as a fundraising venture to help get one of our very own local rider "Andy Daines" to the Adelaide 4* three day event in November. Andy Daines of Kumeu is a popular young teacher, mentor and accomplished rider looking to secure his spot in the team for the World Equestrian Games in 2018, to do this he must compete in the only 4* competition in the Southern Hemisphere, and needs some serious fundraising! Make a date with friends and family to explore 7 lifestyle properties showcasing the best of our rural communities. Visit a country retreat, a professional equestrian yard, a buffalo farm, or simply enjoy country gardens at their best in the beautiful rural atmosphere. You are invited to picnic at some of these

properties. Some properties will feature local entertainment, food and beverage stalls with local boutique products such as buffalo cheese, lavender oils, olive oils and other farm produce. Tickets can be bought online www.willowbrookequestrian.co.nz. See www.rustictoregal.co.nz for property and tour details.

LAVENDERHILL



Extra virgin olive oil, hand harvested lavender oil, quality accommodation- all on our doorstep at Lavenderhill. Jason and Trisha Delamore are the new owners of Lavender Hill (11 Beacon Road), located between Riverhead and Coatesville. Jason and Trisha have undertaken a heavy workload of improvements to the property and business and are building a truly special offering for locals and tourists alike. They had a great starting point with over 400 olive trees, the large lavender fields so close to Auckland and a high quality separate B&B to cater for guests. Olive oil, a range of quality lavender products and even spray free lemons and limes are available from their farm shop. The olive harvest this year has been terrific and this fresh oil is now available in 250ml and 500ml bottles. All the lavender oil is produced on the farm from their own steam still. Recent improvements include a quality meeting space for up to 15 people, the B&B has been redecorated and Alpacas are roaming the paddock for the benefit of tourists. If you are looking for quality accommodation, a workshop space or wonderful gift ideas for yourself or others just visit www.lavenderhill.co.nz or call 09 412 5275 or 021 897 586.

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PROPERTY NEWS & ADVICE

MONEY MATTERS

Increased equity requirements for property investors are now in place. Recent changes mean that equity of 40% is required to purchase an investment property. Borrowers can still leverage up to 80% against their owner/occupied property and borrow the balance against the rental property. New builds are exempt from these new regulations, as are 'dollar for dollar' re-finances. We also have access to non-bank lenders who will fund up to 80% on investment properties and at interest rates around 5.5% are worth considering. Call us for a no obligation, no cost and confidential discussion regarding your property portfolio. Phone 09 411 9251 or 027 411 9255 or email david@davidlloydmortgages.co.nz.

MARKET REPORT WITH GRAHAM

If you have been waiting for Spring I think the daffodils, the cherry blossom and the new born livestock give it away. Spring is here. With spring comes a growing desire to clean and tidy your property, spring clean your home and consider if your home today will be the right choice for the future. If you are struggling to keep up with grounds maintenance and household chores it may be time to consider downsizing. Likewise if your family is bursting the seams of your present home, the dogs running amuck and the chickens are more free-range than you would like it may be time to put things into perspective. The new Auckland Council Plan opens up a new chapter

in making land accessible for development and given the demand in the area for new homes, it is not before time. So to recap the last few months we have the Reserve bank loading restrictions on the local mortgage market with loan value ratios at 40% deposit for investors, however first home buyers are still protected with Mike Pero Mortgages offering finance to purchasers with as little as 10% deposit. Auckland Council has been given the strongest mandate by government to stop procrastinating and release the base planning document through to 2025 that allows land development. It all signals a very exciting period in the Auckland property market and one which will provide challenge and opportunity. Let's consider the market: Coatesville lifestyle \$1,380,000 to \$2,250,000. Helensville residential \$480,000 to \$730,000. Helensville lifestyle \$957,000 to \$1,200,000. Huapai and Kumeu residential \$672,000 to \$1,312,000. Kumeu lifestyle \$1,250,000 to \$1,920,000. Muriwai residential \$680,000 to \$1,180,000. Parakai residential \$505,000 to \$630,000. Riverhead residential \$950,000 to \$1,350,000. Riverhead lifestyle \$1,648,000 to \$4,050,000. Taupaki lifestyle \$1,250,000 to \$1,825,000. Waimauku residential \$795,000 to \$875,000. Waimauku lifestyle \$1,820,000 to \$3,000,000. Waitakere lifestyle \$950,000. Whenuapai lifestyle \$3,850,000 to \$7,850,000. A good volume of buyers reflected in the sales over the last month. We are expecting a small pause in September as buyers reflect on any value gains created by Reserve Bank policy adjustments and some new opportunity created by Auckland Council

plan updates. If you are considering a real estate change you would be well advised to talk with Mike Pero Real Estate because of some very clever and sensible offers: Your commission is very sensible (saving you thousands of dollars). A free marketing offer including TV, magazine, online, print exposure. Exposure to our extensive local, national, international buyer database. Service standards that revolve around you and your needs. Further to this we have a number of exclusive Trademe special offers and digital upgrades to ensure you get the very biggest marketing exposure with a very low commission rate. Mike Pero Real Estate Kumeu - It's not about the talk, it's walking the talk. Phone 0800 900 700 - Licensed REAA (2008).

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SPRING INTO ACTION



With the end of winter approaching, both buyers and sellers will be readying themselves for spring and the routine seasonal surge of new listings that enter the housing market. Winter is traditionally a quiet period for the property market with many choosing to hold off the temptation of heading to market until the busier time of spring. Here are a few tips that can help you prepare your home for sale and have it one step ahead of the spring competition. Presentation - Spring tends to be a more attractive time of year to list a home because the weather begins to improve and the daylight hours increase, both of which can assist your home to look its absolute best. First impressions are crucial and will go a long way to forming the buyers initial opinion

and expectations about your property. By completing simple household chores like mowing your lawns, pruning your hedges and washing your windows, you can create a much more inviting environment for potential purchasers. You could also take the presentation of your home a step further and complete some minor updates. If your bathroom or kitchen are perhaps looking a little tired, then you could look at updating cabinetry handles with something slightly more contemporary. This is a relatively simple task that can update a space without blowing the budget. Highlight Your Property's Selling Features - First and foremost, a simple tidy up can make a remarkable difference. Clutter can not only distract the eye and detract from your home's major selling points, but it can also make a space look considerably smaller. So have a good spring clean - banish the piles of shoes from the entrance, file away any stacks of mail and store any general clutter, from remotes and toothbrushes through to toys and clothing. Once the clutter is out of sight, it will be much easier to showcase certain aspects of your home. A great way of doing this is by drawing the eye with a pop of colour. For example, a tasteful and vibrant cushion or throw can accentuate your window seat, or a statement piece on or above the mantel can focus the attention on a fireplace. Marketing - With so many new listings on the market, you will want to stand out and take advantage of every marketing avenue available to you. Using a combination of digital and print advertising will cast a large net to buyers and will show your commitment to achieving a sale. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

KIWISAVER AND PAYING THE DEPOSIT ON YOUR FIRST HOUSE

Increasingly, Kiwisaver investors are using their Kiwisaver fund for a first house purchase. The Kiwisaver fund may be used in 2 ways. Firstly, to fund the pay-

ment of the deposit under the purchase agreement. That is, the Kiwisaver fund can be used even while the purchase agreement remains conditional on other things such as a satisfactory builder's report or getting finance from your bank. If the agreement does not proceed, your fund must be paid back to the Kiwisaver provider. Or, if the agreement becomes unconditional, any surplus Kiwisaver fund not spent on the deposit must be applied to the purchase price. The 2nd way is to only call in your Kiwisaver fund only when your agreement becomes unconditional. In each case, you will need help from a lawyer to do a declaration in support of your application. Luke Kemp - Phone 09 412 6000 or email luke@kemp-solicitors.co.nz.

THE IMPORTANCE OF SAFE DRINKING WATER

You've read it in the paper, you've seen it in the news. The importance of safe drinking water is crucial to you and your family's health. Rain is pure in its natural form travelling from the sky, until it makes contact with a surface, such as your roof. This is when the contamination process can begin. As rain water travels from your roof - to your spouting - enters your tank, it can pick up some unwanted travellers on its journey. Giardia, E coli and Cryptosporidium are just few of these travellers that can compromise the safety of your drinking water. In most cases, the threat can be eliminated with Ultra Violet Filtration for Whole House water supply. Kumeu Plumbing has been helping the local community in ensuring the water your family is using is safe and free from unwanted bacteria which can lead to a series of illnesses. We also can assist with a wide range a water testing to analyse what condition your drinking water is in. KPL have a wide range of filters to suit any situation. Call in to speak to our team at Kumeu Plumbing Ltd 156 Main Road Kumeu 412 9108.



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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. **This service is free from cost.**

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	1,600,000	6077M2	410M2	2,250,000
	1,020,000	1HA	240M2	1,380,000
Helensville	320,000	743M2	93M2	480,000
	435,000	520M2	149M2	730,000
	1,065,000	17HA	213M2	1,200,000
	700,000	1.9HA	120M2	957,000
Huapai	370,000	641M2	208M2	960,000
	365,000	517M2	180M2	945,000
	375,000	600M2	208M2	970,000
	730,000	517M2	158M2	980,000
	680,000	1000M2	190M2	920,000
	920,000	7029M2	245M2	1,700,000
Kumeu	495,000	809M2	100M2	805,000
	435,000	808M2	90M2	672,000
	830,000	1401M2	242M2	1,312,000
	1,200,000	1.9HA	307M2	1,580,000
	840,000	4.8HA	184M2	1,250,000
	1,080,000	1HA	126M2	1,520,888
	1,690,000	1.5HA	347M2	2,680,000
	2,820,000	8.87HA	240M2	9,660,000
	1,025,000	1.4HA	245M2	2,200,000
	1,000,000	1HA	194M2	1,301,000
	1,320,000	1HA	304M2	1,920,000
Muriwai	840,000	812M2	190M2	1,180,000
Parakai	265,000	554M2	100M2	505,000
	420,000	600M2	150M2	630,000
Riverhead	1,075,000	4670M2	236M2	2,370,000
	920,000	775M2	220M2	1,350,000
	610,000	809M2	90M2	950,000
	1,500,000	4.9HA	80M2	5,150,000
	1,000,000	1HA	2030M2	4,050,000
	860,000	4.5HA	190M2	1,648,888
Taupaki	1,250,000	6.6HA	150M2	1,825,000
Waimauku	710,000	3778M2	152M2	875,000
	1,325,000	1.7HA	293M2	1,820,000
	3,850,000	72HA	340M2	5,417,000
	1,800,000	18.5HA	340M2	3,000,000
	1,275,000	2HA	288M2	1,957,000
	1,225,000	8HA	262M2	2,220,000
Waitakere	740,000	4HA	280M2	950,000
Whenuapai	2,375,000	3.2HA	2000M2	7,850,000
	2,550,000	1.4HA	251M2	3,850,000

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

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thereafter"

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

"We had been thinking about selling our house and by chance clicked on one of your ads while surfing the net. From there on the process was a breeze. We had a visit from the very personable Graham McIntyre from your Kumeu/Hobsonville branch. Graham was supremely organised, knowledgeable and best of all, fun to deal with. He gave us advice on the best way to present our home and after 2 open homes we had multiple offers on the table. He really took the stress of selling a home away and made it a pleasure. Thanks! Once again thanks, you've all be a pleasure to deal with." Anna & Yaman



FIVE BEDROOMS - OFFERS OVER \$695,000, NEAR WEST HARBOUR

5 2

Offers Over \$695,000

15 Katrina Place, Massey
Offers Over \$695,000

Situated on 413sqm of land offering a north-east aspect, elevated and gets plenty of sunshine. Split over two levels, the home has a generous open plan living with dining/kitchen upstairs and a central hall to the three bedrooms, bathroom and a separate toilet. Internal stairs lead to the downstairs two rooms, a second bathroom and a separate lounge or study, with access to the lower patio and lawn areas. The home would suit an investor looking at a good rental return or a family wanting exclusive use areas within the house. Extensive decking to the west enjoying afternoon sun, off-street covered parking and additional storage lock-up. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX859193



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



1603 SQM LAND - TWO DWELLINGS - OPPORTUNITY

4 2 2

Set Date of Sale

69 Royal Road, Massey

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

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

www.mikepero.com/RX891433



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027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



BRAND NEW - VALLEY VIEWS ON 4027SQM

4 2 3

Set Date of Sale

26C McEntee Road, Waitakere

Set Date of Sale- 5pm, Wednesday 14th September 2016 (unless sold prior).

