

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

**KEEPING HISTORY ALIVE**

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

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

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

September 2017

# Intro

Welcome to our September issue and the end of Winter. I don't know how the year has flown by so fast but here we are – only 4 months out from Christmas already. Firstly I would like to extend thanks to the families of all the Firefighters currently in Canada helping out with the wildfires. Our magazine owner and local fireman Graham McIntyre is one of these selfless people and our thoughts are with them all. It is people like this that keep the spirit alive in our communities and we encourage all efforts to support those who actively try to make a difference in people's lives. One such organisation is Victim Support and they need more people to support victims, families and witnesses in our area. As Victim Support is actively recruiting for Volunteers in the Kumeu, Helensville area at the moment they are hosting an information day and evening at ST Chad's Church in Kumeu on Thursday 21st September. The first session is 1 - 2pm with the second at 6 – 7pm. They are inviting any member of the Community to come in, have a cup of tea with us and hear about the Services they provide at Victim Support. They will also be talking about what it means to be a Volunteer with Victim Support. Please feel free to email Sarah at [sarah.binks@victimsupport.org.nz](mailto:sarah.binks@victimsupport.org.nz), or call Sarah to register an interest in attending or to find out more about their service on 09 424 6515. September is also the start of Bee Aware Month, Apiculture NZ's annual awareness drive to raise the profile of the honey bee in New Zealand. Bees are vitally important in the garden and in our food production, and their communal wellbeing is paramount. You can help ensure bees stay happy and healthy by planting lots of nectar and food sources for them - they especially love blue, purple and yellow flowers! Flat or shallow blossoms, such as daisies, zinnias and asters will attract the largest variety of bees. While other plants in the mint family, such as salvia, oregano, mint and lavender also do a fantastic job of feeding these amazing little creatures. Head on in to Palmers Plant World at Norwest and pick up some beautiful bargains that are also good for our Planet.

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



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# kumeu Courier

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Cover photo: Bill and Eileen Spence have donated a hand wine press to the NorWest Heritage group, which is now looking for a place to store and display such items.

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## KEEPING HISTORY ALIVE IN THE KUMEU DISTRICT

Stories by Geoff Dobson.

Development could see the loss of many buildings and sites which are part of the Kumeu district's history.

But several community groups are working hard to ensure as many historical items associated with the area are kept.

One such is the old Riverhead School house, built around 1903, which is being restored by the Riverhead Community Courts Club (RCCC) after the community rallied to buy it.

It was moved beside the tennis and netball courts at the Riverhead War Memorial Park in 2009 to make way for Riverhead School expansion.

Considerable work has already been done on the school house, but now the RCCC needs to raise about \$20,000 to repair its sash windows.

While the Auckland Council is again helping, the club will also be the major recipient of a Riverhead Charity Ball on September 23. It's hoped that together they will get to at least halfway to their target this year club spokeswoman Heather Lundon says.

The masquerade ball with dance band is being organised by an informal group of Riverhead women who saw the need to raise money for The School House. It will be a night of dance and frivolity with profits going towards this vital piece of community history and will be held at The Riverhead, itself an historic building.

Sponsors were sought for the event and include The Riverhead, Soljans Estate Winery, Boric Food Market, Kumeu River Wines and Flooring xtra.

Coincidentally, a descendent of the Deacon and Griffin families which were part of Riverhead and Kumeu's history has contacted the newly formed NorWest Heritage group.

Now an incorporated society, the group led by Bunty Condon is already receiving items of interest from families associated with the area, including the Jonkers, Spences and more.

Dedicated to preserving and protecting the area's history and heritage, the group needs somewhere to house the growing number of items.

"We're urgently in need of a museum," Bunty says.

She says the Jonkers family donated some treasured family heirlooms, collected by the late Artie Jonkers. His dream was to establish a museum, but that remained unfulfilled in his lifetime.



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# PEOPLE & PLACES

The Jonkers family has owned about 218 hectares of Waitakere farmland since 1924, with fifth generation family members now running it.

"NorWest Heritage and the West Auckland Historical Society intend to honour Artie's name with these precious items on display," Bunty says, thanking Joy Jonkers and daughter Lyn Martinac.

A hand wine press used in the early years at Matua Valley Wines for crushing small amounts of grapes has been donated by Eileen and Bill Spence.

D'Arcy Newson, a former owner of Kumeu Pharmacy has provided some early items of the type sold by Kumeu's first pharmacy. Anyone who can help find a building, house or premises for a museum, or secure storage in the meantime, should contact Bunty.

NorWest Heritage meets on the third Wednesday of the month at the Kumeu Cricket Club, Huapai Reserve, 7pm.

The next meetings are on September 20 and October 18.

All are welcome, with a hot drink provided.

Contact Bunty on 09 412 9451, 027 440 0044, or email [buntycondon@xtra.co.nz](mailto:buntycondon@xtra.co.nz) for NorWest Heritage information.

Call Heather Lundon on 029 412 6413, email [heathlun@xtra.co.nz](mailto:heathlun@xtra.co.nz) or The Riverhead email [book@theriverhead.co.nz](mailto:book@theriverhead.co.nz) or [www.eventfinda.co.nz](http://www.eventfinda.co.nz) for ball tickets – tickets are strictly limited.



## DOING COMMUNITY GOODE

Goode Brothers is living up to its name.

The North West restaurant is supporting community organisations the best way it knows how.

That ranges from shouting Waitakere township firefighters to free pizza at the restaurant, delivering free pizzas to a different local school every Monday for staff, providing vouchers – just to name a few.

Goode Brothers even donates basil plants past their restaurant best standard to a kindergarten to revive in spring and summer. There's also a rugby team sponsorship (Massey's under-85kg

team).

Now there is a new involvement with Jones's Youth Foundation formed by Michael Jones (not the former All Black).

A youth foundation pizza fundraising day in November is under discussion with Goode Brothers. Still in the planning stages, the event could help the foundation's aim of providing support and assistance to those aged five to 18 with education, finance, health, wellbeing, life skills and more.

The community projects are run by Goode Brothers North West general manager Mike Elsom and the restaurant's events coordinator Jess Longdon.

In fact, it was Jess's idea to get the 20 or so firefighters in for free pizza through her dad Stan Longdon's involvement with the Waitakere Volunteer Fire Brigade.

Jess's family has lived in the Waitakere area many years and she attended Waitakere Primary School, starting at Goode Brothers when the restaurant opened in October last year.

Coincidentally, Waitakere firefighter and owner of this magazine, Graham McIntyre is on a nearly six-week mission with about 80 other New Zealand firefighters battling enormous wildfires in Canada.

About 200 wildfires are burning across the country, especially in British Columbia, reportedly having its worst wildfire season in 60 years. The Kiwis are joining nearly 3800 others fighting to contain the fires, unlikely to end until winter snow hits.

Perhaps Graham will qualify for another free pizza on his return. Meanwhile, Goode Brothers provides pizzas to other workplaces deserving of recognition.

Jess and Mike say it's good to be able to help in the community where they can.

"We try to assist some local charities, including school fundraisers, with no strings attached," Mike says.

He sees it as an opportunity to interact with local organisations that may need a lift.

So the title Goode Brothers means just that, especially in the North West.

Photo: Jess Longdon and Mike Elsom are doing good deeds at Goode Brothers North West.

## NIGERIAN DWARF GOATS INTRODUCED

A Kumeu couple has been the first to bring Nigerian dwarf dairy goats to New Zealand.

Fiona and Adrian Casey started a breeding programme for the goats about two years ago, naming their business Goldengrove, after importing some from an Australian breeder.

Their first buck, First Fleet Frederick, came to Australia as an embryo.

"Our goats are registered and from American heritage," Fiona says. "They are the first ones in New Zealand."

Fiona says the goats are tiny and in big demand in the USA for their very high milk fat.

Of West African ancestry, the goats were initially taken from there on ships as food for captured wild species held in zoos. Survivors were maintained in herds at the various zoos, some acquired by private owners who began breeding them.

Small and easy to maintain, the goats have become popular as pets and family milkers. A high butterfat content makes their milk well suited to cheese making.

"That's the key reason they're of interest to us," Fiona says.

Later in lactation their butterfat can reach 10% or higher, making the milk ideal for ice cream, yoghurt, desserts and soap making.

For a tiny animal, the Nigerian dwarf goat can produce a sur-

prising quantity of milk, around 0.45 litres to 3.6 litres daily. Production depends on genetics and how many times the doe has freshened (given birth). Feed quality and type plus general good management help too.

Nigerian goats breed year-round, so it's easy to stagger freshening so there's a constant milk supply, Fiona says.

Gentle and easy to train, the goats will even come into the house if you let them. While some prefer letting the mothers raise their kids, others may bottle raise them, but they can become overly clingy, Fiona says.

"With either method, they can be very friendly and easily be trained to walk on a leash."

That all helps to make them good visitor animals for rest homes, retirement villages and hospitals.

Small harnesses and tiny wagons are available to fit the goats from some goat supply outlets.

The goats are colourful too. They can include white, black, gold, red and cream in a variety of patterns. Eyes may be blue, gold or brown. They are generally dehorned at an early age.

However, adult goats shouldn't live in the home, Fiona says. "Because they are ruminants they need to spend a large part of the day eating hay, pasture or browsing."

Adult males can have an objectionable smell, so does or wethers (neutered males) make the best pets.

Information about the goats can be found at the American Dairy Goat Association, which sets a maximum height at the withers for the Nigerian dwarf goats at 57cm for does and 60cms for bucks (males).

The association says the Nigerian dwarf has, for the first time, become the leading goat breed with the highest number of ADGA registrations last year, beating the Nubians which have held the record for many years.



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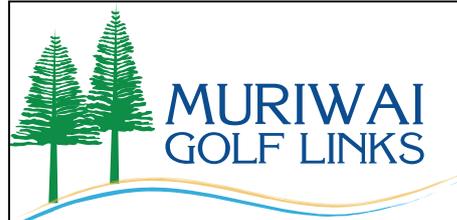
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## RODNEY TWIN LOCAL BOARD RECOMMENDED

Twin local boards for Rodney is one of two options recommended by consultants to the Local Government Commission. The other is to keep the status quo.

A report from consultants Morrison Low, considered by the commission on August 4, gives the boot to the Northern Action Group's (NAG) proposal for a northern Rodney unitary authority and the Waiheke unitary authority proposal – among seven options evaluated.

Options rejected were considered too impractical.

The commission will now decide, probably later this year, which of the two "reasonably practicable options" (ROPs) it prefers.

If the twin board idea is accepted then further community consultation will be sought.

Originally stemming from the Kumeu-Huapai Residents and Ratepayers Association (KHRRRA), the dual Rodney local board option doesn't include any change to boundaries or functions of the affected local authority, the consultants say.

"The option enables democratic local decision making, provides fair and effective representation and enables equitable provision to be made for the current and future well-being of all communities within the affected area."

KHRRRA chairman Pete Sinton says he's "happy with the direction taken" and believes it's the correct one for the district.

Attending the commission meeting in Auckland on August 4 with other area representatives, including Rodney councillor Greg Sayers and Rodney Local Board chairwoman Beth Houlbrooke, Pete says the commission was asked to make allowances for growth in both the Kumeu district and Warkworth area.

That growth has to be factored into the equation, along with the cost of the inconvenience the present system presents, Pete says.

"It will take time to work through, as the commission still has to come up with a preferred option from the twin board concept, the status quo or something else."

He says the association put considerable effort into its proposal and gained support from others like the Taupaki and Helensville ratepayer groups.

"We took a different stance on behalf of the community to ensure no adverse effects came from the NAG proposal, which would have devastated us.

"We weren't trying to take it away from Warkworth which, if this is successful, will probably have a local board service centre, as will Kumeu."

Pete believes that service centres in both townships will be more accessible to residents in those areas.

He says that could lead to the Orewa service centre being better used by the Hibiscus and Bays Local Board, which has responsibility for that area.

Greg Sayers says he's "interested in seeing the democratic pro-

cess followed" after more than four years of negotiation.

He says that's certainly been the case, and if the commission decides to support the twin board option then further public consultation is expected.

"It would have to go to all of Auckland for a poll – not just Rodney – and at least 10 percent of Aucklanders would have to agree. So it's still a high hurdle to get over."

The commission had earlier determined the "affected area" in the NAG proposal is the whole Auckland Council area and not just northern Rodney.

Asked where he stands on the ROP options, Greg says he doesn't really have a set position. "Both have pros and cons."

But he supports any change that will bring more local decision making so that rates are spent more locally.

A similar sentiment is shared by Rodney Local Board chairwoman Beth Houlbrooke, who supports any changes which bring more decision making and budget control back to a local level. She's unsure how it will "pan out", as the commission could opt for one of the ROPs or even do something different.

Beth says the board may later want to make a submission, depending on what the commission decides.

Te Awaroa Residents and Ratepayers chairwoman Holly Southernwood also sat in on the briefing and says the twin board option "seems the likely outcome".

