

# the Westerly

FREE monthly community magazine for Massey to Hobsonville

## PROPERTY MARKET REPORT ROTALITE WEST

- Hobsonville op shop
- Home and garden
- Local clubs
- ANZAC biscuits

## SPOTLIGHT ON HUAPAI & KUMEU

Circulation is 12,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.

Contact John Williamson on 021 028 54178 or [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com)

April 2016

# Intro

Welcome to the April edition of the Westerly.

Bringing you a great variety of community contributions, there's something to interest everyone. If you've overindulged in chocolate from the Easter bunny, there is lots of help to restore you to a slim trim body. If you are unlucky enough to need an ambulance, find out why a fire engine might turn up as well. Be reassured of other ways the community is kept safe, such as the Community Patrol.

If you have some cash left after the holidays, why not visit the new hospice shop in Hobsonville? Maybe you'll find something to enhance your home or garden. Keep in touch with what's happening in the local property market. Visit the new Hosonville eateries to enjoy a relaxing break.

Check out what the local chatter is on the Internet and what is happening or available in your area. Read our in-depth feature about the fast growing Kumeu - Huapai catchment, including interviews with a range of figure-heads within the community.

The Westerly, your local guide, keeps you informed! Enjoy it!

John,  
Editor



# the Westerly

## April 2016 issue

4	Community notices
6	Safer communities
8	In brief - updates
10	GT Marine
12	Local cyber talk
14	Property news & advice
16	Area property stats
22	Health & beauty
26	Area columnists
28	Pets tips & advice
30	Insider Huapai & Kumeu
35	ANZAC biscuits
36	Home & garden
38	Garden Secrets

### Questions and feedback:

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Follow our top tips to get the most out of your greenhouse as the temperatures drop.

An unheated greenhouse can keep overnight temperatures as much as 5°C warmer than outside, which will keep plants frost-free in all but the worst of winters. With a roof above and walls around them, a greenhouse also ensures that plants stay dry – which is a good thing because dry plants are much less likely to freeze than damp ones.

Placement of your greenhouse is super important so make sure it's going into a sun-soaked spot – you can always add shade in the warmer months, but you can't conjure up sunlight. Your plants need to be exposed to plenty of light, since natural sunlight is lower in winter. Shift any shading material out of the way and keep the glass clean.

CAFÉ  BOTANNIX



Serving breakfast through to  
afternoon tea, daily from 8.30am.

## Hardy Herbs

Pot up chives, parsley and mint in autumn and bring them into the greenhouse, where they'll continue growing all winter. It's worth planting up several pots of each, so you can harvest them in succession for a continuous supply.

## Forced Bulbs

If you'd like a little tulip, daffodil or hyacinth colour in your home over winter, your greenhouse can make it happen. Put your bulbs in the fridge for approximately six weeks, then plant in a pot and place in the greenhouse, to encourage early blooming. When buds start appearing, you can bring the pots into the house and enjoy your early spring blooms!

## Tender Perennials

Many soft summer perennial plants can survive through winter in a greenhouse, including fuchsias, petunias, geraniums and pelargoniums. The extra protection provided will keep these plants alive – but take care not to overwater them.

## Winter Colour

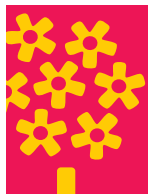
To get a head start with your winter colour, sow pansies, cineraria, polyanthus and primulas nice and early in the glasshouse. That way, when you are ready to fill in these gaps in the garden, or refresh your pots during early winter, you have the seedlings ready to brighten things up straight away.

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# Community notices

## Bridgestone Tyre Centre

Bridgestone Tyre Centre, Westgate wish all our customers a safe and happy Easter break.

However it's not called March Madness for no reason - the traffic has increased now that everyone is back to work, school and uni and we need to take extreme care on the roads.

Increased congestion means you need to be able to trust that when you brake you stop - you need to be able to rely on your brakes but did you know that the condition of your tyres also impacts the braking distance?

We are happy to check your tyres for you to ensure that when you brake you can rely on your tyres, this is a free, no obligation service - call to see us at Bridgestone Tyre Centre, 1 Cellar Court, Westgate, (behind McDonalds) phone 09 833 8333. Our team are happy to advise you on all your tyre needs.

## Hobsonville gets its very own West's Best Op Shop

Hospice West Auckland has proudly thrown open the doors to a brand new boutique-style op shop in Hobsonville, taking its total number of stores to six, including five brick and mortar stores and its popular TradeMe online store.

The new shop, at 6 Clark Road in Hobsonville, is in the heart of a rapidly expanding retail cluster developing to cater for the growing Hobsonville population. Hospice West Auckland Chief Executive Barbara Williams says the new shop just made sense.

"Our op shops are often one of the first interfaces the general public has with our organisation," says Barbara. "Hobsonville is one of the rapidly growing areas we service, and we're delighted to be able to have a presence there."

"They offer people a chance to discover a new-to-them treasure while providing our organisation with vital income to allow us to continue providing the first class holistic specialist palliative care we provide to West Aucklanders at no cost.

The store is open Monday to Friday 9am - 4.30pm and Satur-



day 9.30 - 3pm and can be reached on 09 416 0291. Donations of quality pre-loved items will be accepted at the store during opening hours only. For large or bulk items, Hospice West Auckland offers a free collection service, on 0508 4 HOSPICE.

## The importance of wedding vows reinstated

Planning a wedding is no doubt an interesting and challenging time. There are so many ideas flowing around these days that it is very easy for couples to lose track and get carried away in little details while trying to make their wedding unlike any other they've ever been to.

Sadly enough, it's more often than not that wedding vows get neglected or left till the last minute and done in a rush. But one thing

you have got to remember is that beyond all the lights and tinsel, bridesmaids' dresses, wedding flowers, candy bars, photo booths and personalised hangers, at the end of the day what really lasts - are your wedding vows.

They are your promises to each other, your keepsakes, your "go to" piece when you're feeling down, they are your vows to each other, so let's give them your greatest attention.

Planning a wedding? Or maybe it's time to renew your vows? Whatever it is, here are some helpful tips to help you write YOUR wedding vows.

1. Keep your vows personal, true to who you are as a couple. Don't pretend to be something you're not. If you're funny - be funny. If you are emotional - be that. Don't try to put on an act for your guests, because these sweet words are really just for your sweetheart.

2. Leave some time for preparation - Carry around a notebook or create a note on your smartphone during your engagement and take note of what you love most about your sweetheart. Whether it be that he always brings you coffee in bed, or the way his face lights up when you watch his favourite show, take note of these seemingly simple traits. By the end of your engagement you'll notice you have a notebook filled with inspira-



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tion to start writing those seriously sweet vows.

3. Find inspiration - Read romance novels, find a favourite poem, search for the perfect quote - whatever it may be, remember that it doesn't hurt to find a few favourites to reference.

4. Ask for advice - Consider asking a few of your favourite married couples for one piece of marriage advice - this might help inspire your vows!

5. Consider your audience- Avoid oversharing, or saying something that could be potentially embarrassing. The rule could be - if you wouldn't say it in the presence of your 80 year old nana, don't include it in your vows.

6. Don't make promises you won't keep - These are words you're going to remember forever, so don't make promises you don't intend on keeping. For example, don't vow that you'll make your husband's favourite dinner every Friday night, because some nights you might want to break said vow for a frozen pizza.

7. Embrace the emotion - You might cry and that's ok! Some of the sweetest ceremonies are the ones where the couple tears up!

8. Practice - Can't reiterate this enough - rehearse, rehearse, rehearse. The last thing you want to do is mess up your own vows, and the easiest way to prevent this is to practice.

9. Write them down - If you can't memorise - write your vows down. Keep them handy during your ceremony and reference as needed. Here is an idea - write your vows on a beautiful piece of paper or card and attach your rings to it.

10. Keepsakes- Once you've written your vows, consider having them made into a keepsake. Another idea? Ask your favourite calligrapher to write them out and frame them in your new home.

Prepared by your local wedding celebrant and wedding planner - Anna Moroz from Wedding Girl.

Always happy to have a chat for more inspiration and ideas [www.weddinggirl.co.nz](http://www.weddinggirl.co.nz).

## Soljans Estate Café

Soljans Estate Café and Function centre is perfect for groups of all sizes. Soljans Café is dedicated to producing a varied and delicious menu for its customers, whilst ensuring that all dishes represent excellent value for money. Soljans has long been a popular spot for locals and tourists alike, with loyal customers returning time after time to enjoy the Soljans experience. Soljans also offers the perfect vineyard setting for all functions: from wedding ceremonies and evening receptions to corporate conferences and private parties, Soljans provides flexible facilities to cater for all requirements. Book in now and take advantage of our affordable prices. To get in contact please email Brittany at [functions@soljans.co.nz](mailto:functions@soljans.co.nz) for more information or to book your table in the café phone 09 412 5858.

## Waitemate Scottish Country Dancing

We invite you to join us every Tuesday evening starting 1 March through to end November at Kelston Community Club at corner of Awaroa Road and Great North Road for a great night of Scottish Country Dancing. Beginner classes: 7:00 PM to 8:00 PM; Regular dancing 8:00 to 10:00 PM. Coffee, tea, and snacks at 9:00 PM. No partner is necessary. It is an evening of fun, friendship, and health activity. First night is free while the annual fee is only \$50.00. In addition by joining us you have the opportunity during the year to participate with likeminded folks in many other Scottish dancing evenings at various clubs throughout the city as well as a variety of Scottish shows, musical performances, dinners, and ceilidhs. For more details call 09 838 7263.

## New Year, New You ladies challenge

Celebrate the start of the New Year with the Kumeu Gym Team - Women supporting Women, kicking off - Saturday 2 April 2016 Ladies - does this sound familiar: "I can't, I'm tired, I'm too busy, and I'm too self-conscious?" Strength comes in all shapes and sizes; don't spend all of your time trying to be someone who you are not supposed to be, most of us have a pre-determined mindset at this time of the year. You are the strongest as you are and even stronger as the best of you. Embrace who you are and build your own strength. This ladies only New Year, New You Challenge is here to help remove these common misconceptions, to change these "I can't's" into "I can, I will, I'm strong, I'm worth it", to build your own authentic you and reach the goals you want to achieve while meeting new people and having loads of fun along the way. For more information or to register go to [www.kumeugym.co.nz](http://www.kumeugym.co.nz), email [admin@kumeugym.co.nz](mailto:admin@kumeugym.co.nz) or call 09 412 8932. What have you got to lose? Kumeu Gym, 250C Main Road, Kumeu (behind the Bakehouse).



## Check In To Win!



"Check In" through Facebook when you next dine in our Café for a chance to be in our monthly draw (April/May/June) to win 2 FREE mains & 2 glasses of wine.

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# Safercommunities

## Why does a fire truck arrive when I called for an ambulance?

Many people are unaware that New Zealand's Fire service has evolved to become a "fire & rescue" service. For a couple of years now the Fire service has been co-responding to all calls for an ambulance where a life threatening conditions exists. This is typically cardiac arrest, choking or other conditions where immediate action is required.

It is not uncommon for us to arrive at a medical call and have people tells us to go away as there is no fire.

Co-responding means that at the same time as an ambulance responds so does the nearest fire truck. All Fire service personnel have been trained in First Aid, including CPR and the use of Automatic External Defibrillators (AED's), and all fire trucks carry AED's and oxygen.

Anyone who has done it will agree that doing CPR is hard work, and whether we arrive before or after the ambulance, we work as a team with them. One of the keys to successful resuscitation is early defibrillation, and fire crews arriving before ambulances are trained, skilled and carry the right equipment to achieve that.

So if you ever have to call for an ambulance, don't be surprised if a big red truck turns up as well.

Keith Jenkins | Deputy Chief Fire Officer West Harbour Fire Station.

## Police update

With all the new building developments happening in the area,



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**Dates:**

First Weigh In:	2 & 3 April (Sat, Sun)
Mid Weigh In:	30 April & 1 May (Sat, Sun)
Final Weigh In:	28 & 29 May (Sat, Sun)
Outdoor Training:	Dates, Places TBC

Police have seen an increased rate in thefts and burglaries happening at various building sites around these areas.

If you are out walking, cycling or travelling in your vehicle and see anything you do not feel comfortable with, please report the activity you observe straight away.

There is a misconception from the general public that 111 is purely an emergency telephone number. This is not always the case, and Police urge members of the public to call 111 or \*555 when seeing any suspicious persons, vehicles or other incidents in your neighbourhood.

It is better and more likely Police will speak to or apprehend suspects and offenders if it is reported on these numbers at the time, not waiting until the next day to report to the local Police Station. It is for the call dispatchers to decide the priority given to the incidents, so please do not feel you are wasting Police time calling 111 or \*555 for what you think are trivial incidents. Remember, registration numbers, colour, type and make of vehicles are important.

## Waitakere Fire Brigade

I hope you all had a great Easter break and enjoyed the extra-long weekend.

Waitakere fire with Kumeu and Bethells Brigades provided education and entertainment at the Kumeu A&P on Sunday 13 March. The fire fighters demonstrated the use of hoses, and other equipment and children got to experience the Wendy Smoke House.

The weather was great and the crowds of people had a great time.

It's time to think about having your chimney cleaned and fire box checked ready for winter.

Access to properties in the event of an emergency is still an issue for us and St Johns. Make sure trees are trimmed to allow for a fire truck or ambulance to drive down your driveway. Your clear drive width needs to be 2.5 metres with a clear height of 4 metres.

If the truck cannot fit then we will need to carry all the equipment to the incident. A fire doubles in size every 60 seconds so a fire truck parked 100 metres plus away is going to have an impact on the outcome.

Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade, phone 09 810 9251.



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# InBrief updates:events

## Hobsonville Land Company

Two Cityhop carshare cars are located at Hobsonville Point and are available for use. They offer a great alternative to households needing to own more than one car. If you have occasional visits to clients or a regular weekly trip to a sports activity or supermarket, meeting friends for dinner etc. or have an overnight trip, the Cityhop is ideal. The Cityhop cars have designated carspaces. There is one on Hobsonville Point Road, near the corner of Baffin Street (a block over from Brickworks). The other is on Hastings Street by the Catalina Café. These are clearly marked 'Cityhop cars only at all times'. Cityhop also has cars in central Auckland, Wellington and Christchurch. When you become a Cityhop member, you have access to cars in these locations too. Cars cost \$15 per hour, \$75 for the day including petrol, or \$30 overnight. Cityhop is easy to use. To book a car, you can phone Alex on 0800 2 CITYHOP or 09 374 5081, or book online at [www.cityhop.co.nz](http://www.cityhop.co.nz) by the hour or by the day. Fuel is already included in the cost for hire. The Cityhop website gives examples of how much money you could be saving by using one of these cars, comparing costs of hire against average warrant, registration, servicing, fuel, and depreciation costs. It can be quite significant! If you'd like to give Cityhop a go for a short time before committing to a membership, please contact Kathleen Waldock at Hobsonville Land Company for more information [Kathleen.Waldock@hlc.co.nz](mailto:Kathleen.Waldock@hlc.co.nz), phone 09 261 5054.



