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COMMUNITY NEWSLETTER

MAY 2011

VOLUME 2
ISSUE 5

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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KUMEU HILL BILLY HOEDOWN A HOOT



It is more than a knife, fork and a napkin that gets served up at the annual Kumeu, Hill Billy Hoe Down, that is an annual fund raiser for the Kumeu Fire Brigade. This festival brings hundreds of leg slapping, line dancing, yodeling, thoroughbreds and fillies to the area in April. For a fabulous night of spit roast food and magnificent foot stomping music, much to the delight of the organizers, Kumeu Fire Brigade. With over 15 years of fine tuning the event it is fair to say the formula and the organization is second to none. With tickets selling out again prior to the event, suggestion is that this Kumeu Icon will be around for many more years to come. To go onto the waiting list for 2012 speak to Kumeu Cellars on 09 412 7020 or drop into to see them in the Kumeu Village.

KUMEU & HELENSVILLE GET TOGETHER

Local community groups Helensville District Business Association and Kumeu Coast and Country Business Association are coming together to develop a unified marketing and economic development strategy for the western corridor. They are currently seeking interested business owners who are passionate about our area to participate in a joint working group on exploring a range of options open to us to create an action plan for the future of the communities stretching between Kaukapakapa through to Taupaki. In the past this area has been served by a number of small to medium sized groups and associations with a minimal membership base and limited political clout; that is not to say there was no power behind them. This region has some exciting businesses, destinations and events and is visited by millions each year. All businesses could benefit from a co-ordinated business development strategy. Although the Auckland Council had mentioned Economic Development in its planning process, it is going to be the initiatives created and championed by local businesses that will make the difference. Those interested in being part of the development of the unified strategy can contact Matt Hampton of Helensville District Business Association – 027 221 3226 or email admin@myhelensville.co.nz OR Bernadette Limbrick of Kumeu Coast and Country on 09 412 9886 or email m.bm.limbrick@xtra.co.nz

KUMEU TAKES ON THE SKYTOWER



The 2011 Firefighter Sky Tower Challenge on **Saturday May 21** promises to be bigger and better than ever! This year's challenge is going to be more fun and will include a few more twists and turns. Firefighters from Kumeu and around New Zealand are training hard in preparation to face the 1,103 steps of the Sky Tower stair case. Now in its tenth year, six as a fundraiser, the event has grown from a challenge between two guys to an intense gut-buster with a total of 365 firefighters climbing 51 flights wearing full fire-fighting kit weighing 25kg. In 2010, the brigades hailed from as far north as Paihia and as far south as Alexandra and were joined by the South Australian Metropolitan Fire Service and a USA Fire-fighter team. To enquire about becoming a volunteer firefighter and running the Skytower steps next year call Deputy Chief of Kumeu Brigade Stephen Sparron on 021 672 469

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

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BETTER HEARING IS CLOSER THAN EVER

"I never liked attending social gatherings because I could never hear what the person next to me was saying." That was until Sharon came to see us at National Hearing Care to have a FREE hearing healthcare check. Now Sharon's friends have commented that she seems bubblier and much easier to talk to! Good hearing is often taken for granted, and it is not until we start to lose this precious gift that we realise just how important it is. Come and visit Adriana, our lead clinician and the team at National Hearing Care to have your hearing checked for FREE! Don't delay, call 09 447 0280 to book your appointment, or visit our website www.nationalhearingcare.co.nz. One in six New Zealanders struggle to hear clearly. Are you one of them?

