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COMMUNITY NEWSLETTER

AUGUST 2011

VOLUME 2
ISSUE 8

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:

| | |
|-----------------------|----|
| North West Link Opens | 1 |
| Kumeu Rotary | 6 |
| Kumeu Fire | 2 |
| Ratepayers | 1 |
| What's happening | 6 |
| Kumeu Vets | 8 |
| Perfect Anna Fudge | 10 |

START YOUR ENGINES...GET READY...GO !



Whether you believe it has been a long time coming or that it is a breath of fresh air, the new North West link is about to open. Although the anticipated time savings may only be five to eight minutes, the opinion from Auckland public is significant. "We canvassed over 100 property buyers in the area" says Graham McIntyre of LJ Hooker Kumeu, "and the new motorway link was a significant factor in them considering buying in Kumeu and the surrounding districts" ▶ ...cont pg 6

HIGH ON GLOSS - SPARCE ON SPECIFICS

The Rodney Boards Plan is out for consultation. With submissions closing at the Council on Monday August 8. The Board Plan is high on gloss covers and sparse on specifics which can now be seen by the community. The Plan has the same structure and layout as other Local Boards in adjacent areas of Henderson and Massey. In Kumeu a Heritage Park is put forward for us, but little else. There is no provision for extension of footpaths in the area. Likewise the future options for roading alternatives hasn't been costed or really identified. An extension for the Cemetery also has been mentioned but not accounted for in the next 3 year Plan. Clearly we, and hopefully others, will make a submission before the August 8 requiring the Cemetery and by-pass roading to be urgently costed into the Board Plan. If enough speak up for what we require maybe the Board will listen. The alternative is that the staff will carry on and do what they think is best! ▶ ...cont pg 4

WAIMAUKU SCHOOL 90TH JUBILEE REUNION



It was a wonderful day on Saturday July 2, 2011 for celebrating and meeting past students and families from Waimauku School. Ex students, teachers and families came from far and wide to join in the 90th Birthday celebrations with the oldest ex-pupil being 94 years old. ▶ ...cont pg 12

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

Mike Collins
Kumeu Police
Ph 412 7756



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

PROPERTY IDENTIFICATION REQUIRED

It has been several months since I last rambled about this but a timely reminder is needed. Most electrical items from your TV to the Toaster and equipment from the chainsaw to the ride on mower have a serial number somewhere on it. The trick is to find it, record it and photograph the item. It continues to frustrate Police when hard working, honest members of the community, through no fault of their own, become victims of a burglary and Police are required to take a report from them which has no information that will lead to the identification of their property should we locate it. Set aside a couple of hours this weekend to identify and mark your property in some way. Not only will it help us in identifying your stuff it will also assist in your insurance claims which by my own observations are regularly underestimated. Often the most sentimental and underestimated items taken from a home is jewellery, it is recommended that you photograph it all if you want at least a fighting chance of getting it back. Help us to help you, make the time and make a list. To make things even easier a website has been created under partnership with NZ Police to record your assets online. Please check it out at Snap.org.nz. Should you want any assistance on this matter please contact Constable Mike Collins at the Kumeu Station on 09 412 5194.

EXPERIENCED AT ANIMAL RESCUES

Animal Rescues - although it is not our core business, animal rescues count for a number of call outs each year. As we live in a rural area it is likely we will continue to have more. Having a fire appliance and crew involved in these types of incidents may delay our crews response time to life or property saving incidents eg, car accidents and house fires. We will always respond to a more urgent incident if at an animal rescue. It is just that we may take a little longer to respond. So, how can you help us? If you have livestock, horses and cattle are our most common, fence off the water ways is the best option. And a couple of ways to do this is - permanent fencing or if it is not practical then temporary fencing can be used. A product I saw at the field days recently was plastic standards - they are made of a light colour so that livestock can see them and don't rust when used in swampy ground. So plastic standards and electric tape should do the trick. The other option is to not place your stock in paddocks which have these possible hazards present. So with your assistance in live stock control Kumeu Volunteer Fire Brigade will be able to focus on our core business - saving lives and property. If you would like to attend a demonstration and workshop on animal rescue techniques from swamps and streams, Waitakere Rural Fire Force will be hosting a free evening demonstration which will provide practical advice and hands on learning. To participate please email your details to glms@xtra.co.nz or leave a message on 09 810 9251 and you will be advised of the meeting time and location.



