

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

- Safer communities
- Food & beverage
- Home & garden
- Property market report

Dog control officer patrols west coast beaches this summer

Circulation is 10,000 print copies and 3371 opened and read email copies.

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February 2024



Greetings

Is it time to have a permanent vehicle ban on most of Muriwai Beach?

A death and two serious injuries after a vehicle came to grief there on January 21 not long after a Christmas/ New Year (December 29 to January 15) vehicle ban was lifted would tend to reinforce the view the ban should remain – permanently.

By all means allow emergency services on the beach, and perhaps vehicles launching boats south of the Okiritoto Stream under strict conditions (including speed limits).

I know Muriwai Beach is a legal road (normally driveable within about three hours either side of low tide) and as such road rules apply.

The Auckland Council has rules for driving on Muriwai Beach which include speed limits (30km/h to 650 metres north and at Rimmer Road and Wilson Road access points, then 60km/h to the southern end of the New Zealand Defence Force bombing range), vehicles must have warrants of fitness and registration, seatbelts worn, and even beach driving permits must be carried, and there's more on the council website.

Beaches are policed and enforcement undertaken where required.

But too many break the vehicle rules at Muriwai Beach. I've reported on numerous crashes and deaths there over the years.

There's the risk to other beach users from vehicles too – such as sunbathers, surfers, swimmers and the like.

As well as vehicles tearing up the dunes and beach environment, often posing a danger to seals, penguins and other wildlife.

A fire risk is possible too, either from hot exhausts or vehicles carrying people to areas near the Woodhill Forest which may be torched by improperly controlled Guy Fawkes bonfires, barbecues and other activities.

So why add to the dangers by allowing vehicles north on Muriwai Beach?

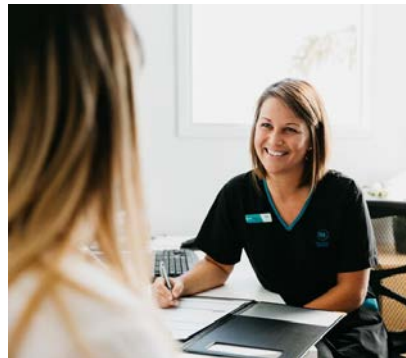
I've often travelled there for clean-ups, events, surf trips, bombing range visits (with Defence personnel) and other often work-related matters (whale strandings included).

But I have long failed to see the need for the general public to drive along the beach (I was taught beach driving near Levin in the 1960s and know the dangers of soft sand and tide – I got my surf wagon bogged once and waited for the tide to go out so I could get the van free).

So I will support any further vehicle restrictions on Muriwai Beach to the north of Okiritoto Stream, provided they are sensible.

For more information about what you can and can't do at these beaches (including rules about lighting fires) see Muriwai Regional Park and Karioitahi / Karioitahi Reserve.

Geoff Dobson, Editor



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People & Places

Dog control officer patrols west coast beaches this summer

Fletcher Munsterman from Chicago is the Animal Management Officer for dog control on Auckland's west coast beaches.

The position, funded by Auckland Council and the Waitākere Ranges Local Board, monitors the behaviour of visitors and locals on west coast beaches this summer to make sure they are complying with bylaws when visiting with their pooches.

This is the second year the programme has been run and council Planning Environment and Parks Committee Chair Richard Hills says the officer is service orientated as an ambassador first and enforcer second.

Hills explains that emphasis is on education and aims to focus on building connections amongst the community and providing the public with information relating to dog bylaws and beach etiquette.

Arriving in New Zealand after graduating from the University of Miami with a Bachelor of Science in marine science and biology, Fletcher completed a Master's degree in zoology at the University of Otago before heading to a dairy farm.

Fletcher says he fell in love with the outdoors as a way of connecting to both the environment and the community.

"After so much study, I was ready to join the workforce; being in the outdoors is a relief and I'm excited to get out on the beaches.

"I want to make a difference by bringing my experience and background to my work. My approach is to be the community's connection to information and answers, and I want to help whoever visits our beaches to enjoy them safely and responsibly without



threatening the region's native or endangered wildlife."

Fletcher has also worked as a project coordinator and community educator abroad, including two years in rural Ghana with the Peace Corps.

His patrol is from Te Henga/Bethells down to Whatipū and around to Cornwallis.

"I want to educate and inform people about the wonderful wildlife found along the west coast, but there will be penalties for those who repeatedly break the rules or put protected wildlife at risk," says Fletcher.

If a dog is found in a prohibited area or being walked off lead in an on-lead area, then offender risks being hit with a \$300 infringement notice.

"My plan is to operate on a graduated enforcement approach, usually I would issue a warning first but there will be circumstances that would warrant issuing an infringement for a first offence," he adds.

Keep an eye out for Fletcher, introduce yourself, share a chat and ask him any questions relating to dog behaviour or dog bylaws.

Johnny and Jordan Hildreth of Woodhill join KMR

Father and son Johnny and Jordan Hildreth have a clear plan for protecting waterways, wetlands and steeper hillsides on their Woodhill Farm.

They have teamed up with the Kaipara Moana Remediation (KMR) programme to fence selected areas of their 200-hectare sheep and beef unit.

Johnny initially leased the land from his father Peter before buying the 140ha home block in 1986. He purchased a neighbouring 60ha



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farm in the early 2000s and has been caring for the land since - more recently with the help of son Jordan.

They now run 300 Romney-cross breeding ewes, trade 500 to 1000 lambs and run 200-300 cattle.

The pair were keen to align with the KMR programme because they see the value of helping protect the Kaipara Moana by fencing off waterways and wetlands and planting them in natives - while at the same time benefitting their farm.

In 2022 they planted 4500 trees and put in 250 metres of new fence line, while in 2023 they planted 800 more trees and put in a further 450m of fencing in readiness for the 2024 planting season.

They have also mapped out a plan to retire areas of steeper, less-productive hillsides. Those efforts could begin later in 2024 (with at least 400m of new fencing), ready for native planting from 2025 and beyond.

Johnny says they have identified more areas around the farm (totalling 10ha), which they would love to fence off and plant as finances allow.

"When Poppa broke in the farm, he clearly had a bit of an environmental bent because he did not open up everything in search of every blade of grass," says Jordan.

"With our KMR partnership we are focusing on medium plantings and locking up gullies and waterways to go with 45ha of native bush already fenced off including 16ha of a former pine tree block where we replanted with 10,000 manuka after harvest in 2019."

The father/son partnership say the way their river flats keep flooding so frequently there could be merit one day in putting some of that land back into kahikatea and other natives, as they once used to be.

They did exactly that with Auckland Council's 'Trees for Survival' programme in conjunction with an Auckland primary and an Auckland secondary school in 2017, when they planted natives along the banks of the Kaipara River which runs through the property. Those plants are now thriving and are clearly visible from State Highway 16.

Jordan says the KMR planting rates recommended for hillsides and slips of around 2500-4000 plants per ha, and up to 9000 plants per ha for wetlands and waterways, makes sense.

Says Johnny: "If you have good people driving a programme like KMR it makes all the difference. Being in communication with people who are passionate about the environment, with an understanding of how things work on farm, means problems are easily solved.

"We are setting the scene now for what is to come. Nibbling away at fencing and planting gets the ball rolling and we would love to see all of our river and wetlands planted. As farmers, if you can get this sort of activity up your priority list for spending it is hugely

rewarding."

Jordan and Johnny say they are thrilled with the KMR programme and are looking forward to doing more work together.

Meanwhile, KMR is keen to hear from landowners thinking of fencing this summer or planting next winter.

Contact KMR via hono@kmr.org.nz or by completing a quick expression of interest via <https://kmr.org.nz/landowner-expression-of-interest/>, and the sooner landowners drop KMR a line the quicker a KMR Field Advisor can be in touch to walk the land and develop a plan to unlock KMR funding.

While the deadline for submitting expressions of interest for planting of exotic species to stabilise steep and erodible land has passed, KMR is still keen to hear from landowners interested in planting poplar poles or wands by March 31, 2024.

Work crew spots something fishy on SH16 safety project

A population of at-risk black mudfish (waikaka) was discovered by a work crew installing silt fencing on stage one of the State Highway 16 safety improvements project.

Work near Waimauku was quickly stopped and an ecologist called to the worksite to assess the species and devise a fish management plan.



Discovered to be waikaka, these uncommon native fish are listed as 'at-risk - declining' on the New Zealand Threat Classification.

Only three known populations are known in the Auckland region, and any effects on one of these populations can be significant to the species.

Waka Kotahi NZ Transport Agency Senior Project Manager Rex Faithfull says that protection and conservation of the environment, in all aspects, is an important part of the project's work.

"After the initial seven waikaka were caught through hand searches of the area, additional fish traps were able to capture an additional four fish," he says.

"These were relocated to a safe and suitable habitat.

"A channel was then created to run towards the downstream,

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allowing any remaining waikaka to naturally leave on their own should they choose."

The project team will further its conservation efforts by investigating other wetland drains in the area as well as developing a plan for managing any future encounters with these new friends with fins.

A Fulton Hogan work crew found the mudfish.

The Huapai to Waimauku section of the SH16 Brigham Creek to Waimauku safety improvements project under construction is expected to be completed by late 2025.

Visit www.nzta.govt.nz/projects/sh16-brigham-creek-and-waimauku for information.

Waikaka facts

- Waikaka live in wetlands and peat lakes. Existing only in New Zealand, they are noted as one of the few fish species worldwide that have an ability to survive for extended periods out of water.
- When their wetland habitat dries out over summer, waikaka can survive, sometimes for several months, as long as they are kept moist by burrowing under tree roots or into mud or damp leaf litter.
- During this time, waikaka slowly lower their metabolism, reducing the amount of energy they need to live, but immediately wriggle into life when water returns.
- The species were once very abundant but are now confined to limited habitats due to a severe loss of wetlands.
- Waikaka are a threatened species, listed as 'at risk - declining' by the Department of Conservation.
- The biggest threat to waikaka is loss of habitat, from filling or draining wetlands and drain cleaning.

Kumeu Show returns March 9 and 10

The 100th Kumeu Show in March last year was a great success and had the best show attendance ever with more than 25,000 people at the Kumeu Showgrounds during the two days.

The weather contributed to this big attendance, says Kumeu Agricultural and Horticultural Society Show Secretary Lizelle Westman.



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Much of what featured at the centennial show will be back for this one with "Dobbo" continuing as show master of ceremonies, Mahons Amusements carnival rides and events, entertainment featuring The Brendon Ham Band with Marion Burns, Clydesdale rides, woodchopping, shearing, sheep dog trials, archery, pony rides, fire brigade demonstrations, an FMX display, a strongman competition, professional wrestling demonstrations, dog agility displays, a tractor parade both days at noon, and plenty of giveaways.

Annual competitions include school calf club, pet lambs and goats, equestrian, and poultry.

The woodchopping starts with a minute's silence to remember world champion Jason Wynyard who died of cancer in October last year aged 49. A regular at the show, Jason was nine times world champion and a Stihl Timbersports "Titan" who last year became a Member of the New Zealand Order of Merit for services to woodchopping in the New Year Honours.

He was diagnosed in May last year with advanced Burkitt Lymphoma - a rare form of lymphatic cancer.

A timetable of all show events will be available on the show website www.kumeushowgrounds.com in the week leading up to the 101st show.

More than 200 trade bookings have been received with more expected.

Show visitors can take a picnic lunch or enjoy fare from a variety of food trucks, while a garden bar with music is available too.

Indoor events include an arts and crafts competition and displays with entries from pre-school age, fruit, flowers, and photos.

Meanwhile, general online tickets for the March 2024 show are at Kumeu Show 2024 Tickets, Kumeu | Eventbrite costing \$15 for those 14 years and over with no charge for under 14s. Tickets bought from the gate on show days are \$20 a person for those 14 years and over.

Ample free parking is available and traffic management will be in place.

Sponsorship and trade options are available, contact info@kumeushow.co.nz for more information.

Lizelle suggests show visitors with young children should write a parent/caregiver phone number on their arm in case they get lost.



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Sunscreen is available at the Kumeu Show Information Tower near the society offices.

Gates are open 8.30am-5pm Saturday March 9 and 8.30am-4pm Sunday March 10.

A time capsule which includes a Kumeu Courier February 2023 copy with cover photo of society President Jane Sparnon and Lizelle for the 100th Kumeu Show has been buried securely nearby.

It also includes letters from two Huapai District School pupils about their lives and what they like to do such as using their smart phones.

Old photos (including some from 1962), The Weekly News from 1920, a history of the Kumeu A and H Society and show, an early showgrounds photo, show ribbons, coins, COVID-19 tests and masks, and other memorabilia are featured in the time capsule which may not be unearthed for another century.

Pictured readying the time capsule for December burial are Jane Sparnon and Junior Vice President Monte Neal.

Record Kumeu hot rod show

The big 30th Repco Kumeu Classic Car and Hot Rod Festival brought 10s of thousands of visitors to the Kumeu Showgrounds on January 19-21.

Organisers say it's the biggest turnout yet with the weather holding too.

"We're very pleased with the way the show went," says Desma Galvin of Kumeu who runs it with husband Ken and daughter Nicole.

The main Saturday was packed, with parking spots filled (even down Access Road) and queues for nearly everything - including the popular Taurus Monster Truck rides run by Daniel David of Palmerston North which took 10 at a time on a jaunt around the showground's central arena and over obstacles.

About 4000 hot rods and classic cars featured indoors and out at the event, the Jack Daniel's National BBQ Championship with nearly 40 teams cooking up a storm.

The People's Choice award was won by Brent and Marie Shipman's 1956 Chevrolet Bel Air, which also won the Best Chev category. Second and third in the People's Choice were Dion and Kelly Walker's El Camino and April Bettelheim's 356 Porsche Coupe respectively.

