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COMMUNITY NEWSLETTER

APRIL 2011

VOLUME 2 ISSUE 4

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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THE GREAT KUMEU SHOW 2011



This year's 89th Kumeu Show continued the fine tradition of Agricultural Shows that have been part of the New Zealand scene since the 1920s. In recent years the shows have evolved from solely farming related activities to cater for a wider audience both rural and city based. Traditional activities such as wood chopping, shearing, equestrian and crafts have been supplemented by side shows, car sales and trade sites. The animals on show have also changed over the years, from the more common Jersey house-cow or Hereford stud bull to more exotic imports like Belgium Blues, Salers or Limousin breeds. Newcomers like Alpacas, are rapidly taking more shed space as their popularity grows......

...cont pg 8

HISTORY OF EQUESTRIAN IN KUMEU

Horses have had an understated place in the social and economic development of our district. The first horses to enter New Zealand consisted of a stallion and two mares transported from Australia by Samuel Marsden. The Maori, who had never seen such creatures, were both baffled and amazed, and interpreted one swimming ashore from the ship as a great *Taniwha*. Horses became indispensable in the creation and management of local farms. Teams of draught horses, typically Clydesdales were working on farms year round. In spring, pulling ploughs and grubbers in preparation for planting, in summer towing mowers for haymaking, and in winter carting hay for stock feed and hauling firewood. They were equally essential for transport – prior to their arrival people had to travel by foot or on water. Before proper roads were able to be constructed and maintained, the settlers relied on bridle paths and packhorses to transport themselves and their goods, therefore horses rapidly became essential for trade and communication. It has been said that our development as a nation has relied largely on the power of horses, and as such, was built as much on the horse's as the sheep's back. Before there were buses to take children to school, ponies famously bore them. These robust little creatures rarely had only one rider, often the whole family (or as many as could fit) would clamber on. Taupaki School's logo is a reminder of the crucial support such horses have provided in educating the children of this area.cont pg 4

A TRIBUTE TO DOUGY



It was an ordinary day, a list of chores, a list of appointments and a midday swim. Altogether a day that offered plenty of family, business and recreation. The day fell short as just after lunch on Monday, March 14 2011 Dr Douglas Blackbourn suffered a suspected massive heart attack and was found later in the pool he was swimming in. The service that was held for Dougy on March 22, was a special tribute to a life filled with love, family and commitment. A well respected Chiropractor, father and husband that gave 200% in everything he did, especially when caring for others. The message to others is that heart disease is the single biggest killer of Men and Women in New Zealand. That around 12 people a week are admitted to Waitakere Hospital with heart disease with some as young as early 30's. If you have concerns about your heart health we suggest you go to www.heartfoundation.org.nz (click on Heart Info) or visit your doctor. Our thoughts and best wishes are with Dougy's family.

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

LOCAL PUMPKIN BREAKS NATIONAL RECORD!

What a great effort this year at the Kumeu Show with a new NZ record at 405kg - What a monster !!!!!! With six pumpkins over 200kg, this year the growers have raised the bar yet again. For a few growers this year it was their first show and they produced some great results - they will be back next year and if you are keen to give it a go - then drop me a line and we can help get you started with what is needed for growing a giant pumpkin for Kumeu Show 2012. Thanks to everyone who put in a heap of effort this growing season - we had a heap of fun and some bad luck with rotten bottoms - but excellent results overall. Drop me an email and we will get in touch - we have kept seeds from some of the beauties from this years show. fredthefumkinparmer@hotmail.co.nz

HEALTHY DRINKS, GOOD FOR YOUR TEETH?

As I am sure you all will agree, prevention then treatment is the correct formula. In today's fast paced environment a lot of patients need a sugar rush or an energy boost or sometimes even a health juice. Although the health juice or even fruit may be good for your body's health, it's not so for your dental health. Teeth dissolve at a pH range of 5.2 - 5.8. Many patients are amazed to know that many mouthwashes have a pH of less than 5.0 and if left on your teeth for more than 8 hours will cause decay. This happens by the acid stripping the tooth of essential calcium and phosphate ions. Many factors then come into play, namely the pH of the drink or mouthwash, duration left on the teeth and buffering capacity of your teeth or hygiene aids. A simple rinse with water immediately after having an acidic drink would help by creating a buffer and diluting the acidic pH. Desensitising toothpastes help with the symptoms but may mask the underlying cause which may only be evident when the tooth nerve becomes involved and may need a Root Canal Treatment or an extraction. Remineralising pastes help by increasing bioavailability of calcium and phosphate ions. Fluoride, also plays a significant role in dental health which we will touch on later.