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www.naturesexplorers.co.nz

SELLERS FEELING AN UPSWING IN DEMAND

The media have a lot to answer for in this country, as they do at The News of the World, however the use of broad brush statistical data on the Auckland property market is a little like blowing up a car tyre to the point that it rides hard and is unsafe. I'd like to work on facts: Last weekend at an open home in Vintners Close I had eleven couples through the open home, (that is 50% more than this time last year). We are experiencing an upswing in buyer interest (a lift to 8000 viewings on our properties through July from 3000 in 2010). In addition the following sales should give you confidence that the current market is firm if you choose to list and sell with LJ Hooker Kumeu. Drop us a line on 4129602.

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

| Kumeu | | | Waimauku | | |
|-------------------|---------|-------------|------------------|---------|-----------|
| Station Road | 1.3h | \$1,000,000 | The Rise | 1500sqm | \$820,000 |
| Pinetone Road | 2.9h | \$535,000 | Taylor Road | 1h | \$695,000 |
| Terry Smyth Drive | 1h | \$870,000 | Old North Road | 5.5h | \$718,000 |
| Oraha Road | 1h | \$800,000 | Hinau Road | 1.8h | \$920,000 |
| Access Road | 1h | \$1,060,000 | Rosella Grove | 1175sqm | \$622,000 |
| Orchard Lane | 1501sqm | \$805,000 | Riverhead | | |
| Tokay Place | 672sqm | \$440,000 | King Street | 1550sqm | \$575,000 |
| Tapu Road | 1027sqm | \$495,000 | Alexandra Street | 809sqm | \$480,000 |

IF YOU ARE LOOKING TO BUY CONTACT ME TODAY

March quarter data confirmed that the NZ economy is gaining momentum and this in turn increases inflation. The NZ dollar is continuing to set fresh post-float highs and global growth prospects remain murky at best. We are sticking to our call that interest rates will remain at current levels until December but then expect to see swift and significant increases. Our reasoning behind these comments is two-fold: 1. The high NZ dollar does contain inflation and 2. The on-going issues in Europe both of which should mean the Reserve Bank treads carefully over the next few months. If you are looking to buy property please feel free to contact me. I can offer 6 months pre-approval, 5 free QV valuations coupled with expert advice and very competitive pricing. Re-financing of existing home loans are also a specialty.

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

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Call Anna on 021607971

SUFFERING A LITTLE GRID-LOCK

Instead of habit forming laxatives why not try kiwifruit? A number of human clinical studies have found kiwifruit a highly effective way to provide relief from constipation. For some years kiwifruit had been anecdotally reported to have a laxative effect so a research group from the Auckland University of Technology, New Zealand conducted a study with older age adults giving them 2-3 kiwifruit a day for 3 weeks. They found that "regular use of kiwifruit appeared to lead to a bulkier and softer stool, as well as more frequent stool production."

A subsequent study in China also found that just 2 kiwifruit a day for 4 weeks relieved constipation, improved general comfort and satisfaction and decreased laxative use. And more recently irritable bowel syndrome (IBS) sufferers who ate kiwifruit (2 per day for 4 weeks) gained relief from constipation and improved digestive health. So next time you reach for a laxative, why not reach for the fruit basket instead? For more information contact Tamara on 09 412 8446 or tamara@kumeumedical.co.nz

Pssst....PAT IS BACKpass it on !



Many of you may remember Pat Delich from his 20+ years as a Real Estate Salesperson. A man of many talents, Pat is a Kumeu resident and has been for many years. He is married with two sons. Pat was self-employed for over 45 years with extensive experience in roading. He also grew hot house tomatoes for many years before entering the Real Estate game. An outstanding citizen, Pat has served our community in a variety of ways including the Auckland Road Transport Committee, Vegetable Growers Association, Kumeu A&H Society Show Committee, as a long time member of Kumeu Ratepayers Association, the local Rugby Club as a committee member, a coach and honorary life member. He was also a Founding Member and Deputy Chairman for 2 years, and first Honorary Life Member of the North Shore Rugby union. Pat has served as a Rodney District Councillor for approximately 10 years, and now after a short break, he has come back to Real Estate to serve our community as a sales professional for LJ Hooker Kumeu! With a lot of life experience under his hat, Pat aims to look after the needs of his clients in the sale and purchase of property in an honest and professional manner. Always extending his hand, Pat is backed by one of Kumeu's leading real estate brands, LJ Hooker, be prepared to see a lot more of him! To book a meeting regarding the Sale of your property, or if you are looking for a home, don't hesitate to call Pat on 021475502 or 09 412 9602.

