

**KEY PLAYER**

**Australian pianist set to light up the key board**  
**PAGE 5**

**WEIGHTY ISSUE**

**Wonder why you can't lose weight?**  
**PAGE 14**

**GREAT CAUSE**

**Mother's Day pink breakfast fundraiser pics**  
**PAGE 19**

Kate Moyle, Judith Fenton, Tessa Taylor, Jeanine Cheeseman and Mandee Wilson with some of the goods to be sold at the garage sale on Saturday.

# Help for Kerikeri woman

**BAYLEY MOOR**

Inspired to help their friend with cancer, a group of local women have organised a garage sale to raise money for her treatment.

Kerikeri woman Tessa Taylor was diagnosed with metastatic melanoma last September.

She is currently undergoing treatment on a BRAF inhibitor drug that costs around \$15,000 each month.

Jeanine Cheeseman has been friends with Tessa for around 16 years and wanted to help with the ongoing costs of treatment.

After some furniture became

available from a vacant holiday home Cheeseman was inspired to turn it into a fundraising opportunity and organised the Kerikeri garage sale on May 14.

Not only are the Taylors facing the ongoing cost of the drug, they also face the costs of driving to Auckland regularly and scans, she says.

After advertising the garage sale on Facebook, trailer loads of good quality second hand furniture and clothing have arrived to be sold.

"There is something within everyone's price range and people can donate to the cause if they feel

their house is already full."

The mole on Tessa's shoulder has produced cancer that spread to her lungs and brain.

Tessa says there is currently no chemotherapy option for her and no frontline melanoma fighting drug is funded in New Zealand.

She has recently returned to teaching four days a week at Kerikeri Primary School.

Tessa and her husband Rhys wish to thank the Kerikeri community for everything they have done since her diagnosis.

Rhys says they would go away to Auckland Hospital and return

to find their house cleaned and lawns mowed.

"We have been absolutely blown away with how fantastic people are."

Over 4000 people are diagnosed with melanoma every year in New Zealand, which is about 11 every day.

Tessa encourages everyone to be sun safe and get regular checks.

■ The garage sale is at 518 Kerikeri Rd from 8am.

You can also support Tessa by donating via her givealittle page. <https://givealittle.co.nz/cause/helpdessataylorfightmelanoma>

**SHOWHOME**

Corner of Ranui Ave and Martha Clarke Lane, Ranui Gardens

OPEN

Monday–Friday 11.00am–5.00pm

Saturday 9.00am–12.00pm

Come and visit the team at our showhome today.

G.J. Gardner Homes are acknowledged for their innovative design concepts. Our designers are continually coming up with fresh ideas and creative living plans. Here's your chance to view our latest ideas incorporated into our stunning new designer showhome.

3 2 2 2 Floor Area 215m<sup>2</sup>

Design innovation is just one more reason why more people choose to build with G.J. Gardner Homes every year than any other builder.

# YOUR PLACE, YOUR PAPER

1887

## FROM THE EDITOR

The winterless north is sure living up to its name. We're nearly half way through May and the weather is positively balmy! Our lawn is splattered with orangey red leaves – a sure sign winter is on its way. We've had a couple of eerily misty mornings, which have produced stunningly clear sunny days.

I don't know about you, but I'm still wearing light, summer clothes when this time last year I had donned winter woolies.

Apparently temperatures are up to 2 degrees celsius higher on average this month, threatening weather records.

That's great for saving power, but how is it affecting those who need a decent frost? Especially since such a large part of the Far North is horticulture-based. I think it's nice to have defined seasons, where you can scrape frost off the car windscreen, and tuck into vast amounts of soup. I'm looking forward to a real winter kicking in soon.

What's your favourite time of year?

Jenny

# to do list

## Contact us

**EDITOR:** Jenny Ling 09 407 0362 [jenny.ling@fairfaxmedia.co.nz](mailto:jenny.ling@fairfaxmedia.co.nz) **REPORTER:** Bayley Moor 09 407 0368 [bayley.moor@fairfaxmedia.co.nz](mailto:bayley.moor@fairfaxmedia.co.nz) **NORTHLAND SALES MANAGER:** Lynne Popham 0272 202 338 [lynne.popham@fairfaxmedia.co.nz](mailto:lynne.popham@fairfaxmedia.co.nz) **ADVERTISING:** Renee Dintheer 09 407 0365 [renee.dintheer@fairfaxmedia.co.nz](mailto:renee.dintheer@fairfaxmedia.co.nz) **CLASSIFIEDS:** 0800 022 812 or [clsad@snl.co.nz](mailto:clsad@snl.co.nz) **DELIVERY:** 09 525 2022 or [delivery@snl.co.nz](mailto:delivery@snl.co.nz) **FAR NORTH OFFICE:** 93 Kerikeri Rd, Kerikeri. PO Box 392 Kerikeri. 09 407 0050. 12,689 audited circulation (ABC for 12 months to 31 Dec 14). Delivered each Thursday to Doubtless Bay, Mangonui, Kerikeri, Waipapa, Paihia, Russell.

### 1. SHOW

Sheer-Luck Holmes Parody, Springbank School, May 20 & 21 from 6.45pm. Tickets \$5 person, \$15 family. Tickets Sally 09 407 5236 or [reception@springbank.nz](mailto:reception@springbank.nz)

### 2. QUIZ NIGHT

Kaero Rugby Club, May 13, 5.30-9.30pm. Fundraiser. \$10. Phone Robyn 027 2777 942.

### 3. GAMES

Board & Card Games every 1st and 3rd Saturday of month, 7.30pm. Kerikeri Baptist Church, 41 Hobson Ave. Visit [facebook.com/groups/196781687374588/](https://www.facebook.com/groups/196781687374588/)

### 4. YOGA

Kerikeri Yoga Centre, Monday Introductory Yoga course starting May 16, 6-7.30 pm, six weeks. Visit [kerikeriyogacentre.com](http://kerikeriyogacentre.com)

### 5. MEETING

Kerikeri/Kaero Community Foodbank Annual General Meeting, May 20, 10.30am, at the bridge room of the RSA. All welcome.

### CONTENTS

News.....	1-5
Food .....	6
What's On .....	10
Out & About .....	11
Motoring .....	12-13
Dr Libby/Puzzles .....	14

This newspaper is subject to NZ Press Council procedures. A complaint must first be directed in writing, within one month of publication, to the editor's email address. If not satisfied with the response, the complaint may be referred to the Press Council. **PO Box 10-879, The Terrace, Wellington 6143.** Or use the online complaint form at [www.presscouncil.org.nz](http://www.presscouncil.org.nz) Please include copies of the article and all correspondence with the publication.



**Drop in to see Glenn and the Team with more than 80 years combined experience.**

- Water pumps - Installation and service
- Deep well pumps - Installation and service
- Effluent pumps - Installation and service
- Water tanks and installation
- Filters, UV filtrations, underbench filtration

- Hansen products
- V belts
- Stainless steel nuts and bolts
- Assorted hoses and coupling
- Plumbing and Drainage supplies
- Farm effluent pipe and fittings
- PVC and galvanised pipe and fittings
- Metric medium density pipe and fittings
- Quotes, sales, service and installation
- And much more...



State Highway 10  
40 Skippers Lane  
**WAIPAPA**  
Phone 09 407 8530  
Freephone 0800 442 766  
[www.gibsonirrigation.co.nz](http://www.gibsonirrigation.co.nz)

# Pet pitbull breaks stereotypes

**BAYLEY MOOR**

The owner of a purebred pitbull used in a rest home therapy programme says it is up to the owners of the animals to provide the upbringing that produces safe dogs.

Kaeo resident Cesare Stella had his dog trained to be part of Outreach Therapy Pets that visited the Radius Bay Care Home and Hospital to interact with residents there.

Stella had heard about the programme and thought his dog would be a great fit.

Olivia is a purebred pitbull who passed the aptitude test with flying colours.

She was part of the programme for three years which involved visiting the centre once a week and socialising with elderly residents.

She breaks the mould of the “typical” pitbull, Stella says.

When Stella first took her along to a training session everybody was surprised at her breed but by the end of it she was a favourite.

Pitbulls can be high energy, he says, but Olivia loved being part of the programme.

“Everybody cuddling her, it’s her favourite thing in the world.”

There have been several vicious dog attacks on people and their pets in the last few months, sparking calls to ban pitbulls.

But Stella says it’s the owners who create the problems.

“It’s the idiot that creates the habit not the dog.”

**Cesare Stella and his dog Olivia, a pitbull that was used as a therapy pet in a local rest home.**

Bay of Islands SPCA Inspector Wendy Locke says the pitbull breed is not born a dangerous dog breed. “However they are a strong breed of dog that require a lot of tender love and care.

“Pitbulls need to be socialised from an early age, starting from

when they are 8 to 12 weeks old. This is a crucial time in a puppy’s life.

“Pitbulls can make awesome family pets if they have the right owner with the knowledge and time to be able to train them.

“Dogs in the wrong hands

without adequate socialising, training and knowledge can all potentially be dangerous.”

The Dog Control Act prohibits the importation of American Pit Bull Terrier Type dogs into New Zealand, as well as several other breeds.

## KEY RECITAL

A pianist who won first prize in New Zealand’s only international classical piano competition in 2014 is returning for a special recital. Australian Alex Raineri, 23, has gone on to tour the world after winning in Kerikeri two years ago and is now set to play in the Aroha Music Society recital on May 22 at the Turner Centre. In keeping with the society’s policy of encouraging youth into music, 18 years and under get in for free.

## BIRD SONG

Project Island Song along with its partners, supporters and volunteers celebrated the successful release of 80 whitehead birds in the Bay of Islands. The event on April 23 is part of a bigger ecological restoration programme with the aim to restore the birdsong to the area. This was the second release of the native species in the area. Translocation specialist Kevin Parker was pleased with their condition on arrival to the island via helicopter – so much so that the birds were singing en route.

## CONCERT SUCCESS

About 120 people turned up for the first Vintage Railway Concert to be held in the large carriage shed. The Kawakawa concert was moved indoors this year after heavy rain cancelled it in February. “We were delighted with the way it turned out,” committee chairman Frank Leadley says. The programme ranged from the beautiful barbershop melodies from Bella A Capella to the powerful voice of young star Zoe King-Samuels.

## SAFE ACCESS

Recreational boaters visiting Northland are assured of safe access to anchorages, harbour entrances, bays of refuge and navigational routes thanks to the efforts of Yachting New Zealand, the Auckland Yachting and Boating and Northland Yachting Associations. Following a decision from the Environment Court, changes made to the Regional Coastal Plan for Northland came into effect on May 9. Key areas where significant aquaculture-free zones will come in to place include Whangaroa, the Cavalli Islands, Doubtless Bay, Bream Bay and the Bay of Islands. Visit [yachtingnz.org.nz](http://yachtingnz.org.nz)

# Council to seize all roaming dogs

Far North dog owners could face tougher penalties for failing to keep their dogs under control.

The Far North District Council is clamping down on roaming dogs after recent dog attacks in the district, including 92-year-old Jim Morgan and his dog Sandy who were attacked by a pitbull cross in Kaikohe.

From now on, if dogs are found unrestrained in public places they will be seized. Owners also face fines and prosecution.

Council district services general manager Dr Dean Myburgh says people should be able to go

about their business without being fearful of dogs.

“Most dog owners are responsible and take seriously the tasks of feeding, nurturing and exercising their animals.

“They also keep their dogs secured and ensure they are not roaming, thereby avoiding risk to people and other animals.

“It’s unfortunate that a few irresponsible owners are spoiling it for the rest.”

An Opononi dog owner was last month convicted in the Kaikohe District Court of owning a dog that attacked another animal.

The council brought the prosecution after an attack in February left a dog with injuries that required stitches and surgery. The owner was fined \$500 and ordered to pay \$1110 to the owner of the dog that was attacked.

The court also issued a destruction order for the unregistered Rottweiler.

**The council is clamping down on roaming dogs to curb attacks like the one on Jim Morgan and his dog Sandy in Kaikohe.**

Tiles & Mosaics

Carpet & Vinyl Flooring

Timber & Bamboo Flooring

Wallpaper

Curtains & Blinds

Shutters

Paint & Accessories

Fabrics & Cushions

## WIDEST RANGE Of Plants In Northland

- Most plants grown in our own nursery, at great prices
- New container of glazed & terracotta pots just arrived, at low prices
- Lovely gifts, toys & home/garden decor for that perfect gift
- Huge range of Vireya Rhodos
- Edibles, fruit trees, Citrus
- Trees & Shrubs, Natives etc
- Hedging from \$1.70

76 Kapiro Rd, Kerikeri  
2km north of Waipapa  
Open Mon – Sat, 9am – 5pm  
Ph 09 407 1645, Plant Zone Direct  
Email: [info@plantzone.co.nz](mailto:info@plantzone.co.nz)  
[www.plantzone.co.nz](http://www.plantzone.co.nz)



# Conversations

**“Overseas drivers should be made to pass a test and prove they’re fit to drive on New Zealand roads.”**

**BIG THANKS**  
On behalf of the Kerikeri Returned and Services Association I would like to thank all those from the Kerikeri and Waipapa district who supported the Poppy Day appeal. A total of \$8452 was collected from throughout the district and we thank you all for your support. This money is only spent in our district and goes to support veterans, service members and their dependents.

**Frank Lewis  
Anzac Day Organiser  
Kerikeri RSA**

**ADDRESS WORRIES**  
Regarding changes Far North District Council is making to naming and numbering properties down right-of-ways in Kerikeri and other towns across the Far North.

We received a letter from council advising our right-of-way is to be given a name and the houses renumbered.

The reasons are stated as: “to make it a safer place to live as emergency services will be able to

quickly and accurately locate your property.

It will also ensure that the district is an easier place to do business.”

We have lived down this right-of-way for almost eight years.

Couriers, emergency services and tradespeople have had no difficulty locating us. It will probably make things more complicated as the new addresses will not be familiar to any of them and it will be sometime before online maps catch up.

The implications for each household is they have to contact everyone they deal with (both in NZ and overseas) and advise the new address – no small task.

The council is providing New Zealand free change of address cards but we will have to pay for advising overseas friends and family.

So the council is disrupting the lives of numerous families, naming and numbering their properties – they are effectively changing something they do not own.

It seems totally unreasonable.

**David Stone  
Kerikeri**

*The Far North District Council responds:*

The council is undertaking a project to reduce duplication and/or errors in respect of road naming and property numbering at request of the surveyor-general.

The project is also supported by emergency services, as confusion over duplicate addresses and street names is a constant problem for police, fire and ambulance when responding to emergency callouts in the Far North.

Community consultation is an important part of this project.