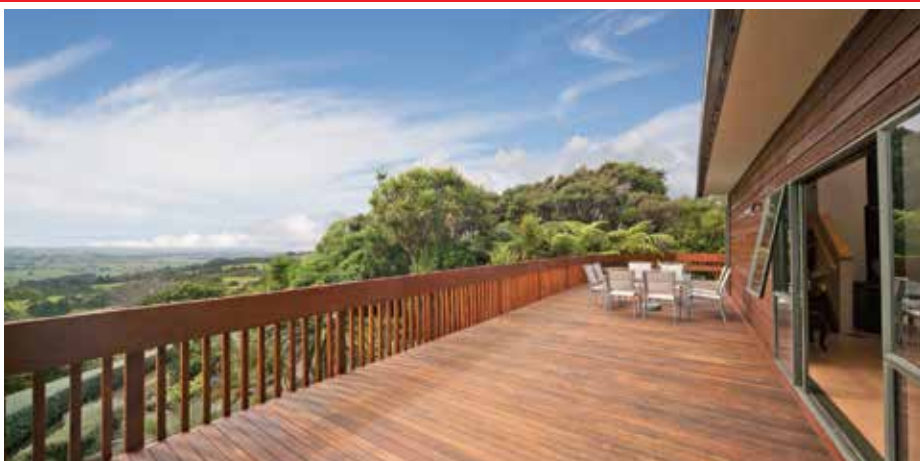
A brand new executive home of 237sqm offering well thought out entertaining areas and spacious living with clever modern elements including nice-and-easy Butlers Pantry and extensive alfresco to covered courtyard and grassed landing. Meticulous attention to detail from formal entrance way to storage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

www.mikepero.com/RX883782



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PLENTIFUL VIEWS, CONTEMPORARY LIVING, GARDENS GALORE

3 2 4

Enquiries Over \$1,450,000

429 Kiwitahi Road, Helensville

Enquiries Over \$1,450,000

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

www.mikepero.com/RX797080



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027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



MUST BE SOLD - 2 HECTARES, BIG BARN, CHARACTER IN COATESVILLE 4 1 2

By Negotiation

557 Ridge Road, Coatesville
By Negotiation

Idyllic setting, this 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/ dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables. 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.

www.mikepero.com/RX649015



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ABSOLUTE MURIWAI CLIFF TOP: RENOVATE OR REMOVE

2 1

Offers Over \$850,000

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

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



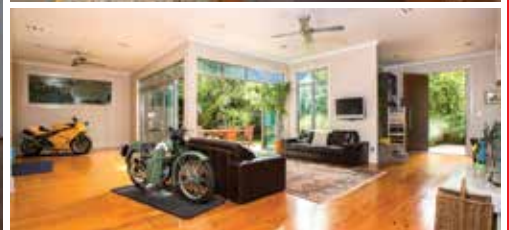
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WAIMAUKU - PEACE AND TRANQUILITY

2 4 1

By Negotiation

126 Hinau Road, Waimauku
By Negotiation

North facing home in elevated bush setting. Currently set up as a two bedroom but if required an easy conversion to three bedrooms can be achieved, with walk in wardrobe and own toilet with options for an ensuite. Single level, high stud, weatherboard home with open plan styling and modern designer kitchen opening on to tranquil north facing decks with flowing water fish ponds. Six car garaging with workshop and an abundance of extra parking. Close to Waimauku shops and school only minutes away to Muriwai beach and Woodhill forest and 20 minutes to new north western shopping centre this has to be the best country living around. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
027 209 0789
09 412 9602

ian.sneddon@mikepero.com



Graham McIntyre
027 632 0421
09 412 9602

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DO-UP OPPORTUNITY IN HUAPAI

4 1 1

By Negotiation

26 Pinotage Place, Huapai
By Negotiation

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



Ian Sneddon
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OFFERS OVER \$495,000 - ELEVATED IN HELENSVILLE

3 1

Offers Over \$495,000

23B Rautawhiri Road, Helensville
Offers Over \$495,000

Seldom found in Helensville, an elevated three bedroom stand-alone home on almost 370 square meters of land. The home has a fully fenced back yard, elevated north facing land with generous sunshine through the day. The home is a standard open plan living dining with three bedrooms and a bathroom off the central hallway. A laundry, carport and storage lock-up is included. Some DIY and cosmetic refurbishment would add value but in all respects it provides an investor or first home buyer with a very good "bread and butter" home. Close to Primary and secondary schools, parks and shopping. The CV on this property is \$305,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX848511



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ULTIMATE LIFESTYLE PROPERTY - WAIMAUKU

6 2 4

By Negotiation

45 Ararimu Valley Road, Waimauku
By Negotiation

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

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184754



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906621 / 906622

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906632 / 906633

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HOME & GARDEN

BURSTING YOUR BUBBLE – COULD YOU BE TAXED ON YOUR PROPERTY PROFIT AS A RESULT OF THE UNITARY PLAN?

You'd be forgiven for getting tax-change-fatigue as a result of all the talk about how the Government is going to get the Auckland housing price crisis under control, but ironically it is an old law that could have the biggest effect on people who stand to make a windfall from the rezoning of West Auckland.



A tax law that has been around for decades may have significant ramifications for you if you sell land you've bought in the last 10 years, and make a profit at least partly as a result of the zoning changes in the new Unitary Plan. Even ordinary mums and dads may have to pay income tax on any profit, if they sell to a land developer and the value has increased as a result of the scheme change. The only exception is if the vendor and purchaser both intend to use the land for residential purposes – so if it's your home you are selling to someone else who is intending to live in it, this provision won't apply to you. Only 20% of the increase in value has to be due to the zoning changes – which is a pretty low threshold. The IRD has been

allocated extra funding to enable it to enforce tax rules relating to property, so if you are selling property affected by changes in the unitary plan at a profit you need to call or email us.

Henderson Reeves is an established law firm that has recently opened a mobile office in West Auckland. We are a full service law firm, and we also offer competitive fixed prices for people buying and selling property. Taina Henderson and Shelley Funnell are your friendly local lawyers offering smart legal solutions. Check out our website www.hendersonreevesauckland.co.nz or Facebook page (search Henderson Reeves Auckland) for more information, or you can call us on 09 281 3723.

HEALTH AND SAFETY

Every day as we go about our lives we are exposed to risk – whether it's driving; working at an office, construction site or shop; or walking across the road. Being exposed to hazards (a source of harm) is part of life and includes a person's behaviour, using a piece of equipment or undertaking daily activities.

Everyone has a responsibility to identify hazards at work which can be done by simply observing your surroundings. Many can be fixed on discovery i.e. shut an open cupboard; wipe up a spill; put tools / equipment away or highlight unsafe work practices to colleagues. Many business have hazard management systems to identify, control (actions to reduce likelihood of harm) and manage these to make their workplace safe but if you don't we can help you!

Call or email us now to arrange an initial visit and a no obligation quote, healthandsafety@losslink.co.nz or phone 09 837 1140.

THE ART OF HANGING ART

Tip one: Lean, hang prop and layer. You don't have to hang everything; have some on the floor leaning against the wall, propped up on a shelf or your fireplace mantel. You can also layer by placing one or several smaller pieces in front of one larger piece. Layering and leaning gives the space dash of casualness.



Tip two: It's important to leave some breathing space. Try to refrain from filling every black space. Keeping some walls blank prevents the space from looking cluttered and allows people time to appreciate each collection.

Third tip: In spaces that receive a lot of natural light avoid using glass as it will enhance the glare factor. Opt for, an unframed



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canvas, print or wall hanging.

Tip four: Don't hang it too high. This is where most go wrong. Try to position art so that your eye line is bang in the middle of your artwork.

With art above your fireplace, either prop it on the mantel and lean against the wall or hang approx. 100mm above the mantel. Go for a piece that is proportionate to your fireplace and don't be afraid to go big!

In instances where you have furniture positioned along a wall, such as a couch, hang your art no more than a hand span above the top line of the sofa.

Fifth tip: Artwork looks great in kitchens and bathrooms. In the bathroom, you can hang it on the wall or, my favourite, lean a large tall framed piece behind your freestanding bath.

In the kitchen, pick a shelf to layer a few prints, or anchor the dining table with a gallery wall of prints or with one large statement piece.

Protecting your artwork with glass will prevent damage from moisture and cooking splatters.

Final Tip: Don't be afraid to take your art up a notch. To make an inexpensive print look like it's worth a million dollars, go LARGE with your mat and frame size, it will inject an instant sense of prestige.

Hayley - Lou Brown Design, phone 021 814 329 | hayley@lou-brown.co.nz | www.loubrown.co.nz | 1058a Coatesville Riverhead Highway, Auckland.

RHODODENDRONS AT AWA NURSERY

Awa Nursery currently has an abundance of Rhododendrons and the variety of colours is fantastic. There are many an avid Rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some of these to their garden. A Rhododendron bush is very attractive, especially when in



full bloom and hard not to miss in the landscape. We have large and small varieties in stock to suit any garden situation.

Rhododendrons do well with direct light for at least part of the day, and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The Rhododendron has shallow root systems and need moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provides nourishment, and limits weed growth. Prune your rhododendron after it has bloomed to shape your



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plant and remove any damaged branches. Pop onto our web site and view the many varieties, or better yet call in and see us at Awa Nursery and pick up your favourite coloured Rhododendron.

SPARKN UPDATE

We are now in full swing preparing for the summer months and thinking about those garden lights and how to most effectively light your entertainment areas both in and out doors. There are constantly new options and LEDs coming up on the market and we would love to help you design your space for atmosphere and practicality. While on the subject of preparing for summer, now is the time to get the boat/ caravan or motorhome out and check the electrics. We advise regular maintenance of batteries over the winter and running up all electrical systems prior to use so you are ready to just get in and head out for some fun. Please contact us if you would like an electrical inspection or EWOFF organised. Remember, our specialty in the marine sector is easily transferable to housing and we can provide plenty of off-grid and eco-friendly options when it comes to power use. Contact Tony today on 021 sparkn.