▶continued from page 1

On another tack, the Maddren hearing is on in late August. The position for traffic movement and layout being proposed by Maddren's, has still not been made public. Given the opposition from New Zealand Transport Authority have to the project, it will be an interesting hearing, and clearly a second or third set of lights in Kumeu will add to local traffic congestion. I will keep you posted. Pete Sinton Chairman - Kumeu-Huapai Residents & Ratepayers Ass. email petesinton@townplanner.co.nz Ph. 412-2016

A DUCKS TAIL



It's that time of year again, a time when you see a mother duck emerge from under a bush with a trail of little quackers waddling behind. Sadly over the next few days it is an all too familiar tale as the numbers of ducklings diminish. 6, 4, 3, 2, none ... let's face it, ducks are not the world's greatest mothers .. They either can't count or don't care, possibly both. It is hard not to interfere when you find an abandoned duckling, Our first for the year was discovered having hatched and then fallen down between the bricks in a retaining wall. It's piercing squeak summoning help and a mother no-where to be seen. One severely pruned shrub and a semi demolished wall later and Floyd was free. (get it ? ... another brick in the wall !) Over the years we have become quite proficient at hand raising ducklings. The critical ingredient early on seems to be warmth and getting the new baby to take some food. If you don't achieve this within a few hours then it is likely that the duckling will not survive. Unlike birds such as sparrows that open their beak on reflex when Mum arrives, ducklings have to learn to eat. We find a mash of poultry pellets, tinned cat food and warm water in a jam jar lid seems to do the trick to start with. A really good sign is when they start to preen themselves and of course a few poos in the box are a good sign everything is working!

A large plastic storage box in the bathroom as an ideal "home", a base of untreated sawdust, hay or even newspaper makes for easy cleaning and also retains heat. Maintaining the bathroom at about 25 degrees keeps them happy too. The temperature can be reduced as they gain weight and maintain their own body heat. Singles need a bit of extra special help in the way of a mirror for "company". As babies they haven't developed the natural oils so will sink if left in water (ducklings in the wild get a bit of "waterproofing" by sleeping under an oily mother). Once 3-4 days old we offer them a twice daily swim in the basin, for no more than 5 minutes so they don't lose too much heat. Feeding ... once these little guys learn how to eat they never stop, feeding every three hours. We stick to Whiskas cat food, NRM Peck and Lay and an occasional pinch of calcium powder. We have seen some incredibly rapid weight gains, it is not uncommon to see them double in weight every three days. At 3-4 weeks old they are becoming a bit large (and smelly) to remain indoors and require a suitable pen outside in a warm sheltered spot. A large, but shallow water tub in the enclosure gives them hours of fun and the out-door enclosure also provides an opportunity to wean them from expensive cat food to slightly less expensive full maize / peck and lay mix. At 6-7 weeks they are still developing adult plumage but are big enough to be released. Most of the ducks we raise are Pekins or Rouens ... being flightless they will stay with our flock. Mallards (like our latest guests) are wild and will probably just fly off into the sunset without as much as a thank you quack, but they still make you smile.

Glyn Taylor
4125214

www.ksloa.org.nz
Kumeu Small Land
Owners Association

PLAYSCHOOL GOING FROM STRENGTH TO STRENGTH

Playschool has now been open for over 6 months and is quickly establishing itself as a centre of excellence in the Kumeu area. With a 100% qualified full time staff, low ratios of children to teachers and two new additions to its management structure, Playschool is going from strength to strength. Playschool is hosting an open day on August 21 from 10am-12pm, with specials for families who enrol on this date. A sausage sizzle and bouncy castle will provide a fun day out for the whole family. For more details on the centre and this upcoming event please contact Rachel on 09 412 8081 email info@playschool.co.nz or view or website at www.playschool.co.nz

KUMEU RUGBY IS A GREAT CLUB WITH A PASSION

Kumeu is fortunate enough to have a core group of passionate members (players and committee) that keep coming back and keeping our club alive. We have experienced growth this season and next season is set to be even bigger. Kumeu, not unlike a lot of rugby clubs, experienced a drop in senior players in recent years. We were unable to field a Premier side for the last 2 years, and when that happens, it's difficult to attract other senior players. In 2008 and 2009 we only fielded 2 senior teams. Fortunately, due to a motivated, hard working committee, the 2010 season was the beginning of a positive turn around with 3 senior teams. We have a huge Junior Club. There are 270 junior players in 19 teams (J8 to J1). The junior club is successful on and off the field and has seen significant growth in the past five years. We have pushed forward in 2011 with a total of 6 Senior teams. This includes a new combined Premier and S1 teams with Helensville Rugby Club. This is the first time 2 clubs within the Union have joined forces. It was a necessary and worthwhile move. If we didn't do it, neither club would have been able to put a Premier side together. They are called the Western Pioneers and are currently sitting 3rd equal on the table. This year we have also fielded a very competitive U19 team thanks to the hard work of 3 committee members. And the 2012 season is set to grow even more for us with the goal to step it up and field an U21 team bringing our senior teams to 7 (including the co owned Western Pioneers). Last Saturday July 9 we had our Club Day – 38 junior teams played at the club from 8am and from 1pm we had 8 senior teams playing with a fantastic 'members draw' after the Premiers game with the top prize being a LCD screen. The day was a huge success and just reaffirms our growing culture. All of the events of this season are exciting and positive steps forward for us. Our future goals are to build quality, competitive senior teams while ensuring a fun positive club culture that our whole community can benefit from and want to be a part of.

