

DECEMBER 2010

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Kumeu Courier

VOLUME 1 : ISSUE 12

COMMUNITY NEWSLETTER

SPECIAL POINTS OF INTEREST:

- 5000 Circulation
- Community information
- Upcoming events
- Sponsorship
- Free editorial contributions
- House price sales
- Relevant to area rate-payers
- Share a Recipe
- Cheap as chips advertising

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In It For Life - Muriwai & Bethells



This year Surf Life Saving NZ looks back on over 100 years of service. The first club was officially formed in New Zealand in 1910 but the Muriwai and Bethells clubs have their own unique history and origins. 17 million years ago, a volcano 1000 meters below the ocean began to form an island, culminating in the imposing Waitakere ranges located at the south end of Muriwai beach. The first Europeans arrived in 1820 and settlement commenced in 1870. As transport gradually improved, the area became a renowned summer retreat, resulting in a definite need for life saving services. The Australian Gannet colony, ever shifting dunes, Woodhill Forest, sparkling black sand, and pounding surf continues to captivate locals and tourists alike. Their majesty perfectly alludes to the original name, Te One Rangatira (The Chiefly Beach). Sustained recreational use of the beach and a series of near tragedies in 1947 sparked a local initiative to establish a club with 19 founding members. 1953 saw the opening of the first club house built largely from timber donated from the local farming community. This continued to be modified until buried under a particularly determined sand dune resulting in the development of the existing structure. Meanwhile during the 1950's Te Henga/Bethells, arguably the most hauntingly beautiful of the west coast beaches, relied on the Navy's compulsory swimming training to service its dangerous and coastline. Once this was terminated, a triple drowning on "Black Sunday" precipitated the formation of an official club unit, with John Bethell as president. Barrie Smith, member from 1967 to 1973, writes an amiable and vivid ac-

count of his comrades exploits, explaining how monitoring the boisterous surf became a way of life for the club members. Their first clubhouse consisted of a small cabin (actually a retired chicken house). Next to this were another couple of small huts generously donated by local residents providing both storage and shelter. Any volunteers unable to fit were resigned to having to sleep in tents therefore there was much excitement during the 1968 building of the new premises. Keith Hay Homes provided all the materials, and members enthusiastically pitched in for the building effort.

Fundraising for the venture had been a potentially hair raising activity involving the collection of chicken poop to be sold off as fertilizer, and infamous raffles held at the Riverhead Tavern and other local pubs. Volunteers would turn up with 6 chooks but raffle 12 (that is, the same chook was raffled twice). Much confusion ensued and much needed funds were raised with members citing "someone in the other bar" as the winner, and denying knowledge of the ticket number as an explanation for the confusion as they hastily exited. The Bethells and Muriwai clubs formed a strong relationship, due not only to their proximity, but also the innate camaraderie of the occupation. This, along with a sprightly and healthy competitive spirit has kept the clubs in good stead. As the then Mayor of Waitakere and existing President of Surf Life Saving NZ Bob Harvey writes in *Untamed Coast*, there is no more respected voluntary organization in New Zealand, they are literally the

unsung heroes of the untamed coast, patrolling from Labour Weekend to Easter and providing the Kumeu/Huapai region with a safe and stunning backdrop for their summer exploits.



For more information on joining Muriwai or Bethells Surf Clubs contact Surf Life Saving Northern Region on 09 303 0663 or view: www.lifesaving.org.nz



Phone me today:
Hilary Warn
Ph 412 9602

Wanting A Long Term Tenant

A new set of rules has come into force for landlords and tenants under the Residential Tenancies Amendment Act. The Ministry of Housing says the changes will provide more fairness for tenants and landlords, an important step when so many Kiwis are choosing to rent their homes. Tenants will benefit from a new rule regarding absentee landlords. Any landlord who leaves the country for more than 21 consecutive days must appoint a New Zealand based agent to look after the property. This insures that tenants have

someone they can contact locally about any issues concerning their tenancy. The act also provides a clearer and fairer process for ending tenancies. Under the old rules, a fixed-term tenancy that expired without action by the landlord or the tenant created much legal uncertainty for both parties. Under the new rules, a fixed term agreement converts automatically to a periodic tenancy agreement, providing you and your landlord greater assurance and protections under the law until a new fixed-term agreement is signed or

the tenancy is formally ended (contact your property manager if you have questions about this process.) The act creates several new unlawful acts by tenants punishable by an award of exemplary damages ordered by a tribunal. This means you could face big fines if you do not abide by your agreement, so it is very important to understand your responsibilities as a tenant and follow the rules. For a copy of the full report and a list of the fines that apply please contact LJ Hooker Kumeu on Ph 09 412 9602 or email kumeu@ljh.co.nz.