Keith Hunter's 1934 Ford Coupe was Best Ford, Andrew Beatson's



Ford Coupe Best Hot Rod, Kruzin Kustoms' 1956 Chev Best Commercial, a 1967 Dodge Charger Best Street Machine, and Bob Neville's Ford Roadster Best Vintage, among other category winners.

The Very Vintage Day Out was included in the show with retro style hair dressing applied by suitably attired stylists.

Outdoor displays included military-style exhibits, vintage caravans (Russel Cooper's "Jailbar and Gooseneck Caravan" winning the Vintage Caravan award), choppers, trade and swap stands, food and entertainment.

World Wetland Day free family event at Bethells

Celebrate World Wetland Day this year by visiting Auckland's largest mainland wetland, the Te Henga Wetland, at 111 Bethells Road, Te Henga, on Saturday, February 3, 10am-3pm.



The free family event - which includes an all-day market, - is hosted by Matuku Link.

Matuku Link is a charitable trust which began in 2016 when four trustees bought a wetland and bush property after extensive fundraising.

An old barn was converted into a Wetland Education Centre, two plant nurseries were built, and the old paddocks were replanted and transformed back into wetlands.

With Jobs4Nature funding, boardwalks and accessible pathways were created for all to experience a part of the Te Henga Wetland.

With only 9% of wetlands remaining in New Zealand, Matuku Link says people need to change their thinking from "smelly swamps" to "biodiversity beauties" as wetlands are the kidneys of our environment, slowing down water during floods, capturing carbon and filtering debris and contaminants.

Matuku Link's Education programme restarts in Term 1 2024 for schools and focuses on hands-on experience based on science and monitoring (birds, water quality, invertebrates, plants).

A week-long Matuku Link school holiday programme was held late January to get children outdoors and exploring the magic of wetlands.

Meanwhile, the February 3 event includes two family activities every hour, guided tours on bugs, birds, eels, flora and fauna, and local conservation groups to chat to.



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Visitors are encouraged to look for pāteke (brown teal), spot a secretive spotless crake (pūweto), and keep an eye out for namesake the matuku-hūrepo (Australasian bittern).

People can also see how much Matuku Link has changed with more than 15,000 volunteer hours spent improving the place, two new boardwalks, and the Wetland Education Centre.

The all-day market features gifts, food, art, crafts, information, and entertainment.

Stallholders include Forest & Bird Waitākere, Birds New Zealand, The Entomological Society, Whitebait Connection, Kauri Rescue, Auckland Council Biodiversity, Auckland Zoo, Pest Free Waitākere Ranges Alliance (PFWRA), Sue Beesley's Honey, Bethells Beanz coffee, along with home baking, a barbeque (vegan and non-vegan) and more.

Go to www.matukulink.org.nz, www.facebook.com/matukulink or hello@matukulink.org.nz for more information.

North West country update

The Kumeu Show is in town soon and we hope to help make it a successful event to kick start 2024.

This year we are doing things a little differently after hearing from our membership about what support they needed. It is so hard for our local businesses to take part in fantastic events like the Helensville and Kumeu Shows when staff numbers are low and business owners need to manage their stores on weekends. So this year we have invited local businesses to share our business association marquee.

While I am at the shows telling everyone about the business association and our members, I can also showcase some of our wonderful businesses which have an opportunity to put their goods on display. This trial has many benefits as it allows businesses to get their products in front of the thousands of people who will come to the show, and we hope it will encourage visitors to spend more time in the North West after they leave and go and visit the businesses in person. It is so important for us to make the most of the anchor events that are in our area and all the hard work that the Helensville Show team put into putting on the event.

We will also be accepting entries into the Ultimate Day Out competition at the Helensville and Kumeu Shows. Everyone who

spends \$50 or more with any of our member businesses within the months of January or February can go in the draw. Simply head to our website and upload your receipts for your chance to win. The prize pack consists of:

- Tickets for two to the Kaipara Coast Sculpture Gardens Kaukapakapa
- Lunch for two at Ginger Crunch Café Helensville
- 16,000 foot skydive at Skydive Auckland Parakai
- Full body massage for two at Phoenix Beauty Therapy Kumeu
- Dinner for two at The Landing Riverhead.

The prize draw will be live at the Kumeu Show on Sunday 10th March at 2pm.

By Manager Danielle Hancock.

Police patrolling Northwest

Police patrols in Auckland's Northwest are keeping watch for suspicious activity at night.

They have picked up suspicious vehicles travelling into Helensville township.

Waitemata North Relieving Area Commander Senior Sergeant Roger Small says there have been increases in reports of dishonesty offences and vehicle crime in some rural communities.

"We have seen reports in recent weeks across the Helensville, Kumeu and Huapai areas involving stolen vehicles or property being stolen from vehicles," he says.

"We're actively following up these reports and as part of this response we have patrolling in place around the times when this offending is happening."

Just before 2am one morning, a police patrol observed a vehicle with numerous occupants travelling toward Helensville on State Highway 16.

"The vehicle was signalled to stop, but on seeing the red and blue lights accelerated away at a very high speed," Roger says.

"Another unit was able to successfully deploy spikes after the vehicle entered the Helensville township, and the vehicle came to a stop."

All occupants, including the 17-year-old-driver, were taken into custody without further incident.



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Roger says the vehicle has since been impounded.

"The driver's actions were disappointing and dangerous," he says.

"We're reminding the community that we are out there patrolling, and if you are ever signalled to stop by police you should always stop, otherwise you are committing an offence."

This follows another incident at around 2.18am on January 8 where a vehicle was seen by a patrol being driven at speed through roadworks near Helensville.

"Due to the driver's excessive speed, the vehicle was not pursued but it was later seen travelling through the township toward Wainui," Roger says.

"Follow up enquiries are being made with the vehicle's registered owner as to who was driving the vehicle at the time."

it follows a challenge issued by police in the lead up to the New Year for locals to make their vehicles less attractive to thieves.

"We're asking the locals to keep it up, making sure their vehicle is secured and all their valuables are taken out when it's not in use," Roger says.

"Police are still actively following up these reports and we ask that the community remains aware of the issue.

"Keep an eye out for suspicious activity in your area, and if you see something untoward let us know as soon as possible."

Kaipara ki Mahurangi MP Chris Penk says it is "hugely disappointing" to hear news throughout the holiday period of deaths (nearly 20) and damage on our roads.

"As I've said previously, the quality of the road network is a crucial factor but so is driver behaviour.

"Personal responsibility is always key, including particularly around the use of mobile phones while underway," says Chris.

"Let's make it a collective New Year resolution to pay attention to

what our great local police are saying about these issues."

Hardfell arborists

Hardfell Professional Arborists is a small family tree business run by people who love to work and live in the Northwest community.

Owners Shaun and Lucy Hardman have both worked very hard to get the business to where it is now, which is something they say they are both very proud of.

Hardfell strives to be professional and give the best service possible.

It has a great team who also understands this ethos and helps support the business by being polite and courteous to customers and doing their best to exceed expectations.

The business started eight years ago with Shaun and a ute working as a contract climber for other tree companies.

A year later he decided to grow the business and started to employ staff, investing in a truck and chipper.

As the years have gone by and the workload increased, Hardfell Professional Arborists has continued to add to the team and upgrade its fleet.

"We now run a team of 10 and have also upgraded our fleet by adding diggers, stump grinders, trucks and chippers," the Hardfells say.

"We work hard to ensure our fleet is as tidy and professional as possible as we take pride in our business image."

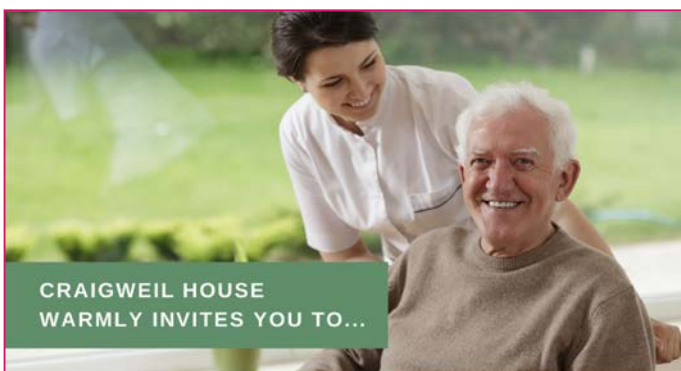
Shaun runs the business and is normally the first point of call for all enquiries. He is also still out on the tools with the team, climbing trees and operating machinery.

Lucy helps manage emails and accounts.

Taylor Blaikie and Luke Roberts help with the training, quotes, fleet servicing and are also both still working on the tools with the great team of arborists and trainees.

"We have a strong focus to help upskill all our staff both by in house training and working towards their Level 4 Qualification in Arboriculture," the Hardfells say.

"We are able to cover many aspects of tree work. Tree pruning, hedge trimming, tree removal, tree planting, stump grinding and mulch deliveries."



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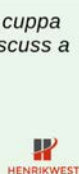
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Hardfell is also approved contractors to the Auckland Council.

"We've been lucky to involve ourselves in many cool projects including helicopter tree removals, crane jobs, abseiling works and cat rescues," say the Hardfells.

"We love being here and do what we can to give back to this amazing community.

"We also still love our job," they explain.

"Climbing trees and operating diggers is the dream of most kids.

"Having a passion for our industry helps set us apart from the competition as we're invested in doing the best job possible."

Visit www.hardfell.co.nz, phone 0210 720 739, email shaun@hardfell.co.nz, or search social media (www.facebook.com/hardfell, www.instagram.com/hardfell_ltd).

A business mentor you can trust

As a professional business mentor, advisor and coach since 2006, Andy Burrows of Helensville has helped a wide range of private business owners address their frustrations, improve profitability, and lower their stress.

"I have specialised in working with the owners of construction-related businesses since 2012, helping build systems and profitability into their operations," he says.

With a B. Comm degree from Auckland University in Financial Accounting and Marketing Management, Andy finds his skill set complements very well with clients.

"My specialist knowledge and my 'walk with you' approach is uniquely successful," he explains.

"Before becoming a business coach, I have a background in family business ownership and spent 25 years managing big businesses.

"These first-hand experiences have helped me develop knowledge and capabilities around business systems and processes alongside a practical, hands-on application to help smaller business owners," says Andy.

"That is why I feel uniquely placed to help you with the reality and challenges you face as the owner of an independent trades business and a vital part of New Zealand's construction industry."



A trade business coach at The Trades Coach, Andy says his job is to help re-balance the risks and efforts owners invest in their independent tradie business with the rewards they receive.

"I'm here to help owners like you get unstuck and move to where you want to be. And to do this as cost effectively as possible."

What to look for in a business coach - "You formed your business to deliver on your dreams and goals, not to be a millstone around your neck," says Andy.

"Through business mentoring and coaching, it is my role to help you achieve the potential of why you went into business in the first place.

"Unlike many other business coaches out there, I bring additional diagnostic and advisory skills to the table that will make a real difference to your business.

"Whether you are starting out, growing your team, taking on more projects, or need help finding direction, you can benefit from specialist guidance."

Some areas where Andy can assist - Helping you build your business from a solid financial foundation, is one of Andy's aims.

Explaining how sales and marketing are not the only answers to profitable business growth (sometimes they are business killers), he explains.

"Solid systems allow you to gain control of your business.

"My job as a business coach is to educate you to run the systems we design and implement together."

Andy says some business owners need to take part in regular face-to-face meetings with a business coach who understands business and is in business too.

He can help ascertain resources that can be used or modified to create workable systems.

Andy's goal includes stopping people burning out from trying to do everything in their business by assisting the business owner or manager to prioritise, delegate and outsource.

"We give you back the space and energy to focus on the essential tasks and regain time with your family," he says.

Book your free business strategy session with the Trades Coach today.

"We take pride in getting to know the ins and outs of our client's businesses, allowing us to tailor our expert advice to their needs," says Andy.

"Make your business training convenient and flexible with our virtual sessions today."

Visit www.tradescoach.co.nz/strategy-session-2/ for more information.

WIN AN Ultimate Day Out



Shop in the North West in January and February 2024 for your chance to win.

Simply spend \$50 or more with our members to go in the draw. More details at www.northwestcountry.co.nz/ultimatedayout/

Enter online or drop your entry at the North West Country business association stand at the Kumeu Show.

Prize draw live on Sunday 10 March 2024.

Community News

Kumeu Arts

Come along to 'Arts in Action' and try a range of art-based activities completely free of charge on Saturday, February 10th between 11 am - 2 pm. Bring your family and whānau for this fun, educational experience for all ages. Activities will include; Clay, Painting, Badge-Making, Flax Weaving, Botanical Art, Teen Zine-Making, Creative Matters, Brain Play (3.D printing), Art for Under 5's, a Live Band, Face Painting, and more. Huge thanks to our sponsors Pub Charity and the Lions Club for making this possible. We also have numerous workshops, and new courses starting soon including sustainable printmaking, a free after-school space for teenagers, ceramics, a new home-school group, and much more. In our three galleries and shop, you will find a range of beautiful artwork made by local people. For more information on any of this visit our website www.kumeuarts.org or pop in and see us behind the library.



TOUGH KID 2024 – Local leaders developing local kids

Mitre 10 MEGA Westgate & Henderson have once again partnered with the Royal New Zealand Air Force to bring you TOUGH KID 2024 at the Whenuapai Air base on 21st March 2024, starts 10.30am to approx. 1.30pm finish.

TOUGH KID is a super fun child-friendly military style combat course which will be run in age groups for kids years 3 to 6, the kids will run, walk and crawl across the gruelling course over a distance of 1-1.5km set up by the RNZAF, there is sure to be mud, plenty of water to contend with and obstacles that will challenge the agility and strength of our participants. This year the course will be similar to previous years but with new twists and turns. Each participant will receive a goody bag at the finish line. The RNZAF intend to do a flyover and a parachute demonstration (staff availability and weather dependent) and will provide different machines on display for the kids to see and learn about. More FM and Mai FM will also be on-site handing out treats and will provide a



chill out areas for the kids at the end of the course.