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Contact:
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09 411 8352



Anna Sareczky
Editor

Ph 021 607 971
Email:
annasareczky@hotmail.com



KUMEU ROTARY SPONSORS HOSPICE WEST

Guest speaker at last week's Rotary meeting was Barbara Williams, CEO of Hospice West Auckland. Hospice leases the Pomona Hall which is located next to the Kumeu Community Centre. The building is used for patient and family meetings, grief and bereavement groups, career support groups, aromatherapy massage and consultations by appointment for patients and caregivers. Kumeu Rotary pays for the lease on the building which is community owned, so the money stays within the community. Barbara explained that Hospice was looking to increase its use of the hall and expand its presence in the Kumeu area. Further publicity about this is expected later in the year. She expressed her gratitude for the assistance given to Hospice by Kumeu Rotary. Kumeu Rotary draws its membership from within the area Helensville to West Harbour, Riverhead to Muriwai. Membership enquiries from people interested in serving the community through Rotary are welcome. Make a difference to your community and yourself. Contact Graham Cato today on 09 4118352.

▶continued from page 1

The initial completion date was September however good weather and tight project management has allowed HEB contractors to complete the project over a month ahead of schedule. The link has not escaped controversy with questions raised about why some on and off ramps were not formed and why some of the walkway bridges had become expensive art-forms. The link will achieve some great benefits for the Kumeu area allowing easier access to Auckland and Albany business districts and fuelling more residential and lifestyle demand which should translate to more stable real estate prices and better council services.

A SOURCE OF CONFIDENCE

Pete The Builder Ltd is a residential construction company based in West Auckland and has been operating one way or another since 1972. The company was formed in 1995, Pete, himself has more than 35 years experience, mainly in house construction, but also with schools, factories, churches, community halls and apartments. Pete the Builder is able to provide Builder's Reports for clients who want an assessment of the home they are about to buy. Pete's 35 years experience in construction enables him to see most failures and potential dangers and water leaks in homes. This could be a source of confidence for you if purchasing a home is in mind. Pete's Builder's Reports are competitively priced at \$260+GST for almost all standard homes, factories, churches and schools may incur a greater cost. These reports generally satisfy the requirements of banks for mortgage approvals, and solicitors for purchase agreements. If you require a Builder's Report please contact Pete Aalbers at 021-980012 or email pete@petethebuilder.co.nz or visit www.petethebuilder.co.nz

DON'T BE A STATISTIC

There is no shortage of evidence that regular physical exercise is good for us. According to government studies, physical exercise reduces the risk of death or ill health from many diseases and conditions.

If you are looking for a good reason to get moving again, consider the following:

- Cardiovascular disease (including heart disease and strokes) is the leading cause of death in New Zealand, responsible for 40% of deaths annually – that's 11,300 people.
- Obesity is a risk factor for a number of diseases including diabetes, high blood pressure, coronary heart disease, osteoarthritis and some cancers.

- It has been estimated that by 2011, around 29% of the adult population may be obese.

- Approximately 80,000 New Zealanders are known to have type 2 diabetes. By 2011 this number could increase to 145,000. At least one third of this increase is driven by increasing numbers of overweight and obese people.

Regular gym based activity has been shown to have an important role to play in reducing the risk of death or ill health in all of the conditions mentioned above.

Regular exercise achieves many health benefits so come down to Kumeu Gym - your local community gym and ask one of our staff members how we can help YOU. Phone 09 412 8932.

NEW FIRE STATION FOR WAITAKERE TOWNSHIP

Wow a new fire station in Waitakere Township is nearly a reality for the community.

Hi, my name is Denis Cooper and I am the Chief Fire Officer for Waitakere Volunteer Rural Fire Force. The dedicated volunteers at Waitakere have been working hard to make this project a reality. We have been working closely with Council, funding providers, architects, planners and building contractors. So far all has gone to plan, and if it continues to do so we could be building as early as February 2012. The new station will serve the greater community as a fire and civil defence station for the next 25 years, with some great features such as, a training room, function room, drying room, office space, mezzanine floor for future expansion and most importantly room for two large fire appliances. I will keep you posted. For information on joining Waitakere Volunteer Rural Fire phone 09 810 9251 or visit the website www.waitakerevolunteerfire.co.nz. Members need to be within 4km of the station at 4 Township Road, Waitakere.

