

Free publication to meet the needs of Kumeu & Districts

# WWW.KUMEU COURIER.co.nz

COMMUNITY NEWSLETTER

SEPTEMBER 2011

VOLUME 2  
ISSUE 9

## 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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## AFTER A SNOW START SPRING IS HERE



Kumeu Art In The Garden October 29 & 30 on sale now

With spring comes a number of events that need to be clearly marked on the calendar and tickets secured to avoid disappointment. One such event is the Just Gardening show Saturday September 24 which runs 9am to 4pm and allows all those hibernating gardeners to break loose and run hysterically to the Kumeu Showgrounds to get a green finger fix. For those that haven't been, it's time to pull on the gumboots and shuffle on down. But wait there is a lot more besides. ▶ ...cont pg 6

## KUMEU TOWN CENTRE GETS THUMBS DOWN

The four day 'Resource Consent' hearing was held on 22-25 August at Soljan's Restaurant. The applicants took 2 days to produce their evidence on Traffic & Urban Design and reasons for the substantial 'Scheme Change'. Apart from some oblique photographic examples by Foodstuffs executive, Tony Catton as to what the 4000m 'New World Supermarket' would look like, no other layouts or roading pattern or housing types were produced. The community are still guessing as to the form of what is likely to occur. NZTA representatives were very reluctant participants but finally agreed that the only and preferred entrance to the development is through the now abandoned 'Placemakers' site, which is now owned by 'Foodstuffs'. They have indicated they want to be establish with the Supermarket within 2 years. The lack of layout Plan has made it very difficult for the Association to readily see the form of what will occur within the Scheme Change. The applicant, represented by Doug Allen Solicitor, made it clear that they only want to deal between the designers and the Council staff. They refused community involvement. A situation totally opposed by the Association. Ratepayers position was made clear to the 3 member commission at the Development Concept Plan the developers have to provide has to be notified for community involvement and participation. ▶ ...cont pg 4

## HONEY ZONE PROPOSED FOR KUMEU AREA



How would it be to live on an acre or a hectare in an unpolluted garden suburb of grapes and honey and fresh vegetables? With the proviso of no toxic sprays, sweet heaven-sent rain falling via an unpolluted roof (fitted with solar panels) into your tank, and when of no further use to you going back where it is meant to, to nourish the earth instead of through expensive (at your cost) pipes to pollute oceans and deleting the aquifer. You are here – but where are you going and what is it all about to become. ▶ ...cont pg 12

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

Kumeu Police  
Ph 412 7756



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

## DRIVERS THAT SHOULD NOT BE DRIVING

A recent law change has highlighted the risks associated with driving whilst under the influence. If you are under the age of 20 your breath alcohol reading must be zero. Some other driving issues impairing judgement includes:

- prescription and recreational drugs
- cell phones
- applying make up (generally not the blokes)
- eating (this is the blokes one)
- sleep deprivation
- and getting dressed

If you are thinking about driving, have a think about your state of mind, health, and priority. Don't mix your driving with other activity. It is plain common sense and the results often include serious injury or even death.

## ON THE LIGHTER SIDE OF FIRE RESCUE

It is not every time that the siren goes off and we down tools from work and head to the station, that it is a full on emergency, time critical, adrenalin pumping incident. Sometimes we get to the station, gear on appliance crewed, lights and siren on and out on the road when Fire Communications will give us a little more information, which can lower the level of intensity, and puts a bit of a smile on your face. At the time they can sound serious, but over time they just make you laugh. Past incidents such as:

- Child locked in Bedroom; I am sure we all at one stage in our lives have had to deal with that one.
  - Bird Stuck in Tree; (one of my 1<sup>st</sup> calls 10 years ago). That's something to tell the grandkids. Don't Birds usually sit in trees?
  - Plane in a Tree; this will be a big one. Model glider caught up in branches. Send up the newest Firefighter, up the highest ladder to retrieve for the concerned owner.
  - Car stuck in Drain; early morning call. Turns out Driver was best to have slept off his night of having a good time, before heading home. He called 111 hoping we could tow him out so he could get home. Handed to Police.
  - Fat Cat stuck in Drain; sometimes just more hands on the job and a second opinion gets the job done in the end. Winston, the cat, was not to impressed with the extraction technique, but the owner and crew were happy to see Winston meander off into the paddock (a little wetter than usual).
- Just another call with us all heading back to the station and to work , with a smile on our faces.



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[www.naturesexplorers.co.nz](http://www.naturesexplorers.co.nz)

# SPRING FEVER AS MARKET FEELS UPSWING

You have no doubt noticed that LJ Hooker have had a splurge of sold signs up around the neighborhood and with that a number of new listings coming through. Prices have been by-and-large fair given the past tracking of prices however some agents continue to **flat-line the market** and this is clearly evident in Huapai and Muriwai with some homes being sold at below market rate. Before you list with an agent give us a call and we will provide free of cost, a full market overview and written appraisal. Drop us a line on 4129602, we are here to help.