Registrations are limited to 1500 entries and cost per child for the event is \$3. We have approached many schools in the West Auckland area, and the response has been amazing so far, however if you want your school and your children to get amongst what is going to be an awesome day then we need our local schools to register their interest, collect registrations and provide teacher/parent volunteers to help on the day. All registrations must be made through the schools. Talk to your school coordinator about getting involved. Schools can email us for an information and registration pack, contact marketing.westgate@mitre10.co.nz

The Tough Kid Challenge is getting more and more popular every year and is great for growing confidence in our children as well as fabulous memories that last a lifetime.

Mitre 10 MEGA Westgate and Henderson would like to thank the Royal New Zealand Air Force for helping bring this amazing activity together and we can't wait to see everyone on the field on 21st March 2023 at Whenuapai Air base. Registrations will close on 19th March 2024. For more information contact marketing.westgate@mitre10.co.nz.

South Kaipara Community Patrol back on the road

After an absence of three years the South Kaipara Community Patrol are back on the road thanks to the very generous support of the West City Auto Group.

With the patrols based out of the Helensville Police Station, residents of South Kaipara can feel a little safer with the patrols taking their tasking briefings from Senior Constable Melissa Haven on which areas need extra observation. Community Patrols are the eyes & ears only for the NZ Police and have no special powers and are unable to break any laws themselves.

John Blewett of the West City Auto Group (who have supplied this patrol with a Mitsubishi Outlander AWD at no cost to the patrol) says "It was essential that this district has a vehicle that can assist not only the NZ Police, but St John and other emergency services given the terrain they will cover, and it was our pleasure to provide the appropriate vehicle".

The West City Auto Group in Henderson & Westgate have been assisting all the Waitematā West Community Patrols for over two decades.



**ARTS
IN
ACTION**

Free Family Arts Festival
A range of fun activities for all ages

Saturday 10 Feb. 11am - 2pm



KUMEUARTS



300 Main Road (Behind the Library)

Community News

If you live or work in the South Kaipara district, the Community Patrol are seriously recruiting to build their patroller numbers up. Contact James Scott (South Kaipara Community Patrol Leader) on 022 5417867.

Franklin Farm

Franklin Farm in West Auckland is run by 5th generation growers Luke and Jasmine Franklin.

Their business has been in the family for 118 years, and four generations currently live and work on the farm including their children Saskia and Arlo, Luke's parents Alan and Monique, and grandparents Lucy and Graham.

Luke and Jasmine grow celery all year round, and in the summer months - cover crops of sunflowers. The cover crops provide goodness for their growing soils, as well as fun photo opportunities. They currently allow the public in to see the fields for photographs, as well as pick your own sunflowers. The sunflowers bring happiness to locals who have been visiting with their dogs on 'Doggy Fridays' and on open weekends.

The blooms are only available to see for a short time, so enjoy them while they last! Further information can be found at www.franklinfarm.nz



The Village Market Helensville Showgrounds

There will be no Village Market in February but a selection of your regular stalls will be at the Helensville A&P Show Saturday 24th February from 9am to 4.30pm.

Riverside Crafts windchimes and birdfeeders, Keelys candles and wax melts, handcrafted jewellery by Tony and Lynne, rocking horses and other crafts by Shirlye, PhotosPast framed historic prints, Gentle Pearls healing balms, Small Orchard cordials, resin art by Alyse, Kahikatea Haven preserves, Button Up button craft, WindDale Farm art, crafts & flowers, Satherley's Silks and garden art, hand knits by Jenny plus children's author Stephanie



Schellingerhout and much more. Look for us in Block D.

For more information contact sarah@riversidecrafts.co.nz or for more information on the show contact info@helensvilleshow.co.nz.

Gently Loved Markets

Gently Loved Markets is heading to Hobsonville Point with a new style of market day. Gently Loved Markets Flea Market, it's GLM with a twist, it's an indoor garage sale filled with preloved treasures with a range of stalls selling preloved clothing, accessories, books, games, homewares and more.



Gently Loved Markets Flea Market to be held on Saturday 10th of February from 10am until 1pm at The Sunderland Lounge - Te Rere, Hobsonville Point. Free entry. Come have a preloved treasure hunt with us. Don't forget your fabric bag on the day.

Time to declutter around the house? Come sell with us! Contact Donna Buchanan on gentlylovedmarkets@gmail.com to inquire about a stall.

Gently Loved Markets hold different of styles of market days - from everything preloved, Curvy (size 16+ / XL+), Teens (8-16 year olds), Flea Market and Just Kids. Keep an eye on their Facebook and Instagram for the market day announcements @gentlylovedmarketsnz.

Responsibilities of Justices of the Peace

Whilst JP's are not legal advisers, there are some legal JP processes that a JP can assist with and save people having to visit a lawyer. A JP can witness signatures on documents and certify copies of documents as true copies of originals or images/texts viewable on a computer or smartphone screen. They also take declarations for documents requiring a Statutory Declaration and oaths or affirmations on court-related documents requiring an affidavit. They can also officiate at Citizenship ceremonies.

Some of the documents commonly presented requiring Statutory Declarations relate to immigration matters such as sponsorship, bank documents, change of name, Kiwisaver withdrawals, insurance claims, rates rebate applications, etc. Certification of photos as being a true likeness are common as is certifying that people receiving overseas pensions are still alive.

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2/2 Boundary Road, Hobsonville Point

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AWARD WINNING DESIGN & BUILD




Community News

There are some things people needing a JP need to note. If they want a printed copy of an original to be certified, they must bring that original with them, or be able to show it on their smartphone screen. For Affidavits or Statutory Declarations. The person making the declaration must be present. You cannot do this for someone else. Bring your Driver's Licence or passport with you so the JP can confirm you are the person making the declaration. Do not sign the form before you come, as you must do this in front of the JP.

There is a Justice of the Peace service at Kumeu Library in Huapai between 10am and 12 noon every Saturday morning (except public holidays). Tel: 09 377 0209. There is a JP service at NorthWest Shopping Centre, 1/7 Fred Taylor Drive, Massey on Thursdays 6pm - 8 pm and Saturday 10 am - 12 noon (except public holidays) outside Countdown / Woolworths in the Mall. Contact 0508 667 849. There is also a JP desk at Massey Citizens Advice Bureau (Te Manawa, 11 Kohuhu Lane, Westgate 09 833 5775) Monday to Friday 1pm - 3pm. There is no charge nor appointment needed for this service. There are also about 16 JPs in the Kumeu, Waimauku, Riverhead area. Google "JP Locator Auckland" and enter your suburb for contact details to make an appointment.

Mindset & Solutions

Going back to work after the holiday period seems a real struggle for some. During time off many of us find our stress, anxiety and worrying issues start to resurface, returning to work, ignoring them and hoping things will improve won't resolve the issues. Resolving these issues for good before they start to have a dramatic impact on your life is easy with Mindset & Solutions.



I moved to New Zealand in 2016, with more than 25 years working in private practice I established myself as one of the UK's leading experts in dealing with sleep, stress and anxiety issues along with a variety of additional symptoms often associated with these conditions. I work with the full spectrum of clinical presentations, ranging from mild to severe, working with individuals, couples, children, and families.

No two clients are the same, so I created a unique, synergistic blend of disciplines and bespoke programs for each client. One size does not fit all, no one therapy works, and no two clients are the same. Therefore, no two programmes should be the same. It's this unique approach which I attribute to my success. I have an impressive and proven track record in delivering and achieving positive results, quickly and effectively where other programmes have failed.

My down to earth, easy going and friendly personality makes the sessions not only affective but also enjoyable. To find out about the initial consultation and the 6 session programme.

Amanda-Jane Sopp 027 733 2012, www.mindsetandsolutions.co.uk, aj@mindsetandsolutions.co.uk, www.facebook.com/MindsetAndSolutions, Level 1, 49 Main Road, Kumeu, Auckland.

SeniorNet

Welcome to a new year and a new committee. Following on from the end of last year and our AGM the committee are organising our year for 2024. There will be a lot of new items and this year we are spreading our net and hoping to encourage new members from around our expanding neighbourhood. For those of you who do not know what SeniorNet is, we are an organisation set up in the early 1990s to help seniors with the ever-expanding change in the way we deal with technology. Whether an absolute beginner or someone with knowledge there is always a welcome at our friendly club. We meet on the first Wednesday of the month at 10am In St Chads Church Hall in Huapai. See you there.



Make sure your tyres keep you safe this summer

Heading away on a road trip these holidays? The tyres you have on your vehicle (including caravans and trailers) will not only affect the safety of your trip, but also how much fuel you use.

- Check your tyres for any obvious signs of wear and tear - you don't want to see any dents or bulges
- Check the tread depth on the tyre - the minimum requirement is at least 1.5mm around the whole circumference of the tyre
- Make sure your tyres are pumped up to the correct PSI - maintaining correct pressure in your tyres will help your tyres last longer and help use less fuel

If your car pulls to the left or right, you feel a vibration while driving, or you have recently hit a pothole or kerb, you may need a wheel alignment. Wheel alignments can also help prevent excess tyre wear and uneven tyre wear, helping your tyres last longer and keeping money in your pocket.

For peace of mind, call into Bridgestone Kumeu or Westgate and get a free tyre check. You can find us at 1 Cellar Court, Westgate, or 43 Main Road, Kumeu.

Helping New Zealanders do more

We offer personal and business lending for almost anything you might need, whether it's that new vehicle for the family, a ute for the business or even a jetski for the warmer months!

Offer of finance is subject to terms, conditions, lending criteria, responsible lending inquiries and checks. See mtf.co.nz/terms for details.

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Safer Communities



With the warmer weather, your local Fire Brigades have been attending many incidents including multiple vegetation fires where what may seem like a small and easy-to-maintain bonfire has grown rapidly with dry and windy conditions. Then easily becomes out of control and could travel rapidly potentially risking property damage.

Kaikuyu grass near a fire can be particularly deceiving by looking lush and green on the surface but dry and brown underneath. Without the correct planning, site preparations, and attention to the weather conditions there is very high potential for things to get out of control. Remember to check www.checkitsalright.nz before lighting a fire and have water handy to intervene if needed.

Vegetation fires are not the only calls that your local brigade attends to help protect you and your family. We also attend motor vehicle accidents, private fire alarms, structure fires, vehicle fires, and animal rescues, and more commonly recently, cardiac arrests.

One of our biggest challenges is getting

to you at your property. This includes the drive to the incident. If you are approached by a fire truck with lights and sirens, indicate, and safely pull over to allow us to pass. Some of the events we attend are time-critical and it is not particularly helpful if a driver is oblivious that we are behind them and needing to pass.

Secondly, locating your property. Ensure your street number is easily visible and if you are down a long drive, that there is some distinguishing feature that can advise the 111 operator that can allow us to find your house. Better still, if you are able have someone stand at the entrance to your driveway and wave us down or flash a torch if it is dark.

Finally, access to your property for our truck. Our trucks are large and take up a lot of space. For us to enter your driveway we require clearance of 4m high and 4m wide. This includes overhanging trees and shrubbery. If we cannot get in we will park on the road which adds additional elements of risk for other motorists and depending on the length of your drive,

can impact on how long before we can start to assist you and your family.

Please remember, we are here to support you all and can assist our community best if we have your support in being aware and alleviating some of the challenges we face when we are responding to emergencies.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

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- ✓ Know how to build your young child's water competence

**Drowning
Prevention
Auckland**

In Brief

Reminders and Stir-Ups!

How quickly we can forget things. It's good to stir-up our memories - especially of the good things.

Back on Sunday 3 December we at St Chad's, Huapai, had a 'Stir-Up Sunday' where we literally stirred-up the ingredients of a Christmas cake in church! Why? Well, it was a way of illustrating how, like a cake which has many and varied ingredients which combine to make something delicious, we too with our different gifts and abilities can bring them together (like all the many and varied parts of our bodies too) to have a well-functioning unit which can achieve many things. And, of course, so that we would have a delicious Christmas cake to share with attendees on Christmas Eve and Christmas Day.



Stir-Up Sunday is an old tradition stemming from an Anglican Book of Common Prayer which also links with part of the Bible which reminds us to rekindle/stir-up the gifts of God within us and to bear good fruit. We're already 1/12th of the way through 2024. Let's remember to make the most of each day and use the gifts that we have for the good of those around us.

Come Join Us!

To be or not to be a volunteer? Logically, rather than being over-dramatic about that question, being a volunteer makes great sense.

Next month celebrates Citizens Advice Bureau Awareness Week with a focus on youth.

However, you can be as young in heart as you like no matter what age.

"We belong to a renowned and respected organisation which provides core social infrastructure and improved access to justice in our communities," says CAB Helensville manager Rani Timoti. "Whoever walks, calls or emails our office to talk to real people, no matter their circumstances or questions, we will aim to reasonably help and support. Our volunteers are trained and skilled in listening, unpacking issues and empowering people with options for moving



forward."

Citizens Advice Bureau attracts amazing people, at all stages of life, who share a common motivation to support and empower others. This means CAB is a thriving environment for intergenerational, learning and support.

From March 11 to 17 the awareness week aims to show young people the worth of CAB in volunteering as it's an opportunity to contribute, learn, improve personal development and connect with community.

What skills do you need?

To be a good communicator, patient, welcoming and able to treat diverse clients with dignity and respect. You need to be comfortable using a computer and doing research using our extensive database.

What's the time commitment?

Most volunteers help for one shift each week, generally 3 hours. Volunteers also commit to initial training and ongoing learning.

If you want to know more pop in and visit our friendly volunteers at 16 Commercial Rd from Monday to Friday, 10am to 1pm or Saturday from 10am to noon.

Also come chat to us at our display at the Helensville Show on February 24, where we also host the Seniors Drop-in Zone.