But she says whether the two board proposal would lead to two councillors being required to cover the area appears to be up to the Auckland Council to decide.

Photo: Local Government Commission chairman Sir Wira Gardiner, left, with Taupaki Residents and Ratepayers Association chairman Ian Shaw, commissioner Janie Annear and Kumeu-Huapai Residents and Ratepayers Association secretary Mark Hall at a public meeting in Kumeu late last year, mainly to discuss the twin board proposal.



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# SAFER COMMUNITIES

When the Francie overturned crossing the Kaipara bar in November last year, pitching its skipper and 10 passengers into the pounding West Coast surf, emergency services were stretched to the limit.

Rescuers on the water, in the air and along Muriwai Beach scanned the waves searching for the missing. Back at Kaipara Cruising Club in Helensville, members and families gathered after hearing the news that something was wrong.

Out on the water, it became evident that the rescue effort was rapidly becoming a recovery operation. Police quickly called in Claire, a Victim Support worker, and other members of the local Victim Support team to help at the clubrooms.

Victim Support is an agency that works alongside emergency services to support those affected by crime, violence or tragedy. It is funded by the government. Team members are specially trained volunteers, supported by paid area co-ordinators and operations centre staff. Claire joined Victim Support two and a half years ago and has been trained to provide victims with emotional support in the immediate aftermath of an incident. Part of her role is also to support individuals, families and whanau in dealing with police, the coroner and the justice system. Usually, when Victim Support workers are called to an incident, it is easy to establish who the main victim is and who else might be affected. Support is also offered to witnesses and families of those directly involved.

On 26 November 2016, the incident was very different. Claire and the other Victim Support workers worked tirelessly alongside police throughout the night to identify victims' families, support families as official information came through and then begin the process of supporting these families as they struggle through the grief process.

After a long night, Claire headed home, having made a small difference on what, for these families, was likely the most difficult night of their lives.

Victim Support need more "Claire's" to support victims, families and witnesses in your area.

As Victim Support is actively recruiting for Volunteers in the Kumeu, Helensville area at the moment they are hosting an information day and evening at ST Chad's Church in Kumeu on Thursday 21st September.

The first session is 1 - 2pm with the second at 6 - 7pm.

They are inviting any member of the Community to come in, have a cup of tea with us and hear about the Services we provide at Victim Support. They will also be talking about what it means to be a Volunteer with Victim Support.

Please feel free to email Sarah at [sarah.binks@victimsupport.org.nz](mailto:sarah.binks@victimsupport.org.nz), or call Sarah to register an interest in attending or to find out more about their service on 09 424 6515.





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# COMMUNITY NEWS

## MONSTER FIREWORKS DISPLAY

Taupaki School is holding its annual Monster Fireworks Display at the Kumeu Showgrounds, October 27, 2017 from 5pm. Make sure you save the date! This is a fun filled family event, bring your picnic blankets along and come and enjoy a night of fun festival rides, food stalls, sky diving and one of the most spectacular fireworks displays in the west. Proudly brought to our community by Bad Boy Fireworks and the Kumeu and Hobsonville Mike Pero Real Estate teams. All proceeds go to Taupaki Primary to ensure they can deliver a 21st century education for all our students. For further information [www.monsterfireworks.co.nz](http://www.monsterfireworks.co.nz).

## KAUKAPAKAPA VILLAGE MARKET



Sunday 17 September 8.30am to 1pm. Spinning, knitting, sewing, quilting, handmade soaps, hand crafted jewellery and much more - a fabulous selection of handmade stalls plus locally grown fresh fruit and vegetables, plants, gifts and collectibles, car boot, ice cream and candy floss. Enjoy a delicious snack from the

market café plus freshly made doughnuts, coffee and the Helensville Lions sausage sizzle. Our musicians this month are duo "The Roselles" performing popular songs from the 60's - a great morning out for the family, see you there.

For more information contact Sarah 027 483 1542 or email [sarah1@maxnet.co.nz](mailto:sarah1@maxnet.co.nz).

## WAIMAUKU SCOUTS HORSE RACING NIGHT



What must be one of the most fantastic fundraising events of the year is back by popular demand on Saturday 30 September 2017 at the Muriwai Golf Club.

Doors open 6.30pm, races start 7pm, and tickets are \$15 (or \$100 for a table of 8). Don't miss out on this year's horseracing night. Described by attendees as 'different from anything they've done before', and 'a fantastic night', we hope you'll join us on Saturday the 30th of September for an evening of laughter, betting, surprises and fun.

Help the Motutara-Waimauku Scout group raise money for their new Scouting facilities. Spot prizes, try your luck, raffles, eftpos & bar available (No BYO). A good range of snacks will be provided &

you can BYO snacks.

Contact Vanessa Belton to purchase tickets or for sponsorship enquiries: [waimauku.scouts@gmail.com](mailto:waimauku.scouts@gmail.com), 027 222 4449.

Thank you to our premium sponsors so far: Tanya Franklin the Travel Broker, Waimauku Doctors, Water to Waste Plumbing & Drainage.

## THE RIVERHEAD GALLERY



Riverhead is becoming a hive of activity with the new shops over the road from the gallery. Come and visit the gallery after a breakfast or coffee at Harvest...or if you are just heading through Riverhead. We have some gorgeous new ceramics from Wilma Jennings, candles from Waxing Moon, as well as artworks to suit any space.

With an exhibition coming up in Dunedin in September I'm busy painting away in my studio annex...but always have time to stop and chat about my work or any of my artists.

We are located at 1044 Coatesville Riverhead highway, opposite the new shops. Opening hours are Wed to Sat from 11-5 and Sunday from 2-5. Check out our selection of artwork on [www.theriverhead-gallery.nz](http://www.theriverhead-gallery.nz).

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fewer depression symptoms than seniors who don't use computers, which can enhance the quality of their life. Computer usage can also improve motor skills and mental agility, helping you stay sharp and mentally alert. And it's also fun! SeniorNet Kumeu Inc. is dedicated to helping people who want to keep up with today's technology, who either don't how to use a computer, tablet or smartphone or simply want to improve their skills. We are a friendly and informal club with tutors who teach at a pace that suits our "seniors"

At our August meeting the members were treated to an outstanding presentation by Neil McLeod of Kumeu Computer Services. Neil's talk on the subject of Internet "scams" was both informative and very entertaining, particularly the live recording of the "scammer" who inadvertently phoned the New Zealand Police number and, not surprisingly, panicked when he realised his mistake.

If you would like to join our club, we meet at 10am on the first Wednesday of each month at St Chads Church Hall Huapai, just come along to our next meeting on September 6th or contact: Brian Lacey on 022 183 1811 [brian@lacey.nz](mailto:brian@lacey.nz) or Nigel Dempster at [nigeldem@outlook.com](mailto:nigeldem@outlook.com).



## VOICES FROM THE PAST

Kaukapakapa Library, Sunday 17th September, 10am - 1pm. Come along and hear oral histories from Kaukapakapa's past providing information on early families, their lifestyles and significant events. Listen to the late Frank Henley on early Kaukapakapa, Wyn Jordan about Jordan's Island and Murdoch McLean speaking about railway and the Makarau tunnel, farming and schooling in the area,

and more. Oral histories are courtesy of the Helensville Museum. For more information contact Megan Paterson on 021 959 017 or email [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz). Photograph is: Ron Taylor, Norman Taylor, Owen Jordan, Wyn (Taylor) Jordan at Kukutango (Jordan's Island), Kaukapakapa, 1931.



## YOU MAY THINK HERE AT THE ROSE FARM "ALL IS QUIET"

But alas all is not. Over winter we have cut back our rose crop so it had a better chance to survive without heating. It's certainly been a challenge but we are coming out the other side "smelling of roses" (No pun intended) We are making some changes so we will be able to supply roses and other flowers/produce next winter for our local market. Other changes are that we are diversifying into more herbs, edible flowers and even some vegetables. We have been growing gherkins for 'Aldersons' who do a fabulous range of pickles, sauces and condiments. You can find some of their range at Boric Food Market Coatesville-Riverhead Hwy. We also grow dill and on their list this year we will be growing lovely hot peppers. Our growing house is also perfect for tomatoes so we have these on the list in the near future too plus some other goodies I am eager to trial. If you are wanting someone to grow organic fresh herbs and veges or anything else - give Angeli-que a call on 027 519 7108. Check us out on our website [www.flowerbarn.co.nz](http://www.flowerbarn.co.nz).

## BUSH SAND AND SEA BED AND BREAKFAST

Bush Sand and Sea Bed and Breakfast is a self-contained and elegant accommodation at Bethells Beach. We are 40 minutes from Auckland Central, on a private 10 acre block of land, nestled in the native bush of the Waitakere Ranges of Auckland's wild West Coast. The single bed roomed bungalow is fully air-conditioned and heated, flanked with 2 decks, which allow private views of bush, sand dunes and the sea. We have upgraded the sofa bed in the lounge with a luxurious queen size tilt down bed. Easy to access and tilt away when you want to sit on the sofa. We offer an environmentally-conscious yet luxurious escape, and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat. Explore the bush walk with its bridges, board walk and stream. Walk or take the 10 minute drive to the beach or Lake Wainamu. Enjoy our late departure policy after visiting the glow worms in the evening. We offer assistance to guests walking the Hillary Trail, just let us know your needs. For further information, please contact Lyn and Alan 09 8109 584, 021 1557 443, [bushsandandsea@gmail.com](mailto:bushsandandsea@gmail.com) or [www.bushsandandsea.co.nz](http://www.bushsandandsea.co.nz).

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This was the response of a woman in the last trimester of her third pregnancy after attending a recent Embodiment™ one day workshop.

These powerful workshops include mindful movement for birth, gentle yoga stretches, meditation, holistic birth education, sharing and support. The techniques used help prepare for birth with an experiential learning of birth. "The movements we use not only are ones which are often instinctive for women in birth and can help awaken our inherent birthing instincts, but they also help to tone and bring awareness to the actual muscles used during labour and birth. It's about as close as we can get to feeling how our birthing bodies work prior to labour" says teacher Maree Delmar, who had been teaching pregnancy yoga here in Kumeu for 5 years until recently deciding to focus solely on these workshops. "The techniques we learn can help to have a more positive birthing experience".



The next workshop in Kumeu will be on the 28th of October and in Sandringham on 23rd September. Attendance is suitable from 13 weeks of pregnancy. The cost is \$89 early bird and places are limited. Bookings: [embodybirth.maree@gmail.com](mailto:embodybirth.maree@gmail.com) / 021 022 93012.

## LIBRARY FINES CAN BE AVOIDED

Let's face it, paying fines at the Library is no fun at all - here are some tips for avoiding those fines.

It's easy to keep track of your Auckland Libraries account. Changing your details, checking due dates, renewing items and placing or cancelling holds can be done online ([www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)) or using the Auckland Libraries App (available free from your app store) - you will need to have your library card number and PIN number to log in. You can also phone us (Library Connect ph. 09 377 0209) or visit the Library in person.

Most importantly, make sure your contact details are correct - update your address, phone number and email address on your library account whenever they change. That way you will never miss an email, phone call or letter from us.

You can avoid overdue charges by keeping track of due dates for items you have checked out, and returning them on time. We email courtesy reminders of items due to customers who have an email address on their records - pro tip: add [circadm@elgar.govt.nz](mailto:circadm@elgar.govt.nz) to your email address book to make certain our

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emails get to you. If you haven't finished with the item, renew it before the due date – if someone else has requested the item, you will be unable to renew it, and this gives you time to return the item before its due date. Otherwise, most items can be renewed twice – but do check that the renewal was successful. For automated phone renewals, call 09 307-7795. Rental items can only be renewed in person at the Library because another rental fee is charged. Magazines cannot be renewed, and are issued for two weeks, so be particularly careful about due dates. There are no overdue charges on children's items apart from rental items – it is the item, not the card that makes the difference – overdue adult items on a child's card will still attract overdue charges. However, all unreturned items will incur a replacement charge.

The charge for uncollected requests is easily avoided. If you are unable to collect requested items before the end of the hold period (we hold items for eight days), simply cancel the hold before the pickup date and there is no fine. Holds can be cancelled online, in person at the Library or call Library Connect.

We are here to help at Kumeu Library, so please ask us – we don't want you paying fines.

Follow us on Facebook ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)) to keep up with local library news and events.

## WAIMAUKU TENNIS CLUB – OPEN DAY & JUNIOR REGISTRATION

Thinking of starting tennis as a summer sport? Then come to our Waimauku Tennis Club Open Day. A great opportunity to get the feel of our club and what it provides. Located at 895 State Highway 16, the club will provide fun games, spot prizes and a sausage sizzle from 10am till 12pm Saturday, 9th of September. The club gives you access to a number of various coaching and match play programmes for all levels and ages, whether you are a budding tennis pro or an enthusiastic beginner. For further information on our club and junior player pathways visit our website on [www.sporty.co.nz/waimaukutennis](http://www.sporty.co.nz/waimaukutennis).

