Free publication to meet the needs of Kumeu & Districts WWW.KUMEU COURIER.co.nz

COMMUNITY NEWSLETTER

DECEMBER 2011

VOLUME 2 ISSUE 12

SPECIAL POINTS OF INTEREST:

- 5000 + Circulation
- Community information
- Upcoming events
- Sponsorship
- Free editorial contributions
- House price sales
- Relevant to area ratepayers
- Share a recipe
- Cheap as chips advertising
- Service directory

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HOW DOES YOUR GARDEN MEASURE?



If you or a friend or family member has a fabulous garden in the area and you would like them recognized please register for the Kumeu Best Garden Competition. Every year gardens are selected based on a range of criteria including hard and soft landscaping, colour, variety, integration and finishing. Please go to www.kumeubest g a r d e n . c o . n z , e m a i l to glms@xtra.co.nz or text 0276 320421 with your address or email to receive an information sheet to be involved. The winning gardens will be featured in Kumeu Courier in 2012.

CHRISTMAS CONCERT FROM LOCAL CHOIR

Local choir Pro Voce will be providing a cheering start to the festive season for Nor-west residents, with their Christmas concert on Sunday 4th of December at St Chad's in Huapai, starting at 7.00 pm. Tickets are \$10 for adults and \$5 unwaged. A light supper follows each concert. As this is a farewell concert for their long-serving conductor, the choir have chosen a number of favourite pieces – resulting in music spanning four centuries. From Benjamin Britten's exquisite 'A hymn to the virgin', to New Zealand composer Douglas Mews' lyrical setting of Eileen Duggan's 'A New Zealand Christmas', via the lively Carol of the Bells, there is something for everyone, including some familiar carols in which the audience is invited to join. This year's special Christmas guest is German story-teller Andrea Tomanek who will present a Christmas-themed story developed from memory. Rooted in the oral tradition, story-telling is a neglected art form in these times of electronic media, but one which, in the hands of a skilled teller like Andrea, never fails to entrance children and adults alike. Pro Voce (which means For the Voice) has been singing in the Nor-West since it was founded in Helensville seventeen years ago. The choir practices in Waimauku on Tuesday evenings from 7.30 – 9.30; new members (especially basses and tenors!) will always receive a warm welcome.

LOCAL CHRISTMAS PARADE FEVER



Get ready for the big guy in the red suit and the cheery Ho Ho Ho. The Santa Parade through Main Road lands in Kumeu on Friday December 9th with road restrictions in place around 6.30pm. The parade continues its heritage as a co-op relationship between Rotary Kumeu and Kumeu and Waimauku Lions Clubs. The Santa Parade is regarded as Kumeu's biggest parade and street festival starting with the Wheelbarrow race from Huapai to Kumeu and the sweet runners. Police have taken the position of "no water bombs" this year and have asked for the Communities support on this request.

See us at: www.kumeucourier.co.nz Sponsorship starts at \$75 per month plus GST. Editorial and Advertising to Anna Sareczky Ph: 021607971 Email: annasareczky@hotmail.com



Kumeu Police Ph 412 7756



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

THINK BEFORE YOU DRINK

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

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. The Alcohol Advisory Council (ALAC) has come up with some tips to see you through the festive season with your health intact. Go to www.alac.org.nz

Best Wishes from Kumeu Police.

FESTIVE SEASON, GREAT WEATHER & TIME!

Festive Season, great weather and great times with family and friends.

Remember to put out the Ash in your fireplace before the Big Guy in the red suit comes down the chimney. Just some reminders before the end of the year. The fire ban area wide comes into force on the 1st December - the following activities are prohibited. open air solid fuelled fires, bbq, brazier, chimney or charcoal burners in public places. All of the above and incinerators when used in an inconsiderate manner on private land.

You do not need a permit for a traditional cooking fire on private property if conducted in a safe considerate manner or a gas bbq. BBQ season starting, give your bbq its annual birthday and check hoses over with soapy water for leaks, replace the fat absorbing material and enjoy it for another season.

