

Free publication to meet the needs of Kumeu & Districts

WWW.KUMEUCOURIER.co.nz

COMMUNITY NEWSLETTER

MARCH 2011

VOLUME 2
ISSUE 3

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

INSIDE THIS ISSUE:

| | |
|------------------|----|
| Gala's & Markets | 1 |
| Ratepayers | 2 |
| Kumeu Fire | 2 |
| Kumeu Police | 4 |
| What's happening | 4 |
| Kumeu Vets | 8 |
| Filo Pastry Pie | 10 |

WAIMAUKU FAIR AROUND THE CORNER



Waimauku School is celebrating its 90th Jubilee this year with the biggest and best family gala out West! Gala Day is March 26th and the event will run from 10am to 4pm, with loads of fun activities planned. The Garden Group have been cultivating hundreds of beautiful plants, herbs and seedlings to sell. They have also been making delicious preserves from their home grown produce and pupils have been carefully tending pumpkins for the Giant Pumpkin Competition. The Steptoe and Sons shop, second hand book stall and racks of great condition used clothing will provide a bargain hunter's paradise. Children can go wild with a few dollars in the toy or sweet shops, while Mum and Dad relax with tea, coffee and cakes in the Teahouse. For the children there are rides galore; a fire engine, tractor and trailer, a vertical bungy and water zorbs on the school pool.....cont pg 10 ▶

IT'S A-MAIZ-ING - MORE AREA PLANTINGS

The reasons why maize is being grown all over New Zealand, and increasingly throughout our community is because maize silage allows farmers to harvest more pasture, harvest more total dry matter, reduce feed costs, reduce the risk associated with feed shortages, and is healthy for the environment.

According to a study in February, 2009, by James Booker of Lincoln University, the total maize industry in New Zealand is now worth over \$500m a year in product sales. Maize silage became accepted as a dairy supplement in the 1990's because of its extreme growth in plantings. The maize industry was introduced to New Zealand in 1772, and was grown as a key food source by Maori in the mid 1880's. Booker estimated that 72,000ha would be harvested in 2009 alone, mainly for the dairy industry.....cont pg 8 ▶

THOUSANDS DESCEND ON KUMEU MARKET



For all the Ice cream in West Auckland the crowds flocked to the Kumeu Country Market in February, once again testimony to the need for a big market in the north west. We canvassed some of the views from people there and found a common theme. Great food, interesting and unusual items for sale and good fun rummaging. The facilities, toilets and parking all rated high on the survey but one thing is for sure, with almost 200 happy stall holders, this market is a valuable asset to this little community's position on the Auckland's fringe. We would like to congratulate the organizers and give thanks that the weather prevailed. We understand the next market day to circle in your calendar is Sunday March 27th. Enquiries can be directed to Courtney Wood on 0276880818

See us at: www.kumeucourier.co.nz
Editorial and Advertising to Anna Sareczky Ph: 021607971 Email: annasareczky@hotmail.com

Sponsorship starts at \$75 per month plus GST.

Editorial and Advertising to Anna Sareczky Ph: 021607971 Email: annasareczky@hotmail.com



“Professional property management is essential for landlords”

*Pete Sinton
Kumeu-Huapai Ratepayers & Residents Association
Phone 09 412-2016
Email
petesinton@townplanner.co.nz*



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

GETTING TOP DOLLAR IN 2011

Landlords looking to attract long term tenants are increasingly reaching out to families priced out of New Zealand's housing market, which has once again been ranked amongst the world's least affordable.

Renting was once associated with people in transition, such as singles or students. That's changing in a market where even dual income professional couples may have trouble qualifying for a home loan.

The Seventh Annual Demographia International Housing Affordability Survey of 325 cities, ranked New Zealand among the most unaffordable housing markets alongside Australia, Britain, the United States and Canada. Four of the eight New Zealand markets surveyed - Auckland, Tauranga, Christchurch and Wellington - were classed "severely unaffordable". Hamilton, Napier-Hastings, Palmerston North, and Dunedin were "seriously unaffordable". This is resulting in a growing pool of people wanting to rent long term who have stable jobs, good incomes – and children. These families make very good tenants, but their expectations are high. They want modern homes with good quality fittings and a high standard of maintenance. Here are some of the key items on their list: (Three or more bedrooms, Insulation and heating systems, Fenced properties, Garage or plenty of off street parking, Up to date kitchen, Homes within 1km of a primary school.)

Whether you are looking to renovate a rental property or shopping for a new one, keep these trends in mind.

If you are considering a rental option please call LJ Hooker on 09 412 9602 for free advice and support.