The club is taking registrations for all junior tennis players aged from 4 to 18 years old. Membership fees include two terms (Term 4, 2017 and Term 1, 2018) of after school club day tennis every Wednesday, free entry to all club events, and discounted lessons. Registration dates are on the Open Day, or alternatively on Wednesday 13th September 3.30 till 5.30pm. You can also register via email at [waimaukutennis@gmail.com](mailto:waimaukutennis@gmail.com). All juniors wanting to play inter-club tennis must be a registered member.



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# IN BRIEF

## UPDATES:EVENTS

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### GIFTS FOR TWEENS AND TEENS

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### THINKING ABOUT TRAVELLING TO BALI?

Bali is a destination packed with food, culture, history, adventure, beaches, wild-

life and much more to keep the family or any avid traveller entertained. Start your holiday off with a stay in Kuta where you are right in the midst of the hustle and bustle with plenty of nightlife, markets, beach bars and surf to keep you busy. If you want something a little quieter consider Legian or, Seminyak if you want luxury hotels and upmarket shopping. Next head inland to Ubud for a few nights and immerse yourself in local wildlife, rice paddies and culture, with many temples, villages, art and craft markets and the renowned monkey forest. Lastly, finish off your stay down the coast, in Sanur, Benoa or Nusa Dua and relax on the white sand beaches or dabble in a bit of water sports. Alternatively you can travel to an outer island like Nusa Lembongan where you can spend your day's snorkelling, diving or surfing to your hearts content. *hel-loworld* Hobsonville – 124 Hobsonville Road or phone 09 416 1799.



### KUMEU BLEND CHOIR

We enjoyed a good concert on Sunday 13 August with the Auckland Youth Symphonic Band. Brahms' German Requiem, the Faure Pavane and a Beatles' medley all went well. We also sang three a cappella pieces. From Monday 21st August we start to rehearse our Christmas programme.

Kumeu Blend is a friendly, un-auditioned choir. We sing a wide variety of music from classical choral through to music from shows and modern works. Some is challenging but all is fun. You don't need to read music to join the choir although it helps if you do. Feel free to drop in to St Chads Church, Huapai, at 7:30 any Monday evening, or if you would like to join

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## PARAKAI SCHOOL TOUCH TOPS

2017 styling - Camo is cool the kids are keen to get these on, standing out from the crowd with their bespoke new camouflage designed touch tops. A big thanks to the ongoing community support provided by Craig Walker building removals, G.J. Gardner, Dayle ITM, Prestige Reality, No Limits Electrical, Green Gorilla recycling and waste, Pita Pit Helensville and Smashing Promotions, please support these generous sponsors. Do you have a non-profit organisation that needs funding - contact mark.adcock@smashing-promotions.nz we will hopefully be able to assist you with sponsorship, design and supply- too easy.



## PURE ALLIES NZ

Let's talk magnesium. Did you know a big percentage of us are magnesium deficient? Magnesium helps us relax, can help us sleep and helps with muscle pains and tensions. Magnesium is best

absorbed through the skin. Here at Pure Allies, we have a lovely magnesium foot and body spray to help aid tense muscles and we use chamomile and lavender to aid with sleep. Great for the new daylight hours and wakeful children. We also have luxurious magnesium body butter. All products totally natural and affordable. Pure allies NZ or pureallies@gmail.com.

## DARMIC

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You are within walking distance of restaurants, cafés and shops - so it's easy to choose which day to relax and which day to adventure.

So if you are sick of this cold winter weather, afraid of booking overseas accommodation that looks nothing like the picture and have noticed all the awesome deals to Hawaii lately, then head to www.darmic.com today. Once you have stayed with us, you will consider it your home away from home.



## KUMEU BOUNCY CASTLES

Spring is on its way and there are many weeks of sunshine to come so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, school events, etc. Remember to book a hall for those rainy day parties. We have a list of halls

that are fantastic to use and local. Amazing face painter and entertainers - pirate, fairy, clown, magician and balloon twister! All of our bouncy castle hire prices include local delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. No cancellation fee. Contact: Cindy 021 1192 573 or visit www.kumeubouncycastle.co.nz.



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# PROPERTY

## NEWS & ADVICE

### A PROPERTY'S TRUE WORTH



By Mike Pero, Chief Executive, Mike Pero Real Estate. Understanding the real value of your home, and how it is calculated, will help you establish expectations when it comes to sale time.

Naturally, sellers want top dollar for their homes, but overpricing can prove just as detrimental as underpricing. The old saying 'you can always come down but you can't go up' is somewhat misguided when it comes to effectively marketing a property, and sometimes the cost of a missed opportunity far outweighs a minor price adjustment on your property's asking price.

**Gauging the Market** - Assuming you engage a licensed real estate agent to sell your home, you will most likely receive a Comparative Market Appraisal (CMA) to help you and your agent establish the most appropriate price.

The purpose of a CMA, which includes a number of recent sales in the geographical vicinity of your property, is to give you a reference point in order to establish your property's value.

**Determining Factors** - The value you arrive at will take into account a series of factors including: location, perspective,

land size, dwelling size, age, quality, and so on. It is often difficult to be objective with your own home because you know all the extra effort and money you have invested in the property over the years - details that are often overlooked or of no consequence to potential buyers.

No two houses are identical in every respect, so it's up to you and your agent to work together to reach an agreed value of your home. When you do arrive at an 'ideal value', it is important to consider the absolute 'rock bottom' price you would accept.

**Managing Expectations** - All going well, your eventual sale price will be somewhere between the two, and on a good day it could be even more than you anticipated. The most common, and successful, way to exceed your expectations is by going to auction. You may have a figure in mind before auction day; but if there is fierce competition for your home, and if the emotions of bidders are running high, then it could well be your lucky day. 0800 500 123 - Mikepero.com. Mike Pero Real Estate Ltd Licensed REAA (2008).

### IT'S IMPORTANT TO KNOW WHAT'S IN YOUR CREDIT FILE

Everywhere you visit these days you're given the opportunity to go online and rate your experience. Whether it's a restaurant you ate at, a hotel you stayed at, or your last tinder date - ratings systems are everywhere. We use them to make informed decisions about what is good and what we should try to avoid.

Things aren't too dissimilar in the finance world, where lenders have access to a credit file to help assess a borrower's suitability for a loan. However, while most of us know our rating on Uber, very few Kiwis know what their credit score is - but it's hugely important.

Here are some of the top reasons why every person should know what's in their credit file.

You can plan around it - particularly if your credit history is not ideal. If your credit history is not great, it can significantly impact your options when it comes time to apply for a loan. In fact, there are many lenders with restrictive lending criteria who won't even consider a customer who has any type of negative notation (being a 'hit' or mark on a person's credit file) - no matter how minor or long ago the event occurred.

Knowing what is in your credit file before you apply for finance means those borrowers with poor credit can plan alternatives, such as going to a more flexible lender from the outset.

This also means that you limit the number of unnecessary notations that get made on your credit file. This is because each lender with whom you apply for credit makes a notation on your credit file at the time you apply for the loan - irrespective of whether you are approved or not. Too many notations can negatively impact your overall credit rating.

You'll know if you have to wait to apply for finance. If you know what has caused you to have bad credit, then it might make sense to delay applying for finance. Anything like a credit enquiry, default or court judgement will remain on a person's credit file for five years. So, if you know that a default on your credit file will drop off shortly, then it might make sense to wait it out to give you more options.

You can make sure there are no errors. It happens more often than people think - errors are made and a person's credit file is incorrectly noted. These mistakes can range from tiny little things like incorrect name data to much bigger issues like having false records of unpaid bills

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or mortgage payments. It pays to find out what is in your credit file to ensure a mistake doesn't stop you from achieving your financial goals.

How can you access your credit file? There are three different credit ratings agencies in New Zealand: Centrix, Dun & Bradstreet and Veda Advantage. All three providers will give you your credit file for free, however if you want to get the information quickly then you might have to pay a service fee.

For further details or feedback feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email [ivan.urlich@mikepero.co.nz](mailto:ivan.urlich@mikepero.co.nz). Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

## NEW METH TESTING STANDARDS FINALLY RELEASED

Methamphetamine is a serious issue that landlords need to be aware of, as there are potential repercussions both in insurance and tenancy matters if the requirements are not met.

The long-awaited Standard (NZS 8510:2017) for testing and decontamination of methamphetamine (P) contaminated properties has been released by Standards New Zealand.

As per a recent media release by Standards New Zealand, the guidelines provide industry guidance on good practice methods in the testing and clean-up of methamphetamine contamination in houses. The standard also addresses properties used as make-shift laboratories for the illicit manufacture of methamphetamine, as well as properties contaminated by the use of methamphetamine. The standard will be used by methamphetamine testing and clean-up/decontamination companies; laboratories that analyse samples taken from meth contaminated properties; health, safety, and environmental regulators; property owners, managers, and insurers.

This new standard adopts a single level of 1.5 micrograms of methamphetamine per 100 sq.cm of surface sampled, regardless of whether a property was involved in the production or use of meth. It also specifies best-practice disruption for property owners and occupants.

The Tenancy Tribunal is also starting to expect landlords to have completed a meth test prior to signing up any new tenancy, on the grounds that it is part of the owner's responsibility to provide the property in a reasonably clean and reasonably tidy state as per their obligations under the Residential Tenancies Act, 1986 (as amended from time to time).

Quinovic Property Management has robust policies and procedures in place to help protect landlords in relation to meth. Contact Virendra Gupta at Quinovic Kumeu on 09 973 5527, email [enquiries@quinovic-kumeu.co.nz](mailto:enquiries@quinovic-kumeu.co.nz) for a chat.

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## ADVANCE OF MONEY TO YOUR CHILDREN

It is often the case that parents help children purchase their first home. Usually, this is in the form of making money available for a deposit. However, the banks will usually want to make sure that such money is gifted. This is because the present banking rules restrict lending to approximately 80% of the total value of the property being purchased. Un-gifted money is arguably debt even if it is from a parent. However, as a matter of law, an advance of money from a parent to a child is presumed to be a gift. That presumption can be reversed if there is writing to show that the money advanced was a loan. To make things certain, it is important to record the amount of the other advance in writing in a deed. This is then followed by a gift deed which may be for part or all of the advance. In some cases, some of the money may remain un-gifted on the basis that when the house is sold or refinanced at some future time, the money loaned can be repaid back. It is important to get legal advice about structuring such debt assistance to your children including dealing with the estate planning aspects which usually arise from making gifts during your lifetime. Luke Kemp - Kemp Solicitors phone 09 412 6000 or email [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).



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# AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	1,100,000	6312M2	295M2	1,850,000
	850,000	1HA	160M2	1,238,000
Helensville	530,000	1459M2	150M2	875,000
	430,000	643M2	126M2	590,000
	405,000	632M2	138M2	710,000
	385,000	689M2	100M2	530,000
	660,000	4.1HA	82M2	935,000
Huapai	840,000	725M2	217M2	1,100,000
	395,000	512M2	175M2	955,000
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	660,000	651M2	190M2	900,000
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	870,000	1085M2	218M2	1,250,000
	960,000	2HA	140M2	2,250,000
	1,950,000	6.5HA	206M2	4,600,000
Muriwai	630,000	842M2	120M2	815,000
	690,000	3073M2	215M2	900,000
	610,000	974M2	57M2	1,050,000
	930,000	1.7HA	213M2	1,450,000
Parakai	450,000	553M2	153M2	659,000
	295,000	0M2	79M2	585,000
Riverhead	700,000	1132M2	91M2	1,140,000
	910,000	956M2	230M2	1,265,000
	920,000	772M2	246M2	1,365,000
Taupaki	1,250,000	8094M2	220M2	1,750,000
Waimauku	845,000	1500M2	187M2	1,030,000
	710,000	1400M2	170M2	935,000
	930,000	1504M2	293M2	1,400,000
Waitakere	580,000	1HA	160M2	870,000
Whenuapai	605,000	966M2	50M2	815,000

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Graham McIntyre  
Brand & Territory Owner

Mike Pero | REAL ESTATE

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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.