If camping don't forget to take a fire extinguisher and keep it in a handy position where everyone knows where it is and how to use it. Check your extinguisher on your boat or caravan is still charged and ready to use. The festive season brings out all those jobs you really enjoy, like, untangling the Christmas lights and finding the one bulb that isn't working. If your lights are playing up, replace with safer ones, keep in mind also not to overload sockets with extra plugs.

On behalf of everyone at Kumeu Volunteer Fire Brigade - Enjoy your Summer, travel safe and we thank you for all your support throughout the year.

sessions available. Visit us online: Natures Explorers.co.nz



REAL ESTATE MYTHS

If I sell my house privately will I save the commission? No, some owners fall into the DIY trap. Some get lucky, most don't. The first thing buyers do when dealing with a private seller is take off the commission, then they continue to discount the home through all the repairs, maintenance and improvements. If you favour discounting your largest asset, sell it privately, If you want to get top dollar you need an agent that understands the market, buyer behavior and how to engage with buyers. Contact LJ Hooker today 0276 320421. Recent sales over the last two months: follow:

"For a free report on the latest sales in your area contact: **Graham McIntyre** L.J Hooker

\$ 515,000 Annett Road 1.6 hectares 6 hectares + house \$ 1,050,000 Awa Road Koraha Road \$ 980,000 5616sgm + house Old Railway Road 5 hectares + house \$ 1,220,000 Rheingold Place 790sqm + house \$ 460.000

Kent Terrace 1120sqm + house \$ 505,000 Screen Road 1 hectare + house \$ 850,000

WAIMAUKU

Muriwai Road 4 hectares + house \$ 1,138,500 Muriwai Road 2 hectares + house \$ 589,000 Rosella Grove 1308sgm + house \$ 675,000 School Road 5.3 hectares + house \$ 780,000 Kumeu Licensed (REAA2008) Ph 09 412 9602"

WIN/ WIN SITUATION FOR 2012

The on-going European crisis continues with key politicians now openly contemplating that some countries may exit the Euro (Greece is the prime contender) but speculation is growing that it may not stop there. This issue is keeping interest rates here in NZ at record lows and we don't foresee any change in that until at least the middle of 2012 so it's a win/win situation on either fixed or floating at the moment. If you are looking to buy property please feel free to contact me. I can offer 6 months pre-approval, 5 free QV valuations coupled with expert advice and very competitive pricing. Re-financing of existing home loans are also a specialty - special pricing if you have at least 20% equity/

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FROM FRED THE FUMPKIN PALMER

Well, let the fun begin. How are the seedlings going? They should be in the ground by now and looking good. Keep protected from the wind until your plants are a good size. Check out a great website www.giantpumpkins.co.nz for tips and advice to grow the biggest pumpkin you have ever seen.

At this young stage your plant is prone to 'friendlies' visiting like snails, slugs, pukekos and hedgehogs - so keep them out of your patch. Keep up the watering over summer and don't stress your plants. All going well your giant pumpkin will be ready for the Kumeu Show on 10th and 11th March and if it is still growing then you could also be good for the Easter Show in early April. Til next time - Fred the Fumpkin Parmer