## Introducing Rotalite West

Rotalite West is a new community organisation aimed at younger members, roughly 25-45ish, appealing to the younger and busier generation of people.

We work on a range of projects spanning from fundraising, community programs, and supporting local events. We have already completed several projects, one of which was our Ranui Community Garden project, demolishing and reconstructing a fence. "Sadly, due to continued vandalism and safety concerns the fencing required a new initiative to deflect the vandals from damaging the gardeners' well-toiled plots." Rotalite and Henderson Rotary members spent a day installing the new fence, along with trees, plants, and a portaloo, which had been funded by a Rotary grant. Another project was to source & install a

fence at Colwill Primary School to provide a safe play area, as well as a total make-over & replanting of the schools gardens. To fund these projects, we hold fundraising events. We are currently planning a Wine Tour to raise funds for Variety Club Kiwi Kids. Like all new clubs, we are seeking new members. We meet fortnightly at the Waitakere Cricket Club.

If you are interested, or know someone you think might be a good contribution to the community, feel free to contact our secretary Buffie via email: [secretary@rotalitetwest.nz](mailto:secretary@rotalitetwest.nz) or visit our Facebook page by searching for 'Rotalite' to find out more about us.

## Kip McGrath Education Centres

The first Kip McGrath Education Centre opened its doors in Newcastle NSW 40 years ago. Founded by school teachers, Kip and Dug McGrath, that first tutoring centre has grown since then into a global franchise network of 600 tutoring centres owned and operated by qualified and experienced teachers.

Each Centre offers tutoring to children from 5yrs through to Year 13 in literacy and numeracy (English and Mathematics) to NCEA. Delivering a curriculum that is proven, each child is assessed according to the NZ National Curriculum and a programme is written for that child based on their individual needs. Nothing inspires a Kip tutor more than a smile from a child who finally "gets it"! Watching a child suddenly start to enjoy learning and develop confidence in their abilities naturally translates into better results at school.

So if you are looking for a tutoring experience that will improve your child's confidence, encourage them to enjoy learning and help them improve their literacy and numeracy, contact your local Kip McGrath Education Centre today.

[www.kipmcgrath.co.nz/NZ/Westgate](http://www.kipmcgrath.co.nz/NZ/Westgate)

## Quality European Motorhomes and Caravans from Euro RV Ltd

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Because they buy directly from the manufacturer the savings are passed on to the customers. Full factory support means comprehensive warranties and easy spare parts service. There are always some RVs on display at their yard in Massey. Brand new models as well as demonstrators at very attractive prices are in the current lineup. Sorry, no trade ins. Please visit their website [www.euro-rv.co.nz](http://www.euro-rv.co.nz) for more information or ring Rainer on 021 266 3602 or 09 832 0064 for enquiries, catalogue orders and appointments to view.



## E-Pack Fulfilment

Whether you're a business selling online or just selling your own stuff on trademe – e-pack fulfilment have a service to make life easier.

Local couple Mike and Kathy Parry started e-pack last month, having grown tired of travelling to the airport daily and working for a corporate company. They bring their skills and strong relationships with suppliers over many years to bring cost effective solutions to clients locally or anywhere in the world.

For business users e-pack offers a full 3PL distribution solution across New Zealand and worldwide – e-pack take over the fulfilment of your sales and leave you to work on your business growth, saving you and your business time and money.

If you sell on trade me the days of finding a box to suit, packing it so it doesn't get broken and standing in line at the post shop are over. Drop your item to e-pack and we will pack it and send it by courier across NZ. Easy!

If you have friends and relatives overseas we have international solutions too via air and express courier.

Call us today on 09 412 7018 or come visit us at 16 Shamrock Drive, Kumeu.

## Wonderland Party

Little Miss Enchanted is now offering a Wonderland homebased party. So simple and easy to create a magical Wonderland scene using our one of a kind Wonderland props that the children will love.

Alice will arrive at your party to entertain the children and continue this magical experience. Alice will entertain the children for an hour and a half telling them amazing stories about Wonderland and all her adventures that she has been on, and play some



fun Wonderland games. She even has a few magic tricks up her sleeve and a special surprise for the birthday girl or boy! Dance to some fun Wonderland music and help Alice do the Futterwacken dance that the Mad Hatter himself taught her in Wonderland.

A truly enchanting party that the kids will never forget.

\$250 (\$20 travel cost may apply)

Email [info@littlemisenchanted.co.nz](mailto:info@littlemisenchanted.co.nz) for bookings and more information.

## Handy Hints for trade show Giveaways

It's coming up to trade show and conference season here in NZ. Have you thought about what your business is going to be doing for a branded giveaway when exhibiting?

Here at ASAP Promo ([www.facebook.com/asappromonz](http://www.facebook.com/asappromonz)), we came across a great article about how you can get more bang for your buck. Here are some handy hints for you to consider. Then give us a call on 09 973 4352 because we would love to meet with you and discuss your needs. We're happy to take all the hard work out of sourcing your promotional products and we thrive on creating solutions for you.

### "1. It's Relevant to Your Business

First off, your promotional items need to be relevant to the products or services your company offers. There should be a strong connection between what your company does and the messaging and/or function of your giveaway. For example, a dry cleaning business may want to distribute pocket packs of lint sheets with their branding printed on each pack. The relationship between the dry cleaner and the promotional item is apparent to event attendees, establishing proper context for the business.

### 2. It's Tailored to Your Audience

The next characteristic of effective trade show giveaways is that they are specifically tailored to a company's target audience.

Book your next business function at Auckland's newest venue right here!



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Your promotional items will never appeal to everyone, nor should they. There is a particular group of people who have a need for the products or services you offer. These are the individuals you want to appeal to with your event swag. The more relevant an item is to a given target audience, the more likely those audience members will retain the giveaway.

### 3. It's Useful for Attendees

Effective trade show giveaways have another thing in common: they are useful. Their function meets a need or provides a convenience for recipients. Useful swag can attract attention, saving your branded items from being tossed out. In the example discussed above, you'll notice that the dry cleaner's lint sheets were not only relevant to the company's services, they also were highly useful for recipients as well.

A data security company distributing branded data protection sleeves is another good example of an effective giveaway. The item is relevant to the company's services, it targets an audience of people who are concerned with data security, and it is very useful. In fact, recipients of this gift can protect their personal information from RFID digital pickpockets right away, by sliding their credit cards and IDs into the protective sleeve."

## Ambience Homewares & Gifts

For convenient local shopping and for all your gifts and home decor needs. Parking at the door. Sole stockist for Citata, French Country Collections, Ecoya, General Eclectic, Me & my Trend, Rock your Baby, to name just a few. Beautiful linen, cushions, throws, jewellery and handbags together with a fantastic selection of home décor and furniture. 325 Main Road, Huapai. Hours: Mon – Fri 9am - 5pm, Sat 9am - 4pm, Sun 11am - 3pm, phone 09 412 2466, email: sales@ambiencekumeu.co.nz.



## UK to NZ Pension Transfer Update – Counting Down to 1st December

When you bring your UK pension to NZ, the current UK rules allow a New Zealand QROPS (Qualifying Recognised Overseas Pension Scheme) to pay members a lump sum amount of approx. 30% of their transferred UK fund at age 55, plus provide an income for life. However, New Zealand legislation coming into force on 1st December 2016 will restrict withdrawals significantly, only allowing less than 10% in total to be paid at this age.

Therefore, if you wish to take advantage of the current legis-

lation, it is imperative that your pension transfer is well underway before 30th November. It typically takes six months to complete the transfer process, so phone Tony Chamberlain and the GBPensions team on 0800 427 693 as soon as possible or visit [www.GBPensions.co.nz](http://www.GBPensions.co.nz) to learn more. Disclosure statements for our advisers are available without charge or obligation.



## GT Marine Ltd - Outboard Motor Specialist

George Arona has 17 years of experience as an outboard mechanic working in the Auckland region. Certified for Mercury, Honda, Evinrude Etec and Johnson outboards since 2005. Having a fully equipped mobile service truck, I can perform all the necessary repairs from services to electrical work.

I am located at 3 Oraha Road in Huapai, where I have a full range of oil, lubricants, spare parts and batteries.

Present this code GTM 3 ORAHA RD and receive a 10% discount on the total invoice and go in the draw to win a \$100 voucher at Wills Outfitters store on the main road in Huapai. Present code 'GTM LOCAL' to receive a 10% discount on services or repairs. Phone George on 027 297 4832 or visit [www.gtmarine.co.nz](http://www.gtmarine.co.nz).

## Massey Monkeys Plunket Playgroup

Massey Monkeys Plunket Playgroup runs from 9am -11am from the Massey Community House on Don Buck Road every Thursday. We are a very friendly bunch of caregivers who love providing fun and exciting activities for our children. We'd love to see you along to try a session.

## The Tasting Shed

The Tasting Shed has one again been named in Metro Magazine's 2016 Top 50 Restaurants List, cementing its reputation as a top dining destination in Auckland. 'We're thrilled to be included in this prestigious list of recognised dining establishments, and especially proud to be representing West Auckland,' say owners Jo & Ganesh. 'We believe we have the best and most talented team of people working at The Tasting Shed to bring our wonderful customers a unique and exemplary dining ex-

### *Special thanks*

We have a number of pick-up-boxes in the area and we would like to thank the following companies for their support:

Countdown Westgate  
The Warehouse Westgate  
Mitre 10 Mega Westgate  
Countdown Hobsonville  
Countdown North West  
Mike Pero Hobsonville



**RYAN JACKSON**

M: 027 498 6202. E: [ryan@treehouseprint.co.nz](mailto:ryan@treehouseprint.co.nz)

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

perience, and we look forward to continuing our goal of being the best rural restaurant we can be.' This is the fourth time The Tasting Shed has been named in the Top 50 list since opening in August 2011. For bookings go to [www.thetastingshed.co.nz](http://www.thetastingshed.co.nz) or phone 09 412 6454.

## SeniorNet

Once again SeniorNet Kumeu members enjoyed a fabulous talk given by Grant Sidaway from SeniorNet Federation NZ. Grant covered a variety of computer problems we seem to create for ourselves. Passwords... they are the bane of our lives. He told us to create a good password then add a few different letters/no's for our different gadgets, thus keeping it simple to remember.

He also talked of Cyber footprints, saying to look on [www.google.com/settings/dashboard](http://www.google.com/settings/dashboard), then type in our name and check out what comes up. To remove these unwanted details from Google go to [support.google.com/websearch/answer/2744324](http://support.google.com/websearch/answer/2744324) and have those details removed.

Our next St Chad's day will be on Wednesday 6th April where our guest Speaker will be Beverly Meredith and Denece Goldsworthy, who will be showing us how to get the fabulous PICA-SA photo program so we can create wonders with our photos. 10 am start, \$3.00 entrance fee which entitles you to a tea/coffee and biscuit, multiple Raffles to pick from- \$2 for 1, \$5 for 3. Don't forget to mark your calendar, meetings are open to all, those who do want to become a Member, the annual joining fee is \$20 – phone Joan Crowe 09 416 7172. Come along and enjoy an interesting morning.

## Hobsonville Point Papis Plunket Playgroup

Come and join in the fun and laughter you will find at Hobsonville Point Papis Plunket Playgroup. We offer a large range of toys and activities that children under 5 will enjoy.

Everyone's welcome and everyone who attends is very friendly so pack a change of clothes and some morning tea for your child and come and find us on Mondays between 9.30 and 11.30 am at the Hobsonville hall.

Mondays, 9.30-11.30am at Hobsonville Hall on Hobsonville road. Cost: \$2.

## Alphabet Art

Alphabet Art for preschoolers and parents/caregivers continues on Monday mornings from 10 am to 11:30 am at River-

head Family Church – corner Arthur Street and Great North Road.

A group of mums (and some dads) and children get together for a 90 minute fun learning and play session, where there is music, phonics, craft, playdough, and other playing activities, to suit the child's age. It's



a lovely opportunity for caregivers and children from the wider community to get together in a relaxed environment with morning tea at the end.

Nina is a busy professional teacher who knows the value of children learning the basics before school, and leads the sessions, with various aspects run by mums attending. A gold coin donation is suggested. Mondays 10 am, during school term. Enquiries: [nina.bates@yahoo.co.nz](mailto:nina.bates@yahoo.co.nz) or 027 724 7222, or just turn up.

## Have Your Say – Submission to Council Annual Plan

The Massey Birdwood Settlers Association Inc. is making the following submission to the Auckland Council "Have Your Say".

As a resident and ratepayers organisation we are concerned about the impact of rates on residents in Massey.

The Council flyer indicates that Auckland Council is thinking of raising rates by 3.2%. For the 12 months ended December 2015, the CPI increase was 0.01% or 1/10th of a percent.

The Association has heard that increases in rates are not related to the CPI. Then what are they related to and how does the Council work out the rates? John Riddell, Secretary - Massey Birdwood Settlers Association Inc.


## ORTHODONTICS



Give kids a lifetime of  
**Beautifully Straight Teeth.**

Give your kids a lifetime of confidence with orthodontics ('braces') at Fraser Dental in Hobsonville. Our dentists have the experience and expertise to set your kids on the path to a confident, straight smile.

**Call 416 5050** for a consultation about teeth straightening.

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

## TAUPAKI GOJU RYU KARATE ADULT CLASSES

Tues & Thurs, 7 - 8.30pm  
Taupaki Hall - Taupaki Rd

Contact Sensei Bryan Williams  
(5th dan black belt)  
09 412 9768 or  
[julia@bwainsolvency.co.nz](mailto:julia@bwainsolvency.co.nz)



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2 WEEKS FREE TRIAL



# Localcybertalk

Looking for a 2 or 3 bedroom place up to \$500p/w, not fussed area wise. Full time working and can supply excellent references. Looking to move by the end of month. If hears of or has something, please message me or give me a call or txt 021 302 493.