THE FUTURE WE WANT FOR KUMEU...

The Auckland 'Spatial Plan' is now on the agenda for Auckland public to consider. This is the first time great Auckland is finally being considered as one entity instead of the parochial thinking exhibited by the original City Councils. Hopefully the wasteful duplication of Town Halls, Stadiums and Parks will now be considered in balance, with the needs of the public rather than the projects being an edifice for those that were in power at the time. The time constraint set by the Government requiring the completion of the Spatial Plan within one year is almost impossible, given the conflicting issues that will no doubt emerge. I hope that doesn't give rise to a quick make-over for Auckland. I can see big issues, like the second bridge, transport and now the addition of growth pressure of Auckland after the Canterbury Quake. We will find out soon the new Council's attitude to the Westgate expansion and the consequences for Kumeu. One thing is for sure, Kumeu-Huapai must be thinking how we want the district to look in future. The NZTA study, (October 2010), simply seeks to manage traffic in Kumeu in the interim. The Spatial Plan, the NZTA study, and Maddern proposal along with the Westgate development, shows that we are in a state of change. We need to make sure the traffic management in Kumeu benefits the community and commercial centre as well. What Kumeu and Districts have to do, in my view, is think about those issues now and be prepared to participate in the Spatial Plan to achieve Kumeu's future that we want. The alternative to doing nothing, is our community will be "dished up" what the "backroom planners" think we want.

CHRISTCHURCH DEVASTATION

Having recently returned from Christchurch and seeing firsthand the scale of destruction that they have to contend with I can fully understand why they have safety cordons in place. It is frustrating to watch my colleagues down there who are dealing with business owners who are illegally, blindly and with no regard for anyone else's safety, entering the cordoned area. My plea to all Kumeu business owners or residents who may have some association with counterparts, friends or family in Christchurch affected by these cordons is to ask them to please be patient. Everyone understands their frustrations and you can rest assured that everyone is working their hardest to resolve them, given the scale of this event things are going to take time and no one wants to deal with any avoidable incidents that take time and effort which could be focused to more important tasks.

DID YOU VISIT SOOTY AT THE KUMEU SHOW?

The Kumeu Show is over, we hope you called in and visited Sooty and the crews at the Wendy House display, and learnt the correct actions to take if you are in a room or house filling with smoke. The next big event we would like to see you all at is our big fundraiser for the year, our annual Hoedown. It is held in the large sheds at the Kumeu Showgrounds. This years hoedown is on Saturday 16th April. The Kumeu Volunteer Fire Brigade will be busy setting the scene for another awesome night, with sawdust covering the floor, haybales for seating, the best band "Southern Cross" with Marion Burns playing fiddle and look out for some special guests. With an expert crew outback cooking up a great hoedown feed of spit roast chicken, beef and camp oven spuds. Yeah Ha!!!! The rest of the crew will serve you at our licensed bar. Look out for the great prizes in the raffles, drawn on the night. This is a night out not to be missed, so get a group of friends together, bring your city cousins to the country and show them how we love to have a great time at the hoedown. See you all - Saturday 16th April . Tickets available at Kumeu Cellars \$35 per person, meal included, limited numbers so round up your mates and don't be late.