A BUSY TIME FOR THE DISTRICT

The Auckland Local Board Plan submission closes on April 30 and the Rodney Board are actively find out what the district needs – well done! The unsatisfactory solution for the Kumeu Cemetery extension in Old Railway Road thankfully was withdrawn by Rodney after community opposition. The location for the extension has to be adjacent to the existing cemetery – that is a no brainer! On April 18, on behalf of the Kumeu District I applied for \$1.5million towards the purchase of the Casey Block as part of the Annual Plan process. That was favourably heard by Council so we will have to watch the outcome. Board members, some ex Rodney Councillors acknowledged they got it wrong before. At least the District had asked for the purchase process to start again. The Maddren development has received submissions and secondary submissions, and we have met with their team. Intensive housing is still an issue and their lack of layout plans tended to be blamed on the New Zealand Transport Authority for not resolving the traffic issues. The major impediment to the success of the Maddren project will be the ability to resolve the traffic in and out of the site. NZTA stock answer at this stage is NO to the proposal. From the communities point of view we need to have a solution to the traffic increasing in Kumeu and Maddren's proposal will tend to bring the problem to a head. Wait until the new motorway opens – bottleneck I predict will be in Kumeu. On a positive note you will be pleased to hear that Winestones closed their recycling plant on April 7, moving it to Christchurch. The plant will still reprocess wood for Whangarei for another year. Finally the AGM is at the Community Hall on May 10, at 7.30pm - look forward to meeting you there and raising any issues that should be considered in the next year.

USE FLUORIDE IN DENTAL HEALTH

Second to amalgam, this is the most controversial topic in dentistry. Fluoride added to drinking water and toothpaste is used to decrease dental decay. Patients who are on non- fluoridated water used to be asked to take fluoride tablets which then allows for systemic absorption. On the flip side especially in first world countries where there is subsidized dental treatment, there seems to be a growing number of patients who don't share this sentiment. There are studies where over fluoridation has shown an increase in the risk of hip fracture, birth defects, cancer, arthritis, thyroid dysfunction and lowering of a person's IQ.

Unfortunately with controversies we have studies to prove both theories. Happily there is a medium, using fluoride mouthwash once a week for prophylaxis this helps provide a healthy resolution. As this is topical and not systemic it has less chance of absorption.

Happy Dental Health

FIRE BAN HAS BEEN LIFTED

Now you do not require a Fire Permit from Auckland Council to light a fire as the Fire Season is now open. The lifting of the ban has seen a rush of people lighting fires in the rural area. A reminder no open fires or incinerators are allowed in urban areas and no fires with out a permit, all year-round if you live within 1km of a forest. The two main reasons we get called out to open fires are smoke nuisance and fires getting out of control due to the size or the fire spreading to other burnable material. All fires need fuel, heat and oxygen. The smokey fire is caused by the fuel being too green or wet, so let it dry off so there is no green vegetation. Heat: not enough and it will just smolder for days, so stoke it up to keep the heat intense. Fires getting out of hand: That small pile you forgot to light before last years Fire Ban has now gotten really big as you have added to it over summer. It is safer to have a few smaller fires which are easier to manage than one large one. Be aware of the radiant heat as it will dry out any fuel nearby i.e. trees and grasses, this will then increase the potential fire spread. Always keep watch and have them burn out before night fall. Have a good water supply handy and a tractor or digger on site to keep it stoked. Everyone loves a fire, but if it's a smoke nuisance or gets out of control we will get a call. Winter is around the corner so please check your fireplace and chimney before firing it up. Cheers Stephen

Pete Sinton

Chairman Kumeu-Huapai
Residents & Ratepayers
Association PH 4 12 2016
petesinton@townplanner.co.nz

Sessie Viranna

Huapai Dental Care
Ph: 4127851
Email huapaidental@gmail.com

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



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

THE LAST TWO MONTHS OF PROPERTY SALES

Kumeu sales

Matua Road	5.5ha	\$1,000,000
Matua Road	809sqm	\$495,000
Motu Road	6200sqm	\$952,000
Motu Road	1.9ha	\$1,100,000
Old Railway	2.22ha	\$2,850,000
Oraha Road	1ha	\$1,060,000
Oraha Road	2.4ha	\$1,100,000
Pomona Road	2.63 ha	\$429,000
Tapu Road	1000sqm	\$551,000
Taupaki		
Taupaki Road	5ha	\$1,440,000
Waitakere Road	4.11ha	\$770,000
Riverhead		
C/R Highway	5.1ha	\$916,000
Queen Street	1000sqm	\$410,000