Those affected have the chance to provide feedback on any proposed changes.

This feedback will be taken into account by the relevant community board when they make final decisions.

**Caroline Wilson  
Acting General Manager -  
Corporate Services**

GET IN TOUCH ONLINE

**“Many, including overseas drivers, are not aware how to signal and such, so something must be done.”**

Rhys Nolan

**WATER BEST**

Brain Food for Better Learning supports the water only policy in our schools.

But water fountains need to be kept in good repair and thoroughly clean.

A slice or two of lemon in water makes for an inexpensive, refreshing drink. Fizzy drinks have harmful additives and food colours to avoid as well as many, many teaspoons of sugar.

UK supermarkets have warnings on junk food and have reintroduced cooking lessons in schools.

The Brain Food group challenges families and schools to undertake a 5 day/forever additive free trial, eating whole foods in season and planning around community projects such as fishing, fruit picking and gathering nuts. Christchurch psychologists have already discovered that a whole food diet enables children to come off ritalin.

**Julienne Law  
Kerikeri**

**ONLINE CHATTER**

**Regarding the story ‘Rental shortage in the north’:** This is the second instance of a homeless family within the last three weeks that has involved folk I know. Surely there must be some sort of emergency housing for families as a stopgap?

**Heather Mackay, Neighbourly**

**HAVE YOUR SAY**

Let us know what is happening in your street or community at [jenny.ling@fairfaxmedia.co.nz](mailto:jenny.ling@fairfaxmedia.co.nz)

## SUBSCRIBE NOW

Visit [mags4gifts.co.nz/sunday-star-times](http://mags4gifts.co.nz/sunday-star-times)

Or call **0800 SUNDAY (786 329)**

## UP-DATES ON ROADING/WALKING CYCLING

The Waipapa Strategic Case has been signed off by the New Zealand Transport Agencies management team, this means we have satisfied the qualifying criteria to move onto the next phase. Opus has been contracted to complete the necessities. This includes a complete traffic study including but not limited to traffic counts, origin surveys and number plate tracking to identify what kind of vehicle movements are occurring on the network. Predictive modelling will be used to test alternative layout designs. Work commenced last week and will take up to six weeks. We expect to have the completed business case by September. And just a heads up, we will be using cameras so for all of you rat-running we will be watching

### Councillor Ann Court

**Kaero Bridge:** The strategic case is complete, geotech/alignment is currently being investigated and river/flood modelling is underway. This project aims to deliver a two lane bridge on an improved alignment with decreased weight restrictions and a safer intersection with Whangaroa Road. The design will include provision for walking and cycling and hopes to address flooding of the highway to the North of the bridge.

**Taipa Bridge:** This project is still in its very preliminary stages. Geotech has commenced including river modelling. It is planned at his stage to deliver a two lane bridge with consideration for the provision of walking and cycling. It is anticipated that two laning will change the dynamics in the village, particularly around intersections and speed, this aspect needs further scoping.

**Kerikeri Road:** As this is intended to be a shared footpath/cycleway and in order to satisfy NZTA’s funding criteria and procurement policy the thinking has morphed a wee bit. It has been proposed that the project be split into two stages with the first stage to the Farmers Market and the second stage hopefully as far as the backpackers in Wiroa Road. This means a bit more work is required to ensure funding eligibility. Revised design work is underway.

**Haruru Falls to Waitangi:** Tenders are in for stage one so hopefully this matter will be the subject of a press release prior to this column going to print.

**Turntable Hill,** north of Moerewa has been down to one lane since the 2014 July Floods. The rehabilitation design has been challenging. Tenders for the reconstruction close 25th May with physical works expected to commence in the first week of July.

[www.facebook.com/CouncillorAnnCourt](http://www.facebook.com/CouncillorAnnCourt)

It’s not Sunday without it.

715203AA

7003239AW

Sponsored Content

# Climate change concerns

Henry Wakelam, 85, inventor, lives in Waipapa.

Henry Wakelam

## What do you like best about the Far North?

It used to be a good temperature. I couldn't live further south.

## How long have you lived here and where are you originally from?

I've lived here for 30 years, I was born in Shanghai.

## What do you like least and how can we fix it?

The cockroaches. I've had my fill of them in the tropics. But there's no way it's too late to reverse global warming. They could have had alternate energy sources but the petroleum people have killed many patents.

## What's your favourite eatery?

The fish and chips place in town opposite the McDonalds. I know what I'm getting there. There's no pretense there and very rarely are you disappointed.

## Your highlight of the week?

It used to be Sunday on the television but then they shut down Al Jazeera, Channel 7 and Campbell Live which were intellectual.

Now they don't even have the two analytical programmes after the news.

It is absolute crap, for people with no brains. It's so cheap to educate through the TV.

And they're doing exactly the opposite, they're breeding a nation of morons. It's very very bad.

## Who is the Kiwi you most admire?

Probably Helen Clark. They found a good use for her afterwards. In comparison to the other prime ministers I admire Clark.

## The spot in Northland I'd recommend is.....

My home. New Zealand was good enough to give me a chance to leave my bones here.

## If I were Far North mayor I'd ...

Drop the speed limits. Everybody is in too much of a hurry we must slow down. The climate change is because we've sped up too much.

## When I've got a free few hours, I like to .....

I used to like to invent. I've got two patents but I didn't make my fortune.

I invented a macadamia nut processing

**“Thirty years ago there were no cockroaches here, now the place is crawling. They knew climate change was coming.”**

machine and a drive through gate extension to an electric fence.

The farmers don't want it. I cannot believe it.

Alex Raineri is back in Kerikeri for a recital with the Aroha Music Society at the Turner Centre in Kerikeri on May 22.

## Pianist returns to Kerikeri

### BAYLEY MOOR

An Australian pianist is set to light up the key board again at the venue where he won first prize in New Zealand's only international classic piano competition.

Alex Raineri won the competition in 2014 and has been touring Australia, Germany, the United Kingdom and Austria for the past 18 months.

He is returning to New Zealand for a recital with the Aroha Music Society at the Turner Centre in Kerikeri on May 22.

The 23-year-old is based in both Melbourne and Brisbane and is undertaking PhD studies at the Queensland Conservatorium of Music while also pursuing a fellowship programme at the Australian National Academy of Music.

In keeping with the Aroha Music Society's policy of encouraging

youth into music, people aged 18 years and under can watch for free.

The Aroha Music Society is a partner of Chamber Music NZ that organises touring artists and groups throughout the country, as well as bringing independent concerts to the region.

Three of the final 15 who have made the cut for this year's Kerikeri International Piano competition are from Australia.

The 2014 competition also attracted applicants from China, Malaysia, New Zealand and the United States.

This year it'll be held from June 30 to July 3.

The three international adjudicators will be Eleanor Wong, Jan Jiracek Von Arnim and Albert Tiu.

Visit [turnercentre.co.nz](http://turnercentre.co.nz) for more information.

Up to **50% off**

Offers must end 24th May 2016

### Limited Edition - Firm or Plush

Top technology equals spectacular support. Natural latex, gel infused memory foam and pocket spring to give you blissful comfort.

### Chester Bedroom Collection

**30% off**

**Half price**

Queen \$2998

**\$1499**

Other sizes are available

\*Shown in Queen

\*Mattress, linen and accessories not included

NZ owned & operated

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

**Kerikeri** (Waipapa Retail Centre)

6/ 19 Klinac Lane

Ph: 09 401 6515

Also at: Newmarket • Henderson • Glenfield • Botany • Westgate (opening soon!)

**Whangarei** (under new ownership)

10 Rewa Rewa Road

Ph: 09 438 1919

# Community cookbook

NADIA LIM IN ASSOCIATION WITH MY FOOD BAG

## Satay beef skewers a hit

Satay sauce is always popular. This homemade version will be a hit with the family.

### SATAY BEEF SKEWERS WITH COCONUT RICE AND CHUNKY SALAD

**Coconut rice**  
 1 1/2 cups jasmine rice  
 1/2 teaspoon salt  
 2 cups water  
 1/4 cup coconut milk

**Satay sauce**  
 1/2 teaspoon finely grated ginger  
 1 tablespoon soy sauce  
 1/4 cup peanut butter  
 1 tablespoon chopped roasted peanuts  
 1 tablespoon mild sweet chilli sauce  
 1 tablespoon runny honey  
 1/2 cup water

**Beef skewers**  
 450g beef mince  
 1 tablespoon soy sauce  
 1 tablespoon mild sweet chilli sauce  
 1 carrot, finely grated  
 8 bamboo skewers

**Chunky salad**  
 1 Lebanese cucumber  
 1 courgette  
 1 carrot  
 1 capsicum  
 1 tablespoon olive oil (optional)  
**To serve**  
 3 tablespoons roughly chopped coriander  
 1 tablespoon chopped roasted peanuts

Combine all rice ingredients in a medium pot and bring to the boil. As soon as it boils, cover with a tight-fitting lid and reduce to lowest heat to cook for 12 minutes. Turn off heat and leave to steam, still covered, for a further 8 minutes. Do not lift lid during cooking.  
 In a small pot on low-medium heat, combine all satay sauce ingredients. Bring to a simmer and mix until

(preferably non-stick) on low-medium heat. Cook skewers for 1-2 minutes on all four sides, until browned and cooked through. Set aside and cover with foil to keep warm. To make the salad, roughly dice cucumber and courgette 1-2cm; peel carrot, cut in half lengthways and slice 0.5cm; remove core and seeds from capsicum and dice 1 cm. Place all in a medium bowl, toss with olive oil (if using) just before serving and season with salt.  
 To serve, spoon 3/4 cup cooked coconut rice per person onto plates and top with 1-2 beef skewers. Spoon over satay sauce and garnish with coriander (if using) and peanuts. Serve chunky salad on the side.

Recipe courtesy of My Food Bag.

These skewers would be great cooked on the barbecue, if the weather allows!

smooth. Reduce heat to low, simmer until sauce has thickened, stirring often, for 5-7 minutes. Place all beef skewer ingredients (except skewers) in a medium bowl

and mix well. Measure 1/4 cup of mince mixture and shape around a bamboo skewer, in a sausage shape (3/4 way down each skewer). Heat a drizzle of oil in a large fry-pan

Each week Nadia gives you another easy recipe for your family and you'll find all the ingredients in My Food Bag. [myfoodbag.co.nz](http://myfoodbag.co.nz)

## We fix computers ...while you wait!

Any computer  
 Any problem  
 Any time  
 Anywhere

407 4706  
 computerbloke

Firenze freestanding and insert woodburning fires:

### PROPERTY LAW

Richard Ayton  
 Lawyer

*The property market is moving fast - make sure you keep up!*

The Meridian  
 93 Kerikeri Road  
 Kerikeri  
 09 407 7099  
[www.lawnorth.co.nz](http://www.lawnorth.co.nz)

AU-72416504H

Can anyone recommend a great cleaner?

Take care - flooding on Main Street!

Street BBQ next week - all invited.

**SUBSCRIBE AND SAVE UP TO 34%**

[www.mags4gifts.co.nz](http://www.mags4gifts.co.nz)

# Next steps to cancer recovery

## Completing treatment is just the start of your health journey

For almost four years, Alison Shipton at Bodyworks Physiotherapy & Wellness in Kerikeri has been offering Pinc & Steel Cancer Rehabilitation to help patients cope physically and mentally with cancer treatment.

It's a service that no-one else in the region is qualified to provide and after seeing the huge difference it makes to people under enormous stress, she worked with a trust to help subsidise the service. She passionately believes that everyone who needs it should be able to access it.

"The results are tangible and it gives people a real boost when they need it most," Alison says. But, like many healthcare professionals that support people with cancer, she noticed there was a gap when it came to helping the patient transition back to everyday life after treatment ended.

"People often forget that although the cancer may have been dealt with, the effects of treatment are ongoing and can include extreme fatigue, depression, pain and reduced muscle strength." She also points out that for some it can also result in unfortunate long-term consequences such as heart

problems, osteoporosis and lymphoedema.

So when the Pinc & Steel Cancer Rehabilitation Trust and The New Zealand Breast Cancer Foundation teamed up to create the 'Pinc Next Steps' programme, Alison was quick to take up the training. "It's the difference between someone surviving cancer and taking control of their life... it's about helping them take positive steps for their future health and well-being," she says.

Essentially it's a group exercise programme that combines pilates, yoga and cardiovascular exercises for a workout that's specifically designed to help women rebuild their strength, flexibility and stamina. To ensure the safety of participants, the classes are run by experienced physiotherapists that have undertaken specialist cancer rehabilitation training.

Alison says the classes are a lot of fun and everyone enjoys the music. Plus the knowledge that everyone in the group has their own challenges makes it less intimidating for those who are just returning to exercise. "It's a supportive environment that recognises that success looks

### Physiotherapist Alison Shipton has undergone specialist Cancer Rehabilitation training.

different for everyone - and we customise the exercises to suit the individual."

Classes run for one hour a week for ten weeks and are designed to accommodate all ages and levels of fitness and mobility. Participants are also given gentle exercises and

stretches to do at home.

The Pinc Next Steps programme benefits participants whether they attend one week or ten years after their cancer treatment. The New Zealand Breast Cancer Foundation will fund women who have had breast cancer, or are living with

secondary breast cancer, and the Pinc & Steel Cancer Rehabilitation Trust will fund women with any other type of cancer onto the programme.

For more information contact Bodyworks Physiotherapy & Wellness on 407 4288.

**SPECIALISED TRAINING WITH AN EXPERIENCED PHYSIOTHERAPIST**

# FREE EXERCISE CLASSES

FOR WOMEN RECOVERING FROM CANCER TREATMENTS

**COMBINES THE BEST OF**

**Yoga for flexibility**

**Pilates for strength**

**Cardio Fitness**

Principal Funder

For more information ph 09 407 4288

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



# FREE LINING

WHEN WE MAKE YOUR CURTAINS

APPLIES TO FABRICS \$29.95 PER METRE AND ABOVE. SOME CONDITIONS APPLY. AVAILABLE UNTIL 9TH JUNE 2016.

# Get ready to rumble at Puff 'n' Pull Carnival

Folk in Kawakawa are getting ready to host their unique annual event.

The Puff 'n' Pull Carnival 2016 will rumble into town on May 22 with loveable Gabriel – the 1927, 28 tonne steam engine – the centre of attraction.

Since 2007 eager participants of all ages have been lining up to get to grips with the metal maiden as they try to pull Gabriel down Kawakawa's main street in a race against the clock.

This year there are more team category entries.

Primary schools can enter teams of 40 children, secondary schools and adult teams (mixed or same gender) of 20 people.

Challenges are run from 10am to 1pm when the street is closed off.

Te Tai Tokerau Community Cops won the adults in 2015 while Bay of Islands College took the students category.

