

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

BEHIND THE ENGINE BAY DOORS

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

DEALING WITH GROWING PAINS

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

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

September 2018

Intro

Welcome to the September issue and the herald of Spring. Its been a long winter for some and the promise of longer, warmer days is a welcome relief.

A new lease of life is being given some yachts with interesting histories and Auckland businessman and yachtsman Geoff Hunt is looking for people to help him with his project to tidy up two yachts in Kumeu and another in Waimauku. It's part of the NZL 14 Foundation he's set up to restore six yachts to help young people considered at risk. He's particularly keen to help those with Asperger's and those with attention deficit hyperactivity disorders (ADHD), autism or other mental health issues. Being out on the ocean is the best medicine so if you can help Geoff then email him at 99onlondon@gmail.com for more information.

What must be one of the most fantastic fundraising events of the year is back by popular demand on Saturday 22 September 2018 at the Muriwai Golf Club. Doors open 6.30pm, races start 7pm, tickets are \$15 (or \$100 for a Table of 8). Help Motutara-Waimauku Scouts raise money to send our youth to the Australian Jamboree and New Zealand Venture 2019 by attending the Horseracing Night. Contact Vanessa Belton to purchase tickets or for sponsorship enquiries: waimauku.scouts@gmail.com, 027 222 4449.

Now that Summer is on its way it's time to dust off your racket because Waimauku Tennis Club is inviting you to their annual Open Day. Come down and meet the coach and committee members of the club in a fun environment and see what the club has to offer. Open Day is being held on Saturday, 8th of September from 10am to 12pm for Junior players (10am for new player enquiries and 11am for returning player registrations) and 1pm to 3 pm for Senior players (1pm for returning player registrations and 2pm for new player enquiries). Free sausage sizzle and court games. The club is located at State Highway 16, opposite the Caltex service station in Waimauku.

Don't forget Father's Day is on the 2nd September – maybe Dad would enjoy a delicious beer-infused chocolate cake. Check out the recipe on page 36 courtesy of Herbalist Craft beer. If he's been good you could take him out for dinner (then Mum doesn't have to do the dishes).

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



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

kumeu Courier

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PEOPLE & PLACES

DEALING WITH GROWING PAINS

Stories by Geoff Dobson.

Sorting traffic congestion is top of the list for Helensville MP Chris Penk, who's just completed his first year in office.

It's the number one bugbear in his electorate which covers north-west Auckland, a rapidly growing region including Huapai-Kumeu, Helensville, Riverhead, Whenuapai, Hobsonville, North Harbour and Albany.

Chris agrees it's a problem brought about by infrastructure failing to keep pace with development.

Any fixes - whether a bypass of State Highway 16, better public transport such as light or heavy rail extensions, highway widening or extensions - won't bring immediate relief.

Indeed, Chris believes much of his electorate population will be stuck with increasing congestion issues for some years yet, especially in travelling to and from other parts of Auckland.

He sees merit in the Public Transport Users Association's push to get a passenger rail service or a shuttle system extended from Swanson to Kumeu and possibly Helensville. That could provide quicker relief than some of the other measures proposed, Chris says.

"It's too far off for many of the fixes. We need to do something as soon as possible."

While the issue is probably as much a local government matter than central government, Chris says he's working alongside

local government representatives and organisations like Auckland Transport and the NZ Transport Agency to get some positive outcomes.

Congestion not only causes frustration for those involved but adds considerable cost in wasted time and productivity.

A passenger rail or shuttle link could help take some of the pressure off the roads, Chris says.

He says electorate roads are poorly maintained, and he agrees with Rodney councillor Greg Sayers that more spending is needed on roads here.

The growing population, particularly around the Kumeu District, is also leading to pressure on local primary schools. A new one opens in Huapai next year, but Chris says the calls are coming for a secondary school here too.

"The Ministry of Education is saying there's insufficient population in the right age group to justify a secondary school here, but we need to start now," Chris says.

"Even the primary schools here are chocka."

Chris believes that having sufficient good schooling in the area might also prevent parents clogging up the roads to other parts of Auckland during school terms.



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Meanwhile, Chris might be contributing to the growing number of vehicles on local roads by planning to introduce a mobile office.

OK, this probably wouldn't be on the road long as the aim is to park it up in key locations so Chris can learn more about people in different areas and their needs. He's hoping to get that on the road this year.

Being based in former Prime Minister John Key's electorate office in Huapai hasn't stopped Chris from already getting out and about.

He's hosted meetings such as one covering April's severe storm to avoid a repeat of the problems caused, and he's been visiting businesses, schools, churches, community events and other functions around the electorate.

When not required in Parliament, which can take up a full working week when sitting, Chris likes to spend as much time as he can in his electorate, talking to local people about what matters to them.

Chris also keeps in contact with the Rodney Local Board and other elected members.

His law background has come in useful too. "Those skills come in handy when advocating for people. When people need help with an issue I also have to be careful I don't take sides and keep an open mind, whereas being a lawyer I was going in to bat for my client alone."

Chris is therefore involved in court related matters for the National Party. He is assisting with reforms, for instance, to improve court procedures.

He has a close association with Rodney MP Mark Mitchell on both this and defence related matters, Chris having served time in the Navy.

Like his predecessor John Key, Chris says spending time in Opposition is a valuable learning curve and "good for observation", but he can't wait for National to be back in power to get more traction on various policies.

The next election in 2020 is also expected to come with some likely boundary changes to his Helensville electorate.

That's another outcome of the area's growth, with new boundaries expected to be set around March next year when results of this year's Census and the electorate's population are also to be released.

Chris, 38, says he's found his first year as an MP "very exciting" and that he's learned a lot, particularly from the people he's met. "I have a better feel for the whole electorate now."

A GROWING BUSINESS

Van Lier Nurseries keeps coming up roses after more than 50 years in business.

While celebrations were held at the company's Riverhead Road greenhouse site on August 4 to mark its establishment as a lim-



ited liability company in 1968, the nursery has actually been running a lot longer.

Walter and Maria Van Lier, came to Auckland from post war Holland in 1951.

The couple first stayed in a Khyber Pass Salvation Army boarding house.

After church on Sundays they cycled around Auckland trying to find a suitable parcel of land to buy.

Opa and Oma (Grandad and Grandma), as they were known, soon found it and began growing potatoes and other produce on West Coast Road in Glen Eden in 1952 – 66 years ago.

But Walter had long nurtured a desire to grow flowers after spotting an opportunity in the cut flower market here. So in 1961 they obtained land at Chamberlain Road in Massey, developing a nursery which continues there today.

Firstly, they grew carnations, and then roses became their main crop in the 1980s with a focus on the export market, particularly Canada. The Riverhead nursery and greenhouses were established in 2001.

Extensions to the production greenhouses were made in 2014, and a propagation house was added in 2017.

Van Lier Nurseries has become the North Island's largest rose grower over the course of its 50 years, selling its flowers to florist wholesalers and even plants to other cut flower growers.

With more than 1.5 million rose stems produced annually, it's now the second largest in New Zealand,

Roses comprise about 60% of the company's revenue, chief operating officer Joanne Hurley says.

But it continues to produce a wide range of other flowers, including more than 10 different types. These feature gypsophila, statice, helleborus, veronica, alstroemeria, parzival, limoni-



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um, solidago, florinca, green magma, Zanzibar foliage and, of course, carnations.

Imported tissue culture is grown up into plants in Van Lier Nurseries' plant propagation division, both for its own use and that of flower growers.

Maria died in 2012 in her 90th year and Walter died at the age of 96 in 2016.

Their son Theo bought the business in 1987 and runs it with his son and third generation family member Harry, pictured left, while another son, Steffan, right, is also involved in the business. Staff numbers vary between about 25 and 30, depending on the season, with some staff members serving for 20 years or more.

From the days when Walter could look at a plant and tell what it needed, the business has become more high-tech, particularly in water reticulation, shade screening and the use of gas for heating.

One thing remains constant – Van Lier Nurseries' reputation for high quality.

The greenhouses have even been used for functions other than growing. In 2015 a fashion runway was held there for Glassons and, appropriately, the Riverhead greenhouses hosted Van Lier Nurseries' 50th celebration attended by more than 200 guests entering through archways of flowers and foliage.

Theo thanks all who have contributed to making the business the success it is today.

Walter and Maria have left a lasting family legacy and it's sure to continue growing for a long time yet.

YACHTS TO HELP DISADVANTAGED YOUTH



A new lease of life is being given some yachts with interesting histories.



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Auckland businessman and yachtsman Geoff Hunt is looking for people to help him with his project to tidy up two yachts in Kumeu and another in Waimauku.

It's part of the NZL 14 Foundation he's set up to restore six yachts to help young people considered at risk.

"The boats just need a clean-up, not a rebuild," Geoff says.

One of the boats is a kauri sloop which infamous drug trafficker Marty Johnstone sailed as a boy.

Two others have been sailed by Sir Russell Coutts, including America's Cup boat NZL 14 which Geoff bought and has in Queenstown Bay.

Some others are Etchells Class boats, designed by EW 'Skip' Etchells as an Olympic keelboat which is both fast and stable, and can be sailed by three or four people.

Geoff says he's getting disadvantaged youth to enjoy the benefits of ocean life through learning to sail.

He's particularly keen to help those with Asperger's, like a son and those with attention deficit hyperactivity disorders (ADHD), autism or other mental health issues.

"Being out on the ocean is the best medicine.

"I'd like to leave a legacy that continues after I'm gone," Geoff says.

He says a life on the ocean, including sailing boats for some of London's elite, has helped him, especially after leaving school without any qualifications. Geoff says he's had his share of ups and downs since.

He enjoyed the high life for a while, but it didn't last.

Geoff's had about 22 boats over the years, and still has "quite a few".

"But now I want to put my money back into things which help others."

He's also keen on having yacht clubs use some of the boats to help with training programmes.

"I'd like to recruit people to look after the yachts so that they always stay in good condition."

If you can help Geoff then email him at 99onlondon@gmail.com for more information.

BEHIND THE ENGINE BAY DOORS

A big hello to our community from your local Kumeu Volunteer Fire Brigade. Many of you will already know a lot about us and what we do, but as there are a lot of new residents in our growing area we



thought we would give you a bit of an insight into what's be-

hind the engine bay doors!

Firstly, we would like to offer huge congratulations to Karl Canham our newly appointed Deputy Chief Fire Officer of the Kumeu Volunteer Fire Brigade on 22 June 2018. This position sits under the Chief Fire Officer and is a vital part of the management structure that we work under.

Karl started as a recruit firefighter with the Kumeu Brigade in December 2010. He has just recently completed a week long intensive Executive Officers course at our national training centre in Rotorua to prepare him for the role.

Kumeu brigade differs from a lot of fire stations in the Auckland area and is fully crewed by volunteers who respond from work or home 24 hours a day, 7 days a week. We currently have 31 members made up from all walks of life. We are alerted to a fire call by pagers, phone messages and our all-important siren. We respond to incidents such as motor vehicle accidents, structure and vegetation fires, medical emergencies, extreme weather events and animal rescues just to name a few.

We love to support the community as it supports us, in all sorts of different ways, from fire safety education to attending incidents when we are needed.

As the colder months are upon us we wish to remind everyone on how to keep safe this winter.

- Remember the heater-metre rule – always keep furniture, curtains, clothes and children at least one metre away from heaters and fireplaces.

- Don't store objects on top of your heating appliance.

- Never cover heating appliances.

- Don't overload clothes dryers and clean the lint filter after each load cycle.

After kitchen fires, fires involving heating and drying are the next most common reason Fire and Emergency New Zealand is called out.



Chris Penk MP for Helensville

Stop in, the office is open!

365 Main Road, Huapai

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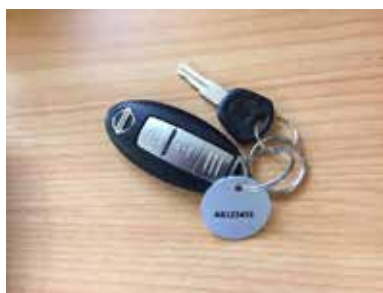
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New Zealand has sent 36 fire fighters to the United States and 65 to Canada to help combat the growing number of wildfires. Eight of the team that have been deployed are from the Auckland region.

New Zealand has agreements with Mexico, the United States, Canada and Australia to help in circumstances like these.

Rubbish fires are probably the calls we dislike most. We often find ourselves "dammed if we do and dammed if we don't". On one hand we have the disgruntled person who lit the fire because if it is unsafe then we extinguish it. On the other hand, if the fire is safe then we will not extinguish it which then raises the ire of the person who had put the call in often for a smoke nuisance.

A simple guide:

- Fire and Emergency NZ will only extinguish a fire if it is deemed unsafe. If the fire meets the permit conditions, is contained with no chance of it escaping and starting another fire then we will not extinguish it
- A smoke nuisance is managed by Auckland Council. Below is a link to report a smoke nuisance. www.aucklandcouncil.govt.nz/licences-regulations/outdoor-fires/Pages/report-smoke-pollution-from-fires.aspx
- To find out if you require a fire permit to light a fire visit fireandemergency.nz/checkitisalright/fire-types/ You can then apply for a permit while on the site.

If in doubt, go to check it is alright website link above before you light the fire light.

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COMMUNITY NEWS

WAIMAUKU SCOUTS FUNDRAISING EVENT



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What must be one of the most fantastic fundraising events of the year is back by popular demand on Saturday 22 September 2018 at the Muriwai Golf Club. Doors open 6.30pm, races start 7pm, and tickets are \$15 (or \$100 for a Table of 8).

Described by attendees as 'different to anything they've done before' and 'a fantastic night' we hope you'll join us in September for an evening of laughter, betting, surprises and fun.

Help Motutara-Waimauku Scouts raise money to send our youth to the Australian Jamboree and New Zealand Venture 2019.

Spot prizes, try your luck, raffles. The bar will be open (No BYO). Light supper will be served plus you can BYO snacks. Local shuttle service available \$10 one way, \$15 return.