" nobody does it better "



EXTENSIVE VIEWS—NEAR NEW HOME

An immaculate 4 year old home with amazingly stunning views over native bush valleys and groves, this architecturally inspired home has 3 bedrooms, bathroom and en-suite. Open plan, high ceilings, and very spacious living area with excellent indoor-outdoor flow onto large decking - great for entertaining. Situated on a 10 acre private and secluded bush block

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

VIEWING: go to www.kumeuopenhomes.co.nz

FOR SALE: Present all offers

ADDRESS: 401 Wairere Road, Taupaki

WEB: www.ljhooker.co.nz/rxh14

WANTED



I'VE GOT A BAG FULL OF BUYERS THAT NEED YOUR HELP

Because I keep one ear on the ground and I call a spade a spade, I feel that I may have some answers for you, if you are thinking about selling your home now or in the future. Before you talk to anyone, drop me a line on 09 412 9602 and I'd love to come and have a chat about the buyers that I am currently working with. It may save you a lot of time and money.

CONTACT: Pat Delich 021475502 Licensed REAA 2008

VIEWING: pdelich.kumeu@ljh.co.nz
go to www.kumeuopenhomes.co.nz



A WARM WELCOME IN KUMEU

A warm and welcoming home that wraps around you like a snug sofa. Set in a quiet cul-de-sac this flat 1/4 acre property is private and fully fenced with mature low maintenance gardens. The home has an interesting mix of tudor and queenslander that delivers a distinctive quality while the open plan lounge dining links to alfresco in the east and west.

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

VIEWING: go to www.kumeuopenhomes.co.nz

FOR SALE: \$629,000

ADDRESS: 8 Vintners Close, Kumeu

WEB: www.ljhooker.co.nz/w7h14

OFFERS



SUBDIVISION POTENTIAL ?

There is nothing small about this opportunity set upon 3/4 of an acre of flat land in Waimauku. The lovely, warm brick home boasts four bedrooms, double lounge, double garage, and games room and workshop - with lots of sunshine streaming through the windows. Set down a private lane within the privacy of an established orchard and garden

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

VIEWING: go to www.kumeuopenhomes.co.nz

FOR SALE: Present offers (CV \$670,000)

ADDRESS: 61 Muriwai Road, Waimauku

WEB: www.ljhooker.co.nz/vch14

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\$785,000

ONE HECTARE WITH VIEWS

The home is in need of a little attention but is warm and homely and is situated in such a sunny spot. Close to Kumeu village and transport. The site has a variety of trees and flat area around the house and huge barn.

-1 hectare of fenced land

-3 bedroom, 2 bathroom Lockwood home

-Large double tandem half round barn

CONTACT: Pat Delich 021475502 Licensed REAA 2008

pdelich.kumeu@ljh.co.nz

go to www.kumeuopenhomes.co.nz

VIEWING:

FOR SALE: Present all offers

ADDRESS: 199 Oraha Road, Kumeu



\$569,000

OLD WORLD CHARM IN WAIMAUKU

Brick home with larger than average bedrooms, big lounge, good size dining area with wood burner fully refurbished bathroom. Also offering sleepout, extra toilet in the double garage. There is ample parking, well established fruit trees, plenty of room for a family to grow. It would take a little TLC to transform this property to its full potential.

CONTACT:

Denise Glozier 0272549999 Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz

go to www.kumeuopenhomes.co.nz

VIEWING:

FOR SALE:

\$569,000

ADDRESS:

971 State Highway 16, Waimauku

WEB:

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OFFERS

RELAX AT HOME WITH THE KIDS

This three story home is perfect for a large family. With 5 bedrooms plus an office, an attic and a play area there is heaps of space! Boasting a modern kitchen with open plan dining, wooden floors, renovated through out and a warm Kent style fire in the living area. This large home rests on a level section with swimming pool, there is even a sauna to relax in.

CONTACT: Echo McRae 0272330001 Licensed REAA 2008

emcrae.kumeu@ljh.co.nz

go to www.kumeuopenhomes.co.nz

VIEWING:

FOR SALE: Negotiable

ADDRESS: 55 Kaipara Portage Road, Riverhead

WEB:

www.ljhooker.co.nz/vgh14



\$669,000

GJ GARDNER BRICK AND TILE

A fabulously designed home, built of big brick and concrete tile roof offering all the warmth and beauty of modern construction with the warm and ambiance for a relaxed lifestyle. With four rooms two bathrooms, entertaining living with north facing alfresco the home opens out to a fully fenced cottage garden

CONTACT:

Graham McIntyre 0276320421 Licensed REAA 2008

gmcintyre.kumeu@ljh.co.nz

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SPECIALIST KITCHEN STORE IN WAIMAUKU



Mix n Match is Waimauku's first specialist kitchenware store with an eye on new trends and useful gifts to accessorise your home. You can find all the latest trends in cooking companions as well as classic tableware and lots of gift ideas all gorgeously presented. Our bake ware includes lots of different shapes and colours of cookie cutters, baking tins, icing colour, cook books and more. We offer quality, sophisticated products with professional service so that you can enjoy creating special occasions with your loved ones. Your purchases will be beautifully wrapped. We have a number of different gift options available. These include gift vouchers, corporate gifts, gift boxes and wedding and birthday gift registers for those special occasions. At Mix n Match we love to inspire people to enjoy family time together through the products and services we provide. See us at www.mixnmatch.co.nz or Waimauku Shopping Village.

SOMETHING SPECIAL WAITING FOR YOU

The Kumeu Arts Centre has many fascinating ongoing classes for people of all skill levels to enjoy, including book binding, flax weaving, pottery, creative writing and children's art classes. The centre has also undertaken a community quilt project in order to raise much needed funds for Christchurch. The Tie Quilt project requires no prior experience in quilting and aims to be flexible, there is no long term commitment, members of the community are welcome for one session or every session. The project is anticipated to run until approximately the end of term three. Meet at the Art Centre on the first and third Tuesday of the month from 10-1pm. Local artists should also be aware that the gallery is seeking to enlarge its range of arts and craft for sale within the gallery space and would be interested in accommodating more work. Work will be sold on a 25% commission basis. Another avenue to explore is for local artists to take advantage of the studio space and wonderful lighting in exchange for volunteering a few hours a week to monitor the gallery space. **Opening Hours** The Kumeu Arts Centre is open Mon – Fri, 10am- 3pm.

LOW CARB BEER IS BOLLIX



Beer is a relatively low carbohydrate beverage anyway. Beer has around 3-4 g of sugar/L which is a third of fruit juice at around 11 g/L. Around 80% of the kilojoules in beer come from the alcohol, and 20% from the carbs. So taking most of the carbs out only cuts the kilojoules by about 15%, but cuts the flavour by 90%. If you are thinking about drinking low-carb beer for your waistline, I suggest just don't! Instead come down to Hallertau and drink some delicious full-carb Pale Ale, but just drink 15% less. Contact the "Captain of Beer" Stephen Plowman at Hallertau, 1171 Coatesville-Riverhead Highway, Riverhead. Phone 09 412 5555



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PERFECT ANNA FUDGE



Share a recipe:

Anna Sareczky

Editor

Ph 021 607 971

Email

annasareczky@hotmail.com

I came across this triple tested recipe torn out of a magazine by my predecessor. 10 minutes later, gratefully, I had what appeared to be perfect fudge. This recipe is such a delight, there is no tricky timing issues, no incongruous equipment, such as sugar thermometers, and best of all is how special it looks. Pistachios are expensive nuts, but 50g is a small amount and they lend the finished product a gourmet air. It makes a lovely gift if presented in layered tissue lined boxes or small cellophane bags. Chocolate's flavour and quality is largely determined by the amount of coco solids, most good brands such as Lindt now state the amount on the front, so use 60-75% coco solids for the dark chocolate in this recipe for a more decadent fudge however plain cooking chocolate works perfectly well too.

10 Minute Chocolate and Pistachio Fudge - Makes about 50 squares

250g dark chocolate (the best quality you can find), finely chopped

100g milk chocolate, finely chopped

350g condensed milk

1 tsp vanilla extract

50g pistachios, roughly chopped

Line a 15 x 23cm tin with baking paper.

Place a pan of water on the stove and heat till simmering. Cover with a heatproof glass or metal bowl and place the chocolate and condensed milk in it. Stir occasionally until the mixture is smooth and shiny. Stir in the vanilla and then scrape into the prepared tin. Smooth fudge and then sprinkle over the pistachios, pressing them in lightly to prevent them rolling off when set.

Cover the tray with clingfilm and refrigerate until set, about 3 hours. This can now be kept in the fridge for up to a month. When ready to serve, cut into 2.5cm squares and store in airtight boxes in fridge or the cupboard for a few days. Alternatively, package prettily and visit a friend for afternoon tea.

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SUBWAY ADDS A TWIST TO SERVICE

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If you don't have an iphone we have online ordering. Heres the link. <http://www.subwayexpress.co.nz/Default.aspx?ReturnUrl=%2f>

Regards Mike Subway Eat Fresh!