Last year the mighty Joyce twins, David and Tom set a world record pulling Gabriel with just the power of two.

The gauntlet is thrown down

**Powerful twins, David and Tom Joyce will be waiting to see if anyone picks up the gauntlet to better their world record set last year.**

to beat their record this year.

The carnival is a great family day out with fun continuing at the adjacent Johnson Park.

Event organiser Anne Leitch says they are hoping for an even bigger and better event this year.

“We are aiming for an American Graffiti theme this year so people might want to dress up to join in with the fun.”

A talent quest will entertain spectators throughout the day

with a variety of acts from singing, dancing and kapa haka to poetry readings.

The fun continues with market stalls under a marquee, bouncy castle and children's pet corner for the kids, body painting and a number of displays including hot rods, muscle, vintage and classic cars.

■ Entries for the challenge close May 15. Email boivrnpn@gmail.com or call 09 407 3458.

# Sexual violence awareness

More than 25 people who work in the area of sexual violence prevention in Northland met to talk about what they do and share ideas about what works.

The Whangarei hui, held in April was the first in a series being held in regions around the country designed to bring together those who specialise in preventing and responding to sexual violence.

It was hosted by Te Tai Tokerau Regional Rape Crisis

Collective, who teamed up with Te Ohaakii a Hine – National Network Ending Sexual Violence Together (TOAH-NNEST).

Spokeswoman Dr Rachel Fabish says it was an opportunity to tap into the knowledge and experience of participants as well as introduce a 12-point prevention tool for practitioners.

“We are breaking down misconceptions about sexual abuse and finding ways to prevent sexual violence in all

areas of our work.”

The 12-point prevention tool was explained by Sexual Abuse HELP Foundation's Melanie Calvesbert and Child Abuse Prevention Services Hauraki's Rachel Harrison. It was helpful in identifying gaps in Northland sexual violence services, and areas where more work could be done.

Participants also received information about Rape Awareness Week which ran from May 2 to 8.



**'MONEY OFF' DISCOUNT**  
ON SELECTED TOOLS

CHOOSE:

**STIHL BLOWER**  
BG 56 C-E  
**\$395**

TAKE  
**\$25 OFF**

**STIHL CHAINSAW**  
MS 181  
**\$595**

TAKE  
**\$50 OFF**

Call **09 437 0388** or book an appointment at **www.bloomhearing.co.nz**

**bloom™ hearing specialists Kerikeri**

Kerimed Doctors, 2 Ranui Ave Kerikeri 0230

09 437 0388 whangarei@bloomhearing.co.nz www.bloomhearing.co.nz

AU-6612139HV

Offer available until 30 June 2016. Only while stocks last. Terms and conditions apply.

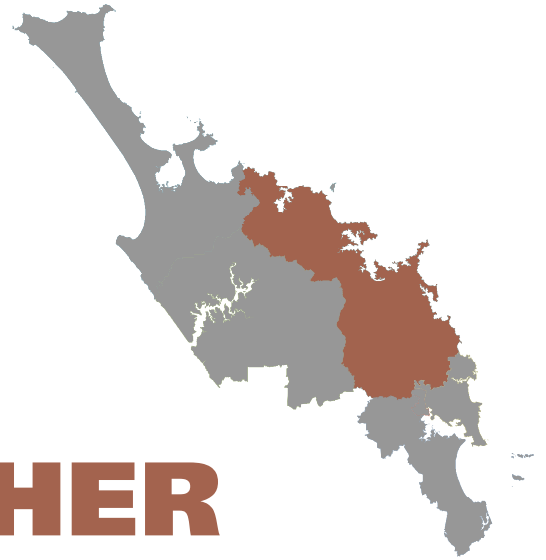
**KAIKOHE LAWNMOWERS & CHAINSAWS LTD**

145 Broadway, Kaikohe  
Email: klcl@ihug.co.nz  
Ph: 09 401 0151

AU-7019027AD



# NORTHLAND – FORWARD TOGETHER



A new shared services initiative that sees all four Northland local authorities working collectively to deliver better outcomes for the community has been welcomed by local regional councillors Dover Samuels and Bill Shepherd.

Dover and Bill (council's chairman) represent the NRC's sprawling Coastal North constituency, which stretches from Kerikeri Inlet all the way to Hikurangi Swamp.

Dover, who lives in Kerikeri, and Bill, roughly an hour south in Purua, says they're all too familiar with the challenges individual councils face trying to meet the many and varied expectations of the diverse communities which make up Northland.

Bill says a draft proposal by the Local Government Commission (LGC) for a single Northland council was dropped in June last year, but all four current councils are united by a shared commitment to working more closely to deliver better outcomes for Northland and its people.

"Dover and I, along with our fellow councillors, are very supportive of moves to share services when there are clear service and/or cost benefits to doing so."

Northland's four councils have a collective plan to achieve this, dubbed Northland – Forward Together (*Tai Tokerau – Kokiri Ngatahi*) and Dover says there are a number of key workstreams underpinning it.

"These include collective action on things important to our communities and coming up with improved ways of working, and delivering more value for money, on services and infrastructure."

The collaboration is being led by the CEOs of all four councils through a regional group of key staff and cross-council project teams and works with key partners like the LGC.

"The commission is very keen to collaborate and engage with us and our communities on the joint challenges we're facing and options to address them".

Dover says at this stage there are already about 20 projects under the Northland – Forward Together banner.

"We've already identified key areas, such as transport and the management of water and wastewater, where combining local authority and LGC resources is more effective and cheaper."

Bill says all four councils recognise

that joint delivery of some services and infrastructure may offer efficiencies and improved effectiveness.

"But while we will actively pursue opportunities where these benefit our communities, Northlanders can be confident any changes will only be implemented where there is obvious benefit to ratepayers."

Dover says it's important to bear in mind that not all potential future changes will be noticeable to ratepayers on a day-to-day basis and some changes under the programme could take several years to implement.

"One of the constant challenges we face in Northland is just trying to sustain existing levels of services, given the limited number of ratepayers and associated affordability issues," Bill says, "let alone meeting expectations of increased services."

Dover says Northland – Forward Together is certainly not a 'silver bullet' solution to all the issues Northland is facing.

"But it is a shared and very genuine

attempt to find innovative and cost-effective solutions to collectively lift the overall wellbeing of our people and our place; *Ngatahi, kia piki te oranga whenua, oranga tangata.*"

Bill says one of the demonstrable benefits of collaboration amongst Northland's councils is that the approach can then receive much-needed backing from central government, particularly in the infrastructure area.

"As an example, as a result of the collaboration between councils in the current term we have already been able

to persuade the New Zealand Transport Agency (NZTA) to get planning underway for the four-lane highway connecting Northland to the rest of the country.

"We've been able to persuade NZTA to designate Mangakahia Road as a State Highway and to double the increase in local road maintenance funding compared with the rest of New Zealand."

Dover believes a major 'shared business unit' involving all four Northland councils and NZTA will be a trailblazing project for Northland – Forward Together.

## YOUR COUNCILLORS – COASTAL NORTH

Dover Samuels  
Coastal North  
Ph: (021) 718 067  
E: dovejoanna@xtra.co.nz

Bill Shepherd  
(Chairman)  
Coastal North  
Ph: (021) 433 574  
E: bills@nrc.govt.nz

# What's On

**Get involved!**

## MONDAY

**Waipapa Indoor Bowls:** Invites new members every Monday 7.30pm, Waipapa Hall, Loop Rd. Phone Bob 09 407 3171.  
**Bay of Islands Singers:** Rehearse in the Events Hall at the Turner Centre, 6.30pm - 9pm. Contact Denise 09 407 4606.  
**Paihia and District Residents' and Ratepayers' Association:** Committee meeting, 2nd Monday of every month, 7pm- 9pm, Paihia War Memorial Hall.  
**Opua Indoor Bowls:** Every Monday 7pm, Opua Community Hall, Beechy St, Opua. Contact Brian 09 402 6070.  
**BOI Hash House Harriers:** Meets Mondays 6pm for a social run/walk. Call Jan 021 269 3056.

## TUESDAY

**Kerikeri Pippins & Brownies:** Meet Tuesday 3.30-5pm at James Kemp Hall. Phone Barbara 022 477 0139.  
**Tai Chi:** Tuesdays at Kingston House, Hone Heke Rd, Kerikeri, 2.30-3.15pm. Contact Jill 09 407 5054.  
**Kerikeri Bowling Club:** Meets every Tuesday 9.30am, Cobham Rd. Phone Jean 09 407 9033.  
**Kerikeri Mens' Probus Club:** Meets 1st Tuesday of the month at Kerikeri RSA, Cobham Rd, 10am.

Contact Jack 09 407 3422.  
**Kerikeri Garden Club:** Meets 4th Tuesday of each month at the Turner Centre, 10am. Contact Ann 09 402 6653.  
**Kerikeri Quilters Club:** Meets 4th Tuesday of the month. Kingston House, Hone Heke Rd, Kerikeri at 10am. Phone Ingrid 09 407 7508.

## WEDNESDAY

**Christian Meditation:** Meet Wednesdays at 6pm in Paihia to meditate for 30 minutes. Phone Ann 09 402 8444.  
**Waitangi Twilight Bowls:** Every Wednesday 6pm. Phone Dee 09 402 7495.  
**Doubtless Bay Croquet Club:** Club days Wednesday & Saturday 9.30am and Monday 1-4pm. SH10 Cable Bay. Phone 09 406 1320.  
**Aqua Aerobics:** For Parkinson's Society Northland members at Little Dippers Pool, Kapiro Rd, 11.30am. \$2 donation.

## THURSDAY

**Paihia Toastmasters Club:** 2nd Thursday of month, 6pm, Paihia War Memorial Hall, Williams Rd Paihia. Phone Graeme 021 0240 8830.  
**Coopers Beach Bowling Club:** Meet every Thursday 9.30am. Contact Carol 09 406 0739.  
**Kerikeri Girls Brigade:** Meets at Kerikeri Baptist Church, every Thursday 3.30-5.30pm. Contact

Bay of Islands Classic & Sports Car Club monthly run May 15, to Tane Mahuta, in the Waipoua Forest. Meet at Puketona Junction, 10am for a 10.30am departure. Phone 09 407 8799.

Sheryl 09 407 8963.  
**Bay of Islands-Kaikohē Photography Club:** Meets 2nd Thursday of the month, 7pm at Cherry Park House, Landing Rd, Kerikeri. Contact Sheryl 021 023 66186.  
**Paddle at The Pear Tree:** Stand-up paddle boarding at Kerikeri Basin every Thursday from 5.15pm. Phone 027 777 1035.  
**Kerikeri Indoor Bowling Club:** Every Thursday 7.15pm at Kingston House, Hone Heke Rd, Kerikeri. Phone Mike 09 407 6160.  
**Kerikeri Ukulele Club:** Meets third

Thursday of every month 6.30-8.30pm at The Bay Of Islands Golf Club, Fairway Drive. Phone Bob 09 407 3386.  
**Toastmasters:** From 7.20am at Kingston House, Kerikeri. Phone Melanie 021 107 5578.  
**Bella a Cappella:** Women's a cappella harmony chorus. 6.30pm-9pm in the Rugby Pavilion, Cobham Rd, Kerikeri. Phone Jos 09 402 7378.

## SATURDAY

**Kerikeri Union Church Car Boot Sale:** 2nd and 4th Saturdays of month. 19 Homestead Rd. Next May

14 & 28. 8am-12. Contact Mary 021 722 938.  
**Bay of Island Runners & Walkers:** Meet May 14, 9am at Wairoa Bay, Bayly Rd, Waitangi. Also May 21, annual 19km or 10 km fun run/walk along the Cycle Trail at Okaihau. Phone Jacqui 09 407 4137.  
**The Bay of Islands Singers:** Present Choral Masterpieces. Music by Mozart, Handel, Puccini and Fauré. May 14, 7.30pm at the Turner Centre: Visit [www.theboisingers.org.nz](http://www.theboisingers.org.nz)  
**Austin Powers, Neil Diamond - The Odd Couple:** Kerikeri Rugby Football Club, Kerikeri, May 21, 7pm-11pm. All ages. Tickets 0800 289 849

## SUNDAY

**Rangitane Resident's Association AGM:** Aroha Island, May 15, 2pm. All welcome.  
**Evo Evolution:** Ten short films, great scientists, Woodlands Motel 126 Kerikeri Rd, May 29, 3.15pm. Donation BYO snacks.

## EVENTS

Email [jenny.ling@fairfaxmedia.co.nz](mailto:jenny.ling@fairfaxmedia.co.nz) Though we try our best to publish everyone's notices, please respect that editorial space can vary from week to week. For urgent notices please contact Classifieds 09 405 2040.

# AUTUMN AT THE PEAR TREE

Open Thursday-Monday  
 10am-late  
 Lunch 12-3  
 Dinner 6-late  
 Brunch from 10am on weekends

Happy Hour  
 Thursday and Fridays  
 4pm-6pm

Draft Beer and House Wine  
 \$6.00

Phone: 09 407 8479 Email: [dine@thepeartree.co.nz](mailto:dine@thepeartree.co.nz)

# LAND PLANNING AND SURVEYING

Ph: 407 9182

90 Kerikeri Road  
 PO Box 211, Kerikeri 0245  
 F 09 407 7366  
[info@donaldsons.net.nz](mailto:info@donaldsons.net.nz)

### Thursday 12 May to Wednesday 18 May 2016

**THE GREAT MAIDEN'S BLUSH (M)**  
 - 2 women, 2 worlds, 2 babies -  
 NZ drama about two first-time single mothers from very different worlds, who end up sharing a room in a post-natal ward after the birth of their babies. As they face the challenges of new motherhood, they must also confront their pasts.

Thu: 8.15pm, Fri: 5.45pm,  
 Sat: 6.00pm, Sun/Wed: 2.30pm,  
 Mon: 8.00pm.

**FLORENCE FOSTER JENKINS (PG)**  
 This true story comedy-drama stars Meryl Streep as the 1930s-40s New York socialite who dreamed of becoming an opera singer despite being roundly ridiculed for her lack of rhythm, her lack of pitch, and her aberrant pronunciation. Co-stars Hugh Grant.

Thu: 5.15pm, Fri: 12.45, 8.15pm,  
 Sat: 1.00, 8.30pm,  
 Sun: 12.00, 5.00pm, Mon: 5.15pm,  
 Tue: 8.00pm, Wed: 5.30, 8.15pm.