I run an after school care in West Harbour and am in the need of an enthusiastic person to help us out. Hours will be 2.45-5.45pm and they need to be over 16 years old as I'm an approved centre which requires all staff to be over this age. For more information please feel free to email me on [cplewinski@xtra.co.nz](mailto:cplewinski@xtra.co.nz) or contact me on 021 832 181.

Just wanted to share these pictures of Massey Playcentre's new nature play-space, it truly is a treasure (taonga) for our community, (it's Playcentre awareness week so it's free to stop by and check their awesome centre out in Sunpark place) and this Saturday they are having an event in the park next door! Make sure you stop by.

Needing your iPhone and iPads fixed? Go with professional and experience. I'm a mobile technician I come to your home\ workplace and do the repair then and there! Now that's awesome!! No more driving, waiting in lights or trying to gather the kids together. I service your broken devices in the comfort of your surroundings but wait, there's more! I'm a free mobile service which means you don't even need to pay for my call out to you! No hidden costs either! Call me today 021 124 4904 for a hassle free quote and checkout my glowing reviews from my amazing customers. [www.Facebook.com/Ryanhandyallrepairs.com](http://www.Facebook.com/Ryanhandyallrepairs.com).



Redhills Community Kindergarten on the corner of Don Buck Road and Redhills Road has vacancies for children from 2years -5years. We offer 20 free hours for 3-5 year olds and a variety of sessional and full day hours. Come along and see what we have to offer in our fun learning kindergarten, or phone 09 833 6401 to enquire or enrol your child.

What's for dinner? You plan your own meals for the week, right? But who plans your dog's dinners? Let us personally plan, prepare and package raw meaty meals based on your dog's age, energy levels, weight and breed. Your "best mate" will enjoy a wide variety of tasty bones and meat we offer each week while you will love the convenience of our exclusive "doggy bag delivery" service. Your dog's health and wellbeing is important to us and we are dedicated to delivering quality raw bones, meat and tripe that forms part of a natural RAW diet just as nature intended. Get in touch today 021 297 4655.

Looking for quality and affordable house cleaning? Leave your free time to enjoy with family and we will manage the house chores. I have a few available spots during the week. Contact me on 021 024 27524 Medelyn.

Taxation and Management Advisors Limited. Let us take the stress out of your End of Year Accounts - Personal or Business! 30 years of Accounting and Taxation Services - See us in our City office or we can offer after hours appointments in our Local West Harbour Office. Phone 09 416 5780.

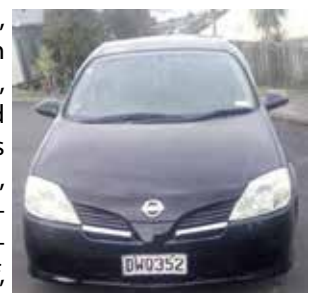
We have an opening at my company in West Auckland for an embroidery Machine Operator with some sewing involved. It's currently a casual position but there is opportunity for this position to become full time in the near future. The position will suit a student looking to work in the afternoons or someone looking for part-time work. You need to have experience in embroidery and hold a valid work Visa. Training will be provided where necessary. Email your CV to [service@embroiderit.co.nz](mailto:service@embroiderit.co.nz).

Opening soon in Hobsonville - This week's salad pick: raw energy - What's great about it: High in hydrating, restorative minerals and antioxidants that infuse straight into your cells to give them the goodness they crave. Quercetin is an antioxidant found in apple peel that provides ultimate protection from UVB rays that trigger wrinkles. Avocado is another great source of vitamin E to boost your skin's vitality and luminosity.



Are you looking to keep the kids busy and active this April holiday? Look no further! Grasshopper Soccer's Holiday Program is for 5 - 12 year olds and offers full-day sessions of fun and games for your little ones at a fantastic weekly rate. Book now to avoid disappointment! 021 293 9903.

\$4,000 ONO - Nissan Primera 2001, 225,150Km, Black, 5 door, Station Wagon, Petrol, 4 Cylinder, 2488cc, Tiptronic transmission. It has had 4 Owners, imported, WOF expires Nov 16. Rego on hold. ABS brakes, Air conditioning, Alloy wheels, Central locking, Driver airbag, Passenger airbag, Power steering, Sunroof, Reversing camera. This is a great car, it has done me well. It drives smoothly, and is very spacious. Suitable for anyone, but a really awesome family car. It has 6 speed hyper CVT transmission. There is CD/DVD/TV/Navigation built in, however it needs to be rezoned. Unsure of cost. Viewing in Torbay, North Shore. Please contact: Chris 027 472 2549, or Julianne 021 130 8100.



# AREA PROPERTY STATS

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island	580,000	847M2	70M2	766,500
	2,600,000	0M2	410M2	4,200,000
	710,000	850M2	128M2	885,000
Hobsonville	960,000	1110M2	250M2	925,000
Massey	430,000	450M2	132M2	590,000
	550,000	383M2	160M2	806,000
	660,000	509M2	178M2	865,000
	560,000	489M2	160M2	720,000
	365,000	445M2	140M2	445,000
	700,000	1132M2	145M2	848,000
	685,000	1183M2	260M2	843,000
	520,000	675M2	220M2	770,000
	560,000	642M2	100M2	677,000
	420,000	406M2	100M2	605,000
	405,000	563M2	100M2	587,500
	405,000	590M2	80M2	628,000
	440,000	736M2	140M2	625,000
	590,000	1013M2	200M2	820,000
	390,000	883M2	90M2	665,000
	690,000	1090M2	230M2	880,000
	460,000	610M2	130M2	650,000
	600,000	560M2	149M2	874,000
	810,000	698M2	219M2	925,000
	640,000	774M2	164M2	830,000
	435,000	426M2	90M2	550,000
	430,000	607M2	80M2	641,000
	385,000	632M2	90M2	632,000
	475,000	643M2	130M2	665,000
	425,000	417M2	80M2	542,000
	520,000	686M2	175M2	710,000
	570,000	835M2	200M2	877,000
	470,000	351M2	167M2	632,000
455,000	864M2	100M2	655,000	
West Harbour	560,000	660M2	165M2	760,000
	870,000	762M2	260M2	998,000
	750,000	660M2	270M2	1,015,000
	910,000	600M2	260M2	1,140,000
	425,000	371M2	90M2	620,000
	790,000	708M2	220M2	1,270,000
	440,000	724M2	80M2	735,000
	810,000	581M2	270M2	1,251,000
	520,000	730M2	80M2	765,000
	975,000	674M2	270M2	1,190,000
	370,000	194M2	135M2	545,000
	435,000	693M2	160M2	845,000
	840,000	745M2	251M2	900,000

"We charge 2.95% not 4% that others may charge" "We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked" Phone 0800 900 700.

"we'll save you a minimum \$2000 commission and give you a \$6000 multi-media marketing kick start"

"We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked"

**Graham McIntyre**  
Brand & Territory Owner



Every month Mike Pero Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential and Lifestyle transactions that have occurred. If you would like to receive this full summary please email the word "full statistics" to [hobsonville@mikepero.com](mailto:hobsonville@mikepero.com). **This service is free from cost.**

Disclaimer: These sales figures have been provided by a third party and although all care is taken to ensure the information is accurate some figures could have been mis-interpreted on compilation. Furthermore these figures are recent sales over the past 30 days from all agents in the area.

# Propertynews:advice

## Money Matters

Are you looking to buy your first home but struggling with the deposit? Help may be available via the HomeStart Grant made available through Housing New Zealand. If you have been contributing at least the minimum allowable percentage of your income plus meet other criteria around income levels (\$80,000 for single applicant and \$120,000 for 2 or more) and the value of the property, then you can apply. Please note other conditions apply.

3 years contributing = \$3,000 (the minimum you can get)

4 years contributing = \$4,000

5 years contributing = \$5,000 (the most you can get)

If you're building a new house the amount doubles. Call us for more information 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz.

## Market Report with Graham

With the Chinese New Year over, the Reserve Bank signaling a slight and ongoing lowering of the official cash rate there are signs that the momentum of buyer demand is building again within the Auckland property market. The Auckland market is not one market, it is a collection of different markets that offer unique aspects and advantages. Some of these markets offer development options, others better capital gains, or rental income. We suggest that there is still excellent value and buyer advantage in areas like Waimauku, Woodhill and Waitakere township which delivers larger land holdings, a more traditional 1/4 or 1/2 acre section and lifestyle options without the workload.

So let's recap: Hobsonville and Hobsonville Point continue to be a smorgasbord at \$900,000 through to \$1,400,000 for residential property. A steady supply of property is winning favour with the demand for new homes in a well-designed, modern township.

West Harbour sales have highlighted the diversity in homes selling at \$620,000 to \$1,251,000. Higher prices achieved in West Harbour Drive and Westergrove Place.

Slow sales numbers in Herald Island and Whenuapai around \$900,000.

Massey still showing strong supply as landlords cash in on high prices in the area - sales sitting at \$605,000 to \$850,000 with the average price hovering around \$670,000.

With strong marketing, clear pricing, and excellent buyer databases which continue to grow there has never been a better time to contact Mike Pero Real Estate to understand the value that resides within your home or investment property and the correct action to ensure you get the maximum value.

Mike Pero Real Estate has a very sensible commission rate that will save you thousands and deliver a substantial multi-media advertising campaign that will reach many thousands of interested and well financed buyers. It costs nothing to meet and talk about your thoughts, the market, value and time frames. It will deliver strong peace-of-mind and may be the motivation you need to get you motivated to start your journey. Phone 0800 900 700 or view [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) or drop into our high profile office at 2 Clark Road, Hobsonville. Licensed REAA (2008).

## Think Roofing - Think Precision

We are a family owned and operated company based in Auckland. With over 15 years experience in the industry, we have all your needs covered. Precision Roofing pursues in providing high quality work at a reasonable price. We use the highest quality materials to meet your



home or businesses requirements as we understand that Auckland is prone to various weather conditions. Our team has attention to detail, so all our work is Precision quality. The Precision Roofing team are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

Our services include: colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above. All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials up to 30 years. Call us today on 0800 002 222 for a FREE no obligation quote - we would love to hear from you.

## AT Home Staging

Now that Autumn has arrived, it's a good idea to start focusing



David Lloyd  
Director

David Lloyd Mortgages Ltd  
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Mob: 027 411 9255  
Email: david@davidlloydmortgages.co.nz

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on the look of comfort in your home for the potential buyers. We all want a cozy welcoming house to come home to in the cooler months. Once the potential buyers enter your home you want them to realize how comfortable they'd be there all year round. Stack firewood in the fireplace or neatly next to it so they feel it's "ready to go" (instant heat). Add extra cushions to your couch and some beautiful throws over the arm or the back of your lounge chair.



Add some candles in an attractive grouping. Make sure your light bulbs are warm white and all working, during your open homes on dull days the ambience that a few lamps or overhead fixtures create is very inviting.

Don't forget to make those bedrooms a haven also. The bed is the focal point of the room, brighten them up by using clean white duvet covers and add your favourite colour with a throw at the end of the bed and in the cushions. Keep your bedside table simple with a lamp and a small fresh arrangement of flowers.

For any further information please contact Anna or Tracey on 021 136 3750 or 029 200 9011.

## Getting your House 'Open Home' Ready: Top Tip Number 2

The 'C' Word: Cleaning and clearing away the clutter. Rooms that are full of bits and pieces of 'stuff' (think stacks of papers, books, CDs, and the teaspoon collection that was passed down from Aunt Mary) tell buyers something you would rather they not know. In essence it says that there is not enough space in this room (or house!). That the house is too small and there is not enough storage. I frequently get asked by vendors what they most need to do to get the house ready for sale. The best advice I can give is to either hire a skip and have a big throw out or store your prized bits in a friend's house or a storage facility. Be ruthless, if you haven't used it, worn it or even noticed it in over a year then think seriously about recycling or selling it. Approach every room in the house, including the garage (this often becomes the dumping ground for items that have no clear home) and really look at how it is presented. Can you see the shelves and the back of the wardrobe or is it so crammed full of clothes and tennis rackets and suitcases and ski poles (you get the picture) that the space is struggling to look adequate for basic storage.

Bottom line is the less you have in an area the larger that space appears! It's the single most effective and cheap way to increase the size of a room. The other part of the C word equation is cleaning. Clean all walls, skirtings, ceilings, doors, light, power switches and make sure no spider webs are hanging from the

ceilings or alarm sensors. Clean the windows inside and out and let the light shine in! Have carpets professionally cleaned and don't forget that buyers frequently open dishwashers and ovens so spic and span and odour free are key. Don't forget to hide unsightly wires from computers, TV and stereo. Clean out the pantry to enhance storage ability. The same applies to kitchen and bathroom cupboards. A serious buyer will often open wardrobes, cupboards and storage spaces and no one wants to face a perilous tower of items at risk of avalanching.

I frequently am asked to walk around a client's property and advise on what they should focus on in preparing their home for open homes. After all a fresh pair of eyes from someone in the profession of marketing property is one of the best resources available to you, so please give me a call! Contact Susan Annett on 021 335 788. Or email: susan.annett@mikepero.com. Licensed REAA(2008).

## Update from Sparkn

Are you finding it a struggle to untangle the cables from powerpoints? Do you have spaghetti under the desk? Can you find that USB adaptor every time you need it? With all the technology these days it is often hard to get everything charged and powered, especially now the children have their own tablets for school. Now is the time to take stock. We can easily add new powerpoints and our powerpoints now come with a USB module on request. You no longer need to find that adaptor or juggle it with the other plugs. Simple and easy, plug your sportswatch or phone direct to the wall. We can also tidy up those spaghetti wires for you and check for overloading to increase the safety of your property. Fantastic for schools and offices as well. With autumn officially here, now is the time to review power bills as well. Reduce these long term by replacing lamps with LEDs. Colour change have come a long way now and with a warm white option as standard you can use them for general lighting or effect, indoor or outdoor. So if you are looking to reorganise your power or renovate, now is the time to talk to us. Call Tony on 021 772 756 for your estimate today.