A GOOD YEAR FOR SOLJANS ESTATE



Soljans Estate 366 State Highway 16 Kumeu Phone 412 5858

A busy trading year has seen Soljans wines being sent to a wide array of customers from local wine shops and restaurants to big customers in Canada, USA and China. Cellar Door staff have been busy conducting tastings and tours for local and overseas visitors. Busloads of all nationalities turn up to experience the taste of New Zealand wine and to take back home something to remember their trip. Weddings and celebrations have added a splash of colour to the grounds and function rooms. Soljans award-winning café restaurant has nourished and delighted thousands of people who have enjoyed the vineyard and winery setting. Earlier this year Soljans Estate won the mid -size business category of the Westpac Auckland West Business Awards. The Award, sponsored by UHY Haines Norton was presented to Tony Soljan on August 26th at the gala dinner held at the Trusts Stadium in Henderson. In declaring Soljans Estate Winery and Café the winner the judges commended Soljans management team, the attractive appearance of the venue and the diversification of the services offered. And, to cap things off, this year Soljans was chosen by Canadian Wine Access magazine as one of the top twenty best winery restaurants in the world. Each place had to offer not just outstanding wines, but also wonderful meals, service and ambience — the sort of place you'd go back to again and again, if you could. And the sort of place that, once you've been there, you'll remember fondly for the rest of your life. And they did.

RELAY FOR LIFE IN KUMEU MARCH 24, 2012



Relay For Life is not a race – it's a celebration and awareness raising event for cancer survivors, their carers, whānau and friends. The concept of Relay For Life began in 1985, when Dr Gordon Klatt, a surgeon and American Cancer Society volunteer, ran and walked 81 miles on a local track for 24 hours. He raised \$27,000 for the American Cancer Society. From his experience the Relay For Life event evolved. Today, Relay is the world's largest cancer fundraising event in 23 countries around the world. It is also the American Cancer Society's signature programme for advocacy and cancer awareness. In 2001 the Cancer Society of New Zealand held their first Relay For Life in Palmerston North. It was a tremendous success raising \$140,000. In 2002 Otago/Southland, Canterbury/West Coast, and Central Regions held Relay For Life events. Other Divisions around the country soon followed with their own Relay success stories. In 2011, 17 Relays were held across New Zealand and raised nearly \$3 million. Relay is a wonderful source of inspiration for thousands of people year after year. Resourced by volunteers and supported by many community-minded businesses, Relay For Life unites the community in the fight against cancer. Contact Maureen Miller on auckland@relayforlife.org.nz



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" nobody sells gardens better "



LIFESTYLE ESTATE WITH GARDENS

This benchmark property displays character that has become the pedigree that discerning buyers look for within-top-of-the-line homes in the area. This includes cathedral ceilings, entertainer kitchen, expansive bi-folds to outside decking areas, bedrooms off a central corridor, excellent wet-transition area, a suitable self contained flat (for income or quests) and a large office

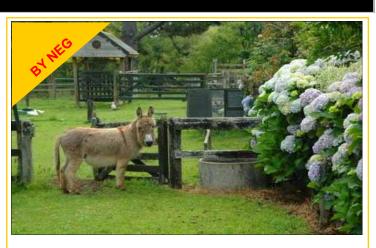
CONTACT: Graham McIntyre 0276320421 Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz

VIEWING: go to www.kumeuopenhomes.co.nz

FOR SALE: NEGOTIABLE

ADDRESS: 296 Taupaki Road, Kumeu WEB: www.ljhooker.co.nz/XOH14



"THE GOOD LIFE" IN KUMEU

One of Kumeu's most outstanding gardens and wedding venues is available for purchase and offers you an opportunity to further develope this lifestyle. Experience the peace and serenity as you wander around this "Little Piece of Paradise" A small holding packed with improvements including the boatshed by the creek, summerhouse, dry-stonewalls and small lake by the house.

CONTACT: Graham McIntyre 0276320421 Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz

VIEWING: go to www.kumeuopenhomes.co.nz

FOR SALE: NEGOTIABLE

ADDRESS: 252 Boord Crescent, Kumeu WEB: www.ljhooker.co.nz/Kumeu



KUMEU GRAND DESIGN

This property with its elegance and romance could be out of a Walt Disney Movie or at least feature prominently in Grand Design. It is both spell binding and breath-taking with robust earth brick construction and solid wood beams running throughout. Extensive wooden roof paneling and slate and stone make the living areas a real feature while the rooms are plush carpeted. Top hardware and finishing.