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

Dr Krushen Viranna, Huapai Dental 250 SH16, Kumeu 4127851

Pete Sinton
Kumeu-Huapai Ratepayers
& Residents Association
Phone 09 412-2016
Email

Constable Mike Collins Kumeu Police Station Ph: 412 5194

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



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Kumeu sales			Muriwai sales		
Main Road	809sqm	\$602,500	Domain Crescent	830sqm	\$512,500
Merlot Heights	610sqm	\$510,000	Motutara Road	1217sqm	\$681,500
Motu Road	1.9ha	\$1,100,000	Waitea Road	1047sqm	\$550,000
Pomona Road	2.63 ha	\$429,000	Waimauku		
Taupaki			Zanders Road	1.99 ha	\$790,000
Waitakere Road	4.11ha	\$770,000	State H/Way 16	2ha	\$840,000
			Denehurst Drive	1085sqm	\$697,500

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

INEREST RATES REMAIN STABLE AFTER QUAKE

Over the past couple of months I've highlighted the fact that unless something dramatic happens interest rates should remain at the stable. Well, the Christchurch earthquake certainly ticked the "dramatic" box and as such forced the Reserve Bank to cut the official cash rate to a recession equalling low of 2.50%. Westpac followed suit immediately and matched these cuts. Over the past week we have seen a significant drop in both fixed and floating rates and we expect these levels to remain in place for sometime. Floating is still the preferred option! May sees the annual Westpac helicopter appeal so please keep your eyes open for our staff fundraising for this great charity – it's vital to a

community like ours.

David Lloyd - Mobile Mortgage Manager

Ph. 027 244 3599

Westpac Huapai Branch david_lloyd@westpac.co.nz

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PAGE 4

BEER FOR STRONG BONES

Beer contains several handy B vitamins including B12, B6, and folate (derived from the barley used to make beer). Additionally, soluble fibre from barley cell walls may be effective in reducing cholesterol levels. Beer is also a good source of bio-available silicon which reduces the incidence of osteoporosis. All Hallertau beer is served unfiltered so as to deliver the maximum amount of flavour but also retain the maximum amount of soluble fibre, its basically a health drink to be enjoyed in moderation. Swing in and try our new seasonal, Belgian Pale Ale 5.3%. 1171 Coatesville-Riverhead Hwy, Riverhead 09 412 5555 www.hallertau.co.nz

*Get Kumeu Courier every month hot off the editors desk, by emailing the word subscribe to glms@xtra.co.nz Continued from page1...... • One particularly famous little pony originally harking from Murawai and named Peter carried 16 children, sometimes 3 at once, upon his back to school each day in a career spanning 30 years!. I think we would be hard pressed to get such longevity out of a school bus. Horses were involved in one of the regions more enduring recreational interests, racing. Helensville's inaugural race was held in 1863, and by 1869 Kaipara's annual race day became a fixture on the social calendar – usually ending with a magical lantern festival followed by a dance in the public hall. Therefore horses have touched almost all parts of life in the region, right from the early childhood to adulthood for our forbearers, shaping both the land and social and economic climate while consistently proving loyalty, entertainment, and friendship to their owners and the community. So where does that leave the divine equine beast now? Because horses ate as much as much as 18 men or four sheep and large amounts of valuable farmland had to be taken up growing oats for them, the introduction of the tractor and other motor driven machinery meant horses were quickly relegated by in large to being much loved creatures kept for recreational rather than utilitarian reasons. They are arguably now a luxury commodity, but despite this, are still revered and celebrated. We are fortunate to have strong examples grazing around the district, contributing to its still rural character. Some are still put to use, and others are kept as much loved pets or participants in several competent riding schools in the area. For those of you without the privilege of having on your block, contact Courtney Wood for information on riding lessons and pony parties on 027 688 0818.

LET <u>US</u> KNOW, SO WE CAN LET <u>YOU</u> KNOW

This is a friendly reminder to all the Local Clubs, Schools, Community classes, groups, activities, and organizers of events to please contact us when you have something happening.

We receive hundreds of phone, email and personal calls for information on events in this area. We are usually the first place that the public calls when they have heard sketchy details and then expect us to have all the good oil on these events.

BUT UNLESS you let us know of your events and activities then we often don't have all the information. We then have to scour the newspapers and phone around to find out the details.