A NEW CENTRE PROPOSED FOR KUMEU

At the start of the silly season, on December 9, the Auckland Council advertised the Maddren Scheme Change calling for submissions. This was a 'private scheme change' prepared by Maddrens, changing 8 hectares from industrial zoning to 3 different areas of use. The scheme was originally with RDC from June 2010, but wasn't progressed before the new Council took over. The 3 areas are 'Large Format Retail' including a Supermarket, 'Mixed Use' with small shops and residential units above them and the third area 'Medium Density Residential'. The submission closed on the February 14. The Kumeu-Huapai Ratepayers & Residents Association looked at the extensive documents with the application and whilst the traffic report prepared for Maddren wasn't the same as the Transit Transport Study released in October, there were issues of concern. In the big picture, the future of Kumeu Township doesn't lie with ribbon commercial development between Kumeu and Huapai on an increasingly busy State Highway 16. The concept of having an "off" main road commercial centre was therefore supported in principle by the Ratepayers & Residents Association. The application was deficient in that there was no structure plan or concept plan with the application, making it very difficult to see what is proposed. We have requested the concept plan, which hasn't been prepared is subject to community scrutiny. At present the district has no traffic solution and no layout of what is proposed. That is not sufficient for the Association to give a 'tick of approval'. No housing density of a 3 storied building on 200sqm sections hasn't been accepted as being appropriate for Kumeu. The submission will be subject to more submissions before a format hearing in front of the new Council, probably mid-year. On another note the Taupaki round-about is nearly complete, ending years of a nightmare intersection. The Community Board members want a list of items that they can spend this years allocation on. Seems to me, putting funds aside over the next 3 years for a new cemetery, alongside the existing one would make a lot of sense. If you have any other matters that need addressing feel free to Contact the Association. Pete Sinton, Chairman - Kumeu-Huapai Ratepayers & Residents Association, Ph. 412-2016

Email petesinton@townplanner.co.nz

WHO ARE YOU GOING TO CALL ?

So what does being a Kumeu Volunteer Fire Fighter mean?

A lot of different things to every one of our members, but for myself, joining the Kumeu Volunteer Fire Brigade in 2001 meant being part of and giving back to the community that I live in. Helping people when they need help the most. Working together with a bunch of people who also have the same ideas and beliefs.

Being a member of a team who are highly trained to deal with many different situations when called upon. You are on call 24 hours a day, 7 days a week, ready to assist, extract, revive or just support who ever needs you. If you want to be a Volunteer Firefighter, it means training once a week at our Kumeu Station to the NZ Fire Service skills standards and understanding you can rely on your fellow Volunteer Fire Fighters to put all their skills, training, commonsense and local knowledge into practice for a result we can all be proud of.

Thinking about joining Kumeu Fire? Call Simon, Senior Station Officer on 0274819006

THE LAST TWO MONTHS OF PROPERTY SALES

People continue to ask, what is happening in the property market? They continue to be concerned about price movement and light demand. People are asking for confirmation on when the market will improve so they don't sell short of their properties potential. On canvassing people on the market and properties taken off the market, owners need to realize that this is the market, and it is not likely to move dramatically or change for a significant period. Owners who understand the market and are realistic about prices being static for a considerable time are able to sell and move on. For a realistic perspective on the market call LJ Hooker for free advice on 09 412 9602.

Kumeu sales

| | | |
|-----------------|---------|-----------|
| Rheingold Place | 700sqm | \$465,000 |
| Farrand Road | 1400sqm | \$660,000 |

Muriwai sales

| | | |
|---------------|---------|-----------|
| Domain Cres | 1132sqm | \$557,000 |
| Motutara Road | 1217sqm | \$681,500 |
| Oaia Road | 1093sqm | \$426,000 |

Coatesville

| | | |
|----------|-----|-------------|
| Oak Lane | 7ha | \$1,160,000 |
|----------|-----|-------------|

Waimauku sales

| | | |
|------------|---------|-----------|
| Hinau Road | 3409sqm | \$613,500 |
|------------|---------|-----------|

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

HOUSING MARKET - STEADY AS SHE GOS

With the highs and lows of 2010 behind us we are looking forward to a much cheerier 2011 (fingers crossed!). The December quarter survey of business confidence showed a healthy improvement from mid 2010 and recent data on the housing front showed a 5% jump in sales in December coupled with a 10% jump from record lows in November. Our tentative view is that the housing market has finished the bulk of its adjustment. On the interest rate front, unless something dramatic happens then all should be pretty quite in the short to medium term. Finally, 2011 is a milestone year for Westpac – 150 years old in NZ. Expect to hear more about this in the upcoming months. As always, sing out if you need anything.

David Lloyd - Mobile Mortgage Manager
Ph. 027 244 3599

Westpac Huapai Branch
david_lloyd@westpac.co.nz

Kumeu Retail and Commercial Spaces to Lease
190 Main Road Kumeu
Offices
Retail
Factory
Sizes from 100m² -220m²
Please phone Paul on 027 493 2791
Good deals on good terms!



RIVERHEAD SCHOOL FAIR
Saturday 5 March
3.00 - 7.30pm
21 School Road, Riverhead

CARIN ANDERSON SPIRITUAL MEDIUM



<http://www.nzmedium.co.nz>
MB: 021740331
Email Readings : Private Sitzings: Groups
80 Main Road, Kumeu, Auckland, NZ

CALL Your Friendly Bin Company!



MR BINZ
Ph 412-9309
Quality Bin Service
Local Experts!
www.mrbinz.co.nz | ph 412 9309



15 varieties of handmade icecream that tastes the way icecream used to taste !
Great tasting Pancakes
97% fat free. French Pastries and more.
Drop in:
Shop 3/322 Main Rd
Huapai, opp Huapai Tavern.
Phone 412 5969

CAN I HELP YOU?
Mature 'Girl Friday' with engineering/ electronic background and CAD/PLC programming/ Spreadsheet design/ Admin skills seeks
Part time or Contract work.
Tel 0212057172.