CONTACT: Graham McIntyre 0276320421 Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz

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FOR SALE: NEGOTIABLE

ADDRESS: 191Trigg Road, Kumeu WEB: www.ljhooker.co.nz/K9H14



BEAUTIFULLY LANDSCAPED GARDENS

This property stands alone for so many reasons that you must inspect to appreciate its beauty and its intimacy, within 8 minutes of Waimauku and under half an hour (off-peak) to Auckland CBD. Come live the good-life, bring your green fingers and lets dig in and make your next move a fabulous joy. This is more than a home or a property it is an expression and an extension of yourself.

CONTACT: Graham McIntyre 0276320421 Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz

VIEWING: go to www.kumeuopenhomes.co.nz

FOR SALE: NEGOTIABLE

ADDRESS: 429 Kiwitahi Road, Waimauku WEB: 429 Kiwitahi Road, Waimauku www.ljhooker.co.nz/waimauku





Share a recipe:
Anna Sareczky
Editor
Ph 021 607 971
Email
annasareczky@hotmail.com

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Glyn Taylor Editor / Committee Kumeu Small Landowners 021 646 941

NANNA'S CHRISTMAS CAKE

Every year I make one large and several small cakes to give as gifts. They keep incredibly well. Ideally the cake should be aged for 3 weeks before serving. You need a whole afternoon at home to make the larger version which must bake for at least 4 hours. Homemade marmalade (particularly kumquat) makes a stunning cake, but any good quality store bought jar, such as the St Dalfour brand is suitable. For an aromatic treat substitute Gran Marnier for the brandy. Nigella prefers to use Marsala which has the added benefit of being cheaper. Be creative with what you have on hand. The dried fruit can of course be varied to taste. Dried blueberries, pears and figs are beautiful additions. I never ice my cake, as our household does not enjoy royal icing, so instead I either arrange blanched almonds in a concentric pattern over the raw cake before baking, or cover the entire top surface of the cooked cakes with a tightly packed array of natural-coloured glacé fruit, peacan nuts and blanched almonds. To create a lovely lacquered sheen, melt 4 tablespoons of apricot jam to a glaze and while still hot spread across the fruit layer using a pastry brush.

Makes 1 large cake or 4-5 small ones
300g raisins
175g glacé cherries
180ml of brandy or Grand Marnier
300g soft brown sugar
Zest of one small orange, finely grated
3 tablespoons best marmalade
1 tsp mixed spice
1/2 tsp ground nutmeg
1/4 tsp salt
Blanched almonds to decorate cake (optional)
4 tablespoons of apricot jam to glaze (optional)

1 kg sultanas
225 currants or dried blueberries
175g mixed peel
350g unsalted butter, at room temperature
Zest of one lemon, finely grated
6 large eggs
520g high grade or plain flour
1/2 tsp ground cinnamon
1 tsp natural almond essence
Extra brandy

Glacé fruit and a selection of nuts (optional)

In a large bowl, place all the fruit. If you have substituted something large like prunes or dried pears chop them into smaller pieces. Add the brandy and cover with clingfilm. Leave overnight to macerate.

Preheat the oven to 150°C. Line a 25cm round tin or a 23cm square tin with a double thickness of brown paper and then line again with baking paper. The paper must stand up about 8cm above the rim of the pan. Lining the tin thoroughly prevents the cake scorching on the sides and base while it cooks through the centre.

With an electric beater or sturdy wooden spoon beat the butter and sugar until light and creamy. Add the eggs one at a time alternating with 1 tablespoon of the flour to help the mixture come together. Beat well after each addition. Add the zests, marmalade and almond essence and beat to combine.

Sift the other dry ingredients and remaining flour into a bowl. Add the macerated fruit and dry ingredients to the creamed mixture and mix to combine. Pour into the prepared tin and smooth over with a dampened spatula. If desired, arrange blanched almonds on the top surface. Bake in the preheated oven for 1 hour. Turn the heat down to 140° C and then bake for a further 3-3.5 hours until a skewer poked into the centre comes out clean. Remove from the oven and brush with extra brandy. When cool, wrap in foil and store completely airtight for 3 weeks. My father used to open his cakes once a week and brush with extra brandy. If I remember I do this too. When you are ready to serve or present the cake, top with the galcé fruit and brush with the apricot glaze.