**Kumeu**

Riverhead Road	1h	\$480,000
S/Highway 16	1.3h	\$569,000
Access Road	1712sqm	\$425,000
Tawa Road	3h	\$705,000
Pinetone Road	4h	\$783,000
Oraha Road	2h	\$1,280,000
Trigg Road	5h	\$1,400,000
Vintners Close	1100sqm	\$560,000

**Waimauku**

Rosella Grove	1200sqm	\$648,000
Solan Drive	1100sqm	\$665,000
Freshfields Road	2530sqm	\$674,000
Gavinike Palce	1501sqm	\$690,000
<b>Taupaki</b>		
Nelson Road	4.8h	\$884,000
<b>Muriwai</b>		
Domain Crescent	1570	\$405,000

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

## IT IS A GREAT TIME TO SHOP FOR A PROPERTY

Despite early appearances, August finished dominated by overseas turmoil, dashing any hope that global financial risks might be receding. Atrocious economic data from the US and further suspicion about the European banking system being the main villain's in the piece. With this in mind we are sticking to our guns that interest rates will remain at current levels for the foreseeable future with the official cash rate increasing to 6% over the next 3 years (currently 2.50%). This outlook has lessened the urgency to move from floating to fixed rates at this stage.

If you are looking to buy property please feel free to contact me. I can offer 6 months pre-approval, 5 free QV valuations coupled with expert advice and very competitive pricing. Re-financing of existing home loans are also a specialty – special pricing if you have at least 20% equity/ deposit!

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



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## ZINC PREVENTS THE COMMON COLD

If you take zinc regularly you can reduce your risk of catching a cold, and if you start taking zinc when the cold catches you, you will beat it quicker. A large review of 15 clinical studies totaling over 1300 people found that zinc supplements significantly reduce both symptoms and severity of illness. Zinc has been shown to support your immune system and may even be directly antiviral.

Taking zinc within 24 hours of the start of symptoms was found to cut the risk of still having symptoms at day 7 of a cold by about half. And for prevention taking zinc for at least 5 months cut cold risk by a third. People who took zinc also had significantly lower rates of school absence, and prescription of antibiotics.

A safe amount of Zinc to take as a maintenance dose through winter is 15mg daily. However it is very safe to take 15mg three times a day whilst you are fighting a cold/viral illness.

For more information contact Tamara on 09 412 8446 or [tamara@kumeumedical.co.nz](mailto:tamara@kumeumedical.co.nz)



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▶ .....continued from page 1

The risk is that the community will have no say and that the design will be handled as a non-notified Resource Consent (shades of Winstones Recycling Plant). The Consultant Planner for the Auckland Council recommended that the Concept Plan be notified and that the Residential Density be 400sqm minimum. That recommendation is consistent with the Associations position on density and process. Maddrns are still pushing 200 sqm minimum section size which will result in 3 storied housing on extremely small sites with little or no amenities. That form of development is not appropriate in the Associations view. The hearing chaired by Greg Hill, Planner and Commissioners, Leigh McGregor and John Kirikiri has been adjourned. They advised that the decision will be out soon probably within a month. I believe the Association had a fair hearing but we are in the Commissions hands for the decision. I can see a appeal looming if the non-notified approach is taken. Watch this space. Pete Sinton - Chairman, Kumeu-Huapai Resident & Ratepayers Association Ph. 412-2016 Email [petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz) To join the Association - contact - Angela Van Winden, Treasurer, Ph. 412-8225

## PROMOTING LIFE VALUES AT ANGELS

Angels Childcare Centre is a new purpose built centre in the heart of Huapai/ Kumeu. We are a privately owned centre, our owners having over 20 years experience owning and operating childcare centres. Our friendly team consists of fully qualified teaching staff and our fabulous cook Janet. We provide nutritious home style cooked meals for all of our children. At Angels we follow a Christian based philosophy that promotes life values. We pride ourselves on providing quality professional care and education for your children. We offer a kindergarten service for 3-5 year olds with up to 3 days free and a full day-care service from birth to 5 years. Our children are encouraged to explore a wide variety of curriculum areas. We have a strong focus on preparing our older children for school with a tailored ready for school programme- offering both structured and free play activities in early literacy and numeracy as well as the practical self help skills required for starting school. For enquiries phone the Centre on 412 5325

## THE GUIDES OF WOODHILL DISTRICT & TUI12

Waimauku Guides are a growing group who meet each Tuesday for 'Adventurous Fun'. New Zealand was amongst the first countries in the world to adopt the principles of the Scouts, developed by Lord Baden- Powell, in 1908 with the Peace Scouts. Guiding as we know it started in 1910 and has grown and developed over the last 100 years to provide serious fun with the spice of adventure, a sense of achievement as well as responsibility toward the community and the world. In January of next year 12 of the Waimauku Guides will be travelling to the great adventure of Jamboree. Jamboree is a huge camp, under canvas, for approximately 3100 Guides and Leaders at Tui Ridge near Rotorua. Jamboree happens once every 4 years and is an extra special event that Guides never forget. Apart from the fun of camping there are activities such as kayaking, rock climbing, archery, abseiling, swimming, bushcraft, flying fox, tramping, raft making, theatre sports, drama, self- defence dance, woodwork, science activities and, most importantly, making friends and memories!