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Mike Pero Real Estate Ltd. Licensed REAA (2008)  
327 Main Road, Kumeu, Auckland  
2 Clark Road, Hobsonville, Auckland



## TWO BEDROOM BRICK HIDEAWAY - NEAR HENDERSON

2 1 1

Set Date of Sale

### 2 / 185 Swanson Road, Henderson

Set Date of Sale - 5pm, Sunday 24th April 2016 (unless brought forward)

Seeking a hideaway? A private home with tranquil setting, complete with mature trees, raised bed gardens, and easy living with a park-like outlook to Waitakere College sports grounds. This two bedroom plus study nook home delivers generous spaces, pleasing flow to decking, gardens and small lawn area. Tastefully decorated, clean and well-presented, we welcome your interest in this rare find. Close to bus stops, train stations, convenience shopping, schools and parks, well off the road and peaceful. Low maintenance and easy care. The CV on this property is \$360,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

[www.mikepero.com/RX740356](http://www.mikepero.com/RX740356)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

[www.mikepero.com](http://www.mikepero.com)



## AWARD WINNING EX- JALCON SHOW HOME - HOBSONVILLE POINT

4 2 3

Auction

### 15 Station Street, Hobsonville

Auction - 4pm, Sunday 10th April 2016 (unless sold prior)

This highly specified, meticulously finished ex-Jalcon show home delivers contemporary styling, earthy tones and very pleasing flow to meet the needs of the executive, early retirees, or the family looking for an easy care, natural flow, alfresco home. Entertainers open plan, kitchen and dining leading to informal lounge and patio area with spa and shade sails. Astute plantings providing colour, creativity and contrast. The double garage is lined and carpeted to allow options for impromptu rumpus or games area, while having easy access to the formal lounge and downstairs toilet/powder room. Four rooms upstairs with main bathroom and ensuite, the home has been well planned for family living, ensuring separation between the master and additional rooms, delivering privacy and quiet places.



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

[www.mikepero.com/RX742038](http://www.mikepero.com/RX742038)

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[www.mikepero.com](http://www.mikepero.com)





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3 2 1

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**33 Elizabeth Drive, West Harbour**  
Enquiries Over \$719,000

From the first time you lock eyes on this property it resonates a special connection, a sense of family fun and a statement of classic ambience. The section is elevated, boasting approximately 760 sqm, fully fenced front and back yard with a peppering of mature shade and fruit trees. An extensive patio with servery windows from the modern and fully renovated kitchen, the open living feel of the home makes it easy for family living and entertaining. Offering three generous rooms and detached double garage it is not short of space for the family nor the toys. The home overlooks Midgley Park and offers easy access to North West Mall, Westgate, West Harbour School, Transport Links and motorway access.



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

**Susan Annett**  
021 345 788

susan.annett@mikepero.com

[www.mikepero.com/RX646151](http://www.mikepero.com/RX646151)

# Mike Pero Real Estate Hobsonville is delighted to welcome Susan Annett.

Susan Annett is currently working in your area.  
Want to know what your property might be worth  
in today's market?  
Contact Susan for a no obligation FREE appraisal.

**Susan Annett**

021 345 788

susan.annett@mikepero.com

Office Location: 2 Clark Road, Hobsonville

[www.mikepero.com](http://www.mikepero.com)







**VILLAGE OUTLOOK - COLONIAL DESIGN - WAIMAUKU**

4 1 2

**By Negotiation**

**8 Mabbett Lane, Waimauku**  
By Negotiation

Looking for a country aspect with a traditional 1/4 acre section, neighbourly quiet country lane and services and high decile schooling close by? Look no further than 8 Mabbett Lane, Waimauku. A country style home with 4 bedrooms, 2 lounges, 2 bathrooms, open style living and dining opening to decking to the North and South. Elevated cul-de-sac living environment, single garage, and minutes from high decile and high ERO rating Waimauku Primary School, parks, convenience shopping and transport links. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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**LAND FOR BANK OR FOR LIFESTYLE - NEAR KUMEU**

3 3 2

**By Negotiation**

**81 Foster Road, Kumeu**  
By Negotiation

Whether you are seeking an investment for the future or a property with multiple incomes this idyllic lifestyle property offers a tantalising 4 hectare (10 acre) gentle sloping backdrop with which to buy and hold or buy and invest. The land has a three bedroom brick home, storage sheds (that are rented) and cool store. The property also has a water bore for a buyer wanting to use the land for horticultural use. Close to schools, parks, convenience shopping centres and transport links. The CV on this property is \$1,125,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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**EXTENDED, PRIVATE FAMILY LIFESTYLE LIVING - WAITAKERE** 4 4 4

**AUCTION**

**74A Waitakere Road, Waitakere**  
**Auction - 12pm, Sunday 3rd April 2016 (unless sold prior)**

2 Hectares of elevated lifestyle offering 360 views from the top of a hill with wraparound decks on lower and upper levels. This North facing cedar home delivers great options for an extended family or a family with older children wanting their own environment. Extensive views over Taupaki and Waitakere Ranges with an aspect that takes in the beauty of the land interacting with its surroundings. Large four car garage, extended concrete parking and driveway compliment the offer. The CV on the property is \$980,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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**PEACE AND TRANQUILITY IN WAIMAUKU** 3 4 1

**Enquiries Over \$1,000,000**

**126 Hinau Road, Waimauku**  
**Enquiries Over \$1,000,000**

North facing home in bush setting. Three bedroom single level weatherboard home with modern designer kitchen and open plan living opening on to tranquil decks with flowing water fish ponds. Four car garaging with workshop and an abundance of extra parking. Close to Waimauku shops and school only minutes away to Muriwai beach and Woodhill forest and 20 minutes to new north western shopping centre this has to be the best country living around. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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## BRING THE KIDS & THE CHICKENS - WAIMAUKU

3 1

Set Date of Sale

### 279 School Road, Waimauku

Set Date of Sale - 5pm, Thursday 7th April 2016 (unless brought forward)

This elevated two level home is a blend of Swiss chalet and traditional Kiwi homestead, offering open plan kitchen/dining, formal lounge with extensive northerly views from both levels over Waimauku Valley. Three rooms (two downstairs), the home has excellent flow to wrap around decking, lawn, and garden area with extensive fruit trees, berry vines and chicken run. Excellent off street parking with options for parking under the house or easy conversion for a workshop and storage area. The home provides all the elements of nature, growing, bird-life and self-sufficiency. In all respects it is one out of the bag. The CV on this property is \$620,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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## LIFESTYLE LIVING NEAR WAIMAUKU

4 1

\$718,000

### 1548 State Highway 16, Woodhill

Asking Price \$718,000

This Woodhill property on just under half an acre has great gardens and mature fruit trees. The 1950's bungalow allows for easy living and a pleasant rural outlook. Elevated north facing decks and lawns give a private setting with great outdoor living. The home features 4 bedrooms, 1 bathroom, and multiple car parking (there's even room for the boat). Perfect to raise a family or for those passionate about outdoor adventures, or just to indulge and relax in a country setting. Embrace the relaxed rural life on this easily maintained block. Sit back, watch and listen to the tui and other birdlife whilst enjoying the bounty from the garden. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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**TUSCANY IN COATESVILLE PLUS BIG BARN ON 2 HECTARES** 4 1 2

**By Negotiation**

**557 Ridge Road, Coatesville**  
By Negotiation

Idyllic setting, nestled north west, enjoying all day sun from an elevated position looking over grazing land and native bush environments. This 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables.



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**COUNTRY COTTAGE STYLE - GOLD IN KUMEU** 3 1

**Enquiries Over \$875,000**

**50 Trigg Road, Huapai**  
Enquiries Over \$875,000

Established semi-rural setting, this tidy three bedroom weatherboard bungalow set on 1049sqm is a golden opportunity. An idyllic setting with white picket fence, and extensive entertaining decking leading out to north facing pool, this home offers an investor or a family a substantial home with options to add diy value in the future. This picture perfect setting is located across the road from Huapai School and is literally minutes to parks, playgrounds, convenience shopping and transport links. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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# Health:beauty

## You've got to earn Good Health

Many of the demands we have can be addressed within the comfort and convenience of a swivel chair and iPad. The not so obvious danger is that we stop 'movement'. And this is the movement that could save and extend our lives.

Years ago in New Zealand the trend was to talk about 'heart-health'. These days it's about sky-rocketing obesity and to a lesser degree cancer. All of the above is inter-related. As you become fitter your heart muscle becomes stronger, your longevity extends, you lose unwanted body fat and are less likely to get cancer.

Fitness doesn't come easy. All progress needs to be earned. You need to make the effort and this should be at the very least, every day.

Yes it is easier to sit and be distracted by the numerous other 'priorities' in life. But none of these priorities would exist if YOU didn't exist. So, start earning good health today. Make the effort.

## What do you do when your back "goes out"

What should you do when your back has "gone" or a neck/joint pain suddenly occurs? If your pain is very bad the best thing to do is seek professional help from a health practitioner. If it is "not that bad" or there is no help within easy reach you can try to help yourself.



- Stop the activity that caused the problem (lifting, doing sport, etc.), change your posture and try to do some stretching without causing pain. Don't try to "work it through" hoping that "it will go".
- In cases of severe sprains and bruises apply a cold (ice) pack, anti-inflammatory ointments or homeopathic Arnika in the first few hours.
- Do some simple relaxation techniques: lie or sit down, relax all you muscles, making them feel heavy, slowly breath in and out several times (do not do this if you think you might have a broken rib).
- Try simple stretches. In cases of severe injury rest for a day or two, no sport or strenuous exercises.

For more information go to our web site [www.familyosteo.com](http://www.familyosteo.com)

or come for a treatment session to Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, 09 416 0097.

## Mothers should be Spoilt

Our new arrivals offer a wonderful choice of Mother's Day gifts.

At Hobsonville Optometrists - Glasses and Gifts, we have imported exotic scarves in silk, wool and cotton. The superb colours and prints have been designed by a Sydney graphic artist - stunning!

Diffusers, candles, candlesticks, etched glasses from Paris, silk flowers in gorgeous vases, platters, servers, jewelry, travel bags, decanters, picture frames... all delightful and thoroughly tempting.

Come and browse anytime at 413 Hobsonville Road opposite Memorial Park. Open Monday to Friday 8.30am - 5.30pm and Saturdays from 9am onwards.



## Elevate Chiropractic

Elevate Chiropractic provides quality, professional and affordable chiropractic care to people of all ages. We use a wide variety of techniques from the traditional manual adjustments to lower force techniques. Being ACC registered, no referral is required.

We have a focus on rehabilitation, whereby we show you appropriate stretches, exercises and movement techniques you can do at home in order to get you feeling better quickly and more importantly, help prevent future problems. To aid this we stock a range of rehabilitation products.

The blog on our website is updated weekly with the latest information on health, wellness, fitness and chiropractic care.

Elevate Chiropractic - Craig Buscomb phone 09 413 5312 or email: [drccraig@elevatechiropractic.co.nz](mailto:drccraig@elevatechiropractic.co.nz) for more information.

## How's that 'Back' to School

Our school children are now in the full swing of term. As parents, caregivers and teachers we need to be cautious and continually monitoring our children's school bag. Primary school



Auckland Medical  
Research Foundation  
est. 1951

Ground floor, 89 Grafton Road, Grafton, Auckland 1010  
PO Box 110139, Auckland Hospital, Auckland 1148

Phone: 09 923 1701 Fax: 09 362 0458

Email: [amrf@medicalresearch.org.nz](mailto:amrf@medicalresearch.org.nz)

[www.medicalresearch.org.nz](http://www.medicalresearch.org.nz)

## Ruby Nails & Beauty

Add: Shop 3 192 Main Road, Kumeu  
(next to Subway, VTNZ, Labtests,  
French Cafe)

Tel: (09) 4129922

Mob: 02108217406

### Special!

Spa Pedicure \$29

Manicure Shellac/Gel \$38

Pedicure & Manicure \$45

Spray Tan \$20

(Please mention Kumeu Courier to get this special)



aged children are at risk the most and by carrying a heavy load it becomes detrimental to their health and their growing bodies.

Majority of school bags will contain a lunch box, water bottle, textbook/books, portable devices, maybe some sports gear and it all starts to add up, so it comes as no surprise school bags can reach OVERLOAD quite quickly.

Why so important? If the school bag is heavier than 20-30% of the child there is increased stress on growing muscles and spinal ligaments (which are not fully developed until 16 years old). If your child has to hunch over then this position reduces their lung volume - resulting in less air, shallow breathing and ultimately the adoption of poor breathing mechanics.

What weight is ideal? The "ideal load" is suggested within the range of 10-15% of child's body weight. For example a 20.1 kilograms (kg) child should carry no more than 2 kgs and a 42 kg child no more than 4.2kg.

What to look for?

- Red shoulders from the shoulder straps
- Complaints - 'my neck hurts', 'my back hurts'
- Walking hunched over, looking up placing strain on the neck. Headaches.

How to manage it? Evaluate your child's pack:

- Is it far too big for what is needed (the bigger it is the more stuff goes in)
- Has it got wide padded and adjustable shoulder straps? Narrow straps can affect the nerves lying around the neck/shoulder area.
- Does it have a padded back and compartments so that heavy items can rest against the back.
- Has it got a hip/waist strap - hardly fashionable but shoulders are not designed to be loaded but hips are.
- Urge your child to utilise a locker (if possible).
- Have a peek into your child's bag on a daily basis and suggest what could be left at home
- Is your child wearing the bag properly as per the picture? If you are unsure or need help come, please come down and see the team at Hobsonville Chiropractic Centre or Top Notch Massage Therapy at 295 Hobsonville Rd, Hobsonville.

## Geopathical Stress

Thyroid issues, Insomnia, Diabetes, Depression, Sleep Disorders and Cancer and they are just the symptoms of this week's customers!



I am a GEOMANCER; this means I detect Earth's Energies and the magnetic fields she creates and how they can affect your health.

As you can see by that list, they are wide and varied. Earth creates a frequency that in our normal day, most of us don't notice. However if you are spending time sitting or sleeping in the wrong place and by that I mean a 'Geopathically Stressed' location, it could be as high as 200 times more than what is healthy for you. By having a simple GeoBiology Inspection of your home, you can identify where they are in your home and make sure you are not sitting or sleeping on them.

It is in every home and office somewhere, so basically it is pot-luck if you have placed your furniture in a 'clear space'.

Don't leave your health to Luck! Call Nicky today for more info 021 545 299 or visit [www.clearenergyhomes.com](http://www.clearenergyhomes.com).