SPRING PASTURE MANAGEMENT

Spring is in the air, for us lifestyle block owners this is the time to take a real hard look at what we have in our pasture. Last month I wrote about stocking rates which can be quite high in this district due to high soil fertility levels, this is of course if the pasture is maintained.

Now is the time to take some simple steps to maintain your pasture to provide that essential nutriment for your stock. First off it is good practice to understand what your pasture is made up of, make up a 1 metre square lightweight wooden frame and place it randomly around your paddocks. Have a look at the percentage of grasses and clovers, ideally pasture should be 70% grass, 30% clover, clover provides free nitrogen from the air through the nodules on its roots containing bacteria it is also highly nutritious. Books which identify grasses, legumes and weeds are handy, you should be able to find these at your local library. If your pasture needs a higher percentage of grasses and clover make a note of it now as the ideal time to oversow is in autumn. A soil test is a good thing to do, if low in nitrogen a fertiliser such as urea will give your pasture the feed it needs to grow through spring. Finally this is the time to spray those weeds, thistles, ragwort and dock being some of the most prevalent weeds in this district. A few simple steps like these will ensure your stock have the basics of a good diet, animals in work and breeding stock will more than likely require some level of food supplementation. Your vet or local rural supplies outlet will have the advice you need in this area. Lyndsay Kerr, Rural & Lifestyle Specialist - Mike Pero Real Estate Kumeu. Phone 027 554 4240 or 09 412 9602.

LED LIGHTING IN YOUR HOME

How many incandescent light bulbs have you replaced in your home over the years? At a fairly accurate guess it will be a surprisingly high number, just look around you, how many bulbs are not functioning right now? When marketing your home for sale to potential purchasers there is nothing worse than missing or damaged bulbs and bulbs of different outputs. But we see

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many homes with just that, which is surprising when you are attempting to present quality and good house maintenance. And we can confirm, buyers do notice and comment. There are two questions asked relating to LED lights 1) Why are they more efficient and 2) why do they cost so much. As a home owner, my home is all LED and I can see significant savings in my power bills of around 20% so the real question that you should be asking yourself is: Why have I not converted to LED as yet? Many homes built from the 80s/90s installed the lower price Chinese offerings, these are easily distinguishable within a house due to the yellowing of the casing because of heat generated and in many cases, non-working or damaged bulbs. So let's look at some comparisons and what makes LED so attractive: LED lights use only use 2-10 watts of electricity meaning they consume up to 90% less electricity than a normal bulb so a huge improvement for the environment and savings in cost. LED lights remain cool to touch generating far less heat than a normal bulb meaning lower energy bills for summer cooling and no yellowing of the fitting. LEDs do not use glass or filaments and are encased in a form of plastic so are shatter and shock proof making them a far safer option. LEDs have an average life span up to 60,000 hours compared with up to 1500 hours for a standard incandescent bulb meaning operational and replacement savings. LEDs reduce potential risk of burns or fire because 90% of the energy of a standard incandescent or halogen bulb is turned into heat while only 10% is actually turned into light. LEDs are classed as recyclable and considered "green" so environment friendly. LEDs reduce the cost significantly of maintenance and replacement cost, examples as follows:

- o Constant 100% use = up to a 7-year lifespan
- o 8 hours use per day = up to a 17-year lifespan
- o 4 hours use per day = up to a 34-year lifespan

LED lights are now available for most light fittings including fluorescent so it is relatively easy to change the bulb but it is also worth considering changing the fitting/tracking to gain the best reliability and longevity. This is particularly important with businesses where tracking fittings can be faulty or have inherent problems and may not fully deliver the LED to its best advantage. There may well be a higher cost to initially purchase

LEDs but they are reducing in price each year and are more available. In addition, the safety factor in terms of reducing fire risk is very important and the savings in your energy bills can be significant. You need to ask yourself can I afford not to replace my current lighting with LEDs and, if you are looking to market your home for sale, would I, as a potential purchaser see more value in a property with bright all lights functioning correctly than portraying the look of a poorly maintained home. There is a cost to replace but with your home asset increasing by approximately 15% per year, the cost is easily justified. I know which one I would prefer, and without question I am sure you feel the same! If you would like to discuss your home in terms of its saleable value, or if you are or will be looking to market and sell in the near future, please give me a call now. Appraisals are free and no obligation call Les Whale on 021 411 345.

LIVESTOCK REPORT

A very strong auction was held at Pukekohe on Saturday with great demand for both killable and store cattle. This, coupled with the very good line-up of stock saw prices firm throughout the sale. Best steers made over \$2,000 and medium sorts of heifers to \$1,490 with cows to \$1,200. The young cattle market was especially strong with very good demand for some handy store cattle on offer. It looks as though spring is here as we are into the second dry week with more forecast. Store cattle will be very sought after from now on. The way things have been this season, we could soon be needing rain...

CATTLE

Best prime steers	\$1,490 to \$2,090
Lighter steers	\$1,040 to \$1,400
Very light 18 month steers	\$890
Very light rising 1 year steers	\$575
Medium weaner steers	\$660 to \$740
Very small weaner steers	\$475 to \$535
Best prime heifers	\$1,250 to \$1,490
Light 2 year heifers	\$1,000 to \$1,100
Dairy heifers	\$660 to \$940



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Very light 18 month heifers	\$720 to \$760
Very light rising 1 year heifers	\$545
Other medium 1 year heifers	\$560 to \$730
Medium weaner heifers	\$510 to \$580
Very light heifers	\$480
Boner cows	\$990 to \$1,200
Yearling bulls	\$840
SHEEP	
Fat lambs	\$91.50 to \$133
Store lambs	\$51 to \$87
Feeder lambs	\$30 to \$55
Ewes	\$49 to \$70
Ewes with lambs	\$45 to \$70
FEEDER CALVES	
Beef bulls	\$120 to \$330
Beef heifers	\$110 to \$225
Friesian bulls	\$70 to \$110
Others	\$20 to \$70
PIGS	
Weaners	\$40 to \$119
Store	\$128
Sow	\$120

WINTER VEGETABLES AND SALADS

So, should a winter gardener grow different crops depending on the climate?

Not necessarily. Winter has always been a good season for a wide array of vegetables including lettuce and spinach. You can grow some of the same varieties that you would in summer through the winter months with the help of a winter-protection device to broaden your garden's productivity. This might be a

cold frame, a simple greenhouse, the quick-hoop system, or just a layer or two of floating row cover, often called a plastic house of sorts. All of these season-extension devices capture some of the earth's natural warmth, especially at night, and block the chilling, drying effect of wind. The results that you can achieve will surprise you. So before you give up on soggy soil, consider a growing shelter. Hoop systems can be purchased for around \$80 from the Warehouse and will provide years of service.

THE C CLEF

By Andrew Harris. Published by Faithful Hound Media Ltd. Lawrence McGlynn is going through a mid-life crisis. He finds work in the cancer research industry and meets up with leading American oncologist, Dr Hannah Siekierkowski. Together they stumble across a secret buried in a London research laboratory that will change medical science forever and raise new questions about the cause of the disease. In the book, the World Health Organisation puts up a US\$7.5 billion prize for whoever is the first to find an irrefutable scientific cure for cancer. The C Clef is the debut novel by local author Andrew Harris. The book features fictional characters in real-life situations and uses frightening statistics which really bring home the urgency for us to find a cure. There will be 13 million new cases of cancer in the world this year, of which 14,000 will be in New Zealand where 22 people die of this shocking disease every day. Whilst survival rates may be improving, the questions still remain - why does the first cell turn cancerous? And how do we stop that happening? It might deal with serious issues, but The C Clef is also a rattling good read. The action takes place in the present day, with references to dark periods in our history. Brace yourself for racy office sex scenes, cold-blooded murders, twists and turns,

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codes and clues, and chilling psychopaths as it takes us on a tantalising ride from London through Europe and then... but that would be giving too much away. The C Clef will leave you breathless and just a little uncomfortable. For the lovers of crime fiction, conspiracy theories, and free spirits looking for a really gripping read. \$1 per book is being donated to the Malaghan Institute for Cancer Research. The C Clef is on sale now in Kindle and Paperback through Amazon.com.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Thu 1 Sep	-	03:46	09:49	16:05	22:08
Fri 2 Sep	-	04:28	10:29	16:45	22:45
Sat 3 Sep	-	05:06	11:05	17:22	23:19
Sun 4 Sep	-	05:43	11:39	17:57	23:51
Mon 5 Sep	-	06:17	12:11	18:30	-
Tue 6 Sep	00:23	06:50	12:43	19:03	-
Wed 7 Sep	00:55	07:24	13:17	19:38	-
Thu 8 Sep	01:32	08:00	13:57	20:18	-
Fri 9 Sep	02:15	08:41	14:44	21:05	-
Sat 10 Sep	03:07	09:32	15:42	22:07	-
Sun 11 Sep	04:10	10:37	16:52	23:23	-
Mon 12 Sep	05:23	11:53	18:05	-	-
Tue 13 Sep	-	00:38	06:36	13:04	19:11
Wed 14 Sep	-	01:40	07:40	14:03	20:06
Thu 15 Sep	-	02:32	08:34	14:55	20:55
Fri 16 Sep	-	03:21	09:22	15:42	21:42
Sat 17 Sep	-	04:07	10:08	16:28	22:26
Sun 18 Sep	-	04:51	10:53	17:12	23:11
Mon 19 Sep	-	05:36	11:37	17:57	23:55
Tue 20 Sep	-	06:21	12:22	18:43	-
Wed 21 Sep	00:41	07:06	13:08	19:31	-
Thu 22 Sep	01:29	07:55	13:58	20:23	-
Fri 23 Sep	02:23	08:48	14:56	21:22	-
Sat 24 Sep	03:25	09:48	16:03	22:30	-
Sun 25 Sep	05:37	11:58	18:17	-	-
Mon 26 Sep	-	00:42	06:50	13:10	19:26
Tue 27 Sep	-	01:49	07:57	14:15	20:26
Wed 28 Sep	-	02:47	08:54	15:11	21:18
Thu 29 Sep	-	03:37	09:43	15:59	22:03
Fri 30 Sep	-	04:22	10:26	16:41	22:42

Source: LINZ

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

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

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Join us for a special High Tea in our covered courtyard surrounded by the lush greenery and fragrance of the garden centre. You'll enjoy a fine selection of scones, delicate sandwiches and sweet treats with your choice of tea from our premium selection.

We will be joined by guest speakers; Ross, who will talk about growing and caring for roses, and Jodie who will talk about artificial flower arranging.

Tues 6th Sep 1:30pm

\$25 per person

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Offers end 19th September, while stocks last.

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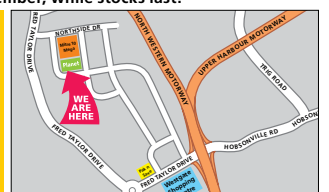
Ph: 09 810 8385.