Mike Pero  
REAL ESTATE

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# GET YOUR GARDEN SORTED THIS SPRING

## PRETTY BLOOMS

**\$16<sup>97</sup>**

**Rainbow Park Nurseries Ltd**  
Pelargonium



227855

**\$11<sup>87</sup>**

**Zealandia**  
Hanging Basket



188531

**\$19<sup>44</sup>**

**Growing Spectrum**  
Daphne



248327

## GARDEN READY

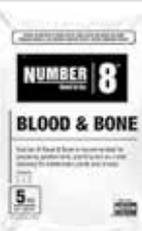
**\$5<sup>10</sup>**

**Number 8**  
Compost 40L  
246152



**\$13<sup>47</sup>**

**Number 8**  
Blood & Bone 5kg  
243539



**\$18<sup>99</sup>**

**Winstone**  
Gypsum Clay Breaker & Soil Conditioner 8kg  
187807



## WEED & FEED

**\$5<sup>98</sup>**

**Number 8**  
Slow Release Fertiliser 500gm  
243548



**\$6<sup>98</sup>**

**Tui**  
Quash Slug & Snail Control 500gm  
139593



**\$11<sup>98</sup>**

**Tui**  
Sheep Pellets 8kg  
307385



**\$17<sup>98</sup>**

**Yates**  
Thrive Naturals Fertiliser Fish Blood & Bone 1L  
274765



**\$22<sup>99</sup>**

**Kiwicare**  
Lawnpro Turfclean & Green 2L  
309204



## PERFECT PATIO

**\$10<sup>98</sup>**

**Patio Planter**  
Pre-planted Flowering  
188609



**Stone-Look Pots**

From **\$44**



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**\$139**

**Karcher**  
K2 Basic Electric Waterblaster 1400 Watt  
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**Tall Grey Square Pots**

From **\$177<sup>66</sup>**



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WESTGATE



## HUAPAI FAMILY HAVEN - NEAR KUMEU

4 1 1

Set Date of Sale

### 22 Trigg Road, Huapai

Set Date of Sale - 5pm, Wednesday 13th September 2017 (unless brought forward).

Traditional values, timeless construction. This four bedroom traditional kiwi bungalow on 1019 sqm delivers more than initially meets the eye. A fenced-hedges property minutes from Huapai Primary School with ¼ acre flat section complete with fruit trees, raised garden beds, chicken coop, open space for family or pets to play and utility storage adjoining a large single garage and workshop. The home also provides options to the burgeoning family with master bedroom with walk in wardrobe opening on to sunny deck area, separate laundry and bathroom. Open plan kitchen, dining and lounge entertaining area with polished solid timber flooring linking to northerly covered patio. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park.



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## EXTENSIVE CHARACTER HOME ON 9 ACRES OF SUB-DIVISIBLE LAND

7 4

Set Date of Sale

### 32 Kaipara Coast Highway, Helensville

Set Date of Sale - 5pm, Tuesday 5th September 2017 (unless brought forward).

Built around a central courtyard, the main home enjoys features throughout, including timber French doors, high-stud ceilings and polished timber floors. Inside, there are 4-5 bedrooms with two large bathrooms and a number of living/dining areas, while a separate wing offers a further two large bedrooms with its own kitchen, bathroom and laundry. There's a two-bedroom minor dwelling. Set amidst beautiful rural outlooks, it's the picture of peace and privacy. A number of high-stud contractor sheds will ensure you're never short of space for storage. The property is perfect for extended families, with enough room for everyone to have their own space.



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EUROPEAN FLAIR - SPACIOUS LIFE-STYLE WITH LAND AND VIEWS



Asking Price \$2,345,000

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

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



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10 ACRES OF FLAT USABLE LAND - HELENSVILLE



By Negotiation

**37 Te Pua School Road, Helensville**  
By Negotiation

Searching for flat land with easy access to SH16, this is the property for you. Flat grazing land, orchard with shedding and near new four bedroom, two bathroom family home returning \$550 per week. In addition the property has casual grazing options, arena, sleepout, stable and tack room. Things to do, but so much on offer to the gazer or grower looking to secure an excellent long term investment. Close to Parakai and Helensville convenience shopping, schooling and transport network. Access off Te Pua School Road and SH16 makes the property multi-functional and flexible. The CV on this property is \$840,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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**ELEVATED EAST FACING ON 809 SQM - KUMEU**

4 1 2

**Asking Price \$905,000**

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

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

[www.mikepero.com/RX1033818](http://www.mikepero.com/RX1033818)



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**RIVERHEAD, 1/4 ACRE, POOL, SPA....**

3 2 2

**By Negotiation**

**52 Great North Road, Riverhead**  
By Negotiation

- \* Large flat quarter of an acre section (1011 sqm) in sought after Riverhead.
- \* Potential for minor dwelling with own entrance (subject to council approval).
- \* 200 sqm house with 3 bedrooms, study / office, 2 bathrooms and 2 lounges.
- \* Large internal garage and separate laundry.
- \* Pool, private spa and extensive decking.
- \* Walk in pantry with granite benches throughout.

[www.mikepero.com/RX1168747](http://www.mikepero.com/RX1168747)



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09 412 9602

[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)



## SUNRISES & SUNSETS - COASTAL - HOBSONVILLE POINT

4 2 3

Set Date of Sale

### 77 Bomb Point Drive, Hobsonville

Set Date of Sale - 5pm, Wednesday 6th September 2017 (unless brought forward).

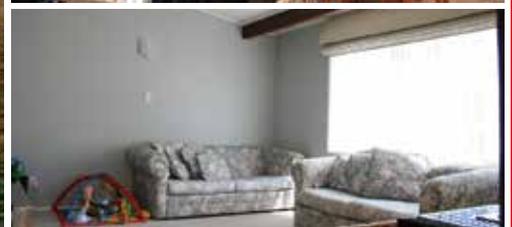
Edgy, contemporary, affordable and quality Jalcon four bedroom terraced home in Hobsonville Point. East and West decks maximise sunshine and views, positioned next to Bomb Point Reserve and the Coastal Walkway - you will love the open plan living spaces, alfresco dining on the patio, unique lifestyle and outlook. Enjoy the convenience of parking your cars with internal access double garaging. This home is a high quality Jalcon new build with an electrical upgrade - due to be completed in mid 2018. With a 10 year master build guarantee, 15 year weather-tightness warranty and a 50 year structural guarantee, Jalcon will give you the confidence of a home that is water tight, healthy and dry.

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027 632 0421  
graham.mcintyre@mikepero.com



## AFFORDABLE LIVING IN WAITAKERE TOWNSHIP

4 2 1

Asking Price \$747,000

### 114 McEntee Road, Waitakere

Asking Price \$747,000

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

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## ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

Asking Price \$997,000

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

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

[www.mikepero.com/RX1034803](http://www.mikepero.com/RX1034803)



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## THE SMELLS ARE BEAUTIFUL - VIEWS AMAZING

4 1

Asking Price \$845,000

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

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

[www.mikepero.com/RX1158063](http://www.mikepero.com/RX1158063)



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HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

**525 Kiwitahi Road, Helensville**  
By Negotiation

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

[www.mikepero.com/RX1065529](http://www.mikepero.com/RX1065529)



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RARE EARTH

Enquiries Over \$700,000

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

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

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# HOME & GARDEN

## ALL HANDY MAN WORKS

We as a company have recently decided to go into the specialty field of ready lawn especially now with spring approaching. Here are a basic few photo shots of work that we have recently completed. We are now covering more of the soft landscaping requirements and have great suppliers and can offer competitive prices. All Handy Man Works – Phone Paul on 021 233 3897 or visit [www.allhandymanworks.co.nz](http://www.allhandymanworks.co.nz).



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Remember all furniture is solid timber, NZ made and comes with a 10-year warranty.

## SOLVE YOUR GARDEN WASTE PROBLEM

With spring nearly here, now is the time to deal to your overgrown trees and shrubs in the garden. Unfortunately the more you cut and trim, the bigger the pile of garden waste becomes. With the use of a chipper shredder you not only get rid of this rubbish pile, but you create useful mulch, that will benefit your garden in several ways. Not only does mulch suppress weed growth but it will also reduce the need for watering during the drier months and improve soil quality, which all means a lot less time and effort needed by you.



With a wide selection of chippers available today, there will be a model to suit all gardens and budgets, so do call in and see Terry & the Grasslands Team at 20 Shamrock Drive Kumeu to discuss which chipper shredder would best suit your needs.

## PROGRESS FOR RURAL DEVELOPMENTS IN THE NORTH WEST

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a full range of services to the North West Community. The North West can now take advantage of these local services and see their development progress from concept to approval. Whether you require subdivision, boundary redefinitions, unit title developments, Maori land or topographical surveys, Thomas Consultants new Surveyor will be able to help. Interested? To find out how easy your development could be, find us online [www.thomasconsultants.co.nz](http://www.thomasconsultants.co.nz) over the phone 09 836 1804, or on email [info@tcec.co.nz](mailto:info@tcec.co.nz).

## LIFESTYLE PROPERTY BUYERS GUIDE - PART 1

What is a 'lifestyle block'? The term 'lifestyle block' can be described as a rural small holding of land and typically includes lifestyle blocks, hobby farms, and country homes on large sections; they are attractive to people who are seeking an alternative to the traditional suburban home.

Who lives on a lifestyle block? The people who have ended up living on lifestyle blocks are very diverse. They move for the prospect of a better life for their families, away from the urban rat race with today's social problems. They want fresh air, open spaces, and bigger properties that tend to hold the promise of swimming pools, tennis courts, and large gardens with plenty of land leftover for 'free-range' children. People want to have control of their living environment and food production plus the joy of having animals and pets in natural surroundings. Only on a lifestyle block does someone feel free to regularly hug their animals, and give them all a name.

Key attributes of lifestyle living - Location: The key aspects of location relate to: nearness to small town communities; sources of employment, services and amenities; high school, tertiary education, leisure and entertainment activities; being 'close enough to urban life' means to be within a reasonable commuting distance.

Place of residence: Lifestyle blocks are places of residence first and foremost, and their cost is largely determined by the kind of home to be found there. If a block of land has a modest home, the same block would sell for more if it had a larger, more prestigious home. Lifestyle properties do vary in regard to land area, floor plan, and outbuildings – each property is unique.

Children: Lifestyle properties offer a great opportunity for children to go to a small rural school, with a school bus at the gate, and room for children to play in the fresh air with family and friends, enjoy the company of pets, and the responsibility of caring for animals.

Environmental Qualities: A lifestyle block is enhanced by the extent to which it offers peace and quiet, views of the surrounding countryside, mature trees, native bush, ponds and streams – all added benefits when purchasing a lifestyle property.

Facilities: Properties that are well fenced externally and internally for grazing of stock is important, along with a good water

supply for the house and stock. Stock handling facilities and outbuildings all add value to any good lifestyle property.

Financial Investment: Lifestyle blocks are currently and have generally increased their value at a greater rate than urban residential property. If a block has potential for further subdivision there can be added value here as well.

Next month I will present the second part of this guide "Lifestyle property buyer guidelines"

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

## PALMERS PLANET

It's the month we long for all winter, when spring is sprung. There's lots of new life and colour emerging, the gorgeous pink blossom of the cherry trees intoxicating the tui, brightly coloured daffodils and tulips, magnolias blooming, such promise of sunnier times ahead.

September is also the start of Bee Aware Month, Apiculture NZ's annual awareness drive to raise the profile of the honey bee in New Zealand. Bees are vitally important in the garden and in our food production, and their communal wellbeing is paramount. You can help ensure bees stay happy and healthy by planting lots of nectar and food sources for them - they especially love blue, purple and yellow flowers! Single flowers (those with one ring of petals) provide more nectar and pollen than double flowers, in which extra petals have replaced pollen-laden anthers. Flat or shallow blossoms, such as daisies, zinnias and asters will attract the largest variety of bees. Long-tongued bees will be attracted to plants in the mint family, such as salvia, oregano, mint and lavender.

Strawberries also need to be planted now so you can be enjoying their delicious fruit by Christmas - we recommend at least 5 plants per person in your home to ensure there is enough to go



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around! We look forward to seeing you in store soon.

## LIVESTOCK REPORT

Despite significant schedule drops over the weekend, cattle prices at Pukekohe were seriously strong in places; with rising yearling cattle selling as well as they has for many months. Quality killable cattle also, were in high demand, surprisingly, following negativity in papers over the last week. As spring approaches, farmers tend to feel more optimistic, at least as far as feeding cattle is concerned. This generally has a strong impact on the store cattle market and big schedule drops tend to make farmers add weight to killable stock rather than buying expensive store cattle. Therefore, the next month or two will be interesting as works are indicating cattle are too expensive, but still need them.

Best 2 year steers	\$1,200 to \$1,780
Light x bred steers	\$990 to \$1,140
Rising 1 year steers	\$690 to \$850
Small weaner steers	\$540
Best prime heifers	\$1,300 to \$1,800
Lighter heifers \$	1,110 to \$1,290
Medium rising 1 year heifers	\$750 to \$810
Other small x bred heifers	\$150 to \$578
Boner cows	\$935 to \$1,390
Very light cows	\$230 to \$450
Fat lambs	\$105 to \$156
Store lambs	\$70 to \$92
Spring lambs	\$65
Hoggets	\$105 to \$129
Ewes	\$135
Ewes with lambs	\$66.50

W/H bulls	\$160 \$320
W/H heifers	\$90 \$170
Friesian bulls	\$40 \$135
Store	\$125
Porkers	\$130

## YOU HAVE TO HAVE AN UP TO DATE WILL

If you are in any doubt about the benefits of having a lawyer prepare your will, right now read this. Nobody wants to think about their will - they involve you spending money on something that will only ever be used after your death. But you really have to have one.