NEW MASSAGE THERAPIST

Kumeu Gym would like to introduce Nancy Stanisich our new Massage therapist.

Massage therapy not only provides relaxation and relief to muscle strain and fatigue, a therapeutic massage may improve your health. There are many benefits to massage therapy, including physical, emotional, and physiological improvements in the body. Scientists believe that massage triggers the release of certain chemicals in the body that helps you combat illnesses and speeds recovery. Massage has the power to relax, heal, and help release emotions and tension without the aid of drugs. Nancy has a keen interest providing a unique treatment plan to each client's individual needs enabling the best possible result for her client's to help them reach their goals. Sports, Deep Tissue, Therapeutic, Myofascial Release, Trigger Point Therapy, Relaxation and Hot Stone Massage* Introductory offer until 19th December 2011 - Book in for a 60min treatment for only \$45.00 (normally \$65.00) Be in quick as spaces are limited and filling fast! Call: Nancy Stanisich 416 6579 or 021 254 3377

KUMEU SMALL LAND OWNERS

Congratulations to Graham and the huge team of volunteers, property owners, artists and musicians who made this years Kumeu Art in the Garden another Kumeu success story. Each property represented the vision and effort put in by the owners over many years, while the artwork showcased some of our talented residents. For many this kind of peek beyond the high fences and shelter belts of rural properties is simply an opportunity to enjoy a walk in the countryside, breath in some fresh air and indulge in a 'high tea' For others, particularly owners of lifestyle blocks, it provides inspiration and ideas that can be replicated or adapted for their own blocks. The Kumeu Small Landowners cottoned on to this idea some years ago and regularly hosts 'block crawls' for members to visit other members properties. Such introductions have kindled members interest in a range of animals, agriculture and horticulture techniques and in some cases have been the catalyst for a complete change of lifestyle. The projects and work faced by block owners can sometimes be quite daunting. Meeting others who have taken on similar or bigger projects can give you that welcome boost and sometimes make you realise that that your own job list isn't actually that long! Well .. that bit is actually a lie ... the list is always long! Back to it!

" nobody does it better "



LARGE HOME WITH INCOME

180 degree views over Cascade Falls Golf Club and reserve, this home blends seamlessly into its tranquil environment. Solid construction underlies a six bedroom, three bathroom homestead, sheds and stables plus the added benefit of a minor dwelling with its own entrance. Set on 4 hectares the property has a mix of pasture and bush glades. A must see, with motivated Vendor.

CONTACT: Graham McIntyre 0276320421 Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz

VIEWING: go to www.kumeuopenhomes.co.nz FOR SALE: SET SALE DATE 5PM, 19 - 12 - 2011

ADDRESS: 12 Long Road, Waitakere
WEB: www.ljhooker.co.nz/WDH14



RIVERHEAD PRINCESS

Seldom found, this is a prime position bungalow in one of the best streets in Riverhead, north facing overlooking the park. Large bedrooms, two lounges, modernized kitchen and bathroom, oversized double garage with high stud, and remote doors. Alfresco to the north and south with options to enjoy expansive lawn areas and planted gardens with mature trees and shrubs.

CONTACT: Denise Glozier 0272549999 Licensed REAA 2008

Dglozier.kumeu@ljh.co.nz

VIEWING: go to www.kumeuopenhomes.co.nz

FOR SALE: NEGOTIABLE

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HOMELY & ESTABLISHED 50 PLUS

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ADDRESS: Unit 10 - 197 Royal Road, Royal heights

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WAIMAUKU NORTH FACING TWO LEVEL

Set upon 1246 square meters this semi rural lifestyle living property has size, privacy and is planted with a range of natives and palms. The house is a split level, well refurbished, weatherboard and in good condition the home has four bedrooms, separate office, two lounges, three decks and three car garaging. It delivers a lot for a discerning buyer.