**AN (M)**  
 Fri: 12.45pm, Sun/Wed: 5.00pm.  
 Japanese with English subtitles

**HUNT FOR THE WILDERPEOPLE**  
 Thu: 5.15pm, Fri: 1.15, 8.15pm,  
 Sat: 5.00, 8.30pm,  
 Sun: 12.00, 7.30pm,  
 Mon: 4.45pm, Tue: 5.15pm,  
 Wed: 5.00pm. (PG)

Thu: 4.30, 7.45pm, Fri: 4.00, 7.30\*pm,  
 Sat: 1.00, 8.00\*pm, Sun: 3.30\*,  
 7.00pm, Mon: 7.30pm, Tue: 4.15,  
 7.30pm, Wed: 2.00, 7.30pm\*.

\* Denotes 3D Screening. (M)  
**EDDIE THE EAGLE (PG)**  
 Thu: 8.15pm, Fri: 5.45pm,  
 Sat: 6.00pm, Sun: 2.30pm,  
 Mon: 8.00pm, Tue: 5.15pm,  
 Wed: 7.30pm.

**EYE IN THE SKY (M)**  
 Fri: 3.15pm, Sat: 3.30pm,  
 Sun: 7.30pm, Mon: 5.15pm,  
 Tue: 8.00pm, Wed: 2.30pm.

**ZOOTOPIA (PG)** Sat: 1.00pm.  
**THE JUNGLE BOOK (PG)**  
 Fri: 3.15pm, Sat: 3.30pm,  
 Sun: 1.00pm.

**COMING SOON:**  
 May 19: X-MEN: Apocalypse  
 May 22 & 25 NTL: HANGMEN  
 May 26:  
 ALICE THROUGH THE LOOKING GLASS,  
 NICE GUYS, THE MAN WHO KNEW INFINITY

## STAMP FAIR

**ST. JOHN'S CHURCH HALL**  
 KAMO RD  
 Free entry  
**Saturday 14th May**  
 9-3pm  
**DISPLAYS**  
 3 Auckland dealers  
 Collections bought/sold/valued

Children's Corner  
 Refreshments

## 2016 HOREKE PIG HUNT

STARTS MIDNIGHT  
 FRIDAY 13th, 14th  
 15th MAY 2016  
 FINAL WEIGH  
 IN 2PM SUNDAY  
 @ HOREKE TAVERN

**TEK2 Track & Train + extra collar drawn 7pm Sat 14th Promax Dog Box + over 4k of Lucky ticket prizes Sunday**  
 \$35 Entry includes Hangi & Lucky tickets draws

**Heaviest Boar**  
 1st - \$500  
 2nd - \$250  
 3rd - \$100

**Average Boar** - \$500  
**Longest tusk** - \$300

**Heaviest Mallard**  
 1st - \$150  
 2nd - \$75

**Longest Pheasant tail**  
 1st - \$150  
 2nd - \$75

**Purchase Tickets @**  
 Tony's Butchery - Okaihau Dairy  
 Hunting & Fishing Kerikeri & Kaitiaki  
 Ohaeawai Butchery  
 NES / Hook & Boar Kaikohe  
 For more details check out FB group page  
 "HOREKE HUNTING CLUB"

### Junior Section \$5

**Heaviest Tuna**  
 1st - \$50 + RD1 Prize Bag  
 2nd - \$30 + RD1 Prize Bag  
 3rd - \$20 + RD1 Prize Bag

**Heaviest Possum**  
 1st - \$50 + RD1 Prize Bag  
 2nd - \$30 + RD1 Prize Bag  
 3rd - \$20 + RD1 Prize Bag

**NZ Pest Section**  
 Rabbits, Ferrets, Hedgehog, Rats, Stoats, Weasels & Mouse

1st - 20 Magpies in each age group will receive \$5.00

### PROUDLY SPONSORED BY

Ridgeline • Promax  
 RD1 Waipapa  
 Basically Bush  
 Kaiwaka Clothing  
 Betacraft • Swazi  
 • Outback Trading co  
 T&G • 100% Grunt • Norvet

SUBSCRIBE

AND  
 SAVE  
 UP TO  
 34%

# Out & About

Julie, Rangi, Christina, Sheree and Tiare love their family day out.

Natalie Morris, Dineca Purdon, Colleen McPherson, Helen Crombie and Sharon Norman enjoy their walk.

Amy, Zoe and Tracy help fundraise for the Paihia Sky Tower Challenge team.

## Walking and running with mum

The Jennian Homes Mother's Day Fun Run and Walk was held in Paihia on Sunday. Over 1000 mums and their families walked or ran the course. Firefighters dressed in full kit from Paihia, Kaikohe and Kamo used the walk as training for the Sky Tower Stair Challenge. Reporter Bayley Moor walked the event. See more Mother's Day pics on P19.

Deputy Fire Chief Rex Wilson and the Paihia Fire Brigade selling sausages to fundraise for the Sky Tower Stair Challenge.

Nate and Theo are five-year-old cousins.

Karyn Brockbank with her daughter Robyn Field and grandson Caleb.

Sally and Laura Collings celebrate Mother's Day together.

Grace and Jane Murdoch.

Blake and Caleb Williamson.

Lorilee, Tracey, Josie and Tasha dress up for the occasion.

ADVERTISING FEATURE

# Open Homes

## Bayleys

8e Rainbow Falls Rd, Sat 14 May 2.00-2.30pm

Kerikeri

96 Doves Bay Rd, Sun 15 May 1.00-2.00pm

Kerikeri

## Ray White (Kerikeri)

93C Wharau Rd, Sat 14 May 1.00pm

Kerikeri

## Mike Pero

10 Hawkings Cresc, Sat 14 May 1.00-1.45pm

Kerikeri

## Harcourts

130 Equestrian Dr, Sat 14 May 12.00-12.30pm

Kerikeri

130 Equestrian Dr, Sun 15 May 12.00-12.30pm

Kerikeri

336 Wainui Rd, Sun 15 May 1.00-1.30pm

Whangaroa

24 Franklin St, Sun 15 May 1.00-1.45pm

Opuia

5-158 Marsden Rd, Sun 15 May 1.00-2.00pm

Paihia

4-158 Marsden Rd, Sun 15 May 2.00-3.00pm

Paihia

## LJ Hooker (Kerikeri)

Orchard Estate, Sat 14 May 12.00pm

66 Cobham Rd,

Kerikeri

Orchard Estate, Sun 15 May 11.00am

66 Cobham Rd,

Kerikeri

# Seven ways to protect your paintwork

Rob Maetzig

Your daily routine may be damaging your car's paintwork without you even realising it.

Innocent everyday happenings like accidentally spilled fuel, cheeky finger writings or annoying bird droppings can leave long-lasting stains and scratches on the surface of your car or, even worse, cause corrosion.

"There are so many things that happen every day that can damage the paint on your car, which many people are not aware of," says paint expert Richard Burt, who has worked for Ford Paint since 1994 and leads the team that engineers the paint used on Ford vehicles in Asia Pacific.

"Luckily, you can easily prevent these elements causing permanent damage to your car's paint job by making sure to be proactive about cleaning away any spills, splatters and muck promptly and properly."

Here are some tips from Richard Burt on how to avoid the damage:

1) Get rid of those splattered bugs:

Bugs might be tiny but they can damage the paint on your car. Insects are surprisingly acidic, and if they are not properly cleaned off the surface of your car, they can actually etch into the paint.

Tip: Don't put off cleaning splattered bugs from your car for too long – as time goes on, they become more difficult to remove. If you act quickly, all it takes is a little bit of bug and tar remover, a soft wash cloth and some elbow grease.

2) Clean up your dribbles:

Though most people want to make sure they get their every cent's worth when topping up their gas tank, filling it to the brim actually increases the chance of having gas overflow and spill onto your car. If left alone and not quickly wiped away, the spilled fuel can seep into the top coat of the paint, causing it to lose its shine and leaving a stain on your car's finish that is very difficult to remove.

Tip: To avoid leaving a brown fuel-coloured blemish around the gas tank cap on your car, if you dribble gas down the side of your car, try to clean it as soon as possible with a fine microfibre cloth. It doesn't hurt to use a little instant detailer as well.

3) Wash off the bird droppings:

Not only are bird droppings ugly, they can actually do some serious damage to your car's paint job. Thanks to a bird diet featuring berries, seeds and even bits of gravel, these acidic and grainy droppings can stain, dull and scratch your paint, and take the gloss off if left lingering on your car too long.

Tip: Spray a bit of wash solution onto the affected areas and use a soft microfibre cloth to gently wipe away the droppings. Use a lifting motion to avoid dragging any grit across the paint.

4) Treat the stone chips ASAP:

Loose stones, pebbles and stone chips are everywhere on the road. These tiny pieces are kicked up from the ground and peck at the sides your car. This can chip the top paint coat and sometimes even go all the way down to the lower layers of paint, exposing them to weathering they are not equipped to handle.

Tip: It's best to treat these chips as soon as possible to prevent the affected spots from rusting.

5) Your fingers are like sandpaper:

We've probably all used our fingers to write a funny message or draw a doodle onto a dirty car. Little did we know that these acts of jest can ruin the paint on a car. Dragging your fingers across the paint acts like sandpaper, grinding the dirt and debris into the paint and leaving wiry markings that will last long after the dirt is gone.

Tip: The easiest way to avoid this is not

to do it, but it's still bound to happen. You can use a duster to wipe down your car every day to prevent accidental sanding, or if you need to remove small scratches, you can use a little bit of polish – just remember to wash your car before polishing.

6) Keep your car covered:

Murky air can leave behind a layer of ash and soot on your car. Though many people would be immediately inclined to wash this away with some water, mixing water with ash can actually create powerful alkalis that can ruin your car's finish.

Tip: The easiest way to avoid this is to keep your car covered if you leave it parked outside. To get the ash off, gently dust the ash away with a car duster.

7) Your washing accessories can be dirty:

Regardless of how many times you wash your car, if you are working with dirty wash accessories, you can cause permanent damage to the paint. Even if you are cleaning with the softest and finest microfibre cloth or sponge, the moment it drops on the ground it will pick up microscopic bits of grit, sand and dirt, which can't be entirely washed off. If you continue to wash your car with dirty accessories, you might be left with wiry swirls and scratches on your car.

Tip: If your wash-cloth or sponge drops onto the floor, just grab a new one. It's always useful to keep a spare cloth or two beside you to avoid scratching your car with dirty accessories, and having to detail or repaint it.

**There are several easy ways to help protect your vehicle's paintwork.**

**PETERSENS – WHERE IT'S ALWAYS A GREAT TIME TO BUY A CAR!**

## AUTUMN BARGAINS

See us First for a Great Range of Family Cars

### 2005 NISSAN TIIDA

1.5 Auto, 5 Door Hatchback, Dual Airbags, Aircon, Remote Locking, AM/FM Stereo & CD Player, Power Windows & Mirrors

**\$6,495**

**2005 TOYOTA ISIS PLATANA**  
2Ltr 7 Seat Stationwagon, Reverse Camera, Dual Airbags, Aircon, Alloy Wheels, Remote Locking, AM/FM Stereo & CD Player, Power Windows & Mirrors

**2007 TOYOTA ESTIMA**  
2.4 Auto, People Mover, Dual Airbags, Climate Control, Aircon, Rear View Camera, Remote Locking, Push Button Start & Stop, Cruise Control, Power Windows & Mirrors, Side Doors, AM/FM Radio & CD Player

**2010 TOYOTA PRIUS HYBRID**  
1.5 Auto, Hatchback, Dual Airbags, Alloy Wheels, Air Conditioning, Power Windows and Mirrors. Extremely Economical Motoring

**2005 DAIHATSU BOON**  
1.3 Auto, 5 Door Hatchback, Dual Airbags, Aircon, Remote Locking, AM/FM Stereo & CD Player, Power Windows & Mirrors

### HOT LIST!

**2005 SUZUKI SWIFT**  
1.3 Auto, 5 Door Hatch, Dual Airbags, Aircon, Alloy Wheels, Remote Locking, AM/FM Stereo & CD Player, Power Windows & Mirrors

**\$9,495**

**2005 TOYOTA RACTIS**  
1.5 Auto, 5 Door Hatch, Dual Airbags, Aircon, Remote Locking, AM/FM Stereo & CD Player, Power Windows & Mirrors

**\$9,495**

**2005 NISSAN NOTE**  
1.5Ltr Auto, Aircon, CD Player,

**\$8,995**

**2006 NISSAN BLUEBIRD SYLPHY**  
2ltr Auto, Sedan, Reverse Camera, Alloy Wheels

**\$9,495**

**2006 TOYOTA VITZ**  
1.3 Auto, 5 Door Hatch, Dual Airbags, Aircon, Remote Locking, AM/FM Stereo & CD Player, Power Windows & Mirrors

**\$8,995**

**2006 NISSAN LAFESTA**  
7 Seat, 2.0Ltr, 5 Door Hatchback, Remote Locking, Aircon, Dual Airbags, Choice of 3

**\$9,495**

**NO DEPOSIT FINANCE AVAILABLE FOR APPROVED PURCHASERS**

For a First Time Buyer, Quality Details, Value and More at Affordable Prices, nz

**Petersen Motors** Broadway, Kaikohe Phone **09 401 0388**  
sales@petersenmotors.co.nz

After Hours Drive In 09 401 0388 2027-027 489 0149



ADVERTISING FEATURE

# CX-3 sales a big factor in Mazda's record April

Strong sales of the Mazda CX-3 helped deliver Mazda New Zealand its best ever April and its 35th consecutive month of year on year growth.

With sales of 135, the Mazda CX-3 claimed the number one spot in the small SUV segment.

It was supported by its bigger brother the CX-5 which continues to be the top selling mid-size SUV in the past year to private buyers. In passenger sales the company claimed third spot with 10 per cent market share.

Andrew Clearwater, managing director of Mazda New Zealand says the results confirm the fact that Mazda SUVs are becoming the

vehicles of choice for New Zealand motorists wanting to purchase an SUV.

"To have the CX-3 number one in its class in April and the CX-5 continuing to lead its segment is a great result and testament to the quality, design and performance of the vehicles. Demand for both of these vehicles continues to be very strong so we expect them to maintain their positions in the coming months.

"Later this year we will be introducing the all new Mazda CX-9. This will give New Zealand motorists the most comprehensive SUV line-up in the market to select from," Andrew said.

The Mazda CX-3 was number one in its segment in April.