Muriwai sales

Muriwai valley Rd	2.2ha	\$765,000
Oaia Road	3.6ha	\$720,000
Watia Road	918sqm	\$420,000
Domain Crescent	830sqm	\$512,500
Oaia Road	4.1ha	\$920,000
Motutara Road	1217sqm	\$681,500
Waitea Road	1047sqm	\$550,000

Waimauku Sales

Cloverfields Dr	1ha	\$605,000
Zanders Road	1.99 ha	\$790,000
McPike Road	12ha	\$980,000
Old North Road	4ha	\$639,000
Denehurst Drive	1085sqm	\$697,500
State H/Way 16	2ha	\$840,000

“Don’t try a discount strategy to sell your property...ask us about price building where you increase your properties value to buyers” call Graham McIntyre L.J Hooker Kumeu Licensed (REAA2008) Ph 09 412 9602”

ACCESSING KIWISAVER IS A PHONE CALL AWAY

It's been pretty quiet on the economic news front over the past month, but the main highlight has seen the re-emergence of the long forgotten first home buyer. Those who were wise enough to join Kiwisaver 3 years ago are now reaping the rewards by accessing their (and their employer's) contributions and presto – there's the deposit required. 5% deposit is maybe all that's required – ask me about it. Interest rates are still at very attractive levels.

This has also seen increased activity in the housing market. This month 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. Westpac's target is to raise \$1,000,000 – any contributions are greatly received.

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

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UPCOMING EVENTS IN YOUR COMMUNITY

Contact:
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Main Road,
Kumeu
Ph 4129886

Thank you to everyone who dropped off books at the Visitors Centre for the bi-annual Kumeu Lions Book Fair. It is overwhelming to see such great support for this local event. We are always amused to see the reactions of local as they come into the Visitor Centre for the first time, most comment on the fact that they didn't know that we existed, or the surprise of seeing that we have so much to offer. We are here for both visitors to the region and local residents alike so if you haven't visited us, you are most welcome to call in.

We have some important dates coming up so mark your calendar now with "The Best of the West Festival" opening at the Kumeu Showgrounds on Sunday October 9, 201. This fun filled event is free and will run from 12-9pm including a farmers market, food and wine stalls, entertainment, a Maori village showcasing local history and crafts, and an outdoor screening of the two evening RWC games for all to enjoy. If you would like to know more or book a stall for this event then contact Lee McKeown on 411 8452, email arcadiadesignstore@clear.net.nz or Claire Cameron 412 2822 email claire@soljans.co.nz.

The following week of events is coinciding with the Rugby World Cup and is being planned around the Kumeu Wine Country wineries, restaurant promotions, hospitality offers, community groups and local entertainment. So get involved and join in on this fun event. Helensville is also celebrating with a variety of exhibitions, an Aquatic Festival, a Market, and their famous "Heritage Day Festival" on Saturday October 8 from 10am - 3pm. It will be held throughout the town and finishing up with a Fan Zone behind the War Memorial Hall from 3pm -12am with plenty of food and drinks on offer, and fun for the whole family. Bernadette Limbrick, Manager

*For questions
 surrounding wellbeing
 and Nutrition call Tamara
 at the Kumeu Village
 Medical Centre 412 8446*

ARE SOY FOODS SAFE?

Soy foods have properties that appear to protect against gynaecological cancers such as endometrial or ovarian cancers. A review of the recent evidence found that across multiple studies people with a higher soy food intake had a reduced risk for endometrial cancer and ovarian cancer, when compared with lower soy intake.

Because soy foods contain estrogenic substances there have been concerns about the hormonal effects of soy foods in men. To ascertain whether or not soy food affect testosterone levels some 40 clinical studies of soy protein and soy (or red clover) isoflavones and their effect on testosterone levels in men were analysed.