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

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MEET HELEN MARTIN, FREELANCE JOURNALIST



Helen was first published aged 12, when she won an international short story competition and a £100 prize. That win convinced her she could be a professional writer and, after graduating from Auckland University with an M.A. (Hons) in English, she followed a dual career as a teacher and freelance non-fiction writer. For many years she taught English and Media Studies at secondary school level, then film and television studies at tertiary. Her publications include columns as film critic for magazines including the NZ Listener, OnFilm and Alternative Cinema and several book chapters, Te Ara online dictionary entries and co-authored books on New Zealand cinema and television, one of which won a national award. She's currently enjoying writing for two rural

magazines, Valley Voice and Helensville Community News, has written a self-published book on her paternal family history and is now working on its companion, her maternal family history. Since moving to Helensville she has been helping others with their writing projects.

Come along and find out more about her career and forthcoming projects.

For more information contact Megan Patterson 021 959 017, threehorses@xtra.co.nz.

SENIORNET

Did you know that the number of seniors using the internet and related tech devices is increasing, with almost half of seniors using the internet and owning a mobile phone?

But there's still a long way to go before we can consider our senior citizens to be fully tech savvy. The fact is, today's technology can keep seniors engaged, connected, mentally active, and physically safe, making it increasingly important for us to try to keep up to date. So what devices should seniors have their eye on? Android Tablets and iPads.

From games that promote brain fitness to apps that track health information, a tablet can have a variety of positive impacts on seniors' lives. We can view photos, listen to music, read, learn languages—plus the devices are lightweight, their touch screens are easy to use, and font sizes can be adjusted for easier reading.

Here at SeniorNet we are dedicated to helping people who want to keep up with today's technology, who either don't how to use a computer, smartphone, or tablet or simply want to improve their skills. We are a friendly and informal club with tutors who teach at a pace that suits our members.

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TENNIS CLUB OPEN DAY



It's time to dust off your racket because Waimauku Tennis Club is inviting you to their annual Open Day. You and your family can come down and meet the coach and committee members of the club in a fun environment and see what the club has to offer. Information on tennis programmes being run, from learning tennis to get fit sessions, and how to become a member and play for the club or join social tennis. Whether you or your child is a budding pro or a complete beginner we have a variety of programmes to suit all ages and abilities. The Open Day is being held on Saturday, 8th of September from 10am to 12pm for Junior players (10am for new player enquiries and 11am for returning player registrations) and 1pm to 3 pm for Senior players (1pm for returning player registrations and 2pm for new player enquiries). Free sausage sizzle and court games. The club is located at State Highway 16, opposite the Caltex service station in Waimauku.

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SEPTEMBER AT KUMEU ARTS CENTRE



Following on from our popular, annual ceramics show we have an exhibition by local artist Kiri Abraham starting on September the 10th. Kiri says that "This collection of drawings and paintings are part of an ongoing exploration of the personal relationship between one person (artist, mother, pakeha, small town dweller) and nature. They investigate connection and disconnection, form and

time."

Then, from the 24th onwards, students of painting teacher and professional artist Amber Emm will display the amazing results produced during Amber's weekly classes here. Registration for this year's Kumeu Arts Awards also opens this month with prizes of up to \$1,000 to be won at the awards ceremony in November. Entries forms are available from September the 1st from www.kumeuartscentre.co.nz or at Kumeu Arts Centre, 300 Main Road. Come in today and discover the hidden gem in your community.

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CROATIA IS CALLING

Picture yourself, relaxing in a deck chair, soaking up the rays, cold drink in hand and the Dalmatian Coast drifting slowly by with its crystal clear waters and beautiful white brick buildings to rest your eyes on. If this is how you imagine your next holiday, then a sailing trip in Croatia is



calling.

Hayley had the amazing opportunity to sail the Dalmatian Coast for a week in June this year during her 3 months overseas and it was one of the highlights of her trip. She started in the idyllic Old Town of Dubrovnik and finished up in the Blue Lagoon of Split. Along the way she had the chance to visit Mljet and its National Park, kayak in the beautiful waters surrounding Korcula, climb to the Fortress in Hvar for breath-taking view, grab some gelato and relax in Stari Grad and go canyoning on the Cetina River in Markaska.

An experience, like hers, is definitely one that everyone must have, at least once in their life and is the best way to see Croatia in all its glory. Don't think twice and contact our office to find out more or secure your own Croatian holiday today.

We have a "Journey around Croatia" evening on the 11th September so contact us to register or join our Facebook page to keep up to date with our events.

Contact: hobsonville@helloworld.co.nz or phone 09 416 1799.

KAUKAPAKAPA VILLAGE MARKET

Sunday 16 September 8.30am to 1pm. A great way to spend a Sunday morning with the family. Catch up with friends and neighbours, relax and enjoy a coffee and something delicious from our food stalls while you listen to live music from our talented musicians.



Pick up something unique from our local crafts people or grab a bargain from the car boot area. Plus - fresh locally grown fruit & vegetables, plants, fresh bread, doughnuts, cakes, pies and much more. Don't miss the Helensville Lions book stall with a great selection of quality books for sale at bargain prices plus free face painting and a craft table for the kids.

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

KUMEU STEMS FLOWER BARN

Spring is early this year, so we are also hoping we have an early summer with lots of sunshine and warm lazy summer days coming.

Over winter we have been busy moving our roses into new growing beds, and starting new plant varieties to add to our list. One of the new ones is Gerbera Tetra Cupid, a





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really fluffy pink Gerbera with a fabulous long stem. Keep an eye out on our Facebook or Instagram pages as these are limited in numbers. Coming up soon we are also offering PYO flowers from \$1 per stem. You will need to bring your own secateurs and bucket. Please register your interest here www.flowerbarn.co.nz/page/PYO/subscribe/login.

Did you know we are now offering our greenhouse and barn for Pop Up Weddings? It's perfectly suited to small weddings. We can cater for up to 20-50 people. Such a great setting for spring, summer and autumn. Don't let an unsettled spring or summer ruin your perfect wedding day and have your photos taken all under cover away from those driving winds and wet dreary days. We look forward to helping to create an intimate, gorgeous memorable wedding day for you. Contact Monique or Angelique on 09 412 7606 to book your space or go online to our website www.flowerbarn.co.nz.

SENSATIONAL SEAFOOD – THERE IS NOTHING FISHY HERE!

Meet Summer, she is the Assistant Manager in our seafood department and is passionate about seafood.

Summer is enrolled in a nationally recognised Seafood Retailing course. Her tutor comes into store once a month and takes Summer through everything from identification of fish species, to recognising characteristics of seafood quality, sustainability, handling fish products, presenting displays and merchandising. The highlight of the course will be a field trip to the fish markets and a look behind the scenes of the commercial fishing industry. She will get to see the fish that she will be selling the next day in New World Kumeu.

When asked about the best part of her job, she found it hard to narrow it down to only one aspect.

She loves the fact she is learning from experts in the industry, she has a great team around her and the customers at New World Kumeu are "the best!"



KUMEU LIBRARY

Finding new books to inspire and entertain us is a never-ending job for booklovers. Here at Kumeu Library we are focusing on reading inspiration with our September display, and highlighting some of the books our staff have most enjoyed reading – come and check out the display, read some of the recommended titles and see if you agree with our choices. We are

a well-read bunch, who all enjoy different genres and styles of book so you are sure to find something of interest. And you can create a list of recommended books yourself – just pick up one of the forms on the display, fill it out and hand it in. New books are coming into Kumeu Library all the time, and we put these on the "New Book" shelf (straight ahead as you come in the door) – keep your eye on this shelf for great new books in both fiction and non-fiction. The library gets multiple copies of all the latest bestsellers, but everyone wants to read them and there is often a waiting list for these. If you can't wait, try our Top Picks – a selection of the most popular books available immediately at \$6.00 for two weeks.

From 1 September there will be a few changes to the fees and charges for our services. DVD movies and shorter TV series will now be \$3.00 for two weeks, and longer TV series will be \$6.00 for four weeks. Replacement cards will be \$2.00 each, and overdue fines are unchanged at \$1.00 per day per item (children's items do not incur overdue fines, apart from DVDs).

Did you know we can get books and articles for you from other libraries around New Zealand? Charges for this service have been streamlined, and now are a flat \$10 for either a standard loan or a copy request. If you need some specialist help, our Research Centre staff are the ones for you. They can undertake 30 minutes free research and after that the charge is \$25.00 per subsequent half hour.

FOR THE KIDS TOO

When you wear jewellery that is inspired by the people you love, it gives not only you, the wearer, a sense of comfort and connection to those people, but it also give those people a sense of connection to you too.

When I wear my "Initial Love" pendants, it's not just about me keeping my children close, they totally love seeing their initials hanging around my neck. They will often talk about the pendants and even play with them, given the chance. I am sure this reaffirms to them how much they are loved and reminds them that they are always in your thoughts and in everything you do.

Visit my website www.preciousimprints.co.nz to view my range of personalised and symbolic earrings, rings, necklaces, key rings and more. Also feel free to email me jo@preciousimprints.co.nz if you have an idea you would love to see turned into a piece of jewellery.



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IN BRIEF

UPDATES:EVENTS

NORTHWEST REWARDS CAMPAIGN



The NorthWest Rewards campaign ran at the NorthWest Shopping Centre between 18 June and 22 July. Eleven participating schools were lined up to grab a share of a \$6,000 total prize pool. Shoppers could allocate points to their school of choice. Participating schools were Huapai District School, Helensville School, ACG Sunderland, Waimauku School, Riverhead School, Massey High School, Hobsonville Point Primary, Hobsonville Point Secondary School, Colwill School, Waitakere Primary School and Kaipara College. Winners were based on the highest average spend per student.

In the end it was very close between Huapai District School and Helensville School, Huapai had 10,906 points, while Helensville had 10,241. Voters and schools were tracking each school's progress in-centre or via the NorthWest Shopping Centre website. There was a total of 2708 votes from the community for the 11 schools. Huapai, the overall winning school, will be using the \$3000 prize towards sun shades for their playground. Helensville School received \$2,000, and Hobsonville

Point Primary received \$1,000. Photo: Caprice (left) and Erika (right), with Huapai District School Principal John Petrie.

NEW SHOOTS



Whenuapai's first Early Childhood Education Centre, New Shoots, opened in August to meet the demand of Whenuapai's growing population. The architecturally designed centre will cater for up to 90 children, with multiple playrooms for different ages, all of which open onto outdoor play and activity areas. "We are thrilled to be opening our doors in Whenuapai," says local, and Centre Director, Roslyn Jephson. "Whenuapai has a great, tight knit community, and with more and more families settling in the area, paired with the new housing developments in Hobsonville & West Harbour, it has been clear that there is a growing demand for an early childhood education centre nearby," says Jephson.

The newly built centre is architecturally and sustainably designed, is based on eco-friendly values and provides light and open spaces that encourage free play, socialisation and creativity. The New Shoots Whenuapai centre is the third to open north west of Auckland in 2018, following Westgate & Hobsonville, and they

are currently accepting new enrolments and interested parents are welcome to visit the centre. New Shoots Whenuapai is located at 1 Maramara Road. For more information visit www.newshoots.co.nz.

SOLJANS 2018 WEDDING EXPO



Soljans Estate Winery is showcasing their stunning and unique wedding ceremony and reception venue at their 2018 Wedding Expo. So come along and grab a complimentary glass of award-winning Fusion Muscat on arrival, or better yet enjoy a wine tasting station with more of Soljans famous drops. Delicious canapés on offer and go into the draw to win some prizes and deals that Soljans has to offer on the day.

We have also invited, and will be showcasing, some of Soljans special guests - our preferred suppliers! We will have wedding cakes on display and Little Black Photo booth will be there to add to the fun.

If you have any questions, please do not hesitate to contact us via Facebook or email Chloe on weddings@soljans.co.nz. Saturday 27th October 10am - 2pm at Soljans Estate Winery and Café. 366 State Highway 16, Kumeu.

INTRODUCING KAWAU BLINDS AND AWNINGS

Kawau Blinds is a small owner operated business covering the Rodney area. We specialise in roller blinds, venetian blinds, Vertical drapes and shutters for inside and a range of awnings for outside your home.

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MURIWAI BLOKARTS



If your looking for something super fun to do locally then blokart sailing on Muriwai Beach is a total winner. Muriwai Surf School has half a dozen blokarts for hire with the prices starting from \$60 for one kart for one hour and then decreases the longer you go or the more karts you hire. All rentals include personalized tuition to make sure you have the hang of it which is unbelievably easy, and did I mention super fun. The next few months is our windy time of year so make the most of it and enjoy what many international tourists consider a major highlight from their trip to NZ, blokart sailing on Muriwai Beach. We also do team building, corporate gigs, birthday parties and gift vouchers. For more information check www.muriwaisurfschool.co.nz Phone 021 478 734 email info@muriwaisurfschool.co.nz.

HUAPAI GOLF CLUB

We welcome all golfers and visitors to the

Huapai Golf Club to experience the joy and passion of playing golf and relaxing in our Lounge Bar and Café.

Steeped in history and in the heart of the Kumeu/Huapai wine growing district, Huapai boasts a championship course around 6000 metres, pristine, easy contour fairways, majestic mature trees, captivating water views and magnificent greens.

For the purist, Huapai offers a fair test of skills with holes that are challenging but not too punishing.

Huapai's rural setting on the upper reaches of the Waitemata Harbour makes it an enjoyable spot for a round of golf. A mainly flat easy walking course with narrow tree lined fairways and moderate bunkering guarding 14 of the 18 greens, will impress golfers of all levels.

The Lounge Bar and Café at Huapai Golf Club is open every day and offers a variety of refreshments, snacks and meals at very competitive prices. The clubhouse has floor to ceiling windows that provide stunning views of the course.

The lounge is an ideal environment for members and visitors to relax either after a great game of golf or as a walk-in. Please come on in, our Club is a friendly place and you are most welcome to participate. 1261 Coatesville-Riverhead Highway Phone: 09 412 8809.