## CARS @ WAIPAPA

### TRADE IN SPECIALS

2004 FORD FALCON BA S/W 4.0Ltr Auto .....	\$6,990
2001 TOYOTA CELICA COUPE 1.8Ltr 6spd, Alloys .....	\$6,500
2001 NISSAN MAXIMA 3.0Ltr ST Auto .....	\$4,990
2000 KIA SPORTAGE 5DR SUV, 4WD, LPG, 5spd.....	\$7,990
1997 NISSAN PULSAR 1.6Ltr Auto, Alloys .....	\$2,990

### 4X4

2015 ISUZU D-MAX D/CAB LS-T, Alloys, Steps, Canopy, Nudgebar.....	\$54,990
2011 SUZUKI CARRY MINI TRUCK 4WD, 660cc, 5spd, White 76,565kms .....	\$12,990
2009 HOLDEN RODEO CABPLUS Canopy, Winch.....	\$22,990
2004 MITSUBISHI DELICA SPACEGEAR 4x4, 3.0 Ltr V6 Auto, Alloys, White.....	\$13,990
2004 HONDA CRV 2.4 Auto, White.....	\$12,990
2001 SUZUKI CARRY MINI TRUCK 4WD, 660cc, 5spd, White 24,042kms .....	\$9,000

### CARS

2014 TOYOTA COROLLA HATCH 37,000kms .....	\$21,990
2011 MITSUBISHI COLTPLUS RX.....	\$10,990
2009 MAZDA ATENZA SEDAN 2.0 Ltr Tiptronic, Alloys, Ebony, 59,000kms .....	\$16,990
2008 NISSAN DUALIS 2.0Ltr Auto, Alloys, S/Roof.....	\$14,990
2007 HONDA CRV ZL.....	\$15,990
2007 MAZDA VERISA 1.5Ltr Auto, 37,000kms.....	\$10,990
2007 MAZDA DEMIO 1.3Ltr Auto, Alloys, Body Kit.....	\$8,990
2006 MAZDA DEMIO 60,000kms, 5spd.....	\$8,990
2005 MAZDA PREMACY 2.3 Sport Auto, Alloys, 74,270 km's .....	\$10,990
2005 MAZDA PREMACY SPORT 2.3 Tiptronic, Alloys, Blue, 33,000kms.....	\$10,990
2004 MITSUBISHI COLTPLUS.....	\$7,990

### COMMERCIALS

2015 TOYOTA HIACE VAN 5 Door, New .....	\$34,995
2010 TOYOTA HIACE 2Ltr Auto, 75,000km.....	\$22,990
2008 MAZDA E200 11 Seater Minibus, 2.0Ltr 5spd, 60,211Kms .....	\$18,990

**WAIPAPA  
AUTO COURT**  
SH10 WAIPAPA, KERIKERI.  
PH 407-6430

Mal R/H 407-9738  
0274 860 844

### MAZDA BOUNTY

DIESEL, FLAT DECK,  
HARD TO FIND  
AT THIS PRICE!

### 2005 HYUNDAI TUSCON

NZ NEW

### 2006 TOYOTA COROLLA AURIS

SUPER RELIABLE

### USED VEHICLE SELECTION

00 HONDA ODYSSEY 7 SEATER.....	\$4,995
00 NISSAN BLUEBIRD SEDAN.....	\$5,995
02 RAV-4 NZ NEW 4WD .....	\$9,995
02 MAZDA DEMIO 5 DOOR .....	\$6,495
03 SUZUKI SWIFT MANUAL .....	\$6,495
04 MAZDA 2, 5 DOOR MANUAL.....	\$6,995
04 MAZDA MPV SILVER.....	\$7,995
05 MITSUBISHI GALANT NZ NEW .....	\$7,495
DAIHATSU SIRION HATCH .....	\$6,995
06 HOLDEN EPICA, NZ NEW .....	\$8,995
06 HONDA STREAM, 7 SEATER .....	\$9,995
06 NISSAN TEANA 2.3L V6 .....	\$10,995
06 MAZDA MPV NEW SHAPE.....	\$12,995
09 HYUNDAI I30 HATCH, AUTO, RED .....	\$11,995

Full service and parts facilities for Tractors, Cars,  
Farm Machinery and Motorcycles  
\*Water Pump Sales and Service\*

OPEN Sat Mornings 9am - 12 noon  
A/HOURS: Rob Morris 021 042 8293

**PHONE 09 401 0313**

www.rentons.co.nz

**\$8,495**

**\$8,995**

**\$10,995**

### 2010 HONDA INSIGHT 1.3 IMA

Auto, 5dr Hatch, Very Economical motoring, 25ks

FAR NORTH HONDA  
9 Melba Street, Kaitaia  
Ph: 09 408-1310

Contact: Greg Hodgson 027 483 7553  
www.farnorthhonda.co.nz



AU-6983701AO

3 CLIFFORD STREET, KAIKOHE

# Your health

## What can I do to lose weight?

**The question I really want to ask is why can't I lose weight? I know you probably need way more information from me to answer that thoroughly but thanks for any insights. Jade**

Hi Jade. Firstly, all long-term sustained weight loss that I have ever witnessed has come from kindness (to oneself), not deprivation.

So many people find themselves losing and then regaining the same 10kg every year. Or sometimes the number just keeps increasing. In the rush of the Western world we are seeing our waistlines continue to expand. But for many the old adage energy in versus energy out isn't working. Some other key factors behind long-term successful weight loss include:

### YOU'RE EATING THE WRONG FOODS

Unfortunately with the popularity of the low-fat era many poor food

habits were set up – including an increased reliance on processed foods. We are all individual and what works for you might not work for someone else – however, one thing we can all benefit from is eating more whole, real food.

Plenty of fresh vegetables, protein, whole food fats and some a small amount of fresh fruit benefit most people. Really explore how you can incorporate more vegetables into how you eat each day. Try juices, smoothies, soups, stir-fries, stews and casseroles.

### EMOTIONAL SABOTAGE

I think the judgment we pass on ourselves when we deviate from a set diet/nutrition or wellness plan is often more harmful than the action itself. Often this can trigger a downwards spiral and a feeling of “well I’ve blown it now, I may as well finish the whole packet” which triggers feelings of guilt, self-loathing etc.

**Waistlines are continuing to expand in the Western world so look at other factors like eating too much processed foods instead of vegetables.**

Instead of getting up the next morning and treating it as a new day you are more likely to skip the gym/your morning walk, less likely to choose foods that nourish your body and more likely to experience feelings of

helplessness.

Not exactly the headspace with which you are going to make choices to support your health and wellness goals.

Instead of judging yourself if you eat in a way that doesn't serve

your health, bring curiosity. Ask yourself “what led me to make that choice?” and get to the heart of what the unresourceful eating is really all about.

**I've been reading a lot about spelt flour, what exactly is it and is it good for you? Thanks, Chris.**

Hi Chris. Spelt is an ancient whole grain grown in many parts of the world.

It declined in popularity during the 19th century, but is now becoming a popular option due to its lower gluten content.

Modern wheat has a significantly higher gluten content than ancient wheat so spelt is being used as an alternative to lower the gluten content (particularly for those who are gluten intolerant) – it's not suitable for those with coeliac disease.

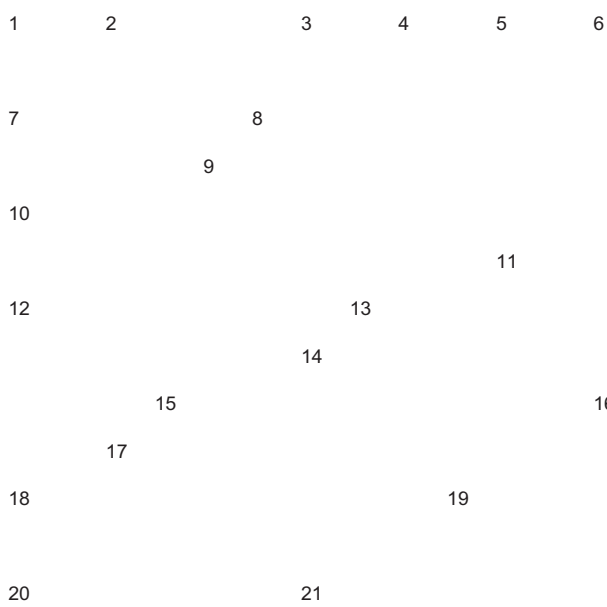
Spelt flour can be used in place of normal wheat flour in recipes in the same quantities.

### Ask Dr Libby

Email your questions for Dr Libby to [ask.dr.libby@fairfaxmedia.co.nz](mailto:ask.dr.libby@fairfaxmedia.co.nz). Please note, only a selection of questions can be answered.

ANSWERS ARE INCLUDED ON THIS PAGE

### NEW ZEALAND CROSSWORD



- Across**
- Prayer (Maori) (7)
  - Participate enthusiastically (colloq) (3,2)
  - Tiny amount (4)
  - Province whose anniversary day is March 31 (8)
  - Keeness (10)
  - Poorly made (6)
  - Irritable (6)
  - Across the country (10)
  - New Zealand song performed by Gracie Fields, Bing Crosby and Frank Sinatra (3,2,3,4)
  - Go in (5)
  - Innovator (7)

- Down**
- Dagger (5)
  - Revolution (8)
  - Spiny tree or shrub; also a bay on Lake Taupo (6)
  - Wilful (10)
  - Style, flair (Fr) (4)
  - Lack of sophistication (7)
  - Event organised to gather money for a cause (10)
  - Animal which eats grass or meat (8)
  - Popular NZ beer brand (colloq) (7)
  - Accident (6)
  - Mistake (5)
  - Silly person (4)

### THE TOP 10

- Forty-eight Japanese prisoners of war and a guard died in a riot at a prison camp near which North Island town in February 1943?
- What is the more common name for the trachea?
- Who had a hit with On the Banks of the Ohio in 1971?
- If you were in the Atlas mountains, which continent would you be in?
- Is a nautical mile longer or shorter than a mile on land?
- Who was the British king who abdicated in 1936?
- Which country produces wine called 'Bull's Blood'?
- When does a meteoroid become a meteorite?
- Did the first Winter Olympics take place in the 1920s or 1930s?
- What was the title of the 2007 movie about a choir with an average age of 80?

### NZ CROSSWORD

- Across:** 1. Karakia, 4. Hoe in, 7. lota, 8. Taranaki, 10. Ethniasism, 12. Shoddy, 13. Grumpy, 15. Nationwide, 18/19. Now is the hour, 20. Enter, 21. Pioneer.
- Down:** 1. Knife, 2. Rotation, 3. Acacia, 4. Headstrong, 5. Elan, 6. Naively, 9. Fundraiser, 11. Omnivore, 12. Steinie, 14. Mishap, 16. Error, 17. Twit.

### TOP 10

1. Featherston, 2. Windpiper, 3. Olivia Newton-John, 4. Africa, 5. Longer, 6. Edward VIII, 7. Hungary, 8. When it strikes a planet, 9. 1920s, 10. Young at Heart.

### SUDOKU

Fill the grid so every row, column and every 3x3 box contains 1-9

### JUNIOR CROSSWORD

- Across**
- A west coast American state (10)
  - Poem (5)
  - One of the pointed parts of a fork (5)
  - A vegetable that looks like hard white flowers (11)
  - Baggy (5)
  - From Asia (5)
  - Remove the bends from (10)
- Down**
- A liquid food (4)
  - Open clothes that are buttoned (4)
  - A butter substitute (9)
  - Worth more than money (9)
  - Ice \_\_\_ in hot water (5)
  - Areas in a house (5)
  - Not on (3)
  - A rower uses these (4)
  - Very wicked (4)
  - Throb with pain (4)
  - Thought (4)

### SOLUTION

- Across:** 6. California, 8. Rhymer, 10. Prong, 13. Cauliflower, 14. Loose, 17. Straighten, 19. Asian, 2. Wife, 3. Soup, 4. Undo, 5. Margarine, 7. Priceless, 9. Melts, 11. Rooms, 12. Off, 15. Cars, 16. Evil, 17. Ache, 18. Idea.
- Down:** 1. Easy, 2. Wife, 3. Soup, 4. Undo, 5. Margarine, 7. Priceless, 9. Melts, 11. Rooms, 12. Off, 15. Cars, 16. Evil, 17. Ache, 18. Idea.

Less travel time | More quality time | A better lifestyle

LOCAL JOBS

# Situations Vacant

TO ADVERTISE: FREE PHONE: 0800 022 812 • Fax: 09 634 5600 • Email: north.class@snl.co.nz

DEADLINES: Tuesday – Phone in 12.30pm • Email 11.30am • Fax 9.30am (All display advertising to be in 24 hours prior to email deadline)

**Situations Vacant**

**After School Child Carer**

We are looking for a fun, honest and trustworthy person to pick up our 2 girls from school in Kerikeri and look after them in our home. This position is 3 days a week from 2.55 p.m. for a couple of hours. You must have a full drivers licence and be flexible to take them to after school activities if needed.

If you are interested please email [jill@nzhr.co.nz](mailto:jill@nzhr.co.nz) or call 021535115

**Situations Vacant**

**HYGIENIST WANTED Kerikeri**

Part-time position available for experienced Hygienist.

Send CV to [sue@redwooddental.co.nz](mailto:sue@redwooddental.co.nz) Or call 09 407 4240

**Email Classifieds**

[north.class@snl.co.nz](mailto:north.class@snl.co.nz)

**Situations Vacant**

**LANDSCAPER WANTED**

A fit hardworking person is needed to join our landscaping team.

We are looking for someone with good carpentry skills, can work unsupervised at times, ideally has an HT licence.

Please email your details to Christine at [info@hawthornlandscapes.co.nz](mailto:info@hawthornlandscapes.co.nz)

**Situations Vacant**

**Broadway Health Centre Practice Nurse**

Broadway Health is a busy, dynamic and innovative general practice providing comprehensive health care. We provide a friendly supportive team environment and opportunities for professional development. This is an exciting opportunity for nurses to work in any one of our four locations.

**You will need:**

- A minimum of 2 years post Registered Nurse experience
- A current practicing certificate
- Primary health or chronic disease experience highly preferred
- Trained vaccinator and cervical smear taker preferred, but not essential as training can be provided
- Computer skills
- Excellent communication
- The ability to work within a team

There is an opportunity for both full time and part-time work.

For a job description and application form please contact Reception on 09 401 1556 or email [rudking@broadwayhealth.co.nz](mailto:rudking@broadwayhealth.co.nz)

Applications Close: Friday 20<sup>th</sup> May 2016

**Career Development & Training**

**FIRST AID TRAINING NZ Red Cross**

18-19 May Kerikeri  
23-24 May Kaikohe  
16-17 June Kerikeri  
27-28 June Kerikeri

0800 RED CROSS (0800 733 276) [farnorth@redcross.org.nz](mailto:farnorth@redcross.org.nz)

**YOUR LOCAL AGENT IN YOUR LOCAL PAPER**

## Real Estate

**TO ADVERTISE:**

Phone 52 52 100 • Fax: 634 5600  
Email: [classifieds@snl.co.nz](mailto:classifieds@snl.co.nz)

**Accommodation**

**To Let**

**OHAEWAI** Hotel - Cosy dble rooms \$50 per night, sgle rooms \$150pw, suit person working in the area full time. Good parking, hot food, cold beer, warm bar. Bookings essential. Ph: 09 405 9820.