Soy protein or isoflavone intake had no significant effect on testosterone levels or other relevant hormonal markers. Soy foods to enjoy regularly: Tofu, Soy milk. Fermented soy foods: Tempeh, Miso

ORIGINS OF BEER AND NOT CAMPING

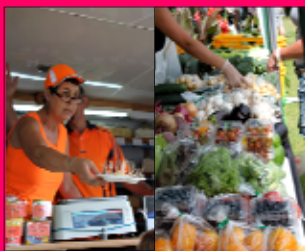
Beer is one of the world's oldest beverages dating back to the 6th millennium BC. Apparently it was the Sumerians in Ancient Iraq discovered that soaking old bread in a bucket until it went fizzy, and then drinking the liquid through a straw was a good time. Some say the reason the nomadic humans of this time stopped wandering around and built houses, was so they could grow barley to make more beer. So you can thank beer for the fact that you live in a house rather than an animal skin shelter. I suggest you pop down to Hallertau, order a pint of Pale Ale and celebrate not having to go home to a tent. Cheers. Stephen Plowman, Hallertau

RULES FOR RAISING THE RENT

Rents are on the rise, leaving tenants wondering about the rules. Can the rent be put up during a tenancy? The answer is yes for both periodic and fixed term tenancies, but there are restrictions. If you are on a fixed term, the rent can only be put up during the term if the option is written into the Tenancy Agreement. The landlord must provide 60 days notice of the increase for both types of tenancy contracts. Rent cannot be raised within 180 days after the last increase, or from the start date of the tenancy. At LJ Hooker we recommend that the rent review is in parallel with the property inspection done every quarter and aligned to the CPI and the rental demand in the area. Failure to apply a modest but regular review process often leaves owners exposed to a lag in rental returns and the potential of losing a tenant due to an over correction in the weekly rent. LJ Hooker will facilitate a number of casual services including quarterly inspection and rent review services to assist owners maintain their respective value in their rental property whilst remaining independent and neutral. To book these services and discuss your rental property needs please call us directly on 09 412 9602.

KUMEU COUNTRY MARKET SEASON

From great food to great arts and crafts, the Kumeu Country Market has a great variety to suit every individual. The Market will be run slightly different over the coming winter months, and will be Indoors, so as to make the whole market more interesting, especially over winter, when you don't have to shelter from the elements. The next Market will be held on Sunday, May 15. So be sure to come along and soak in the atmosphere of a true Country Market. Stallholders are welcome, so be sure to contact Courtney on 027 688 0818, to make your booking, be quick, the stalls are filling fast. Also, check out our website for future dates and a close up view to the Market. www.kumeucountrymarket.co.nz



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WHAT ARE YOU HOLDING ON TO?

With pad and pen, walk around your house and write down any items that you know are not being used, and probably haven't been for a long time. Don't forget to open cupboards, drawers and wardrobes. Once you have made your list, sit down and think about each item. Ask yourself:

- Am I holding onto this item unnecessarily?
- Do I really need this anymore?
- Why don't I give it away/pass it on?

We often get stopped if an article [whether furniture or clothing] was expensive. In that case you might want to put it on Trade Me. The important thing to remember is that when we're surrounded by clutter, we are more likely to experience stress, frustration and overwhelm. **Decluttering is incredibly freeing!**

Once you experience the delight of an uncluttered room/home/office, you'll really begin to enjoy letting go of what is no longer wanted or needed.

WE ALL SCREAM FOR ICECREAM!!!

If you're a lover of ice cream then you need not look any further than Lickit Ice cream located on SH 16 opposite the Huapai Tavern. Opened just over a year ago it features a selection of twenty four hand crafted flavours of both ice cream and sorbets for those watching their weight or who have allergies to dairy products. Take-home packs are available in 750ml or in the smaller serving of 400mls. In addition to ice cream there is also a big selection of Paneton heat and eat pastries. These make a wonderful desert and go really well with ice cream. Savoury packs are now available and make great finger food or a starter. The shop also sells a big variety of sweets, oils, fudge and other enticing goodies. If you are having a kids party they have a brilliant selection of cake tin moulds for hire so you can create that special cake. A recent addition is a pancake making machine. We tried some pancakes served with ice cream topped with a wild berry sauce, really nice, and the pancakes are 97% fat free.