Any fundraising will assist the Guides to attend Jamboree 2012. Call Niki Swabey Phone: 0212349620 evenings

## EXCLUSIVE AND UNIQUE TO HOMESSELLERS

When it comes time to think about selling one of your most valuable assets you may like to consider where you will get more bang for your buck. If you are selling, there is only one company that delivers more exposure in more ways absolutely free of cost. This includes:

- Exclusive advertising in Kumeu Courier reaching 5000 local households and 2000 individuals by email
- Exclusive exposure on [www.kumeuopenhomes.co.nz](http://www.kumeuopenhomes.co.nz) the web site for open homes in the area
- Exclusive footage "YOU TUBE" is offered to all our clients to showcase homes 24 hours a day

If you want more "BANG" to generate customer enquiry it pays to go with LJ Hooker Kumeu Phone 09 4129602

# BEST OF THE WEST FESTIVAL HITS ITS STRAPS

A week-long festival is set to celebrate all that this is unique to the West, and this year it handily coincides with the 2011 Rugby World Cup. Everything kicks off at 9am on Saturday the 8th October with Helensville's Community and Heritage Festival. Heritage displays, music and dancing performances, kids entertainment and face-painting, street market, craft displays, haggis address with pipers and dancers, kapa haka performances and a wearable trash parade. Then the evening event commences from 6pm with big screen entertainment plus a licensed bar and a selection of hot food served from the on site café and food vendors. [www.helensville.co.nz](http://www.helensville.co.nz)

Then the 2<sup>nd</sup> half takes place on Sunday 9<sup>th</sup> October at the Kumeu Showgrounds. The hugely successful Kumeu Country Farmers Market will be there, as well as local food and wine producers, music and crafts, and there will be entertainment for the kids as the carnival gears up to entertain all ages for the day. Local iwi have recreated a Maori village and guests are encouraged to experience Maori weaving, culture and performances in a unique environment. At 6pm settle back with a glass of wine or cold beer and cheer on the big screen entertainment.

Following these special opening events, the rest of the week from 10th – 15th October will incorporate events at wineries around the wider Kumeu Wine Country, restaurant promotions, hospitality offers, community group events and local entertainment.

[www.kumeuwinecountry.co.nz](http://www.kumeuwinecountry.co.nz)

Ideal for Aucklanders or visitors during the Rugby World Cup who want something a bit different, the Best of the West Festival is a wonderful opportunity to get out of the big city and into the stunning western countryside, and with the extension to the Northwestern motorway up and running, Kumeu and Helensville are an easy 15 minutes from the CBD.

**Kumeu Garden Centre & Water Gardens**

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## KUMEU ROTARY MEETS LOCALS NEEDS

Every Tuesday night at 1900 hours the members of Kumeu Rotary meet at Allely House Restaurant, 393 State Highway 16, Kumeu (Taupaki/Old North Road roundabout). The purpose of the diner meeting involves a number of key initiatives that fuel community development and community fellowship. The group has a long history of fostering youth leadership in the area and also actively raises funds for initiatives that many local residents take for granted, including hospice, community patrol, Kumeu Fire Rescue to name but a few. The club is actively seeking new members and would like to invite prospective members to join us on Tuesday night. 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 and RSVP to Graham Cato today on 09 4118352.

Contact:  
Graham Cato  
09 411 8352



Anna Sareczky  
Editor

Ph 021 607 971  
Email:  
annasareczky@hotmail.com

▶ .....continued from page 1

On October 29 and 30 we welcome one of Kumeu's great regional showcase events, Kumeu Art in the Garden. The event features four award winning gardens, one of which is a garden of national significance. "It is such a joy" says Graham McIntyre founder and director of the event "to gather together some of the best gardens and artists within a symphony of colour, music and wonderful smells, all for local charity". LJ Hooker Kumeu underwrites the event every year which delivers much needed funds to local groups through Kumeu Rotary while putting Kumeu once again on the national events calendar". The gardens will each feature around 20 local and national artists featuring artwork that may be purchased by cash or eftpos, with a depth of fine art and sculpture that will have you inspired. In addition each garden will have music provided with a different theme at each garden to show off the flare of local musicians including members of Massey High and Kaipara College music departments that are proud to showcase their professionalism and prowess.

Your taste buds and rumbling tummy will be satisfied by food and beverage kiosks in each garden providing a range of drink options, snacks and meals that deliver good food at good value. Each Kiosk is run and funds retained by a local community group including Girl Guides, Scouts, Lions, Hospice, St Chads to name but a few.