INCREASING VISITOR NUMBERS TO KUMEU

February has seen an increase in visitors to our region, but we certainly seem down on numbers compared to this time last year. January was very quite on the International visitor front, but there seemed to be more Aucklanders taking day trips out here mostly for the wineries and the beach. We had a lot of enquiries for the Kumeu Beer, Wine & Food Festival, which used to be held in February, but sadly did not happen this year. Unfortunately their website did not state that it wasn't going ahead, so we even had visitors turn up on the day only to be disappointed. The refurbished Riverhead Tavern is to open at the end of February, if you have not been past lately, you will not recognise it. An awful lot of work has taken place and it is looking superb. We look forward to being able to send visitors over there to experience some local history. We are now spoilt for choice with local markets at Kumeu, Waimauku, Riverhead and Coatesville. They all provide great opportunities to shop local for fresh produce and handcrafted goods. It is A & H Show time with the Helensville Show on Saturday February 26, and the Kumeu Show on Saturday 12 and Sunday 13 March, so put this in your diary. For more information on local, regional and national events and activities, call in to the Kumeu Visitor Information Centre or phone us on 412-9886 or check out our website on www.kumeuinfo.co.nz

Contact:
Kumeu Visitor
Information
Centre
Main Road,
Kumeu
Ph 4129886

DON'T DELAY - MAKE THE CALL



Recently Kumeu Police have noticed an increase in reported burglaries for the area. Dwelling houses are the main target and it is of concern/interest that some criminals are being observed by passing motorists or neighbours and for whatever reason they are not notifying Police at the time, but are waiting until they get home or speak to someone else first. This time delay allows offenders to avoid capture and offload the stolen property making it even harder to recover. Don't be afraid to phone the Police if in doubt and we will make the decision on how to respond. Some useful information to obtain includes any vehicle descriptions and not just the registration number. Things such as colour, make, number of doors etc. are useful, as is the direction of travel, i.e. what way did it go, as we may be able to cut it off before it leaves the area. If you see anything, don't delay, make the call.

VINE AND WINE TALK BY KERR FARM

The month of January at Kerr Farm Vineyard is very busy. We need to get all our vines leaf plucked before the anti bird netting goes on. This is to remove the leaves from around the bunches of grapes and lets more sun onto the bunches and allows a summer breeze to dry out the dew from the humid nights of February and March. Once the netting is on we monitor to make sure any birds that manage to get in are removed. I think some birds hide in the vines when we put the netting on, they are very cunning. During the months of February and March the grapes gently ripen, the white wine grapes go from green to a golden yellow and the red wine grapes go from green to red/ blue black. Harvest for us starts at the end of March. During the last few weeks of March we have 'Taste The Grapes' weekends. Come and try our wines then taste the grapes and see if you can guess which grape makes which wine. Open weekends 11am - 6pm. 48 Dysart Lane, Kumeu. 412 7575

TASTE OF SUCCESS

If you're a frequent traveller between Kumeu and Waimauku, you may have noticed the hive of activity alongside Coopers Creek Vineyard. Jo & Ganesh Raj bought the site from Coopers Creek a year ago to build 'The Tasting Shed' – a boutique wine bar showcasing a seasonal 'small plates' menu to be enjoyed with the best wines from New Zealand and around the world. "Building a wine bar in New Zealand's oldest wine growing region was an easy decision to make," explains Managing Director Jo Raj. "The difficult part has been to create a menu that showcases the amazing local produce we have available to us!" With a 60 seater restaurant and a private 12 seater cabana dining room set around 300 sqm of produce gardens, plus a view over Coopers Creek Vineyard, The Tasting Shed will become a great dining destination when it opens in early autumn.

**Get Kumeu Courier
every month hot off
the editors desk, by
emailing the word
subscribe to
glms@xtra.co.nz*

KPL
KUMEU PLUMBING LTD.
 Your local plumbers since 1974



plumbing
roofing
solar heating
pump shop
pool & spa
filtration

412 9108

156 Main Road Kumeu info@kpl.co.nz
www.kpl.co.nz

**For good business and
 taxation advice, here's why
 you should talk to us...**

- 1. We listen to you-** and find exactly what you need before advising you
- 2. Business development Help** - We look at every aspect of your business and help you develop effective systems for increasing your profits, manage your business and reduce your tax

**We provide all types of
 business development
 services including...**

- Advice on starting a business
- Buying: Business Appraisals
- Marketing & Sales Advice
- Personal Wealth Creation
- Retirement Planning
- Staff Management training
- Franchise Development
- Taxation Returns
- Superannuation
- Investment Strategies
- Budgeting & cash flow
- Business Planning

"We have built our practice on the ability to improve profits and set up systems to run your business with the least effort and cost. So that you can see how we can help you increase profits and create wealth for yourself, we'll pay for the first meeting you have with us"

Call now 09 412 9902

CHARTERED
 ACCOUNTANTS
KTS

Kumeu Professional Centre, Cnr Access/Shamrock Drive, Kumeu

BUYING OR SELLING A BUSINESS?