Lions To Assist Blind Project

In coming months many Lions clubs throughout New Zealand will be assisting the Foundation for the Blind to raise funds to replace their cassette-based talking book machines with digital CD/DVD-based player systems. The Foundation's library in Parnell is to be converted to a digital library with online facilities enabling blind users to download resources. The new digital players cost \$900 each. There are cur-

rently over 5000 people in the country making use of the soon-to-be obsolete cassette talking book system. The cost of modernizing is stretching the Foundation's resources and the President of Huapai-Kumeu Lions, Mr Gary Moss, said members of his club felt it was a worthy project for the club to support. Consequently this year the Lions' collection run during the Kumeu Christmas parade

on Friday 10 December will be in aid of the new digital talking book players. Previous collections undertaken by Lions have been in support of Starship Hospital and West Auckland Hospice, and just as these were widely accepted by the community as worthy causes, Lions anticipate the community will give generously to support this project aiding blind people. Contact Gary Moss directly on glavmoss@xtra.co.nz



Stephen Sparnon,
DCFO, Kumeu
Fire Rescue.
For an
emergency call
dial 111

If You Have A Drink - Don't Drive

Yes, even one drink has an impairment on your reactions and compromises your journey and may effect others on the road. The Christmas Festive season is just around the corner and with it comes the opportunity to have drinks and socialize more than normal. If you are going to have a good time and put yourself in the position of being over the legal and safe limit, plan how to get home before going out. This is up to you, and your

decision may impact on many volunteer organisations and professional staff. If you drink and drive, you have a greater likelihood of a high speed crash.

When this occurs: We will do the best we can to cut you out of your vehicle if you crash.

The Ambulance crew will then do the best they can to stabilize you and transport you to hospital within 60 minutes.

The Hospital staff will do their best also to put you

back together effectively.

The Police will do the best that they can to prosecute you for driving under the influence. And well lets face it, your insurance company will do the best that they can do not to pay-out on any of the costs that you have mounted up.

Instead, and to keep this festive season festive, organize a sober driver, use a taxi, or stay put till you are safe to drive.

If you need some advice phone Nor West Taxis on 412 9335

Property Report - Sales in November 2010

What Competition?

Since the last issue of Kumeu Courier I have received a number of compliments from Land Owners about the information provided regarding sales in the area. They also said that they enjoy our culture of giving and sharing and being honest about the market and opportunities. Likewise I received a call from a competitor asking us not to publish this sales data. Obviously we listen to you, our market which we have always done.

Last months sales:

KUMEU

Annett Road
4.2 hectares \$ 1,187,500

Matua Road
4 hectares \$ 820,000
Old North Road
1 hectare \$ 754,000
4 hectares \$ 1,010,000
Riverhead Road
819 sqm \$ 355,000
956 sqm \$ 556,000
Riverland Road
7 hectares \$ 2,660,000
Tawa Road
4 hectares \$ 900,000
MURIWAI
Domain Cres
1,100sqm \$ 385,000
Edwin Mitchelson Road
900 sqm \$ 690,000
Motutara Rd
1,300 sqm \$ 437,500
RIVERHEAD
Maude Street
1214 sqm \$ 382,500
Princes Street
926 sqm \$ 465,000
Sunnyside Road

2 hectares \$ 1,200,000
TAUPAKI
Haszard Road
5 hectares \$ 735,000
WAIMAUKU
Buttercup Place
2458 sqm \$ 839,000
Denehurst Drive
1245 sqm \$ 557,000
Fletcher Road
4.2 hectares \$ 1,250,000
Old North Road
1.6 hectares \$ 640,000
Taha Road
4 hectares \$ 760,000
Solana Drive
1000 sqm \$ 650,000
State Highway 16
1.3 hectares \$ 416,000

For independent, free advice, that will save you time, money and get you the very best price call LJ Hooker today on 09 412 9602.

"For a free report on the latest sales in your area contact: Graham McIntyre L.J Hooker Kumeu Licensed (REAA2008) Ph 09 412 9602"

Good News On Jobs & Immigration

Doesn't time fly – already Huapai branch is about to celebrate 1 year since opening and already we have broken the 650 barrier for new customers. Please join us on Friday December 3 for food and drink.