Mon-Fri: 8.30am - 5.30pm

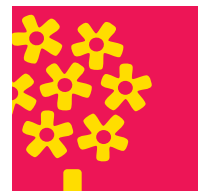
Sat-Sun: 8.00am - 5.30pm

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Introducing Rifle Range Point. A small enclave of superb architecturally designed well-appointed 3 and 4-bedroom Stand-alone or Terraced homes available from as little as \$899,000 to \$1.6 million. These homes offer options of 3 or 4 bedrooms + study, 2+ bathrooms, double garage, and great indoor-outdoor flow onto sun-filled decks. Some include a study/office, your own elevator, large open plan living and entertainment area spilling out to a sunny north facing deck, plus, all-important garaging and car parking for 4 cars. Spectacular large homes with expansive water views and close to historic Bomb Point with its renovated rifle range buildings and 11 hectares of rolling land with 270 degree water views of the upper Waitemata Harbour and coastal walk.

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You may have noticed that the established G.J. Gardner Homes Showhome, on the corner of Tapu Road and State Highway 16

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Scott Gordon
Director/Sales Manager

scott.gordon@compasshomes.co.nz
M 0274 063 684 P 09 412 2112

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3 Larmer Drive, Matua Estate, Huapai,
Auckland 0891. PO Box 668, Kumeu, 0841



is currently in the process of being relocated. We are pleased to say that construction will commence soon on a new commercial development on this site that will include the offices for the G.J. Gardner Homes Rodney West team.

Until then, feel free to pop in and see us at our temporary office at 3C Matua Road, or visit one of our friendly, experienced New Home Consultants at either of our showhomes located at 19 Pohutakawa Parade, Riverhead or our brand new Huapai Showhome, at 171 Matua Road.

For more information visit our website or give us a call on 09 412 5371.

MADDREN HOMES TRADIE OF THE MONTH

Maddren Homes would like to congratulate Kevin Maney of Jet Waste drainage for being our Tradie of the month. Kevin and his team at Jet Waste continually deliver on both timing and quality and are always available to help when required. Communication is a crucial aspect in the construction process and the Jet waste team make our site supervisors jobs that much easier by giving regular updates throughout the job.



COMPASS HOMES ON FORM WITH CONCRETE

For generations concrete homes have traditionally only been available as architecturally designed, bespoke abodes that

came with a hefty price tag. Thanks to Compass Homes, coming home to the incredible benefits of concrete is something more kiwis can now enjoy at an affordable price.

The secret is in the cleverly designed build process and metal building 'forms' unique to Compass Homes, that allows all of the internal and external walls to be poured on site (in situ). The wonder of this process is the speed in which the walls can be constructed. The concrete is poured into the metal forms and then removed as little as 24 hours later, to reveal solid concrete walls built to stand the test of time.

To find out more visit our Concrete Show Home at 3 Larmer Drive, Huapai or contact Scott 09 412 2112, scott.gordon@compasshomes.co.nz. www.compasshomes.co.nz.



\$75 = EXPOSURE FOR A MONTH

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

Old Hands at Building Award Winning Homes

www.maddrenhomes.co.nz/awards



PETS

TIPS & ADVICE

AWESOME DOG WALK

With the odd day of sunshine recently, I hit the outdoors with my walking buddy, Mocha. We headed to Hobsonville Point to the Coastal Walkway. I parked along Bomb Point Drive (which is off De Havilland Road), as you can join the walkway anywhere along Bomb Point Drive, or you can start at the other end – Hobsonville



Point Wharf. The Coastal Walkway takes you from Bomb Point Drive, past the old Air Force tunnels and bomb storage sheds to The Hobsonville Point Wharf, and then retrace your steps back to Bomb Point Drive. The walk is mostly on a sealed old air force road (Boundary Road) with some gravel areas and wooden boardwalks. The scenery is varied and interesting, ranging from native trees and plants to harbour/waterway views to old Air Force buildings. About 15 minutes into the walk (from either direction) there is a fenced off-leash dog park. There were lots of rabbit holes in this area, so if you have a hound that likes to hoon around, be warned! High speed dogs can have a leg slip into, or get caught in, a rabbit hole which can lead to sprains, torn cruciate ligaments and other leg & shoulder injuries. A great nature walk right in our own back yard – give it a try! Tania Evans, Dip AnPhyS.

HAPPY DOG: HAPPY LIFE

Being based in Muriwai Valley and servicing the local area, most of my dog walking buddies live on lifestyle blocks and have free access to paddocks to roam. Makes you wonder why they



would bother engaging the services of a dog walker? As all

my customers have discovered, an outing several times a week significantly enhances their dog's world, and therefore their own world too! Being a part of the (small) pack hierarchy, following instructions and engaging in play as well as exploring new sights, sounds and smells in the bush and beach make for a happy, content dog. Increased social skills, increased fitness and digestive health (many clients comment their dogs eat properly only on the days they come out), burning off excess energy, mean my dog buddies sleep well after their morning adventures, they are calm and happy when home. A calm happy dog makes for a calm happy owner! Visit my website blog for ideas on entertaining an active dog at home and contact me for a chat about starting your dog on our Paws Canine adventures, limited spaces remain. These adventures are off track, through bush and beach. We swim, climb, run and play. Your dog is out of the home for up to four hours and we're walking for at least one and a half hours. Individual walks can be arranged and please drop me a line to register your interest in small dog only fun walks. Refer to Facebook pawstohoovespetcare for reviews, photos and pricing or visit pawstohooves.co.nz 027 380 0265.

RAW ESSENTIALS

We are often asked about the special dietary requirements of puppies and kittens. Ideally a puppy or kitten should be weaned onto a diet of raw meaty bones. We suggest that as soon as your pup or kitten arrives it is



introduced to a species appropriate raw meaty bones diet. Get those little critters gnawing and chewing as soon as possible – their growing bodies will love you for it! Nature has perfected the diet of pups and kittens. Raw meaty bones supply calcium and phosphorous in perfect combination, no need for guess work and formulations, and certainly no need for supplementation. Raw meaty bones provide a natural, highly digestible source of calcium and it can be up to four times more digestible than any supplement. Meat on the bone, or minces, ground with the bone-in are really important for puppies and kittens. A meat only diet is not good for any pet, puppy, kitten or adult; it is too high in phosphorous and will not support bone health. Make sure your raw fed pet is eating meat, bones and organ to achieve nature's balance. Raw meaty bones will also supply small amounts of cartilage, bone marrow and minerals, essential for healthy development. The dental benefits are integral to the development of healthy teeth and gums. Chewing on the meat and bones massages the teeth and gums, clearing away food residue and preventing tartar formation. This chewing ac-

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tion is important during the teething process it helps dislodge the baby teeth and allow normal progression of the adult teeth. Pop into our Kumeu store today and get your baby carnivores eating a diet they were designed to thrive on!

ENTERTAINING YOUR DOG WHEN IT'S WET

It always seems to rain on the weekend at the moment! Which can make your dog a little bit stir-crazy. Some dogs enjoy a walk whatever the weather, but often we humans don't find the idea of getting soaked appealing.



So why not entertain your dog with some fun inside games and some basic training? Dogs just want your attention and they love learning something new. Thinking of new ways to challenge your dog is fun and rewarding for both of you. Hide & Seek: If your dog loves his toys, then this is a great way of getting them working. Start small and hide their favourite toy in an easy place and get them to search for it. Remember to reward them when they find it. Increase the number of toys you hide for them. Dogs love jobs: Teaching your dog to tidy up his toys into a box after a game adds another element to your play. You may even want to get them to help you with the laundry. Instead of them stealing socks, teach them to put them in the laundry basket! Do some basic training: A rainy day is a great time to work on some basic training. Just ten minutes of sits, stays and recall work will keep your dog's mind active and busy. Helen (see me at my stall at the Hobsonville Point Farmers Market) – www.walkingthedog.co.nz.

POISONS

Grapes, Raisins, Currants and Sultanas. These are amongst the most dangerous fruits for canines (anecdotally there have been reports of cats and ferrets being affected too) and just a small amount can result in severe, acute



kidney failure. This can develop days later. Toxicity is not dose dependent and symptoms can occur with even small amounts. All products containing grapes or raisins including grape juice, scroggen, fruit cake, bagels etc should be avoided. If you have visitors especially children keep an eye on them and make sure

they know not to feed any food to your pets. Symptoms Include: Diarrhoea, vomiting, dehydration, lack of appetite, lethargy, weakness, little to no urination, abnormal drinking and bad breath. Strangely no one knows why grapes are so dangerous for dogs, not even the experts. Keep in mind that grapes don't affect every dog BUT you don't want to find out if your dog does react the hard way; it can be deadly. The best thing to do is ensure your dog doesn't have the opportunity to consume any grapes, raisins or sultanas. Make sure they can't help themselves to the fruit bowl or if you have a vine growing make sure the dog has no access to it. Some dropped by children. Treatment: Keep the animal calm, Treat for shock and reduce noise. If you suspect that your pet has ingested any poisonous substance contact your vet immediately and get the animal to your nearest vet.

WHAT CAN I DO ABOUT MY DOG?

Reader question: How do I stop my dog weeing inside, especially on new items I bring into the house? Mark Vette: It's called micturition and is leg raising mainly by an entire male, although sometimes a desexed dog does it too. The dog is marking or covering another dog's urine or a cat smell. That may progress to marking any novel item brought into the home. Clean the object with a solution of a quarter white wine vinegar and three-quarters water to take the pheromones out and neutralise it. Clip the dog to a short chain anchored to something solid at the site. You can leave a water bowl and food plate with them. Once the dog establishes the area as its den site then it won't mark that area. It won't normally mark near where it eats and drinks either. You can do the same at different sites around the house. It's best to desex the dog if it is entire.

SMIFF - PLAY - RUN - REPEAT

Sniff, explore and kill pinecones in the forest. Play with their mates or snooze in the cosy den house. Run and stomp in the swamp or paddle in the watering hole. No add on charges to do any of this - it is the default setting here! Unleash their inner hound and let your dog be a dog on our secure 16 acres of rural backyard. Small numbers ensures no overcrowding, no overwhelming and more cuddles to go around. We even have a nice warm shower to clean those mucky pups... Get in touch for a free evaluation today - all the details are on our website: www.runplaystay.co.nz - check out the Facebook link on there as well, or give us a call 021 2666 370.

This election put Rodney First VOTE

- Brent BAILEY
- Cameron BREWER
- Phelan PIRRIE

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find out why, visit www.rodneyfirst.org



YOUR FIRST CHOICE FOR RODNEY

FOOD & BEVERAGE

EASY LEMON SLICE

Base:

1 ½ cups plain flour

½ cup icing sugar

150 gms butter – melted

Pre heat oven to 180 Celsius

Grease and line a 18cmx-

28cm pan with baking paper

Combine all of base ingredi-

ents and press into pan. Bake

for 15 mins. While cooking

prepare topping.