Kumeu Library

The new year is well underway, and stuff is happening at Kumeu Library. We've had a busy January with school holiday programmes and customers looking for holiday reading. And on Saturday 10 February we'll be out and about in the park while Kumeu Arts' free Family Arts Festival Arts in Action is on - we'll have a shady spot for chilling and reading, along with a story tree, scavenger hunt and outdoor games.

Kumeu Library's regular activities are also starting up for the year - it's a great time to try something new for 2024.

Activities for Children:

Storytime: Mondays and Saturdays at 10.30am - Stories, songs, rhymes and a fun activity for children aged 3 to 5 years - Storytime happens every week, even during the school holidays.

Homeschool Make: Build: Do: Wednesdays during school terms at 10.30am, starting 7 February - An hour of constructing, creating and fun for children aged 8 to 13.

Make: Build: Do: Thursdays during school terms at 3.30pm for





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M 027 299 7054 | E castlepanelbeating@orcon.net.nz

In Brief

children aged 8 to 13, starting 8 February - What can you achieve in one hour?

Rhymetime: Fridays at 9.30 -10.00am - for pre-schoolers aged 18 months to 3 years. Rhymetime continues through all the school holidays.

Wriggle & Rhyme: Fridays during school terms at 10.30 -11.00am, starting 9 February - active movement for babies 0 to 2 years.

Activities for Adults:

Brain Fit for Adults: Tuesdays at 2.00pm during school terms - give your brain a weekly workout to keep it active.

Book Chat: The first Tuesday of every month at 10.30am, starting 30 January (one week early due to the Waitangi Day holiday) - come and chat about the good books you have read lately while enjoying morning tea.

Crafternoon: The last Wednesday of every month (except December) at 2.00pm, starting 31 January - create something different every month.

Book Club: 7.00pm on the 4th Thursday of each month, starting 25 January. Join in our lively discussions - every month we read a different author, genre or theme.

Other Services at Kumeu Library:

Justice of the Peace: Saturdays from 10.00 am to 12 noon.

Computers: Free WiFi, public computer access, and scanning. Printing is also available (cost applies).

Council Services

There's always something happening at Kumeu Library - follow us on Facebook to keep up-to-date (www.facebook.com/kumeulibrary).

Kumeu Tyres

Neil has devoted the past 35 years to running Kumeu Tyres, and for the last 28 years, his shop has been a fixture on Main Road, nestled between Gull and Cottle Motors. What began as a job necessity transformed into a lifelong journey filled with challenges, friendships, and a sense of community.



Neil's venture into the world of tyres initially started as a means to secure employment. However, as the weeks turned into months, he

discovered a passion for the industry. Solving challenges became second nature, and the relationships formed with customers evolved into enduring friendships. Over time, those initial connections extended to the next generation as their children also became friends.

The growth of the local community has brought a surge in business for Kumeu Tyres, largely fueled by the steady stream of recommendations: "Go have a chat with Neil at Kumeu Tyres; he knows what's what." Neil takes pride in being a trusted figure in the community, offering not just quality tyre services but also a welcoming space for conversations and advice.

Now, at the age of 66, Neil is celebrating not just a birthday but a milestone in his career. As he reflects on the years spent building Kumeu Tyres, his desire is to find an individual with the same passion to buy the tyre business. Neil envisions a future where he can gracefully retire, enjoy warmer climates, and reminisce about the fulfilling journey of his old job.

If you have a passion for the tyre industry and are interested in continuing the legacy of Kumeu Tyres, he welcomes a conversation. Feel free to give Neil a call at 09 412 9856. It's not just about taking over a business; it's about embracing a community, solving challenges, and continuing a legacy that spans nearly four decades.

Discover your zest for language

Have you always wanted to learn French - Spanish - Italian but never got around to enrolling into that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. The good news is, no matter how old you are, you can discover your love for language at ABC Language Tuition.

The Language school is local, and classes are online in the comfort of your home at a time that suits you best.

Patsy Sackx has been running her teaching business for almost 20 years and her enthusiasm for teaching is stronger than ever. Patsy is a local and teaches at several local primary schools. She has a passion for language, which she passes on to her students, both young and old with her bubbly, easy going nature and fun teaching style.

All the tutors of ABC Language Tuition are native speakers and live in NZ. Classes are all online, you can book your spot in a class or have a one-on-one lesson every week with your tutor. www.abclanguage.co.nz.



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Property

Property market report

In what many bank economists describe as "an important watershed", for the first time in 18 months, more Kiwis are expecting house prices to rise than fall.

In the ASB's latest quarterly Housing Confidence Survey, Economist Nat Keall says a net 34% of New Zealanders expect housing prices to rise from here.

That's up from a net -8% reading in the previous survey and a net -43% reading - IE a net 43% expected falling prices - at the start of the year.

"This is the first time since April 2022 that those expecting prices to rise has outstripped those expecting them to decrease - an important milestone," Keall said.

"With recent data generally showing prices no longer falling, Kiwis tend to think the housing market has reached a turning point. We agree, though there is plenty of uncertainty in terms of how strong the recovery will be," he said

"Kiwis don't seem to anticipate much of a shift on that front just yet. While the net balance of respondents expecting further interest rate increases has shrunk a bit, that looks to have largely been driven by an increase in the number of people expecting rates to stay the same, rather than increase. Just 15% expect much of a fall in interest rates in the near-term. Again, we largely agree."

Keall said Kiwis are still split on whether now is a 'good' time to buy. ASB economists agree that prices will rise from here, though they expect this house price uptick to be slower than the last one.



"Housing market activity measures appear to be lifting slowly off a fairly low baseline, despite a recent pause over the election campaign. Housing demand has had a big boost from stronger net migration and supply isn't keeping pace. On the other hand, interest rates are still in deeply restrictive territory, acting as a major constraint on activity," Keall said.

An indication of change will be signalled through the three to five year fixed term mortgage rates.

This is where we are sitting based on the majority of New Zealand Banks:

One year fixed term mortgage rate	7.35% to 7.39%
Two year fixed term mortgage rate	6.89% to 6.99%
Three year fixed term mortgage rate	6.75% to 6.79%
Five year fixed term mortgage rate	6.49% to 6.75%

The market in the North West is a little lumpy, we are seeing a range of sales occurring but no real pattern or trends emerging on consistent values nor consistent buyer demand, however we are having plenty of discussions and engagement.

Let's look at the recent sales:

Helensville	\$570,000 to \$1,470,000
Huapai	\$515,652 to \$1,530,000
Kumeu	\$1,000,000 to \$3,100,000
Parakai	\$650,000 to \$730,000
Riverhead	\$1,400,000 to \$2,125,000
Swanson	\$877,000 to \$1,810,000
Waimauku	\$1,290,000 to \$1,750
Waitakere	\$1,250,000 to \$1,550,000
Whenuapai	\$765,000 to \$1,310,000

If you are looking to achieve a great result for the sale of your property please contact me today for a free pre-sale property checklist and appraisal that will provide a starting point in your decision-making. After 18 years working with buyers and sellers, I have a depth of knowledge and experience to share with you. No cost, no obligation, just some honest feedback. Call me, Graham McIntyre AREINZ directly at 0800 900 700, via text at 027 632 0421, or through email at graham.mcintyre@mikepero.com. Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

Flying your drone

As tempting as it is to fly your drone here, there, and everywhere, the law prevents you from certain conduct when operating a drone.

If you are operating your drone in the community, flying it over privately owned property might be an infringement of the owner's rights. If you wish to fly your drone over privately owned property,

the
rentshop

Mike
James

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

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Kumeu Office
1A Tapu Road, Kumeu

Te Atatu Office
1/547 Te Atatu Road
Te Atatu Peninsula

Property

you should get the owner's permission.

If you find a drone flying over your property it is advised that you do not attempt to vandalise or damage the drone (like shooting it down). Rather try and locate the owner of the drone to have a discussion with them or contact the local authorities or a lawyer to see what remedies you may have.

Also, you are not allowed to fly a drone near an airbase. Given that Kumeu is located close to Whenuapai air base you may need specific clearance to fly your drone near the airbase.

For further advice and assistance feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

The bank of mum & dad

By Debra Barron, Principal of ClearStone Legal

We recently heard of a case where \$50,000 was lent by a parent to their child to help them with the deposit for the purchase of a property. The mortgage broker provided a gifting certificate for the parent to sign to help with the mortgage application, but actually the arrangement was meant to be a loan not a gift. Signing this certificate unfortunately set them up for failure when the relationship between the child and their partner broke down. Even though there were text messages from the partner agreeing that it was a loan, when it came to the crunch they denied the loan and relied on the gifting certificate to avoid repaying the loan in the relationship split.

There are three ways to protect funds when trying to help your kids get a step up onto the property ladder.

Don't give them the money - make it a loan

We recommend entering into a loan agreement recording the terms of the advance and to secure repayment later on. In order to get finance approved by the bank, the terms of the loan agreement will need to state that the loan is interest free, that there are no repayments during the term of the loan and that the loan can only be demanded for repayment when/if the property is sold. A simple deed of acknowledgement of debt signed by both your child and their partner will secure repayment of the debt on the later sale of the property.

Gift the money conditional upon the parties entering into a Contracting Out Agreement

If you do want to make it a gift and have no expectation that it is ever to be repaid, but you want your gift to go to your child and not lose half of it in a relationship split, then your child and their



partner could enter into a Contracting Out Agreement (also called a S21 Agreement or Property Relationship Agreement - of if you prefer the American term, a pre-nuptial agreement). Such an agreement contracts out of the Property (Relationships) Act 1976 which would otherwise provide a presumption of 50/50 sharing of relationship property. Often these agreements are entered into when one party to a relationship has significant more deposit to pay towards the purchase of a new home. These agreements can be very narrow, and only deal with the deposit (i.e. all capital gains are shared equally notwithstanding the unequal contribution); or the agreement can be more complex and provide for more separate property such as Kiwisaver, superannuation, business interests, income, other property, an interest in a family trust etc).

Jointly purchase the property with them

This option used to be more feasible but unless you are going to jointly occupy the property then you could be hit with a capital gains tax when they try and buy your share from you later on. Further, if your name is on the title then in most cases you will need to be part of the finance application and be jointly and severally liable for the loans owing to the Bank. The complexity of these two issues make this joint ownership in most cases unworkable but not impossible.

Obtaining some advice at the outset can ensure there are no misunderstandings further down the track. For free no-obligation advice, give us a call on 09 973 5102 or make a time to come and see us at either our Kumeu or Te Atatu office.

The Power of Routine Insurance Evaluations

Owning rental properties can be a lucrative investment, but it comes with its fair share of risks and costs. Understanding the potential damages that can occur and having comprehensive insurance coverage is crucial to safeguarding your investment. In the wake of natural disasters, such as the floods that affected around 10,000 homes nationwide, insurance



becomes paramount. The Rent Shop Hobsonville, with its extensive experience, assisted landlords during the challenging times of displacement and property damage caused by unexpected events.

Property managers play a pivotal role in managing insurance claims. The Rent Shop, for example, not only deals with insurance companies but also arranges necessary repairs, easing the burden

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327 Main Road, Kumeu, Auckland

2 Clark Road, Hobsonville, Auckland

Property

on landlords. Quarterly routine inspections are emphasized as vital evidence for insurance claims, showcasing the property's condition.

Landlords must issue an insurance statement with new tenancy agreements, clearly outlining whether the property is insured and providing relevant details. Any changes to the insurance information must be communicated promptly to tenants.

Water-related damage, including bursting pipes and hidden gradual water damage (HGWD), poses a common risk. Landlords are advised to check their insurance policies for coverage of HGWD and conduct regular property inspections to proactively manage this risk.

Loss of rent is another significant concern, especially when the property becomes uninhabitable due to events like floods or fires. While tenants may need to cover their relocation and temporary accommodation costs, some insurance policies may include provisions for rent coverage in specific scenarios.

Accidental damage, whether caused by natural calamities or tenant-related incidents, places responsibility on the landlord. Understanding the nuances of accidental damage, careless damage, and intentional damage is crucial. Landlords are generally responsible for accidental damage, while tenants may be liable for careless damage, capped at the landlord's insurance excess or 4 weeks' rent.

Disagreements between landlords and tenants regarding damage liability may arise. In such cases, applying to the Tenancy Tribunal with supporting documentation, including insurance policies and repair estimates, can help resolve disputes.

Fire damage coverage is typically included in house insurance policies, but landlords are encouraged to review policy wording to confirm coverage. Taking a proactive approach to risk management, such as tenant selection, regular inspections, and routine maintenance, contributes to fewer damage issues.

Selecting a knowledgeable insurance provider that specialises in landlord risks and offers tailored policies is crucial. The combination of a comprehensive risk management strategy and a reliable

insurance provider can significantly reduce the potential risks landlords face.

In conclusion, navigating the intricacies of property insurance is essential for landlords. Understanding the types of damages, responsibilities, and having a proactive approach to risk management can protect your investment. The Rent Shop remains committed to providing expertise and service in the realm of property management, offering guidance to landlords in need of assistance. For further inquiries, or a no-obligation rental appraisal contact our team 021 413 660.

What are the 6 must-do's in matrimonial separation

Navigating a matrimonial separation can be a complex and emotionally challenging process. It's important to approach it methodically and consider various legal, financial, and emotional aspects. Here's a step-by-step guide to help you through the process, including dealing with assets:



Seek Legal Advice: Consult with an attorney who specializes in family law. They will help you understand your rights, responsibilities, and the legal implications of your separation.

Collect Important Documents: Gather all relevant documents, such as marriage certificates, financial records, property deeds, bank statements, tax returns, and prenuptial agreements.

Temporary Living Arrangements: Decide whether you and your spouse will continue living together during the separation or if one of you will move out temporarily. This should be discussed and agreed upon if possible.