The NZ economy is ticking along ok. Some good news recently on both the job and immigration fronts which both bodes well for

the housing market (classed as key indicators).

The big question on most homeowners minds at the moment is to fix or float: The Reserve Bank's more cautious stance suggests that floating rates will remain on hold for several more months. Fixed-term rates could rise in that time, but only if there is a substantial turnaround in

sentiment on the global economy. As a result, there is no urgency to fix right now. See you at the Christmas parade on the 10th!!

David Lloyd
Mobile Mortgage Manager
Huapai Branch
Ph. 027 244 3599
david_lloyd@westpac.co.nz

"Celebrating being one year on"

Be Sensible This Silly Season

As we fast approach the silly season I can only hope for common sense around work functions and festive parties. Some basic points to remember over this season:

- Have a sober driver
- Think before you act, and
- Look after your mates
- Consider others

If you are heading away with the family over Christmas, check your vehicle before you leave. Some considerations are:

- Tyre pressure
- Brake fluid level, and
- Operating lights

All are simple checks that can save lives.

Drive under the speed limit and to the conditions and stay alert; crashes occur in split seconds.

Christmas is a time for your whole family to enjoy, relax and share, don't ruin it for them, don't ruin it for yourself. Best Wishes from Kumeu Police. The Alcohol Advisory Council (ALAC) has come up with some tips to see you through the festive season with your health in-



Cleansing

NZ-MEDIUM CLEANSINGS: with Spiritual Medium Carin Anderson. Are you trying to sell or buy a house, property, or business? Is there upset within your home? Do you have health concerns or emotional difficulties? Recently in the Kumeu, Waimauku, Riverhead and Muriwai areas there has been some very uneven energy and spiritual activity affecting families and businesses. People are often unaware they have uneven energy in their properties and only consider it when they start to experience unusual and strange things within the property itself such as changed operation of electrical appliances, lighting, alarms, or when people experience health problems, lack of energy, communication problems, or family upheaval such as marriage separation or relationship breakdown. NZ-MEDIUM Property Cleansings remove any negative and uneven energy whether it has built up over a number of years or rapidly. People usually report properties feel lighter and more peaceful, and as a side effect, properties that have been cleansed tend to sell quickly. For more information please contact www.nzmedium.co.nz

Size Does Matter



"Size does matter when it comes to giant pumpkin growing" If you are growing a giant pumpkin for the upcoming Kumeu Show in March your plants should be in the ground already and showing some potential. At this stage as they grow quite quickly and are prone to splitting so keep them protected from the wind. Also watch out for anything

that wants to eat them...

Water them daily, around 5 litres per plant, and do so in the morning so the leaves are dry before nightfall. To help with good growth a little Nitrogen fertilizer around the drip line is the trick. Don't forget to talk to them and give them a name (they grow better). The NZ record set last year at the Easter Show is 364 kg!!

With the right seeds, correct soil, water, and care, you will grow the biggest pumpkin you and your neighbours have ever seen!

Next month we will talk Pollination. Special thanks to LJ Hooker Kumeu who are sponsoring the Pumpkin Growing Competition at the Kumeu Show for 2011.

Fred the Pumpkin Farmer.

As I See It - From Kumeu Huapai Ratepayers

The change with the Auckland Council is already being felt. We have a new Chairman of the Rodney Board and he is from Kumeu! Bob Howard from Harcourts has his first working meeting on the 8th of December at Orewa. That is a major change for us in that we finally have a local representative that we can bring issues to. With the earthworks starting at Westgate for a town centre 5 times the size of the existing development plus Hobsonville commercial development being finalized through zoning change, we have to be concerned for our future in Kumeu – Huapai.

The impact on this development must have some effect on our area; likewise the effect of extra housing and population associated with this growth must be balanced against what R.D.C. proposed for Huapai North.

The Huapai South zoning hasn't been advertised and local owners

haven't been advised; but no one else has. This area looks as if it will be on hold until the greater over-view is considered by the Auckland Council.

One aspect is clear that the R.D.C. didn't put any emphasis on ensuring those Land Owners aspirations were achieved and the zoning process started in time before the Auckland Council was established. Huapai North decisions have been made by the outgoing Rodney District Council but haven't been released as yet, this is an unacceptable situation! The other issue that is becoming clearer is that to participate in zoning on other issues with Auckland Council, even though the local board will require a greater professionalism in presentation than what has occurred in the past.