KUMEU COUNTRY MARKET—DON'T MISS OUT

The next Kumeu Country is on the 21st August 10am-2pm Kumeu Showgrounds; make sure you note this date in your diary!!! The markets are held indoors over the winter period, so no matter the weather you will be dry and warm. Do you need to stock your fridge or pantry? Be insured the Kumeu Country Market will offer you and your family a large variety of gourmet foods. Choose from fresh local produce, rare cheeses, meats, delicious sweets, tasty preserves, homemade breads and much more. There are over 100 stalls available including beautiful clothing, unique gifts, local art/crafts, kitchenware, massage therapy, quality plants...children's entertainment rides, petting zoo and much more. New to the market is a cat refuge barn (wanting a new member in your family?)

Looking for fun over the weekend for all the family? Don't miss the Kumeu Country Market. The Kumeu Country Market will also be at the Best of the West Festival which is on the 9th Oct at the famous Kumeu Showgrounds coinciding with the Rugby... Keep up to date on this fantastic event with your copy of Kumeu Courier. See you on the 21st. Stall holder bookings Contact Courtney: 4129903 or 027 688 0818

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LUMPS AND BUMPS AND SKIN CANCERS



Abnormal lumps are very common in our four-legged friends. Many lumps are harmless (such as fatty lipomas) or they may be the result of an insect bite or other such injury and tend to go away on their own in time. On the flipside, many other lumps prove to be cancerous and these are the ones that you want to catch quickly. Some of these nastier forms can begin simply as a change in skin pigmentation or as a small scab. A good example of this is cats with white noses or ears – skin carcinomas in these areas begin as just a small non-healing scab and can quickly invade deeper tissue. It's easy enough to surgically remove these provided they are caught early. Other rea-

sons to get your pet to the vet include any lump that grows quickly, appears ulcerated or bleeding or one that is in an awkward position like on the paw or around the eyes. Remember the team at Kumeu Vets are always happy to chat! Written by Dr Irene van den Berg

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

MY ONLY DAILY COFFEE STOP

I have tried most coffee stops between Muriwai via West Harbour to Albany on my daily trip to work, varying stops each day depending where my mood takes me. That has changed since discovering Extract Espresso in Kumeu which has now become my only daily coffee stop. At Extract a large flat white still means lots of flavour, not just extra milk. The Supreme Boxer coffee bean they use offers a good rich malty coffee kick while keeping it smooth. But it's not all in the bean, great coffee has to be attributed to the Barista and the calm and caring approach that is so obvious at Extract Espresso certainly reflects in the end result with every cup. As well as excellent coffee there are always daily fresh and often warm from the oven scones, almond croissants, muffins and my favourite cinnamon brioche scrolls. They also have a small but well selected breakfast/brunch menu which I have not yet tried but watch in envy as the plates pass me while waiting for my coffee in the morning. The café is spacious and bright with a relaxed atmosphere, offering a wide variety of magazine to read suggesting that you would be welcome to wile away a few hours here without anyone minding. So if you haven't yet found Extract and love your coffee do pop by, they're next to the VTNZ building. Opening Hours: Mon – Friday 07:00 - 15:30. Saturday's 08:00 - 14:00 Extract Espresso 1/190 Main Road, Kumeu. Enjoy...Allison Pirrie-Mawer

▶continued from page 1

After much chatting and reminiscing, the day concluded with a dinner/dance where everyone had time once again to mingle, enjoy a delicious meal and dance the night away. Photos from the event are available for purchase from the schools' website www.waimauku.school.nz or Rocky at email glenrocknz@hotmail.com. Photograph pictured on the front cover shows students from the 1950's.

SOCIAL CLUB FOR RETIRED MEN

It is well known that men are slow to join clubs and organisation's especially after retirement. Rotary International became aware of the need for men over 60 and retired to make contact with other men of similar circumstance and interests. The result was the formation of Probus. Since its inception Probus has been the fastest growing social organisation in the World. The Probus Club of West Auckland caters for retired men from all walks of life, they are one of the few social clubs in West Auckland that offers retired men the opportunity to meet on a social level to discuss and take part in male orientated interests and discussions. New friendships are made and the opportunity to share interests without pressure or formality is appreciated by a membership that has an age range as varied as the youngest at 65 years old to its most senior member at 101. The Club has members from as far North as Kumeu and New Lynn in the South. Probus began in New Zealand in 1974 and by 1976 the idea had spread to Australia. At first membership was for retired professional and management people, as time has gone on the criteria for most clubs has changed, Probus West Auckland welcomes retired men from all walks of life. The Club's meetings are held on the first Friday of month at the Kelston Community Centre starting at 9.45am. The Club is renown for its informality, friendship and atmosphere. Club meetings may consist of a short speaker followed by morning coffee or tea and biscuits. A main speaker follows on a topic of interest to the members. The Club also organise's outings, lunches and combined meetings that can include wives and partners. The cost of membership which includes morning tea at all monthly meetings is an affordable \$30 per annum, Outings and extra activities are kept to a minimum cost. If you would like to know more contact John on 833 4117 or Roger on 834