We are more than happy to get the word out for your group but we need to be kept informed. We have a notice board on the wall in the Visitor Centre, and are happy to advertise your community event on this. We produce an annual calendar that is in our local Kumeu Wine Country brochure and on our website www.kumeuinfo.co.nz as well as supplying information to various publications and newspapers as requested. We are here to promote local businesses via membership to Kumeu Coast & Country Promotions Group Inc, for an affordable membership fee. Bernadette of Kumeu Visitor Information Centre ph 412 9886 or 021 289 7049 or info@kumeuinfo.co.nz see our website at www.kumeuinfo.co.nz

A THIRSTY OPENING

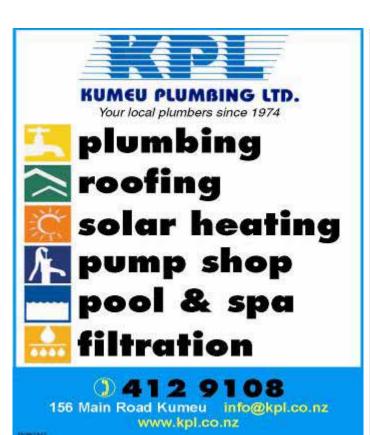
Thirsty Liquor – NZ's Favorite Liquor, will Launch in Huapai on Saturday, April 2. The proprietors of formally known "Huapai Wines and Spirits" are very excited to be the first Thirsty Liquor, one of a proposed 100 stores nationally. It's a great new retail liquor brand that in time will deliver consumers a real point of difference in the way they go to market and drive promotion. There is another five Thirsty Liquor stores opening over the next week, and Director Chris Long says they are very busy getting to potential licensees and are overwhelmed with interest, largely in the north island. Visit www.thirstyliquor.co.nz

RIPE FOR THE PICKING

Vintage or harvest is almost upon us at Kerr Farm Vineyard just a week or two before the picking begins. Some of the early variatals at other vineyards have already been picked. One of the problems we have experienced this year due to the extra rainfall, is vines growing through the anti bird netting. This has to be removed by hand, using hedge clippers so not to damage the netting before the netting can be removed for harvest. This is a slow and tiring job but must be done to stop tearing holes in the top of the netting. The picture shows how we do it. We will be having "Taste the grapes" this weekend. Come and try our wines and then taste the grapes, see if you can guess which grape makes which wine. Saturday and Sunday 11am - 6pm Kerr Farm Vineyard 48 Dysart lane Kumeu 412 7575

Contact:
Kumeu Visitor
Information
Centre
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Kumeu
Ph 4129886





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Contact: Angella Gilbert 027 2248937 or angella@gioia.net.nz

DECLUTTER IN MINUTES

Now to Declutter a home you would obviously need a bit more than a few minutes, however for an immediate uncluttered effect the solution is very simple and many of you will have done this when being forced to do a quick 'tidy up' for visitors, or an open home.

- > Gather up everything on the floor that shouldn't be there and either move each item to its proper place or pop it all in a storage box to be sorted later.
- > Clear every surface that may sound like a tall order however you will see an immediate improvement when you remove unnecessary articles from the top of a dining room table, coffee tables, kitchen bench, hall table etc.

While this is just a quick fix, when you see your home without all the clutter you'll experience how it could be if it was properly decluttered and organised. Now that's bliss!

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A PLACE TO WINE AND DINE

It's been year and half since The Fireplace Bar & Brasserie opened in the refurbished premises formerly occupied by Sangam Restaurant, establishing itself as a popular local meeting place with a relaxed vibe and a great NZ-European menu. With its divided bar and restaurant areas, natural flow to covered decks, plus a function room upstairs, it has all your social and special event dining covered. Over the past 18 months the chefs have also refined the menus for lunch, dinner and dessert. They've devised an inviting bar menu - and with summer hours are also open for Breakfast/Brunch from 10.30am on Saturdays and Sundays. The menus have any number of attractive options. The meals are not over-complicated, just excellent ingredients prepared simply and well. Starters feature flavoursome options like smoked salmon; lambs fry and bacon; chilli king prawns; and green lipped mussels in sweet chilli sauce. You'll find much variety in the mains - from favourites like fish'n'chips and butter chicken to stunning dishes like pork belly with tiger prawns; plus the best steaks around - while the desserts provide a satisfying conclusion to any meal. Happy hour is from 4-6pm on Thursdays and Fridays, with beers and wines priced from just \$5.00, Bar patrons can watch Sky Sport on the large screen TV. The private room upstairs is ideal for birthday parties, corporate meetings or functions, seating up to 20 people. When you book a function at The Fireplace all your bar, food and music requirements are catered for. If you have a special function, Birthday or any other occasion coming up, Talk to us and we'll tailor a menu to meet your requirements. The Fireplace Bar & Brasserie is located at 64 Main Highway, Kumeu, with handy parking. Open seven days, Monday-Friday 12-3pm for lunch and from 5.30pm for dinner; Saturday-Sunday 10.30am till late.