**Businesses for Sale**

**BE YOUR** own boss. Central BOI. Lawn and garden care business. Well established round. Ph 09 404 1515

**Pet and Housesitter**

**HOUSE SITTING** services, reliable & caring. Excellent refs. Shelley 021-973-966.

**Property Wanted**

**WANTED TO BUY**

**HOME** in Central Paihia, 2-3 bedroom, garage. Text 021 02267092

**To Let**

**ACCOMMODATION PROBLEMS?** Rent a caravan, we deliver. Ph Beta Electrical 401 0525.

**KAWAKAWA**, 3 bedroom house. References required. Ph 027 4404876 / 09 4041341.

## KERIKERI

**1 BEDR** part. furnished Flat; \$220pw. Incl water & power. Suits Single Prof. Ref!! Ph 021-02310215 for details & view.

**KERIKERI** 2 bdrm cottage. Fum, suit couple or single person, short or long term, \$300pw. Ph 4017010 or 021905425.

**KERIKERI**, Kemp Rd, 2 bdrm downstairs flat, \$220 per week. Ph 021 853412.

**Moerewa** - Compact 3 brm house w/dble gge - \$250p/w + water  
**Modern** 3 brm house, fireplace, dble gge - \$250p/w + water  
**Kaikohe** - Modern & tidy 3 brm house w/attached carport - \$240p/w + water  
Behind our office this 4 brm + sunroom is available - \$250p/w

**Older style** 3 brm + sunroom house, fireplace in lounge, great shed - \$280p/w + water  
**Waitangi** - Newly decorated 2 brm + office house. 2 spacious living areas, heat pump, ventilation system & sngle gge on large section - \$450p/w + water  
**What is required:** 1 x weeks rent in advance, Bond (4 x weeks rent), Letting fee (1 weeks rent + GST), Refs if available please.

**Ph Mid North Real Estate Ltd - MREINZ**  
09 401 0895 or 021 401 895 or [www.midnorth.co.nz](http://www.midnorth.co.nz)

**CALL YOUR LOCAL EXPERTS IN YOUR LOCAL PAPER**

## Trades & Services

**TO ADVERTISE:**

Phone 0800 022 812 • Fax: 634 5600  
Email: [clsad@snl.co.nz](mailto:clsad@snl.co.nz)

**Aerial Installation**

**Air Conditioning**

**AAA+ FREEVIEW** supply & install specials. Maintenance. Fully Guar. Bell Satellite Ph 0800 242277 A/h 407 3144.

**Agricultural**

**Refrigeration & Heating Ltd**

- Heat Pumps, Air-conditioning, Refrigeration.
- Commercial \* Industrial. Design / Installation / Service / IQP.
- Refrigeration Engineer

**BOOM & GUN SPRAYING**

All Work Guaranteed  
Phone 09 407 6623  
Guy Forbes 027 483 7209  
Registered Chemical Applicators

**Richard Horrobin**  
Ph: 09 405 9396  
Mob: 0274 497 496  
Fax: 09 405 9397

**Call Classifieds Free Phone 0800 022 812**

**Call Classifieds Free Phone 0800 022 812**

**INTERIORS RETAIL ASSISTANT**

Kingscourt Flooring Xtra has the largest range of soft furnishings and flooring North of Auckland. We are looking for someone to work in our busy showroom for three full days during the week (with the potential to do extra days if you are keen).

The work is varied and interesting and there's always new products coming out so we can promise you'll never be bored. We offer lots of training and the chance to work in a fun environment with a supportive team.

Our ideal candidate will:

- have an eye for design and an awareness of current trends
- be well presented and have great people skills
- be fit. You must be able to help lift heavy items and assist with unpacking deliveries as required
- be confident with heights as you may need to climb a ladder now and then
- be great with numbers. You will be required to measure and price jobs
- have excellent computer skills
- have a clean drivers license

To apply send your CV to [info@kingscourinteriors.co.nz](mailto:info@kingscourinteriors.co.nz) by 5pm Wednesday 25<sup>th</sup> of May

## Account Manager

We're seeking a dynamic, creative and results driven Key Account Manager to join our Whangarei team, covering the Northland region.

You'll be growing our existing high value and complex accounts, and working with influential customers to work out solutions that get the most out of their advertising campaigns. Your efforts will be focused on our multitude of clients within set geographic regions.

In addition, you'll manage new accounts and maximise revenue within your territory. This will be achieved through building and providing innovative advertising solutions for customers to connect with their audience in valued and engaging environments. You'll have the ability to build rapport and credibility by leveraging and extending existing knowledge of the customer's business.

Your role will include a strong element of long term product development and strategic planning. You'll use Salesforce extensively to make educated decisions about our customers future needs and expectations.

In return you'll get a great team environment coupled with benefits including subsidised medical and salary plus commission.

We are Fairfax Media, NZ's leading multimedia company, home to #1 news & entertainment site [stuff.co.nz](http://stuff.co.nz), The Sunday Star-Times, The Dominion Post and The Press as well as award winning magazines Cuisine and NZ House & Garden plus many more.

Applications close 22 May 2016

Ref #20436

[fairfaxmediacareers.com](http://fairfaxmediacareers.com)

## Sales Consultant

Our dedicated Northland team is on the hunt for a sales professional to join them in our Whangarei office.

As a Sales Consultant with us, you'll be developing and maintaining business within your territory, where you'll have a good mix of office and field based sales including business development, client management and working with Key Account Managers and Business Development Managers to create best to market strategies.

With a real 'hunter' mentality and a proven background in a sales environment, you'll use your smart and savvy approach to win business in this dynamic environment. This will hold you in good stead when growing your portfolio and dealing with a wide range of customers.

In return you'll get a great team environment coupled with benefits including subsidised medical along with salary plus commission.

We are NZ's leading multimedia company, home to #1 news & entertainment site [stuff.co.nz](http://stuff.co.nz), The Sunday Star-Times, Whangarei Leader, Northern News, The Bay Chronicle, as well as award winning magazines Cuisine and NZ House & Garden plus many more.

If you are looking for a challenge and know you can deliver successful business results and relationships that count, then apply online today.

Applications close 22 May 2016

Ref # 20437

[fairfaxmediacareers.com](http://fairfaxmediacareers.com)



**Builders**

**Property Maintenance**

**Firewood**

**For Sale**

**In Memoriam**

**In Memoriam**

**Financial**

**Malcolm Williams & Son Builders**

A Registered Licensed Building Practitioner

- New Homes
- Lifestyle and Farm Buildings
- Kitchens and Bathrooms
- Alterations
- Cabinet-Maker by Trade
- 35+ Years Experience

**Mob: 0274 395 309**  
**Ph/Fax: 09 405 3056**  
**PO Box 452, Kaikohe**

**HANDYMAN** repairs and maintenance. Fences, driveways, decks, cleaned and repaired. Garden and lawn maintenance. Call / txt me Peter 0210 566697.

**LAWN** Mowing any size lawn, free quotes. Ph: 021 043 4848.

**Roofing**

**For All Your Roofing Requirements**

- New and Re-Roofing
- Dedicated Maintenance Teams
- Leak Diagnosis & Repair
- Gutter & Downpipe Cleans & Replacement
- Roofing Materials

**Ph 0800 343 261**  
**2001 State Highway 10**  
**Waipapa**

**SLATER ROOFING**

New Roofs  
 Re-roofs  
 Spouting & Downpipes  
 Repairs  
 Roof Painting

**Ph: 407-4036 or 021-837-225**

**Septic Tank Services**

**SEPTIC TANK CLEANING**

**Phone "Steve's Takeaways"**

**0800-000-306**

**Upholstering**

**REUPHOLSTERY** Specialists, large fabric range, free competitive quotes, 35yrs experience. Ph Mark 407 1283 Kerikeri Upholstery.

**Water Tank Services**

**CLARKE CONCRETE WATER TANKS**  
 "KEEP IT COOL"  
 ✓ 25yrs experience in Northland  
 ✓ All sizes built on site  
 ✓ Repairs & cleaning

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

**PH: 09 407 7951**  
**0274 7418 592**

**Tree Services**

**STUMP** Grinding - Shelter belt stump removal, bamboo, single stumps large or small will grind them all. Ph for quote 407 4142 or 0800 433 748.

**A1 FIREWOOD** free prompt del. Titree \$120m<sup>2</sup>, can stack for koha. Ph 09 404-1348, 0274-489-680.

**AA1 at Undercut Firewood** from \$70 per metre. Free delivery Kerikeri. Ph: 021 08311013.

**ALL BLUEGUM** firewood, dry, split, delivered free Kerikeri area. \$80m<sup>2</sup>. Ph: 027 4940166.

**BEST** Value Firewood, quality gum/cas. Free delivery mid north, 4.5m \$330 or 3m \$220. Ph Carl 021 1207099. Refs available.

**FIREWOOD** - Split hot mix, 5m<sup>3</sup> \$375, 3m<sup>3</sup> \$250, 2m<sup>3</sup> \$175. Delivered Kerikeri area. Ph: 407 4142.

**SPLIT** Manuka \$100m<sup>3</sup>, free delivery to Kawakawa & Moerewa. Ph: 020 8020127.

**For Hire**

**PORTABLE** chiller trailer for hire. Contact Keri Refrigeration Ph: 407 9087.

**For Sale**

**Back 2 Wood DEMOLITION**

Massive selection of:-

- Ranch sliders
- French Doors
- Windows ali & wood
- Kitchens
- Vanities & roofing

**Ph 09 408 7163**  
*Delivery available*

**!!CHEAP!! Roofing Iron**

**NEW** end of run Plain and Colour

\$9.20/m + GST & \$12.40/m + GST

**Northland Roofs 09 407 4441**

**WOODCHIP** for calf sheds, gardens. \$18 per metre. Phone 027 4940166.

**Wanted to Buy**

**WANTED**

**HOUSE LOTS/ DEMOLITION MATERIALS DECEASED ESTATES TOOLS/HARDWARE FURNITURE BEDS WHITEWARE** from just one item to the whole house lot we will consider anything

**Auctions**

**KERIKERI AUCTION**

**63 Kerikeri Rd Kerikeri (Behind Westpac Bank)**

**Sunday 15<sup>th</sup> May 1pm**

**Viewing Thur/Fri/Sat New & Used Quality**

- \*Furniture \*Beds \*Tools
- \*Whiteware \*Bikes \*TV's \*Bathroom Vanities
- \*Stainless Kitchenware \*Lamps \*Watertanks \*Gates
- \*Fencing wire & Heaps More

**If you want to enter items in this Auction contact Brad on 021 334 805 Check out photos online at [www.northlandauctions.co.nz](http://www.northlandauctions.co.nz)**

**WATER TANKS**

09 431 2211

[sales@absoluteconcrete.co.nz](mailto:sales@absoluteconcrete.co.nz)

**Garage Sales**

**KERIKERI**, 53 Riverview Rd, Sun 15 May, 9am-12nn. Furniture, linen etc.

**KERIKERI**, 6 Baska Voda Dr. Saturday May 14 8am. Big garage sale. Quality items.

**MONSTER GARAGE SALE**

**SAT MAY 14<sup>th</sup>**  
 518 Kerikeri Rd  
 Next to Makana Choc Factory

Fundraiser for Tessa Taylor Keytruda Treatment HOUSE LOT Starts 8am Receiving Quality Donations

**PH 021475094 or 021405515**

**Wanted to Buy**

**SPA POOLS**, Any condition, up to 15yrs old. 0274-736016.

**WANTED TO BUY**

About those old tools, trade tools, garden, fishing, ladders, wheelbarrows and man cave items, top dollars paid

**Phone 021 280 9147 MAN CAVE**

**Allon Smith**

6/11/1973-10/5/2010

Six long years have passed since we said goodbye. Always remembered, always loved.

**Arohanui Mum, Dad and Whanau**

**Livestock**

**PIGS** for sale. \$150 each. Ph: 022 4109558.

**Church Notices**

**Quaker Meeting for Worship**

Sunday 15<sup>th</sup> May 10.00am  
 At Cherry Park House 160 Landing Rd, Kerikeri

**Enquiries: Valerie 027 7344489**

**Scripture**

**ALL** we like sheep have gone astray; we have turned everyone to his own way; and the LORD hath laid on him the iniquity of us all. Is.53.6.

**Bereavement Services**

**HEADSTONES** - Phone 09 401 1005, Mason and Mason 2007 Ltd, Kaikohe.

**Births**

**WINSLOW**. To Michael & Lisa another beautiful baby daughter, Thea Elizabeth, sister to Zoe. Born 28/4/2016 in New York. Proud grand parents Dave & Jocelyn Winslow.

**Caravans & Trailers**

**CARAVAN RENTAL** - long term. \$60-\$100pw. We deliver. Ph: Betta Electrical 401 0525.

**Machinery**

**WANTED DEAD or ALIVE**

**Your Tractors or Machinery**

**Phone Andre**

**021 966 227**

J96014

**Top Dollar Paid + Same Day Pick Up + Free Removal**  
 We also buy quality vehicle for resale.

**021 368 606**  
**[www.tahacarcollection.co.nz](http://www.tahacarcollection.co.nz)**  
 Email: komailauto@gmail.com

**Buyers of Damaged, Unloved & Unwanted Vehicles**

Great NZ People who are Honest Vehicle Buyers

Follow us on Facebook



**0800 843 743**

**NAERA, Daniel Arthur**

My beloved Dan, My Soulmate. A year has passed. Thank you for the memories, and all the happiness you brought to my life. I miss you deeply. One fine day we will meet again, until then, *Whenever I want you, all I have to do is dream.* Rere atu ki te Rangī taku whāiaipō.

**Arohanui Always, GB**

**Financial**

**A [www.grabaloan.co.nz](http://www.grabaloan.co.nz)** For a small or big loan Quick, Simple, Online

**Up to \$300 in your account TODAY!**

A quick & easy application Online or over the phone

**Personal**

*Are you female?*

55-66 yrs and seeking a genuine gent who is Self-employed and 5'7" tall in Pukeohe District?

Ring for Code "91A68" on (09) 887 0708 or sms '91A68' to 027 536 6311. Meetups also arranged for the discerning.

**Inquires welcome.**

**Widower 5'9 Mid 70's**

Own home, successfully retired from business. Kind and caring nature. Active in community. Seeks lady from 65-78 who also wants to enjoy the retiring years. Ring for contact with Clarence on (09) 887 0708 or sms '91AV' to 027 536 6311 Meetups arranged for the discerning.