Topping:

1 can Highlander sweetened condensed milk

1 egg

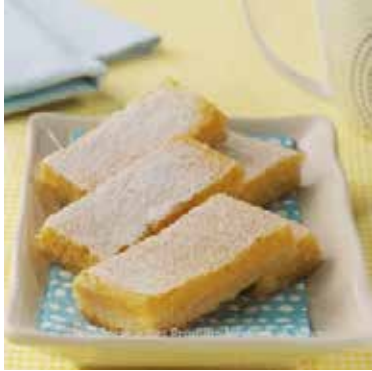
1 tablespoon lemon zest

½ cup fresh lemon juice

2 Tablespoons plain flour

1 tsp baking powder

Beat egg and condensed milk well, add all other ingredients and beat until combined. Pour topping over hot base and return to oven for a further 20 mins until topping is set. Allow to cool in pan, then refrigerate until cold. Cut into squares and dust with icing sugar before serving. Taken from Nestle Kiwi Classics book. Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajanecakes.co.nz or visit



paulajanecakes.co.nz.

LIVE COMEDY AT HALLERTAU

Friday, September 16, 8pm.

The sixth in the ongoing series of popular and frequently outrageously funny live comedy events at Hallertau. Starring: Tevita Manukia (TV3's After Hours). The only Tongan comedian working



in the English-speaking world today. Featuring: (MC) Nick Rado (TV3's 7 Days, 2014 NZCG Best MC Winner). Nick Rado is an international multi award-winning presenter, producer, writer, MC and stand-up comedian. Special guests: James Keating (TV2's Pulp Comedy). When it comes to energy on stage no one can put a finger on James Keating. Since he first set foot on stage in 2001, James has carved out a niche as New Zealand's master of one-liner comedy. David Oakes ('Very Scottish and very funny.' Brendhan Lovegrove). Tickets \$30 or \$25 with your Hallertau Republic Card from Eventfinda.co.nz and direct from Hallertau. Ticket includes a glass of Hallertau beer, cider or local wine on arrival.

THE TASTING SHED

The Tasting Shed celebrated its 5th Birthday on August the 11th, and Jo & Ganesh would like to thank all our wonderful locals who have supported us during this time. We're proud to have consistently brought you the



best wine and food offering week to week, and are thrilled to have that recognised, not just by the many awards and 'Best Of' lists over the years, but for the full restaurant and happy faces we are privileged to serve. Most of all, thanks to the people in this photo who are all part of our Tasting Shed family - they are the heart and soul of our restaurant. Thank you for the last five years, and here's to more years to come! For reservations please call 09 412 6454 or book online at www.thetastingshed.com.

THE RIVERHEAD

I just read an interesting article about goal setting. I have always believed in setting goals but as I watch the Olympics I see people who, I assume, set the goal of winning gold... and I wonder how they deal with the fact that there is only one gold (in their

UPCOMING EVENT!

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chosen field). Do they feel despondent if they fell short of their goal of winning gold or do they see the bigger picture and celebrate their amazing successes along the way? If you set a goal and only get halfway toward it, isn't that better than not setting the goal and not making it to that half way point? I say, go for it! Set ridiculously high goals, aim high, but if you don't make it, don't beat yourself up, you would have achieved a lot more than not getting out there in the first place. Well done to every single one of our Olympians and their support teams...you make New Zealand proud. The Riverhead – phone 09 412 8902 or visit www.theriverhead.co.nz.

THE HERBALIST CRAFT BEER

The Herbalist craft beer has been created by local woman Rebecca Stenbeck, who has lived in Kumeu all of her life. Rebecca has used her knowledge as a qualified Herbalist and Naturopath to create a range of ales that have been finely infused with herbs and brewed with New Zealand barley and hops. There are currently two ales in her range with a third expected before Christmas. **Manuka Ale** - This highly refreshing ale contains Manuka Leaves, Fennel Seeds and Burdock Root and pairs well with spicy foods, all proteins and is tasty just on its own. **Rosemary & Liquorice Ale** - This tantalising ale with its layers of Rosemary Leaves and Liquorice Root will no doubt excite your taste buds. Food pairing includes roast lamb, blue cheese, braised fennel and lemon polenta cake. Local stockists: The Bottle-O Huapai and Norwest Liquor in Kumeu. www.theherbalist.co.nz; facebook.com/theherbalistcraftbeer.



PEKO PEKO JAPANESE TAKEAWAY

Now you can add your healthy option for your lunch time. We are open 3 days for lunch. Tuesday, Wednesday and Thursday 11:30am to 1:30pm. All our menus include our Japanese curry dish and Bento box. Japanese curry and rice choice is great



for those cold wintery days. We are located in the Passion Produce vegetable shop car park at 92 Hobsonville Road. We look forward to seeing you at lunch time too. Phone 022 431 3462.

JAMAICA BLUE

At Jamaica Blue, it's all about ingredients. Every dish served at a Jamaica Blue café is created using simple, fresh, quality ingredients; our recipes are simple and uncomplicated – classic dishes with a twist – allowing the taste and goodness of the ingredients to shine though; and our menu is conceived to make the most of locally sourced, seasonal produce. And, with our coffee it's all about the bean. Since we opened our doors, back in 1992, Fred Vains, our very cool Master Roaster has been sourcing the best coffee beans in the world from the Blue Mountain region of Jamaica, for our celebrated Wallenford Estate single-origin ... And, also creating his unique blends: the award-winning Jamaica Blue Signature™ Blend and the Jamaica Blue™ Organic Fair-trade Blend. Visit your nearest store at Jamaica Blue Northwest, 1 - 7 Fred Taylor Drive, Auckland.

The Riverhead's winter deals

Monday Night **Local Pool Comp** \$5 to enter, cash prizes to be won! from 7pm in
A fun way to meet other locals | The Portage Bar

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

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! Bookings Essential. from 7.30pm in
The Portage Bar

Thursday Night **Two for One Pizza's** Dine in only from 5pm in
The Portage Bar

Friday Night **Cocktail Night** Why go all the way to town? from 5pm

Saturday Night **Rugby on the BIG screen** from kick off time in
The Portage Bar

Sunday Afternoon **Sunday Live** Live music from 1-4pm. Free entry most Sundays. Bring the family gates open at 12 -5pm
in The Boat House

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HEALTH AND BEAUTY

SOME ODD REASONS WHY YOUR KNEE HURTS

A conundrum for you – rarely, if ever, is the site of pain the cause of pain. The area screaming the loudest, is not necessarily where we need to focus our attention. Pain doesn't tell you a lot, it lets you know that there is a problem, it does not tell you what it is. Pain is a request for change. Movement is a way of doing just that. Our knees are pretty clueless – they do what the foot allows and the hip can control. If you have knee pain look above and below. For example: Decreased ankle mobility leads to increased motion at the knee. Loss of mobility in the hip leads to more force being transmitted through the knee. Restricted big-toe extension decreases the ability to efficiently extend the hip resulting in more knee flexion. Body-Balance Massage & Neuromuscular Therapy can help to get you moving. Call Debbie – 021 120 2175.

MEET OUR CHIROPRACTORS

We love to check and adjust spines here at Kumeu Chiropractic, and have over fifty years combined experience in caring for our people of all ages, and backgrounds. Chris McMaster has been a Chiropractor for over thirty years and has practiced in West and North West Auckland most of that time. He



also managed practices in Ireland and the Middle East while away from New Zealand for nine years in the early 2000s. Chris loves his sport and has been lucky enough to provide Chiropractic care to many representative and amateur sports enthusiasts over the years. He enjoys the preventative and performance aspect of how Chiropractic care can assist people to achieve their individual goals. Nolene McMaster graduated in the very first class of the New Zealand College of Chiropractic in 1999 and has been in practice with husband Chris ever since. She is an avid artist and paints whenever she can, florals being a


favourite subject. She was born and raised in Taupaki and went to Massey High School before having careers as both a nurse and Police officer, in West Auckland. Dan ter Braak is the newest member of the team and is also a New Zealand College of Chiropractic graduate. Dan plays premiere cricket for Takapuna and is dedicated to a life of exceptional health. Dan is interested in how Chiropractic care, along with proper exercise and nutrition, can add years to your life and make for a healthier happier you. All our Chiropractors would love to be able to assist you with any Chiropractic concerns you may have. Call us for an appointment. Kumeu Chiropractic – phone 09 412 5536.

MASSAGE THERAPY NOW AVAILABLE WEEKENDS

Kimberly has recently joined the team, completing a team of two Osteopaths and two Massage Therapists. Kimberly is a qualified massage therapist registered with Massage New Zealand. Kimberly has completed her Certificate in Relaxation Massage, Diploma in Therapeutic Massage (New Zealand Collage of Massage) and is currently studying to gain her Diploma in Sports Massage. Kimberly takes a holistic approach to treatment and specialises in deep tissue, sports and relaxation massage. She can provide a wide range of different treatments including, neuromuscular massage treatment, pregnancy massage, trigger point therapy or classic Swedish massage. Kimberly enjoys meeting and getting to know people from all walks of life and is interested in helping clients achieve their goals, whether it be relief of muscle tension, reducing aches and pains, increasing sporting performance, or simply relaxation and stress management. Kimberly enjoys activities such as yoga, mountain biking, swimming and going to the gym. To book in please contact The Body Clinic 09 3203 803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

CAN FACIALS MAKE A REAL DIFFERENCE TO YOUR SKIN?

Being short on time and low on maintenance, most busy women rarely have a facial and maybe even question the need for them. You may think, I have no acute skin troubles, and as long as I cleanse and moisturise, I am good to go, right? Well the fact is that all the best facialists work primarily with their hands, feeling their way around your face and sensing what's needed, then matching the correct product to your needs. Their touch can be soft or firm, but it's always very controlled and methodical; most of them have developed their own unique technique, based on years of experience and study of how the skin and face work. This in-depth knowledge of skin and how to nurture and care for it, coupled with product know-how on a regular basis, can make the difference whether your skin will still look and feel



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good and be trouble free in 5, 10 and 20 years from now. Facials should be all about re-hydrating and re-plumping skin and stimulating your body's own self-healing mechanisms. Fatigue and stress cause your features to tighten and your face to look drawn. Your connective tissues harden, and blood, oxygen and nutrients no longer flow freely to your skin cells. The professional massage restores the nutrient flow and elasticity of the tissues, and re-boots the production of collagen, elastin, and natural moisturising substances that are all there in your skin. Even a single treatment gives skin an instant boost and will make you feel renewed. Facials start at \$119. Phone Mary or Paula to book, on 09 411 5290 or email us relax@spadivine.co.nz or www.spadivine.co.nz.

DO YOU HAVE TROUBLE REACHING YOUR FEET?

CJ Podiatry is a Mobile Foot Care Service run by Carmen Whitaker who has lived in Hobsonville for over 10 years. A convenient door to door service by a Registered Podiatrist, Carmen caters to the foot care needs of (mainly) retired folk in their own home. Each customer is entitled to receive up to 40 minutes attention in a 'one on one' consultation. Carmen will arrive at your place with all equipment required to ensure a safe and clean foot & nail care service for you. She is known to be gentle with her customers and pays attention to ensuring that a well thought-out treatment plan can keep you mobile. CJ Podiatry covers all of West Auckland, most of the North/West and Northcote too. Book online at www.cjpodiatry.co.nz or call on 021 607492. Special rates available to Hobsonville and Titirangi RSA members.