RECOGNIZE THIS? OR THAT?



We've all had that familiar thought when it is time to buy a gift for that special friend or family member. Recognize these quotes? "They are SO hard to buy for" and "What do I buy her when she has everything?" Well Arcadia Gift Store is the right place to visit. They have literally thousands of unique gifts to satisfy every taste. They've got New Zealand made gifts, jewellery, room fragrances, gifts for babies and children, frames, NZ Art, body care products, candles, cards and heaps more. They'll help you fix the gift dilemma!

Some of their best known brands are Peter Rabbit, Crabtree & Evelyn, Linden Leaves, Pacifica Skincare, Scullys Lavender and Wild Country food.

Just arrived too, is a large selection of gorgeous scarves, hats and those very clever apron-dresses so come in and spoil yourself. A reminder too that Sunday May 8, is Mothers Day. Arcadia's gifts start from just \$5.00 with free gift wrapping so perfect for little gifts from the children. Couldn't be easier could it? You'll find them at Waimauku Village, or you can phone them on 411 8452. They're open 7 days or after hours by appointment. Oh, they have a money back guarantee too, so there's no panic about whether you've chosen the right gift after all!

CHANGING THE WORLD, ONE SPINE AT A TIME



INTRODUCING DR. CHRIS MCMASTER...I have known Dr Doug for more than 20 years as a friend, a colleague, and mountain biking mate. So it is with much sadness at his sudden passing, that I step into his practice. My wife and I extend our deepest condolences especially to Lisa, James and Sophia as well as Doug's extended family, his friends and all of you who knew him. His youthful enthusiasm, positivity and 'Can-Do' attitude will be missed. I have lived in West Auckland for 25 years since returning from the U.S with my Chiropractic Degree. I ran two practices ... 'McMaster Chiropractic Centre' ... in Henderson and Glen Eden where I served the local community for 18 years. I have always supported local projects including various sports teams and individual athletes, as well as Books for Schools and such like. Christmas 2002, my wife Nolene (who is also a Chiropractor), and I moved overseas for some travel and adventure on a one year working holiday. However, that turned into eight years and saw us both practicing and living in Ireland and Oman in the Middle East. We had a fantastic experience and gained a new appreciation for how fortunate we are here in New Zealand to have a wonderful healthy outdoor lifestyle. One thing is certain, there is no place like home. I enjoy all sports but have a special interest in cycling which lead me to Italy in 1995 with the NZ Junior Cycling Team, as team Chiropractor. I have enjoyed over 25 years in Chiropractic Practice and bring with me a wealth of experience in Chiropractic Health Care for the whole family, for all ages and stages of life. I look forward to giving the Blackburn family a helping hand, meeting you all, and partnering you toward your health goals.

" nobody does it better "



PERFECT KIWIANA HIDEAWAY

An immaculate 4 year old home with stunning views, this architecturally designed home has 3 bedrooms, 2 bathrooms and an en-suite. It boasts a great open plan, and very spacious living area with excellent indoor-outdoor flow onto generous decking - great for entertaining. Situated on a 10 acre bush block this property is very private and only 15 minutes west of Kumeu. Close to local schools, parks and beaches.

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

VIEWING: By appointment
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ADDRESS: Wairere Road, Taupaki



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

VIEWING: By appointment
FOR SALE: By negotiation
ADDRESS: State Highway 16, Kumeu



HOT PROPERTY WITH INCOME

With four large bedrooms, three bathrooms, ensuite and study, this immaculately presented home offers the warmth of an internal heating system, a modern kitchen with gas cooking and polished floors. Superb indoor/outdoor flow with a sizable outdoor entertaining area. There is a self contained studio apartment which can be used for older children, other family members or as an additional income, with its very own entrance.