CONTACT: Graham McIntyre 0276320421 Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz
VIEWING: Sundays 3 to 3.30

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ADDRESS: 41C Waimauku Station Road, Waimauku

WEB: www.ljhooker.co.nz/R8H14





ARE YOUR PETS VACINATION UP TO DATE?

With the festive season rapidly approaching, now is the time to get the dog's and cat's vaccinations up to date. There's nothing worse than having the car packed, family loaded – you rock up to drop the dog off at the boarding kennels only to be told that his vaccinations aren't up to date. For dogs, all kennels require the standard vaccines (ask your vet) and in addition they require a yearly kennel cough vaccination. In theory this vaccine should confer immunity within 72 hours but do check this with your chosen kennel as many have their own protocols. Furthermore if the injectable (rather than up the nose) form of the vaccine needs to be given, this then requires a booster 2 weeks later – so don't get caught out! Cats also need to be up to date but the frequency of their boosters is dependent on the chosen cattery. On a different note, over the Christmas holiday period we always see lots of dogs and cats suffering from dietary "indiscretions" shall we say ... Just like young kids, many of our four-legged friends can't resist playing with (and often swallowing) Christmas tree decorations, getting into the trash after a big feast, or even the beautifully wrapped prezzies under the tree - often leading to life threatening intestinal blockages. Can you guess what's wrong with these canine Xrays? We're always happy to chat so if you've ever got any worries give us a buzz at Kumeu Vets on 412 9016 Dr van den Berg



Anna Sareczky Editor

Ph 021 607 971 Email: annasareczky@hotmail.com

LOCALS ADDING CUSTOMER SERVICE

"Hi, can I help?" "I'm here to see Neil." "OK I'll tell him you're here.....He'll be just a minute" "Could I ask you to move your car, it might be blocking the access a bit. No, what about you give me the keys and I'll move it for you. Just take a seat and wait for Neil." I feel looked after, valued and at ease. And it's always that way when I visit Kumeu Tyres. Creating a service ethic amongst an entire team in a business, with a system that runs like clockwork, yet with warmth friendliness and caring, is one of the greatest challenges in business today. Superb customer service is a vital foundation to any business. Your customer service, or lack of, will impact on every other part of your marketing and your bottom line. The importance of superb customer service is shown in the statistic that 68% of people stop buying because they perceive that no one really cares about them. So I asked Neil of Kumeu Tyres about his approach. He told me that right from the start 23 years ago he set out to offer great service to his customers. He wanted to treat them like friends, and many have become just that.

Here are 7 key behaviours you will experience that have created this rare business – one that keeps customers for years, even for generations.

Know what's really important to your customer. Neil knows that time is money to many of his customers so he has systems that enable him to deliver a speedy service.

Convenience. Accommodate your customer. Kumeu Tyres will stay a bit late if a customer phones in and says they are held up, or they'll even open early.

Educate them. Neil and Matt will explain why a tyre is worn, or why it needs replacing, using simple lay-man's language that helps me understand the decision I need to make. I don't feel talked down to, I feel valued.

Ensure your customers feel welcome and at ease. Kumeu Tyres doesn't try to be something it's not, but I am greeted every time with a friendly "What can I do for you" as soon as I pull in.

Your customers are your best marketers. Neil has a family orientation that means younger family members, or wives or siblings can come in and say 'dad's away but we need a new tyre' and it happens – maybe with a quick phone call.

Add real value. Neil or Matt will do a simple job (like tightening a hose clip or replacing a bulb) and not charge for it.

Value for your money. Neil doesn't try to sell you the tyre on which he makes the most profit, he will find the best quality tyre for you in the price range you feel comfortable with.