FATHERS' DAY GIFTS

A huge selection of men's gifts from understated to grand, fun to serious. We will help you find a gift to suit your man. We are open Monday to Friday 9am to 5.30pm and from 9am on Saturdays in our gorgeous store within Hobsonville Optometrists-Glasses and Gifts. 413 Hobsonville Road, in Hobsonville Village. Phone: 09 416 3937.



GO SMOKE-FREE

One of my aspirations as a GP is to empower patients to help themselves. In many aspects of health and wellbeing, the doctor can merely educate and advise. One example is smoking cessation. Stopping smoking is one of the best things you can

do for your health. As I am sure most of you are aware, smoking increases the risk of many illnesses such as heart disease, strokes and several cancers such as lung and bladder cancer. It can also cause fertility problems, and smoking whilst pregnant can harm your baby. It is never too late to stop smoking. It is not always easy but it will be well worth it. I am yet to meet a person who has regretted going smoke-free. There is help out there. Nicotine-replacement therapy can work. This can be prescribed by your doctor or bought over the counter in pharmacies. It comes as patches, chewing gum and lozenges. In some cases, medications can be prescribed which have been shown to significantly increase your chances of stopping. These work by reducing the powerful cravings. They are not suitable for all, so ask your doctor if you are interested. Don't forget Quitline (www.quit.org.nz), which is another good resource that can provide education and support. If you live with another person who smokes, and you are both serious about quitting, one idea is to both stop together. A good time to stop is when there is a change from your usual routine, for example, when you are moving house or whilst on holiday. Don't forget to warn those around you that you are quitting, as it is not unusual for cravings to affect your mood. Don't wait until your health is affected. Think not only of yourself but of your family, who want the best for you. By quitting smoking, you will certainly save a lot of money. Go smoke-free. It will be one of the best decisions you will ever make. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

WE KNOW YOUR BODY DESERVES BETTER

So what have you done about it recently? At Top Notch Massage Therapy, we understand the stress that is placed on the modern life; whether that is from a hard training session, the pressure of work and a busy lifestyle, or the impact that pregnancy has on the body. Our professionally trained therapists are ready to work with you towards better health, ensuring you get more out of life. So if you want to get better results in the sporting arena, re-balance yourself or make that pregnancy more manageable, then you need to get in touch with Top Notch today! We are also currently offering \$10 off all massages for new clients. You can book online at www.topnotchmassage.co.nz or call 021 181 8380.



SHOE TALK'S TOP TIPS

So top tips to keep your boots in top condition are: Are there

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Gillian Wiltshire D.O.

Registered Osteopath
ACC Accredited


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0212330413
gill.wiltshire@gmail.com

any small repairs required? Have you worn your heels down, lost an eyelet or have a shoe lace that you have tied a knot in? Take your boots into your local shoe repairer and get these things done while you don't actually need to wear them. Once they are repaired check them out for stains, if you have a suede pair you can buy the cleaners to use on any marks. If they are normal leather wipe any dust and dirt off them. Let the boots dry and then moisturise them you can either use a beeswax if they are a harder leather or a leather balm, please note don't use either of these products on suede or nubuck. This will keep the leather in top condition while they are stored away and stop them drying out over the warmer season. Now that the boots are all sparkly you can pop them away, if they are calf boots then invest in a pair of boot trees to stop them slouching and creasing while you are not wearing them and to keep them looking in top condition for next season. Shoe Talk, 401A Great North Road, Henderson. www.shoetalk.co.nz.

CREATING A BRIGHTER FUTURE FOR CHILDREN

A new initiative supported by the Essilor Vision Foundation has begun in New Zealand to explore and address undiagnosed vision problems in low decile schools. New Zealand is just one of a number of countries that have introduced eye screening to help identify vision problems when children first start school. Yet despite these and state subsidies to finance appropriate vision correction, too many students aged 8-12 find themselves struggling to learn at school due to unidentified eye conditions like myopia. With the help of local Optometrists, the goal is to improve school performance nation-wide and create a brighter future for New-Zealand's children. Pictured is our very own optometrist/owner



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Ricky Lee helping to screen over 80 children at Colwill Primary School last week. Phone: 09 831 0202 or website: www.westopt.nz. Facebook: www.facebook.com/westgateoptometrists.

SPRING HAS SPRUNG!

With winter on the way out and spring on our doorsteps, it's a great time to have a clear out and de-clutter. However you may have areas in your home that no matter how much you clean and de-clutter, there is still something not quite right. Did you know that there IS Geopathic Stress (GS) in YOUR home (in every home and office actually). This means an area of Earth's energies made up of magnetic fields and possibly underground water, so you must be aware of where they are, especially if it's where you sit or sleep, as they will irritate. If GS is, then you could be experiencing major health issues (or minor ones that are not going away). This includes anything related to your immune system. Allergies, Arthritis Crohns, Irritable bowel, or any skin and gut issues. These are what I see weekly related to where people are sleeping or sitting. Don't let them get to 'stage six' of GS, where things like Diabetes, ADHD, Depression, Cancer, or Chronic Fatigue occur. A simple Building Biology check will identify them for you. Call Nicky on 021 545299 or check out the website www.clearenergyhomes.com.

WESTGATE MEDICAL CENTRE

Did you know, Westgate Medical Centre offers some unique services in West Auckland? WGMC is accredited to perform immigration medicals for both registered and casual patients. Please phone and book these with our team. You will need to see a doctor and a nurse so please allow up to two hours to complete the process. Exciting developments in fracture casting mean that Westgate Medical now offers Exos Casting. This is a heat activated cast which can be removed without the use of a saw, is light, and is fully waterproof and washable making it perfect for active children and adults who won't let an injury slow them down. The Exos casts are available for some fractures requiring below elbow immobilisation, ask your doctor or nurse if Exos is right for you. No appointment is required for urgent care, however we do have an appointment system for our registered patients for your convenience. Westgate Medical Centre – phone 09 833 3134 or visit www.wgmc.co.nz.

ABDOMINAL DISORDERS

Most people think of osteopathy an effective treatment for their spinal and joint pains. Some also know about cranial approach, whereas osteopathy has techniques to diagnose and treat some disorders of the internal organs. For example, reflux,

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period pain, constipation often respond well to osteopathic manipulation. So what would be the treatment approach? An osteopath will gently palpate (touch to feel) around your tummy, check for tension, tenderness, and lumps, then will apply treatment techniques to stretch the tight bits, release the inner tension and move the organs that have lost their mobility. In addition, spinal alignment will be checked as well, because the nerves to your stomach come from your spine and any spinal derangements might alter abdominal organ function. We can do it for you at the Family Osteopathic Clinic. One caution note! If you are feeling sick and unwell, visit your doctor first, we want to make sure your abdominal problems are not related to any medical pathology. Ilya and Nataliya at www.familyosteo.com. Phone 09 416 0097, 39 Hobsonville Road.



elevatechiropractic.co.nz to find out more. Whilst you are there, check out our blog to learn lots of interesting information and tips and tricks to help you feel great. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

ONE YEAR, YOUR LIFE – MAKE IT HAPPEN

If you keep trying to succeed - but just keep getting the same results - then this is the place for you to break through the barriers that are holding you back! As a Consulting Psychologist and Transformational Life Success Coach, Published Author and Supervisor and Trainer with more than 25 years experience, my mission is to help you see -and engage in a new vision and new possibilities for your life. I use powerful transformational principles to help those who are open and willing to dramatically improve their results - and live the expanded life they have always wanted. If you are ready to become aware of just how much you are capable of I can teach you powerful strategies that broaden and build on your personal strengths and lead to outstanding results. Contact Michelle: Email: oneyearyourlife@yahoo.com or phone 021 053 1754. Find us on Facebook: www.facebook.com/oneyearyourlife.

REHAB PRODUCTS

At Elevate Chiropractic, we provide quality and affordable chiropractic care to people of all ages. Along with traditional chiropractic adjustments we aim to give you the tools to use at home to help you get the best and fastest results. These include stretches, appropriate exercises, movement advice, stability training etc. Of course you need to right tools to get the best outcomes. That is why we stock a range of rehab tools including; Wheat bags, pillows, foam rollers, massage balls, Kirimi cream, exercise bands and air cushions. Visit our website www.elevatechiropractic.co.nz.



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Register now - \$5,000 first prize. Start Date: Saturday 17th September. Summer is coming! Prices are \$279 for members and \$359 for non-members. Want to fit in your swim suit? Lacking motivation or self-confidence? Make friends and have fun while getting rid of those unwanted winter kgs. Register now www.kumeugym.co.nz. S.M.A.R.T. Training is coming to Kumeu Gym. Register now – limited spaces. Check out our website www.kumeugym.co.nz or call us 09 412 8932 for more information. What have you got to lose (Except those darn kgs)?



SHAPE UP FOR SUMMER!

10 WEEK CHALLENGE
FIRST PRIZE
\$5,000

SHAPE UP FOR SUMMER 10 WEEK CHALLENGE

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AREA COLUMNISTS

ACCOUNTING SOFTWARE: IS XERO RIGHT FOR ME?

Accounting software for small businesses has evolved dramatically in recent years. The right system can revolutionise the accounting function, saving time, money, paper and not to mention frustration, while improving efficiency and reducing potential errors. Our clients regularly ask us if Xero is right for their business, or if one particular accounting software system is better than the rest. Xero can be as simple or as complicated as you need it to be to suit your business needs. It handles common business functions such as invoicing, quoting, bank reconciliation, payroll and purchasing with ease, optimising administration functions as well as accounting. Its user-friendly interface is easy to learn and navigate and there is an abundance of support available to help you get started or upskill. It is also mobile- and tablet-friendly and has a free app available for downloading from the Google Play Store or iTunes. However, there are other accounting software solutions available that also offer great features for small New Zealand businesses. Our advice is to talk to us about your business and what your needs and expectations are for an accounting system. We can then advise you on the different options available to best meet your requirements. UHY Haines Norton are Certified Advisors for Xero, and specialists in MYOB, BankLink, Figured, Reckon, Easybooks and Cashbook. Chartered Accountants Mark Foster and the UHY Haines Norton team are located at 329A Main Road, Kumeu. If you have questions concerning accounting software, or other accounting or tax enquiries please phone them on 09 412 9853 or email kumeu@uhyhn.co.nz.

CHOOSING A WEBSITE CMS

A Content Management System (CMS) is an application that allows you to create and run your website. With it you get an administration panel - an interface where you can create and update pages, posts and other types of content (images, videos, etc) and arrange the content the way you need. You will also be able to change some aspects of the design of the site. All the actions are done simply by clicking buttons - you will not have to write code or scripts in most cases. There are many

different CMS systems on the market which are open source - this means you do not need to pay for the actual system itself. When Utopia designs websites we select the best CMS for our clients and use our experience and knowledge to then design and implement your new website. In many cases our clients request a certain CMS



platform which they have perhaps used before, or heard good things about. The various CMS systems available are targeted at specific customers - Wordpress (great for blogging but often hacked), Magento (creates large e-commerce websites but is very slow), Joomla (a community platform, with strong social networking features), Drupal (requires the most technical expertise out of all the CMS platforms) and lastly CMS Made Simple (very easy to use for site owners but still powerful enough to deliver a modern site with modern features). If you are looking at creating a new website or want to upgrade your existing one then please contact us here at Utopia to discuss what CMS platform would be right for you. We can be reached 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.