People often ask me why they should spend the \$350 odd dollars to get a lawyer to draft their will when they can just get one off the internet. The answer is that wills are the most litigated document you will ever sign. If you don't get it right (which is the risk with home-made wills) or if you die without a will you leave an expensive source of conflict for your family to sort out. Estate litigation is a costly exercise with legal fees ranging from the tens to hundreds of thousands. It makes much more sense to invest in having a will prepared by a legal professional to be confident you've got it sorted.

In New Zealand you are more likely to go to court over a will than over any other document.

Your word is not law when it comes to bequeathing your worldly goods. You have obligations even after your death that mean the Court can overturn your will if you haven't fulfilled those obligations. The cost and stress of defending a claim to overturn a loved one's will is a real burden. And in most cases it would have been avoided if the will maker had had sensible legal advice when the will was drafted.

# Thinking of building?

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Another big thing is reviewing your will every 5 years. Things change, babies are born, and partnerships break up. If your new partner doesn't get around to updating her will you could be left to deal with her ex-partner who was named as executor and sole beneficiary 10 years ago when she last did her will. Wills do lapse when you get married. If you have a family trust you may also want to change the person who takes your powers of appointment of new trustees.

Another good thing to do in a will is appoint a testamentary guardian so that someone you trust will have the right to be involved in decisions about what happens to your children after you go.

Doing a quick legal spring clean is an easy way to meet your local lawyer, and get your affairs sorted so that no-one ever has to do it for you.

Henderson Reeves are your local, friendly, mobile lawyers – Taina and Shelley are happy to talk you through your legal spring clean on 09 281 3723. Or on mobile: Taina Henderson on 027 537 9222 or Shelley Funnell on 027 537 9221. We have the experience and backing of a full service law firm of 35 years standing – if you have a legal issue, we can help.

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Open five days a week from 7am-5pm, Laser Plumbing & Roofing is located locally at 45 Brigham Creek Road, Whenuapai. Give us a call today 09 471 0110 or visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.



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property. Signature Homes West Nor-west Auckland have 3 highly experienced consultants available to discuss your building aspirations. Contact Lloyd, Simon or Stephanie today. 0800 020 600.

### IS GREEN THE NEW GOLD?

The Kiwi fascination with property means that many of us have considered an investment property at some time or another. If you're looking to start or grow your property portfolio, then why not consider making the most out of your existing section. Building new can help you avoid the heat and uncertainty of auctions, LVR restrictions and expensive renovations for minimum rental dwelling standards. With potential capital gain at handover, alongside a comprehensive 10 year warranty, investing in property doesn't come much smarter. There are also significant benefits to this form of building for both a consumer and an owner-developer, with the reduction in land area helping affordability, variation of housing types, established desirable locations and reduced maintenance through modern construction standards. At G.J. Gardner Homes we have many options for you if you're considering making the most out of your current section, and believe we can help you as our team are ready and primed, offering to evaluate your existing home as to its suitability for subdivision, with a no obligation Preliminary Development Appraisal of site potential. Visit our website to request a brochure or give us a call on 0 9412 5371 to speak to one of our friendly New Home Consultants today.



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## TRADIE OF THE MONTH

Congratulations go out to Kyle Munro, our Tradie of the Month. Kyle owns Concrete Connection and has been laying concrete paths, drive-ways and vehicle crossings for Maddren Homes since 2015. Tony describes Kyle as "a great team leader and player who is an excellent communicator with both our clients and site supervisors".



His workmanship is top notch. He is dedicated and takes pride in his work, always working in where he can. Well done Kyle! Maddren Homes would also like to thank Western ITM for their continued support to acknowledge the hard work and dedication of our Tradies.

with any of your building needs, new-builds, renovations, decking, we do the lot. With over 20 years' experience in the building trade, and qualified, hard-working staff, Kev has a wealth of knowledge and experience to ensure your project is completed to a high standard at a reasonable price. Go to [www.kvnbuildersltd.co.nz](http://www.kvnbuildersltd.co.nz) to see more testimonials like: "We love the transformation of our house and great work was done! It's an awesome job, and we'd recommend KVN to others. We will be booking KVN Builders in for further renovations next year, pleasure doing business." Phone Kev 021 065 9612.

## PLAN YOUR RETREAT WITH COMPASS

Does the idea of escaping to your own private wing complete with spacious master bedroom, ensuite, walk in wardrobe and patio sound like something on your wish list? Then, check out our latest exclusive house & land opportunities in Tilly Lane and Nobilo Road and start creating your own unique, personal retreat today. Our expert team are always on hand to discuss and facilitate any changes you may wish to make or design something that specifically meets your living requirements. We would love to explore your new home ideas with you and share our extensive knowledge in single, dual dwelling and extended family living options. We take care of everything from planning and consenting right through to the completed build. Ask us about our Future Lifestyle Plans. Feel free to drop Scott a line on 027 406 3684, make a time to meet or visit us at our show home at 3 Larmer Drive, Huapai.



## KVN BUILDERS

KVN Builders is owned by local business man and Licensed Building Practitioner, Kevin Mullany. A long term local, Kevin was born in Helensville and now lives in Waimauku. Kevin is one of life's genuine good guys and works hard to make sure his clients are extremely happy with the end results. We can assist



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# PETS TIPS & ADVICE

## KANIKA PARK CAT RETREAT

In his latest book, "Your Cat: The Owner's Manual," Dr Marty Becker offers his expert advice for new cat owners. Tips on how to prevent health problems to how to stop cats from scratching the furniture, this book covers



any cat-related question you might have and can be purchased from Amazon. One of his top 10 tips - Canned Cat Food Is Preferred - Veterinarians recommend feeding canned cat food over biscuits. Canned foods have a higher percentage of protein and fat than dry foods and are significantly higher in water content than biscuits (70% vs 10%). Canned foods tend to be more palatable to cats that are finicky, elderly or have dental problems. Kanika Park Cat Retreat offers quality canned food morning and night. Bottled water and high grade biscuits available all day. Please do contact us 09 411 5326 or 027 550 1406 for a viewing.

## THE LIFE OF OUR COUNTRY PETS

"Lisa is a star. My dog cannot wait for his adventures with the gang. Lisa is great with their personalities and matching the groups well. The photos are also great. I trust her with my fur baby and that's important. \*\*highly recommend\*\*" Jo Cooper and Sprocket



"Shiloh adores going for her walks with Lisa while I'm at work. So great to know she's been well taken care of with great company and will sleep until I get home" Clare Nicholas and Shiloh. Country Pets is based in Muriwai and offers daily dog walking adventures out to the beach or forest. Walks are off leash and dogs are well matched to ensure fun and safety for all. Most clients have their dog walked 3-4 days a week, giving them peace

of mind their beloved fur-baby is getting quality attention and sufficient exercise while they work. The service includes pick up and drop off. Clients of Country Pets can request feeding and bathing of their dog too. From only \$25 per walk. Country Pets are pet first aid certified and have experience with all kinds of breeds. Please contact Lisa on 027 380 0265 to see if Country Pets is right for your dog and follow us @countrypetslimited on Facebook for more testimonials, dog photos, homemade food and toy ideas, training tips and more besides.

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## 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.

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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 action is important during the teething process it helps dislodge the baby teeth and allow normal progression of the adult teeth.

Pop into one of our 8 Auckland stores and get your baby carnivores eating a diet they were designed to thrive on. You can also find out more at [www.rawessentials.co.nz](http://www.rawessentials.co.nz).

## THE IMPORTANCE OF RECALL

Recall is getting your dog to come back to you when you call them - sounds simple right? Unfortunately many dogs and their owners struggle with this skill, quite often people find themselves wondering, why doesn't my dog want to come back? In truth,



it's not that the dog doesn't want to come back, it's just that they want to explore the world and play with their friends more. Think about when you were younger and you were out with your friends and your parents would call your name to tell you it was time to go in. How often did you tread the line and get as much extra time as you could by pretending you couldn't hear them? Nowadays how often do parents call/text their children with no response but convenient excuses like 'my phone was in my bag so I didn't hear it'. All so that we get that extra time exploring with our friends.

So to get your dog to come back to you, you need to become more interesting and important to your dog than the distractions they come across. The best place to start is to change the way you think about walking your dog. Instead of it being a chore to drain energy out of your dog, try thinking of it as a time to build your relationship. It shouldn't be that your dog is off charging around while you walk along on your phone not paying attention to them. In your dog's eyes you are being really boring so it's no wonder they go off and find their own entertainment. Your dog walk should be like when you meet up with a friend for coffee, the focus is on them, if the focus switches to something else then both of your attention goes to it. Using things like food, or their favourite toy can really help in keeping your dog's attention.

You need to practise getting your dog to come back to you, don't expect them to just suddenly know to do it. If you are worried about your dog not coming back then use a long line. A long line provides your dog the freedom to move around but gives you the reassurance that if they're about to run off you

can stop them.

What if things go wrong?

When your dog is ignoring your calls it can be really disheartening and start to become embarrassing. This often leads to us doing the worst thing possible which is to get annoyed and show it in our body language and tone of voice. How often have you been on the beach and heard someone shout 'GET BACK HERE NOW!!' whilst standing face on to the dog and quite often aggressively pointing to the ground in front of them. Imagine if someone was shouting at you, would you willingly go to them or would you avoid them until they had calmed down?

Instead of showing your annoyance the best thing you can do is hide the annoyance and pretend to be really happy and fun; you may feel like you deserve an Oscar but you will be much more successful in getting your dog to come back. Also instead of being face on to the dog, turn sideways or even possibly away from them, this is you communicating that you're planning on going the other way so they need to come back and keep up.

Another great tip is to move. Quite often dogs get a bit cheeky and when we call them realise we're where they left us so don't bother looking round (they can tell where we are just using their hearing) By moving and then calling them they will hear that you have moved and often look to investigate where you've gone, once you have their attention it's a lot easier to get them to come all the way back.

You may need to take the moving to the next step and start hiding. If you hide and call your dog's name, chances are they will look up and when they can't see you will come running and search for you.

Recall is so important and if you put in some work, a very achievable thing. It is our responsibility as dog owners to have control of our dogs in public. If you do not have a good recall your dog should be on a lead or long line, end of story. Too often children, adults and other dogs are injured by an out of control off leash dog and it needs to stop.

It may sound harsh but it is actually the safest thing for your dog. In our society dogs are guilty until proven innocent. If they are off lead and perceived dangerous because they are out of control then they will face the repercussions. Do not put your dog in a situation where they are set up to fail.

If you do not trust that your dog will come back to you then make sure they are either kept on leash or you use a long line to ensure that you can get control when needed. As a dog trainer I am more than happy to help you with building your dog's recall to the level that you need or I can point you in the direction of other great trainers in your area. When training your dog remember you want coming back to you to be a positive and rewarding thing for your dog.

For more information contact Laura Purkis at The Dog Safe Workplace – [www.dogsafeworkplace.com](http://www.dogsafeworkplace.com).



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# FOOD & BEVERAGE

## CITRUS MUD CAKE

2 tsp finely grated lemon rind  
 2 tsp finely grated lime rind  
 3 tsp finely grated orange rind  
 350g butter, chopped  
 180g white chocolate, chopped  
 2 cups caster sugar  
 2 teaspoons vanilla extract  
 1 1/2 cups milk  
 3 eggs (large)  
 2 cups plain flour, sifted  
 3/4 cup self-raising flour, sifted  
 orange slices, to serve  
 White Chocolate Ganache:  
 360g white chocolate, chopped  
 2 teaspoons finely grated lemon rind  
 2 teaspoons finely grated lime rind  
 2/3 cup sour cream

### Method:

Preheat oven to 160°C/140°C fan-forced. Grease a 6cm-deep, 19cm (base) square cake pan. Line base and sides with 2 layers of baking paper.

Combine lemon, lime and orange rind, butter, chocolate, sugar, vanilla and milk in a saucepan over low heat. Stir until smooth. Transfer to a large bowl. Cool for 10 minutes.

Add eggs. Stir to combine. Add plain flour and self-raising flour. Stir to combine. Pour mixture into prepared pan. Bake for 2



hours or until a skewer inserted in the centre has moist crumbs clinging. Stand in pan for 10 minutes. Turn out onto a wire rack to cool.

Make ganache: Place chocolate, lemon rind and lime rind in a heatproof bowl. Place bowl over a pan of simmering water. Cook, stirring, for 4 to 5 minutes or until melted. Remove from heat. Stir in sour cream. Refrigerate for 30 to 40 minutes or until thick enough to spread. Spread over top and sides of cake. Stand for 10 minutes or until ganache is set. Serve with orange slices.

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@paulajaneakes.co.nz](mailto:info@paulajaneakes.co.nz) or visit [www.paulajaneakes.co.nz](http://www.paulajaneakes.co.nz).