Phone 09 412 6447 or book online www.thefireplace.net.nz





The West Coast Riders Club (WCRC) is a volunteer run mountain bike (MTB) club and registered charity, facilitating the construction of a free-to-ride bike park in Auckland's Riverhead Forest. To date the club has experienced success through creating a popular network of volunteer built trails, and more recently, obtaining charitable funding from the Lion Foundation to produce a draw card pump-track facility and new high-volume downhill trails. The WCRC is currently delivering on a development plan that will boost the free-to-ride trail networks. Local community support will underpin all future park development. Your help will make a difference to the park's outcome and success. Any financial assistance, donations of timber for structures and volunteer labour will make a real difference to the parks long-term success. This is our opportunity to create a world-class free-to-ride facility for all to enjoy, in the heart of West Auckland .Please contact Club President Ryan Lovett, to find out how you can help the WCRC today. Ph: 4125280 or Email: ryan@freeriden.co.nz

AUTUMN GARDENING TIPS

Due to shorter daylight hours, autumn means less growth in the garden. As the summer vegetables draw to an end, harvest the last of the marrows and pumpkins and dry well in the sunlight to prevent rot while storing. Pick remaining tomatoes - green ones will ripe on a sunny window sill - or make a batch of green tomato chutney. Once the beds are clear, re-fertilize and turn over the soil before planting with winter seedlings such as spinach, silverbeet, radishes, and carrots. All herb beds should be fertilized and weeded, with the last of the soft herbs picked toward the end of the month and used to make preserves, pestos, or even frozen in small pre-washed handfuls to be added to winter stews and soups. Aside from being the best day to hide treats for the children in the garden, Easter is also the perfect time to sow broad beans. As the month draws to a close plant cabbages in both colours for visually exciting meals and winter coleslaws, and plant cauliflower for spring harvesting. Remember to get one of the wide range of products available at your local garden centre to protect from slugs and snails, and stalk the beds whenever you have a mid-morning or early evening cup of tea for the white butterfly caterpillar. Kumeu Garden Centre & Water Gardens, 09 412 9002



" 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





"STUNNING EQUESTRIAN FAMILY HOME"

This magnificent home sits in the most tranquil, lush surroundings on 4.98 hectares with stunning rural views. It is fit for a king with 5 exquisite double bedrooms, 4 luxurious bathrooms, and a huge 4 car garage. The property is an equestrians dream as it boasts 3 stables, 2 outdoor yards and generous workers accommodation.

CONTACT: Graham McIntyre 0276320421 Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz

By appointment

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ADDRESS: State Highway 16, Kumeu
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WAIMAUKU OUSTANDING HOME

This modern big brick, concrete tile and well presented three bedroom, two bathroom, two lounge alfresco home is nestled within one of the best streets in Waimauku. Set upon 1500 square meters of land with excellent shrub and hedge plantings and a hop to Waimauku School, parks and local Kindy. Quality with fully fenced space for the children or grandchildren.

CONTACT: Graham McIntyre Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz

By appointment

VIEWING: By appointment FOR SALE: By negotiation

ADDRESS: Cloverfields Drive, Waimauku WEB: www.ljhooker.com ref waimauku



WFR-



VIEWS OVER YOUR 5 HECTARES

This gorgeous 5 bedroom, 2 bathroom home lays neatly atop of 5.0006 hectares. Spectacular rural views can be taken in whilst gazing out from the open plan living areas, with elegantly towering wooden ceilings. This home is handsomely finished with a brick and tile exterior and boats skylights in the main living area which brightens the already affectionate atmosphere.