## Low Back Pain

80% of people experience low back pain at some point in their life. Back pain can be acute (less than 3 weeks) or chronic (on-going for more than 12 weeks). It is important to identify the cause of your low back pain and treat it to prevent long term issues.

Common causes of low back pain include: pregnancy, jobs involving lifting/twisting and repetitive movements, poor posture, sports injuries, disc problems and more.

Tips to help with low back pain prevention:

- 1) Lifting technique- use your legs and bend your knees when you are lifting. Avoid twisting
  - 2) Regular exercise/stretching to counteract the postures you are in all day
  - 3) Core strengthening exercises to stabilise your lower back
  - 4) Good desk setup and a supportive chair with lumbar support
- At the Body Clinic, we can assess your injury, treat your problem and give stretches that can help.


If you need more advice or information please contact The Body Clinic 09 320 3803, [info@thebodyclinic.co.nz](mailto:info@thebodyclinic.co.nz) or visit [www.thebodyclinic.co.nz](http://www.thebodyclinic.co.nz).

## Crook Neck, Bung Back?

If so, come and see us at Kumeu Chiropractic. Back and neck pain can deteriorate into other body malfunctions such as headaches, limb pain and more debilitating conditions such as sciatica and early-onset arthritis. Kumeu Chiropractic's approach is one of correction and then prevention, as it is important to maintain good health habits even after the affected area has healed.

Improving spinal function through Chiropractic care assists your body to work





# HOBSONVILLE OPTOMETRISTS

*Glasses & Gifts*

Frank G Snell B Sc., B Optom  
Optometrist

Unit A, 413 Hobsonville Road, Hobsonville 0618  
Ph: 09 4163937. E: [hobsonville@eyeteam.co.nz](mailto:hobsonville@eyeteam.co.nz)

# Kumeu Chiropractic

adjust + adapt + thrive

Dr. Chris McMaster + Dr. Nolene McMaster

412 5536

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

8 Shamrock Drive, Kumeu



better; it's as simple as that.

Drs Chris and Nolene McMaster are well known in the West Auckland area where they have lived and practiced Chiropractic care for over twenty five years. They are now into their fifth year of practice at Kumeu Chiropractic and have loved the positive effects that Chiropractic has had in the lives of the many local people they have already taken care of. Dr Dan ter Braak has also recently joined the team and has already immersed himself in wonderful Nor-West and all it has to offer.

Don't wait for your neck and back pain to develop further. Call us now for an appointment. Phone us on 09 412 5536.

## Gum Disease

Gum Disease – what is it? Gum disease can be compared to slow cooker. Gum disease is a very nasty condition which progresses unknowingly. You don't feel pain and you don't notice much change until... it's too late.

The result of gum disease is – no foundation for your teeth, so they fall out, or roots are damaged and can't be restored.

Gum disease also gives you: bad breath, swollen and bleeding gums, tooth sensitivity.

How does it happen?

Our mouths are full of bacteria. These bacteria, along with mucus and other particles, constantly form a sticky, colorless "plaque" on your teeth. Brushing and flossing helps to get rid of some plaque. Plaque that is not removed then hardens to form "tartar", which you cannot remove by brushing alone. Only a professional cleaning by a dentist or dental hygienist can remove tartar.

Other factors that may cause gum disease include: tobacco use, certain medications, genetics.

Good News: Gum Disease is simple to prevent

Regular clean and polish by your dentist or hygienist helps to remove plaque before it turns in to tartar. Clean and Polish is a procedure where ultrasonic equipment is used to scale off hard tartar and calculus. The type of instruments used also allow dentists to get in to locations your brush didn't even know exist. Scaling and Polish procedure also removes stains from your teeth and gives you fresher breath and cleaner, shinier looking teeth

How can I keep my teeth and gums healthy?

- Brush your teeth and tongue twice a day.
- Avoid smoking.
- Floss regularly to remove plaque from between teeth.
- Waterjet scaling for everyday home maintenance (available from Westgate Dental)
- Visit the dentist every 6 month for check-ups and professional cleaning. Dental hygienist is available at Westgate Dental on Fridays or you can ask your dentist to include it with your next check-up. To make an appointment Call 09 832 2998.

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Delicatessen, Coffee, Juice & Ice Cream Bar

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1404 Coatesville - Riverhead Highway, Auckland  
[www.boricfoodmarket.co.nz](http://www.boricfoodmarket.co.nz)




## No Hogwash

Westgate Optometrists are the original & exclusive optometry practice at Westgate Shopping Centre in West Auckland. We pride ourselves on the rarity of providing truly honest guidance in every aspect of your eye care. Spending up to an hour with you for the examination allows us to discuss your needs and ensure you understand all of your options.

For genuine and knowledgeable advice, simply give us a call or pop in to see our friendly team. Phone: 09 831 0202, or view [www.westopt.nz](http://www.westopt.nz), Facebook: [www.facebook.com/westgateoptometrists](http://www.facebook.com/westgateoptometrists).



## Huapai Massage Therapy

Massage therapist Victoria is running her clinic 'Huapai Massage Therapy' from her mother Gillian Wiltshire's osteopathic clinic in Sunny Crescent. Victoria is qualified in therapeutic, pregnancy, sports and relaxation massage.

If you need massage or osteopathic treatment or a combination of both, we are able to meet your needs. We can help with many problems including headaches, neck, back, muscle and joint pain. The usual common causes are accidents (Gillian is ACC registered), sports injuries, arthritis, pregnancy, occupational overuse and stress.

So if you need a treatment or just a relaxing massage, contact our clinic on 09 412 5977, Gillian on 021 233 0413 or Victoria on 021 755 745.

Huapai Massage Therapy has a brand new website for further information: [www.huapaimassagetherapy.co.nz](http://www.huapaimassagetherapy.co.nz).



## Bay Audiology

Hearing loss can occur at any age and can make life difficult when it comes to socialising, demands of careers and so much more. Most people don't think about their ears until they are older, by which time they have been putting up with poor hearing for many years. The health of your ears is just as important as your eyes, teeth and heart and regular checks play an important role in maintaining your hearing health. Hearing loss occurs gradually over time, so sometimes it's difficult to recognize. If you can't hear the indicator in the car or the phone ringing

**Susan Annett**  
LICENSED SALESPERSON

**Mike Pero**  
REAL ESTATE

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Mike Pero Real Estate Ltd. Licensed REAA (2008)  
2 Clark Road, Hobsonville  
Auckland



when you're outside you could benefit from having your hearing checked at Bay Audiology.

Lisa Greene, Clinician of Bay Audiology Kumeu says that "Many people with hearing loss put off taking action because they don't know what to expect or think it will cost too much." But the Hearing professionals at Bay Audiology support their clients every step of the way and work hard to find the right solution for their needs.

At Bay Audiology, we offer a number of services, from initial hearing checks and consultations, to all sorts of repairs and maintenance, follow up consultations, little tweaks and checks. We also have plenty of advice and access to further hearing protection, and access to funding for hearing aids, such as ACC for fully funded options. We also have a number of accessories that link to hearing aids to make life that much easier.

If you need to get your hearing checked, your hearing aids tuned or even discuss a new hearing solution, come talk to our expert audiologists at your Kumeu clinic. With Bay Audiology, you can have confidence that you will get the best advice, the best price and the best in aftercare support.

Bay Audiology is located at Unit 3, 190 Main Road, Kumeu, Auckland with free parking. Phone 09 447 0280 to make an appointment today.

## Nail Tips

Gel Manicures certainly are popular with their high gloss shine that stays flawless for weeks and the endless nail art options available. They are a quick and fun way to update your look! However not everyone loves that re growth that comes with them. Sometimes we are so busy that finding time to get back to the nail salon to have them re applied is near impossible! Don't despair! Below are a few designs that help to minimise that re-growth look, allowing you to be more flexible and per-

haps get a little longer in between each visit to the salon. The Polish Room is your local boutique nail studio specialising in Gel Polish, Nail Art and Natural Nail Services. Proud to offer you the great service, great products and a great experience. To discuss your nail needs and further info please contact Larissa 027 407 2264 or [www.facebook.com/thepolishroom](http://www.facebook.com/thepolishroom).

## DT Denture Clinic

Don't wait days or even overnight for relines, tooth additions and repairs. Here at DT Denture Clinic we offer a same day service. We are able to do this as we have an in-house laboratory. We don't need to send your denture across town or even overseas! It's all done on our premises. The great news for you, is that you do not have to wait overnight or even longer for your dentures. How the process works, is you have a morning appointment where our clinical technician will talk you through the process, take impressions if necessary, and prepare the denture for what is needed.

From your appointment the denture is given to our experienced dental technicians who will either repair, reline or add the tooth or teeth to the denture.

You come back the same day in the afternoon where you will have another appointment with Mark our Clinical Technician who will fit the denture for you, ensuring a perfect fit.

Some repairs are straight forward and do not require appointments and these dentures can generally be fixed in a few hours. We understand going without your dentures for a long period of time can be daunting, so if you require a repair, reline or tooth addition to an existing denture call the friendly team at DT Denture Clinic for a same day appointment 09 416 5072 or email [info@dt dentureclinic.co.nz](mailto:info@dt dentureclinic.co.nz).

## Modern Montessori for 21st century Kiwi Kids

At Kumeu Montessori, our aim is simple...to provide an innovative and modern preschool environment, where learning is irresistible and children flourish.



Our programme is based on your child's individual strengths, needs and interests, enabling them to learn in a style and at a level that is just right for them. Because one size does not fit all.

Combining the best of Montessori tradition with modern learning practices, we will help give your child a flying start, preparing them not just for school...but for life. Our day combines learning, discovery and play - the best of all worlds.

*Ask us about our 2016 pricing specials!*

p 412 9885 | 8 Grivelle Street, Kumeu | [kumeumontessori.co.nz](http://kumeumontessori.co.nz)



*Making learning irresistible*

# Regular columnists

## Getting a Website for your Community Group

One of the most important things you can do is get a website for your community group or organisation. It may seem like a massive project but it can be set up and operated with minimal fuss and cost. Don't worry if you don't think you've got the skills required as we here at Utopia can help you every step of the way. Before you start, think about who your intended audience is and what you want to communicate to them. The website will need to be consistent with your other communications - even if it's just your logo and colours. Try to keep your content fresh and interesting. Short and frequent updates are far better than pages that hardly ever change. Use images and videos wherever you can to keep it interesting and break up big chunks of text. Remember to publish your website in the various community Facebook pages and things like school newsletters. To get you started we here at Utopia can arrange the setup of a simple site to start you off. We also provide advice on domain names and website hosting so you can keep the costs down and still have a spectacular site to showcase your group. If you wish to discuss this with our team please contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.



## Personal Development 101

Personal development comes in many forms. Going through a difficult time and coming out the other side is personal development. Realizing you need to say sorry to someone is personal development. Giving someone an authentic compliment is personal development. Hindsight is personal development. They aren't biggies but are teaching us about ourselves. Perhaps personal development becomes essential when we actually start creating what we don't want in our lives. Or when we set goals that are never achieved, or when destructive behaviour starts to become habitual and we can't do anything about it. Personal development becomes essential when we get stuck.

It's extremely difficult for us to personally see how we hold ourselves back from what is possible. When we are living one reality it is almost impossible to see another. We think in the same ways we did yesterday and it doesn't usually extend beyond who we are being right now. Most of what we experience goes via our own view of ourselves. Life cannot be lived any bigger or any differently than equal to our own beliefs about ourselves. One of the biggest hurdles to climb is how we REALLY see ourselves. If you believe you are unworthy, you have to try 100x harder. Life has everything in it, but we only see and experience a small portion of it. Personal development starts and stops with the self.

I love quotes. I thought I would put together some of my favourites.

Most people don't live their life; they live their reaction to life - Hans Christian King

The most destructive force in the universe is mind chatter - Hans Christian King

What you believe is. It's as simple as that and as complex as that. For once you understand that statement freedom is yours.

- Burt Goldman

Playing it small doesn't serve the world - Unknown

We can't find solutions to our problems with the same level of mind thinking that created the problem - Einstein

It's only your point of view that creates your reality - John Assaraf

The need for acceptance can make you invisible - Jim Carey

Your job is not to be perfect, it's to be human, you get more done this way! - Unknown.

## Pukeatua Farmstay

Let's face it, we live in a beautiful region. The area has never been short of breathtaking scenery, thrilling activities, amazing nature activities, historical sites, wineries and beautiful venues. One thing it's short of though, is tourist accommodation. 'I'm getting married in Huapai, do you have any recommendations where we could stay?' is a question just too familiar to Tatjana, who has been involved in the events and tourism sector for a couple of years. When Tatjana and husband Ingo, a registered architect, considered extending their Waimauku based farm house, they thought that guest accommodation was just what the area needed.

They have just started up their boutique Bed & Breakfast 'Pukeatua Farmstay' in Waimauku on their little hobby farm, which offers breathtaking rural views and stunning sunsets

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all year round. The purpose built guest accommodation is warm, double glazed throughout, modern and spacious and comes with free WiFi access. Pukeatua Farmstay has been accepted



as a Platinum Level GreenLeader into the TripAdvisor® GreenLeaders™ program, which helps travellers around the world plan greener trips by highlighting hotels and B&Bs engaging in environmentally-friendly practices.

Guests at the Pukeatua Farmstay can enjoy lots of cute and friendly farm animals around - Alpacas, cows, chickens and the cat. All of them have a story and many of them are rescues. You are invited to join in at feeding times or to have a pat. You can also enjoy some of the free range eggs for breakfast on the weekend.

Tatjana & Ingo look forward to welcoming guests at Pukeatua Farmstay, where you can unwind, relax & enjoy.

Visit [www.pukeatua.co.nz](http://www.pukeatua.co.nz) or [facebook.com/pukeatua](https://facebook.com/pukeatua). 35 Taylor Rd, Waimauku, Auckland, phone 09 411 9545.

## Tantrums or a Cry for Help?

The teaching team at Country Bears are always willing and wanting to better themselves as individuals, teachers and team members. One of our focus areas at the moment is around children and their emotions. Tantrums are not a child's way of annoying us - they are trying to tell us that something in their world is confusing or upsetting and they just do not know what to do about it. It is our role as teachers to help guide them through these experiences, validate their feelings, and help

them to problem solve. We are not fixing it for them, we are showing them that through empathetic communication, we understand them, and that their feelings are valid and okay. All human beings have feelings and emotions, and each one is okay to have, it is how we learn to deal with those emotions that are important – no matter how old we are!