FUNDRAISING FOR WORLD CHALLENGE



As a student at Kaipara College, Ruby Williams was excited when World Challenge visited last year and offered her the opportunity of a lifetime. The challenge was to travel to Malaysia and Borneo in De-

ember 2018 and complete tasks needed to help the community and the wildlife.

Immediately her Mum, Nikki Williams, received a short text saying 'I am going to Malaysia Mum!'

Over the past year, the Williams family have raised a total of \$6,300 through sausage sizzles, online auctions, bake sales, exercise classes and a 12 hour non-stop treadmill challenge.

Ruby has a final event to raise the outstanding \$1,300 and you are invited.

The Zumba Finale with Nikki, held at Fit Factory Kumeu on 9th Sept. 2018 from 10 – 11am. Book via text to 021 035 5499. The Williams family would love to see you to say thank you and celebrate the end of a fun year of fund raising.

AUCKLAND HERITAGE FESTIVAL

29 September to 14 October. Over 200 free or low cost events throughout Auckland. Celebrate the people and cultures from all corners of the world that have made Tāmaki Makaurau the diverse city it is today at the 2018 Auckland Heritage Festival. Explore the sacred spaces of the beautiful Bharatiya Mandir Hindu temple, marvel at Gottfried Lindauer's majestic Māori portraits, tour Eden Park with historians to uncover the stories and characters behind our national stadium or join a walk to celebrate the Pasifika peoples and stories of Karangahape Road. From exhibitions, walks, talks and tours, to a vintage market day and have-a-go gold panning, there's a huge range of events to suit all tastes and ages. This year's festival theme is 'Ngā iwi o Tāmaki Makaurau – Celebrating the heritage of our people', bringing together the heritage stories of the many different cultures and communities that make up Auckland. The Auckland Heritage Festival is brought to you by Auckland Council. From early September see heritagefestival.co.nz for the full list of events and programmes will be available from Auckland Libraries or selected cafes.

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PROPERTY NEWS & ADVICE

PROPERTY MARKET REPORT

Since 2010 I have provided buyers and sellers with significant information on the number of sales and the value of property in the area. It helps both buyers and sellers understand the market, understand value trends and make better decisions. Over the next several months I will create a clearer picture of trending data relating to specific markets, and what you may expect due to development and pricing. Hobsonville Point, home of the Block 2018 and a poster child for new-age housing developments. Land sales in the area are \$388,000 to \$475,000 over the last month compared to \$200,000 to \$466,000 for the year ending August 2018. Median value in the area sits at \$894,000 for the month compared to \$628,000 for the year ending August 2018. The highest sales upper quartile remains Constant around \$970,000. Sales volumes for the month were 21 units (average days on market 44) with annual sales at 306 units (average days on market 33) to year ending August 2018. Buyer groups are mostly younger mixed families with a cross section of children. Mature buyers (50 plus) make up less than 27% of the buyer grouping which holds consistent. This is a solid performing market for two to four bedroom homes with solid demand and stable pricing.

Huapai, home of Cadbra Developments and an area that is set for some significant infrastructure change over the next 24 months which should be welcome relief to residents and businesses alike. Land sales in the area are soft and good buying at \$344,000 to \$480,000 over the

last 12 months to August 2018. Minimum sales value of home and land package is \$955,000 with a median price from last month at \$1,060,000 compared to \$1,000,000 for the year ending August 2018. High end pricing for new building activity on 600 sqm site sits between \$1,100,000 and \$1,180,000 which is comparable with the year-end figures. Sales volumes for the month were 6 units (average days on market 37 days) with annual sales at 64 units (average days on market 35) to year ending August 2018. This is a market struggling through infrastructure but will come back strongly when this has been resolved.

Let's have a look at those sales for the month: Coatesville \$1,680,000 to \$2,850,000. Helensville Residential \$560,000 to \$640,000. Helensville Lifestyle \$1,110,000 to \$1,200,000. Huapai Residential \$828,000 to \$1,145,000. Kumeu Residential \$640,000 to \$935,000. Kumeu Lifestyle \$1,745,000 to \$4,450,000. Muriwai \$1,337,000. Parakai \$465,000 to \$649,000. Riverhead Residential \$910,000 to \$1,135,000. Swanson \$785,000 to \$1,240,000. Taupaki Lifestyle \$1,640,000 to \$2,350,000. Waimauku Residential \$970,000 to \$1,250,000. Waitakere \$675,000 to \$920,000. Whenuapai Residential \$1,033,800 to \$1,240,000.

If you are seeking an opinion, thinking about improvements or change, I would suggest a no-obligation chat with me that will provide some clarity on potential gains, market changes and values that are at play in your street and area. Like-wise, before you go to market, have a chat with a few highly educated real estate professionals about the best process,

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

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

WHEN WOULD YOU USE A NON-BANK LENDER?

We know not everyone follows the same path, which means not every borrower will appeal to all lenders. A simple default on a utility bill from years ago could affect your credit rating and your ability to pass the criteria outlined by certain banks. Thankfully, there are alternate lenders that can help you reach your financial goals with a custom loan, and your Mortgage Adviser is well placed to explain who they are, and why they do things differently.

Get finance with an irregular income - Not everyone earns a regular PAYE income. You might be self-employed, a contractor, or you could work in a seasonal business and earn all of your income during just six months of the year. This makes it hard for some lenders to assess risk when you apply for a loan. As a result, many borrowers in this situation are unable to obtain a loan. Mortgage Advisors have access to custom lenders that can provide low documentation loans – which means regardless of how you earn a living, you can still be considered for finance when making your next property purchase.

Consolidate debts to stay on top - It's not unusual for borrowers to end up with debt across different loans and then find themselves struggling to pay it all off. People caught up in this situation often think that if they just keep peddling harder they'll come out the other side. Some do – but others don't, they fall even further behind.

One way borrowers can stay on top of all their repayments is by consolidating



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debts into one loan with a lower rate. Even if you've missed a few payments on some of your loans, your Mortgage Adviser can talk to you about options for refinancing to help get you in a better financial position.

Short term funding - In many cases, a particular need has arisen in which short term finance will be required. Where such circumstances involve the impending sale of property, Mortgage Advisers may be able to help you obtain short term funds. For example, if you are a property investor and need money now while another property is pending sale.

For further details feel free to contact Ivan on 0275 775 995 or email 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.

KIWISAVER FIRST HOME WITHDRAWAL



Applying to withdraw KiwiSaver funds (and the process of receiving those funds) takes time. KiwiSaver providers take no liability for delays in processing applications.

If the application has been filled out incorrectly, or does not include the correct supporting documentation, this can create extra delays in processing the application.

If the funds have not arrived from the KiwiSaver provider in time for settlement, they cannot be used towards the pur-

chase. You as the purchaser cannot get a loan from somewhere else to cover the shortfall (for settlement) and then use your KiwiSaver to repay that shortfall loan.

To ensure everything goes smoothly: Get pre-approval from your KiwiSaver as to how much money you can withdraw. Allow at least 10-15 working days to finalise finance conditions. Allow at least 10 working days from the date the agreement goes unconditional until settlement date. Submit your KiwiSaver withdrawal application as soon as you can. By Carmen Franich, Smith and Partners Lawyers phone 09 836 0939 or visit www.smithpartners.co.nz.

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KIWISAVER TO BUY YOUR FIRST HOME



Having trouble getting into your first home? You will need a chunky deposit. Think about using your KiwiSaver if you've contributed for three years, you intend to live there for 6 months, and your scheme allows saving withdrawals. 'Second time around' buyers may also qualify. Confirm your scheme allows withdrawals, and how much you can take out. You may be eligible for a HomeStart Grant (\$3,000 - \$20,000), depending on how long you have been contributing.

If using KiwiSaver or HomeStart - tell your land agent to allow enough time in the agreement. Want to know more? Contact Henderson Reeves, solicitors - our Auckland team is mobile. Telephone 09 281 3723, or Taina 027 537 9222, Shelley 027 537 9221, or Amie 021 421 336.

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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	1,500,000	1.1HA	355M2	1,680,000
	2,500,000	1HA	446M2	2,850,000
Helensville	495,000	1264M2	100M2	560,000
	660,000	674M2	102M2	639,000
	690,000	675M2	97M2	640,000
	1,350,000	1.4HA	223M2	1,200,000
	1,325,000	4.1HA	218M2	1,110,000
	940,000	2.6HA	170M2	1,110,000
Huapai	1,175,000	729M2	262M2	1,145,000
	1,025,000	606M2	212M2	1,015,000
	1,125,000	678M2	198M2	1,060,000
	1,000,000	641M2	185M2	980,000
	1,000,000	459M2	209M2	945,000
	910,000	519M2	155M2	850,000
	830,000	1019M2	86M2	828,000
	1,050,000	600M2	216M2	1,028,000
Kumeu	890,000	1183M2	190M2	640,000
	1,050,000	1217M2	133M2	935,000
	2,825,000	101HA	170M2	4,450,000
	1,625,000	1.7HA	180M2	1,745,000
Muriwai	1,400,000	1.6HA	228M2	1,337,000
Parakai	750,000	531M2	155M2	642,500
	670,000	515M2	180M2	649,000
Riverhead	1,150,000	800M2	202M2	1,020,000
	1,175,000	602M2	206M2	1,135,000
	1,150,000	654M2	201M2	1,087,500
	910,000	379M2	153M2	910,000
	930,000	531M2	178M2	1,053,000
	1,250,000	601M2	232M2	1,038,000
Swanson	755,000	539M2	97M2	785,000
	1,025,000	1002M2	208M2	950,500
	780,000	466M2	160M2	820,000
	740,000	693M2	190M2	810,000
	1,150,000	4.8HA	266M2	1,100,000
	1,250,000	4HA	190M2	1,240,000
Taupaki	1,625,000	8400M2	332M2	1,640,000
	2,000,000	1.5HA	467M2	2,350,000
Waimauku	720,000	1500M2	155M2	970,000
	1,600,000	5.4HA	320M2	1,250,000
Waitakere	615,000	1276M2	88M2	675,000
	700,000	809M2	150M2	774,000
	730,000	876M2	107M2	609,000
	950,000	4.7HA	113M2	920,000
Whenuapai	1,075,000	330M2	216M2	1,035,000
	1,250,000	357M2	273M2	1,210,000
	1,200,000	356M2	258M2	1,208,000
	1,100,000	301M2	240M2	1,055,000
	1,325,000	395M2	277M2	1,240,000
	1,100,000	304M2	240M2	1,070,000
	1,100,000	310M2	240M2	1,033,800

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

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PERFECTLY POSITIONED, HOBSONVILLE POINT

3 1 2

By Negotiation

9 Kanuka Road, Hobsonville Point
By Negotiation

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

www.mikepero.com/RX1545579



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cherry@mikepero.com



BRICK AND TILE ON 2403SQM - ELEVATED VIEWS

4 2 2

By Negotiation

14 McEntee Road, Waitakere
By Negotiation

Elevated views over the valleys and green fields of Waitakere Township with over half an acre of land this hidden away treasure is worth digging deep for. Not only is the land footprint big, the home, constructed of beautiful big brick and concrete tile roof offers good insulation properties, durability and styling. A spacious four bedroom home with two living areas, two bathrooms, separate laundry and oodles of storage is an outstanding family friendly layout with separation and integration when and where you want it. The CV on this property is \$1,275,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1425082



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OFFERS OVER \$1,039,000 - MOTIVATED VENDOR IS ON THE MOVE 4 3 2

Offers Over \$1,039,000

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

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



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SUPERIOR BUILD, SPACIOUS LIVING, HOBSONVILLE POINT 3 2 2

Asking Price \$1,049,000

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

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



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CENTRAL MASSEY LOCATION, ELEVATED AND WELL PRESENTED

4 2 2

By Negotiation

19 Zefiro Drive, Massey
By Negotiation

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

www.mikepero.com/RX1505411



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graham.mcintyre@mikepero.com



CHARMING CHARACTER HOME ON A SUNNY 923 SQM

4 2 2

By Negotiation

21 Punga Road, Whenuapai
By Negotiation

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

www.mikepero.com/RX1604749



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STUNNING, SUN-FILLED AFFORDABLE CORNER HOME



Offers Over \$719,000

30 Oioi Road, Hobsonville Point
Offers Over \$719,000

Occupying a prime position on a sun-filled North facing corner site, this immaculately finished near new G.J. Gardner two-level, two bedroom freehold townhouse offers modern designer living. Downstairs you will enjoy a sleek open plan living and dining area, perfect for entertaining. High stud ceilings complete with designer lighting, sophisticated kitchen, ample custom cabinetry and large storage cupboard flow onto a lovely outdoor area complete with low-maintenance garden. Upstairs you will find two spacious bedrooms with built in wardrobes along with the main bathroom. The very large master enjoys afternoon sun with the second generous bedroom enjoying morning sun and sea views. With its own large car-park, located directly outside your front door, and plentiful street parking.

www.mikepero.com/RX1534452



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



Asking Price \$915,000

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

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

www.mikepero.com/RX1567258



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POTENTIAL, PERSONALITY, POSSIBILITY AND FUTURE URBAN - KUMEU 2 1 1

By Negotiation

46 Oraha Road, Huapai
By Negotiation

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



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www.mikepero.com/RX1470382



VENDOR SEEKS OFFERS - HOME, VIEWS ON 1092M2 4 2 1

Asking Price \$1,050,000

77 Royal Road, Massey
Asking Price \$1,050,000

A real opportunity here for Families, Investors and Developers. Positioned on a massive 1092m2 of land stands a solid four bedroom 1960's weatherboard home on concrete block, with tandem garage, rumpus, storage and oodles of extra parking. Enjoy the amazing views from the spacious open plan kitchen, dining and master bedroom deck. A relaxing lounge with wood fire and French doors leads to a peaceful leafy oasis, where you can relax and unwind on the extensive outdoor decks, enjoying the garden and afternoon sun. Options here abound! Bring your own decorating vision to this private and spacious home with room for all the family. Enhance your investment with a future proof conversion of the downstairs (subject to the necessary consents) or develop the land, zoned mixed urban.