We cannot leave it until the unacceptable issues arise to raise funds, we must start that process

now – holding funds available to handle issues as they come up. Bob Howard and I have agreed to approach the business community to raise funds on a voluntary basis for the Huapai – Kumeu area. We have put aside \$250 each to start the process for the District and challenge others to do the same.

The Particle Board Factory changes show how necessary these funds are needed. The Council went ahead with the Resource Consent 'now notified' and the locals didn't have the resources to test the validity of the Council actions. That situation cannot be allowed to occur again.

I look forward to comments on our approach and may I take the opportunity of wishing all a restful Xmas season. Regards Pete Sinton – Chairman Kumeu Huapai Ratepayers & Residents Association. Phone 412 2016 email:

petesinton@townplanner.co.nz

Contact Pete Sinton
Chairman Kumeu Huapai
Ratepayers and Residents
Association on 412 2016

For information
please phone:
Jill Warren
Waimauku
Tennis Club on
09 411 8037

Tennis in Waimauku

This beautiful weather has kept our courts full of very happy players, all enjoying great tennis.

If you have been thinking about re-kindling your tennis skills why don't you come along and have a game. New Players play for free for three sessions and our club membership is very reasonable. We have a morning tea roster so you can be assured of not only good tennis with friendly people, but perhaps a chocolate cake or home made biscuits etc with lots

of tea or coffee and good conversation.

Don't forget our 100 year celebrations in March 2011. We are having a weekend of activities including a dinner-dance at the Waimauku Hall on Saturday 19th December and a Grasshoppers Tournament for the juniors on Sunday 20th. If you know of any past players who would be interested please give us a ring. Jill Warren 09 411 8037

What is Rachel's famous saying 'It won't happen overnight...but it will happen!' maybe we should

The Riverhead

adopt it for The Riverhead! Rest assured we are getting there....

We have now decided that we'll open when most things are finished which will be after Christmas in the New Year.

The bar's frameworks are built, the beer lines are in, and the consent for the dock through. The exterior painting is almost completed and about 5km of new wiring has gone into the building. It is re-plumbed, we are water tight, and the gib is going up which will be a major milestone.

If you want to follow our progress visit www.facebook.com/theriverhead.

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Prevention Strategies For F.E



To everyone out there with sheep and goats, now is the time to start thinking about prevention strategies for facial eczema. In Auckland the F.E. season is long, starting from late December extending all the way through to late autumn. Prevention is definitely better than cure in the case of dealing with the nasty fungal sporidesmin toxin causing F.E. Zinc protects the animal from cellular damage but must be in the system before the toxin is ingested so can't be used as a

treatment. We recommend intra-ruminal bullets "The Time Capsule"

Each bullet provides the animal with 6 weeks protection and up to 3 bullets can be given per sheep per season. We can show you how to administer these the first time and you can do them yourself after that and in following seasons. They are safe, easy to give and inexpensive. On the average property the first round of bullets should be given in early January. Mark it on the calendar now!!

For everyone going away over the festive season – don't forget to get your pet's vaccinations

up to date in good time, especially Kennel Cough which isn't considered a core-vaccine and does need to be done about 5 days before entering a boarding kennel. Finally, here's a quick reminder of some of the more common foods that are considered poisonous to dogs, all of which are abundant over the holiday season: chocolate (the darker the more dangerous), raisins & grapes, macadamia nuts, onions and also foods containing the artificial sweetener xylitol.

Written by Dr Irene van den Berg, Kumeu Vet Service, 68 Access Road, Kumeu, Ph 09 412 9016

Phone for information:

Irene Van Den Berg
Kumeu Vets
Ph 412 9016

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Contact St Chads
on
09 412 7911

Xmas Clean Up & De Clutter

With only four weekends left now till Santa turns up, this is the time to get sorted to give you extra space and some serenity across the Christmas break.

The garage is the first place to start as excess stuff gets put in there in the hope it will disappear. If your garage has failed to have the Bermuda Triangle effect, buy some sturdy shelving and, as you go through your

prized possessions, be harsh and be firm.

Recycle clothing in clothing bins, keep books for the next Lions Book Fair, ensure metal is kept separate as there is great money in scrap at present, and if you haven't used something in the last 12 months throw it away or sell it.

There are a variety of bin options to choose from offering options big and small.