*Inquires welcome*

**Cars Wanted**

**Professional Services**

**PROJECT MANAGER**

Experienced independent Engineer available. Kerikeri based.

Customer-side or Customer-facing. Covering Northland.

- Commercial
- Industrial
- Horticultural
- Construction Supervision
- Maintenance
- Health & Safety
- Energy
- Process
- Problem solving

Making your projects happen for you.

**Phone Eric 027 378 4990**

7225170AB

**0800 66 66 39**  
**[www.moneyshop.co.nz](http://www.moneyshop.co.nz)**  
 Establishment fees, terms and lending criteria apply, for details visit our website  
 \* Excludes Quick Fix Loans

IF2-1722C



## LOCAL EVENTS AND HAPPENINGS

## Public Notices

TO ADVERTISE: Phone 0800 022 812 • Fax: 634 5600 • Email: clsad@snl.co.nz

Public Notices

Public Notices

Public Notices

Public Notices

**Grey Power Kerikeri Inc.**  
P.O. Box 401, Kerikeri

## ANNUAL GENERAL MEETING

DATE: Monday, 30th. MAY 2016  
VENUE: Kingston House, Hone Heke Rd  
TIME: 2pm

This AGM is very important if you wish Grey Power Kerikeri to continue. We have several nominations for the committee but we need you to be there to vote.

We will be offering a door prize comprising a basket containing 2 bottles of NED wine (1 red and 1 white) and 2 boxes of chocolates (1 Ferrero Rocher and 1 Cadbury's)

**2016 Annual General Meeting & Election for Ngā Ngaru o Hokianga**

Nominations for the positions of Trustee, Proxy Trustee and Executive Committee membership open on Thursday, 12 May 2016 and close on Thursday, 26 May 2016. Nomination forms and the Election 2016 Fact Sheet are available from Te Rūnanga-Ā-iwi-O-Ngāpuhi offices, 16 Mangakahia Road, Kaikohe and can also be downloaded from the website [www.ngapuhiwi.nz](http://www.ngapuhiwi.nz)

**Ngā Ngaru o Hokianga AGM & Election**

Date: Monday 11 July 2016  
Time: 5:30pm  
Venue: TBC\*

Agenda:

1. Chairperson's Report
2. Financial Report
3. Election/confirmation of Executive Committee
4. Election of Trustee
5. Election of Proxy Trustee
6. General Business

For further information contact the Rūnanga on 09 4015530 or [communications@ngapuhi.org](mailto:communications@ngapuhi.org)

## Do you struggle with technology?

Have a Smart Phone, Tablet, Computer or are thinking about getting one.

### Need help

We offer courses to enable you to get the most from your device.

Currently running courses for Windows 7, 8.1, 10, Apple's MacOs, iPad/iPhone, Android/Smart Phone

Contact Betty 09 4079152 or [kerikerisenior.net@gmail.com](mailto:kerikerisenior.net@gmail.com)

### INTRODUCTORY YOGA COURSE

Starting Monday 16th May  
6 weeks 6pm - 7.30pm \$90

Please enrol with Louisa at; [kerikeriyogacentre@xtra.co.nz](mailto:kerikeriyogacentre@xtra.co.nz) or 027 498 1018 / 09 407 4469 [www.kerikeriyogacentre.com](http://www.kerikeriyogacentre.com)

### Kaikohe East School Board of Trustees' Election 2016

Nominations are invited for the election of four parent representatives to the Board of Trustees. A nomination form and a notice calling for nominations will be posted to all eligible voters. You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form). Additional nomination forms can be obtained from the school office. Nominations close at noon on the 20<sup>th</sup> May 2016 and may be accompanied by signed candidates' statements. The voting roll is open for inspection at the school and can be viewed during normal school hours. There will also be a list of candidates' names, as they come to hand, for inspection at the school. Voting closes at noon on the 3<sup>rd</sup> June 2016.

**Kohi Woodman**  
Returning Officer

### Kawakawa Primary School Board of Trustees' Election

Nomination are invited for the election of Five parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nomination close at noon on 20th May 2016 and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on 3rd June 2016.

**Jennifer Martin**  
Returning Officer

### Kerikeri Bright Path Meditation Course

Friday 13<sup>th</sup> - Sunday 15<sup>th</sup> May

Introductory Talk Friday 7pm-8pm  
Weekend Course Fri 8pm-9.30pm,  
Sat/Sun 10am-4pm

Learn this simple, easy technique for inner peace now  
To Register visit: [www.thebrightpath.co.nz](http://www.thebrightpath.co.nz)

Email: [info@thebrightpath.co.nz](mailto:info@thebrightpath.co.nz) Tel: 0800 273223  
Special offer if you bring a friend

Public Notices

Public Notices

Public Notices

Public Notices

### AGM Te Ahuahu Ahu Whenua Trust

Sat May 28<sup>th</sup>  
10am

Parawhenua Marae  
Election of Trustees

Please bring a plate

### Kaikohe Bowling Club AGM

25<sup>th</sup> May 5pm onwards

Agenda:  
Election of officers  
Prizegiving to follow  
Pot Luck dinner

Signed: **Jeanette Smith Secretary**

### Kaikohe Community Arts Council AGM

Monday 6th June  
At 6.30pm  
87 Broadway Kaikohe

All welcome  
Contact Nicky 0211569476

Donations of furniture and household items needed to sell in our Hospice Shop. We will collect furniture and larger items.

Please phone 4077799  
Or email :  
[equip@hospicemn.org.nz](mailto:equip@hospicemn.org.nz)

### Kerikeri Dental Spa

Will be shutting down permanently from 13<sup>th</sup> May located at 2 Ranui Avenue, Kerikeri. Patients are requested if they need to collect notes, they can do it before 13<sup>th</sup> May.

For further queries patients are welcome to call 09 2378150

### Hui

### Kotahi Tatou

4<sup>th</sup> June 2016  
10am

Taheke Marae  
Hokianga

Nau mai Haere mai

### Kurbside Rodders Inc AGM

Date: 29 May 2016  
Time: 2pm

Venue: Clubrooms Waipapa  
Enquires Ph 021 970022  
President Stu Williamson

Call Classifieds  
Free Phone  
0800 022 812

### Northland Foundation Grassroots Fund

The Grassroots Fund is now open.  
Closing date is June 30th 2016

Applications are welcome from groups working in the following fields:

Early Childhood, Youth Development, Literacy and Numeracy  
Budgeting, Maori, Migrant, Refugee and Cross cultural,  
Housing

Information about the Grassroots Fund is available on the Northland Foundation website

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

or you can email for further details to Ros Martin  
[ros@northlandfoundation.org.nz](mailto:ros@northlandfoundation.org.nz)  
Mahmood Khan [Mahmood.khan@bdo.co.nz](mailto:Mahmood.khan@bdo.co.nz)  
or Lorene Royal  
[loreneroyal@gmail.com](mailto:loreneroyal@gmail.com)

### OKAIHAU GOLF CLUB

Men's 27 Hole Open

Sunday 15<sup>th</sup> May 2016

Entry \$25.00 (includes lunch, meal & 2's)  
Draw published on the Golf Northland Website  
First tee off 0900

To enter:- Call, text or email your membership number and htcp index to one of the following.

Steve Henderson 021 486315  
[tuibillda@hotmail.com](mailto:tuibillda@hotmail.com)

Warren Gould (09) 407 8843 [srgould@hotmail.co.nz](mailto:srgould@hotmail.co.nz)  
Golf Club (09) 401 9223 [robynccook@no8wireless.co.nz](mailto:robynccook@no8wireless.co.nz)

Sponsored by

### TE KAUNIHERA MAORI O TE TAI TOKERAU

NOTICE IS HEREBY GIVEN THAT under Section 22 (b) and (c) of the Maori Community Development Act 1962 nominations are being called for the position of Council Secretary. Interested candidates will submit their CVs and supporting evidence to the Chairman at [rihari.takuir@gmail.com](mailto:rihari.takuir@gmail.com) at least one week prior to the election to be held at the **Tai Tokerau District Maori Council meeting at Waitangi on Monday the 13<sup>th</sup> of June 2016**. Nominations can come from the floor and under Section 15 of the Act, the Secretary becomes an Executive office holder of Council.

**Rihari Dargaville**  
Chairman

### Mohinui Marae

Hapu – Community Hui

Sat 21 May 2016

10am – 12pm  
Dreamp Building for Marae  
12pm – 2pm  
Dine & Dance

Nau mai, Haere mai

### Otoa Trust AGM

Saturday 21<sup>st</sup> May 2016  
10am

Whitiora Marae, Te Tii

Agenda:  
To elect new and replace existing members  
General Business

Contact Horo  
021 671161

### Paihia Pony Club AGM

6pm Tuesday, May 24

Wakelin's Woolshed  
Wakelins Road  
Haruru Falls

Ph 027 6325 428

### POUERUA KI WAITANGI CLAIMANTS ME NGA HAPU

NGATI RAHIRI  
NGATI KAWA  
MATARAHURAHU  
NGAREHAUATA  
WHANAUARO  
NGATI KAIHORO  
WHANAUARA

Oromahoe Marae  
18<sup>th</sup> May 2016  
10am – 3pm

Claimants & Lawyers Update

Hosting of Week 19 Update  
May Information Pack

Contact: 027 229 7997  
Chairperson  
Dr. Maryanne Baker

### Sale and Supply of Alcohol Act 2012

Double Pines Investment Ltd, has made application to the Far North District Licensing Committee for the renewal of an On Licence in respect of the premises situated at 6 Old Wharf Rd, Haruru Falls, and known as Haruru Falls Resort.

The general nature of the business to be conducted under the licence is Hotel Restaurant and Bar.

The days on which and the hours during which alcohol is sold under the licence are: Monday - Sunday, 11:00am-1:00am the following day.

The application may be inspected during ordinary office hours at the office of the Far North District Council, District Licensing Committee, at FNDC, Level 2, John Butler Centre, 60 Kerikeri Road, Kerikeri.

Any person who is entitled to object and who wishes to object to the renewal of the licence may, not later than 15 working days after the date of the first publication of this notice, file a notice in writing of the objection with the Secretary of the District Licensing Committee at Far North District Council, Private Bag 752, Kaikohe 0440.

No objection to the renewal of a licence may be made in relation to a matter other than a matter specified in section 131 of the Sale and Supply of Alcohol Act 2012.

This is the second publication of this notice. This notice was first made published 5 May 2016.

### Sale and Supply of Alcohol Act 2012

Okaihau Rugby Union Football and Sports Club Incorporated has made application to the Far North District Licensing Committee for the issue of a Club Licence in respect of the premises situated at 3 Michie St, Okaihau and known as Okaihau Rugby Club.

The general nature of the business to be conducted under the licence is: Rugby Club.

The days on which and the hours during which alcohol is intended to be sold under the licence are: Monday to Thursday 6.00pm to 10.00pm, Friday 6.00pm to 12.00 midnight, Saturday & Public Holidays 12.00 noon to 12.00 midnight, Sunday 12.00 noon to 10.00pm.

The application may be inspected during ordinary office hours at the office of the Far North District Council, District Licensing Committee, at Level 2 FNDC, John Butler Centre, 60 Kerikeri Road, Kerikeri. Any person who is entitled to object and who wishes to object to the issue of the licence may, not later than 15 working days after the date of the first publication of this notice, file a notice in writing of the objection with the Secretary of the District Licensing Committee at Far North District Council, Private Bag 752, Kaikohe 0440.

No objection to the issue of a licence may be made in relation to a matter other than a matter specified in section 105(1) of the Sale and Supply of Alcohol Act 2012. This is the second publication of this notice. This notice was first published on 4 May 2016.

### SUPPORT LUNCHEON

St. John Ambulance Hall,  
357 Kerikeri Road, Kerikeri  
Thursday 19<sup>th</sup> May 2016  
11am

Guest Speaker Dr. Anita Patel on Mindfulness

All Welcome

### Te Hapu O Ngati Ue, Ngati Ueoneone

A Hui has been called to discuss & seek hapu view on the Maranga Mai draft report for Ngapuhi Treaty Settlement.

Saturday May 14<sup>th</sup>  
10am

78 Broadway, Kaikohe

Ph: 405 3839  
for any queries

### Te Riingi/ Mahuhukiterangi Marae AGM

22<sup>nd</sup> May 2016

@ 10.00am

Election/re election of officers and trustees  
Marae meeting to follow

All welcome

# Kiwifruit a big winner in India

SARAH HARRIS

New Zealand's kiwifruit are flooding into India, with twice as many gold and record numbers of green kiwifruit set to be shipped this season.

Indian-based Kiwifruit representative Zespri says this year 1.5 million trays of green kiwifruit and 200,000 trays of gold kiwifruit will be imported with the season set to start mid May. That's around 58 million fruits.

This is a far cry from the country that had no idea kiwifruit existed 15 years ago.

Health may be the key cause for rapid consumption, Zespri India's market manager Ritesh Bhimani says.

Indians have come to know kiwifruit as a super food and see it as a great source of vitamin C, folate, potassium and antioxidants.

Bhimani says green kiwifruit were introduced to India a little over ten years ago and gold kiwifruit imported for the first time last year.

Mohammed Choudhary was one of the first people to sell kiwifruit in India. After Choudhary had a taste and heard about the nutritional benefits 12 years ago, he knew he had to stock the fruit at his store in Bangalore.

"We feel very lucky to have kiwifruit, especially from New Zealand. Kiwi is such a powerful fruit. God has given us a very good fruit filled with fibre.

"I thought it is so good we must make people aware."

Sales were slow to begin with and his stores only sold three trays a day. Now Choudhary sells 130 trays or 400kgs of kiwifruit a day. Once a month he gives away free samples so people can taste the

**Mohammed Choudhary was one of the first people to sell kiwifruit in India.**

kiwifruit that usually cost \$1 each.

Indians love their sweets, so importing the sweet golden kiwifruit as well as the tangy green kiwifruit was a natural step

Bhimani says.

New Zealand has 2500 growers with 2900 registered orchards that use a total of 11,230 hectares for production.

The fruit are then distributed to 56 countries. Kiwifruit is New Zealand's second most valuable horticulture export after wine and the country is the third largest kiwi-

fruit producing country, next to Italy and China.

The 2014 to 2015 kiwifruit export record of NZ\$1.57 billion is on track to being beaten this year.

## Backyard banter

# Shrink your power bill without freezing

When I was a poor student, my flat was very keen on low power bills, writes Sarah Moore.

Unfortunately our idea of saving power during winter meant wearing five pairs of socks and huddling together like penguins. Sure, our bills were cheap, but dealing with a midwinter at risk of hypothermia state can definitely put a dampener on things.