The cost of each ticket is \$15 early bird (up to 30 September) or \$20 through October. Children accompanied by an adult are \$10 and under 5 years are free with a parent. (Supervision is important due to ponds and waterways at a range of the properties. To book your tickets or for more information on the event please log onto [www.kumeuartinthegarden.co.nz](http://www.kumeuartinthegarden.co.nz) or drop into the I site, Visitor Information Hub at Main Road, Kumeu.

## PREVENTATIVE MAINTENANCE IS ESSENTIAL



Avoid the spring rush, have your mowers and garden equipment serviced now. Already our workshop has seen increases in the work load as more people are utilising the better weather to try and re-tame their out of control lawns. Servicing and some preventative maintenance is a good way to reduce untimely and expensive break downs. As Autumn was long and drawn out, most mowers would have put in some pretty hard hours and no doubt are now in need of some TLC. Performance of mowers can be vastly improved by simple things such as blade sharpening. At Grasslands we offer a pick up & delivery service, full workshop facilities with factory trained mechanics and an extensive range of spares. Grasslands also offer an extensive range of new mowers and as we are not part of a franchise, we have lower overheads and are therefore able to offer the most competitive deals around. Make the call to Terry and the good folk at Grasslands on 412 7880 located at 20 Shamrock Drive, Kumeu.



## ALL GO AT WAITAKERE RURAL FIRE

The new station build project for Waitakere Volunteer Rural Fire Force is moving ahead at a great pace. We have been granted resource consent and have engaged a design and build company to take our concept through to a finished station. We plan to have building consent within the next 10 weeks and if all goes to plan we will build over the summer months. Our training programme is progressing well with all members training towards Level 2 and 3 NZQA Fire National Qualifications. These qualifications are a mix of theory and practical and ensure we are trained to a consistent standard across New Zealand. Over the next 4 weeks our training will focus on the use of monsoon buckets, portable dams, additives such as foam and portable pumps in readiness for the coming summer season.

For information on joining Waitakere Volunteer Rural Fire phone 09 810 9251 or visit the website [www.waitakerevolunteerfire.co.nz](http://www.waitakerevolunteerfire.co.nz). Members need to be within 4km of the station at 4 Township Road, Waitakere.

# " nobody does it better "



## SHAPE YOUR FUTURE

Wake up to the smells of the country on 4.4 hectares while having close access to the brighams creek interchange (average off peak to cbd 17 minutes). This beautifully crafted brick and cedar home represents delightful open plan living with north-facing alfresco to decking spa and patio with salt water pool, minor dwelling, box stables and chestnut trees.

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

**VIEWING:** go to [www.kumeuopenhomes.co.nz](http://www.kumeuopenhomes.co.nz)

**FOR SALE:** \$1,249,000

**ADDRESS:** 412 Taupaki Road, Kumeu

**WEB:** [www.ljhooker.co.nz/WNH14](http://www.ljhooker.co.nz/WNH14)



## EQUESTRIAN PROPERTY WITH VIEWS

Elevated with 180 degree views over Cascade Falls Golf Club and reserve, this home blends seamlessly into its tranquil environment. Solid construction underlies a six bedroom , three bathroom homestead, sheds and stables plus the added benefit of a minor dwelling with its own entrance . Motivated Owners will consider offers on this exceptional property.

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

**VIEWING:** go to [www.kumeuopenhomes.co.nz](http://www.kumeuopenhomes.co.nz)

**FOR SALE:** \$1,049,000

**ADDRESS:** 12 Long Road, Taupaki

**WEB:** [www.ljhooker.co.nz/WDH14](http://www.ljhooker.co.nz/WDH14)



## 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 ambience 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. Close to Waimauku School and Village. A must see.

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

**VIEWING:** go to [www.kumeuopenhomes.co.nz](http://www.kumeuopenhomes.co.nz)

**FOR SALE:** \$669,000

**ADDRESS:** 6 Cloverfield Drive, Waimauku

**WEB:** [www.ljhooker.co.nz/S5H14](http://www.ljhooker.co.nz/S5H14)  
[www.youtube.com](http://www.youtube.com) (keyword) mrljhooker



## 4 BEDROOMS ON 3300 SQUARE METERS

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](http://www.kumeuopenhomes.co.nz)