The best trader web site is still www.tradememe.co.nz or www.tande.co.nz, or have a garage sale. Other items can be packed into plastic boxes and stored on the shelves.

De-cluttering is great for your wellbeing. You see a result and you have control of your space. Sit back and enjoy your new empty space, until your next clean-up or toy comes along! Call MrBinz for all bins big and small on 412 9309

Christmas At St Chads

The St Chad's L S M Unit in the South Kaipara Anglican Methodist Co-operating Parish was inaugurated on the 24th May 2009. The Church at Huapai on the corner of Orahia Rd and Matua Rd was completed in 2000 and has a hall, kitchen, small meeting room and toilets. These facilities are available for local community groups to hire. They are used for meetings by the Girl Guides, Brownies, Senior Net, Kumeu Blend Choir, and the Kumeu Probus Club.

Anglican and Methodist Communion Services are held on alternate Sundays at 9:15am. Family services are

held on the fourth Sunday of each Month. There is also a children's space in Church for younger children.

All services are followed by morning tea for those wishing to stay and enjoy some fellowship. Our outreach activities include: an active Pastoral Care Visiting Team, Community "Drop in" every Tuesday, a Community Dinner the second Friday of each month, Craft Group 2nd and 4th Monday each month, Women's Fellowship 2nd Wednesday each month and Op Shop open every Tuesday and Friday 10.30am to 3.30pm

Christmas Services:

Sunday 12 December
9.15a.m. Children's Christmas Service.
Friday 17 December
7.30p.m. Most Popular Carols/Hymns Service.
Wednesday 22 December
7.30p.m. A Blue Christmas. A Service of Solace.
Friday 24 December (Christmas Eve) 11.00p.m. Christmas Worship with Holy Communion.
Saturday 25 December (Christmas Day) 9.15a.m. Family Worship with Holy Communion.
Sunday 26th December (Boxing Day) 9.15a.m. Holy Communion.
For further information please contact our Administrator on 412 7911

“ nobody does it better ”



EXCITING KUMEU DO UP

Situated on 11 acres, ideal for cattle, horses and other life stock. Well established trees offer privacy and shelter to all! This large 2 storey, 5 bedroom, 3 bathroom including en-suite, separate dining and multiple living area home gives plenty of space and lovely expansive country views.

CONTACT: Courtney Wood 0276880818 Licensed REAA 2008
cwood.kumeu@ljh.co.nz

VIEWING: By Appointment

FOR SALE: By Negotiation

ADDRESS: 138 Pomona Road, Kumeu

WEB: www.ljhooker.com ref # P8H14

www.youtube.com (keyword) mrljhooker



“HOME - LAND - INCOME IN TAUPAKI”

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CONTACT: Graham McIntyre 0276320421 Licensed REAA 2008
gmcintyre.kumeu@ljh.co.nz

VIEWING: Sunday 3 - 4pm or by appointment

FOR SALE: \$ 769,000

ADDRESS: 91 Nelson Road, Taupaki

WEB: www.ljhooker.com ref # NYH14

www.youtube.com (keyword) mrljhooker



EQUESTRIAN HEAVEN - FAMILY VILLA

Seldom found in Taupaki, a beautifully presented five bedroom modernized and insulated Villa overlooking 10 acres of well fenced and tree peppered land. Set within the beautiful Taupaki Valley this home presents a significant opportunity for a family that is looking for a character home with new post and rail and post and baton fencing tailored for horse lovers.

CONTACT: Graham McIntyre 0276 320 421 Licensed REAA 2008
gmcintyre.kumeu@ljh.co.nz

VIEWING: Saturday 3 - 4pm or by appointment

FOR SALE: By Negotiation (CV \$ 1,075,000)

ADDRESS: 332 Waitakere Road, Taupaki

WEB: www.ljhooker.com ref # Q7H14



FAMILY KAURI VILLA — RURAL SETTING

This beautifully renovated historical villa of 242 sqm sits on a third of an acre of land, peppered with trees, fully fenced and with a big shed. The home has open plan living, alfresco to north facing decking and a central family room with three generous bedrooms plus study.