Child Custody and Support: If you have children, establish a temporary custody and visitation plan. Determine child support arrangements according to your state or country's laws.

Spousal Support: Discuss and potentially negotiate spousal support, if applicable, based on factors such as income, length of marriage, and financial needs.

Asset and Debt Inventory: Create a comprehensive list of all assets (e.g., real estate, vehicles, investments) and debts (e.g., mortgages, loans, credit card debts) acquired during the marriage. This will be crucial for property division.

For a complete step-by-step guide and a matrimonial separation

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checklist contact Graham McIntyre AREINZ on email graham.mcintyre@mikepero.com or call/text 027 632 0421. With over 17 years operating at the top of the real estate market and with AREINZ qualification, Graham is a proven, stable, professional by your side helping and guiding you to the very best decisions and outcome.

The 3 reasons that a property sells

It is not a mystery, and it is certainly not shrouded in secrecy, however it is sometimes confronting that even Sales People do not have the clearest grasp on what has to be right in order for a property to sell at the best price and in a timely manner. After 17 years operating at the highest level in residential property sales in the Auckland market, these are the key things you need to get right in order to sell well.



1. Marketing - The marketing of a property is not words on paper and seldom is it the 45 second video but it is a careful mix and understanding of the audience, the competing houses in market and the advertising mediums that best convey the messages to a Purchaser. Sometimes the simplicity of the message gets lost in marketing mumbo-jumbo and the agent ignores key search words and localised interest. A clear understanding of audience and competition defines who is going to buy the property and highlights the mediums that will deliver the best message to the Buyers.

2. Energy of the Real Estate Sales Person - If your Sales Agent lacks engagement, motivation, energy and charisma there is a good chance that the Buyers will have the same opinion. Your agent must be positive, communicate well, be upbeat and thorough. They need to deliver a buying experience that provides information and also listens for key pieces of information. High energy agents tune into a Buyers and discuss value, motivation and emotion. Energy is a result of drive, and motivation and results in greater satisfaction to both the property Owner and the Purchaser.

3. Price - This is the least important of the three and is confused by many Real Estate Agents as the main reason a property sells or does not sell, this is not so. The price afforded a property is a direct result to a range of factors being affordability, desirability, and competition for ownership. Any combination of these elements can deliver an increased sale price but failure to generate any or all will see the sale price of a property continue to reduce.

You may have had experience in the past that resonates with these



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reasons and likewise the information here may have provided some timely in-put into historical non-performances. The reason that Mike Pero Real Estate exceeds our customer expectations is our low fee structure and our excellent and customised marketing. We focus on the Purchaser audience and the words that motivate action. We are aware of competing properties and focus our messages to highlight the unique advantages/ perceived advantages that will resonate. In addition, we can use the complete suite of marketing mediums including television, glossy magazines, High traffic web sites, premium social media content, signage, database targeting, community flyers including but not limited to editorial, photography or videography.

All the sales team within Mike Pero Real Estate are high performers from other brands that understand great process, high energy and uncompromised motivation. We work with most agents from all brands and promote your property to the public directly and via buyers' agents within other brands. We engage other agents by sharing our commission which ensures the Property Owner gets the lowest commission available but the biggest pool of potential Buyers regardless of who they are working with. If a sale is not concluded, we don't get paid and the rest is history. Our motivation, energy and drive is uncompromised.

Mike Pero Group enjoys a wide spectrum of independent Mortgage Brokers that provided first tier and second tier lending to Purchasers wanting to own a home. This relationship between Mike Pero Real Estate and Mike Pero Mortgages ensures that Purchasers get the very best mortgage advice to increase the ability to access funds, the right banks and financiers who are doing the business and the professionalism to bring all the elements together.

Once all is said and done, if you are on the market and seeking to sell and find this information helpful, it might be time to call me directly, Graham on 027 632 0421, or email graham.mcintyre@mikepero.com. It will provide clarity to a sometimes uncertain and uncomfortable situation.

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Area Property Stats

Every month Mike Pero Real Estate Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential transactions that have occurred.

To receive the full summary simply email the word "full statistics" to kumeu@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	700,000	0M2	88M2	570,000	RIVERHEAD	2,125,000	803M2	273M2	2,125,000
	900,000	603M2	125M2	885,000		1,700,000	2.59HA	171M2	1,400,000
	1,375,000	5.19HA	198M2	1,470,000		2,325,000	1225M2	287M2	1,738,000
	1,100,000	2.19HA	90M2	1,040,000		1,725,000	802M2	216m2	1,717,500
HUAPAI	1,425,000	700M2	215M2	1,530,000	SWANSON	1,000,000	847M2	157M2	877,000
	1,325,000	427M2	202M2	1,205,000		990,000	630M2	132M2	950,000
	1,075,000	692M2	195M2	995,800		890,000	514M2	112M2	950,000
	1,225,000	536M2	161M2	1,168,000		1,050,000	601M2	155M2	1,260,000
KUMEU	1,225,000	403M2	198M2	1,130,000		1,325,000	628M2	215M2	1,480,000
	1,200,000	379M2	180M2	1,260,000		1,425,000	1563M2	327M2	1,810,000
	1,050,000	197M2	148M2	1,000,000	WAIMAUKU	1,600,000	1902M2	260M2	1,735,000
	1,225,000	425M2	161M2	1,045,000		1,000,000	5721M2	158M2	1,290,000
	1,375,000	578M2	1494M2	1,275,000		1,400,000	1500M2	285M2	1,360,000
	1,050,000	250M2	190M2	1,078,000		1,425,000	4.42HA	160M2	1,560,000
	1,300,000	374M2	185M2	1,145,000		1,650,000	1.29HA	230M2	1,750,000
	3,550,000	1.19HA	275M2	3,100,000	WAITAKERE	1,450,000	4.09HA	122M2	1,550,000
PARAKAI	680,000	492M2	126M2	650,000		1,475,000	1.42HA	310M2	1,250,000
	705,000	624M2	84M2	730,000					

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

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Mike Pero Real Estate Kumeu also provide statistical data FREE from cost to purchasers and sellers wanting more information to make an informed decision.

Phone me today for a FREE summary of a property and surrounding sales, at no cost and no questions asked. Graham McIntyre 027 632 0421

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Hot Property



Recent rebuild – affordable lifestyle with views

Amidst a serene north west facing rolling landscape, this property offers breath taking views of the Kaipara Harbour and is just a short drive away from the charming Helensville Township. A remarkable opportunity awaits.

Surrounded by regenerating native bush, an orchard, and a grassy glade, the property harmoniously integrates with its natural

surroundings.

This as new 4-bedroom, 2-bathroom home boasts an open-plan entertainers' kitchen, dining, and lounge area, leading out to decking all designed to capture the beauty of the surroundings. Completing the package is a double garage and workshop.

This home caters to buyers seeking all the advantages of an as-new build while relishing a rural aspect and enjoying fewer neighbours.

The CV on this property is \$1,275,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

For more information on this property call Graham McIntyre on 027

Hot Property



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By Negotiation

30 Hartley Terrace, Massey

By Negotiation
Viewing by appointment

This Kiwi classic from the 1960s boasts an abundance of space and timeless charm. With solid foundation and an impressive pedigree, the warm and sunny three-bedroom layout follows a traditional design, featuring bedrooms, laundry, and bathroom along a central hall. The formal lounge, connects to the kitchen and dining area, extends seamlessly to a north-facing patio, inviting ample natural light. The lower level reveals a full rumpus area, an entertainment room, a hobby room, and double garage, ensuring there's space for every member of the household to enjoy and make their own. Low running costs with Solar in place feeding back to grid. Land area is 675 sqm with easy access to services front and back. So close to convenience shopping, transport links, schools and motorway access. Come smell the roses.

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By Negotiation

56 Hetherington Road, Ranui

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Viewing by appointment

This 141 square meter (approx.) home stands as a testament to exceptional value. Boasting a versatile floor plan, it caters to the needs of a family or investor seeking distinct and separated spaces. The home features four bedrooms, two bathrooms, and two lounges, ensuring ample room for both personal retreats and communal gatherings. The uncompromised alfresco area invites the warmth of the sun, while private spaces offer tranquility and seclusion. This home harmoniously combines practicality with comfort, offering low maintenance building materials and an easy care 578sqm (approx.) property. Elevated and in close proximity to schools, convenience shopping and transport links.



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221 Henderson Valley Road, Henderson

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Viewing by appointment

Nestled on 450 square meters (approx.) of landscaped flat land, this elegant villa blends timeless charm with modern luxury. Recently refurbished, the residence exudes character and style. The open-plan layout invites entertaining, extending to a charming alfresco area and decking, where one can bask in the sunlight, privacy, and pockets of shading. Boasting three generously sized bedrooms, two bathrooms, and the allure of yesteryear, the home is a testament to classic design. The property features ample off-street parking, a plush lawn area, and an array of feature and shade trees. This residence masterfully marries the best of the past with contemporary living. Conveniently located near shops, transport links, and schools.



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OCEAN AND KAIPARA VIEWS, BUSH AND GRAZING

3 2 3 3

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429 Kiwitahi Road, Helensville

By Negotiation
Viewing by appointment

Indulge in the splendour of country living with this extraordinary home boasting unparalleled views to the Tasman Ocean and northward to the enchanting Kaipara Harbour. Nestled on a sprawling 1.6 HA (approx.) of land, the property features meticulously designed formal and informal gardens, meandering pathways, an amphitheatre, and unique micro-glade gardens seamlessly blending into native bush. This restyled and refurbished home offers spacious living areas, bedrooms, ensuites and with studio options, as outlined in the provided floor plan. Tailored for the discerning mature buyer who appreciates the value of active relaxation amidst a sun-soaked glade with breath taking panoramic views, this property is truly special. Barns, implement sheds, chicken and hobby garden, raised growing beds, deep water bore and established orchard, the list goes on.

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Sculpture Gardens guided walk

Saturday 24th February - 9:30 to 11:30.

Join David Bayly on a guided walk around the Sculpture Gardens as well as our native forest & farm trails at Kaipara Coast Plant Centre. As a one-off opportunity for this special event we will also be including access to a forest track that has previously not been open to the public thus offering a unique gardens experience.



David will chat about the origins and establishment of the gardens, the history of the property plus conservation measures we have in place as well as answer any questions you may have.

Kaipara Coast Sculpture Gardens and its associated nature trail is located within some of the most stunning countryside in Auckland.

There are approximately 40 works of art along the 1km sculpture pathway, which are changed each November. The 2.5km nature trail meanders through long established as well as newly planted areas of native flora and with a real focus on regeneration and sustaining the ecological diversity and integrity of the area. There are also some amazing rural and harbour views.

The gardens were established in 1994 by the local Bayly family who still own and run it and are now a 4 star NZ Gardens trust nominee.

There are also games areas and many ideal locations to sit and enjoy a picnic as well as our cute little coffee shop in which to relax once you have completed the walk.

Please ensure that you wear suitable walking footwear and bring a drink (plus a rain jacket if the weather looks unsettled).

The walk will take approx. 2 hours and will be around 5km in length.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets: \$15 per person. To Book email - info@kaiparacoast.co.nz or phone 09 420 5655.

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Five things we want you to know

At Blackout Electric we have had years of experience in the industry and can provide valuable tips to help save you money and keep your household safe from electrical hazards. So, before you attempt a DIY lighting upgrade or delay having those flickering lights fixed, here's some things to take on board.



1. Don't DIY - A seasoned DIYer might be tempted to think because

they've plumbed their own kitchen tap that carrying out their own electrical is within their DIY capabilities. However, we suggest asking yourself; is saving a bit of money really worth the extra time, stress and your safety? Electrical work can be dangerous if you are not trained on the specifics, and a simple mistake can lead to electrocution or cause an electrical fire.

2. Call an electrician before buying an old home - If you are looking at buying an old home, you should be aware of the risk involved in terms of your electrical safety. If the home is more than 30 years old, it is likely it will need a complete re-wire. This is because the old wiring can be dangerous. Calling an electrician to help assess the quality of the home's current electrical before your buy can help provide clarity in regards to how much electrical work will need to be done to ensure the home is safe.

3. Cheap doesn't necessarily mean best - When you are looking to hire an electrician for the first time, it is important you understand cheap isn't always best. A quality electrician will charge you a fair price and will make an effort to recommend suggestions to improve the electricity efficiency of your home. Reviews are an excellent indicator as to whether the electrician delivers a quality service, as they come from the perspective of real customers. Check out our reviews on Google and No Cowboys.

4. We offer a warranty on our work - As electricians, we have undergone years of supervised training and education to be able to work in our industry. The tasks are often dangerous and can leave an untrained individual at risk of electrocution. An electrician who has been working in the industry for years has the experience to be able to get the job done without compromising on quality. Therefore, for

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your reassurance, Blackout will offer a warranty on our work.

5. We're here to help - When you book an electrician, we have a lot of responsibility to ensure we leave your home as safe as possible. As a result, sometimes, what may seem like a simple job from the outset, can end up taking longer than expected. This is because additional work is required to ensure your home is safe and your family is protected from electrical hazards.

If you're looking for an electrician who has your best interests at heart and offers a quality service give Blackout Electric a call.

Covenants

Do you have a bush lot covenant on your property? A number of covenants exist across the Rodney area after the council allowed subdivision of properties if bush or wetlands could be protected in perpetuity.

Owning a property with a covenant requires landowners to maintain stock proof fences, undertake weed control, set traps for pest animals, and sometimes keep records of actions.

If you are looking to buy or sell a property with a bush lot covenant you might like to get some advice on whether the conditions have been met, and what it might cost to bring a covenanted area into compliance.

Council undertakes regular inspections of covenanted areas and New Zealand Biosecurity can help with hassle-free advice ahead of a Council visit. Reach out to us today on Danielle.Hancock@biosecurity.net.nz or call on 09 447 1998.