CONTACT: Graham McIntyre 0276320421 Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz

VIEWING: By appointment
FOR SALE: By negotiation
ADDRESS: Amriens Road, Taupaki

www.ljhooker.co.nz ref # S9H14

PAGE 8 I IS ASTHMA MAKING YOUR HORSE HOARSE?

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



Did you know that some horses suffer a similar syndrome to asthma in people? Inflammatory Airway Disease (or IAD) is a common cause of exercise intolerance and poor performance in horses. It involves inflammation of the lower airways as a result of hypersensitivity to environmental pollens and allergens, and so is often seasonal in nature. Clinical signs can be managed with the use of corticosteroids, bronchodilators and by environmental modification. Talk to one of our equine vets if you think your horse may suffer from this. Every summer we get an influx of cats and dogs driving their owners mad with their incessant itching. Last month's edition discussed fleas (the leading cause of itchy skin) - this month it's worth mentioning atopy and contact allergies. Atopy is caused by environmental allergens that your pet inhales, this then results in histamine release making your pet's skin itch. Contact allergies are also quite common at this time of the year. Common culprits include various grass species - particularly when gone to seed and wandering jew. For more information give us a call and we can discuss what is best for you, your pet and your budget.

*Get Kumeu Courier every month hot off the editors desk, by emailing the word subscribe to alms@xtra.co.nzCONTINUED FROM PAGE ONE

The term 'Lifestyle Block' unheard-of in the 1920's, a time when farming units needed to be economic, has rapidly become a common catch phrase just beyond the city limits. Lifestyle blocks are now very much part of the rural landscape with many city dwellers turning their backs on the 600sqm fenced section for a larger piece of land, open views and space to run a few sheep or chickens. Very soon, after the transition from city to country, most people realise that there are a few gaps in their knowledge! The basic DIY tools and electric flymo might have been OK in suburbia but wont quite cut it when dealing with a strainer post or lawn bigger than a newspaper. The Kumeu Small Landowners Assn (KSLOA) was established more than 30 years ago to offer help, encouragement and assistance to people new to the rural sector and is still going strong. Guest speakers at their monthly meetings cover a variety of subjects, and there is rarely an issue that you strike that a member cannot offer advice. The association also has an extensive library and quite an inventory of equipment available to members at little or no cost. A spinning jenny, drench gun or elastrator to name a few ... If you have no idea what these are, then my point is made! The KSLOA is a regular at the Kumeu Show, each year establishing a large area where people can get up close to a wide variety of friendly animals from pigs, sheep and goats to rabbits, chickens and even ducks. Children and parents alike seem to enjoy the environment, many just taking time out from the busy show to sit in the shade, eat lunch and enjoy the sights, sounds (and "country" smells!). Club members on site, not only care for all the animals during the 2-day show but also answer a multitude of questions from the public. If you are interested in learning more about the KSLOA or are keen to join, please take a look at their website www.ksloa.org.nz or contact Glyn Taylor on 09 412 5214

For more information visit <u>kumeugym.co.nz</u>, or call us on 4128932.

"The best of Kumeu"

See you on the park.
Paul Smith.
Club Chairman.
Kumeu Rugby
Phone 021 412 960

KUMEU GYM & JUNIOR RUGBY JOIN FORCES



This month as sponsorship, Kumeu Gym put on a five week pre-season fitness camp for the Kumeu Junior Rugby Club, providing eight trainers to train 60-65 rugby players aged 9 – 13yrs. This has never been done for a junior club so there were plenty of challenges for the trainers! With three sessions held at the Kumeu Rugby Grounds, and two sessions held at Kumeu Gym the boys were split into three groups and rotated around circuits. The boys were put through rigorous fitness drills specific to rugby with plenty of sprints, sit ups, press ups, lunges, squats and ball skills. The gym sessions were structured around boxing with 15 free standing boxing bags in the group fitness studio. All

sessions ended with 15 minutes of stretches, teaching the boys the importance of, as well as specific stretches they need to adapt to the end of each game to help prevent injuries. Kumeu Gym are proud sponsors of Kumeu Junior Rugby.

Kumeu Visitor Information Centre

30 minutes Norwest of Auckland on SH16, open 364 days a year offering friendly, helpful advice on things to see and do in the area. Accommodation and transport bookings available plus WIFI and a great range of local arts and crafts in the gallery.