Anna Sareczky
Editor

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MURIWAI SURF CLUBROOMS UPDATE

Construction of the long awaited new surf life saving club and community centre at Muriwai takes a big step forward this month, with Auckland Council commencing work to lay in the access road to the new site. At the same time utility services (water, electricity and telecommunications) will be run to the building site. The waste water plant for the new facility will be installed as the next piece of work, with construction of the building expected to start in September.

Behind the scenes, the trust leading the project, Auckland Council and funding agencies are finalising arrangements around the \$4.1m construction budget. \$3.1m is already committed to the project, with the trust focused on securing a further \$1m in the next 12 months.

The Muriwai Lifeguard Service, the sports fishing club and other community groups expect to be able to move in to the new facility in June 2012, at which stage the existing surf club building will be demolished and the site reinstated as park land. For more information contact Tim Jago on Muriwai43@xtra.co.nz.

FANCY SOME FEMALE THERAPY

Ladies, you are invited to come along to our women's fashion clothing clearance sale, at our warehouse in Kumeu. We have the Resort Weekend label, new season winter stock, samples, and summer stock, lots of gorgeous ladies garments in sizes 8-18. Styles range from casual to corporate. We have some new stock just arrived at giveaway prices, so...NOTHING OVER \$50.00!

PLUS, due to popular demand, we will now be open daily from Monday to Friday 12pm-4pm, and Sundays 12pm-4pm. Or else call Delia on 412 7770 and we can make a time outside of these hours... we are happy to stay open later or open up after work or weekends if that is more convenient. We are located at 283 Old North Road, Kumeu. Look for the sign on the entrance pillar that says "The Olives, Luxury Boutique Accommodation"... that's us too! Carry on down the driveway till you see the big shed on the left - that's the warehouse - heaps of parking outside too.

MUCH TO DO AT THE RIVERHEAD

Since opening in February the newly renovated Riverhead Historic Tavern has been extremely busy. "We have been overwhelmed by the support of the wider community and the amazing feedback is humbling" says Paula Pepperell. The Riverhead holds a unique place in history and a very popular place to chill out and enjoy a delicious meal in The Landing Restaurant in front of the fire or on the covered deck overlooking the water. Bookings are essential over the weekends but the ambience during the week is even more special when time can be taken to relax and enjoy the peaceful surroundings. The Riverhead's Portage Bar is also gearing up to be 'Party Central' over the next few months as it is an official Rugby World Cup Bar (one of the only ones in the area) and will be showing every game live on the BIG screen. If you can't get to the games live, this will be the next best place to be! Drop in or look us up online or on facebook - the Riverhead.

HOW TO DOWNSIZE WITHOUT STRESS

Downsizing is a challenge, and can be heartbreaking if you're trying to squeeze contents of a large home into a small bungalow or modern city apartment. These suggestions may ease the way:

- Create a good plan defining exactly what you really want in your new abode.
- If unsure about some items pack them up into boxes and put them in storage for 6 months, then decide. The distance of time can make it easier.
- Try culling these: clothes, books, CDs, unused kitchen equipment, excess china, glasses and utensils.

It may be a matter of 'letting go' of stuff that you've held onto forever. It's not an easy process. Letting go can be an emotional journey so allow plenty of time to sit with objects, cherish the memories that come up, and then decide if it's now time to let go.

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Share a story idea:

Anna Sareczky

Editor

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VINEYARD HAPPENINGS AT KERR FARM WINE



Winter is the time for pruning grapevines. During winter the vines are dormant, they have lost all their leaves and the sap is retracting back into the trunk and roots. This stored energy is what the vine uses in early spring to push out the new seasons buds. It is therefore an advantage to leave pruning to the last minute before spring sap rise. Practically this is not really possible. The later pruning also helps delay bud burst to some extent for the early budding vines. This gets the vines past the danger of late frosts which fry the new buds. So planning is needed in how you prune your block of vines. Prune the later varieties first, because you know they will not bud usually till the frosts have passed. Prune the early varieties last thus delaying their bud burst as much as you can to get them past the frosts. Next time you are driving past your local vineyards, have a look, some have been pruned, the late budding vines. Those still waiting are the early budding vines. Happy Pruning Jaison Kerr. Here is a link to my video on grapevine pruning, have a look around our site you might find something else you might like. Wine! http://www.kerrfarmwine.co.nz/videos/#video_4

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