## FORAGE AND YOU SHALL FEAST! FORESTER FRAMES RIVERHEAD AS A DINING DESTINATION

But wait there's more. The anchor tenant of Riverhead's newest development, 'Riverhead Central', presents a multi-faceted offering all flowing from a central hub; Forester, a relaxed gastro, Harvest, a light filled cafe, and The Chippy, a modern takeaway bar.

Seamlessly blending fresh produce foraged from local farm and field with international dining experience, the food at Forester is an exciting modern take on classical bistro dishes which includes the famed Roman wood-fired pizza. This is complimented by homemade baking and Havana coffee at Harvest as well as firm family favourite fish and chips at The Chippy. This new venue will provide quality night and day dining options for the expanding demographic of the area - the city slickers will love the digital loyalty program too.

With all dining options being fully licensed the selection on offer has been well considered. The wine list is packed with local NZ staples such as Kumeu River, Hunting Lodge, and Te Mata with an array of international selections for good measure. Also on offer is a great range of premium and local craft beers including a selection from Melbourne brand Mountain Goat Beer. Have a brew after a hard day in the office, while the kids make their own pizzas at 'Babysitter Club' Fridays or perhaps while you await your fish and chips? Don't mind if we do.

The brain child of seasoned hospitality veterans Dan and Ange Housley, the new offering will be the flagship premises of the well-established Black Pepper Hospitality brand which includes Executive Chef Campbell White and General Manager Jared Smith. The team have a wealth of local and international experience spanning over 20 years including the much loved Bellota tapas bar in Skycity and Merchants of Venice in Wynyard Quarter (Dan and Ange), Hip Group and Regatta (Campbell) and the Queenstown and Wellington dining scenes (Jared).

In a further nod to the forestry and farming roots of the area, the

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venue is awash with rich greens in a 'board and batten' style. The venue was designed by the team at CTRL Space to reflect the forest and hill surrounds. The venue offers spacious and comfortable dining and a café setting that can also accommodate semi private functions.

The new heart of Riverhead will be open from mid-July starting with Harvest café and The Chippy followed by Forester in August. Harvest will be open for coffee and breakfast from 6.30am Monday to Sunday, Forester will be open for lunch Friday to Sunday from 11.30am until late and dinner Monday to Sunday from 4.00pm until late, and The Chippy will be open for take-aways Monday to Sunday from 4.00pm until late.

The locals are excited. And you should be too. With whispers of later plans for a gourmet deli, visiting guest chefs, international wine and whiskey tasting evenings Riverhead Central is one to watch. This is definitely a dining destination well worth the easy 25min drive from downtown Auckland to the lush Riverhead countryside.

## SOLJANS ESTATE WINERY

With the wedding season just around the corner, it is the perfect time for those newly engaged couples to start searching for their ideal wedding venue. Soljans Estate Winery has a wealth of experience as a successful wedding venue and would like to showcase their stunning grounds at the Soljans Wedding Expo on Saturday, 14 October 2017 from 10am to 2pm. Enter the architecturally designed



winery that reflects their Dalmatian heritage, wander the surrounding home vineyard and experience the ambience of the rural setting. Come and talk to the dedicated staff about Soljans wedding facilities and gather contacts from recommended vendors. If you have any questions, please do not hesitate to call or email our Wedding Coordinator Brittany on 09 412 2824 or [weddings@soljans.co.nz](mailto:weddings@soljans.co.nz). Saturday, 14 October 2017, 10am – 2pm. Soljans Estate Winery; 366 State Highway 16, Kumeu, Auckland.

## NEW ZEALAND HERBAL BREW

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

"A therapeutic dose can be achieved in three to six cups of tea a day, depending on the ailment and person." Her range currently includes health teas for liver, digestion, heart & circulation issues and coughs & colds – with more therapeutic blends to come. It also includes single blends like hibiscus, lemon balm, peppermint and chamomile as well as fun blends like a craft beer tea with malt and hops - great gift for enthusiastic craft beer lovers. Teas are available in small and large jars, along with re-sealable pouches. For more



# Wedding Expo

Saturday, 14 Oct 2017

10 am - 2 pm

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



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## THE TASTING SHED

The Tasting Shed is back from our winter break and there are some changes afoot. First up is the launch of our Junior Platter, designed for our littlest diners to take the hassle out of dinnertime on weekdays (available Wednesdays to Fridays from 5pm-7pm). Succulent meatballs, homemade focaccia, crispy potatoes and gorgeous greens, plus a little Tasting Shed chocolate treat. It's been given the thumbs up by our discerning panel of kid judges, so we know your kids will love it too. There are new menu items to celebrate the start of spring, and don't forget our monthly Trust the Chef nights are back, with our recent August nights fully booked out from the moment they were announced. Like us on [Facebook.com/TheTastingShed](https://www.facebook.com/TheTastingShed) for the latest updates so you don't miss out next time.



## CAFÉ & JAPANESE RESTAURANT IN HUAPAI

Café menu but we also have the option of Japanese meals for lunch and dinner to give you the ultimate culture experience within your meal. Our community is continu-



ously growing and so is our menu to satisfy our customers and keep things exciting for all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chief has previously done photography for National Geographic and has some of his work on display right here for you to come view and even purchase. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Pop online to our Facebook page [www.facebook.com/thegalleryjapaneseandcafe](https://www.facebook.com/thegalleryjapaneseandcafe) too find out a little bit more about us and the food on offer.

329a Main Road, Huapai 09 412 8983.

## PEKO PEKO JAPANESE TAKEAWAY

Yes, it's officially spring from 1st September. Although we still have a few chilly days and I know some people got bad colds. During winter, our homemade teriyaki sauce contains kombu kelp seaweed, manuka honey and ginger ... a winning combination for curing colds. Our sauces are homemade from original recipes; you will taste the difference when you try them. We are a little food truck located at the car park of Passion Produce vegetable shop on 92 Hobsonville road. Please check our Facebook page for menu, trading hours and updates. We look forward to seeing you. Phone 022 431 3462.



### Love Your Dog has moved!

Our new location is **14 Matua road, Huapai.**

We are open Tuesday to Saturday 8:30am - 5:30pm.

We offer a quality dog grooming service in a relaxed environment where every dog is given the care and attention they need. We groom **all breeds**, from Toy Poodles to Great Danes.

Puppies having their first groom are given the best possible experience, which is important for the ones that will require regular grooming throughout their lives.

We love to see a happy and confident dog bound into our shop, excited about their day out at the dog spa!

So, if you're sick and tired of the hair and the mud - bring your precious pooch in to visit us and we will work our grooming magic!

Please feel free to phone us with any questions, or find us on Facebook:  
09 412 9026

[www.facebook.com/loveyourdognz](https://www.facebook.com/loveyourdognz)



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At Paragon Developments Ltd we focus on delivering uncompromising quality and service to all our clients. We take pride in our reputation and our workmanship is to the highest standard. The team at Paragon Developments believe that professionalism and experience is fundamental to the success of any construction project.



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# HEALTH AND BEAUTY

## IS A PEBBLE STOPPING YOU FROM YOUR GOALS?

If you were heading out for your evening walk, got half way through and a pebble got into your shoe.... would you give up, sit down and think 'oh well that's it I can't walk on that foot now'.

Ridiculous, right? Right.

Or would you take off your shoe, remove the pebble and put that shoe back on nice and firm so you could keep going? Absolutely!

Therefore, why would you stop your fitness routine if you had one bad day? One slip up with your healthy eating. One day where you were too exhausted from your busy routine and needed rest. One day where you needed to focus on the kids after school events. One day where you need to complete a project or the accounts on time.

Don't let one pebble stop you from achieving the healthy, fit, strong, confident goals you desire.

You are way more determined, more focused and more intelligent to let something so small control something so important to you.

If you are ready to stop the excuses & start loving the body you are in, call or message Melissa 021 798 435 for a chat today. Check out this month's offer at [www.benefityou.co.nz](http://www.benefityou.co.nz).



## THE ART OF LIFTING

We see a lot of unnecessary back strains and sprains here at Kumeu Chiropractic. With just a little preparation and planning you can save yourself some grief.

For healthy lifting, lift with your legs, keep the load close to your body and get help if the load is too heavy.

Here are some basic steps required for proper lifting.

Size up the situation. Keep it close. Spread your feet shoulder-width apart for better balance. Bend at the knees. Tighten

up your abs and use your stomach muscles. Make your legs do the work. Give yourself a rest and take regular breaks. If it looks too heavy, it probably is. Don't be tempted. Master the art of proper lifting and you will be doing your back a huge favour. However, as with any activity, if you strain your back or feel pain, call us at Kumeu Chiropractic right away to schedule an appointment for a thorough Chiropractic examination and necessary care. Waiting usually lengthens the healing process and rarely makes a painful situation better. Call us at Kumeu Chiropractic on 09 412 5536 for an appointment.

## COMBAT DRY, ACHY EYES THIS WINTER

Warmth is known to be soothing and healing for our body. It helps to relieve pain, increase circulation, relax spasms of the muscles, and help in wound healing. The same is true for eyes.

Hot compresses are very beneficial to the normal functioning of the eye.

For chronic conditions such as dry eyes, the warm moisture helps loosen up eyelid debris that has collected on the eyelash follicles which will help to relieve symptoms. For more acute conditions like a stye, hot compresses help increase the blood flow to the eyelid area and help the body's natural process of healing. Combat dry or achy eyes this winter with our newly stocked range of heat packs.

For more information or to make an appointment - phone our friendly team. Phone: 09 831 0202 Website: [www.westopt.nz](http://www.westopt.nz). Facebook: [www.facebook.com/westgateoptometrists](http://www.facebook.com/westgateoptometrists).



 Westgate Optometrists

## SPICY OCTOBER SPECIAL AT SPA DI VINE

Turmeric (Curcumin) has been in the news a lot lately, due to its wonderful health benefits. Turmeric is used in cooking and in drinks and topically in herbal poultices.



Spa Di Vine's Benefic Herbal Poultice body treatment not only includes turmeric and white turmeric but also 16 other herbs and spices, equally potent and beneficial for body balance.

Try it yourself, book your appointment for October and receive a 60min Herbal Stamp Treatment for only \$130 (saving of \$35), plus if you book on a Wednesday or Thursday you also receive a complimentary Himalayan Salt foot scrub.

Phone Paula on 09 411 5290 to ask about The October 2017

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Dr. Chris McMaster • Dr. Nolene McMaster • Dr. Daniel ter Braak

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8 Shamrock Drive, Kumeu

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Country Spa Retreat

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[relax@spadivine.co.nz](mailto:relax@spadivine.co.nz)  
[www.spadivine.co.nz](http://www.spadivine.co.nz)



special or send an email to relax@spadivine.co.nz. www.spadivine.co.nz. Spa Di Vine is located in Waimauku, open by appointment only.

## NEW SPRING PEDI + GEL SUPER DEAL

Say hello to the new generation pedicure which has arrived just in time for spring! We love bringing you the latest and greatest products and this pedicure won't disappoint. Mediheel is the scientific solution to dry, cracked heels and callused feet, the pedicure that lasts. You will want to pull out those sandals and show off your fresh feet! An introductory offer you will get you the MediHeel Pedicure which concentrates on the heels and dry callus removal, a fabulous exfoliant then a soak in spa salts. Followed with a hydrating balm full of vitamins, cuticles oiled finishing with a spray of gold spritz. Plus a pretty polish in a colour of your choice. You can have gel or regular polish. This is incredible value at just \$65 for the month of September. RRP \$80. To book Phone/Text Larissa 027 407 2264 alternatively see facebook.com/thepolishroom.



## \$10 OFF YOUR FIRST MASSAGE WITH TOP NOTCH

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



## PHYSIO, CHIROPRACTIC OR OSTEOPATHY?

Basically, there is a lot of overlap between the professions. But though very similar, they are each derived from independent schools of thought and their approach to patient treatment differs.

A Chiropractor primarily focuses on the diagnosis and treatment

of neuromuscular disorders, with an emphasis on manipulation of the spine. Biomechanical and structural derangement of the spine is thought to affect the nervous system. Restoring the structural integrity of the spine reduces pressure on the sensitive neurological tissue, consequently correcting nerve, muscle and joint disorders.

An Osteopath focuses on how different systems within the body function together. They use a range of hands-on-techniques to facilitate healing and look at vascular health, nerve health, musculoskeletal health and mental health to assist with a complaint.

A Physiotherapist is experienced in movement and function and uses diagnostic methods to assist them to correct movement and musculoskeletal disorders, which may have been present from birth, acquired through accident or injury, or are the result of aging or life-changing events. Physiotherapists focus on the biomechanics of the body and how this impacts the other body systems and functions.

Still not sure, but would like to talk to someone anyway? Give us a call on 09 412 2945 and let's see if we can help. www.north-westphysioplus.co.nz.