PRACTICE WHAT YOU PREACH

I had the good fortune to experience coaching myself lately. A fabulous reminder for me as I have not had coaching myself for 7 years can you believe. When I first did my coach training 11 years ago they urged us to have coaching ourselves at least every 3 years, as a form of quality control. I totally agree with this approach. Perhaps more people in the land of therapy should look at this - it's a kind of 'cleaning' as you go. It's checking in with your higher self. It forces you to look at your stuff (which I love), It's walking your talk. So I walked my talk and it was AMAZING. Most of us will, from time to time, stumble into an unfocused, challenging time. Some have more of these times than others. It's totally normal and very human. The people I admire the most in life are those who don't hide this part. They are comfortable with vulnerability - to share the ups and the downs. Its honesty that connects us. We don't like salesman - they make us uncomfortable - is it because most are not being authentic? They are trying so hard, probably feel uncomfortable themselves, and ultimately have forgotten to be real. Little do they know it's the realness, a truthful vulnerability that makes us feel connected. In getting coaching myself the shoe was on the other foot and it solidified a few things for me:

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1) Our mindset and the way we view ourselves is our biggest obstacle. Our mindset is our who we are identifying with, what we say to ourselves in private. When this voice is not serving you, you don't stand a chance. When we really get an insight about this it opens doors for us!

2) Where you put your energy – you get results. What you focus on expands. It's almost a universal law. I could talk for an hour on this if anyone's interested! We just don't focus on things we want and when we do -well look out because life responds.

3) The answers are ALWAYS very simple. We often know this stuff and just need reminding. When we get down to it our solutions are not complicated or hard. Our solutions have always been right there; we just have not seen them.

4) Coaching is not just about want, want, want. There are also holistic, spiritual and philosophical pieces to it. But of course there is – we can't authentically talk about one's life without it. Every coach is slightly different. You would come to me for a 'sort out', or a 're-focus'. You would come to get back in touch with the authentic part of you. Get really clear and focused on the things that make you happy. It doesn't take long and I don't believe you need hours and hours of therapy. Because most of it is mindset and we have the ability to change in an instant. Changing one's mind can takes seconds – we just don't believe it's possible and direction with this is so helpful. Call Anna 021 555 658 or email anna@thinkyourbest.co.nz.

ONLINE VIDEO FOR YOUR BUSINESS

Business owners often hear how important video could be for their online presence. However the fear and high costs keep us away. Keith Delmar is a business developer, social media content creator, and artist, he works with companies to help them form exciting pathways. At the end of September in the Kumeu/Riverhead area Keith will be doing a 4-hour video for business workshop. This is an opportunity for you to find out how to create very low-cost high-quality video for your projects, events, and businesses. Keith will guide you through the steps of small business in-house video creation, outsourcing, which are the videos that work and which ones don't. And how to use video on social media. The course will be \$149, to RSVP and sign up visit keithdelmar.com.

PHELAN'S LOCAL BOARD UPDATE

There's been ongoing confusion about how Council is planning Kumeu's future. This is hardly surprising because not only have things changed from what Rodney District Council days, but also we've been bombarded with a range of consultation meetings over the last few years and everything has been over-shadowed by the mammoth Unitary Plan that took five years to complete and was finally signed off in August.

There are many different types of planning instruments council uses, space here does not allow for all of them to be explained but the main ones that concern us are Centre Plans and Transport plans which are now underway, and Structure Plans, which are done to identify major infrastructure like sewage, roads and parks in the new Future Urban areas, are anticipated to start within the next 12-18 months. The now completed Unitary Plan determines the zones for the different types of development, from 'mixed urban' through to 'country side living' or 'future urban' zones. The important thing for Huapai and Kumeu is the new 'Future Urban' zones in the north and east of the township. What's interesting is that most of the Future Urban area was signalled in the operative 'Kumeu Central Area Plan' (often referred to as a Structure Plan) so this has in fact been contemplated for many years and the Unitary Plan is simply another step in the growth of Kumeu. Moving forward Council has an obligation to complete a Structure Plan at least three years out from any new land release in Future Urban areas. The Future Urban areas in Kumeu won't be released before 2022. What's worth noting is the Unitary Plan has immediately released huge areas of land for thousands of houses in Red Hills and Wainui that in the medium term may use up much of the local housing demand. Work is well underway on developing a comprehensive transport plan for the next 30 years for the area under the 'Transport for Future Urban Growth' (TFUG) plan which was widely consulted on early this year. TFUG is a huge piece of work covering rail, bus, roads and bypasses etc. This work is now of such a priority for Kumeu that a full time team made up of NZTA, Auckland Transport and Council staff has been dedicated to completing it. A plan is expected to be back to the community later this year and route designation work is expected in 2017. While I'm on transport work is underway as part of Council's \$10 million growth funded road works in both Access Rd and Tapu/Station Rd, and NZTA has also announced a further \$43 million of work for SH16 from Waimauku to Brighams Creek – the pace of investment has clearly picked up considerably. The current work on the Kumeu Huapai Centre Plan is an absolutely critical piece of work. It is being community-led exactly as the community requested. This plan is going to play an important part in future

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Structure Planning as it will help inform the type of community everyone wants to see in the future. The TFUG work will also be important in laying out the transport network including roads and public transport. The community has been very clear over the last few years that while it's grudgingly accepting of growth it wants the planning done in a timely manner and it wants to play a key part in that planning. I am confident that planners across Council including Auckland Transport and NZTA have heard this message and the Local Board will be focused that all the various planning requirements are on track well in advance of land release to allow us plenty of time to ensure budgets are in place to provide for the infrastructure that is required. A Structure Plan for Future Urban areas completed in 2017-2018 would allow four year window and that's what I'm confident can be achieved. If you have any questions about this or any other matter connected to Council please feel free to contact me on either 021 844 124 or phelan.pirrie@aucklandcouncil.govt.nz.

POOR EXCHANGE RATE? A FLAWED ARGUMENT AGAINST UK PENSION TRANSFERS

Since June's Brexit vote, the British Pound has taken a battering. In fact, at the time of writing, Sterling is at its lowest rate against the NZ Dollar since the late 1970s. However, Tony Chamberlain of GBPensions believes that these factors should not necessarily concern NZ residents who are thinking of transferring their UK pension scheme. By selecting a suitable pension scheme to receive the transferred funds, it is possible to hold Sterling in cash or investments, meaning there is no need to convert to NZ Dollars at all. Either a NZ registered superannuation scheme that has been accepted as a QROPS (Qualifying Recognised Overseas Pension Scheme) or a UK registered pension scheme, such as a SIPP (Self-Invested Personal Pension), can potentially offer such options, both of which GBPensions can offer advice on. For a confidential, no obligation chat, phone GBPensions on 0800 427 693. A Disclosure Statement for GBPensions' advisers is available without charge or obligation.



NOT SURE HOW TO COMPLAIN

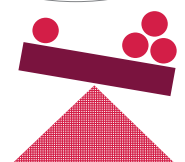
At the Citizens Advice Bureau in Massey we get many people who are not sure how to complain or who to complain to, when they have a problem. There are some rules of thumb which will

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mean that you are likely to succeed with your complaint. Firstly you need to clear in your mind about what the problem is and what you want – within reason. You'll also need any information to support your complaint such as receipts, emails, photos etc. Be calm and polite – its best to raise your issues in writing, as then there is clear proof of what's been said. If you can't reach agreement, then you'll need to look at going to the appropriate complaints body. For example – Tenancy complaints, would go to the Tenancy Tribunal, Complaints about your phone service would go to the Telecommunications Disputes Resolution Service, and complaints about electricity would go to the Electricity and Gas Complaints Commission. If you're not sure where to complain there is a Complaintline website www.complaintline.org.nz. Or you can contact us at 09 833 5775, or 0800 367 222 or massey@cab.org.nz. If you think you'd like to be part of the team helping people with problems such as this contact Barbara at massey@cab.org.nz.

HOW CAN TRAUMA AFFECT PRESCHOOLERS?

At Country Bears, we would like to think that we are constantly providing positive experiences for young children. However, what happens when a young child is subject to a trauma or an event that affects them? This could be something like a car crash, seeing a parent have an accident or become hurt, or something like a natural disaster such as an earthquake. When young children experience this, they can become more vulnerable to display or have a feeling of helplessness. They may not fully understand the levels or the degree of any continued



danger, even if those dangers exist or not. With young children, fear about any sort of danger can transfer into other aspects of their days. They could have trouble explaining how they feel, as they do not have the developmental process to understand it yet themselves. This then reflects in behavioural issues; not wanting to participate in an activity or go to school, not being able to fall asleep independently, even if they have been doing it previously, or waking throughout the night, and not having any recollection or ability to say why. Children can recreate their experiences or trauma through their day to day play (either directly or indirectly), so as teachers, we are trained to be able to look for these signs. However, teachers need parents help as well! As parents who have children in preschools, it is really important that you feel you have a relationship with at least one teacher who you can have discussions like this with. Informing their teacher that they had a difficulty sleeping, or that you have noticed a change in their behaviour, helps the teachers to gain an understanding of your child, even if the behaviour is also happening in the centre or not. We would like to be able to help and support your child through whatever is happening for them, as their emotional wellbeing is paramount to the teachers here at Country Bears. If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu – phone 09 412 8055.

KUMEU LIBRARY

What's happening at Kumeu Library in September? On Tuesday 13 September we will be celebrating Roald Dahl's birthday with





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Helensville	12 Commercial Road Ph: 09 420 9989 (Lunch Open: Wed-Fri)

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a special storytime – come and join us at 3.30pm for an hour of stories, activities, games and fun to honour the author of “The BFG”! September is Comic Book Month at Auckland Libraries, when we highlight our extensive collection of graphic novels and comic books. Our collection includes works in popular genres such as science fiction, fantasy, crime, and horror, along with works that could easily sit alongside any contemporary literary fiction. We also have autobiography, biography, history and journalism in graphic format, and manga (Japanese comics) and English translations of European comics. And there are many comic-related items in the non-fiction Arts collection - at Dewey Decimal number 741.5 you will find: introductions to the art of cartooning, collections of interviews with artists and authors, biographies of prominent cartoonists, and criticism and history of comics. The children’s graphics collection ranges from Asterix and Tintin through to sophisticated picture books, puzzle and maze books, classic tales retold and junior manga and manhwa series. The teens graphics collection includes indie comics, Japanese anime/manga, DC and Marvel comics, and also features classics like Shakespeare in manga style. We also have graphic novels as part of our extensive eBook collection - please ask staff if you need help finding them! Follow us on Facebook to keep up with Kumeu Library’s events and happenings – www.facebook.com/kumeulibrary.

GEOFF DOBSON

Geoff Dobson is an Independent candidate for the Rodney Local Board (Kumeu Subdivision). He’s keen to work from the local board side after years of reporting council affairs for the media, mainly with Suburban Newspapers Auckland. The former Rodney Times, Nor-West News and Western Leader editor has covered local bodies for 40 years. He’s up with local and regional issues and says open communication and integrity are his platforms. He can translate council jargon into words people understand and remains involved with the media to get the message out. Geoff wants to see a new Kumeu-Huapai “framework” structure plan introduced to ensure infrastructure keeps up with rapid development while conserving important values. There’s plenty of other issues to tackle around Rodney too. “I’m about community first,” Geoff says. He’s keen to see a bigger budget and more say go to the local board and area residents. “I aim to help make the district better for all.”