CONTACT: Courtney Wood 0276880818 Licensed REAA 2008
cwood.kumeu@ljh.co.nz

VIEWING: By appointment

FOR SALE: \$ 699,000

ADDRESS: 21 Farrand Road, Kumeu

WEB: www.ljhooker.com ref # JAH14

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Putting Play Into Play-School

Kumeu's new childcare centre, 'Playschool', was conceived 9 months and 18,800 kilometers away in London's Notting Hill. Rachel Dick, the centre owner/administrator, chose to leave a successful accounting career to pursue a more rewarding future in childcare after being inspired by the arrival of her daughter. She and husband Simon who were both born and raised in New Zealand wanted to bring to the centre a number of European activities she had experienced first hand such as a philosophy born in Reggio Emilia, Italy, promoting the principles of respect, responsibility and community through exploration and discovery. They felt Kumeu,

with its equestrian lifestyle, picturesque landscape and orchards would serve as the perfect backdrop. Playschool, opening in January 2011, is based upon the classic TV programme that remains close to most kiwi's hearts, where preschoolers use everyday objects to learn and develop. ECE Management, the people behind Auckland's most successful early childhood ventures, have been enlisted to streamline processes and ensure top quality staff practices. The centre will cater for children aged 6 months to 5 years and boasts superior staff to child ratios at affordable rates.

Uniquely, all meals will be cooked on-site, using locally sourced fresh meat and produce, and toys are predominantly natural and wooden. A quality early childhood education is known to contribute to the physical, psychomotor, cognitive, social and emotional development of children, including their acquisition of languages and early literacy. Rachel and Simon's motivation is to provide each child with a home away from home, promoting high quality interactions and opportunities for learning, in a warm welcoming environment that celebrates the local lifestyle.

For enquiries please write to info@playschooleec.co.nz



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The Low Down On Selling

Rose, who recently purchased a property in Riverhead was burnt badly by choosing to accept a private sale and wishes she had enlisted the support and professionalism of an agent. Rose first saw the property advertised in the local butchers, she then made contact and arranged to meet the vendors and view the property which was still tenanted. Due to fly to Australia for a wedding, she gave her solicitor power of attorney to complete the sale and took the vendors word that their father was a master builder, and that the house was a sound purchase. She was also informed the boundary line would be planted and the house had been

fully repainted throughout.

Upon moving in 12 days after settlement, Rose was distressed to discover that not only was the paint both internally and externally of a poor quality, incompletely done, and deteriorating, but the wooden floating floors were not installed properly, there were significant electrical faults, door handles and fixtures were damaged and came off in your hand and the garden had not been planted as promised. More concerning was the confusion that arose over the right of way. The original section had been subdivided to contain three houses. Upon purchase Rose understood that she owned and was to pay rates on the right of way which was to be used also

by one of the adjoining properties. Unfortunately the third house on the site was also under the impression that they owned the right of way. This and the disappointing state of the house has resulted in much stress, confusion and additional expense. Approaches made by Rose to the previous Owner have resulted in the matter remaining equivocal. Unfortunately Rose feels that the matter will shortly have to be referred to solicitors. She feels disappointed that in today's society a handshake and someone's word can no longer be taken for granted, and she warns others considering purchasing a property privately from being so gullible and trusting.

Christmas Parade

How about supporting the Kumeu Xmas Parade this year and promoting your business at the same time, it is always a great event, and is a must attend for locals, so no time to delay, get your entries in to Dale Wallace on 412- 9611 or twal@xtra.co.nz

Kumeu Xmas Parade, Main Rd, Kumeu, Friday 10th December Road closure at 6.45pm
Bernadette Limbrick
Kumeu Visitor Information Centre,
Phone: (09) 412 9886
Email: info@kumeuinfo.co.nz
Website: www.kumeuinfo.co.nz

Vitamin "D" A Mist

Sun exposure and Vitamin D
Vitamin D deficiency is remarkably common and linked to the development of several chronic diseases including cancer, autoimmune, cardiovascular, and infectious diseases. Every single cell in the body requires Vitamin D for optimum health. Humans make 90 percent of our vitamin D naturally from sunlight exposure to our skin. It now seems that indoor lifestyles and over avoidance of sun exposure is causing more disease than it is preventing. While overexposure to sunlight carries risks, the cosmetic skin care industry has misled the public into believing that

any UV exposure is harmful. No research has shown that regular, non-burning exposure to UV light poses a significant risk of skin damage. To remain safe it is recommended to get sun exposure to the arms and legs for 10-15 minutes between the hours of 10 and 2 and to not get burnt! It is also sensible to have regular mole/skin checks at your G.P. For anymore information regarding Vitamin D or any other natural health topics, call the Kumeu Village Medical Centre and ask to speak to Tamara resident Naturopath, Nutritionist and Nurse. Ph:(09) 412 8446
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Share a recipe:

Anna Sareczky
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Cooking steak perfectly can be a challenging – even for top chefs. This is because smaller cuts of meat can dry out easily or cook too quickly becoming leathery. Nonetheless, cooking a steak simply and well is a key talent that every bloke should master. Firstly, buy a good steak. Get to know your local butcher. Note: Bribery and beer will get you everywhere. Allow the steaks to come to room temperature, usually about 20 minutes. Preheat the BBQ or cast iron pan until hot but not smoking. Too hot and the outside will burn before the inside is done. Brush steaks with oil, something with a high smoke point such as canola or rice oil is best, and season liberally with salt and pepper. Place steak on heat. If hot enough, it will emit a satisfying sizzle. Cooking times are esti-

mated below, but the most important thing is not to turn or move the meat unnecessarily as this will disturb the crust, and to poke it gently but firmly with the tip of your index finger to test how cooked it is. Yes, this really is what the great chefs do to determine 'doneness'. Years of training and they will remember three key points: 1) *crème brûlée* always sells, 2) never volunteer to bone a quail, 3) the answer is always "YES chef!" What they will actually apply however is how poke a steak like a pro. Don't be scared of it, they are not that hot and they can't bite... anymore. Do this each time and you will intuitively develop a feel for testing doneness; a rare steak should be soft and supple when pressed, a medium steak will be firmer, with some give, and a well done one will be firm. Essentially, you cook the steak

on one side without touching it for a few minutes and then reduce the heat and cook for a further couple of minutes. Gently turn the steak over, without piercing it to prevent the juices from escaping, and cook until desired. Rest your steaks in a warm place for a few minutes, allowing the meat to tenderize all the way through.

Estimated cooking times:

The times given here are a guide only and refer to a steak that is approximately 2.5cm or 1" thick. Thicker steaks may require a longer cooking, and vice versa for thinner steaks. This is where the finger prod test happens.

Rare: 1-2 minutes per side
- rest for 6-8 minutes

Medium rare: 2-2.5 minutes per side
- rest for 5 minutes

Medium: 3 minutes per side
- rest for 4 minutes

Well done: 4.5 minutes per side
- rest for 1 minute

How To Get Top Dollar

Warmth and sunshine generally have a good effect on the housing market: spirits rise, new listings appear, buyers become more active and everyone hopes to seal a deal by Christmas. As the temperature rises, so does activity, though it is still about a third lower than last year. On average, prices are holding year on year, but the time to sell a home lengthened to 43 days in September compared to 33 days a year ago, Real Es-

tate Institute figures show. If you are planning to sell, here are a few tips to help you along the way.

Market heavily early in the game: buyers are keen to see new listings and you want to attract them as quickly as possible to create a competitive buzz.

Make your home looks spacious: Everyone's on a budget these days and wanting the most space possible for the money. Clear out the clutter and remove a few pieces of fur-

niture and buyers will perceive your house as larger and more valuable.

First open homes are critical:

Your best buyer activity comes when your home is fresh on the market. Make sure your home is spotless with trim gardens.

Use a home staging company to add appeal: This can be useful if you are trying to sell an empty home or one that's looking dated and tired. For more free ideas and a no cost assessment of what your home is worth call Graham at LJ Hooker Kumeu on 09 412 9602



Graham & Jack on Massey



Anna Sareczky
Editor

Ph 021 607 971
Email:
annasareczky@hotmail.com

The 1st Farmers Market in Kumeu

The inaugural Kumeu Country Market is starting on 12 December from 10am-3pm and will be held at the Famous Kumeu Show Grounds. Kumeu has long been in need of a local market, and Courtney Wood from LJ Hooker Kumeu has been busily organizing the event since the beginning of the year. "It

has taken many months of hard work to get the market started, and the Kumeu Show Grounds is such a fantastic venue to hold the event, I'm so excited. Public feedback has been enthusiastic and inspiring. I hope the market will be a success for all its stallholders, and provide visitors a fun day out in a market atmosphere". Courtney prom-

ises there will be plenty of Christmas shopping to be done, along with the opportunity to stock up on delicious local produce and specialty foods, handmade crafts, art and much more.. Join a great day out in the heart of Kumeu!!! If you have a quality product and would like either an indoor or outdoor stall, please contact Courtney Wood to find out more: (09) 4129903 or 0276880818



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