BUSH LOT COVENANT SUPPORT

Do you have a bush lot covenant on your property? Would you like some hassle-free advice about what to do and what it all means?

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Extra water storage is always a great idea. Let us get you sorted for the new year with tank sizes ranging from 300L to 31,000L in 11 different colours, we're happy to accommodate for all preferences. Why not use free rainwater all year long? We stock tank level indicators, aqua filters, water buoys and water pumps in store for your convenience. See us today for a free quote.

Here at KPL, we specialise in drinking water treatment systems. Rainwater supply, bore water systems, water testing and water treatment recommendations are all available. Our water filtration services include installation and servicing, UV filtration and purification for both residential and commercial, and for convenience we stock a wide range of UV lamps and filters in store.

Needing pool or spa chemicals and equipment? We've got you covered. We offer free, safe & accurate pool and spa testing. Pop in store to browse all our pool and spa products. Or if advice is what you're after, one of our friendly staff members will ensure you leave with all questions answered.

KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building www.kumeuplumbing.co.nz or send us an email info@kpl.co.nz.

STIHL SHOP Kumeu

Many will know STIHL SHOP Kumeu as experts and stockists of chainsaws, line trimmers, blowers and all things STIHL, but did you know they're also Norwest's premium dealer for sales and service of Cub Cadet ride-on lawnmowers?

Craig and his team at STIHL SHOP Kumeu have been stockists of Cub Cadet for over 6 years and have sold many, many, Cub Cadets into our community. Last year alone the team had the pleasure of matching over 100 Cub Cadets with their new Norwest based owners.

As a premium Cub Cadet dealer, STIHL SHOP Kumeu has access to all models of Cub Cadet and all promotional pricing and specials available. They also offer free delivery, free first service, and ongoing expert servicing plans for the life of your machine.

Not sure which model best suits your property? No worries. Contact Craig for your free, no obligation, site appraisal. Craig will come and view your property and advise on the most economical and suitable options for your section.

Head on in and see Craig and the team at STIHL SHOP Kumeu for an



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Home & Garden

unbeatable deal and the best service on Cub Cadet ride-on mowers. STIHL SHOP Kumeu is open Mon-Fr 8.30-5.30, Sat 9-4

February Garden to Kitchen

Being one of the hottest months of the year, February is one of the main harvest periods and it's all about reaping the rewards of what you have sown and planted.

Many summer crops will be harvested and pulled out of the ground this month. While the garden is empty, take time to replenish the soil with a new layer of compost or try Tui Sheep Pellets.

What to plant in February:

Rhubarb, Leek, Radish, Cabbage, Broccoli, Beans, Beetroot, Carrot, Parsley, Lettuc/Rocket/Mesclun and Onion.

Make sure to protect your still growing crops from strong winds by staking them especially corn and tomatoes, remove the lower leaves of your tomato plants to allow more light to ripen the lower trusses of fruit and remove any diseased leaves or fruit that appears. Keep mounding up rows of potatoes to ensure a bigger harvest. When watering your potatoes, water the soil and not the leaves.

Pick passionfruit, strawberries, loganberries, raspberries, apricots, peaches, plums, apples. Apply a side dressing of Strawberry food to give berries a energy boost for autumn harvest. Taller growing berries such as boysenberries, blackberries and other scrambling berries will require staking.

Remove excess apples from apple trees, in some cases apples



produce too much fruit and if left on the tree will limit the size and quality of ripening fruit and once nectarines, peaches and plums have finished fruiting, prune to shape and remove any dead or diseased branches.

- Add thick layers of compost or Tui Pea Straw Mulch to vegetable beds to conserve water, reduce weeds and add valuable nutrients to the soil.

- Apply Tui Organic Seaweed Plant Tonic every 2-4 weeks to promote strong growth and keep your garden thriving.

- Lay Tui Quash every few weeks to keep slugs and snails at bay over the summer months.

- It's important to keep an eye on watering at this time and keep the soil moist to prevent plants from wilting.

Mitre 10 MEGA Westgate & Henderson

Kumeu Community Gardens

Summer has been good for our gardens, though we could do with more sun. We gave the beds an overhaul just before Christmas with new mulch and seedlings from Wyatt Landscape Supplies in Waimauku. We're very grateful for Wyatt's support. Support them to support us.

Thanks to new helpers in the garden team we have a positive future. If you would like to also get involved, there are many ways to take part and also benefit from our growing garden.



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Home & Garden

Our motto is 'give what you can, take what you need'. So if you need some greens for your dinner, come on down and see what we have to spare. There is lots of mint and other herbs at the moment, which have been great for summer salads. But there is asparagus, sorrel (lovely and sweet, and there's lots of it!) and other things coming on if you care to look.

If you need some peace, your hands in the soil, or some good earthy exercise, come on down and weed. Join us on Facebook or at our next gardening day. Or you can just pop on by and take some greens.

New year, new home with Signature Home

Ready to ring in the new year and start your new home journey? At Signature Homes West & North-West Auckland, we're excited to assist you with your new home, whether you're building new or unlocking the full potential of your property through the subdivision or knock-down and rebuild process.



As locals in the West Auckland area, we understand the unique needs and requirements of the community. With our extensive knowledge of the area, we can help you create a home that truly meets your lifestyle needs while fitting in with the local environment.

Unlock the value of your property

Do you love your neighbourhood but feel it's time for a change within your walls? Perhaps you're considering the idea of subdividing your larger site and building a new home, whether for sale or as an additional income property. Look no further - Signature Homes simplifies this process with our subdividing services and knock-down & rebuild expertise.

Our in-house team of experts is well-versed in the Auckland Unitary Plan, ensuring a smooth journey through the intricacies of your project. From your initial site appraisal to the moment you receive your keys, your dedicated Signature Homes team will be by your side, guiding you every step of the way.

A comprehensive, stress-free solution

Signature Homes offers a one-stop, full-service solution for your new home project, regardless of its size. Our new home consultants and architectural designers collaborate closely with you to transform your vision into reality.

Choose from our array of pre-designed plans or work with our team to create something truly bespoke to suit your unique needs, lifestyle and budget.

Minor dwelling house plans for added flexibility

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Home & Garden

plans provide an excellent solution, bypassing the council's subdividing process. They are perfect for smaller sites or when you need that extra space for the kids or extended family.

For an obligation-free consultation and site appraisal or to discuss your new home requirements, please contact Signature Homes West & North-West Auckland at 0800 020 600 or visit signature.co.nz.

Dan Taylor Plumbing and Gas

Dan Taylor Plumbing and Gas is a family run business that has been servicing the local and wider community for 8 years now. Dan grew up in West Auckland and attended Kaipara College for a few years before realising he wanted to get into a trade.

In 2002, he started his apprenticeship with renowned Heron Plumbing, where he became registered in Plumbing and Gasfitting. After spending a number of years working for other companies. Dan started his own business venture as a one-man-band in 2016 with 'behind the scenes' help from his wife, Emma.

"I have created great relationships while running a business, from our loyal clients to the contractors we use they all bring a lot of purpose to the business." Dan says. After a couple of years and an increasing workload he decided it was time to grow and came across the opportunity to start employing staff. Dan and his team cover all aspects of Plumbing and Gasfitting work. 'We work on new builds, renovations, commercial projects and residential maintenance. We love the opportunity to get to know our customers we are working for and focus on delivering high quality Plumbing and Gasfitting.'

Give the friendly team from Dan Taylor Plumbing and Gas a call on 0800 DAN TAYLOR or email us at admin@dtplumb.co.nz.

Waimauku Garden Club

Yay, it was our first garden club outing for the year, and what a wonderful start it was. We went to The Sculpture Garden which is nestled at the foot of the Waitakere Ranges. The sculpture pieces are displayed in a beautiful large tropical garden. Each piece is handcrafted from 100% natural stone and is unique. The artists use a variety of different stone which include leopard rock, brown

serpentine, green opal stone and more. Also displayed was metal art. hand-crafted pieces from upcycled metal. A fabulous collection of one-off pieces. Each piece deserves to be in a prominent focal position. There is also a photo Gallery for viewing and purchasing. A visual feast for our eyes before feasting for lunch at a choice of two venues Kings Garden Centre for half of us (managed to squeeze in a bit of retail therapy) and Corbans Estate for the other half.

We continued on to a private garden tucked away in West Auckland which many years ago was known as Bells Roses. Marica has replanted and established a large variety of plants in her relaxing, restful manicured grounds surrounded by giant Phoenix palms, cycads, yuccas, vireyas, agaves, bromeliads and so much more. We felt so welcome to enjoy her lovely property and hospitality sharing a sumptuous afternoon tea there at the end of a wonderful day.

Gardner

Our gardens can be a place of peace and tranquility or a source of frustration as we struggle to balance work, family life, holidays and commitments.

Finding a reliable gardener, especially someone who is experienced, flexible and can work with minimal guidance to provide the required outcome, can be challenging.

Rav Singh has a background in horticulture and garden management that encompasses all aspects of plant care. If you have a small garden that requires a tidy, or a large plot that needs a lot more work, Rav provides the skills and expertise to help you accomplish your goal. His work can include lawn mowing, weed spraying, hedge trimming, tree trimming, rubbish removal and general care of the garden.

As we come to the end of summer, those neglected tasks can be done by an expert who charges a competitive rate. Contact Rav for a quote to tidy your garden. 022 534 6141 - 0800 101 216 - Email ravinderbal81@gmail.com.



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Pets

Pet Patch pet of the month

This is Lochie, an 18-month-old Border Collie. He is an absolute delight, the most lovable boy and an amazing temperament, he is so smart it blows me away and he makes me laugh so much every day, such a comedian.

And

I would like to introduce Pet Patch product receiver, Jareth Thumbleton Esquire the 3rd. Known to his loved ones as Thum. He spends his days visiting his many human and fur friends on his street. Sampling the rabbit food given to his furry flat mates. Sleeping in plant pots. Supervising the servants when hanging out laundry, and trying to catch the dreaded red light. Thum is a polydactyl cat which means his servants regularly need to check his extra claws and keep them trimmed as maintaining the ones in between his toes is a little too hard for him. BUT that does mean extra treats for his lordship.

Thum is also a big believer in colours being genderless which is why he sports a beautiful pink sparkly collar with a love heart tag.



Summer safety from Pet Patch

As summer's heat intensifies, Pet Patch prioritises the well-being of beloved pets. It's crucial for pet owners to ensure their furry companions stay cool and comfortable during these soaring temperatures. To safeguard your pet's health, make certain there's always a fresh supply of water available, and create shaded areas both indoors and outdoors where they can seek relief from the sun's heat.

Consider applying pet-safe sunscreen, especially to areas with exposed skin, to protect against harmful UV rays. When venturing outside, plan walks during the cooler parts of the day, such as early mornings or late evenings, to prevent burns from scorching pavement or black sand.

Pet Patch offers an array of cooling solutions, including cooling mats and refreshing frozen treats tailored for pets, to help them stay comfortable indoors. It's crucial to never leave animals unattended in parked vehicles, as temperatures can rapidly escalate, leading to life-threatening conditions.

By implementing these measures, together, let's ensure our furry



friends remain safe, happy, and cool throughout the summer season, fostering a healthy and enjoyable time for pets across New Zealand.

Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and unhomeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.



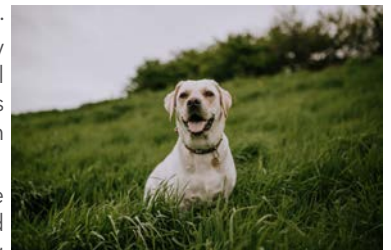
Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return programmes and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at www.thenzcatfoundation.org.nz. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

Importance of training your dog from the first day

What to do and what not to do.

Training your dog from the day you bring them home is crucial to help you build a harmonious and fulfilling relationship with your doggo.

Early training sets the foundation for a well-behaved and happy pet, benefiting both you and your canine companion.



Pete Sinton
Managing Director

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petesinton@townplanner.co.nz

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Pets

The importance of early training lies in creating a strong bond, effective communication, and a safe environment.

It establishes a hierarchy within the family, and helps your new buddy understand their role and your expectations.

Consistent training cultivates obedience, makes it easier to manage and enjoy your dog. This includes basic commands, housebreaking, and socialisation. It teaches your furry friend how to interact with people and other animals.

The impact of not training your dog can be disruptive and even dangerous.

An untrained dog may engage in destructive behaviours, become aggressive, or exhibit anxiety. This can lead to damage to your property, strained relationships with neighbours, and, in extreme cases, legal issues.

Inadequate training can also put your pet's safety at risk, as they may not respond to commands in critical situations.

To ensure effective training, it's essential to use positive reinforcement techniques, such as treats and praise, to encourage desired behaviours.

Avoid harsh punishments or negative reinforcement, as they can lead to fear and aggression. Consistency, patience, and regular practice are key.

Seek professional guidance if needed and provide mental and physical stimulation to keep your dog engaged and happy.

Ultimately, training your dog from day one fosters a loving and well-behaved pet, enriching your life and the life of your furry friend with companionship and a strong, positive connection.

Much love from all the team at K9 Heaven - Helping build better, happier, healthier dogs. www.k9heaven.co.nz.

Photo by Berkay Gumustekin on Unsplash.

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Food & Beverage

Celebrate at Soljans Estate Winery This Valentine's Day!

Join us for a romantic evening at Soljans Bistro, where love, food, and fine wine come together. Indulge in a four-course degustation menu, expertly paired with our signature wines. For our vegetarian guests, there will be a fully tailored vegetarian degustation available.

As our Valentine's gift to you, each guest will receive a complimentary glass of our newly released Rosé Méthode Traditionelle upon arrival.

Four-course Degustation: \$115 per person

Wine Pairing: \$45 per person

Create unforgettable moments with your loved one at Soljans Estate Winery. Cheers to love, laughter, and the perfect pairing of flavours.

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\$15 each, 300-340g per comb. Special discount of 4x for \$50, or box of 12x for \$120 (this combines with usual discount for other potted honeys).