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

**ADDRESS:** 61 Muriwai Road, Waimauku

**WEB:** [www.ljhooker.co.nz/VCH14](http://www.ljhooker.co.nz/VCH14)

# " nobody does it better "



## 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

**VIEWING:** go to [www.kumeuopenhomes.co.nz](http://www.kumeuopenhomes.co.nz)

**FOR SALE:** \$795,000 NEG

**ADDRESS:** 199 Oraha Road, Kumeu



## 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

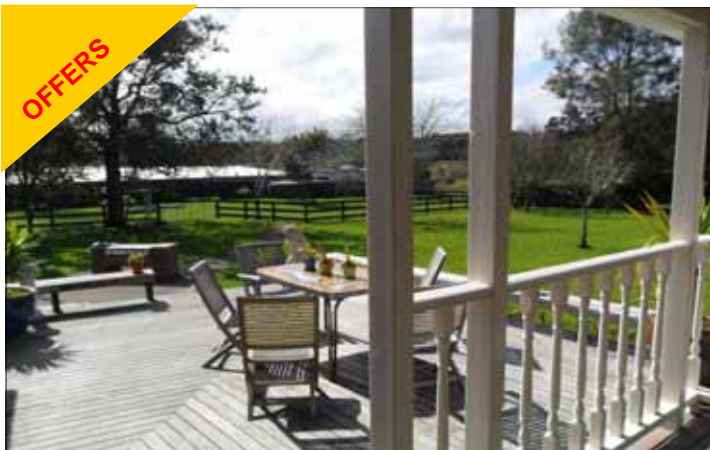
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**FOR SALE:** \$569,000 NEG

**ADDRESS:** 971 State Highway 16, Waimauku

**WEB:** [www.ljhooker.co.nz/vvh14](http://www.ljhooker.co.nz/vvh14)



## HOME AND DOUBLE INCOME

The main house is a Villa lovers dream. This has many original features including panelling in the formal lounge and dining area which gives a feeling of elegance to this large home. The master bedroom with french doors that open onto a sun filled deck and lawn area. Three dwellings on this site. Must be seen to be appreciated.

**CONTACT:** Denise Glozier 0272549999 Licensed REAA 2008

dglozier.kumeu@ljh.co.nz

go to [www.kumeuopenhomes.co.nz](http://www.kumeuopenhomes.co.nz)

**VIEWING:** Negotiable

**FOR SALE:** 157 Foster Road, Kumeu

**ADDRESS:** [www.ljhooker.co.nz/kumeu](http://www.ljhooker.co.nz/kumeu)

**WEB:**



## GOING, GOING....

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 ambience 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

go to [www.kumeuopenhomes.co.nz](http://www.kumeuopenhomes.co.nz)

**VIEWING:** OFFERS (cv \$690,000)

**FOR SALE:** Cloverfield Drive, Waimauku

**ADDRESS:** [www.ljhooker.co.nz/S5H14](http://www.ljhooker.co.nz/S5H14)

**WEB:** [www.youtube.com](http://www.youtube.com) (keyword) mrljhooker



## RUGBY WORLD CUP AT THE RIVERHEAD



The Rugby World Cup is just about to descend on us and it will have an impact on us all. Proud to be an Official Heineken Rugby World Cup Bar, The Riverhead has something for everyone. All Rugby World Cup Matches will be live on the BIG screen in the Portage Bar. For times and dates of all the matches see our Events Calendar on our website [www.theriverhead.co.nz](http://www.theriverhead.co.nz). Deacon's Kitchen, a separate room adjoining the restaurant is the place where you can book to watch a match, have a meal and enjoy the game with your friends. However if you're rugby'ed out, visit The Landing Restaurant for a meal or a quiet drink. You won't even know the rugby's on. As the weather begins to get warmer, relax and enjoy the spring on our weather proof deck over looking the water...it's a magical place to be when the sun goes down.

## MEMBERS EXHIBITION - BEST OF THE WEST

7<sup>th</sup> – 30<sup>th</sup> October 2011

Get creative for this, our second member's exhibition of 2011! Exhibition is run in conjunction with Kumeu Coast & Country 'Best of the West' Festival Highlighting our area to visitors to the Rugby World Cup 2011.

Contact the Kumeu Art Centre (located behind Huapai Library) 14 Oraha Road, Huapai, phone 09 4129480



## DRINK BEER TO REDUCE FATY BUILD UPS



Hoppy beer curbs the development of fat inside the body, researchers at Japan's top brewery have found. A team of researchers reached the conclusion after feeding a group of mice with high-fat feed containing isohumulones, an important component of hops that creates the bitter taste, and another group with plain high-fat feed. After six weeks, the group that was given the isohumulones-free feed grew 22 percent fatter than the other group. Kirin researchers believe the hoppy/bitter component of beer help the development of fat-dissolving enzymes. I can recommend as part of any comprehensive weight loss program, popping down to Hallertau weekly, for a couple of pints of hoppy Pale Ale to help get rid of the love handles. Contact the "Captain of Beer" Stephen Plowman at Hallertau, 1171 Coatesville-Riverhead Highway, Riverhead. Phone 09 412 5555 Your taste buds will love you for it.