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

VIEWING: By appointment
FOR SALE: By negotiation
ADDRESS: Amber Place, Waimauku



ONCE IN A LIFETIME IN RIVERHEAD

This property has a solar heated pool, private spa house and a covered entertaining area. Top of the line fittings and boasts exquisite granite bench tops in the kitchen which features walk in pantry. Beautifully presented, this home has been fully refurbished to the highest standard and includes all new wiring throughout, which includes wiring for surround sound and home theatre, and has been fully re-plumbed. The top level of this property is open plan, great for entertaining, whilst downstairs there is a study and a rumpus room, or an extra bedroom with separate bathroom.

CONTACT: Denise Glozier Licensed REAA 2008
dglozier.kumeu@ljh.co.nz

VIEWING: By appointment
FOR SALE: By negotiation
ADDRESS: Great North Road, Riverhead

ANIMALS AND ARTHRITIS

Arthritis is one of the most common ailments we see, especially as it gets colder. Arthritis begins gradually and slowly progresses as the animal ages but it is by no means restricted to older animals. Many different sorts of injuries, accidents or diseases such as obesity can predispose to arthritis. Arthritis is painful, so the animal often chooses to sleep more, or it may be lame or may be stiff after exercise. Many owners will describe their pet as simply 'getting old'. For the next couple of months the small animal team are holding an arthritis promotion. If you think your dog is affected bring it in for an arthritis consult and receive a free trial bottle of Metacam™ pain relief worth \$40 (while stocks last, some conditions apply). Whilst there is no cure to arthritis there are many things we can do to help our furry friends. Keeping them warm in winter and providing them with soft bedding are things you can do at home. In addition there are various nutraceutical, anti-inflammatory and dietary products which all help to combat the resultant pain that arthritis causes and which helps to slow its progression. Dr Irene van den Berg,

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

IMPORTANCE OF RELATIONSHIPS

A bond between parents and their child is one of the most precious things, and seeing your child happy, secure and safely looked after is paramount to any parent. From aged three over 90% of children will attend some form of Early Education.* A successful transition from home into an educational setting is critical to a young child's learning. For some infants and their parents this transition can be traumatic. Working together, parents and teachers can ensure that children see their educational settings as safe places where adults other than their parents, support and care for them. These bonds are an important part of children's development and learning. Teachers with a strong knowledge of child development recognize how important it is for children to have a sense of belonging, being loved, and trust in their environments. Warm and caring relationships with adults provide children with the basis for all types of learning. For instance, studies show the presence of attentive teachers encourages children to explore their worlds, extend their learning and reach out to other children and adults. Research also shows that from birth to age six, the child's brain and personality develop much faster than during any other subsequent period in their life. As communications between parents and teachers develop, the bonds between children and teachers will grow. At Playschool we encourage the parental involvement and provide for it in their early childhood education programs. We believe in creating and maintaining strong parent/family relationships that allow families a chance to network and offer support that goes beyond the 'Playschool Family' and into the wider Kumeu community. Having strong bonds and links between centre life and home life is an essential ingredient in their development and wellbeing during early years. An example of the way we establish these links is working together with the children to organise fun family/community events such as our remarkable "Olympics Fun Night". Where children and their families participated in events, a barbeque, and had an opportunity to talk with teachers outside the classroom, as well as socialise with other parents. Other practices playschool uses to form help form bonds between children, parents and the centre:

- Individual portfolio books allows parents to get updates on the children's activities
- Monthly newsletters - reflecting on the month, and providing an update on upcoming events and important changes
- Teachers will always make time for parents to discuss a child day, relay accomplishments or raise concerns
- Daily diary is a summary of each days activities in the room
- A primary caregiver/teacher is assigned to infants and toddlers to promote consistency and responsiveness to each individual child's needs.