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Good from Scratch

Well the Good from Scratch team in Muriwai, are back in action. After an awesome break we are ready and raring to go!

We have big plans for this year and have started it with a great calendar of events, like the Summer garden party with Jo McCarroll, editor of NZ gardener magazine, completed with a delicious High Tea and Bubbles, on the 18th of February. Or our monthly staple supper club, is back on Thursday the 22nd of February alongside all of our regular classes and more!

Head over to www.goodfromscratch.co.nz for more information. We hope to see you there.

Credit: image by Manja Wachsmuth.



Comb honey available from Don Buck Honey

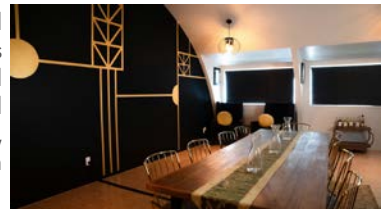
Comb honey from the Hawke's Bay, harvested from hives placed on agricultural land - this honey is largely from clover and squash (like pumpkin) flowers. The honey is a dark color and has a rich treacle-like flavor to it. Honey has some crystals in it but it is mainly runny. Comb honey is a real novelty for many people - this is the natural form of honey, just as the bees make it. Honeybees build comb cells

out of wax to store honey in, covering it over with more wax once the honey is ready. The wax is safe to eat but it does get stuck in your teeth - so many people spit that out.



New gin still for Lavender Hill

A new 150-litre commercial gin still called Little Lottie has been installed at Lavender Hill in Riverhead where a special gin tasting room for tours, workshops and formal gin tastings has also been built.



It's known for producing award-winning gins, including Lavender Infused Gin, Smoked Honey Gin, Sloe Gin, Sloe Gin and Saffron Infused Gin.

"Lavender Hill is a unique destination where we offer visitors the opportunity to witness 'farm-to-glass' in action," says Jason Delamore, co-owner of Lavender Hill.

"We're one of the only a few gin distillers in Auckland providing this immersive experience, allowing guests to see the entire journey

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of our products, from our farm to the distiller and finally into their glass."

As part of a gin tour, guests can also discover the flavours, aromas and stories behind each of Lavender Hill's gins and embark on a guided journey through the world of gin-making.

Lavender Hill has dedicated itself to the handcrafting of quality spirits using key botanicals, including special ingredients sourced from the farm, alongside a commitment to sustainable practices.

"In an era where sustainability matters more than ever, Lavender Hill takes pride in being an example of eco-conscious distilling," says Trish Delamore, co-owner of Lavender Hill.

"Little Lottie is a shining example of this commitment," she explains.

"Running on renewable solar power and utilising pure rainwater harvested right here on our farm, Little Lottie ensures that every drop of gin is as pure and sustainable as it is delicious."

Lavender Hill is a 'must-see' destination in Auckland, particularly during summer when the lavender fields are in bloom. Mature olive trees and friendly alpacas add to the idyllic rural setting.

It features a modern, standalone four-bedroom holiday accommodation for short stays - ideal for tourists, those attending local weddings in the Kumeu wine district or those wanting to escape the city's hustle and bustle.

Visit www.lavenderhill.co.nz for more information.

Foodtogether

Foodtogether is a non-profit social enterprise that has Co-ops and Pop-ups across Aotearoa. Foodtogether partners with dozens of organisations to help them feed their communities in a sustainable and accessible way. Our mission is to connect communities around healthy food, create jobs, equip and empower local collectives and make fresh food more affordable and accessible for all. Our local Pop-up is at the YMCA building 545 Don Buck Road, Massey, 3pm - 6 pm Fridays.



We offer a selection of seasonal, fresh produce to suit your needs. We provide produce rejected by supermarkets for looks, not quality, so we can offer a generous amount of fresh produce each week at a fixed low cost of \$15. See what is available on our Facebook page (Foodtogether Pop-Up Massey) order and pay online at

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Facebook icon

foodtogether.co.nz before midday on Thursday, then collect from our volunteers between 3 and 6 on Friday afternoon. If ordering isn't suitable, you can choose your own produce, though produce runs out quickly. Orders are made up first. If an order is not picked up by 6pm we donate to the community.

Hallertau Brewery

Hallertau Brewery has kicked off the year in style with a trio of seasonal releases. The hoppy and resinous OG IPA 6.8% makes it's annual appearance, it's a big bold IPA in the West Coast style. Summer Time Haze is their new 5.8% all NZ hopped hazy which delivers that juicy hit for which the style is renowned. The Strawberry Cider is made from local berries infused with



the Granny Smith Cider to create the perfect summer beverage. All now available in 440ml format and on tap at Hallertau Riverhead.

\$100 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$100 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$3.30 a day. For more information email our editor at editorial@kumeucourier.co.nz.



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Health & Beauty

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There are 3 stages of rehabilitation.

Read more here to find out how we can help you at NorthWest Physio+

The first stage - involves gentle exercise, allowing for the damaged tissue to heal. This stage should not be rushed as it will result in poor quality healing and the site will be prone to re-injury.

Mid-stage - involves progressively loading the muscles/tendons/bones or ligaments to develop tensile strength, producing a healed tissue that will be able to withstand the stresses and strains of everyday life and exercise.

The final stage - is where the tissue adapts and is stressed using functional exercises to ensure the body is ready to return to normal function.

Remember - early intervention will get you back to full fitness quicker.

For advice or to book an appointment give us a call at NorthWest Physio + on 09 412 2945.

New year, new you

Have your eyes been subject to wear and tear lately? Make a New Year's resolution to turn that into new eyewear and best eye care with a visit to For Eyes in the Kumeu Shopping Village.

Book online and put New Year's Resolution in the comments box to receive a free upgrade to our comprehensive eye examination, saving you \$120*. Buy a pair of clear prescription lenses and receive 50% off a pair of prescription sunglasses lenses*.

Book your appointment now at www.for-eyes-optometrists-nz.au1.cliniko.com/bookings or via Online



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*Promotions are valid until 29th February 2024. (Conditions apply).

Massage Therapy at Riverhead Physio

Exciting news. Welcoming Linda, our amazing new massage therapist, joining our team next week.

Linda, a MacEwan University graduate, specialising in: Trigger Point Therapy, myofascial release, muscle energy techniques, joint mobilisations, Sports & pregnancy massage, manual lymphatic drainage.

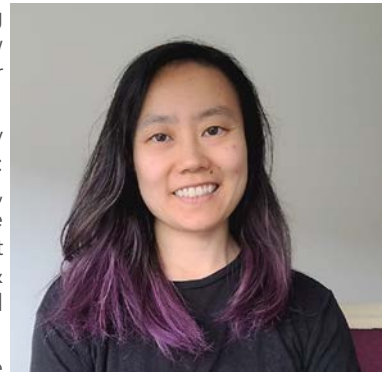
Get ready to experience pure relaxation and revitalisation with Linda's expert touch.

Book your session now and be among the first to benefit from her incredible skills.

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Book online: www.riverheadphysio.co.nz.



New year, new school, new smile

Jump for joy! Get free dental care until your 18th birthday.

Don't wait for problems to develop, let us teach you how to take care of your oral health and keep your teeth strong and beautiful for life.

Visit your dentist for your annual examination, which includes X-rays, scale & polish, preventative health education and treatment.

As all students from Year 9 onward until their 18th birthday are free - why wouldn't you?



Health & Beauty

You will learn how important it is to brush your teeth twice a day, floss regularly and eat a well-balanced diet. This is a great time to develop good habits which will benefit you greatly for the rest of your life.

Here at Kumeu Dental, we can look after all your needs in our modern, friendly premises. Late night, Saturday and school holiday appointments are available to fit your schedule.

Call us on 09 412 9507 to book in with one of our trusted and friendly oral health therapists. We will arrange everything to keep your children's teeth healthy and achieve a beautiful straight, white smile.

Ask Dr Heather

How do you know if you need cosmetic treatments?

Anon, Whenuapai.

A great question. Often pondered by the masses, taking the leap to having "work done" can be a daunting one. First, we must clarify what "work" entails.

Cosmetic treatments are designed to help us look and feel better. The looking better part is really up to you. It ranges from glowy, clear skin to less wrinkles to restructuring facial features, creating harmony and a refreshed appearance, where people comment you look great, but can't quite put their finger on it. A holiday to the tropics? A new diet? New earrings?

Therein lies the beauty of well-executed cosmetic medicine. Both an art and a science, the delicate balance lies in the hands of the injector. One who sees your unique beauty with acute awareness of the aesthetic end point.

Various media have highlighted the dark side of cosmetic treatments, where aesthetic end points were crossed so fiercely, naturally beautiful people were given new identities. Lovely lips turned to sausages, cheeks turned to chipmunks and jawlines turned to jagged messes.

Such stories are wonderfully entertaining, alas not helpful for those seriously wanting the odd tweak to help them look and feel their finest. Thankfully, there are a raft of ethical practitioners out there, properly trained with your best interests at heart.

So it really all depends on you. If that pesky frown is making you look grumpy, those forehead lines are becoming crevices for your make up, your skin is looking dull, you're tired of looking tired or if you just want a professional someone to cast an objective eye, then



you are ready. The key is to sit firmly in the driver's seat, accept no pressure and do what feels comfortable for you and your budget. The right practitioner will guide you, support you and care for you at every step. Your face and feelings are precious, so should always be handled with kindness, dignity and respect.

Dr Heather Anderson is a Cosmetic Medicine and Urgent Care Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai. If you have a question for Dr Heather you'd like answered anonymously in the magazine, please email askdrheather@allor.co.nz.

What do we spend our time on?

Over the end of the year break, I had time to reflect upon the important question of what we spend our time on.

As a teen, I spent my time studying hard so I could excel in school and compete with other kids to get into medical school in Singapore.

As an undergraduate, I spent a lot of time studying hard to learn as much as I can about my chosen profession.

As an adult, I spent time working hard to make ends meet and feed my family of wife and six kids.

As a GP in NZ, I worked hard looking after my patients and started my own clinic to serve them better.

In all that time I spent doing all these things, I had forgotten to spend time looking after my own health.

As a teen I was grossly obese and started to lose weight when I was 15.

As a young parent, I was so fat I bent over and tore a disc, resulting



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Health & Beauty

in a yearlong battle to recover.

As a busy GP fighting a pandemic, I became a diabetic.

See the pattern?

We spend so much of our time doing the things we want or need to do to get through the day, feed our kids, work our jobs, make ends meet, that we forget to look after the very body we need to keep alive and healthy.

Being healthy isn't an afterthought.

It isn't something you are forced to do when the proverbial matter hits the fan and your health goes to the literal same matter.

Getting healthy, staying healthy should be a part of what we WANT to do because we NEED to do it so we can have good healthy bodies to continue living the life that we worked all our life to have.

Dr Fred - www.rhdoctors.nz.

Summertime: Peak vitamin D-making time

Your body makes vitamin D through a lengthy process. This process starts with sunlight hitting your skin. So, it makes sense that your vitamin D levels should be highest in summer. Luckily, vitamin D can be stored in fat cells for use later in the year. As the saying goes, this depends on you making hay (or vitamin D) while the sun shines. Of course, you can take supplements of vitamin D if you would rather avoid sun exposure.

So what is vitamin D used for in the body?

Vitamin D may be useful for preventing or treating quite a wide range of conditions including eczema, infections like colds or even tuberculosis, back pain, osteoporosis, asthma, diabetes, Crohn's disease, migraine, mood disorders, and Parkinson's disease.

Speaking of back pain, I reviewed one study from Saudi Arabia

in which 83% of people had a severe vitamin D deficiency. Most patients were women. Given that women tend not to expose their skin to the sun in this part of the world, the vitamin D deficiency was not a surprise. But what did surprise me was that there was a high rate of back pain in this group, which disappeared in 100% of people after restoring their vitamin D levels.

Vitamin D Stoppers

So if we lie out in the sun all summer, we should have good vitamin D levels, ensuring a healthy you? Not necessarily.!

Age can be a barrier to making vitamin D. The older we get, the more our skin changes, and the more our kidney function declines. Both of these factors can reduce our ability to make vitamin D.

Like sun exposure, swallowing vitamin D pills may not result in higher vitamin D levels in the body. Many doctors now prescribe vitamin D routinely to older people to help restore or prevent low levels. But there are a few other things to consider.

Iron deficiency may reduce vitamin D absorption. Several studies in infants have shown that until you restore iron levels, vitamin D levels do not increase even with supplementation.

Magnesium is also essential for vitamin D levels. In fact, if you are magnesium deficient, you are unlikely to be able to increase your vitamin D levels into the healthy range. A word of caution about magnesium. Normal blood tests for magnesium are misleading. This is because they review magnesium levels in the blood (which is not where 99% of magnesium lives). What this means is that you can have a serious deficiency of magnesium, while your blood test says things are just fine. For this reason, my rule of thumb is to start my patients on magnesium before attempting to add vitamin D.

Feel free to pop into Massey Unichem Pharmacy to chat to our team about the best way to boost your vitamin D levels. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

The site for sore eyes!

Getting sore tired eyes while back in front of the computer, but going on another holiday isn't an option? Here's what to do:

Make sure the computer is set up ergonomically.

Reduce potential sources of glare in the workspace.

Take regular breaks where you can - this means looking away from any screens (including your phone) for a short duration every now and then.

If you've tried all that but you still can't shake the sore eyes, it could



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Health & Beauty

be that the focusing or alignment of your eyes are not quite 100%. The team at Westgate Optometrists are well-experienced with exactly these problems.

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Savour summer – A guide to heartburn-free holidays

Savour summer – A guide to heartburn-free holidays

As we step into summer, the last thing anyone wants is the discomfort of heartburn putting a damper on the fun. Acid reflux or heartburn often causes a burning sensation in the chest or throat and is a common condition for many people.