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\*conditions apply

## BEST BROCCOLI "GREEN MACHINE"



Share a recipe:

Anna Sareczky

Editor

Ph 021 607 971

Email

annasareczky@hotmail.com

Of late, virtually every magazine you pick up lists the "superfoods". Eating these regularly promises glossy hair, plump skin, a better attention span and improved resistance to disease. With little variation, they include salmon and oily fish, berries, nuts, broccoli and leafy greens. Unfortunately most of these items fall into the luxury category for many households. Probably the most prosaic candidate, broccoli, is typically the only vegetable making the list that is regularly priced reasonably. However, even the biggest vegetable devotee, can tired of frequent servings of steamed/stir fried/blanched broccoli. Pondering how to make something a bit different I broached the subject with the owner of a popular Sydney delicatessen. To my delight she suggested a simple method to make an interesting salad component or side dish. This presents a more unique and grown up alternative to the standard smothering in an unctuous blanket of cheese sauce. Not that I'm knocking cheese sauce. A lot of mothers owe their children's tacit acceptance of a variety of vegetables to cheese sauce. For over 10 years that was the only way I would eat cauliflower. This method gives broccoli the gourmet treatment, maximizing the flavour and avoiding any trace of sogginess. You are left with a semi-caramelised robust accompaniment, or a fabulous base for a warm winter salad. To fill out the salad add some chickpeas and precooked shredded turkey or chicken pieces (try cubes of roast pumpkin for a vegetarian option). A summer variation is to add 2-3 finely minced anchovies with the garlic and roasting some tomatoes alongside. Dress with crispy bacon shards, torn basil leaves, and serve with a roast chicken and good hearth bread.

2 heads of broccoli, cut into florets, not too dainty, washed and dried

5 tblsp Olive Oil

1 1/2 tsp salt

1/2 tsp pepper

4 garlic cloves, peeled and sliced

1-2 lemons to taste, zested and squeezed into a small bowl

1 1/2 tblsp extra virgin olive oil

3 tblsp toasted pine nuts (optional)

1/3 cup freshly grated Parmesan cheese

Preheat oven to 220C.

Place broccoli on a large flat oven tray and drizzle over olive oil. Season with salt and pepper and sprinkle over garlic. Combine. Roast in the oven for 20-25 minutes until crisp and tender with some of the tips browned. Remove from oven.

Sprinkle the lemon zest and juice over the hot broccoli. Drizzle with extra virgin olive oil, pine nuts and basil (if using). Finally top with the Parmesan and serve immediately.

## GIRL GUIDING ALIVE AND WELL IN KUMEU

Woodhill District Guides are looking for new members. All three groups meet in St Chad's Church, Huapai on Monday or Tuesday.

**Pippins** our youngest group for girls are 5 & 6 year olds. They are encouraged to develop an awareness of the world around them, other people, themselves and the environment.

When you're 5 and 6 learning and growing is lots of fun – girls can:

Discover nature, Listen to stories, go to interesting places like the fire station or a bakery, Make music, Learn how to line dance, Look at the stars and locate the Southern Cross, Make a kite and fly it, Learn a new ball skill, Go on an Overnight Adventure, Attend an ANZAC Day Parade, Clean up a beach, playground or park or Go on a Pippinic!

**Brownies** 7-9½ year old girls are encouraged to become more aware and independent, having a say in what activities they do. Working both individually and in teams girls learn both indoors and out.

Brownies learn new and exciting things. Girls earn a wide variety of badges, patches and certificates, which girls find challenging and fun. Girls get to go on outdoor adventures and have one weekend indoor holidays and one outdoor camp each year.

**Guides** 9½ to 12 – 13 year olds (Years 6-8 approximately) develop leadership skills as they become more independent in making decisions. Guide activities are more challenging to reflect the growing levels of confidence in this age group. Being a Guide is about challenging girls to achieve personal goals while having fun in a safe and supportive environment.

Girls will never be bored at Guides. Some of the most exciting and interesting things to do at Guides include: Camping, Outdoor adventures, Learning leadership skills, Earning badges, patches and certificates, Community action projects, Jamborees on the air and on the internet, Cultural awareness activities.

In January 2012 we will have approx. 15 Guides going to the seven day National Jamboree in Rotorua with 3000 other girls.

**Leaders** 18 years or over to assist in all three units. Are you interested in helping girls to grow?

Contact Alison Hucke Phone: 4125821 or Niki Swabey Phone: 0212349620 evenings

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Sunday 9.30 – 10.30am

If you have any questions, please contact Nikki on 0210355499 or Kumeu Gym on 094128938. Kumeu Gym, 156 Main Road, Kumeu.



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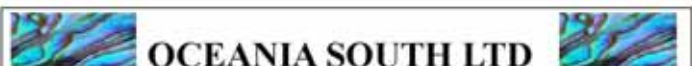
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## HORSE EMERGENCIES

So you've just come home from work, it's getting dark and the heavens are threatening to open up at any minute. You rush down to the horse paddocks to give them a feed and put their rugs on when you notice one of the ponies is literally stuck in the fence, or has a massive bleeding injury – every horse owner's nightmare. First thing's first – stay calm yourself. Before you rush up to the house to frantically call the after hours vet try to assess the situation. Even if a wound is bleeding you'd be surprised how much blood they can lose before you need to worry! Unless severely lame, try to get the horse somewhere clean and dry where it can be examined properly, ideally with light and where a wound can be given a good flush. Remember that a cast or stuck horse will be stressed so keep clear of its legs and use ropes (looped not tied) around legs to try to move or flip a horse. Try to determine which structures may be involved; is it skin deep or is a muscle belly or tendon involved? How close to a joint is the wound? Is there one main wound or multiple? The more information you can give us over the phone the better. If there is an actively bleeding wound grab some thick towels and apply pressure until the vet gets there.