By narrating the child's feelings "you look very sad / angry that your toy got taken from you?" tells the child that you noticed what happened. You are also helping them to label a feeling that they might not have a name for yet.

Depending on their age, you can follow that up with "I would be upset if someone took my toy as well, what can we do about it?" This helps the child realise that they are not alone with their feelings, and helps them to solve their own issue. If they are not at that stage yet, we can offer suggestions, "would you like to try and find another one", but more times than not, just through validation alone, they have gotten over the fact that their toy has been taken, and are feeling connected and validated through such simple communication.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: [www.facebook.com/cbearsecc](https://www.facebook.com/cbearsecc)

Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu – phone 09 412 8055.



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# Petstips:advice

## Raw Feeding - keep it Simple

Processed food has become the dietary mainstay for most people and their pets. Many of us feed our pets (and ourselves) food-like products full of ingredients that sound like they belong in a laboratory – not on a plate. The thought of changing to real food can be daunting. But it doesn't have to be scary – we can reclaim our food-confidence! Nature provides a template. Carnivores (eg. wolves, lions, cats and dogs) are designed to thrive on a diet on whole prey. It is that simple.



Cats and dogs should eat real raw meat, bones, organs and tripe (from a range of prey species) that is as close to its natural state as possible; nothing added or altered. We are very fortunate to have an abundance of nutrient-dense wild prey and high quality farmed prey species in our country, so we don't need to add in supplements. So we really can keep it simple! Vet nurse, Amanda, and her team at Raw Essentials Kumeu can help your pet discover the joys of a real food diet. 250 Main Road, Kumeu. Phone 09 281 055, email [info@rawessentials.co.nz](mailto:info@rawessentials.co.nz) or visit [www.rawessentials.co.nz](http://www.rawessentials.co.nz).

## Can your dog see what's on TV?

Most people's answer would be, 'No, dogs can't see 2D' or, 'They can't see what's on the screen because it's flat' or possibly, 'No, dogs can't see colour'

Having two dogs who react very differently to watching TV: Kai who reacts to animals on the TV



(he even reacts when the TV is on mute so I know it's not the noises!) and Keira who has no time for TV at all. I decided to do some research to get some answers...

The answer I found wasn't what I was expecting! Funnily enough it's not a question of whether they can see what's on the TV but why they choose to ignore it...basically their eyesight is too good!

To explain this we're going to have to get a bit scientific; it is all to do with something called flicker fusion threshold (more

commonly termed 'flicker rate')

Flicker rate is the speed at which a light pulses. For example with a TV the flicker rate is the speed the image on the screen is replaced by the next image.

Another example is a fluorescent light. Although it seems to be glowing continuously it is actually flashing at a rate of 120 times per second (120Hz) but that is too fast for our eyes to see so we just see it as permanently on.

For us humans to be able to see the light flicker it would have to be slowed to around 55 times per second (55Hz). Dogs however are much better at detecting movement than we are so their eyes detect the flicker much easier and it only needs to be slowed down to around 75Hz. (That's nearly 50% faster than us!)

Now here is the important part: average TV screens flicker at about 60Hz. As this is faster than the average human's detectability it means that to us the images blend smoothly together and appear as one continuous movement. However, as 60Hz is still below the dog's detectability the television image no longer appears continuous, rather: image, black, image, black, image... making the movement on screen much less realistic and therefore not really worthy of attention. It would be the equivalent of us trying to watch our favourite movie on a flipchart... very tedious after a while!

Now I had found out why Keira paid no attention to the TV, but that still left the question: why did Kai watch TV?

The next answer was HDTV. With the development of technology, HDTVs have been created that have a flicker rate of 120Hz+, the increased flicker rate that is now above the dog's detectability means that the images on the screen appear as one fluid movement. Therefore the screen is much more realistic and the animals on it much more lifelike.

This is probably what has resulted in many more dogs paying attention to the TV. In the United States there is already a TV channel 'Dog TV' which is specifically designed for canine viewers and online there are a series of programmes and movies you can purchase for dogs. I haven't tried any on my two yet but think I should!

The next problem/question I then had was if Kai could see the images on the TV that meant Keira could too...but she was ignoring it. It started to feel like I was going round in circles!

After thinking on it a while I came to the conclusion that Keira has learnt to ignore it. She is 9 years old so when she was younger we didn't have a HDTV (hey, the TV probably wasn't even flat screen!) so she never paid any attention to it, so why would she start now? Whereas Kai being the young'un he is has

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grown up with HDTV and the ability to see the images so he has learnt to watch it.

Although he does seem to think the TV is some sort of window and when he sees something interesting he will run outside to check that it's not behind the TV in the garden...especially bears...bears are not allowed in his garden!

Do your dogs at home watch TV? Any particular programme their favourite? Laura (With help from Keira & Kai).

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## Animal Avenue

It was great to see some of you at the Kumeu Show! For those of you we missed we are still offering great Kumeu Show specials on selected products - including Alfapet 100% natural dog treats. Buy any 3 packs of treats for \$20 or 4 packs for \$25. Contact us on 09 412 2581 to place your order today.



## Diesel needs a New Home

Diesel is a 3 year old male neutered blue heeler. His is living in cramped city house with a couple and young baby.

Diesel shows some controlling behaviours but is generally very responsive, bright and affectionate. He is a typical heeler who would like to chase motorbikes and loves to run after birds.

Not sure how he would do with cats and other small furry an-

imals. Probably he would learn to coexist. Our vet Elsa Flint will work with whoever adopts him to help settle him in.

Interested in meeting Diesel - please contact Lisa at Vets North on 09 412 9016.



## Home Delivery

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Visit us at [www.petfoodsales.co.nz](http://www.petfoodsales.co.nz) or call us on 0800 PET FOOD for more information - our team of Pet Lovers look forward to hearing from you.

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# Insider: Huapai & Kumeu

## North West District Business Association

The North West District Business Association has three business representatives for Kumeu-Huapai who are working hard to advocate for the interests of local businesses. Craig Walker from Craig Walker Removals, Matthew Burt from Metalmen and Tony Forlong from Kumeu Taxation Services are actively involved in their business community.

Transport is a major issue for the business association, and how we manage growth, grow our businesses, and make our area accessible while withstanding unprecedented growth.

"We communicate regularly with NZTA to ensure that roading improvements in our business area are kept on a priority list, and that we are offered opportunities to provide feedback," says Chair Danielle Hancock. "We are now being offered an individual workshop with NZTA to specifically communicate our concerns and needs. NZTA also sends us updates of their roading improvements and we distribute these to our members in our regular communications."

Tony Forlong was instrumental in our inaugural meeting in pressuring the Rodney Local Board and Auckland Transport to get the Lions garden in Kumeu mown ahead of the Christmas Parade and regularly managed since then.

Check out [www.northwestcountry.co.nz/about/nwdba](http://www.northwestcountry.co.nz/about/nwdba) to find the contact details of your local business representatives.

Danielle Hancock - Chair, North West District Business Association.

## Real Estate in Kumeu - Huapai

Over the last 24 months we have seen a rapid change in the landscape in Kumeu and Huapai. Historically the village was a small gathering of railway cottages and working-men's cottages which populated State Highway 16, (Main Road). In the 1960's a smattering of relocated homes populated a cross section of roads including Riverhead, Oraha, Trigg and Matua. As demand increased in the area due to industry, the area had further expansion that was a mix of exclusive homes with specific covenants and smaller land lots. In 2014 the area had main water and reticulated sewerage connected allowing smaller land lots down to 600sqm to be developed. Subsequently we have three diverse markets operating, older covenanted homes on larger lots (1500sqm), older homes on smaller sections and new homes on 600 - 800sqm. Within this smorgasbord prices can range from \$750,000 to \$1,200,000 offering a diverse choice to home buyers and investors.

Sections are seldom available as most are absorbed by house and land companies offering turnkey housing solutions. Those sections that are available come to market around \$450,000 which in turn drive house and land packages around the \$900,000 price range.

Demand in the area is strong, in part to an overflow of buyers moving out from West Auckland and North Shore markets looking for better value and a semi-rural setting. Comparable properties in Riverhead and Hobsonville Point sell between \$1,100,000 to \$1,300,000, therefore allowing a better value outcome.

Infrastructure is still the leading issue for Kumeu and Huapai residents with high volumes of transit traffic through to Auckland's popular recreational areas, South Head, Parakai and Helensville. Traffic counts indicating 15,000 to 25,000 vehicle movements a day are being recorded and a roading surface that is plagued with extensive sub-surface subsidence and pit-holes. We would encourage Transit and Auckland Council to co-ordinate resources to ensure traffic flow and public transport links are a top priority in the area.

If you are seeking a semi-rural living environment, close to rugged coastline, beautiful native walks and adventure thrills, there is no better environment. For a list of recent sales within the area on a monthly basis simply email [kumeu@mikepero.com](mailto:kumeu@mikepero.com) (with the words "sales statistics"). Likewise for advice on houses available in Kumeu-Huapai phone Graham on 0800 900 700, email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com), Licensed REAA (2008).

## Extreme Exercise Event to build Community Resource

Our Huapai District school community is about to engage in an extreme 20 hour exercise event. Parents, families and community members are being invited to join and support students to get outside and get active. There will be 20 hours of fun exercise happening over 2 days and the students are being encouraged to get up from their couches, and away from their screens to enjoy outdoor activity for up to the full 20 hours.

The students will be inviting sponsors to donate funds according to their effort. The outcome they hope is to raise enough money to support a massive new and exhilarating adventure playground for the students and community alike to use.

With the growing population in Huapai it is critical that outdoor environments are planned for our children to enjoy. Huapai District School is taking a lead on this and with today's focus on digital devices, they feel it is important that time away from screens and enjoying community facilities, like an exciting playground, is important.

The children will be asking community businesses to help them raise money. A fit, healthy and active community is of benefit to everyone so they ask the community to boost their efforts by either sponsoring a child or giving your business support by donating \$100 or more. For every business that supports the event, a child will promote their business around the course over the 2 days. All business names will also feature on event displays, marketing material and school newsletters. Finally, the community will be invited to the grand opening of the playground where further marketing opportunities will be provided.

So come on Kumeu/ Huapai, support our school and community and help secure a fantastic resource for our children. The event runs over 2 days (Thursday, April 7th 9am to 10pm and then on Friday, April 8th from 8am to 3pm) at Huapai District School.

Thank you, any questions can come to me - Kevin Cronin, Principal of Huapai District School, email: [kc@huapaidistrict.school.nz](mailto:kc@huapaidistrict.school.nz).

# Kumeu is not ready for ongoing Growth

We already have appalling traffic congestion. However, this is not the only issue. There are other infrastructure problems to also be aware of.

Having infrastructure built in advance of population growth is what good planning is all about. So what exactly is "infrastructure"?

The first infrastructure item is fresh water supply. This infrastructure component will be fine. There is a brand new water reservoir on Old North Road that can supply all of Kumeu's needs. So that's great news.

The sewage system will also be fine. It will, however, be put under strain and require upgrading as time goes by.

Our roads are not ready. Surprisingly, the solutions for SH16, which is Government's responsibility, and a bypass to the west of town, which is Auckland Council's responsibility, are still only in the planning stages. These must be fast tracked with the utmost urgency.

What is required is for central Government to construct a four lane highway from Kumeu to Brighams Creek. Complimenting this, to prevent terrible bottlenecking through Kumeu, a new bypass road running west of the town is needed to handle the four lane traffic flow. This bypass is unlikely to affect local business because there will be significantly more local housing and presumably more customers than ever before.

Public transport is the next infrastructure item. This is the responsibility of Auckland Council through Auckland Transport. The current limited bus service can be improved. The most cost-effective public transport solution is to restart the rail service given the fact the infrastructure already exists.

Rail must happen now. There are spare diesel railcars sitting idle just waiting to be used. Driving to Swanson is adding to the morning traffic congestion.

Parks and reserves are another infrastructure component. They serve different purposes providing for either aesthetic or recreational and sporting uses. Common sense tells us more parks will be required.

Public facilities such as libraries and halls can cope for a while but our public cemetery is full. Purchasing land to expand the Kumeu cemetery is required now.

Education infrastructure is vitally important and the locations of our future schools are not yet planned. They should be via a Structure Plan.

Structure Plans are pivotal official documents. They are used to outline where every one of the key infrastructure items mentioned above should be physically located. From it all other Council controlled organisations can plan their infrastructure investment with certainty.

The Kumeu/ Huapai Residents & Ratepayers Association has been at the forefront of pressing Auckland Council to have this crucial document drafted and want the community to be able to be directly involved. Without such a document Kumeu is rudderless in the face of growth.

Auckland Council promises to have this in place next year. This is far too late. This overdue document is of such vital importance for steering Kumeu forward.

## Is Rodney getting a Fair Go?

We pay \$70 million a year in rates and about another \$87 million is collected via development contributions, inflated fees

and user charges. The transport tax gathers a further \$3M a year. So that's \$160 million a year we pay to Auckland Council.

Using what information Council is prepared to give the public, we know about \$20 million is spent back via the Local Board budget, and \$40 million via regional services and Auckland Transport's road maintenance (\$25M).

If we add in a further \$4 million a year to account for paying off the debt and depreciation for \$40 million of capital investments (land purchases, storm-water, building upgrades, etc) that adds up to \$60 million in rates returning to the district.

So where is the outstanding \$100 million, or 60% of our rates, a year that's unaccounted for?

Watercare projects can be excluded because it has its own Treasury and self-funds itself via a separate water rate charge.

It's now almost six years of waiting for Council to open the books. However, Council refuses their public duty to do so. It's scandalous and completely unacceptable.

Firstly, we must fight to have the books opened. That means clear transparency for any ratepayer about the amount of rates paid versus the amount spent back into Rodney. If Council needs to take a bit more than it can give back, then be above-board about it.

Secondly, Rodney knows we're being siphoned to fund the City Rail Link and other huge central projects. Hence the secrecy. Cost savings must instead be found within Council to help fund the debt of CBD projects. I suggest start with reducing the \$720 million wage bill.

Regrettably, financial mismanagement is now rife within Council. The \$1.2 billion blowout of the IT system, against a budget of \$157 million, is astonishing.

The Finance and Performance Committee Meeting Minutes show just how badly our leaders failed us.