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www.mikepero.com/RX1399738



HOBSONVILLE - AFFORDABLE FAMILY HOME

3 1 2

Offers Over \$869,000

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

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

www.mikepero.com/RX1610906



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BUILD YOUR DREAM HOME WAIMAUKU

By Negotiation

908 Old North Road, Waimauku
By Negotiation

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

www.mikepero.com/RX1571757



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PANORAMIC VIEWS - EASY LIVING IN SWANSON

4 2 2

By Negotiation

1069 Scenic Drive North, Swanson By Negotiation

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

www.mikepero.com/RX1570684



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NORTH FACING WITH VALLEY VIEWS - SCENIC DRIVE

3 1

Offers Over \$780,000

1143 Scenic Drive North, Swanson Offers Over \$780,000

This generous three bedroom refurbished home delivers comfortable living, easy care section, great neighbours and views as far as the eye can see. North facing, the home is elevated and provides an excellent open plan family kitchen, lounge and dining with sunroom and wrap around decking. The wow factor is certainly the view but behind this view is some excellent value and options to further develop underneath the home, currently a storage area. Close to Swanson Café and train station, convenience shopping and multiple primary schools and day care options. The CV on this property is \$715,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1510406



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RURAL NEWS

DAMARA SHEEP

Continuing my series on animals suitable for lifestyle blocks here's a beauty.

Damara sheep. Hands up who's heard of these guys?

I first came across these highly interesting and rare sheep years ago when I was farming in Australia. A breeder approached me to purchase some alpaca guard wethers to protect their highly valuable lambs from predatory foxes, a major problem in Australia. Alpaca hate foxes which prey on their young in South America.

Damaras are a breed of sheep that migrated down from North Africa, and ended up in Namibia. They are what is known as a 'fat-tail' variety of sheep, but are probably better described as being 'fat-rumped.' They are a 'hair sheep,' growing only a short woolly coat in the winter, which is shed in the spring. They come in a wide range of colours, and most have unique coat patterns. Where are they found?

Damaras are now widely found in South Africa, where in the short time they have been farmed, they have gained an enormous popularity. They have been exported to a number of countries and have done particularly well in Australia. Although they are well suited to arid conditions, they are also found in a range of other habitats ranging from minus 20 degrees of cold and snow in Canada, through to high rainfall tropical forests in New Guinea. Damaras prefer well drained pasture due to their desert origin.

Although Damaras have been in New Zealand for a number of years, they are still considered very rare. There has been little regulated or recorded breeding, but recently flocks have registered with the New Zealand Sheepbreeders' Association, which will see the establishment of a sounder genetic base for the breed.

Why have them?

- Damaras are the ultimate easy care sheep. No shearing, no crutching, no tailing, and resistant to fly strike.
- They have a strong flocking instinct, which makes for ease of handling. They are excellent mothers and should never require assisted lambing.
- They can be hardy and adaptable, but prefer dry conditions. In many ways they have the temperament and requirements of goats, without the nuisance factor.
- They are excellent foragers and browsers, doing equally as well on poor unimproved pastures, as on good grasses.
- They are early maturing, and can average a lambing every eight months, with a high proportion of twins. They produce a high return of meat per hectare.
- They produce a high quality, fat free meat, ranking highly in tenderness and taste tests.



- They produce a high quality hide that is used in products such as furniture or fashion.
- The most impressive thing about the Damara is not just one thing, but the combination of such a large number of factors being found in one breed. It is highly prepotent, and stamps its mark strongly on any cross breeding programme that may be entered into.

If you require any further information on this fine animal or other lifestyle block animals give me a call, if I don't know the answer I will know somebody who does. Lyndsay Kerr your local Mike Pero Real Estate lifestyle and residential expert. 027 554 4240 or 09 411 7854, lyndsay.kerr@mikepero.com.

LIVESTOCK REPORT

Saturday's Pukekohe cattle auction saw a strong lift in prices over previous weeks. This lift was on both killable and store cattle and was prompted by some beautiful weather, quality cattle and large buyer attendance. The cattle market tends to be very volatile at this time of year, mainly weather driven, if it rains its' never going to stop, if it doesn't rain its' going to be a drought. Usually it is somewhere in-between!

Cattle	Lowest	Highest
Best steers	\$1,420	\$2,220
Other 2-year steers	\$1,150	\$1,230
Weaner steers	\$620	\$ 690
Best heifers	\$1,320	\$1,470
Other 2-year heifers	\$1,100	\$1,190
Small/medium x-bred yearling heifers	\$540	\$760
Boner cows	\$700	\$1,360
Bulls	\$600	\$1,045
Sheep		
Fat lambs	\$126	\$205
Store lambs	\$87	\$122
Feeder lambs	\$34	\$50
Ewes	\$164	
Rams	\$140	
Pigs		
Weaners	\$150	
Sow	\$400	

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HOME & GARDEN

MEET LASER WHENUPAI'S OFFICE MANAGER — SAMANTHA WING

Sam is our amazing Office Manager who not only looks after all the Laser accounts and office administration, but also manages the Maintenance Plumbing team and will arrange a plumber to attend to all your plumbing needs. Sam brings many years of office management and accounts expertise to Laser Plumbing. We couldn't function without her.

Laser Whenuapai are your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations, Laser Whenuapai also offer a state-of-the-art drainage unblocking service. In addition to these, it also has 24 hour service available for any plumbing emergencies - as these can come at any time.

Laser Whenuapai has been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

No job is too big or too small for Laser Plumbing & Roofing



Whenuapai! The team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Contact Laser Plumbing & Whenuapai for all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110. Open five days a week from 7am- 5pm, we are located in new offices at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

GROWING FRUIT TREES

It is the time of the year to plant fruit trees, and at Awa Nursery we have plenty to choose from. Planting now ensures they have the rest of winter and all of spring to establish before their first



summer. You will want to choose a sheltered, open sunny spot for your fruit trees, with good drainage. Once you have chosen your tree or trees, (remember some trees need a pollinator) prepare your site well. Dig a hole that is slightly deeper than the root depth of your plant and partly fill with a good garden mix. Place some slow release fertiliser tablets in the bottom as well. Most of our fruit trees are recently bagged, having come to us bare rooted. The soil in the bags will be loose and the roots of your fruit tree must be kept moist. Hold the bag over the hole and cut it open so you do not lose any soil and disturb any new roots developing. Before back filling the hole, position the tree stake so you do not damage any roots. Firmly compact the soil, making sure your tree is no deeper than it was in the bag. Water well. Water is very important when growing new trees, and regular watering in dry periods over spring and summer is a must. Mulch your trees, which will conserve moisture, protect the roots, add nutrients and prevent the growth of weeds. Make sure you do not have to mulch too close to the trunk. Come and see us at Awa Nursery and get your orchard underway. Awa Nursery phone 09 411 8712 or visit www.awanursery.co.nz.

COMPANY DEBT & PERSONAL LIABILITY

Can company debt become personal debt? That is, a company that is a separate legal entity from you personally. It should follow that you cannot be made responsible personally. However, there are instances where the Court has made a director responsible for the company debt and the cost of the liquidators (\$489,000 in total in a recent case). This is where a company has gone into liquidation in circumstances where there is inadequate record keeping by the directors. Keeping sufficient material so that a company can prepare accounts in accordance

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with generally accepted accounting principles is usually the starting point. Ignorance of the record-keeping obligations of the company is also no defence against a finding of liability. Indeed, sometimes poor records become the cause of the insolvency. This is an area for specialist legal advice. Luke Kemp solicitor 09 412 6000.

WAIMAUKU GARDEN CLUB

What a wonderful day! Off to King's Plant Barn, St Luke's for coffee before heading off to Art Space on K'Road. A very thought provoking exhibition. A young artist from Te Aroha, communicated by drawing as she was mute. Accompanying notes helped us interpret and form some understanding of her works and more about her as a person.

Before our Yum Char Lunch we were able to walk along K'Road, visit Old George Courts and St Kevin's Arcade, catching a glimpse of Myer's Park while observing people going about their daily lives.

Amongst the cramped downtown apartments and narrow streets we lunched at Grand Garden. What an enjoyable social occasion. Absolutely scrumptious!

With some time to spare members took a walk to the Viaduct area overlooking the Wynyard Quarter before boarding the bus and heading off to visit Kinder House in Ayr Street, Parnell.

This was the home of the Rev. Dr. John Kinder, Headmaster of the Church of England Grammar School, from 1857. Following an introduction to the life of the Kinders we could choose to watch a video, look at the downstairs rooms full of paintings and art works, a live art class or stroll outside....oaks, a huge magnolia tree, old English garden flowers and spring bulbs.

A stop at the Winter Gardens was a must before heading home.

We fitted a lot in today. Join us in September. We are off to Crown Lynn Pottery Museum, and visiting two art galleries in Riverhead. You can contact: Judy 027 272 9994 Diana 027 478 8928 Althea 021 123 6448 Jan 021 108 7925 Bette 021 145 1854 for more information.

WHY DO I NEED A WILL?

If you have wondered if you need to have a will, then I think the answer lies in whether or not you wish to have a say in how your Estate is distributed to your family and loved ones + getting a say about who is charged with the responsibility of the task or caring for your infant children in your absence.

If you do not have a will then the Administration Act 1969 establishes that the first \$155,000 of your assets and chattels will be given to your partner. What's left will go 1/3 to your partner and 2/3 to your children. If you do not have children then 2/3 to your partner and 1/3 to your parents.

If you have a Will in place then it will be possible to apply for Probate at the High Court. The alternative is to apply for Letters of Administration which requires more steps/legal costs and can also result in distress for family members.

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



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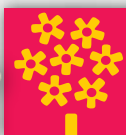
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Roman Scaffolding Ltd is a Kumeu based scaffolding company which specialises in both residential and commercial scaffolding. Tony and the team at Roman Scaffolding have more



than 10 years' experience within the industry, and have built up a strong reputation as being some of the best scaffolders Auckland wide. We supply scaffolding to a wide range of clients, including home owners, builders, construction companies, roofing companies and painters.

Our scaffold specialists are certified scaffolders who are committed to safety and quality, and are also official 'Site Safe' members. All scaffolding jobs are carried out to the highest of standards, so our customers can have peace of mind when arranging their scaffolding with us.

We offer very competitive pricing and one week's free hire, so whatever your requirements are (small or large), please contact us for a free no obligation quote.

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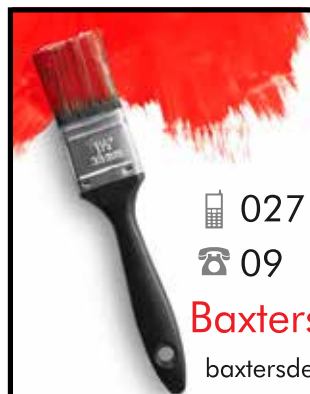
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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at sarahbrightwell022@gmail.com.



Steven Baxter

Painter & Decorator
1168 Old North Road
Waimauku
Auckland
0882

027 201 7001

09 411 5136

Baxters Decorating

baxtersdecorating@gmail.com



THE GREAT OUTDOORS

TASTE THE WOOD FIRED DIFFERENCE



When it comes to outdoor cooking in NZ, nothing gets the blokes more excited or feeling important than the concept of standing around with a few mates, enjoying a cold beer while tanning some meat on the BBQ. It's long been our element, our happy place where we have control and our contribution to the meal is of greater significance to anything going on in the kitchen. It's a man's competitive advantage where we'd struggle to do wrong, a safe place away from the kaos inside.

In recent times there has been a real shift in mindsets away from the convenience of gas to the use of wood or coal fired BBQ's. Television shows such as Pitmasters or BBQ wars capture the art at a different level but one thing is for certain and that's the demand for slow cooking outdoor options is steadily on the rise. Brands like Webber, Komodo Joe, Big Green Egg are all specialty coal burners and aside from the fun of controlling the temperature, provide sensational results for the experienced and adventurous chef. Offset wood burners are also growing rapidly in popularity and operate under the same premise as the aforementioned coal cookers. The taste benefits of BBQing with solid fuels is obvious and the appeal of controlling the heat via incremental changes in air supply is akin to an art that does require skill and attention. The fire must be tendered, the meat continuously basted, it all adds up to plenty of time spent around the BBQ, in our happy place.

These solid fuel BBQs are awesome but they do require attention and now there is a middle ground on offer that not only burns wood but it does so in a totally controlled manner. Traeger BBQ's are the fastest growing brand in the USA BBQ market sector and for good reason. They offer the convenience benefits of a gas BBQ but burn wood chips as fast or as slow as you choose to go, which makes them the most versatile BBQ around. These awesome units burn wood pellets in a combustion chamber, driven by an electric powered auger and the results are incredible. Slow cooked, wood fired meat to die for! The speed of the auger dictates the amount of wood burnt and hence the temperature. This is controlled by the flick of a switch so you are presented with a BBQ with incredibly capability. It can be dialled down to smoulder away at 60 degrees creating the perfect fish smoker, or can be turned right up to in excess of 230 degrees whereby you have a wood fired pizza oven. Top end units

are available with Blue Tooth connectivity where you can select your dish and the operation takes care of the cooking process completely on its own, including periods at different temperatures and different degrees of smoke. With the assistance of the supplied temperature probe inserted into the meat you put it on and an alarm on your phone will tell you when it's ready.

Traeger BBQs are now available at both Hunting & Fishing North Shore and at Westgate. If you get down in the early afternoons on the weekend you'll likely time your visit perfectly for the pork ribs that will have been slow cooking all morning and will be 'falling off the bone' ready for consumption. We've been experimenting with all sorts of different cuts of meat and the Traeger cooks it all like a star. Pop on down and taste the Traeger difference for yourself.