## ARE YOUR KIDS AN 'EXCUSE' OR A REASON? CHAPTER 2

Last month I spoke about why you should make your children the reason you exercise and here are the practical tips I promised. Try a bush or beach walk with your children – whether they can walk themselves or they're in a pram (you'll need big wheels!). They'll love being outdoors and checking out a new environment. Spend an hour kicking a ball around with your children. You'll work up a sweat and it won't even feel like exercise. Put the music on and let your inhibitions fly out the window. Children love to dance – so dance with them. Set up a fitness circuit in the backyard or park that your children can use too. I set up 'cones' (we just use shoes) for Harrison to run around, have a station where he kicks a ball at a goal and one where we both carry some weights (his are a lot lighter than mine) and Bob's your uncle – a great workout for you both!

Peter Bristow - B3 Personal Training, phone 027 359 0976, visit www.b3training.com or email peter@b3training.com.

## SPLINTS AND CAST COVERS AVAILABLE

The Hand Institute has a range of hand, wrist and elbow splints available for you to purchase. If your pain is the result of an accident, we can initiate your ACC claim. An initial \$40 charge for the first appointment is all you will pay and ACC are likely to cover any splint needed. We specialise in upper limb injuries. If

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you would like a waterproof cast, or waterproof cast cover, we are the professionals to see. We can also access a great range of attractive, plain or decorative cast and splint covers. They will help keep your cast or splint clean and are washable. The Hand Institute – Kumeu phone 09 412 8558.

## WEST AUCKLAND'S FIRST FLOAT STUDIO

The Floatation Tank looks like a large enclosed tub and is designed to block out all external sensory input, such as sight, sound, touch and gravity. The tank contains a saturated Epsom salt solution, with the water being 35.5°, the same temperature as your skin, allowing your body to float weightlessly. After 15- 20 minutes you begin to lose the perception of where your body ends and the water begins which gives the feeling of floating in space. With virtually zero effects of gravity on joints or muscles it allows your body to completely relax. Floating can be used as a tool to aid in the relief of stress, depression and anxiety, deep relaxation, and pain. Come try the ultimate relaxation experience yourself. Follow us on Facebook and Instagram for discounted floats, specials and competitions @blacklotusfloatstudio or book online at [www.black-lotus.co.nz](http://www.black-lotus.co.nz).



## NO BULL – IT'S FATHERS' DAY

Hobsonville Optometrists Glasses and Gifts has the men in your life covered. Leather goods, American Crew cosmetics, books, belts, clocks, coasters, decanters, ice buckets, books and bookends, candles and candleholders, nutcrackers, Peugeot salt and pepper mills, keyrings, games, umbrella stands, hats, knives all beautiful quality! Feel free to browse every day 9am to 5.30pm except Sunday. 143A Hobsonville Road, Hobsonville.



## BROKEN DENTURES? WE DO SAME DAY REPAIRS

Often we get asked about broken dentures that the person has tried to glue back together but it doesn't seem to hold. Can this denture be repaired? In most situations yes, this can be repaired

depending on the severity of the damage. The worst part of the glued denture is not the damage done but rather the harmful chemicals that are in the glue; this isn't healthy. The good news is that even when the denture has been broken and glued back several times in the wrong position, sometimes we can re-orientate the broken pieces in the right position with an impression of your mouth. People often think that it's too far gone to be repaired if it's been glued but this isn't necessarily true.

Dentures that are constantly cracking or breaking may need to be reinforced with something stronger than the high-impact acrylic the dentures are constructed of. If you are wearing a full denture, you can do this by reinforcing the denture with a cobalt-chrome alloy: none of which is visible when you smile! When it comes to partial dentures that break frequently, these too can be made from cobalt chrome to allow greater strength and thinner feel. We do same day repairs meaning you do not need to go overnight without your dentures. Call us at DT Denture Clinic for a free consultation 09 416 5072.

## IS STRETCHING FIRST THING IN THE MORNING A GOOD IDEA?

The answer to this question is.....sometimes. Stretching for some injuries is great, however there are certain types of injuries that can be aggravated by spine-bending movements (these are stretches that round your back, like bending over to touch the toes). If your injury or discomfort is caused by irritation to a spinal disc or a disc bulge, then these spine-bending movements could make the problem worse. This is due to how your spinal discs swell overnight. The best advice is to avoid these types of stretches until you have been up and about for an hour or so. You can then proceed with caution. For more information on why you should do this and why it is important, read the full blog post on our website, [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz). Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

## TRULY NATURAL SUN PROTECTION FOR THE WHOLE FAMILY

After three years of intense research we are very proud to announce the release of Solimara Truly Natural SPF30 sunscreen, made in New Zealand. We believe Solimara sunscreen is one of the finest natural sunscreens. It is now available at Allen's Village Pharmacy as well as The Green Grocer in Kumeu. Experience the Solimara difference: This fantastic new product is no ordinary sunscreen. The unique Truly Natural Sunscreen is safe for the whole family, suitable for face and body, and perfect for those with sensitive skin. This sheer formula is lightly scented



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ACC Accredited

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0212330413  
[gill.wiltshire@gmail.com](mailto:gill.wiltshire@gmail.com)

with a fully natural fragrance and is available in: Golden Sands - A celebration of the summer sun; and White Marine - A refreshing and luxurious marine signature. Don't forget to pick up our informative brochure when heading over to the Pharmacy or The Green Grocer to sample there two unique fragrances. We shouldn't forget to mention that Solimara sunscreen is Coral Reef friendly. [www.solimara.net](http://www.solimara.net).

## OPTOMAP AT FOR EYES

The eye is a sphere, like a ping-pong ball, with a tiny hole for light to enter (the pupil). Looking in through the pupil isn't easy, as much of the retina is hidden behind the iris. Enter the technology of Optomap, incorporating collimated light and a curved mirror, to image that tricky-to-see peripheral retina that is prone to tears and detachments that progressively damage vision, and to document moles and freckles that (like the ones on your skin) should be monitored over time. A comprehensive eye exam at For Eyes includes an Optomap Scan. Give them a call and book an appointment today, For Eyes Optometrists, in the Kumeu Village, 09 412 8172 [www.foreyes.net.nz](http://www.foreyes.net.nz).



## ARE YOU BUILDING OR RENOVATING?

This is the time to not only decide on colours, styles, building materials, which windows you like, how many rooms you need, where will the kitchen go and what appliances will I put where? Should the wardrobe go here or there? Should we have solar or

gas? Now these are very important questions...but has anyone ever told you it is just as important (if not more) to also check the 'land' for Earth Energies? These can make a difference years after all those other decisions have been made to your health and the general wellbeing of your family. Geopathis Stress is present in every home, but you don't want it to be where you spend time 'still'...bed, couch, desk or even places where you stand a lot i.e. kitchen. Have a Geomancy inspection while you are making those other important decisions and it could save a lot of health issues and dramas later. Call Nicky on 021 545 299 or visit [www.clearenergyhomes.com](http://www.clearenergyhomes.com).

## TOP TIPS TO STORE YOUR WINTER BOOTS

Top tips to keep your boots in top condition are: Are there 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 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 like this 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 09 835 9936, [www.shoetalk.co.nz](http://www.shoetalk.co.nz).



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  - Shape Up For Summer T'shirt!
  - + Tips, Mini Challenges & Motivation along the way!!



Register at: [www.kumeugym.co.nz](http://www.kumeugym.co.nz)

# AREA COLUMNISTS

## VIKING ON SALE

Sales until 30 Sep 201 - Viking River Cruises are the experts in River cruising & are celebrating 20 years with some amazing specials.

Viking Ocean Cruises, launched in 2015, now have

4 ships with some fantastic itineraries, and are adding more ships in 2018 & 2019 to their fantastic fleet.

From January 2019 we will have the Viking Spirit based in Sydney for 3 months, and these itineraries are already selling fast.

14 night Grand European Tour Viking River Cruise from \$7745pp share twin. 12 night Waterways of the Tsars Viking River Cruise from \$8745pp share twin. 12 night In Search of the Northern Lights Viking Ocean Cruise from \$9185pp share twin. 10 night Alaska & the Inside Passage Viking Ocean Cruise from \$6970pp share twin. Includes: Fly free to Europe on Emirates for cruises over 13 nights OR receive an air credit dependent on length of cruise (book by 30 Sep). All meals daily, featuring regional specialties and including Welcome Cocktail Reception and Dinner. Meals are available in multiple venues at no extra cost, even in-suite as 24hr room service is at no extra cost. Beer, wine and soft drinks included with onboard lunch and dinner. Entertainment, performances, demonstration, informative talks & activities onboard all included. Free wifi, self-service laundry, and specialty teas & coffees on board at any time. All port charges,



government fees & taxes & gratuities. One included shore excursion in most ports. Ocean Cruises only: Complimentary use of spa facilities (Steam room/Snow grotto/Hydrotherapy pool). The above 4 cruise examples are just a taste of what is on offer - please ask me for info & I can email you more detail, and mail out some brochures to you.

Note that Viking Ocean Cruises - being so new - are struggling to keep up with demand, and a lot of their popular 2018 itineraries are sold out already, 2019 is now on sale!

The Travel Brokers, as members of helloworld, always have access to a huge range of deals and products that are continuously being updated with the latest specials, so please contact me any time, and as your personal travel professional I will work with you to find the best value for you and ensure your next dream holiday is the perfect reality.

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

I only send out one newsletter every two months or so with specials, and updates on my own travels, so I will not clutter your inbox.

Found a great deal? If you see a special advertised elsewhere, please let me know, as I'm able to source the same/similar products and deals from my preferred suppliers and key contacts.

Please contact me: Tanya Franklin, your local Travel Broker, a member of helloworld, on 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday! [www.thetravelbrokers.co.nz/tanyafranklin/aboutme](http://www.thetravelbrokers.co.nz/tanyafranklin/aboutme).

## JOJO'S CHILDCARE TURNS 5YRS OLD

September is our 5th birthday and as we all know with birthday's come presents. We however would like to share the presents with you. Not only do we have a new learning space being built ready to open at the end of 2017 which we are looking forward to, we have limited space we can offer families sprinkled throughout the centre over the rest of 2017.

Present #1 - if your child is 2yrs old and due to turn 3 before the 31st Dec 2017 we would like to offer you 20 free hours now which will continue once your child turns 3yrs old.\*

Present #2 - if your child is already 3yrs old we would like to offer you 30 free hours until 1st Feb 2018.\*

To receive one of our birthday gifts you must enrol and start



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before 31st December 2017. \*Conditions apply. Please feel free to pop in and see us 5/21 Oraha Rd, Huapai or give us a call on 09 412 5325 for more info.

## DELIBERATE FOCUS WILL BENEFIT YOUR BUSINESS

As a business owner, you probably know that your business is an extension of you. No doubt you have heard that your business can't really function any other way than the way you are being. You are also probably aware that money and abundance is a mindset, your business is like your third arm - whatever you are doing, it is doing. I hear you say, 'my staff problems are not my doing, I didn't create the customer that constantly doesn't pay on time'.

I'm saying that it is your doing. Everything in your business, bar nothing, is a reflection of where you are at. How your business is functioning is a brilliant indicator of how you're thinking and feeling every day. There is a saying that is very true regarding what I do - 'tell me your values and I might believe you, show me your bank account and your calendar and it will reveal all' It's all well and good knowing that our business is an extension of ourselves, but what do we do with this information? How do we work with ourselves to create more of what we want?

We get to work. Your business will be the result of focus. I'm not talking about physical work, door knocking, scheduling more meetings or traditional personal development. I'm talking about conscious, deliberate positive focus on what it is you want. What it is you want will be a 'something' and there will also be a positive authentic feeling alongside it. None of us are visiting that feeling or focusing on it at any point during our day. We have so much power at our fingertips - positive power to guide outcomes and open more doors but we don't tap into it. So, am I saying that better focus and tapping into your higher business vision will help with staff problems? YES. You can't continually focus on something and not have it in your life. Also remember that happiness will usually come before success. True focus does not feel negative feel in any way (those emotions lead us in the opposite direction of abundance).

Great business is satisfying business. It feels like being in the right place at the right time, its connecting with everyone around you, its smiling at the person who makes your coffee. Great business is money flowing in so you and the family can go to Fiji. Great business is fun. Great business is an adventure, it's a platform to be more engaged, more motivated in life. Great business is enabling others, offering jobs. Great business is teaching and guiding those around you, raising people up. Great business is walking beside other successful people. Great business is having time off. Great business is operating in the world in a bigger way. Isn't it great to be part of a thriving, successful community? There is evidence of success and increase and abundance everywhere - right in front of you, every day, and you are a part of it.



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**Ian- 021 0264 3227**

That is mindset. But we are never in it or doing it. Mindset and focus will set you apart from others. Usually what follows true focus will feel effortless. It's natural. You are naturally on the receiving end of more innovation, more motivation and ideas. Remember that it also does not feel like hard work. The thing about mindset is that it naturally guides behaviour, you will sometimes not realise you made 3 extra calls and bumped into such and such yesterday because it just feels effortless. You can't control being in the right place at the right time – life just unfolds in alignment with who you are being.

This is what I do for clients. Come for a session and get your head in the right place. Mindset comes before everything. Get yourself into the flow of life.