Winter is coming, and while it might be tempting to turn up the heater to high, snuggle into bed with your electric blanket, and crank the dryer every time you do the washing, your power bill won't thank you for it.

"Little changes can often add up to big energy savings," Contact Energy's community relations adviser Rosanne Jollands says.

"Explore the tools and apps that your energy company has to offer to help you understand your power usage, monitor it and manage it."

Here's a few extra tips to keep your energy bill low this winter:

1. If you're not using an appliance, switch it off at the wall.

2. Turn your electric blanket on an hour before you go to bed then off when you jump in. Better yet, set a timer on it to turn on and off periodically throughout the night.

3. Fan heaters might warm a room up quickly, but they're also power guzzlers. Consider swapping the fan for an oil column and only use a heater when you're in that room.

4. Install a heat pump. Energy-efficient and doubling as an air conditioner in the heat of summer, a heat pump circulates warm air throughout your entire house instead of just a few square metres.

5. Woodburners can help you save power – assuming you have a ready supply of firewood. Always book a chimney sweep before you light your first flame; last winter's charcoal is a major fire hazard. Install a fire guard if you have children in the house and check with your council to make sure your burner or open fire is OK for use under local bylaws.

**Insulation will keep you warm and help minimise energy bills.**

6. Tighten door hinges, use draught-stopping tape around windows and doors, and use door snakes to prevent cool breezes from making their way into your home.

7. Be water-wise. Your hot water cylinder uses more power than anything else in your house. Keep your showers short and use a cold

cycle for washing. Adjust the thermostat so the hot water is at 55 degrees Celsius, and fix any dripping taps. Switch your hot water off if you are going away for more than two weeks.

8. Replace old incandescent light bulbs with energy-efficient ones.

9. Insulation is an essential

investment for homeowners and something renters should also discuss with landlords. Check out the government's Warm Up New Zealand: Healthy Homes Programme; you might qualify for free insulation. You can insulate your hot water cylinder and pipes as well as walls.

10. Go to powerswitch.org.nz and see what energy companies are offering the best prices. Pay your bill on time to get early-payment discounts and consider a payment plan that lets you smooth your bill payments out evenly across the year.

**Neighbourly** is a NZ-owned social media site creating easy ways for neighbours to talk and connect. Join us at [neighbourly.co.nz](http://neighbourly.co.nz) or download our new iPhone and Android apps.

# Out & About

## Club's annual pink breakfast

Kerikeri showed its community spirit at the Kerikeri Cook Club's annual pink breakfast on Mother's Day. About 200 businesses donated goods or money for the event, which raised over \$5000 for the New Zealand Breast Cancer Foundation. Volunteers chipped in and about 400 people attended the day where hearty breakfasts were served up and a dozen raffles and spot prizes went to deserving people.

Oakridge Villas participants enjoy breakfast.

Volunteers and punters don pink for the annual Kerikeri Cooking Club Mother's Day Pink Breakfast fundraiser.

Sandy Hamilton, Ronny Zangi and Rowena Wake show off a winning gift basket.

Right: Kerikeri Cooking Club members and volunteers.

- Roller Blinds
- Venetian Blinds
- Vertical Blinds
- Awnings
- Insect Screens

• Blinds • Shutters  
 • Insect & Security Screens & Doors  
 • Awnings, Patio curtains & Repairs  
 Supply & Installation Free measure and quote  
**8 Norfolk Place, Kerikeri 0230**  
**0800 255 300 | 09 407 5906**

### CARUSO CHIROPRACTIC CLINIC

DR. SUSAN CARUSO

- All problem cases welcome
- Gentle yet accurate spinal adjustments with emphasis on nerve pressure relief
- X-Rays for accuracy and safety
- ACC registered so no referral needed
- Relief from pain, tingling, numbness, weakness, decreased motion

30 YEARS EXPERIENCE | Call 09 407 8640

### Jennifer Shepherd Chiropractor

is now at  
 Bay Chiropractic  
 Mobile: 021 029 666 14  
 Freephone: 09 945 6273  
 Located behind Loft  
 Off Bunnings Carpark  
 Open Saturdays

### BAY REWINDS & SERVICING

- All Power Tool Repairs
  - Water Pumps & Electric Motor Sales & Servicing
  - Bearings, Generators & Motor Rewinding
  - *Service Agents For:* Makita, Hitachi, Ryobi, Metabo, Alto & Karcher Waterblasters
- Ph/Fax: 09 407 5449 Mob:0274 883 146**  
**I 5 Sammaree Place, Kerikeri**

	Wednesday May 11		Thursday May 12		Friday May 13		Saturday May 14		Sunday May 15		Monday May 16		Tuesday May 17	
	Best at	Rise	Best at	Rise	Best at	Rise	Best at	Rise	Best at	Set	Best at	Set	Best at	Set
Russell	11:03AM	11:32PM	11:56AM	12:02PM	12:25AM	12:50PM	1:19AM	1:45PM	2:14AM	2:43PM	3:09AM	3:41PM	4:02AM	4:37PM
Opua	4:54AM	5:13PM	5:48AM	6:05PM	6:43AM	6:59PM	7:39AM	7:54PM	8:34AM	8:51PM	9:29AM	9:48PM	10:23AM	10:42PM
Kerikeri	11:05AM	11:34PM	11:53AM	12:02PM	12:24AM	12:49PM	1:19AM	1:46PM	2:15AM	2:44PM	3:11AM	3:43PM	4:05AM	4:39PM
Whangaroa	11:02AM	11:33PM	11:55AM	12:07PM	12:27AM	12:51PM	1:23AM	1:50PM	2:21AM	2:50PM	3:18AM	3:49PM	4:12AM	4:45PM
Mangonui	11:36AM	12:07PM	12:05AM	12:29PM	12:58AM	1:23PM	1:52AM	2:18PM	2:47AM	3:16PM	3:42AM	4:14PM	4:35AM	5:10PM
Houhora	11:42AM	12:11PM	12:11AM	12:35PM	1:04AM	1:29PM	1:58AM	2:24PM	2:53AM	3:22PM	3:48AM	4:20PM	4:41AM	5:16PM
Ahipara	12:32AM	12:57PM	1:24AM	1:52PM	2:21AM	2:50PM	3:23AM	3:53PM	4:27AM	4:57PM	5:29AM	5:58PM	6:23AM	6:51PM
Opononi	12:52AM	1:17PM	1:44AM	2:12PM	2:41AM	3:10PM	3:43AM	4:13PM	4:47AM	5:17PM	5:49AM	6:18PM	6:43AM	7:11PM
	4:29AM	4:29PM	5:22AM	5:22PM	6:12AM	6:12PM	6:36AM	6:36PM	7:21AM	7:21PM	8:05AM	8:05PM	8:48AM	8:48PM



## Open Home

## Reduced

## Exclusive

## Exclusive

**112 Te Haumi Drive, Paihia \$485,000****Immaculately Presented**

- A stunning spacious three bedroom family home
- A new kitchen, carpet, drapes and freshly painted inside and out
- Enjoy the north facing aspect with a sea view
- Move in and enjoy, the hard work has been done!

**View** Open Home Saturday 14th May 11 - 11.45am  
 www.rwpaihia.co.nz/PAH22069

**Dianne Quinn AREINZ 021 592 369 A/H 09 402 8699**  
 dianne.quinn@raywhite.com

LICENSED (REAA 2008)

**Paihia Blue Pacific Penthouse**

- Three double bedrooms / two bathrooms and is fully furnished
- Large north facing outdoor patio with substantial 180° changing water views
- Leave in the Management Pool and enjoy the return OR
- Reside all year, conditions apply

**For Sale** \$489,000 plus GST if any  
 www.rwpaihia.co.nz/PAH22054

**Dianne Quinn AREINZ 021 592 369 AH 09 402 8211**  
 dianne.quinn@raywhite.com

LICENSED (REAA 2008)

**An Acre of Land in Central Paihia!**

Wow! A rare opportunity to own a north facing, acre of land with stunning 180° sea views in Central Paihia.

Enjoy the ever changing water views over the Bay and out to the Russell Peninsula, as well as having privacy and bush surrounds - the perfect location to build your dream home.

**For Sale** \$295,000  
 www.rwpaihia.co.nz/PAH21864

**Dianne Quinn AREINZ 021 592 369 A/H 09 402 8211**  
 dianne.quinn@raywhite.com

LICENSED (REAA 2008)

**Invest in Central Paihia**

An elevated one bedroom fully furnished unit. A small patio at the front with a garden shed at the rear. Parking near by on the same level for your convenience.

A short stroll down to Paihia Village, beaches and amenities.

Rental Investment or a holiday hideaway  
**For Sale** \$139,000

www.rwpaihia.co.nz/PAH21900

**Dianne Quinn 021 592 369 A/H 09 402 8211**  
 dianne.quinn@raywhite.com

LICENSED (REAA 2008)

## Open Home

## Exclusive

## Reduced

**Haruru****ALL DECKED OUT!!!**

This large 3 bedroom 2 bathroom family home offers super decking right across the front of the house, with roomy living/kitchen & entertaining space. Carport and ample turning area and a wide bush view over the Kaipatiki hills.

**For Sale** \$325,000

**View** Open Home Sat 14 May 2pm , 15 Goffe Drive, Haruru  
 www.rwpaihia.co.nz/PAH22060

**Ailsa Greenwood 0274 870 851**  
 ailsa.greenwood@raywhite.com

LICENSED (REAA 2008)

**Paihia - Look at this view!**

It's been off the market for ages so here's your chance to build your home close to Paihia with a lovely Channel outlook. It's officially 1/2 of 1014m2, in reality a little less - but concept plans are available to show what could be done with this lovely piece of Paihia hillside. Make the most of this opportunity - a Paihia section just waiting for the right home!

**For Sale** \$130,000

www.rwpaihia.co.nz/PAH21957

**Ailsa Greenwood AREINZ 0274 870 851 09 402 8699**  
 ailsa.greenwood@raywhite.com

LICENSED (REAA 2008)

**Paihia \$290,000****Not many left at this price**

- Small, sweet and friendly
- Polished floors and fireplace
- Two bedrooms, bush outlook
- Lots of parking space
- Live in or rent out - invest now!

**For Sale**

www.rwpaihia.co.nz/PAH21869

**Ailsa Greenwood 0274 870 851 09 402 8699**  
 ailsa.greenwood@raywhite.com

LICENSED (REAA 2008)

**Moerewa \$116,000****A Delightful Rustic Cottage**

- A weatherboard home on a large partially fenced section with single garage.
- Healthy Homes insulation installed
- The current rental returns \$200 p.w. plus water and power.
- Originally built and owned by the Government
- Great first home or rental investment property

www.rwpaihia.co.nz/PAH21811

**Dianne Quinn AREINZ 021 592 369 A/H 09 402 8211**  
 dianne.quinn@raywhite.com

LICENSED (REAA 2008)

## New Listing

**Kaikohe \$135,000****Quaint on De Merle**

- A quaint 2 bedroom cottage with sun room
- 1012m2 section
- Single garage
- Needs a few finishing touch's
- First home or rental property
- Priced to sell

www.rwkaikohe.co.nz/PAH22058

**Neve Alexander 0220 247 323 (09) 401 0852**  
 nev.alexander@raywhite.com

LICENSED (REAA 2008)

**Kawakawa \$169,000****Affordable & close to township**

Currently tenanted for the investor is this elevated 3 bedroom home offering open plan living. Close by are the hospital, school Township and amenities.

**Exclusive**

**View** by appointment

www.rwkaikohe.co.nz/PAH22071

**Trina Blakey 0274 928 895 (09) 404 1155**  
 trina.blakey@raywhite.com

LICENSED (REAA 2008)

**Kawakawa \$195,000****Affordable First Home**

First home owners or investors, take advantage of this opportunity. Spacious family living area with dining, plus separate kitchen and open fire.

New carpet and drapes with refreshing new paint throughout, ready to move in today.

Elevated to enjoy the rural and urban views from the large deck. Close to the Hospital and school.

www.rwkaikohe.co.nz/PAH21300

**Trina Blakey 0274 928 895 (09) 404 1155**  
 trina.blakey@raywhite.com

LICENSED (REAA 2008)

**Kawakawa \$195,000****First Home Owners/Investors**

With location on your side this 3 bedroom home is only a few metres to walk to the local primary school. Offering combined kitchen/dining and separate living area with log fire. There is an adjacent double garage on the boundary and also extra flat parking area available.

www.rwkaikohe.co.nz/PAH20589

**Trina Blakey 0274 928 895 (09) 404 1155**  
 trina.blakey@raywhite.com

LICENSED (REAA 2008)

## Reduced

## New Listing

**Okaihau \$245,000**

**Negotiate!!** Fantastic location, spacious, 2 bathroom, separate dining and lounge plus 4 bdrms, large front deck and huge backyard. Comfortable and easy to live in as it stands but has some areas that still need your personalised stamp of renovation.

GREAT LOCATION IN POPULAR OKAIHAU TOWNSHIP BESIDE AND OPPOSITE SOUGHT AFTER SCHOOLS.

www.rwkaikohe.co.nz/PAH21951

**Deb Wilson 0272 942 526 (09) 401 0852**  
 deb.wilson@raywhite.com

LICENSED (REAA 2008)

**Kaikohe \$129,000****Investment or first home**

2 Bedroom weatherboard home with conservatory, disabled friendly bathroom, carport and a lockup for your mower & tools. Good sized rooms and lots of cupboard space plus a private, well fenced section.

**View** by appointment

www.rwkaikohe.co.nz/PAH22057

**Deb Wilson 0272 942 526 (09) 401 0852**  
 deb.wilson@raywhite.com

LICENSED (REAA 2008)

**Kaikohe \$395,000****Private Home and Land on the Eastern Outskirts**

Loads of good quality garaging plus sheds galore, 3 bedroom large well presented home with modern appliances & internal car garaging and walkway to rumpus and more shedding. Established fruit trees & 3 driveways - Equates to a lot of property!!!!

www.rwkaikohe.co.nz/PAH22034

**Deb Wilson 0272 942 526 (09) 401 0852**  
 deb.wilson@raywhite.com

LICENSED (REAA 2008)

**Kaikohe Lifestyle Change \$285,000**

The price is right on this 2.07 ha block of land with a character house and great old shed. The shed is on its way to reality again and has been made very comfortable. Large 3 bedroom home plus sunroom, with lots of space. Established trees and paddocks for your horses and cows.

This property is well worth a look !!!

**For Sale**

www.rwkaikohe.co.nz/PAH21988

**Deb Wilson 0272 942 526 (09) 401 0852**  
 deb.wilson@raywhite.com

LICENSED (REAA 2008)