In 2015, the same information on the IT system was regurgitated four times when updating those Councillors. There were warning bells ringing at them from every quarter. They ignored them. Those Councillors must be held to account these elections.

It hurts Rodney - badly. That lost \$1.2 billion would have easily sealed the roads, built the Kumeu bypass, fixed the SH 16 issues, built all the footpaths needed, purchased more land for the cemetery and for sports parks, built all the housing infrastructure needs for the next 30 years, helped our halls and got a rail service to Kumeu/ Huapai.

Next thing - Council should stop being involved in social and economic issues for which central government is responsible. In other words, Council needs to get back to its core business.

The Norwest of Rodney needs core Council projects delivered before money gets spent on the nice-to-haves in Auckland. Our unsealed roads, non-linking footpaths, traffic congestion, lack of a structure planning, round-a-bouts, better bus services and a rail service must be done first.

Finally, announce new policy that allows local contractors, com-





munity volunteers and community groups to deliver those projects. This is guaranteed to lower the costs while also delivering them faster. Norwest's communities would jump at the chance. The towns of the Norwest deserve a lot better than what they have been getting.

## Huapai District School

Meeting with Kevin is like catching up with a long time friend, engaging and fun, much like the standards and ideals that populate Huapai District School. An environment that drives community values, prepares young minds for great journeys and a place to find your passion.

One of the major drives is to ensure that year 8's are at or above national benchmarks and well prepared for secondary schools. 100% of year 8s achieved this last year in reading. There are also many opportunities for students to be extended in academia, culture, sport and the arts.

Huapai District School is about to embark on an extreme exercise extravaganza to help fund a playground like no other, novel and fresh, different and exciting. The school is seeking funding support from the community and local businesses, encouraging them to share their journey.

The school has a specialist physical education teacher, music teacher, and a ferocious Kapahaka team.

Staff work incredibly hard and every class has a learning assistant in their environment to help promote accelerated learning and provide small group support to enhance learning. In addition there is a Montessori unit within the school offering a point of difference for parents and allowing children to thrive in this community.

Huapai District School is an active school with bikes, scooters, skateboards and many other sporting, cultural and arts options to ensure that the playground is busy with happy children enjoying themselves.

In relation to our growing community, we are aware of the concerns around infrastructure and we are working with min-



istry with a view to better traffic and pedestrian management. We have planned for increased growth and are very excited to work with the ministry to design 16 new learning environments which are due to be finished In December this year. Collaboration will be a key focus for the school this year as they explore how to best manage staff, environments, resources, technology and the timetable in these new spaces.

"We want to produce great citizens at this school and every child knows they can lead the way by living the school values. We organise the school so that senior students can work beside juniors, appreciating the differences, working together, encouraging a healthy respect for everyone and a community feel. With a growing community we are working hard to ensure this is not watered down" says Kevin

Huapai District School embraces the change of increasing its size from 450 students and enjoying the challenge to enhance the facilities, more specialists, more community engagement and ultimately better learning opportunities for children.

## Talking with Craig Walker about Kumeu



Proximity to east and west coast beaches, rural ambiance, local community, people of the years, proximate you to Auckland - close but just far enough away. It has a rural backdrop.

We don't have a lot of services here, clubs, hotels, motels, and this will change.

Kumeu is losing some of its charm and notoriety, its identity is being eroded and it is becoming part of Auckland. Some of the key points of identity are, Kumeu Showgrounds and A & H, right of access to the west coast beaches, forestry and adventure.

Wineries could develop a better offering to local and international tourists.

What we need to retain in the Kumeu area is that it is a good area for people to live. Development needs to engage in this philosophy as the minister of housing is only interested in filling paddocks with houses. What we need in local and national government is people that give a damn about this place. This has happened before in Henderson and Lincoln Road when the infrastructure was an afterthought and communities are still paying the cost.

Consider Hobsonville Point (3,000 homes) which has new schools, new transport, new parks, new roads and infrastructure and Huapai (5,000) we don't even get a new bus shelter, something is wrong with how Auckland Council and the developers are going about their business.

Kumeu could be the most amazing place to live with good plan-

ning but without that planning this whole area is a dog's breakfast. It amazes me that we need a plan to build a house but no plan to put up 5,000 of them in a small village, something is wrong here.

We can't halt progress. It is happening and people need a place to live but it needs to continue to be a great place to live. Most people that you ask in the street accept the changes, but many would highlight that planning and structure needs to happen. The New Zealand Transport Agency needs to get its act together and get the planning and design underway. It is unbelievable that no thought and consultation has been undertaken.

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## The growth of Huapai and Kumeu

The development of this area will happen over the next 20 years, and many of the questions will be answered by the Unitary Plan. The current growth is expected to be around 3,000 houses including SHA's and existing consented development. Much of the SHA activity will have a roll out period of five years plus along with an Auckland Transport construction program of roadways and better transport links. A big impact on our district will be the development from Massey, Whenuapai to Hobsonville which could see more people visiting to use amenities and visit parks and beaches. Much of the planning will start being publicly consulted this year. Funding for public facilities will follow this growth and I think the outcomes out of this growth and investment will be end up being positive for the area. It does change the landscape into an urban area and people need to understand this change. Locals need to continue to lobby for high quality developments both residential and commercial in the area.

Housing New Zealand indicate that Auckland requires 280,000 new dwellings in the (including apartments) to satisfy growth projections over the next twenty five years, this is going to place huge pressures on infrastructure and funding for this across Auckland - currently one of the fastest growing cities in the OECD.

Everyone needs to get involved in having a say in what happens when the opportunities arise this year to participate in council planning to ensure that the area is developed in consultation with the community. The community need to get in the ear of their local MP to highlight issues around highway links and infrastructure to make things work. People in the community need to understand that it will take time to get the public transport system right to support change and it starts with consultation, discussion and priorities that will done through Auckland Council and NZTA over the coming months. Phelan Pirrie

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## Increasing trash discarded through Kumeu

In an innovative planning initiative Huapai District School, Mike Pero Real Estate and Kumeu Courier have launched Kumeu Trash Pick Up. We are seeking thirty local businesses to sponsor a day through the year to get staff to clean up the berms and verges of the roads in and around Kumeu. We are astonished by the increasing volume of paper and plastics ending up in the grass around our great community. I respect that it is unlikely to be local trash however if we all put our names forward and contribute one day in the year to keep our village beautiful, it would seem a small price to pay for a cleaner, brighter and uncluttered Kumeu. To register your organisation for one day in the year for trash pick-up, please phone 0800 900 700 or email glms@xtra.

co.nz and we will work with you accordingly.

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## State Highway 16 Petition Hits 2600 Signatures

A petition I initiated a few weeks ago to ask NZTA, the government agency responsible for State Highway 16, to address traffic and safety issues has reached 2600 signatures.

When Nick Smith announced the Special Housing Area policy in Huapai in 2013 there was an assurance that Government would help provide infrastructure to deal with the new houses however traffic has worsened considerably as other housing already underway has been completed.

Auckland Council has now committed over \$10 million for transport infrastructure in Kumeu and Huapai but NZTA has been silent on plans for SH16. The SHA's were approved by the government in 2013 so NZTA has had ample time to plan for growth.

The petition calls for a range of safety and traffic mitigation measures from improved safety along the stretch from Kaukapakapa to Brigham Creek including intersection improvements and providing four lanes from Huapai to the motorway.

Improvements to SH16 are going to be an important part of any Public Transport solutions Auckland Transport provides – there's no point having buses from Riverhead if they're going to get caught at the SH16 intersection, bus lanes on SH16 will be vital. People wanting to use a rail service from Huapai are still going to have to be able to get along SH16 and park somewhere. SH16 is the main route along which our townships are based so improvements are an essential part of a multi-mode solution to the traffic issues.

The goal of the petition is to gather over 5000 signatures to present to NZTA. To find out more about the petition and sign it visit: <https://www.change.org/p/nzta-fix-state-highway-16>

If you have issues or questions connected with council or want help on a community project please contact me, Phelan Pirrie, Elected Member, Rodney Local Board. Mobile: 021 844 124. Email [phelan.pirrie@aucklandcouncil.govt.nz](mailto:phelan.pirrie@aucklandcouncil.govt.nz).

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## Winemaking Heritage of Kumeu Wine Country

Kakose, Dobradosli..... there was a time when all the winemakers in the Kumeu area spoke in the accent of their forefathers. The wineries of Kumeu date back to the 1940's when wine families of Croatian origin established winemaking in the area. These families are still living and working in the area today, making some of New Zealand's most renowned wines.

Selaks: The Selak family moved to Kumeu from Henderson in the 1960's when their property was taken up with the north-western motorway going through. Mate Selak and his sons Ivan and Michael pioneered Sparkling wine in New Zealand making the country's first Méthode Traditionnelle called "Champelle".

Brajkovich: The Brajkovich family has been in Kumeu since 1944. Mate Brajkovich was one of the great people who promoted the area and with his son's wines from Kumeu, particularly Chardonnay which is one of the best in the country.

Papas: Were one of the first families to make wine in the Kumeu area in the 1930's. David Papas still produces a small amount of wine and he and his wife Nellie are still involved in the industry working at Nobilo wine group.



**Corbans:** The Corban family were a great part of this area and had large properties with vineyards in the area growing numerous varieties. Their vineyards in Kumeu were some of the first to be harvested by machine. They greatly assisted the wine industry by generously providing land for trial work to assess new varieties, as the government didn't have any land available at the time. This was a great contribution to the industry at the time and the Corbans are still remembered to this day.

**Malcolm Abel:** Malcolm believed in Pinot Noir and it's place in the future of New Zealand's wine industry, It is a shame he is not alive today to see what has happen to this variety today and how it has taken off.

**Nobilo:** Beginning with Nikola & Zuva, then the three boys Steve, Nick & Mark they produced industry benchmark quality red varietal wines from their Huapai Property then they made Müller Thurgau famous, and the industry grew with many of their innovations.

**Fredatovich:** Peter's company Lincoln vineyards while based in Henderson had vineyards in Riverlea for many years producing excellent varietal wines.

**Spence:** Ross And Bill Spence started Matua wines who pioneered Sauvignon Blanc first grown at Matua road in Waimauku now is a very, very large part of the make up of the NZ wine industry accounting for 73% of all exported wines. Others names that were here at the start no longer making wines were Bebich, Jelas, Jurakovich, Vitasovich, Piskulich, Markovina, Boric, Bazzard. In the 1970s Kumeu was New Zealand's largest vineyard area with many grape growers like Ron Jefferson, Doug & Chirs Faram, Toby Nicholls, Ken Wightman, Bruce levy, Ted Crumm, Watsons, Brian Heatherington, Bryan Hale and Fred Rakich all who contributed to this areas success and reputation.

**Soljan:** Tony Soljans' winery in Kumeu moved out from Henderson 2002. Prior to this they had vineyard and the winery on

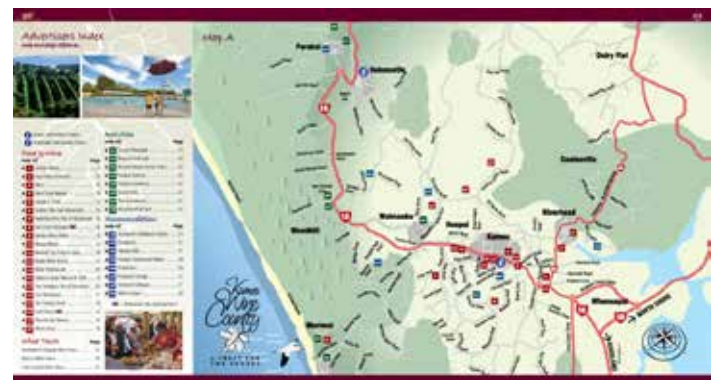
Lincoln Road in Henderson. As Henderson began to become more urban, Tony moved the winery to its new home in Kumeu and built a modern winery, cafe and function centre. Sourcing grapes from regional vineyards, Soljans continues to flourish after Tony's grandfather Bartul sailed from Croatia with his family and started the company back in 1937.

**Anthony & Susan Ivceovich West Brook:** Anthony and Susan moved to Kumeu from Henderson and have a long history in the industry and now continue to make this area continue to flourish.

**Kerr Farm:** Jaison & Wendy Kerr own a block located next to where Corbans vineyard used to be, and they make local wines from grapes grown in their Kumeu vineyard.

**Coopers Creek:** Started by Andrew Hendry and Randy Weaver, Coopers Creek have done exceptionally well with aromatics particularly Riesling. They consistently win prestigious awards and are particularly successful in the export market.

**Waimarie Wines:** started by Steve Nobilo's sons Nick and Stephen who continue this family's connection with the region.



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## ANZAC Biscuits

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup sugar
- 3/4 cup coconut
- pinch of salt (optional)
- 115g butter (melted)
- 2 tablespoons golden syrup
- 1 teaspoon baking soda
- 4 tablespoons of boiling water



Combine the oats, flour, sugar, coconut and salt. Melt the butter and golden syrup. Dissolve the baking soda in boiling water and mix until frothy. Add froth from baking soda and water to the melted butter and golden syrup. Pour the combined wet ingredients into the dry ingredients and mix to form a moist dough. Drop level spoons of dough onto baking tray. Bake at 180 deg C for 20 minutes.

## Honey Soy Sauce Chicken Nibbles

I have bought some chicken nibbles from Quality Meats and they are delicious! This recipe is very easy to make, which gives you an alternative from buying the pre-marinated ones on the market.

- Ingredients
- 500g chicken nibbles
  - 1 tablespoon soy sauce
  - 1 teaspoon mushroom flavour super dark soy sauce
  - 1/2 tablespoon sugar
  - 1 clove crushed garlic



- To make
1. Put all the ingredients into a food plastic bag and marinate it for at least 2 hours; overnight is ideal.
  2. Grill the nibbles in the oven (a portable oven can also do the job) for around 8 minutes, turn and grill for further 5 minutes.
  3. Brush honey on skin and grill for another 1 minute. Honey will make the meat burn very fast so do not brush it until the nibbles are fully cooked.
- If your honey is very thick, you can add a small amount of warm water, to make it more 'brush-friendly'.