**Call Chris Welch, your local specialist, for a
 FREE CONFIDENTIAL APPRAISAL**

- Local resident of 30 years with 15 years' industry experience
- Accredited broker supported by NZ's largest business brokerage
- All consultations are treated in strictest confidence

412 8474 | 0275 741 966 | chrisw@abcbusiness.co.nz

AFFILIATED BUSINESS CONSULTANTS LTD
 EXCELLENT AWARD FOR EXCELLENCE | BUSINESS BROKERAGE OF THE YEAR

ABC.
 LE 1000 2009

EUROPEAN OWNED

PECK'S HUAPAI BAKERY

**ALL FOOD MADE ON PREMISES TO EXACTING
 STANDARDS AND AWARD WINNING QUALITY**

**Specialty Breads – Pies – Gourmet Quiches – Butter
 Croissants - Pizza Breads – Catering**

8 MATUA ROAD, HUAPAI, 09 412 8435



JET HOME
 Sewage Treatment Plant

Sewage Treatment Systems
 Concrete or Fibreglass Tanks
 Full Installation & Servicing
 Council Approved
 Drainlaying & Excavation
 Water Tanks, Pumps, Filters

Ph 09 415 1538 email info@jetwaste.co.nz

**The
 Fireplace**
 RESTAURANT

Dine in at
 West Auckland's
 Finest
 Bar & Brasserie
 In the Heart of
 Kumeu Wine Country



Email: info@thefireplace.net.nz www.thefireplace.net.nz
 Open 7 days - Lunch: 12.00 - 3.00 Dinner: 5.30pm - Late

Phone: 09 412 6447

64 State Highway 16, Kumeu, Auckland

**Would you like a free trial at Nature's
 Explorers Kindergarten?**



www.NaturesExplorers.co.nz

1 Maude Street Riverhead 094128800

Visit us online to read more about your trial. There is no commitment to stay with us – it's our gift to help you decide what is best for your family.

SPONSORS



On display at the
Kumeu Show —
12 March 2011



Contact:
Peck's Huapai Bakery
on 412 8435

**Get Kumeu Courier
every month hot off
the editors desk, by
emailing the word
subscribe to
glms@xtra.co.nz*

BIGGER...BIGGER...BIGGER...POP

Well it is nearly Show time, the moment of truth. How big is your pumpkin, or more to the point how heavy is it? You have cared for it since November, watering it, fertilising it, talked nicely to it and watched it grow to what it is today. Hope you have kept a diary to help you for next year in growing a bigger better pumpkin. Get your neighbours or others in your street to grow Giant Pumpkins next year. It's fun, they grow fast and anybody can give it go. Remember to have your Pumpkins ready for judging at the Kumeu Show Saturday 12 March no later than 9.30am. Whether you are entering in Best colour, Best shaped, Best carved or Heaviest, all the best and see you all at the Kumeu Show. Fred the Fumkin Parmer.

NUTS OR DRUGS FOR HEART DISEASE

Statin drugs are cholesterol lowering drugs routinely recommended for prevention of heart disease however the best evidence to date suggests there is little, if any, benefit. There is however a natural food that can significantly reduce your cholesterol and lower heart disease risk for the price of peanuts, literally. A recent study looked at the efficacy of statins in people who were using the drugs for prevention of heart disease. The analysis, which included 11 studies and over 65,000 people, found that statins did not reduce risk of death when used for the prevention of heart disease despite their ability to lower cholesterol. Further study has shown a handful of nuts daily significantly improved cholesterol. Compared to statins, nuts may not only lower cholesterol but reduce heart disease risk. It has been estimated that people who eat 4 or more servings of nuts a week have a 37% lower heart disease risk than those who rarely eat nuts. Nuts may be a tastier, cheaper, safer and more effective option than statins. Make sure they are always raw and unsalted. For any further information regarding this or any other natural health topic call Tamara O'Dwyer at the Kumeu Village medical Centre 412 8446 or email tamara@kumeumedical.co.nz

EUROPEAN FLAIR HITS HUAPAI

Whether you choose one of the uniquely flavoured ciabatta loaves, or a luxurious traditional kiwi jam and cream donut, Peck's Huapai Bakery is a journey into the joys of good old fashioned quality baking. The latest venture of veteran baking partners Chris Peck and Anthony Peterson is quintessentially kiwi in nature whilst incorporating elements of fine European training. After an apprenticeship at the iconic La Patisserie in Mt Eden Chris readily pursued his dream of owning his own bakery, first in Herne Bay, and later out West. When an opportunity to rejuvenate a run down space in Huapai arose, Chris and his long time friend and colleague Anthony embraced the opportunity. After months spent bringing the premises to working condition, they are now thrilled to offer a range that caters for both a casual morning tea, or a quick snack on the run. They also offer award winning croissants and quiches, (perfect for an easy evening meal with a homemade salad), and olive, caramelised onion, or garlic, oregano and pesto ciabattas. The team are long time members of the Baking Industry Association of New Zealand and regularly compete in their prestigious competitions. After over 40 years in the industry, Chris still exuberantly extols the benefits of home style baking, stringent standards, and sourcing local ingredients wherever possible. Open Monday-Saturday. 8 Matua Road, Huapai, 09 412 8435