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

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Sat 1 Sep	01:08	07:37	13:33	19:57	-
Sun 2 Sep	01:52	08:22	14:20	20:47	-
Mon 3 Sep	02:43	09:14	15:15	21:46	-
Tue 4 Sep	03:43	10:16	16:22	22:58	-
Wed 5 Sep	04:54	11:29	17:39	-	-
Thu 6 Sep	-	00:14	06:13	12:44	18:56
Fri 7 Sep	-	01:24	07:27	13:51	20:02
Sat 8 Sep	-	02:25	08:30	14:50	20:58
Sun 9 Sep	-	03:19	09:25	15:42	21:48
Mon 10 Sep	-	04:08	10:13	16:29	22:34
Tue 11 Sep	-	04:54	10:58	17:14	23:17
Wed 12 Sep	-	05:38	11:40	17:57	23:58
Thu 13 Sep	-	06:20	12:20	18:38	-
Fri 14 Sep	00:37	07:01	13:00	19:20	-
Sat 15 Sep	01:16	07:42	13:40	20:02	-
Sun 16 Sep	01:57	08:25	14:23	20:50	-
Mon 17 Sep	02:43	09:13	15:15	21:47	-
Tue 18 Sep	03:41	10:12	16:23	22:58	-
Wed 19 Sep	04:58	11:24	17:42	-	-
Thu 20 Sep	-	00:12	06:16	12:36	18:49
Fri 21 Sep	-	01:15	07:19	13:36	19:43
Sat 22 Sep	-	02:05	08:09	14:25	20:28
Sun 23 Sep	-	02:48	08:52	15:06	21:07
Mon 24 Sep	-	03:27	09:30	15:44	21:42
Tue 25 Sep	-	04:04	10:05	16:21	22:17
Wed 26 Sep	-	04:40	10:40	16:57	22:52
Thu 27 Sep	-	05:17	11:15	17:35	23:29
Fri 28 Sep	-	05:55	11:52	18:13	-
Sat 29 Sep	00:06	06:34	12:30	18:54	-
Sun 30 Sep	00:47	08:16	14:12	20:39	-

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



Central's Tips

September 2018



Spring has arrived and it's time to fertilise veges and young seedlings, plant fennel, carrots and celeriac and train climbing plants like grapevines.

Watch out for pests like slugs, snails and aphids, they multiply as soon as it starts warming up.



Fennel, carrots and celeriac can be planted now.

Get more variety and into your vege patch. These versatile veges will be a hit in the kitchen!

In the Veggie Patch

- **Crank up the fertilising** of vegetables and other plants from now on. Young seedlings establish well when fed with liquid fertiliser at planting time.
- **Plant Florence fennel, coloured carrot varieties and celeriac** for some 'vegetable diversity' in the diet
- First signs of **aphids can be apparent now**
– spray with an organic remedy or, if they're low in numbers try squashing them by hand.
- If you lack many **bees** in the vegetable garden plant the **NZ rock lily, Arthropodium** in the vicinity
– its flowers are a honey bee 'magnet'.

Lawns

- **Best time to start a new lawn.** We recommend a layer of **Living Earth Ultra Lawn Mix** on top of a good topsoil base before you broadcast your chosen lawn seed. Applying **Prolawn Turfmaster Starter** at seeding is beneficial. Water daily until the grass has established.



Plant NZ Rock Lily to attract the bees

With its masses of pretty white flowers in late Spring to Summer it will look great too!

The rest of the Garden

- **Stake new trees and shrubs against spring wind.**
- **Train climbing plants, rambling roses and grapevines** along fences or against walls to keep them under control.
- **Planting clematis** – make sure the soil is good quality or dig through plenty of **Living Earth organic Compost**. Dig a hole and position the rootball a couple of centimetres below the ground surface. Mulch well, or place large river stones on top to maintain cool roots. If it wilts, leave it in the ground as it will probably re-shoot in a few months.
- **Slugs and snails need to be kept under control now,** as they can devastate groups of young seedlings overnight. Try using a pet and bird friendly repellent.



Stake up trees and shrubs

Spring is always a time of wild weather so protect your young trees by staking them until they are strong enough to withstand the weather on their own.



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BUILD

NEW

WEATHERBOARD TRADITION AT ITS FINEST

Five out of five - three gold and two silver. An outstanding result to walk away with at the Registered Master Builders House of the Year Awards last week, and we couldn't be happier. Here's the first of five that we'll be profiling over the coming weeks to show just what goes in to an award winning home.



This 'Modern Classic' weatherboard with four bedrooms and three bathrooms over two levels was a gold winner in the Nu-Look New Home \$700,000 - 1 million category. What sets this warm and inviting family home apart is the modern contemporary design with classic traditional touches. Inviting timber flooring flows through the main living level which is complemented by timber detailing in the kitchen and butler's pantry to create a rustic touch reminiscent of eras gone by. Entertaining and relaxing is well and truly catered for with an expansive wrap-around deck that flows to the living area through

bi-fold doors. Quality craftsmanship is in our veins and it's humbling when this is recognised with gold. The awards are not just about design but the level of craftsmanship that has gone into a build, which is closely inspected by the judges to determine its award worthiness. Energy efficiency is also on the judges' radar, and this home ticks those boxes with a ducted ventilation system for efficient cooling throughout the year and a crackling built-in fireplace for the colder months to snuggle up in front of. A nice touch has been added on the upper level with a cosy library nook with window seat for some bookish escapism on a rainy day. Maddren Homes - 248 Main Road, Kumeu phone 09 412 1000.

G.J. GARDNER HOMES

G.J. Gardner Homes are delighted to announce they have a brand new show home located in the Huapai Triangle. Named The Nobilo after the Nobilo family who are renowned for producing great local wines on this spot. We are proud to introduce this stunning show home for family living designed for all day sun - it offers 2 family living areas, 4 bedrooms and 2 bathrooms. G.J.'s have operated in the local area for over 20 years and have a wealth of local building experience and knowledge. They are a committed team who have built a reputation that ensures all customers will receive excellent service, quality workmanship and quality product. The whole team in Rodney West understand that you are an individual and you have unique requirements when building a

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home. By working together with you they can design and build a home that suits you, your lifestyle and your needs. Their experience and passion are a real asset for those preparing to build a new home. Helensville, Kumeu, Riverhead, Coatesville are just some of the areas they build in the Rodney West District. Discover for yourself why more people trust G.J. Gardner to build their home than any other builder. Come and meet the team today at our two showhomes located at 31 Nobilo Road Huapai or 7 Grove Way Riverhead or the office at 1A Tapu Road, Huapai.

QUESTIONS ABOUT BUILDING GUARANTEES

Signature Homes offers a number of comprehensive guarantees to give you peace of mind during your build and after the keys are handed over. Find out more about what they are and how they work. What is the Comprehensive Guarantee Programme? Signature Homes offers an independently bonded building guarantee for completion of a client's home as set out in the building agreement. The programme gives our clients optimal protection and covers not only home completion, but other aspects including weather tightness, structural and non-structural defects. These guarantees are indemnified by RIL (Residential Indemnity Ltd), a company set up solely to underwrite the guarantee. RIL is independent from the Signature Homes Franchise Builder who you contract to build your home.

What are the differences between RIL's Home Completion Guarantee and other 'completion' guarantees? Other building guarantees have set limits in relation to the total amount that can be paid out for loss of deposit and/or non-completion, and some have excesses to pay on any claim. This means that the difference in the claim limit set by the guarantee company and the actual costs to complete the home then need to be paid by

the client. RIL's Home Completion Guarantee has no set limits around how much any client can claim. Should there be a problem, RIL simply guarantees to finish the home as per the building agreement – at no extra cost to the client. There are not any excesses to pay on any claim made against RIL's Guarantees.

When do the guarantees start and finish? The loss of deposit and completion aspects of the Comprehensive Guarantee Programme come into effect from the date your application is accepted by RIL (usually within two weeks of your building agreement becoming unconditional) and the cover remains in place until the Practical Completion of your home. The structural, weather tightness and non-structural defect guarantees apply from the practical completion of the home. Non-structural defects are covered for two years and structural and weather tightness defects are both covered for a period of 10 years from Practical Completion. Should a claim need to be made on the Completion Guarantee what is the maximum cover? The maximum cover available is the cost to complete the home (if any) over and above the remaining progress payments that are to be made under the building agreement. The provided cover is based on the home being finished as per the plans and specifications in the original building agreement, and any subsequent variations. What is the financial strength backing the Home Completion Guarantee? The Home Completion Guarantee is backed by a performance bond of \$1 million issued by ANZ Bank New Zealand, plus significant cash reserves. The performance bond and cash reserves are independently audited by Deloitte on an annual basis to ensure the bond and cash reserves are adequate to cover any potential claims. Read more about our guarantees at signaturehomes.co.nz or call 0800 020 600.

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PETS

TIPS & ADVICE

HEALTH ADVANTAGES TO HAVING PETS IN THE WORKPLACE

Many of us know the benefits of owning pets, companionship, exercise, unconditional love to name a few but did you know that studies show that dog owners are less likely to suffer from depression than those without pets. They have lower blood pressure in stressful situations and playing with animals can elevate levels of serotonin and dopamine, which calm and relax you.



One study found that when people with borderline hypertension adopted dogs from a shelter, their blood pressure declined significantly within five months. Test results also show pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) and the list goes on. So do these benefits transfer to the workplace? According to a research study in the US there are three major benefits for bringing your pet into the workplace.

1. It reduces stress. A 2012 research study published in the International Journal of Workplace Health Management states that: On-the-job stress levels fell among a group of employees when they had their dogs at work with them.

2. It encourages longer working hours. Employees don't have to rush home to check on their pet. Studies show that organisations that allow pets in the workplace have employees who are willing to work longer hours and that absenteeism fell.

3. It improves working relationships amongst employees. Suddenly that person with bad manners and smelly breath becomes someone you can talk with when they bring their cute puppy into work.

One Auckland company have really stepping up and as part of their staff training brought in experts to run 6 classes and put over 300 of their employees through a Canine Body Language course. Not only was it fun and educational but it was a really positive and forward thinking educational programme for their team. With the new Health & Safety at work act 2015 it high-

lights that the PCBU is responsible for risk assessment and have to either eliminate or minimise risk. So it becomes more important that companies have the buy in of their staff and training to minimise the risk around dog bites. For more information or if you wish to discuss Canine Body Language email jo@dogsafeworkplace.com or go to www.dogsafeworkplace.com.

CAT LOVERS URGENTLY NEEDED

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



COUNTRY PETS

Harringtons Pet Food surveyed 2,000 dog owners finding the average pooch is taken out for a walk 10 times a week, with each trip lasting around 34 minutes. Four in ten owners say other dogs stop them from letting their pet off the lead more often, while 31 per cent worry too much to let their dog roam free. Others say they don't



let their dog off the lead because they aren't allowed to do so in the area they walk in (17%), they aren't well behaved off the lead (18%) or that they feel it's too dangerous (31%). But the study found that while 89 per cent enjoy walking their dog, 39 per cent admit a lack of time stops them from going out more often. Poor weather (47%), feeling too tired (20%) and finding it difficult to find places where they can walk their dog off the lead (9%) also means they don't go on as many walks as they should or would like to. Ok, so this is a UK based study, but the findings likely translate to working dog owners worldwide. If you're in the 39%, finding it too hard to get your pooch out for the level of exercise he needs to maintain good behaviors at home, consider the services of a professional dog walker. Your dog will thank you for it and your home and family will too. The highlight of your dog's day will be the sound of Country Pet's vehicle arriving to take him on his adventure. Small groups, no more than six dogs, head out to the beach, or the forest for an off leash



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

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

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

play, returning home tired and satisfied, with inner calm for the remainder of the day. Contact Country Pets on 027 380 0265, find them on Facebook @Countrypetslimited to see photos of happy dogs and comments from satisfied dog owners.

FALLING IN LOVE

I started my career creating oil paintings and I fell in love with producing pieces of art for people to proudly hang on their wall. I loved it so much that I took the plunge and committed to studying fine art full time. My world was filled with colour, I was happy, and it wasn't until we started creating masterpieces with cameras that my life changed. I fell in love for the second time. I used to be a shoot and burn photographer, basically someone that takes pictures and hands them over on a CD... but something was missing. The masterpieces that I was creating were sitting in a digital corner, crying out to bring joy to more than a timeline anniversary or a five year reminiscence binge. ...something was missing... It wasn't until I started printing the pieces of art that I fell in love for the third time. ...and it wasn't just me, the indescribable happiness of seeing my clients' masterpieces, that we created together, every day is one of the reason why I love my world. If you're looking for something to bring you joy every day, let's get your masterpiece started right now. Can't wait to me you! - Salome. PS There are still digital files in the mix to satisfy any digital binge session. To get to know me better, head over to Facebook / Instagram @yellowlabpetphoto or visit www.yellowlab.co.nz.



HOW TO KEEP YOUR KITTY HAPPY INDOORS

You know the dangers of letting your cat outside (like predators, cars etc), can an indoor cat truly be happy? Here are 7 Humane Society-approved tips for keeping your kitty happy indoors. Start young - Kittens who start their life indoors are usually quite content to stay there rather than go face the unknown outside. Walks - If you live in a safe neighbourhood, you can train them to walk on a leash. Provide safe spaces outdoors - Whether it's a screened porch, a "catio," there are many cat-safe options for letting your cat get a taste of the outdoors. Bring outdoors inside - Cat trees give your kitty the chance to explore vertical heights. Cat grass gives your kitty a taste of the outdoors - literally! Clean litter boxes frequently



- Cats can be neat freaks, and you may need to scoop the litter box often. ID them - Accidents happen, you never know when your cat might sneak out an open door or window. Toys - You should play with your cat every day. They should also have constant access to toys they can play with when you are not around. View the full article www.facebook.com/kanikapark/notes. At Kanika Park Cat Retreat, we have cat trees, lots of toys, windows for outside viewing and lots of time with people. Phone 09 411 5326 | 027 550 1406 | Email info@kanikapark.nz.

HUNTING FOR THE VERY BEST IN PET NUTRITION?