Your level of customer service has a direct impact on your financial success. A dissatisfied customer will complain to between 10 and 20 friends, some 3 times more than those for a delighted customer.

The first step to Superb Customer Service is to have a passion for giving people what they want. That's the key to marketing.

Most of the answers to your marketing questions can be found in answering 5 questions

Who you are serving - your ideal customer

What does service and quality mean to your ideal customer

Why that service standard is important to your ideal customer

When - during the sales or service provision - are the critical moments that really count

What's at stake for your business if you don't pull it off

Bridget Marsh

Business Coach and Marketing Strategist

www.creatingwhatmatters.co.nz bridget@creatingwhatmatters.co.nz







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ROTARY TOASTS MASSEY HIGH SCHOOL

Robert Loretz, Head of Department Music at Massey High School addressed the Kumeu Rotary Club on 15th November, regarding the new developments for the arts at Massey High School. Robert attended the Kumeu meeting to be thanked for the school providing music at the Art in the Garden festival. Robert told Rotary that Massey High School has just completed a 4 million dollar Performing Arts Auditorium and been the recipient of an amazing anonymous gift of one of the world's best concert grand pianos, the Fazioli 228, valued at \$180000. It is the first time that West Auckland is able to host top national and international classical and jazz concerts. The piano has already attracted a concert from 13 of the top university of Auckland pianists and 2012 holds many more exciting opportunities for concert goers. New Zealand's foremost concert pianist, Michael Houstoun will be giving a recital in the new theatre on February 19th, 2012 at 3.30pm. Tickets are available from the bursars at Massey High School. Later in the year the Auckland Philharmonic Orchestra will be playing in the West for the first time and Massey will also host the Auckland finals of the New Zealand secondary schools Chamber music competition. The piano and theatre can be enjoyed this year at a Christmas Gala Concert on Sunday 10th December at 4pm. More information on events can be found at masseyhighmusic.com

TIRED FOR NO REASON?

Having trouble getting up in the morning?

Need coffee or colas to keep you going? Feeling run down and stressed? Crave salty or sweet snacks? Struggling to keep up with life's daily demands? Can't bounce back from stress or illness? Not having fun anymore? Decreased sex drive? If you answered yes to 2-3 of these statements, you may have ADRENAL FATIGUE. Adrenal fatigue, in all it's mild and severe forms, is usually caused by some form of stress. Stress can range from physical, emotional, psychological, and environmental, to infectious or a combination of these. It is important to know that your adrenals respond to every kind of stress the same, whatever the source. Each person has a different capacity to handle their total stress load and the capacity of each person varies over time and events. People from every walk of life, every culture, and every age can suffer from adrenal fatigue, the political leader, the university student, the environmentalist, the farmer, the factory worker on swing shift, the medical doctor and the mother with more than one child. Adrenal Fatigue is often wrongly diagnosed as Chronic Fatigue Syndrome, Fibromyalgia to serious food allergies or even just low blood pressure! What do these issues all have in common? They all have a fatigue that simply can't be overcome. Wiith the use of natural products you can make a full recovery! Through positive changes in lifestyle, Food supplements, Attitudes, and Beliefs you can reclaim you life! Submitted by Cheryle

LAST WORD



I really wish someone took as much interest in my conversations over a cup of tea and made me feel very important. I'm somewhat amazed how the conspiracy theorists come out to play. Winstons back and we await the arrival of John Minto with his 99% of New Zealander's on his back. Maybe they can camp at Kumeu Showgrounds for a week and we can have a carnival. Len Brown can come out and drive Thomas the train around and we all can live happily ever after. GOD BLESS NEW ZEALAND. BUTCH AND BRUTIS

Auckland Council is running a six month pilot of the Crime stoppers service for all of Auckland after success in Counties Manukau. Crime stoppers allows people to call an 0800 number or go online to anonymously pass on information about crimes or potentially criminal activity. The service is independent of authorities and provides a confidential way for people to pass on information.

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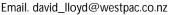
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