## West Harbour Tide Chart

Date	High	Low	High	Low	High
Fri 1 Apr	02:12	08:15	14:27	20:33	-
Sat 2 Apr	03:07	09:12	15:23	21:34	-
Sun 3 Apr	03:07	09:11	15:24	21:37	-
Mon 4 Apr	04:07	10:10	16:28	22:39	-
Tue 5 Apr	05:05	11:08	17:30	23:36	-
Wed 6 Apr	06:01	12:03	18:28	-	-
Thu 7 Apr	-	00:30	06:54	12:57	19:23
Fri 8 Apr	-	01:22	07:47	13:49	20:15
Sat 9 Apr	-	02:13	08:40	14:41	21:06
Sun 10 Apr	-	03:05	09:32	15:32	21:57
Mon 11 Apr	-	03:57	10:24	16:22	22:49
Tue 12 Apr	-	04:50	11:17	17:14	23:42
Wed 13 Apr	-	05:46	12:11	18:07	-
Thu 14 Apr	00:37	06:44	13:06	19:04	-
Fri 15 Apr	01:35	07:45	14:03	20:04	-
Sat 16 Apr	02:34	08:45	15:03	21:06	-
Sun 17 Apr	03:33	09:44	16:02	22:06	-
Mon 18 Apr	04:28	10:38	16:59	23:00	-
Tue 19 Apr	05:20	11:28	17:51	23:49	-
Wed 20 Apr	06:07	12:14	18:39	-	-
Thu 21 Apr	-	00:33	06:52	12:56	19:22
Fri 22 Apr	-	01:13	07:33	13:36	20:02
Sat 23 Apr	-	01:52	08:123	14:13	20:40
Sun 24 Apr	-	02:29	08:51	14:50	21:17
Mon 25 Apr	-	03:07	09:28	15:27	21:54
Tue 26 Apr	-	03:47	10:07	16:05	22:32
Wed 27 Apr	-	04:28	10:46	16:44	23:13
Thu 28 Apr	-	05:11	11:28	-	-

Daylight Saving: Please note that tide times have been corrected for daylight saving time.

Disclaimer: MetService and LINZ accept no liability for any direct, indirect, consequential or incidental damages that result from any errors in the tide information, whether due to MetService, LINZ or a third party, or that arise from the use, or misuse, of the tide information contained in this website.

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# Home:garden

## Back into the Garden, as Autumn Begins

• **Vegetable Heaven** – once you've dug your soil over, applying fresh compost or garden mix as you go, then it's full steam ahead with sowing seeds and planting – cabbages, Chinese vegetables, carrots, radishes and all the colourful types of cauliflowers and broccoli.

• **Parsley**, the unfashionable 'curly-leaf' type – Makes a wonderful edging plant for the garden and the colour looks great in the winter. Still tastes as good as its smart Italian counterpart!

• **Feijoa time** – Harvesting is definitely from now on – feijoas do tend to drop gently to the ground when ripe, so make a daily trip to collect them while they're perfect.

• **Liquid feeding** – Giving all new seedlings and plants a liquid feed establishes healthy roots. Central Landscapes recommends Living Earth organic certified Liquid Compost for the job.

Tips for the Autumn Garden:

• **BEST planting time** - start by digging Living Earth organic certified Compost through your soil. Then plant into it, making sure you water regularly in the event that it doesn't rain.

• **BEST lawn sowing time** – Central Landscapes have Living Earth Ultra Lawn – a premium weed-free mix, ideal for sowing lawn seed into.

• **Rake up fallen leaves** – leaving them on the lawn will stifle the grass and cause it to collapse.

• **Camellias, azaleas and other evergreen shrubs** are planted now – there's a great range appearing in your local garden centre from now on.

• **Hedges & Edges** - a great month to trim and mulch the 'sharp outline' plants in your garden - nice and crisp for winter. Apply BLACKGOLD Mulch around the base to feed and make them look special!

• **ANZAC DAY POPPIES** – sadly, the red poppies tend not to flower in New Zealand on Anzac Day, but they can be sown now for a beautiful reminder in spring.

## Vireyas at Awa Nursery – Growing Tips

Awa Nursery currently has an abundance of Vireyas and the colour display is very eye catching. The Vireya is such a popular plant that will reward you with regular displays of exotic blooms

in an array of colours. We thought we would pop a few tips on the general maintenance of these beauties.

**Where to Plant** - Vireyas need to be grown in a frost free location, with good

light, preferably where they will receive full sunshine in the morning and dappled light in the afternoon.

They will need very free draining soil as they dislike becoming water logged. Ideally when planting the Vireya, make the hole shallow and mound the soil up above the ground just enough to cover the root ball. These plants are easily grown in pots, having the advantage of portability.

**Pruning** - When a plant is young, it is good practice to pinch out the new growing tip as it emerges at the end of each branch. This encourages the plant to put out more growth, making it more compact and bushy. Feeding the plant before pinching helps with this new growth.

If your Vireya has become too leggy with many bare lower branches, this could be a result of too much shade, and it is worthwhile moving it to a sunnier site. This will often promote new growth on the stems. However if a large plant needs reducing in size, cut one third of the branches back to the desired height, cutting just above a set of leaves, leaving a few leaves on each stem. Once new growth has emerged and hardened, you can repeat the procedure.



## 4 Autumn Interior Design Tricks that will Refresh your Home

Phew! I survived the month! It's been a busy one, with the Paul Henry show, an audition, the NZ House and Garden Tour (which oozed with inspiration) and finally the Autumn gift fair.

The gift fair is a massive trade only event where industry suppliers gather for several days to showcase their new seasons products. I'll be sure to show you loads of sneaky pics in my newsletter next week – sign up for my monthly newsletter via my website [www.lou-brown.co.nz](http://www.lou-brown.co.nz).

Don't forget, my fabulous Colour Workshop is on Thursday 31st





## Ground Up

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March at 6:30 pm. Don't miss out on this one ladies, I'll give you confidence in the notoriously difficult to navigate world of paint colours – oh the choices! You'll be a pro by the time I've finished with ya. Tickets are on sale now via my Facebook page.

Yes! Autumn is just around the corner, so stop denying it and let me show you how to prepare for the cooler months with these simple tips. I know I shared a few of my tips on the Paul Henry show, but it's a bit hard to get a word in, so here goes the full hog.

I'm excited about the colours coming through this season. They are rich, luxurious and pack a punch! Moody deep blues, teal, dark green, grape purple, mustard yellow and burnt orange – yum yum yum. These colours are expressed with soft, sumptuous textures like velvet, fur and wool. For more on this season's colour trends visit the Dulux 2016 Colour Forecast on the Dulux website.

It's not about redoing your interior each season, just swap out a few items that will give you a fresh look. It might be a couple of velvet cushions, a fur throw on the end of your bed or sofa, or few textured wool rugs chucked around the place. Look for key items that will make a big impact.

Kiwi's love the outdoors and bringing in seasonal elements throughout the year helps us to connect with the exterior. This autumn, grab some leaves, pinecones, seed pods or twigs and pop them in three large vases for the centre of your table with some chunky black and white candles.

Another trick is to chuck a wood basket next to your fireplace, whether it's a wood burner or not. The smell and look of wood will inject cosiness into your interior – promise.

I love autumn/winter for two reasons; you can start pulling out all of your amazing wool jackets that have been cooped up in your wardrobe for the past 6 months, and the excuse to use rugs! Lots of rugs! Pop one in your undercover outdoor enter-

tainment area, in your lounge, under the foot of your bed, under your dining table, down your hallway – you name it, rugs can go just about anywhere. Even layering rugs on top of rugs works! Candles create magic in a space! The gentle flickering of candles oozes comfort and cosiness. Cluster them in groups on a sideboard or your mantelpiece, dot a few lanterns around the floor and place a supersized candle on your coffee table. You might have a favourite bowl that you'd like to customise into a candle, Trenzseater in Parnell offer a service that will fill any vessel you like with wax and turn it into a candle. Brilliant!

Never miss a post, head over to [www.loubrown.co.nz](http://www.loubrown.co.nz) and hit subscribe. You'll receive my free Ebook "My All Time Best Styling Tips" and my weekly interior blog posts straight to your inbox – the perfect read with a hit of caffeine!

## Want to Learn more about Plants?

There are still a few places on Skills Update's Horticulture course, starting at the end of this month. It leads to the National Certificate in Horticulture, Level 3, which is a very good qualification if you want to work in horticulture but also provides you with a broad and thorough knowledge base if you just want to become a better gardener.

The course runs for 65 weeks (plus natural gaps like Christmas) and you study at home. However we have weekly tutorials in Kelston, plus numerous weekend field trips, practicals or workshops at various other sites of interest.

Subjects range from propagation to weed control, soil science to plant names, tree care to landscaping and involves presenting 18 assignments on these various topics.

And here's the punch line: THERE ARE NO FEES! Seriously. Fun

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and laughter are included. Email jim@hort.ac.nz for details.

## Selling your home - some Garden Secrets

At Mike Pero Real Estate we are always pleased to offer advice on how to get the best from your property when selling, to that end a lot has been said about the getting the inside of your property up to spec for a pending sale but don't forget the outside is just as important.

Over the next few issues we have decided to supply a number of tips for turning your section into to a Garden of Eden.

1/ If you have a view Frame It cut back any trees that obscure the view, but remember to keep the ones that hide other homes or less desirable sights.

2/ Give barren walls such as the back of the shed or the side of the garage a coat of paint. Use forest green to blend in with the garden or you could splash out with a feature colour that's also on the house. You could also think about adding mosaics, planters or trellis to dress them up.

3/Create pathways to the shed, wood pile, garage door or feature seating area.

Use shingle, bark, wooden stepping blocks, shell or pavers.

4/ Indoor/outdoor flow. For outdoor dining set up a table and chairs. add plants or an arrangement of flowers on the table or sets of candles look really good, and remember to put up the umbrella. Have the area on display whether winter or summer.

5/ Create secluded seating areas around the garden, these could be made from blocks, planks or railway sleepers, get creative if you can sit on it, it could be a seat. Imagine this as a private place you could sit and read.

6/ Clear and trim back all overgrown trees and shrubs, the more ground you can see will show of the size of your property at its best.

Watch this space in the next issue for more garden secrets. If you would like any further information on this or have any other real estate related question please call Ian on 027 209 0789 or email Ian.Snedon@mikepero.com - Licensed REAA (2008).

## Renovating your house?

Updating your lights and switch gear can help modernise your house. Upgrading your switchboard or existing wiring can help lower insurance premiums and reduce fire hazards from outdated wiring.

Ben Cable Electrical Ltd is a small electrical company who can do this (and more) for you. Although the business is currently based in Te Atatu South, company owner Ben Young and

accounts administrator Lorelle Young were born and raised in the Kumeu/Huapai and Muriwai area. We have a great deal on switch board upgrades at the moment; contact us today for a no obligation, free quote. No job too small. Phone 021 023 26040 or email bcelectricaltd@gmail.com.

## Done great painting

Done Great Painting Ltd is a Kumeu-based painting company with 45+ years combined experience in the painting industry. We do residential/commercial, interior/exterior, brush, roll or spray finish. Guaranteed work by a qualified master painter, constantly developing and trying new products. Our emphasis is on quality, safety and consideration for the customer. Book now for local discounts. Call or text Gavin 021 790 049 or Brad 027 375 5878.

## Hallertau celebrates hitting Double Digits

Marking a decade since the first beer was poured, Riverhead brewery and restaurant Hallertau will celebrate its tenth anniversary with the opening of a new biergarten on 9 April, a subtropical oasis under a colossal retractable canopy for year-round cover designed to keep guests warm and dry, and the beer cold.

Known for their fresh and tasty beers brewed right beside the bar, honest food, and a full and lively music calendar, owners Hayley and Steve Plowman commissioned architect Allistar Cox to design the brewery extension boosting Hallertau's capacity to 250 guests.



## Auckland Medical Research Foundation 60th Anniversary

Auckland Medical Research Foundation marks its 60th Anniversary and \$65 million granted to medical research.

In 1955 an extraordinary group of 77 foundation members each donated £50 to a capital fund. Government funding would never be adequate to provide a sound and stable research base in Auckland and started a drive for life members, annual members and donors to sustain the Founda-



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tion.

An endowment was set up in perpetuity for operating costs, enabling 100% of donations to go directly to research, a strong offering. From small beginnings, with many notable New Zealanders contributing on the way, they grew a sustainable and enduring investment fund to provide research grants every year.

The Minister of Health, and the Chief Scientific Advisor to the Prime Minister both spoke at a recent celebration of the many spillover benefits of New Zealand's contribution globally. Would you like to support medical research? [www.medicalresearch.org.nz](http://www.medicalresearch.org.nz) or 09 923 1704.

## Corporate Trustee arrangements

Corporate Trustee arrangements are frequently used as a trustee of family trust. A corporate trustee usually means Limited Liability Company. This is something to get legal advice about – to make sure the trust deed allows it. Sometimes an amendment to the trust deed is also required. However, frequently a trust deed will allow a single corporate trustee. This may be more administratively efficient than say having a group of personal trustees when there are documents to be signed. Moreover, personal trustees often want to be protected against various risks arising from the trust investments -and therefore require indemnities from the trust. Decisions to be made include as to who will be the director and shareholder of the corporate trustee. In other situations a professional corporate trustee can be a most helpful arrangement. This is because the professional corporate trustee provides advice say about investment in the context of being familiar with the obligations of the trustee. This can only be of assistance in the role of a trustee. Professional

trustee ships of course come with a fee arrangement depending on the nature and complexity of the trust. In each case, get legal advice before you make any decisions. Luke Kemp - Kemp Barristers & Solicitors - phone 09 412 9600.

## The Riverhead

The flag debate has been an interesting ride with some interesting points of view being discussed...I think it's been positive no matter what the outcome... (btw: I'm writing this the day before the results of the referendum is announced.) It seems to me that the debate highlighted our nation's fierce patriotism with the interesting part that 'National Pride' was the argument no matter which flag you favoured.

Enough about the flag, what's happening at The Riverhead. Hopefully we'll get a few more days of warm fine weather before the onset of winter.

We still have our Rib's Night in The Landing Restaurant from 6pm every Tuesday, our Quiz Nights in The Portage Bar from 7.30pm on Wednesday and our Sunday Live in The Boat House, with free live music from 2-6pm on Sundays...all free to get in! Bring the family and enjoy...

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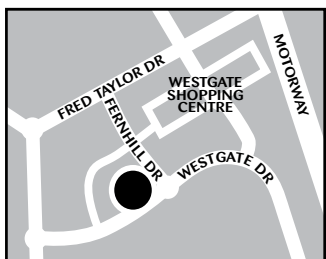
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