Our nutritional philosophy is simple: A species-appropriate diet promotes optimal health. Dogs and cats are carnivores. Their digestive systems (starting with the teeth) have adapted to thousands of years of eating raw prey diets. Only in very recent evolutionary history have our pets made the dramatic shift to highly processed, carbohydrate-loaded diets. Raw meat, bones, organs, and tripe - from high quality prey sources - is a species-appropriate diet for dogs and cats. How does feeding a raw diet work? It is simple, and rewarding. Keep your freezer stocked up with a mix of meat, bone, organs, and tripe from a variety of prey sources (we suggest three or more sources over a week, to ensure a wide range of nutrients). These products will be in minced cubes, or in pieces of bone with plenty of soft tissue attached. We will help you choose the best products, and most appropriate meaty bones for your pet. Defrost some product each day (never in the microwave or oven), following standard good meat hygiene rules - and enjoy watching your pet relish their real-food diet. There are a few guidelines to follow in order to feed safely and effectively, so we offer ongoing support and advice to all our customers. Our friendly staff are on hand to answer all your raw-feeding questions - please don't hesitate to ask! Visit www.rawessentials.co.nz for lots of great articles and information. With 9 shop Auckland wide and open Monday to Friday from 9am-6pm, with Saturdays 9am-5pm and Sundays from 9pm-4pm. Visit www.rawessentials.co.nz or follow their Facebook for weekly specials.



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FOOD & BEVERAGE

BROWN SUGAR SHORTBREAD

½ cup brown sugar
250 g soft butter
¾ cup cornflour or rice flour
1 ½ cups plain flour
Pinch salt

Beat the butter and sugar until soft and creamy. Mix in the sifted dry ingredients. Knead together gently and roll out to 1-1.5cm thickness. Cut into rounds with cookie cutter and prick the tops with fork. Bake at 160 degrees for 30-35 mins. Cool on tray before transferring to cake rack. Makes approx. 35.

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



THIS CUTS THE MUSTARD

Mustard has been around since time immemorial and has an amazing reputation in culinary applications as well as traditional herbal medicine. Hailed by the father of medicine himself, Hippocrates, mustard is credited with improving digestion, assisting diabetes management and balancing fluids.

'NoShortcuts' Mustard Pickle is low in salt and goes well with ham, bacon and corned beef; delicious with strong cheeses, sausages and mash and is a tasty favourite in sandwiches.

There are no fillers, concentrates or preservatives and every jar is packed full of fresh seasonal vegetables; it's handmade – just like mum made.

'NoShortcuts' produces for today's time poor yet health con-



scious and environmentally aware consumers, a range of traditional chutney, pickle, relish and jam that is wholesome, real food, in the fast and easy convenience of a recyclable glass jar. If you can't find them nearby, email the name of your local store to mary@noshortcuts.co.nz or order online at www.noshortcuts.co.nz.

HALLERTAU

As far as marriages go, sausage and beer have more than ticked off their diamond wedding anniversary. Hallertau have been celebrating this perfect union with an annual competition named the Hallertau Beer Banger Challenge, kicking off this year on Tue 28th Aug.

Hallertau will again challenge six Auckland sausage makers to make a new sausage with a different Hallertau beer. All six sausages are served on the Hallertau Brewery menu for a week and customers vote for their favourite snarler. The butcher with the highest number of votes will take home a prize pack including a keg of beer - and the honour of their winning sausage on the Hallertau menu for one year. This year Hallertau welcome Whenuapai Meat Merchants and Alpha Butchery, Huapai to the competition for the first time.



THE HERBALIST CRAFT BEER

Treat Dad this Father's day with a delicious beer-infused chocolate cake. This is easy to make and is egg and dairy free. It can be served with whipped coconut cream or normal cream, chocolate icing (with or without dairy), and for some extra zing, some strained, tinned boysenberries can be mixed through the cream. Chocolate Cake Recipe: Pre-heat the oven to 175C and line a 23cm cake tin with a double layer of baking paper. Dry ingredients: 3 cups flour, 2 cups brown or coconut sugar, 6 tablespoons cocoa, 2 teaspoons baking soda, 1 teaspoon salt; sift and mix the dry ingredients together in a large bowl. In a separate bowl or jug add the wet ingredients: (NOTE: if using ¾ cup melted coconut butter, keep this separate from the wet ingredients, otherwise use ¾ cup of vegetable oil instead), 2 teaspoons vanilla, 2 tablespoons apple cider vinegar, ¾ cup The Herbalist Manuka Ale and 1 ¼ cups water. Add the wet ingredients to the dry ingredients and fold through care-



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fully. Spoon the mixture into the cake tin and bake for approximately 45-50 minutes or until a skewer inserted into the centre of the cake comes out clean. Allow to cool before icing. Quick Chocolate Icing: 2 cups icing sugar, 3 tablespoons cocoa, 1 teaspoon vanilla, 50g butter, hot water to mix. Soften butter and mix into icing sugar, cocoa and vanilla. Add small amounts of hot water until the icing is at a spreadable consistency. Serve a large slice of iced cake to Dad with a cold Manuka Ale.

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

THE TASTING SHED

If you haven't been in to experience The Tasting Shed's new Head Chef Alok's menu, then you're in for a special treat. We are showcasing some of his newest ideas, along with dishes from the whole kitchen team, in this month's Trust the Chef on Wednesday the 29th of August. Tickets to these nights get snapped up within days of launching the event, so be sure not to miss out. You can book online at www.thetastingshed.co.nz or call to secure your place on 09 412 6454.



THE RIVERHEAD NATIONAL FINALISTS AGAIN

Riverhead's historic tavern has once again put the spotlight on the Northwest region by being named one of only three finalists in two categories in the Hospitality New Zealand National Awards to be announced in Queenstown in September. Nominated for 'Best Destination Venue' alongside Tantalus Estate (Waiheke Island) and TOAD Hall (Motueka). The Riverhead has always been a favourite destination. For over a hundred years, thousands of 'excursionists' would get out of an overcrowded and smelly Auckland and travel by boat from Auckland to a wharf below the tavern. Today it's still one of the only pubs you can take your own boat to... a quintessentially Kiwi day out. Its popularity stems from its appeal to a board range of ages and tastes with three entirely different areas to suit any chosen occasion. Although reaching The Riverhead is not restricted to coming by water, the drive, as



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we all know, is much closer to Auckland's growing population base. But once there, people can be forgiven for thinking they are a million miles from home.

It has also been selected in New Zealand's 'Best Neighbourhood Bar & Eatery' category along with Evil Genius (Christchurch) and the Southern Cross Garden Bar (Wellington). The mantra 'Food is King' has seen the popularity of The Riverhead soar. 'The Landing Restaurant' attracts large numbers because of its consistent and varied high quality gastro pub fare. The cosy 'Portage Bar' is a focal point for local people to come and relax in convivial surroundings, it's the place to meet friends, watch sport, play pool or just have a quiet drink with family. The type of Bar that's increasingly hard to find these days.

NEWS FROM ISOCREAM

Regular readers of this publication will be familiar with IsoCream. For those who aren't, it's a high protein, reduced-fat ice cream that's low in calories and carbs, is 99% sugar free and gluten free. Here's a snapshot of our latest news: We're now a Crossed Grain accredited partner of Coeliac New Zealand – reassuring for coeliacs and those with gluten intolerance. IsoCream is now available from around 120 stockists around the country. Latest additions include Fresh Choice at Waimauku and New World at New Lynn. For stockists, see our website: www.isocream.co.nz. If you haven't tried IsoCream yet or wish to try another flavour, be sure to check our Facebook page for details of upcoming tastings – or better still, follow us and don't miss a thing! We're participating in and supporting a range of upcoming events such as marathons, dance competitions and the Fitness & Health Expo. We have drawn the lucky winners of the competition featured in July's issue – we trust they're gorging themselves on luscious and healthy IsoCream!



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HEALTH AND BEAUTY

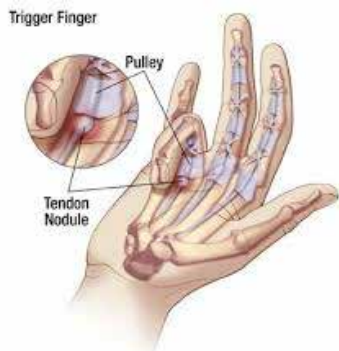
WHAT IS YOUR NON-EXERCISE MOVEMENT LIKE?

Non-exercise movement is any movement you do that is not associated with traditional exercise (i.e. gym work or team sports). Research has shown that even if you exercise 3-4 times a week at a reasonably high intensity, it still not enough to counteract the negative effects of a predominantly sedentary life (If you sit at a desk all day at work then this could be you). If you can increase the amount of non-exercise movement in your day, then your body will function better and it will help to counteract the negative effects of sitting. I recently posted a short video explaining this as well concept as well as some simple examples. Visit our Facebook page or website to watch it or read the blog. Facebook page - www.facebook.com/elevatechiropractic. Website - www.elevatechiropractic.co.nz. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

TRIGGER FINGER

What is trigger finger?

- Trigger finger affects tendons to your fingers or thumb, causing catching and pain with movement
- The tendons that bend your fingers glide through a tunnel called the tendon sheath and the tendon or sheath becomes inflamed and swollen, causing catching and pain with movement



- Trigger finger is more prevalent in women; 40 to 60 year olds; occurs more frequently after activities that strain the hand e.g. forceful gripping and is associated with certain medical conditions e.g. diabetes

Treatment:

- Splinting to rest the tendon for about six weeks
- Avoid aggravating activities while your finger heals e.g. applying pressure to the area by massaging or holding objects firmly;

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over exercising, repetitive gripping and avoiding contact with vibration

- A referral may be done to the doctor for further assessment
 - Non steroidal anti inflammatories (NSAIDs) may help with pain
- Hand Institute - 8 Shamrock Drive, Kumeu phone 09 412 8558 or email mandy@handinstitute.co.nz.

WHAT YOUR EYES CAN TELL YOU ABOUT YOUR HEALTH

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



Today's tip: You're getting too much sun. Some people develop a yellowish patch or bump on the whites to the side of their iris, called a pinguecula. "A small percentage of these are pre-cancerous, but usually they're not," Herz says.

"They're most often seen in people who spend a lot of time in the sun." But a December 2013 study on ultraviolet light's effects on the eye found that wearing specific lenses protects your peepers from sun damage, so talk to your optometrist if you start seeing these patches.

For Eyes, Kumeu Village Phone 09 412 8172 provide top quality eye examinations and supply UV-blocking lenses.

(*Acknowledgement: M. Bonner, Marie Claire).

CANCER REHAB CLASS

Here at NorthWest Physio+ we are excited to be getting ready to run the NEXT STEPS class commencing in October. This is a group exercise program for men and women who have finished their main cancer treatment and want to take the next steps on their road to recovery.



The programme combines the best Pilates, yoga and cardiovascular exercises for a workout that is specifically designed to help rebuild strength, flexibility and stamina.

The programme runs for one hour every week for ten weeks and is fully funded. It is suitable at any stage after any type of cancer surgery or treatment and accommodates all ages, fitness levels and mobility.

The program is delivered by Laura, our certified PINC & STEEL

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website: www.foreyes.net.nz

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

Cancer Rehab Physiotherapist at 4B Shamrock Drive, Kumeu. Weekly take-home resources and exercise handouts are included. Registration is required for the class before starting and a medical approval form completed, these can be found at www.pincandsteel.com/programs/next-steps/ or to talk with Laura our physiotherapist email: laura@nwphysioplus.co.nz or call the clinic on 09 412 2945.

KUMEU GYM SHAPE UP FOR SUMMER - 8 WEEK CHALLENGE

\$5,000 PRIZE PACKAGE - Summers coming and it is time to banish the winter wardrobe and come out of hibernation!

Kumeu Gym 24/Seven's Shape Up For Summer 8 Week Challenge is designed to build confidence and break those bad habits we've acquired over winter. This challenge is not only based on weight loss but also your in-cresed in fitness and strength. This challenge has something for everyone!

Now's the time to Achieve your ULTIMATE health, fitness and wellbeing goals.

Whats included in the programme? Full Body Composition, Beginning, Midway and End. Fitness and Strength Tests Beginning and End. 8 x Weeks Access to "S.M.A.R.T. Personal Training" (valued at \$440.00 - check out www.kumeugym.co.nz/smart-training for more info). 8 x Weeks Gym Membership. 2 x Meal Plans - All Group Fitness Classes. Training Buddy. Tasks and Mini Challenges to keep you motivated throughout your transformation journey!! Get the inner body you desire and you could WIN \$5,000 CASH!

What will it cost? Upfront Payment: \$389.00 - per person. Direct Debit: \$55.00 x 8 Weeks - per person. Shape Up For Summer Challenge runs from Saturday 29th September to Saturday 23rd November.

Register your interest, join up or for more information check out our website www.kumeugym.co.nz/8-week-challenge

Kumeu Gym 24/Seven - Your Fitness Evolution!

A PHARMACIST EXPANDS HIS TOOLKIT TO HELP HEAL HIMSELF AND HIS PATIENTS

People often ask me: "Why is a Pharmacist so interested in nutrition?"

The answer is simple; to help people get well. I have always wanted to be a pharmacist so that I could understand all about how medicines affect the body, and with that information I could help people to be healthy. But after about 15 years in the profession, I started to become disillusioned that so many of the people I was seeing in my pharmacy were not actually getting better.

Have you ever heard of anyone going on a medicine for high blood pressure and getting cured? Or pain killers curing arthritis? Unfortunately, for many chronic diseases the treatments reduce symptoms rather than cure.

Then the real turning point came. I got diagnosed with a debilitating chronic disease called ankylosing spondylitis. This is a nasty form of arthritis that robbed my father of his quality of life (and eventually killed him). This is when I started to look outside of conventional medicine for answers to this painful disease.

Nutrition Medicine to the rescue - At this time, I found the science of "Nutrition Medicine", and enrolled in a post-graduate course run by one of the most knowledgeable clinicians in this field; Professor Mel Sydney-Smith from RMIT University.