TRY A NEW TASTE EXPERIENCE

Lombardi's is located where Peas in The Pod used to be. Thankfully the premises has been taken over by people who believe in offering original, fresh, inspiring food rather than the regular processed variety sold not so far away. The chiller cabinet is always stocked full of tempting seasonal sweet and savoury dishes, ranging from homemade vegetarian or meat pasties the size of a large man's fist, generous frittatas and risotto cakes to a range of beautifully made muffins, truffles, decadent cakes and tarts. If that leaves you feeling full they always offer a selection of creative fresh salads and a wide range of gluten free choices. I've sampled my fair share of the cabinet food picking up lunch on the way through to work so I took the opportunity last week to check out their breakfasts and weekend service by treating hubby to brunch. The breakfast menu is relatively compact but not lacking and neither are the dishes they serve and their size. Between us we had the Big Breakfast (\$19.50) served with your choice of eggs that lived up to it's name and the Garlic Herb Hash Cake served with creamed Spinach, Bacon & Poached Eggs (\$17.50), we fought over the last of the hash cake, it was so tasty sitting in it's pool of creamy spinach. For a lighter breakfast you can choose a Bircher Muesli with Berry Yoghurt or a Fruit Salad, personally I don't think I will ever get past ordering the hash cake it is that good. So if you're planning brunch with friends or just need a good coffee and a quality cake fix, I would highly recommend Lombardi's. Lombardi's Cafe & Deli, 61 Brigham Creek Road, Whenuapai, Allison Pirrie-Mawer

" nobody does it better "



BRAND NEW HOME IN WAIMAUKU

This brand new home sits on top of a newly subdivided cul-de-sac in the highly sought after, semi rural, Waimauku. It boasts 4 double bedrooms, plus study and modern décor throughout with spacious, open plan and alfresco living. Surrounded by other quality built homes, this sun trap has elevated views to the North and South.

CONTACT: Angie deSilva Licensed REAA 2008
adesilva.kumeu@ljh.co.nz

VIEWING: By appointment

FOR SALE: By negotiation

ADDRESS: Gavinike Place, Waimauku

WEB: www.ljhooker.com ref # Q3H14



"BEAUTIFUL SEMI RURAL HOME IN KUMEU"

A beautifully presented family home that offers 4 rooms, 2 bathrooms, 2 lounges and a large spacious kitchen with dining and alfresco area looking out over a wonderful 1500 square meter flat fully fenced property. This Platinum home comes with a building warranty, a three car garage and options, with a separate laundry and workshop. (CV \$890,000)

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

VIEWING: By appointment

FOR SALE: By negotiation

ADDRESS: Orchard Road, Kumeu

WEB: www.ljhooker.co.nz (keyword) RAH14

www.youtube.com (keyword) mrljhooker



WAIMAUKU VIEWS MODERN HOME

Views over Waimauku Valley greet this modern and well presented four bedroom, three bathroom, two lounge alfresco home. Set within one of the best streets in Waimauku. Set upon 1503 square meters with excellent shrub and native plantings and a hop, skip and a jump to Waimauku School, parks and local Kindy. Quality build with excellent neighbours.

CONTACT: Angie deSilva Licensed REAA 2008
adesilva.kumeu@ljh.co.nz

VIEWING: By appointment

FOR SALE: By negotiation

ADDRESS: Freshfields Road, Waimauku

WEB: www.ljhooker.com ref # JOH14

www.youtube.com (keyword) mrljhooker



RIVERHEAD REFURBISHED BUNGALOW

Fully refurbished home offering 3 bedrooms with open plan kitchen and dining. The lounge opens out onto a large wooden decked area that looks out to the back drop of the Riverhead forest. This property has access both from Queen Street and Arthur Street, double garaging, carport and plenty of off street parking. (CV \$450,000)

CONTACT: Echo McRae 0272330001 Licensed REAA 2008
emcrae.kumeu@ljh.co.nz

VIEWING: By appointment

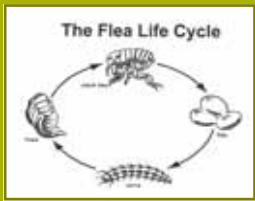
FOR SALE: By negotiation

ADDRESS: Queen Street, Riverhead

WEB: www.ljhooker.co.nz (keyword) ref # RGH14

www.youtube.com (keyword) mrljhooker

FLEAS GO NUTS IN WARM WEATHER



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

If you are battling with achieving adequate flea control in your pets - despite having used Frontline, Advocate or Advantage spot on treatments, you aren't alone. Whilst these spot-ons are still 100% efficacious in killing fleas on your pet, 95% of the problem is the eggs which are continually hatching in the environment. So to get the most out of flea treatments – here are some guidelines: flea all the pets on the same day and then give the carpets a good vacuum and wash all their bedding. For swimming dogs who can't resist jumping in the water trough just after you've applied the spot-on, or those with flea allergy dermatitis, it's well worth trying the new Comfortis chewable flea tablet. Not only does this sticky warm weather make fleas go nuts, but also the fungi and other nasty toxins in the grass. We've had a lot of horses coming down with tremors and other colicky symptoms, and sheep with facial eczema. If you suspect your animals are being affected, get them off the grass – especially long grass which has gone to seed and stick with supplements and hay. For horses it's worth adding a toxin binder to their feed, and sheep – since facial eczema can be likened to sun-stroke, get the animal into a dark quiet shed or pen and get zinc oxide into them – preferably before they come down with symptoms. Access to fresh clean water is vital.

Written by Dr Irene van den Berg BVSc

▶CONTINUED FROM PAGE ONE

It is a high energy source complementing high-protein grass. Dairy farmers are making money out of maize silage and at the same time as reducing the environmental impact of dairy farm intensification.