Did you know?

- A horse can only breath through it's nose
- An average horse has 50 litres of blood
- Only horses have guttural pouches and nobody is sure what purpose these unique pouches serve

Written by Dr Irene van den Berg, Kumeu Vets

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



**Anna Sareczky**  
Editor

Ph 021 607 971

Email:  
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▶.....continued from page 1

Progress can and needs to be controlled. This is what a democracy is about and what planning should be concerned with. What would it take to persuade the powers to be to complete the wonderful possibilities instead of killing things, concreting things and poisoning the good in this area. I am proposing a HONEY ZONE be established in a garden suburb around Kumeu area, on our wine trail, in our tourist corridor to the amazing and the scenic West Coast. Bee colonies are collapsing worldwide and need our urgent help and protection. They need to be near varied, unpolluted suitable food and water. About 75% of our food depends on pollination. About \$81 million worth of honey is exported per annum plus bees and bee by products. The government is trying to stimulate this industry but having little real effect. We have so much to lose, and we can so easily do things that help:

- Plant bee friendly plants for the coming season
- Leave out small pockets of water
- Leave out small parcels of honey

We gardeners are readily set up but all the community has a responsibility, children have a responsibility. By planting suitable verges, parks, public places, roundabouts and council or government land corridors we can all take a national lead and set the precedent. Kumeu has a winery area, we have a shopping area, heck we have a commercial area, what I want is to have a garden area that can make this community beautiful and have a positive effect on the restoration of our bees. This would accomplish so much in our area including the increase in bee numbers, beautify our town, preserve our green image, maintain our western corridor which minimizes maintenance, encourages tourism, and provides job opportunities directly and indirectly through the increase in bee numbers. I would like to speak with people interested in supporting with time or money this initiative to support a HONEY ZONE in Kumeu and districts. Call me on 412 7542, Dawn.

## GATHER YOUR OLD BOOKS FOR A GREAT CAUSE

HUAPAI-KUMEU LIONS will be holding another Book Fair in the Kumeu Community Centre on Saturday October 29 and at this stage they are seeking the donation of unwanted books. Books can be left at one of three depots they have; Sunnyview Orchards on Highway 16, Huapai Hardware in Waimauku or the Kumeu Information Centre.

A spokesman for the club said the success of previous book fairs has rested on the generosity of local people culling their book shelves and contacting friends and relations who have books they are keen to pass on. Donations to the Christchurch Earthquake appeal reduced the amount of money the Lions Club had set aside for building a shelter and rest facility at the Kumeu cemetery and profit from October's book fair will, hopefully enable members to make a start on this much-needed facility. For more information phone 09 412 8950

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## IT'S TIME TO GARDEN

The 8<sup>th</sup> Just Gardening Show is on Saturday 24<sup>th</sup> September at the Kumeu Show Grounds. It runs from 9am – 4pm. Entry is \$7.50 for adults - parking is free. This is the place to come if you are new to gardening or an old hand at gardening for displays, demonstrations, plants, trees, supplies, tools, Greenhouses, inspiration, information and all things horticultural. The Weekend Gardener Magazine has been the major Sponsor from the very first Just Gardening. Trade site holders come to the Show from as far away as Kaitaia in the North and New Plymouth in the South. Just Gardening has the reputation of being a true Gardening Experience. Whilst here you can have a break and a catch up with friends in the Just Gardening Café and visit the Taste of Country Hall for some special goodies. Your purchases will be delivered to your car. Some great Raffle prizes can be won from the super donations from Site Holders. This year proceeds from the raffle are going toward purchasing concrete picnic tables for the Show Grounds. The garden show is put on by the Kumeu Agricultural & Horticultural Society and all proceeds go back into the Kumeu Show grounds. For information about having a Trade site contact Beth on 09 412 9322

## UPDATE FROM HUAPAI KUMEU LIONS CLUB

The annual change-of-offices function took place recently at Soljan's Winery Estate. Presenting his report for the past year, out-going President, Gary Moss said that in terms of service to the community, the club had worked on projects and given financial support to the following groups: Riverhead Scouts, Kumeu Band, Digital Talking Books for the Blind Appeal, Riverhead School, NZ Blood Bank Service, Massey High School Young Speechmaker. Members had also assisted with the Daffodil Day Cancer Appeal and the Collection for the Blind Appeal. Mr Moss said that the club had, as well, given the biggest cash donation in its 41 year history to the Christchurch Earthquake Appeal. The sum of \$13,595 was donated. One effect of this donation had been delay to the commencement of a major club project, the building of a Rest and Shelter facility at the Kumeu cemetery. The club now hopes to have sufficient funds to get this project underway before the end of this year. Membership enquiries to 09 4128950