Using what I learned in my Nutrition Medicine studies I turned off my ankylosing spondylitis. To my delight, not only did I get complete relief from my painful and stiff spine, but I regained all my energy and vitality. At that stage I was in my late 30s



SHAPE UP FOR SUMMER 8 WEEK CHALLENGE

Starts: Saturday 29 September 2018

Info Night: Tuesday 25 September

Cost: \$389.00

OR

\$55 / week (Direct Debit over 8 Weeks)

Current Gym Members memberships will be put on hold

- Includes:**
- Assessments, before, midway and end
 - 8 x Weeks Gym Membership
 - 8 x Weeks Access to "S.M.A.R.T. Personal Training" (valued at \$440.00)
 - 2 x Meal Plans
 - All Group Fitness Classes
 - Training Buddy
 - Tips, Mini Challenges & Motivation along the way!!



SHAPE UP
FOR SUMMER!

8 WEEK
CHALLENGE
FIRST PRIZE
\$5,000

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and needed a sleep every afternoon to get through the day – crazy I know. After getting my nutrition right, I had the energy to not only get through my standard day, but I started a Nutrition Medicine Clinic within Massey Unichem Pharmacy so that I could help other people with chronic medical conditions. I also started teaching other pharmacists about how nutrition could help their patients to get well. In fact, in 2015 I was awarded the Supreme Award at the NZ Pharmacy Awards for my work in Nutrition Medicine.

My mission now is to educate people about how they can ensure optimal health through diet and supplements. If you want to know more, contact Martin at Massey Unichem Pharmacy, 396 Don Buck Road, Massey, Phone 09 833 7239, www.Martin-Harris.co.nz, or find him on Facebook (Martin Harris Optimal Prescription Health).

REPLACING RUNNING SHOES

Running in a shoe for too long (ie 3-4 years) can result in overwear and increase your risk of injury. Over time, the cushioning in a shoe compresses and deteriorates, resulting in a harder feel to the shoe and therefore less shock absorbing. Shoes also develop a wear pattern over time, ideally this is even, however if you are someone who either over or under pronates, this wear pattern can be detrimental and result in your feet being encouraged to under or over pronate further which in turn alters the load on your muscles and joints. To get the best out of the cushioning and support from the shoes and avoid injury, it is advisable to replace your shoes every 800-1000 km. It is important to remember



that shoe companies regularly update their shoes, changing the support, width, depth, cushioning, lace configuration and general feel of the shoe. Often these changes are minor, however sometimes they are bigger changes. If you have previously had a certain model shoe that worked well for you, the updated version may not feel as good, or could even cause pain. It is important to also remember that our feet, legs and bodies change over time as well. Therefore we always suggest you try on a range of shoes and choose the one that feels best, not just the one you have always run in. Hobsonville Podiatry, Level 1 124 Hobsonville Road, Hobsonville 09 390 4184.

MUMS AND DIET

As a Mum and a Dietitian, I am seeing increased societal pressure landing on Mums to get their 'pre-baby body' back. The outcome being an increased level of stress, anxiety, exhaustion and a rise in disordered eating and over exercising - all things we can do without when we are already dealing with sleep deprivation and all other changes a child brings to our lives.



Our relationship with our body and food is like any other relationship. It changes during pregnancy, childbirth and motherhood. It needs to be nurtured not punished. It needs to be cared for not controlled. It needs compassion not judgement.


The overwhelming expectation that women's bodies are to go back to the body before they grew, delivered and fed a child (and in a short space of time) means we are judging instead of celebrating women's bodies. A dangerous narrative that breeds disconnection and poor relationships with food and body.

The culture is wrong and needs to be fixed, not our bodies.

If you would like help with improving your relationship with food and your body in a non-judgemental environment please feel free to reach out. I would love to hear from you. Sarah works as a private practice dietitian in Hobsonville, specialising in family feeding, body image concerns, disordered eating, eating disorders and non-diet nutrition for improved health. sarah@bodybalancenutrition.co.nz Phone 021 716 175.

LOCAL MAN THRILLED WITH SERVICE

A local man has reported he is absolutely thrilled at the service he received at Westgate Optometrists recently. The gentleman in question, known only as 'John', visited the practice in a not-quite-life-and-death situation for new specs and readily confirmed he would strongly agree with the suggestion that he had



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been given the best advice in terms of eye health and visual solutions to meet his needs. Narrowly escaping peril, he also delightedly exclaimed that he was very likely to refer his friends and family to this outstanding optometry operation. Continuing his praise for their heroic efforts, he volubly highlighted their really great service and expressed how he appreciated their speedy and professional manner in diverting a potentially hazardous, spectacle of a situation. Further bulletins as events warrant.... Phone the friendly team at Westgate Optometrists on 09 831 0202 to enjoy your own highly recommended experience. Located in Westgate Shopping Centre, around the corner from Robert Harris Café and opposite ANZ. * The dangerousness of the above situation may have been exaggerated for effect, but seriously, he was very pleased!

WHAT ARE YOU PREPARED TO GIVE UP FOR BETTER FITNESS?

We once enrolled a tax inspector named John. His goal was to reduce his 'pot belly'. As scary as his occupation was, John had a permanent scowl on his face. I tried hard to cater for John's goal. But one day he rather grumpily yapped at me "Your programme's not working! I haven't lost my pot." I confess to feeling quite inadequate and began to have doubts in my own ability. Then as John impatiently grabbed his bag and began to walk towards the door of the gym he muttered "I'm not giving up my home brew". I turned, "What's that John. You drink home brew?". "Yes he barked.....it's my hobby". Clearly, John had a choice to make. What choices might YOU need to make for a better, healthier life TODAY? Paul - CEO - Club Physical.



HOW DO YOU MOULD AND STRETCH A PAIR OF SHOES TO FIT YOUR FEET WHEN YOU ARE SHORT ON TIME?

This is Shoe Talk's guide on how to make your new shoes fit your foot shape when you have purchased something new that you need to wear soon after purchase, please note this only works if the footwear actually fits your foot correctly to start with shoes will only ever give in width a few mm and not at all in length. So follow the following tips: If the shoes



pinch your heels you can soften the heels by gently rolling the back of the heel over with your thumbs to soften the edge. Put on a pair of socks; grab your new shoes and your hairdryer. Turn the hairdryer onto warm and gently direct the heat towards the shoe, approx 15cm away be careful though as you do not want to burn the leather, if it's suede put the heat even further away. Heat the leather up to where it feels malleable. Put the shoes on your feet and walk around them as they cool. The heat will soften the leather and allow it to mold to the shape of your foot. Repeat if required. Finally notice any points that feel like they will rub on the first wear and put a plaster on this will ensure you have a great night and no sore feet or blisters!

TOP NOTCH MASSAGE

Your wife told me she doesn't want to rub your back tonight, but it's all good cause we will at Top Notch! It's full on. You're up with the birds keeping jobs moving. Dealing with every man and his dog ALL day. Then you've got bl**dy staffing issues on top. Injuries cost - personally - at home with the family, friends. And mate... is that a leak in your bank account? In 2013 work-related claims were highest among tradies - self-employed were double employees. But we're told our treatments make a difference. Shoulder and neck issues are rife with builders, drain layers and sparkys. We see lots with lower back pain. Plumbers and carpet layers, I bet you have knee injuries too. So whether you're still on the tools or between quotes, don't keep battling pain & discomfort. Hang up your boots for an hour. Top Notch Massage can help. Phone 09 212 875 or email info@topnotchmassage.co.nz. Hobsonville - 295 Hobsonville Road, Hobsonville. Massey - 402 Don Buck Road, Massey, Auckland.

YOUR SAFE OPTION FOR PAIN

Pain is a serious issue for many people. The bigger problem is if you turn to over the counter drugs to get relief. Fortunately Chiropractic Care is as effective as pain medication in managing sustained pain syndromes and eliminates the side effects associated with short or long term use of medicine. Recent studies published in the Journal of American Medical Assn showed that spinal adjustments made by a qualified Chiropractor over 6 weeks reduced back pain and improved function as much as NSAIDs (ie ibuprofen, voltarin, neuofen) but without the risk associated with over the counter pain relief. Following this logic, Chiropractic care remains one of the safest, effective options to consider when seeking relief from back pain. Non-invasive, simple and drug free, Chiropractic is a great way to manage pain and improve mobility so you can return to normal life as quickly as possible. To discuss options call us at Hobsonville Chiropractic Centre, 09 416 7589 or www.hobbycc.co.nz.

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AREA COLUMNISTS

AWARD WINNING TRAVEL BROKER

I have just returned from an amazing 3 nights in Bali for our annual Travel Brokers conference / Destination experience / Gala Awards weekend.



We flew on the fantastic daily direct Emirates service, arriving late on Thursday for a welcome cocktail reception, staying at the Stones Marriott in Legian across the road from the beach, close to the new Beachwalk Mall, and Poppys Lane for bargain shopping & great dining spots. On Friday we experienced cycling through the rice paddies in Ubud, a great way to travel through the countryside & small villages, really scenic. Saturday & Sunday were a bit more relaxing, pool side, shopping, massage, a cooking class, a few hotel inspections.

For our special Gala event we were picked up - not in standard coaches as we expected - but in 18 x 1972 - 1976 convertible VW's to drive with a police escort to race us through the busy traffic all the way to the stunning Samabe Nusa Dua Resort & Villas, then taken by a vernacular down the cliffside to the beach far below for cocktails & canapes & local entertainment, then led into a cave under the cliff for the most incredible venue for our gala dinner. We were stunned by the surreal venue with its candles & fairy lights & chandeliers. The Awards were wonderful, and I was very happy to be in the Top 10 High Achievers

again this year, with an incredible prize of a trip to Singapore for a 4 night Royal Caribbean cruise to Kuala Lumpur & Phuket. We then kicked off our heels to dance in the sand to a local band, and finished off the night with a fireworks finale.

What a night! I feel so very privileged to be a self-employed Travel Broker under the guidance of the incredible team that is The Travel Brokers, part of Helloworld.

It really is amazing just how much you can pack into a 3 night destination experience. Even with the tragedy in Lombok, Bali still is 'business as usual', and we felt safe and very comfortable at all times.

With the new Emirates direct service competing with Air NZ's direct service - fares have come right down to a complete low \$899 again - just like the days of old when Garuda was flying direct - approx 20 years ago.

This was my fifth trip to Bali. I can highly recommend it as a destination, and I have many options for accommodation dependent on your budget - and location preference - that I can tell you about with my first-hand knowledge.

2018 is busy year of travel for me - I have visited, or am about to visit all of these destinations:

Fiji. Hong Kong, Macau. Holland, UK, Gibraltar, Spain, Portugal. Bali.

Then still to come: Cairns & Port Douglas, then Singapore, Kuala Lumpur & Phuket on my cruise

There is nothing quite like first-hand travel experience - and I can pass this knowledge & handy tips & experience onto you.

For those who wish to see more detail on any of my travels, please just ask to be a Facebook friend, I am on: <https://www.facebook.com/tanya.franklin.12>

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.

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Have you had a stroke and having difficulty with walking? Do you have any neurological condition which affects your walking? Join us and use COGY, pedal wheelchair for better function of your body. We are planning a West Auckland COGY club. Express your interest by contacting Koko to 021 029 35242 or kokocogy@gmail.com.



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Anyone with walking difficulty can join us after a COGY instruction session (free of charge, individually booked). We will have a venue to have COGY for our use, where someone is always available to happily assist us getting on/off COGY. Club members can use COGY anytime we like. Commitment from the members will be a monthly fee (\$TBC, about \$20-40/month). Other costs will be covered with local government funding etc. For more information, contact Koko 021 029 35242 / kokocogy@gmail.com.

DRESS UPS ARE FOR BOYS TOO

At Country Bears we value play, equity and we certainly encourage imagination!

Role play is a very important part of a child's education and development. Here at Country Bears we feel it is so important that we provide the children with the opportunity to develop their imagination, helping grow confidence, communication, physical development, creativity and problem solving. The children are able to engage by becoming a different character and playing out different roles that they see and observe.

As a parent, you may have observed your child pretending to make dinner, have an argument with a friend, work in an office or look after a baby, and this is no different if your child is a boy or a girl. Young boys also love to role play, love to wear dresses, be a fairy and play female roles. Some parents could worry that this may be an early sign of gender preference, but, we can assure you, this is no indication of a child's later sexual identity. It



would be amazing to see parents feeling confident in this stage of development without the fear of having to justify their child or feel ashamed. Instead, to have the confidence to embrace their curiosity and support them wholeheartedly through this phase. As a community we need to keep an open mind, let kids be kids and support families without judgement.

At Country Bears we encourage everyone to participate in all areas of our curriculum, we certainly wouldn't stop a girl from using our carpentry area or wearing a fireman's dress up! Children in their early years do know the difference between boys and girls, however, it is not until a child is in their primary school years that they truly start to understand the social stereotypes of what being a boy/man or girl/woman really means.

The other major benefit of letting children dress up during their early years, and in an early childhood setting, is that it is safe for them. Other children do not tease them as they have not yet developed that awareness and the teachers embrace it, role modelling positive affirmations towards imaginative play.

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

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

PLANNING AND A FRAMEWORK TEAM

The Association has been gathering a professional team together to proceed with a 'Framework Plan' for the District.

The team is working on information that we need to gather for such a document.

It is important for the group to have a united front moving for-



Remember adventuring everyday in a diverse natural environment, immersed in nature; playing confidently amongst the trees, paddocks, vege gardens & treehuts?
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ward. We still need some indication from NZTA over the bypass location and timing.

At present the meeting with NZTA officials has been very positive. The invitation to the Auckland Council via Chairman Chris Darby to provide input into the process has still to be finalised. We all know in Kumeu that the Council Planners do not want to start any planning work for another 7 years - that isn't acceptable.

The lack of forward planning both in land use and transport planning is creating real problems for the District.

The Framework Team of about 13, all want to progress planning earlier than the Council wants.

A similar scenario occurred in Warkworth, where the local professionals banded together and produced their own 'Framework Plan' (they called it the 'Warkworth Spatial Plan').