The high energy in cow's rumen from maize silage will soak up high pasture nitrogen and dilute the cow's nitrogen output in urine and faeces. Deep-rooting maize grown in paddocks used for dairy shed effluent irrigation may require no additional artificial fertilizer. A report put out by Pioneer Brand Seeds states that farms using maize silage were the most profitable because they milked more cows per ha, produced more milk, grew and harvested more pasture and had a higher milk response to feed. An interesting fact that was brought to attention in the Pioneer Brand Seeds report is that maize silage has also been proven on a large number of top New Zealand dairy farms. In the period leading up to 2005, in those areas where maize was grown, 19 of the 23 (83%), regional winners in the Fonterra Westpac Dairy Excellence Awards were using maize silage. To date, Waikato is the biggest maize-growing area at 44 per cent of the national total.

IN THE HEART OF KUMEU

Kumeu Gym is a community gym in the heart of Kumeu and provides it's members with a relaxed, friendly and energizing atmosphere to help achieve your health and fitness goals.

Our experienced and friendly trainers are a diverse team who work together with a vast amount of knowledge in weight loss, cardiovascular training, rehabilitation, flexibility, sports specific training, muscle gain and general conditioning, and will guide and motivate you while monitoring your progress.

The ground floor gym offers a variety of equipment with a comprehensive cardio area, free weights and more. Upstairs, Group fitness classes are fun, easy to follow, and can be adapted from beginners through to the advanced participant. We also offer a childcare facility from Monday to Friday 9-11.00am which coincides with Group Fitness classes to provide support to parents. Our fully qualified massage therapist is on site for sport, therapy or relaxation massage. We also provide a wide range of training supplements and accessories, sports drinks, protein bars and protein shakes.

ONLY CALL IF YOU WANT RESULTS

Have you been exercising, but never quite getting the results you desire? Have you considered personal training, but thought it was too expensive? B3 Personal training is offering the latest in group training techniques that make having a personal trainer very affordable. But it's not for everybody - B3 only wants people who are committed to getting results today! You will be expected to take action towards your goals. To find out if you make the cut, call today! Peter Bristow from B3, trains out of Kumeu Gym. Call him on 027 274 4243, 0800 B3TRAINING or email on peter@b3training.com to book a free consultation.

KUMEU RUGBY SET FOR A MASSIVE YEAR

2011 looms as an exciting year for Kumeu, we continue to rebuild small steady steps at a time. Our junior rugby, headed by a near new committee, is well underway planning for the coming season. The U19's, sen 2nd and restricted teams are looking very strong with good numbers turning up to preseason trainings. Touch is still going well with good numbers supporting our module. This year we have a premier and sen 1st teams which were made possible by combining resources from both Helensville and Kumeu rugby clubs to create a new team called the Western Pioneers, coached by Lindsay Ellery and Stu Hollier with an impressive back up team. They will be training at Kumeu and their home games will split between the two clubs. Our new lights are nearly finished making for better use of the park. I would like to thank all those who have helped so far this year, good luck to all players and coaches for 2011. If you have any suggestions, ideas or you feel you could help the club I would love to hear from you.

**Get Kumeu Courier every month hot off the editors desk, by emailing the word subscribe to glms@xtra.co.nz*

For more information visit kumeugym.co.nz, or call us on 4128932.

"The best of Kumeu"

*See you on the park.
Paul Smith.
Club chairman.
Phone 021 412 960*

NOW OPEN!



play school
EARLY EDUCATION CENTRE



7 Wookey Lane, Kumeu
412 8081 * www.playschool.co.nz

QUALITY WATER
SUPPLIES



7 DAYS
PHONE NOW!

FRESH WATER SUPPLIES DELIVERED IN OUR MODERN STAINLESS STEEL TANKER

PH. **411.8116** MB. **021.618.133**

supervalue
just what you need

Waimauku SuperValue
A-2, Waimauku Retail Centre
5-19 Factory Road
Waimauku, Auckland
Phone: (09) 411 7890/411 9495
Mobile: 021 048 3355
Fax: (09) 411 8050
Email: waimauku.sv@xtra.co.nz

HITEN DESAI
Store Manager

designhand
.co.nz

taking your business to the world

Specialists in web design for small businesses

- Full design service
- Online shopping sites
- Existing website makeovers
- Hosting & domain name registration


09 411 8797
david@designhand.co.nz
www.designhand.co.nz

LAWLER & SONS
EARTHWORKS LTD

Truck and Digger Hire....
for all your earth moving, stabilizing, drainage and driveway needs call us first.


Aaron Lawler a.lawler@xtra.co.nz
021 164 3031 **09 411 7077**

Lou Lou's
HAIR & BEAUTY SALON
FACIALS - NAILS - MASSAGE - MAKE UP
BRONZING - WAXING - FULL HAIR SERVICE
TEL 412 8857
Email: info@loulous.co.nz www.loulous.co.nz
63A Riverland Rd, Kumeu



DON'T DILLY DALLY
BOOK YOUR STALL
FOR THE NEXT
KUMEU COUNTRY
MARKET TODAY

CONTACT:
COURTNEY WOOD
PH 027688 0818
EMAIL
cwood.kumeu@ljh.co.nz



I live in Riverhead, I love Riverhead and the people.