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Share a recipe: Anna Sareczky Ph 021 607 971



EASTER CUPCAKES

1 cup butter, at room temperature

3 cups flour

1 tablespoon baking powder

1/2 teaspoon salt

1 3/4 cups sugar

4 large eggs

2 teaspoons pure vanilla extract

1 1/4 cups milk

Preheat oven to 180 degrees. Line two standard 12-cup muffin pans with paper liners.

Sift the flour, baking powder, and salt together. Beat the butter and sugar, by hand or in a mixer until light and fluffy, 3 to 4 minutes, scraping down the sides of the bowl as needed. Add eggs, one at a time, then vanilla. Add the flour mixture in three parts, alternating with the milk and beat until combined after each addition. Divide batter between the prepared pans until each is 2/3 full and smooth. Bake, rotating the pans after 10 mins for 20 mins until golden brown and a cake tester inserted into the centre comes out clean. Cool completely. Prepare chocolate frosting.

675g best-quality semisweet chocolate, chopped

1/2 cup plus 1 tablespoon Dutch-process cocoa powder

1/2 cup plus 1 tablespoon boiling water

1 1/2 cups unsalted butter, room temperature

1/2 cup icing sugar

Pinch of salt

Melt chocolate slowly by placing in a glass or metal bowl above boiled water, or cheat if you are daring and pop it in the microwave for a couple of seconds, remove, stir and zap again 5 seconds. Repeat until almost melted. Allow it to cool slightly, then combine the cocoa and some boiling water in a small bowl. Stirring until cocoa is dissolved.

Beat butter, confectioners' sugar, and salt on medium-high speed until light and fluffy. Add melted chocolate; beat until combined, 1 to 2 minutes, scraping down the sides of the bowl as needed. Beat in cocoa mixture. Place the eggs gently on top.

LIONS IN OUR COMMUNITY

Huapai-Kumeu Lions are running an Information Evening for people interested in finding out more about involvement in this international service organisation. The meeting will be at the Kumeu Community Centre at 7.30 on Tuesday, March 22. A warm welcome is extended to anyone interested and more information is available by phoning Gary Moss, 4127752

At its meeting on the 1st of March Huapai-Kumeu Lions decided to make a donation of \$10,000 to the Christchurch Earthquake Appeal. This is by far the largest donation the club has ever made to a single event and has left the club in search of projects to recoup the money given. Members saw the needs of the people of Christchurch as paramount and unprecedent, and believed that as service to the community was their motto strong support for this appeal was warranted.

The Lions Club of Waimauku will be holding a Gala in the Waimauku village on Saturday, April 9. The Lions will organise space for various organisations to raise money for similar clubs and organisations in Christchurch. For example, Muriwai Lifesaving Club will be raising money to help the three clubs lost and the R.S.A can focus on helping Lytelton. There will be entertainment on the day as well as stalls and car boot sales. We need entertainers and donations for quick-fire raffles etc., to please come forward. The local Lions Club will be running another Book Fair in the Kumeu Community Centre on Saturday, April 9. Right now the club is seeking the donation of unwanted books which can be left at one of three depots; the Kumeu Information Centre, Sunnyview Orchards on Highway 16 or at Huapai Hardware in Waimauku. In the past the club has managed to gather in thousands of books from people doing a cull of their book shelves and from people who are moving house or dealing deceased estates and the variety of books on sale at the fair has attracted a good number of buyers. The doors will open on Saturday at 9.00am and there is usually a long queue of people many looking for a certain genre and encouraged by the price. Almost all books sell for either one or two dollars. Popular sections are children's books, gardening and cooking books and soft covered fiction and non-fiction. Some of the money raised from this particular book fair will go towards the construction of a shelter and rest building the Lions club is planning to build at the Kumeu Cemetery. Those able to help in any way or wanting car boot space or stall space can please direct all enquiries to Gael Nicol 09 412 9919 or e-mail gael.nicol@xtra.co.nz



Anna Sareczky **Editor**

Ph 021 607 971 annasareczky@hotmail.com



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

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Hank and Jill.



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