There was no Council planning involvement in the production of their document. The nett result has been a community lead plan which the Council is now starting to use as a basis for the formal statutory planning changes for Warkworth. We need to do the same.

Kumeu & Districts has uncontrolled growth with no overall plan. The 'Future Urban Zoning' isn't a plan, it just shows where the 'Future Urban' growth will be. The timing and densities are not provided.

With the new rates out, there are some substantial increases occurring, especially around the new property values created by the 'Future Urban Zoning'. It could be that the cost of holding a 'future zoning' will become prohibitive for landowners.

Council of course need more rates from those properties for infrastructure expenses.

On top of that comes the fuel tax, increase in petrol costs and now a target rate for Rodney.

The only thing certain is costs will rise for little benefit to the District.

Next meeting is 11th September at 7.30pm, is to have a discussion on the way forward.

Pete Sinton phone 09 412 2016 or email petesinton@townplanner.co.nz.

BELVEDERE LAW

Gareth, Linda and Jennifer are Hobsonville lawyers, with offices based just behind Countdown supermarket in Settlers Avenue. We (Gareth and Jennifer) moved to Hobsonville from the Wellington region just over 2 years ago. We closed our law firm there and started afresh to build a new firm reflecting the needs of our new community. We met Linda early in 2017 and asked her to join us as she shared our values of being responsive to our clients and working hard for them. Loving the wonderful diversity of cultures in Auckland we value working with our Mandarin speaking community throughout the city. And we are fortunate to have a nationally recognised expert in family matters to help sort out legal issues for parents and children when things go wrong for families. With our varied backgrounds and life experiences we bring a lot of empathy and professionalism to our work with people. Gareth Bodle - Linda Wang - Jennifer George. www.belvederelaw.co.nz or 09 416 6562.



KERERU KINDY

A small learning centre like Kereru Kindy allows teachers to understand each child individually. For example, children's need to climb, jump, create, nurture and experience real life situations. We discovered our children would love to cook and experience the joy of a real-life camp fire.

After searching for our favourite fire pit we discovered the one we wanted on TradeMe. It was not long before it arrived and the children eagerly awaited the construction of the fire pit. By helping build it, the children were able to extend their mathematical concepts.

Once constructed the children were then able to use trial and error to find the best way to start a fire.

But first, we went over all the important information on how to be safe around fire.

Besides building confidence and safety awareness, this experience also helped develop language and brain-body connections, and help kids make their own safety judgments when



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

WHY KIP MCGRATH EDUCATION CENTRES ARE SUCCESSFUL

The Centres are successful because we offer the following services: Professional, experienced teachers who remain with the children over time and understand their special needs. Free, no-obligation assessment. No hidden fees – everything is provided. Individual, graded programmes and homework activities. Computer-assisted learning which helps motivate the student. Work relevant to the child’s school needs. Neutral, low-key setting – not home, not school. A positive learning environment in which success is there for all children.

Who is Kip McGrath? Kip McGrath is a qualified teacher who began tutoring students in Australia. He developed carefully graded curriculum programmes in the basic subjects. This material was organised into computer activities, text books, activity sheets and booklets, making use of modern technology to interest and motivate children. These basic skills programmes have proved so successful that there are now Kip McGrath Education Centres in Australia, USA, UK, South Africa, Canada, Fiji, Samoa, and over 60 throughout New Zealand.

Book a free assessment online or call Roy or Lynne on 09 831 0272.

MENTAL HEALTH AND WELLBEING

Did you know that the key to reducing workplace stress related incidents is sound mental health & wellbeing? Why is the issue of mental health and wellbeing so important. There are three key reasons.

1. Stress and fatigue are key contributors to onsite accidents. WorkSafe have referred on their website to the fact that workplace related stress and fatigue can be a key contributor to onsite accidents. This is especially so in office environments. Such stress can emanate from personal or work related mental pressures: something that we all face in our daily lives. They state that “in general, work-related stress is associated with: illness and disease, low morale and engagement, anxiety, low productivity, antisocial behaviours”. Source: worksafe.govt.nz/topic-and-industry/work-related-health/work-related-stress/.

2. Mental illness is a leading cause of disability and absence. The World Health Organisation predicts mental illness will be the leading cause of disability and absence in the workplace by 2030 if it’s not proactively addressed. Geoff McDonald, former Global Vice-President HR at Unilever stated “Leaders within organisations need to give the same level of attention and priority

to mental health as they do to safety, and invest in training managers and employees on managing mental health.” (Source: www.business.govt.nz/news/managing-mental-health-in-the-workplace/).

3. But Mental Illness Is Not Easily Shared Or Discussed. Mental health is a sensitive area; something that is not always easily shared or discussed. But have you noticed that it is featuring more in the public forum via the media? More of us are recognising the severity and impact it has upon society. However, people are often unsure how to ask for help, where to find help, and what to do if they are worried about someone else.

If you would like information to cover mental health and wellbeing in your workplace including anxiety, depression, health and resilience and stress contact John Riddell at securo4@securo.co.nz or phone on 027 477 9750 and we can put you in touch with the Develop HQ suite of online E-courses, study guides and interviews.

EMOTIONS AND EATING TOO MUCH

There are some of us who quite simply put more food in our mouths in any given day than others. There is lots of trying to lose weight in a variety of different ways but the love of food and the enjoyment of eating usually wins. Have you ever stopped to wonder why? People who don’t understand emotional eating say its lack self-control and will power. But those things have nothing to do with it. At some stage in life – most likely when we were a child or teenager, we developed a relationship with food that was not based on survival or social enjoyment – it was based on feeling better. Food started to be a tool we used when we were sad or angry. It was used to soothe something inside us. This happened again and again and eventually became habitual.

When I was much younger it became obvious to me that we all treated food differently. I studied closely how the people around me ate. I could see the way I treated food was very different than, for example, my sister-in-law. I created a mini research project in my head. After watching for a few months, I

labelled everyone either a type 1 or a type 2. If you are type 1 you don't eat much, you don't cook if you don't have to and usually nothing fancy. When you get stressed, depressed or worried you usually lose your appetite, you can easily only eat half a meal and not give it a second thought. You stop eating when you're full. Your body is naturally thin. A type 2 is generally a bit rounder, they have curves! They enjoy food, cooking it, and feeding people. When they get stressed, depressed or worried they turn to food for comfort. Type 2's have a different relationship with food, food is important and not to be taken lightly! They will nearly always finish everything on their plate and have dessert even when they are full.

Type 2's use food for an 'up' feeling. Like a drug. Not every moment of every day, but a lot of the time. All the feel-good chemicals go off like fire crackers. It is a habit as well as a coping tool. Type 1's naturally didn't develop this relationship with food (don't worry they have other habits!)

So why do we use food like this? Well as long as we are doing it, means we are still needing to feel better, we need a little cuddle on toast. Ask yourself, what is going on that is causing tension? What beliefs have you carried about yourself since you were little? What about you and the way you are perceiving yourself and your life feels not good enough? Feeling not good enough or not loved enough and situations happening throughout our days 'proving' this, will be a huge trigger for most of us. Other triggers are also our reactions to normal everyday life - logging on to online banking can cause tension, when the kids don't eat their dinner, when we think about the boyfriend who dumped us 10 years ago, when the boss calls a meeting, when the employee is late yet again, when we haven't brought the birthday present in time, when we wake up and there's no coffee. Even looking in the mirror and experiencing disappointment is an emotion that will need soothing. There are a million things to cause us tension if we choose and unfortunately to cope with it all we put food in our mouths.

I asked a client last week - 'do you really think it's possible to change your relationship with food'? Do you believe it's possible to eat only when you're hungry, and cut the cord linking you with food? To not have the 'wanting' or the 'need' all the

time would be fun and freeing. When the cheese and crackers hit the table do you think it's possible to have half the amount that you usually would? What would it take for this to happen? It would mean being able to manage your emotions differently, with more awareness. Because I tell you, if it did happen, it would change your life. This is not so much about nutrition! Don't get me wrong, I love being educated about what foods are best for my body, but to begin with we need to look at HOW we are eating. Because over-eating the healthy chicken dinner you cooked last night is undoing all the good. Changing your relationship with food would make much of weight loss very effortless.

Dr Libby Weaver says, if you are putting something in your mouth and you're NOT hungry ask yourself 'what do I really want'? I used to say to myself "you will not find what you are looking for in this food". Ideally the goal isn't to become a type 1! Its tongue and cheek but you would be going for a 1.5. This sits nicely in the middle and is a relaxing, fun place to be. I believe it's totally possible to change your relationship with food. I help clients in this area. I have done a lot of work in this area myself and create powerful mediations around this. Meditation is the tool I use. It's no good doing a nutrition plan, at this stage it's about doing the inner work. Call Anna for a session 021 555 658 or email anna@thinkyourbest.co.nz.

WHY VOLUNTEER IN A CITIZENS ADVICE BUREAU?

As well as the satisfaction from seeing the difference you make, CAB volunteering will equip you with new skills that stay with you no matter what you do next. Many volunteers make friendships that can last a lifetime. No wonder so many people choose to be a CAB volunteer. How about you? What does it take to be an adviser? All sorts of people volunteer as CAB advisers and provide free, confidential, independent and impartial advice. There are some things bureau advisers have in common, though. CAB advisers: are good listeners, work well in teams, can read and write English, and do basic arithmetic, are open-minded and don't judge people or their circumstances, enjoy helping all kinds of people

- are prepared to commit 4 to 6 hours each week
- are willing to learn new skills
- feel good about the difference they make

You don't need special skills or knowledge to be an adviser, as your bureau will give you all the training you need. What does an adviser do? Confident Advising - training, support and development. Being a volunteer adviser can seem a little daunting, but don't worry! From the very first day you start at your local CAB you'll get all the help you need. We've created a comprehensive, integrated training programme to prepare you for advising. Using a clear, staged approach, we'll help you develop the skills and knowledge you'll need in the CAB. The programme uses observation, shadowing, supported interviewing and training ses-



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sions run in the bureau, all supported by an extensive training. Want to know more? Then we want to hear from you! The role of a CAB adviser is varied. Some of the things advisers do include:

- interviewing clients – usually in person, but sometimes by phone or email
- Using Cabnet, the CAB Service's electronic information system, to give information to clients
- Explaining the choices faced by clients, and what they mean
- Offering practical help to clients by writing letters, making phone calls and helping fill in forms
- Referring clients to other agencies if they are better placed to help
- Keeping confidential records of clients' cases
- Preventing future problems by identifying issues that affect a lot of clients. This information can then be used to try and change laws, regulations and business practices - this is called "social policy" work. Contact Barbara at CAB Massey 09 833 5775 or drop us an email massey@cab.org.nz Or come and see us in the Massey library building cnr Don Buck Rd and Westgate Dr.

THE KITCHEN PROJECT

The Kitchen Project is a local initiative helping emerging food entrepreneurs in West Auckland realise their business dreams, offering affordable kitchen space for product development and a local mentoring programme. Launched in November last year,



The Kitchen Project aims to enhance Auckland's foodscape by supporting the development of food and beverage with a focus on culture, healthy food and sustainable business practices. The initiative has been built by Panuku, ATEED, Healthy Families Waitakere and Healthy Families Manukau, Manurewa-Papakura, in conjunction with local community groups and is based in Henderson. Healthy Families Waitakere Manager Kerry Allan says The Kitchen Project celebrates the diversity of the vibrant West Auckland community and offers the stepping stone that many emerging food businesses need to get off the ground. "This combination of mentoring and affordable kitchen space can make all the difference, enabling enterprising food business dreams to become a reality. At the same time The Kitchen Project is about reflecting the vibrancy of our community, while bringing healthier and diverse food choices to the communities of West Auckland." Te Atatu resident Yvette Brooks was one of five entrepreneurs selected for the first intake of The Kitchen Project. Her business, Red Hot Kiwi Company, makes traditional Mexican salsa. Her love of Mexican food and ultimate business dream started on a road trip in America where she lived for 16 years before moving back to New Zealand. After returning home, Yvette and her husband Chris realised something was

missing, and they set about making beautiful fresh Mexican salsas and corn chips, selling them at the Oratia Farmers Market and Te Atatu Peninsula Night Market. Since joining The Kitchen Project, they've expanded into both the Grey Lynn and Titirangi markets. Yvette is grateful for the enormous benefits of being involved with The Kitchen Project saying the mentoring, knowledge-sharing and camaraderie is second to none. Visit thekitchenproject.co.nz.

PROTECT YOUR BOAT WITH SALT PRO

As well as services and repairs for your motor, at GT Marine we have a range of boating products and equipment, making us a one-stop-shop. The newest addition to our product offering is Salt Pro, an environmentally responsible cleaner, salt remover and surface protectant for all boat areas that are in contact with salt water. How does it work?



Salt Pro has a protective polymer that fills the small gaps in materials allowing water to bead off. This protective coating reduces the ability for salt, dirt and oil to stick. Plus, Salt Pro is readily biodegradable making it safe for the environment. Using Salt Pro after every day on the water will help extend the life of your boat and motor. Call into GT Marine at 156 Main Road, Kumeu to pick up a bottle + free applicator or find out more at gtmarine.co.nz.

FUN AND AFFORDABLE WEDDING PACKAGES

Would you like to get married but aren't prepared to spend the time, money and energy? If so, then The Collective Knot's package weddings/elopements would be perfect for you! All you need to do is arrive on the day with your partner, rings and marriage license and we will arrange the rest. We have the venue, wedding planner, celebrant, photographer, wedding cake, wedding car, flowers, nibbles and anything else your heart desires. We reserve a beautiful venue for one day each month and host four weddings of 120 minutes on each day. After your ceremony, you and up to 20 guests will enjoy a glass of bubbles and nibbles while a professional photographer captures the moment. Our packages start at \$1999 with our next event on 8 September – get in touch with Heather Altorf today: thecollectiveknot@gmail.com; 027 200 4312. Find us on Facebook @ TheCollectiveKnot.

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