## PLAYSCHOOL UPDATE

The centre recently hired a new Big Teds (Over 2's) Supervisor Nicola Cotton. Nicky has considerable teaching experience and provides pedagogical leadership to her team. Sarah Gurney has been at the centre since its inception and leads the Little Teds team of 5. I was intrigued to see a group of such young children playing together with some slimy green liquid gloop. I'm told it is called, they were blissfully happy and Sarah explained the value of the sensory experience. Each child has a 'primary' and secondary caregiver, mimicking the relationship of Mum and Dad at home so they develop strong bonds with the special adults who care for them. The centre management is outsourced to an external agency, ECE Management and the centre's Senior Manager Hilary Clemens ensures a high level of quality control and compliance. Rachel Dick, the centre owner works daily in the centre ensuring a real community feel and that from the top down there is an awareness of, and commitment to, excellence and growth. Rachel's passion for child education resulted in the implementation of a programme grounded in the Reggio Emilia philosophy. Children's interests are observed and used to develop programmes of inquiry that empower children to extend these interests. Preparation to school starts early at Playschool but is grounded in play, making learning fun. Contact Playschool on 09 412 8081

## THINKING HOLIDAY OR BUSINESS TRIP ?

With 30 years of travel experience and having travelled parts of the world on my OE, or as a individual or a couple, on business or as a family, I think I have covered most kinds of travel experiences. Whether you are having a dream holiday, or a business trip, I can offer you a professional and confidential service and advice to make your trip the best it can be. Working from my home in Kumeu, it's a one on one discussion with me your travel professional not an office environment. That's my point of difference. Information gathering, planning and finding the best deal that can be offered, that's my job. Ever fancied dancing at the Rio Carnival, exploding ancient Machu Picchu, or visiting natural wonderlands like Galapagos or Antarctica? Now it's both convenient and comfortable with a cruise holiday to suit you - contact me for a free information pack. Phone Annette Dunning today on 09 4129161 or 021609478. Email Annette.travel@xtra.co.nz

## RESTAURANT REVIEW "THE TASTING SHED"

After months of watching the new venue on State Highway 16 being built finally the much waited Tasting Shed opened in August and what a beautiful place Jo & Ganesh have created. With high ceilings and lanterns, rustic wooden tables including the long low table bar which gives a feel of popping over to a friends place for a casual drink. The combination of a rural setting and several creative outdoor areas like the free standing Spanish style Cabana and covered terrace area will certainly make it a summer destination. For those cooler evenings all these areas are heated with the thoughtful addition of blankets for added comfort. The menu offers a selection of intriguing tasting plates to share; glazed lamb necks on a white bean puree, chargrilled quail with watercress & pomegranate molasses, pickled cauliflower and cauliflower fritters to name but a few and my favorite braised rolled pigs head. And if that doesn't fill you there is the delicious churros con chocolate and cinnamon and citrus rice pudding to finish.

If you haven't been yet, pop in for a casual drink, lunch or gather a group of friends and make an evening of it.

Allison Pirre-Mawer



Share a story idea:

Anna Sareczky

Editor

Ph 021 607 971

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annasareczky@hotmail.com

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## PRE-SETTLEMENT INSPECTIONS



When you are purchasing a property under the standard NZLS Sale and Purchase Agreement you have the right to do a final inspection of the property prior to settlement (except in the case of some *mortgagee sales*). This inspection gives you the opportunity to carefully check through the property before paying the settlement funds across to the Vendor. In this inspection there are 3 main things you should be checking for:

1. Has the Vendor / Tenant moved out of the property?
2. Have the Vendors left the chattels as shown on the chattels list of the Sale and Purchase Agreement?
3. Has anything been damaged since signing the Sale and Purchase Agreement?

If in your final inspection you find that something has been damaged or removed you need to immediately notify your solicitor who will advise you of your rights and negotiate with the Vendors solicitor to get it rectified. Unfortunately the standard Sale and Purchase Agreement does not stipulate that the property needs to be cleaned prior to settlement. Remember that conditions cannot be added retrospectively, so its essential to get legal advice prior to signing a Sale and Purchase Agreement. If you would like a free Legal Checklist for buying and selling your property please call Jessie Foley on 021 881 771 or email on [jessie.foley@fortunemanning.co.nz](mailto:jessie.foley@fortunemanning.co.nz).

## DAFFODIL - THE FLOWER THAT MEANS SPRING



From the ancient poets to Wordsworth and beyond.

For all time, it seems, the daffodil has inspired the poet, and even today, nothing connotes the renewal of spring to us as dramatically as a drift of fresh daffodils swaying in a meadow. William Wordsworth, the legendary British poet, perhaps said it best when he wrote of the flowers in his classic poem, "Daffodils", published in 1804. This is the poem that so artfully describes the poet viewing "ten thousand" daffodils beside a lake, and is also the source of the phrase, "Dancing with Daffodils."

*I wander'd lonely as a cloud,  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.*

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