Rachel Dick is the Centre Owner of Playschool Early Education Centre in Kumeu

*Ministry of Education – Statistic's 2009

YOUR SHED, YOUR WAY

Lifelong local resident Karen Body is thrilled to announce that she has just purchased the KiwiSpan business located in Huapai. Karen has been involved in the Steel Framed Building Industry for the last 12 years and has enjoyed being the Manager at KiwiSpan Rodney since 2006, with many satisfied clients. The well established business covers a large area from the Brynderwyn Hills south to Mt Eden, and looks after all varieties of sheds including garages, barns, stables, farm buildings, sleep-outs, and commercial or industrial buildings. Also, any shed can be designed and built as a house, consented to Council's habitable building standards. With KiwiSpan, there is no list of buildings from which you must choose and attempt to make it suit... in fact we can do any size shed of any height with windows/doors sized and placed to suit you. Our software program allows us to draw your building before your eyes and add in as many extras as you want; finished with a detailed quote for the newly designed building. Take the worry out of your next project and have us look after all the Council requirements for you. Our in-house architect draws all our buildings to a very high standard in order to get that consent through for you. The friendly KiwiSpan team here are backed by a small group of local contracting professionals who look after everything from a survey of your site for a Site Plan, to site preparation, foundations and concrete slabs through to our builder who erects every shed/barn as though they were his own. Karen is available to meet with you, so just give us a call to request an initial price and plan and any info for your building project, or come in and see us.



For any info on your building project call 09 412 8455, email Rodney@kiwispan.co.nz or visit their website www.kiwispan.co.nz
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Share a recipe:

Anna Sareczky

Editor

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250g plain sweet biscuits (or use gingernuts for a change)

120g butter, melted

4 eggs

500g cream cheese, left at room temperature for 2 hours

1 tablespoon lemon zest, or 1 teaspoon pure vanilla essence.

Lightly butter the base of a 20cm round spring form baking tin or a loose bottomed tart pan.

In the bowl of a food processor, whizz biscuits until they resemble fine breadcrumbs. Add melted butter, and press the mixture into the base and slightly up the sides of the tin. Place in the fridge 30 minutes to harden.

Preheat the oven to 160°C. Beat the eggs and sugar in a bowl with an electric mixer until thick, pale, and creamy. Add the cream cheese and the zest and beat until smooth. Pour on top of the base and place the tin on a tray in the centre of the oven.

Bake the cheesecake for approximately 50 minutes. Cool with the oven door ajar for a the first 20 minutes to prevent cracking.

Chill the cheesecake for 3 hours or overnight. Cover with a fruit glaze, some bottled passion fruit pulp, fresh fruit, or melted white chocolate. Keeps well for 3 days in the fridge.

CHANGE OF TASTE FOR THIS SEASON



As we ease into autumn desserts can take on a richer tone. A slice of baked cheesecake topped with some tangy fruit is the most satisfying end I can think of to a late supper. Cheesecake first emerged in ancient times when Greeks served a mixture of cheese and honey at ceremonial events. As the Roman Empire spread across Europe taking with it the notion that sweetened cheese curds are utterly delicious, each culture developed their own variation. Italians typically include the light texture fresh ricotta brings and more latterly, the displaced Jews developed the infamous New York Cheesecake incorporating a high proportion of sour cream and comparatively little sugar. Don't be tempted to use special, organic or 'natural' cream cheese on your first attempt, for the most consistent results use the Philadelphia brand. Recipes are almost invariably tested using this product. Full fat is

preferable to achieve a perfect set and a voluptuous creamy taste. There are so many possible flavouring options that entire books have been written on the subject. I have chopped a large Mars Bar into the mixture before pouring into the pan. Melted white chocolate can be added to the cheese mixture to give a soft aromatic edge. Alternatively, a simple sprinkle of perfumed lemon zest or a teaspoon of natural vanilla essence achieves a lovely delicate flavour. Usually though, I simply top with fresh berries, or some homemade plum jam and serve with a little cream or even entirely plain.

THIRSTY SPECIALS

The newest liquor store in town, Thirsty Liquor is run by owners Vinny and Renee who have been in business for over 20 years. This month's specials include Brown Brother Wines RRP \$18 our price \$12.99, tastings throughout the month of May.

CUTTING CONCRETE SINCE AGES AGO...

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Anna Sareczky
Editor

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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)

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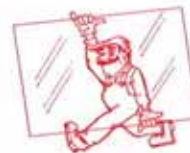
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