"That's why I sell more of Riverhead than anyone"

Ph 09 412 9602
027254 9999
Denise Glozier
Licensed REAA 2008

ljhooker.com **LJ Hooker**

LANDEMAN & MINT PRINT
total print solutions

OFFSET & DIGITAL PRINTING

MONTHLY PROMOTIONS CALL THE EXPERTS
PH 828 1450

Email: sales@landeman.co.nz www.landeman.co.nz

Balkan Courgette and Filo Pastry Pie

Courgettes are cheap and plentiful this time of year. This pie is perfect served warm with barbequed meats or pan fried chicken breast or cooled and sliced for a unique addition to a picnic spread. It is also a particularly useful way to use up the odd unwanted marrow.

1kg Courgettes, grated and salted
1 large onion, finely chopped
145ml olive oil
275g soft feta
150ml cream
Small handful parsley
Milk to glaze
Preheat oven to 180°C.

Salt
2 spring onions, finely chopped
1 whole packet of filo pastry
3 eggs, whisked
Small handful of fresh dill, finely chopped
Mint leaves
Sesame to sprinkle
Squeeze out the courgettes.

Gently fry the onion and spring onion in oil until softened. Add courgettes and cook 15 minutes or until the liquid is evaporated. Remove filo from packet and place under a clean damp tea-towel to prevent it drying out. Brush each filo sheet with oil. Place three sheets in the base of a 30 x 40cm oven tray, and then one up each side so they overhang the edges of the tray.

Beat the eggs and cream, season, and add herbs. Crumble in the feta and add to the courgette mixture. Combine gently and then pour into the prepared tray.

Top with the remaining filo sheets, and fold over the edges.

Glaze with a little milk, and sprinkle over the sesame.

Cook 1 hour until filling is firm and top is a rich golden colour.

Cool slightly before serving.



Share a recipe:

Anna Sareczky
Editor
Ph 021 607 971
Email
annasareczky@hotmail.com

Contact the Gala
Committee on
09 411 8222



Anna Sareczky
Editor

Ph 021 607 971
Email:
annasareczky@hotmail.com

Riverhead School Fair
Riverhead School
Saturday 5th March
3pm – 7.30pm
All welcome

▶CONTINUED FROM PAGE ONE

There will be a bouncy maze, sandpit dig and a very scary Haunted House. A visit to the Fairy Grotto for a story and a sprinkling of magic fairy dust is guaranteed to calm the most excited child down.

Gala visitors with a strong arm can test their skills at the coconut shy, the gumboot throw, or the crockery smash, while those who are looking for something less energetic can take a picnic lunch to the school field to be entertained by local performers on the outdoor stage. Waimauku School's Craft Group has created some beautiful hand crafted items for sale in the Craft Marquee, including dresses, aprons, doorstops, cards and jewellery. Renowned local medium Carin Anderson is offering short readings at the gala, and local organisations have volunteered their time to help run the many stalls and activities. Staff from the local BNZ bank have offered their cheerful assistance, and the Lions are sizzling sausages to help with this huge fundraising event. Gala visitors can quickly locate where they want to go first by purchasing a Gala Guidebook from the information kiosk at the school entrance. The numbered guidebooks include a menu, a map, entertainment timetable and double as a raffle ticket for a fantastic mystery prize. Guidebooks can be purchased on the day from the kiosk or in advance from the school office from mid March for \$2. Eftpos will be available from the school office on the day. Waimauku School's Gala Committee hopes local businesses will get behind this once-a decade event with donations of goods, services or sponsorship. Contact gala@waimauku.school.nz or phone the school on 4118222.

RIVERHEAD GALA—ON SHOW

The Riverhead School Fair is shaping up to be a great family event that will tantalise the taste-buds and entertain the kids. The much loved Riverhead School Fair returns on March 5th with a new look and focus – fun, food and festivities! Bring your family along for an afternoon of entertainment. There's plenty of space to sit back and enjoy live music, get active with Zumba, relax and enjoy the Devonshire teas, hangi, lamb on a spit, sausage sizzle, ice creams, a drink from the bar, great coffee and much, much more. Contact Karen Crabb 0272891369

EXITING YOUR BUSINESS

Most business owners would be familiar with the term "exit strategy", though a lot never give their exit strategy any serious consideration until the day they decide to sell, thus losing a lot of potential value.

An experienced business broker will advise the best ways to maximise your sale price with the appropriate forward planning. Issues affecting the sale and price may need to be addressed a year or more in advance. Issues such as: Ensuring the IP and main skill set does not depart with the vendor. That customer relationships are not solely the domain of the vendor. Clear operation manuals and procedures are in place. Accounts reflect the true earnings, every dollar in the back pocket can mean \$3 or more dollars off the price. The sales agreement is structured to ensure tax minimisation. All these issues need to be addressed early and in confidence. So if you are thinking you may wish to exit in the next few years call me now. Chris Welsh on 0275 741 966



Thanks Graham, Hey by the way just incase we haven't told you we are just delighted with what you have been able to do for us over the past month.

After meeting you at the open home we wanted to buy, then to have you actually help us sell our house within 3 weeks of meeting you has just been amazing.

We love the innovative ideas you have presented to us to help us sell the house and it certainly paid off. You (and please don't blush) have been very straight and down to earth with us, which is how we like to work to. Your charming manner and friendly outgoing persona are the attributes we liked and are what helped us decide to sell with you. I also have to say that your knowledge of the market was great. You know, in particular with me, that I wasn't too sure about the selling price. But it shows you know so much more about property than we do (thankfully).