JOIN THE HOSPICE WEST AUCKLAND VOLUNTEER CREW AND MAKE YOUR SPARE TIME MEANINGFUL

It may be no surprise to hear that New Zealand was ranked as the third most charitable country in 2015’s World Giving Index, which shows 45% of New Zealanders volunteering time. It’s

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part of who Kiwis are. You probably know people who volunteer – you may volunteer yourself. If you're looking for a rewarding role as a volunteer, Hospice West Auckland is always on the lookout for passionate and energetic people to help. Volunteers are part of the fabric of our organisation and we love the energy, passion and commitment they bring. Our volunteers work in range of varied roles, from patient companions to life review writers to collecting goods for our retail stores to working alongside our retail teams in our stores, and many other roles in between. We welcome people with specific skills to join us – please let us know how you can help. Our volunteers love the camaraderie they enjoy with our staff and fellow volunteers, and knowing their time is being put to such valuable use. If you'd like to put your spare time to good, or know someone who'd like to, register your interest via our website <http://hwa.org.nz/get-involved/registration> or get in touch with our Volunteer Services Manager Sarah Jeffs on 09 869 2346 or via email at VolunteerServices@hwa.org.nz.

TANYA FRANKLIN – THE TRAVEL BROKER

Travelling far & wide so that I can pass on my first hand travel experiences to ensure that your next holiday is the very best possible! I have been busy travelling – one of the perks of my job of course!



May saw us travelling Air NZ direct experiencing their fantastic Sky Couch service to/from LAX. My two boys had 8 hours sleep on a 12 hour flight. The cabin with SkyCouch has the 3 seats on the side folding out to be a 'couch' the arm rests go up – extensions on the seat belts mean they can lie side by side, with plen-

ty of room, comfy mattress protectors to lie on top of and quilts and full size pillows make for an awesome sleep. See: www.airnewzealand.com/economy-skycouch. Amtrak Rail down to San Diego for 5 days, San Diego Zoo, Sea World, African Safari Wildlife Park, Old Town (as close to Mexico you can get without crossing the border) Walking the harbour front. San Diego is a gorgeous city. Definitely worth spending a bit of time here. Then on to Legoland – 30 mins north of San Diego – any one that loves Lego would love to stay here – so much fun. We had two enjoyable days here. Amtrak again to Anaheim – 7 nights at the new Courtyard Theme Park Entrance Waterpark in Anaheim – amazing property – only a year old - just across the road from Disney – from our room we could see the nightly fireworks. The waterpark with its hydrosides was so much fun, great selection of dining options all within 200 m walk, and a nice modern large hotel room with 2 x Queens as well as bunk beds, sleeping a maximum of 6, great for large families. Disneyland for 3 days – just amazing with its night shows & fireworks displays, Universal Studios for a full day (we bought the Front of Line pass – as the new Harry Potter World had just opened in April – and the queues were very long. Knott's Berry Farm for a day. Hollywood tour complete with view of the Hollywood sign, Madame Tussard's Wax museum, Ripley's Believe it or Not museum, time for shopping and lunch, and then a lovely walk on Santa Monica Pier – the official end of Route 66, and a 'drive by' of Venice Beach, Muscle Beach & Marina De Ray. Pirates evening show & dinner – lots of fun. There are so many things to do from Anaheim. Please ask to befriend me on Facebook, www.facebook.com/tanya.franklin.12 as I have posted lots of photos, descriptions & recommendations of my travels. I look forward to hearing from you so that I can help you plan your next trip away. Contact: Tanya Franklin, your local Travel Broker, 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment

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to see me in my home office in Waimauku to chat about your next holiday. See: www.thetravelbrokers.co.nz/tanyafranklin.

FOOTBALL FIESTA TO CELEBRATE WEST AUCKLAND DIVERSITY – 17 SEPTEMBER 2016

Just after the Rio Olympic Games in September, West Auckland will have its local version of an event where sport brings multiple ethnicities together to celebrate: the first ever West Auckland Ethkick Football Tournament. The tournament will



be held on 17 September in Starling Park, Ranui, from 8 am till 5 pm and supporters with flags, colours, and songs are very much encouraged. This a free event, for the whole family. There will be food and information stalls as well. Ethkick Football tournaments started in Palmerston North in 2009, but this is the first such tournament to be held in West Auckland. Football is a language that many cultures speak, from Scottish to Sri Lankan and Samoan, Norwegian to Niuean, or Croatian to Chilean and Kiribati ... and the aim of the Tournament is to have a marvellous fiesta while encouraging acceptance and celebration of the cultural diversity of West Auckland: fostering friendship through football. Teams represent ethnic communities, be they refugees, recent migrants, or long established. Members of West Auckland's communities that have already registered a team include Rwanda, Fiji Indian, Myanmar Zo, Myanmar Chin, Congolese, Samoa, Kurdish, Burundi, NZ Samoa, India, Nepal, Shri Ram Mandir Youth Group, NZ Police, USA and Chile for men's teams as well as Dutch and "Wise Collective" women's teams. Teams will play 7 a side and all players must be aged 16 years and up. The winner of this tournament will go on to play in the Communities Cup later in the year. Ethkick West is organised by Community Waitakere in partnership with Auckland Council, the Northern Football Federation and NZ Police, supported by Local Boards, the Waitakere Ethnic Board, Sports Waitakere, the Ranui Swanson Football Club, the Human Rights Commis-

sion, and The Trusts Community Foundation. Further information: www.communitywaitakere.org or email Mandy@communitywaitakere.org.nz or phone 09 838 7903. Allan Hakizimana (Rwanda team), Constable Luke Wilson (NZ Police team), Francois Kayembe (Congolese team) putting in some practice, and Community Waitakere's Ethkick organiser Heather Tanguay; Photo credit: Western Leader.

THE RIVERHEAD GALLERY

Feels like spring is already in the gallery with our latest painting from local artist Amber Emm. "Floral delight" is a fine example of Amber's realistic style and attention to detail. The gerberas are almost bursting from the canvas. We also have a couple of new pieces from Northland artist Janine Whitelaw and some works from local Bruce Ferguson along with our usual array of gorgeous paintings, ceramics and jewellery. I (Donna Massey) am busy getting pieces ready for the Nelson art expo and have ordered some new prints of my work, on paper and canvas for the gallery. Come in and visit me at 1044 Coatesville-Riverhead Hwy (opp Riverhead Dairy). We are open wed-Sun from 11-5pm. Would love to see you.

IT'S FREE, IT'S FUN, EVERYONE COME

Muriwai fun palace, 10am-3pm Saturday 1st October @ Muriwai Surf Club. Muriwai's fun palace is a day of free, interactive arts and science activities for all ages; an opportunity for everyone in the community to get together, discover more about one another, have fun and learn something new. It's taking place at the Muriwai Surf Club (100 Jack Butt Lane) from 10am-3pm on Saturday 1st October, and the programme for the day includes a fantastic line up of interactive activities, including theatre, dance, medieval swordsmanship, pasta making, illustration, drumming, knitting, crochet, floral art, geo-patchwork, painting, henna, scratch film, multimedia, ukulele, weaving, gardening, sustainability, composting and more. Muriwai's fun palace is part of the international fun palaces movement, which began in the UK a few years ago, and believes in "celebrating the artist and scientist in all of us". In the short time that fun palaces have been running (happening on the same weekend each year



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RODNEY LOCAL BOARD (KUMEU)

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around the globe), there have been 280 fun palaces across 11 nations, involving over 90,000 people. Once again, the event is free, interactive, and open to all. Find out more about the fun palaces movement by visiting the UK website: funpalaces.co.uk - or find out more about the local event by searching 'Muriwai Fun Palace' on Facebook. Any further enquiries, phone Danielle 09 411 8445 or 021 880 028 or Helen 09 4117003 or 021 208 2284. The Fun Palaces Manifesto: "We believe in the genius of everyone, in everyone an artist and everyone a scientist, and that creativity in community can change the world for the better. We believe we can do this together, with radical fun - and that anyone, anywhere can make a fun palace."

LOCAL ELECTION DECISION TIME

Our community has to make decisions on who is best to represent us over the next 3 years on our Rodney Local Board. Also, ward councillor Penny Webster's position is being challenged by 3 others. As well as that the community has to decide members of the Business Improvement District (BID) by the end of August. I am pleased to see Tony Furlong from Kumeu stand for the BID. Hopefully his accountancy background will ensure a more grounded approach to the distribution of rate controlled money being taken from commercial landowners in the district. With commercial and residential growth in the district, priorities have to be made to where the best interests of commercial landowners lie - a traffic solution in Kumeu would have to be top priority. The ratepayers association has been the only group working with the Kumeu Village Landowners to achieve a better outcome with the former Maddren site. The Rodney Local Board has the opportunity to help, but on the big issues it hasn't achieved a lot over the last 3 years. The absence of progress on a 'Structure Plan' (now a Framework Plan) and advice to the Rodney board that work on the plan will start in 2018 has done little to inspire confidence.

The absence of any traffic solutions from the NZ Transport Association and Auckland Transport and the lack of a 'Structure Plan' has resulted in one-off solutions being applied for and approved by the council. The Oraha Road Special Housing Area is an example.

The Whenuapai 'Structure Plan' was advertised in June and was instigated and funded by the private sector developers to enable their area to proceed.

Kumeu needs the same approach, with the landowners, developers and the community pushing for the Framework Plan to be done. We need board members working with the community. The growth of Kumeu from 10,000 to 30,000 people needs to be managed. That can only be done through a Framework Plan the community participates in and agrees with.

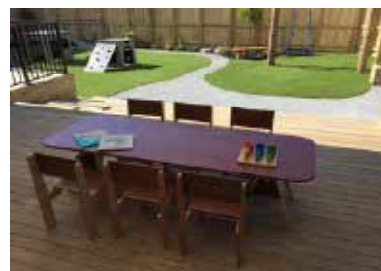
Pete Sinton, Town Planner. Phone 09 412 2016 or 021 637 772 or email petesinton@townplanner.co.nz.

HUAPAI – YOUR NEIGHBOURHOOD GOLF CLUB

Huapai is an 18 hole Golf Course in a beautiful, peaceful setting. Holes 11-15 command idyllic views of the upper remote reaches of the Waitemata Harbour. First established on the boundary of the Huapai township - when this site proved to be too small, the land was purchased for the present site. There is a colourful history attached to the Huapai Golf Course. For example the land overlooking the upper Waitemata Harbour was used as the landing for the passenger ferry at Harkins Point where passengers then caught the train to Kumeu. Another area was used as a sanitary depot for dumping night soil. In 1920's the Auckland City Council established a Clydesdale horse stud. Huapai is a fully licensed club where one can enjoy a drink and excellent food from the café in either an indoor or outdoor setting with tranquil views. Our club is not just for golfers all are welcome to come and use the facilities.

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