I am now doing presentations to groups about what I do – I can tailor the message to the group's needs. I also hold workshops for smaller groups which are more interactive. Please get in touch if you think my message would be of benefit or if you would like more information.

Anna Wheeler 021 555 658 [anna@thinkyourbest.co.nz](mailto:anna@thinkyourbest.co.nz).

## EMPOWERING EARLY LEARNERS AT KERERU KINDY

One of the key principles of the early learning curriculum (Te Whaariki) is empowerment, where teachers help to empower children to learn and grow alongside each other.

At Kereru Kindy we provide an environment where our tamariki are encouraged to make choices of their own and to direct their own learning. This helps children to become Independent and confident.

We encourage them to think and act for themselves, which helps them to gain self-belief and to build their self-esteem. They are then able to discover and enjoy learning experiences in their own unique way.



Learning becomes more fun and meaningful, and helps to prepare children for going to school. It is very rewarding for teachers to watch children make discoveries on their own, and to share their excitement and sense of accomplishment with their friends and teachers.

Looking for an early childhood centre in Huapai? Call in at 10 Oraha Road or check out [www.kererukindy.co.nz](http://www.kererukindy.co.nz).

## ALL THINGS MARKETING

When you come right down to it, all business exists to take their wares to the marketplace and sell them. From a multi-national company like PriceWaterhouseCoopers (PWC), selling professional services, a large product based company like Philips International, a vineyard or the town dentist – they all exist to sell their products or services. In marketing-speak we call this process 'co-creating value'; we provide value for the customer in the products and services that we bring to the market and customers provide value when they buy these.

Fundamentally, the role of marketing is to create wealth (the role of accounting and finance is to administer it). Marketing is the most crucial function in any business or not-for-profit organisation. It includes a wide range of functions: Sales, PR, brand management, product/service development, packaging design, customer support, distribution and channel management, advertising etc. Anything that touches a product/service or relates to a customer is touched by marketing. It's strategic and tactical, creative and pragmatic, an art and a science, always challenging and that's why we love it!

We can work together to develop a Competitive Strategy for your business i.e. How they will win against competitors: local, national or global. This establishes your 3-5 year focus and clarifies the road ahead. Once this strategy has been developed,



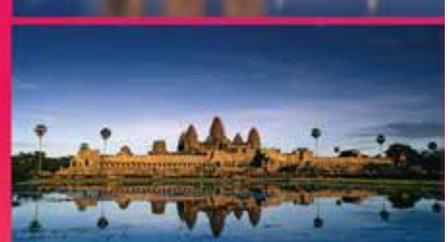
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WHEN YOU MENTION THIS AD

ALL the functional areas of the business can then be focused on achieving those objectives that drive your competitive edge and maintain profitability. However, maybe you need to start with getting your branding sorted, working out a 12 month promotional schedule or getting some feedback from your customers. It doesn't really matter where you start – as long as you do.

Moxy Marketing provides services and consulting to local businesses. We work in partnership with owners/managers to improve competitiveness and profitability. With over 20 years' experience and Postgrad qualifications, we provide the first one hour consultation free (you provide the coffee). Call Andrea 022 327 4758 and start now.

## PLAYSCHOOL EARLY LEARNING CENTRE

Our purpose built, Reggio inspired centre in Kumeu offers our children ample opportunities to explore, make discoveries and build on their skills all contributing to their individual learning journey. Our preschool children have recently been researching New Zealand artist Judi Brennan this has inspired an amazing project of building their own secret garden filled with their own hand crafted sculptures and mosaic pieces. Creative experiences provide an invaluable opportunity for children to learn about processes, develop their fine motor skills and express themselves, along with having a great deal of fun!



We would love to meet with you, show you through our beautiful centre and discuss your enrolment requirements.

7 Wookey Lane Kumeu, 09 412 8081, [manager.playschoolel@eeg.co.nz](mailto:manager.playschoolel@eeg.co.nz)

## QUALITY EUROPEAN RECREATIONAL VEHICLES FROM EURO RV LTD

Euro RV Ltd has been importing European caravans and motorhomes since 2007 and is currently the exclusive importer for French made Caravelair caravans as well as the German made Eura Mobil motorhome brand.



The family owned and operated business is based in Massey, West Auckland and prides itself on friendly, personal customer service.

Buying directly off the manufacturer and having low overheads means the clients get superb value for money and a great back up service.

The RV brands have been selected by Euro RV for their exceptional quality from state of the art production methods as well as comprehensive factory warranties.

The Caravelair caravans have a 2 year factory warranty and 7 year leak tight warranty, the Eura Mobil motorhomes come with a 2 year warranty on the Fiat base vehicle, 3 years interior and 10 years leak tight warranty.

There are exciting new layouts and interiors as well as great technical innovations in the 2017/2018 model lineup.

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## BIKE DAY

Bike Day at Nature's Explorers Kindergarten is a monthly tradition which the children just love.

Throughout the day children are gaining confidence on riding bikes and scooters, they even share with their friends to give themselves more of a challenge.

Riding bikes is not just fun it also has many different benefits for our children's physical development which include: Leg strength, balance, coordination and core strength.

Pop in to see us at 1 Maude Street Riverhead or give us a call on 412 8800 for more information or for an enrollment form as we are planning for 2018.



## PHELAN'S LOCAL BOARD UPDATE

Over the last two months I endeavoured to explain how council spends its budget, this month it's about the Local Board. For those of you who were here during Rodney District Council days, before 2010, we didn't have Local Boards and it's taken a while for people to get their heads around what their function is.

We have a shared governance model between Councillors (the 'Governing Body') and Local Boards;

Councillors are there to focus on the big picture regional issues, develop Auckland-wide strategies and plans and make decisions on regulatory activities.

Local Boards represent local communities and provide leadership, make decisions on local activities, allocate local discretionary funding, provide local input on regional strategies and plans, and advocate to CCO's and councillors on behalf of their community.

The Rodney Local Board has a total budget of just over \$23 million this year. Our budget is split into two main categories; Capital Spend of \$7.6 million, which as previously discussed is money council borrows to invest in assets and pays back with rates; Operating Spend of \$15.4 million, which funds community services, local parks, environmental development and planning.

The budget is allocated into three different types of spending; 'Asset Based Services', which is spending on maintaining and renewing the assets we already own; such as the over 100 public parks in Rodney – the largest out of any Local Board - the sports fields and playgrounds, libraries, halls and community centres. Each year there is also money for adding assets required to meet need based on factors like population growth like playgrounds or community facilities. This makes up the largest portion of our budget and spending in the parks space uses up the most money given our huge network of public spaces.

'Governance Services' is the part of our budget allocated to running the local board, this is about \$1m per year.

Finally, there is 'Locally Driven Initiatives' funding. This is the part of our budget we have direct control of and is used for activities we prioritise as part of our three-year Local Board Plan. Currently we have prioritised spending into three main areas; town centre improvements, a waterways improvement fund to assist landowners in riparian planting and protection to improve the health of our harbours, funding for greenways – or 'trail ways' – which will improve the connections between our communities. You can find more information on this by googling 'Auckland Council Annual Budget 2017' our section is from page 197. Or you can call into your nearest service centre for a hard copy.

Next month an update on what's happening with our town centres and planning.



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## TODAY'S PRESCHOOL LEARNING AT ITS BEST

Albert Einstein believed that "play was the highest form of research". It has been proven that children who are active in unstructured play, not only have more advanced social skills, but also have larger vocabularies, better problem-solving skills, more independence, imagination and creativity, and are more skillful at risk taking than those who are less involved in play. Play provides the foundation for learning in a child's world and opens the door to a world of learning opportunities. Here at Country Bears, our underlying philosophy value is respect, which is then assimilated throughout children's daily experiences of wonder, delight and excitement.

Children are taught using a blend of three learning styles - visual, kinaesthetic and auditory and classrooms are far more dynamic places than they were in the past. Our experienced and qualified teachers help to identify the types of learner of each individual child, to create an environment which will help to extend the learning of all.

At Country Bears we have created a place where children have the opportunity to explore their own learning adventures with the support of the teachers that truly believe that children grow through being involved in hands-on tasks.



At Country Bears children progress through age and stage designed group classrooms, starting from our Infant and Baby Bears Centre with its home-away-from-home feel and a gentle nurturing team of teachers. Then as the child develops they extend into the Junior and Bear Cubs group which embraces the growing curiosities and ability to explore. Finally, into the transition to school class where the children are engaged in more in-depth studies and projects, which are designed to help children become ready for school.

Throughout our centre we believe that children learn from teacher supported tasks, connected relationships, well designed activities, as well as child directed time. Our environment allows the children to take their learning beyond the indoor centre and outdoor playground facilities to our very own forest and tree house set amongst the natural environment. Our Tree-house classroom project and Elements of Life Programme has been utilised all year round, with plans to continue to extend the learning of both children and teachers alike.

Please feel free to come and have a look at our beautifully placed centre and our professional and caring team of teachers. [www.facebook.com/cbearsecc](https://www.facebook.com/cbearsecc). Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu phone 09 412 8055.

## TIME TO DECLUTTER FOR SPRING

If you're anything like me at this time of year, the process of optimistically putting away the winter clothes and switching for summer is about to begin. These days we grab Sistema boxes with our summer gear down off



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



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[www.countrybears.co.nz](http://www.countrybears.co.nz)  
[www.facebook.com/cbearsecc](https://www.facebook.com/cbearsecc)



Perfectly located on the best detour route during SH16 peak hours! Nestled amongst the trees at 79 Oraha Road, Kumeu

our garage ceiling racks, switch the content for the winter stuff in our drawers and put the boxes back up on the racks. Job done!

If you're looking for the cheapest, easiest and most convenient way to add extra storage space at your place, go online and order a set of Stealing Spaces ceiling storage racks and get your garage sorted for Spring! We courier them around Auckland for FREE from e-Pack in Kumeu, with installation by Jono from Diverse Installs. Be sure to book your install early because he starts getting real busy as the days warm up! [www.stealing-spaces.co.nz](http://www.stealing-spaces.co.nz).

## MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Fri 1 Sep	05:32	12:03	18:18	-	-
Sat 2 Sep	-	00:47	06:47	13:10	19:21
Sun 3 Sep	-	01:44	07:46	14:04	20:11
Mon 4 Sep	-	02:32	08:34	14:50	20:54
Tue 5 Sep	-	03:15	09:17	15:32	21:33
Wed 6 Sep	-	03:55	09:56	16:13	22:12
Thu 7 Sep	-	04:35	10:35	16:53	22:50
Fri 8 Sep	-	05:15	11:14	17:33	23:30
Sat 9 Sep	-	05:56	11:54	18:15	-
Sun 10 Sep	00:10	06:38	12:35	18:58	-
Mon 11 Sep	00:53	07:22	13:19	19:44	-
Tue 12 Sep	01:40	08:09	14:08	20:36	-
Wed 13 Sep	02:32	09:02	15:05	21:36	-
Thu 14 Sep	03:34	10:04	16:13	22:46	-
Fri 15 Sep	04:47	11:15	17:30	-	-
Sat 16 Sep	-	00:00	06:05	12:28	18:44
Sun 17 Sep	-	01:08	07:16	13:35	19:48
Mon 18 Sep	-	02:08	08:16	14:32	20:42
Tue 19 Sep	-	03:01	09:07	15:23	21:29
Wed 20 Sep	-	03:48	09:53	16:08	22:11
Thu 21 Sep	-	04:31	10:34	16:49	22:50
Fri 22 Sep	-	05:11	11:12	17:28	23:26
Sat 23 Sep	-	05:49	11:47	18:05	-
Sun 24 Sep	00:00	07:25	13:20	19:41	-
Mon 25 Sep	01:32	08:00	13:53	20:16	-
Tue 26 Sep	02:06	08:35	14:28	20:53	-
Wed 27 Sep	02:43	09:12	15:09	21:35	-
Thu 28 Sep	03:29	09:56	16:00	22:29	-
Fri 29 Sep	04:26	10:53	17:06	23:42	-
Sat 30 Sep	05:40	12:08	18:25	-	-

Source: LINZ. 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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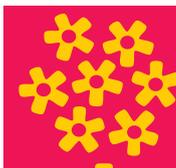
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# RIVER CRUISE INFO EVENINGS



## Ever thought about a river cruise?

*helloworld* Hobsonville have planned 2 informative river cruise evenings this September. Join our cruise gurus to learn about cruising with APT & Avalon Waterways.

### APT River Cruise Information Evening

**When:** 6pm, Thursday 7 September 2017

**Where:** In store at *helloworld* Hobsonville

**RSVP:** by Tuesday 5 September  
for catering purposes

### Avalon River Cruise Information Evening

**When:** 6pm, Wednesday 20 September 2017

**Where:** In store at *helloworld* Hobsonville

**RSVP:** by Monday 18 September  
for catering purposes

Drinks & nibbles will be provided.

If you are not sure which cruise line suits you best, contact us today to help match you with the cruise line best suited to you.