Neither Simon or I would hesitate to recommend you as a Real Estate Agent. Thank you for making the selling and buying of our properties easy. We certainly couldn't have done this as quickly and as efficiently without you.

Kind Regards,
Nicki and Simon

We recently engaged Graham McIntyre to sell our property. Initially marketed by Auction without success. Graham then contacted all his Open Home buyers to the property to advise them of the new marketing at a fixed price, and within 7 days we had a Conditional Offer that went Unconditional a week later. We are grateful for his tenacity in following up potential buyers and achieving a satisfactory sale for us in a very difficult market.

Thank you Graham,
Hank and Jill.



Graham McIntyre AREINZ
Licensed Real Estate Agent (REAA 2008)

Tel: 09 412 9602
Mbl: 027 623 0421
Fax: 09 412 9603

Email: gmccintyre.kumeu@ljh.co.nz
Country Living Real Estate Ltd MRE-
INZ

The testimonials provided within this advertisement have not been altered in any way, nor have they been solicited for the purpose of publicity. They represent the honest feedback from the named clients through their trading experiences with the above agent.

Country Living Realty Ltd MREINZ
Licensed Agent—REAA 2008



Dine In
Takeaways
Gift Vouchers
Private Functions

(09)4122454
www.goldensilkthai.com



We have a specialist property team ready to assist you with the sale and/or purchase of your property. Whether it's your family home or an investment property we can help. We can also help with setting up a trust or reviewing your wills. Contact us today for fast, friendly and professional service.

293 Lincoln Road
PO Box 104-065, Lincoln North
Waitakere 0614
Telephone 09 836 0939
Fax: 09 837 2500
Email: partners@smithpartners.co.nz
Website: www.smithpartners.co.nz



Work out in a fun,
friendly environment

- Highly qualified instructors
- Child minding • Sunbed • Massage
- Fitness classes • Personal training

JOIN NOW!
156 Main Road, Kumeu
PHONE 412 8932



Specialists in Windscreens & Glazing

46 Main Road
Kumeu
PO Box 626
Kumeu 0841
Darren Hakesley



Phone: 412 9914
420 7818
838 1499
Fax: 412 7875
Mobile: 0274 965 596
nwkg@xtra.co.nz

West Auckland Domestic Cleaning Services

- All products & materials supplied
 - One off & regular cleaning
 - Oven cleaning
- (excellent results with commercial grade product)

Ph 0274 875 805



KUMEU GYM

Personal Training

If you want to live a longer, healthier life while looking great call Peter from B3 Training on 0800 B3 TRAINING or visit www.b3training.com

Wanting a six figure salary, and flexible working hours ?

"We're recruiting great people today"

"thank you Mr Hooker"

**Ph Graham 09 412 9602
0276 320 421**





Making the most of life



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



Resource Planning Applications • 198 Oraha Road, Kumeu
Project Management • PO Box 81-075, Auckland 0662
Environmental Impact Reports • Phone: 09 412 2016
Subdivision & Engineering Design • Fax: 09 412 2013
Advocacy & Mediation Planning • Mob: 021 637 772

Email: petesinton@townplanner.co.nz

COME JOIN US!

PRETIGIOUS COMMERCIAL SPACES AVAILABLE IN NORWEST INDUSTRIAL CENTRE 190 MAIN RD, KUMEU

Brand New
Generously Sized (170m² -221m²)
High Stud
Ample Storage
Competitive Rates
1 Acre Yard Space Available

Come and reap the rewards of locating your business in the centre of Kumeu's prime retail strip. Join renowned national brand names such as VTNZ, Labtests, Subway, the National Hearing Centre and reputable bustling local enterprises including Mr Bon Bakery, Extract Espresso, Glamuzina Group, Fizura Hair Studio, and GPS Printing. Enhance each other's patronage and build on the reputation of Kumeu as a prestigious commercial centre. For more information and great deals on great terms, contact Paul Glamuzina, 027 4932791 today.

MRS SUSHI

MON - FRI 10:00am - 5:00pm SAT 11:00am - 3:00pm



84F Kumeu Village Ph: (09) 412 5188

Fancy some time in the Garden ?

- ✓ FISKARS and NIWASHI garden tools
- ✓ SILKY pruning saws
- ✓ HOZELOCK watering systems.
- ✓ STIHL brushcutters, linetrimmers, blowers and Combi systems.
- ✓ MASPORT mowers and tillers.
- ✓ TORO ride on mowers and zero turn mowers.
- ✓ SALES, REPAIRS, SERVICE all makes and models.

STIHL SHOP KUMEU
54 Main Road, Kumeu.
Phone Paul and Tracy on 412 8592




KUMEU COMPUTER SERVICES



For the best service and support in the west Come and see the team at Kumeu Computers

Virus issues?, Slow PC, Networking issues
New & Ex-Lease PC's & Laptops

412 -6391
www.kumeucomputers.co.nz





**BULK OR BAG, FREE LOAN TRAILER
WE DELIVER, OPEN 7 DAYS**

948 State Highway 16, Waimauku
Phone/Fax 09 411 9604

YOUR COMPLETE LANDSCAPING AND QUARRY SOLUTION

SPONSORS