Consider these practical tips to manage heartburn during the summer break:

1. Portion Control: Keep an eye on serving sizes, opting for meals that leave you satisfied without feeling overly full.
2. Hydration (with Water): Stay well-hydrated with water to aid digestion. Cut back on alcohol and caffeine, as they are known to



worsen heartburn symptoms.

3. Sleep Strategies: Try sleeping with an extra pillow or elevating your bed head slightly for a more comfortable night's sleep, reducing the chances of night-time reflux.

4. Stay Active: Regular exercise isn't just about burning off extra holiday calories; it's also great for overall digestive wellness.

If lifestyle changes alone aren't bringing relief, consult your GP about medications, which are often effective. However, if you experience persistent reflux symptoms or any other issues like:

Difficulty swallowing, Anaemia, Pain, Vomiting, Chronic cough and Unexplained weight loss.

It's crucial not to ignore this. These symptoms can signal more serious health issues, and in such cases, a gastroscopy is recommended. A gastroscopy is a minimally invasive procedure that involves placing a thin tube with a light and camera into the stomach for a comprehensive examination. It helps identify reflux damage and rules out other serious conditions.

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Mr Jason Robertson (MBChB, MMedSc, FRACS, AANZGOSA)

Surgeon & Endoscopist, Waitemata Endoscopy

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Mr Jason Robertson
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Area Columnists

The role of a teacher

Country Bears philosophy emphasises play as crucial to all aspects of learning for children. It is the teacher's role to see through the eyes of a child. For example, when a child approaches a teacher with a worm or spider in their little hands, it might be the very first one that they have found all by themselves. You can just imagine how proud and excited this child could be, so it's important for us teachers to respond in such a way that honours their experience. Teachers can be great actors for the sake of the child, even though teachers may be squeamish inside when a child walks up to us with a cockroach or spider, we can pretend that it's the most amazing thing we have seen.



Do you remember what it was like to play as a child when you were younger? It's like what it was for some of us, growing up in the 80's and 90's, when we could go out and play all day, and we had to come home when the street lights came on. There were no adults to supervise us or to help us negotiate conflict, we somehow managed to just resolve and get through it.

We need to place trust with the children, as when the children 'feel' that they are not being watched or listened to, the children just seem to explode with wonderful and amazing play and conversations that just melt the hearts of us teachers.

We understand that in an Early Childhood setting, supervision is very important for safety, but we can still give the children the perception that no adults are around, giving them the sense of freedom. Even by placing our back to children, or just sitting behind the fort or fence, they think we are unable to hear or see them, so their play can change. It is in these experiences that teachers can really appreciate the uniqueness of each child.

A beautiful quote from a four-year-old boy when asked what play is, he replied: "Play is when adults stop telling me what to do". Again, it is up to the experience of a teacher to know when to watch with wonder as to how the play might unfold or to know when to intervene. It has been said that when a child is interrupted with their play, it takes about 20 minutes for them to regain that level of focus and concentration. Teachers here at Country Bears know each and every child, so this level of knowledge helps the teachers to know when a child or a group of children may need the assistance of a teacher. It is through experiences that challenge children, where the learning happens, as they negotiate their way around their peers needs, thoughts and opinions!

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

Chris Penk MP

Happy New Year.

I hope that all Kumeu Courier readers have had a great start to 2024.

I am enjoying being back at work now, after travelling post-Christmas to visit extended family in Southeast Asia.

I had visited Singapore and other nations in that region many times since I first joined the Navy but that was more than 20 years ago now.

Every city that I visited is much changed since that time but I wonder if the same can truthfully be said of New Zealand (in a uniformly good way) in the intervening couple of decades.

I certainly couldn't help but feel as though residents of those cities have seen a lot more progress than northwest Auckland ever has.

There is more planning evident in Singapore's airport alone, for example, than in all of Auckland ... and certainly in northwest Auckland.

While I was not travelling for work purposes, naturally I was taking mental notes about things that they do well overseas that we do poorly at home in terms of planning, transport systems, etc. It would be impossible for any of us not to make those kinds of comparisons, I suspect.

Of course, this is not to say that New Zealand is not an exceptional country. I'm genuine when I say that I think we have the best little country on earth.

But, if we are honest with ourselves, much of the charm here lies in our natural advantages, rather than the result of any good planning or policies implemented by central government. Indeed, you could make a case that New Zealand remains a pretty good place to live in spite of, not because of, the efforts of government actors (whether elected officials or agencies) in the recent past.

States like Singapore seem to have a very permissive regime when it comes to allowing the private sector get on and build commercially, albeit within very well-defined parameters of planning and land use.



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Area Columnists

In New Zealand, by contrast, often we have these things the wrong way around - very loose notions about what can be done in different areas, and then we make it hard for people to do it. The worst of both worlds!

If you don't believe me, look out of the window while sitting in Kumeu or wherever else you may be reading this column. I bet you are not much more than a stone's throw away from gridlocked traffic in an area of ad hoc growth.

In making arguments for northwest Auckland to get a better deal on transport, I realise that we are not about to get Singapore's mass rapid transit system; population density is an obvious point of difference.

But we can at least get much better than we have now, surely.

The first full year of the new government has now begun - wish me luck.

Chris Penk MP for Kaipara ki Mahurangi electorate

chris.penk@parliament.govt.nz

Ready to put your New Year's resolutions into practice?

Astramana™ Healing Services wishes all readers and our clients a very Happy New Year.

Most of us enter the New Year with various goals and resolutions, we wish to achieve throughout the year. However, we often start the year off with the best intentions, but as the year goes on, we tend to slip back into the old habits as life moves on and we get back into a normal routine. How can we change that?

Goal setting is part of everyday life. By setting ourselves small and easily achievable goals on a daily basis will help us to successfully achieve the larger goals we have in life such as stop smoking, weight loss, saving money for a holiday.

To create a goal, we can use the SMART Goal Setting Guide, our goals should be:

S: Specific M: Measurable A: Attainable R: Realistic/Relevant T: Time- Based

It is important that your goal be specific, identify specific targets you hope to achieve at different stages, make sure your goal is



achievable, otherwise you could struggle with success. The goal needs to be realistic and relevant to you and put a time frame on it, as this will help you to move towards success.

Astramana™ Healing Services can help you achieve your goals and New Year's resolutions. We can't do it for you, as only you can, but we can help you, through the various services we offer. We offer hypnosis, energy healing workshops or just one on one motivational support or tarot reading.

Later this year, Astramana™ Healing Services will be offering a psychic self-development course where you can join like-minded people to open your psychic abilities, or join us for our first 2024 Reiki level 1 workshop, the higher levels will be taught throughout the year. Please contact us for details and register your interest for any of our workshops.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, Clairvoyant & Tarot Reader Jason Mackenzie. Please visit our website: www.astramana.com or email astramana@gmail.com, phone/ text us on 021 0277 0836 with any questions or to book a session, workshop or a New Year's Tarot reading. We offer a mobile service to those out West Auckland.

Muriwai Beach access

By Guy Wishart, Rodney Local Board

The recent tragic accident at Muriwai Beach has triggered a call for banning recreational vehicles on the beach.



The local community was shocked by the loss of life and our hearts went out to the grieving families. But what is likely to happen as a result?

There are only two beaches in Auckland you can drive on and Muriwai is one of them.

In September 2023 the governing body overseeing the regional park voted to close the access to vehicles for a week around Guy Fawkes and from just before the New Year till mid-January. This will happen for two more years and probably most years.

The local board is not the decision maker here but is advised of the outcome.

The regional park management can extend the closure if the fire hazard conditions become severe. Containing a fire in the forest behind the dunes set off by fireworks, open fires or hot engines is extremely difficult as access is limited. This means helicopters with monsoon buckets would be the predominant approach.

Chris Penk

MP for Kaipara ki Mahurangi

Here to help

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So there is a ban during high risk periods of the year in order to give the environment a break from repeated damage and reduce the likelihood of a forest and dune fire.

Muriwai Beach is a legal road so the same rules apply on it as with our regional roads.

The initial speed on entry is 30km/h, then a maximum of 60km/h.

However, on our local roads we don't have surfers, fishermen and women, sunbathers, horses and their riders, seals, dotterels, little blue penguins, toheroa and geckos.

So it may be called a road, but it doesn't behave like one.

The tide means it is accessible for 12 hours in a 24-hour period.

There are people and animals on it, soft spots that look like firm sand and undersurface tree branches.

So the need for drivers to be super careful and considerate of other beach users is essential in allowing the quiet and safe enjoyment of the beach.

There are many drivers that use the beach carefully and responsibly and follow the rules to the letter, and then there are those that don't. They travel too fast, don't follow road rules, scare horses, drive over seals and penguins, drive and ride onto the dunes destroying the grasses and breeding areas of native birds and penguins.

Drone footage of sections of the dunes that were shown to local board members by regional parks staff is horrifying. Although the permit that is needed to use the beach clearly states that vehicles must stay off the dunes, this is being wilfully ignored by many users.

So is the answer a ban to recreational vehicles or a higher level of restriction of irresponsible drivers and bike riders?

At the governing body committee meeting on September 22, 2022, the Parks, Arts, Community and Events Committee at Auckland Council agreed to the installation of a gate and development of a fee-based permit system that would provide access for authorised vehicles only and exclude access for non-permitted vehicles to Muriwai Beach.

They also approved the implementation of a fee-based permit system for vehicle access to Muriwai Beach and requested that staff report back on a scope to investigate further options to prevent environmental degradation.

At present none of these ideas have been implemented and the entry to the beach is by a free permit that requires the applicant to tick a box to say they have read the rules of driving on the beach.

So the bar to have vehicle access to Auckland's most visited beach is critically low and needs immediate attention.

Hopefully we are at the point where we are willing to install a system that promotes the quiet and safe enjoyment for all users and

protects the animals and plants that have been so badly affected by irresponsible drivers and riders on the beach and dunes.

Three things to include in your business plan

All businesses should have a business plan of some sort. Sadly, many don't. A business plan is a living document. It is there to document your thoughts, guide your decision making, and set objectives for the next 3-5 years. Without a business plan there is no driving force, decisions are made on a whim, and it is difficult to achieve your business vision.

The shape of a business plan will depend on the audience. It could be a one page plan for a small business, or it could be a significant document if needed to attract funding or investment.

No matter how big your business plan is, all business plans should include these elements:

Your vision and your "why" - Your vision is what you want the business to look like in 3-5 years' time. Be specific, for example how big, how many staff, what products and services, to which customers. Think of it like planning a holiday - you decide where you want to go, who you want to go with, how you are going to get there, and whether you are back packing or holidaying 5 star.

Your "why" is your reason for being in business. It represents the purpose, cause, or belief that inspires you and your business. The "why" is about the reason behind what you do beyond just making a profit. It's the deep, intrinsic motivation that drives actions and decisions. To learn more about this, Google 'Simon Sinek's Golden Circle'.

Define who your customer really is - The biggest mistake a business can make is to believe everyone is their customer. Trying to market to everyone is a waste of money. Be specific, for example how old are they, where do they live, what are their interests, and what is their problem that you are trying to solve.

Once you understand your real customer you can be specific with your marketing and focus your sales effort on the customers that are best for your business. Equally important is to define who isn't your customer.

Understand your point of difference - In a crowded market it can be hard to stand out. Think about what you do well that your competitors don't. Consider what your competitors don't do well. What keeps your best customers coming back to you? Ultimately it is about understanding why your target customer will choose to buy from you instead of someone else.

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A business plan contains so much more, but if you can get these elements right, you are on a good path towards having a successful business.

If writing a business plan is not something you want to attempt on your own, an Oxygen8 Business Consultant can ask you the right questions and then write your business plan for you.

Ann Gibbard is a Business Consultant with Oxygen8 Consulting. For help with growing your business, improving its profitability, preparing your business for sale, or for a free Business Diagnostic, contact Ann at ann@oxygen8.co.nz or 021 682 014.

Categorisation of flood and slip affected properties still months away

By Guy Wishart on behalf of Kumeu Community Action (KHRRA)

A pre-Christmas Auckland Council webinar concerning the categorisation process for flood affected properties provided some sobering revelations to the 600 online viewers.

We were told that most properties will find out their categorisation (1, 2C, 2P, 3) between March and July this year.

If your property has been repeatedly flooded, but there was no "intolerable risk to life" during those events there will be no financial assistance for flood mitigation on your property.

This means you may have been forced out of your house for a long period of time while insurance assessments, payouts and reinstatement was being done, but there will be no future financial assistance to the property owner to protect them against future flooding.

You will need to pay for the lifting of your own house if it's possible and pay for all the consents which will be fast tracked, but not discounted.

The new flood viewer maps have raised the flood water levels to predicted heights in 50-80 years' time.

Houses will need to be raised 1.5-2.5m above ground level in many cases. This means if you want to raise the level of your house it must comply with these new levels to get building consent.

The house will need to be lifted off its site, new poles rammed into the ground, to 8-10m in some cases.

The house will then be moved back into place, fixed, braced and new steps and rails built.

This could easily cost \$100,000 or thereabouts for a three-bedroom home.

Added to this the lowered property values and decreased saleability of flood affected properties means loans from banks to do this work could be more difficult to access as will insurance.

The phrase "intolerable risk to life" lacks significant clarity.

It does not take into account:

- people with physical disabilities who would be unable to safely move through floodwaters.
- people with significant mental health issues or sensory issues, where moving through active flood waters would be dangerous.
- People with high levels of anxiety are often unable to return to their homes even if they are repaired.
- People with companion animals are more vulnerable as they find the thought of leaving their "family" members behind intolerable.
- that having your house repeatedly flooded is in fact intolerable.

We were told that the "intolerable risk to life" designation is derived from the speed and height of the flood waters, (see image that has been used by other councils) but no information about how the assessment is being made has yet been given.

Anecdotally, the figure of 100cm (1m) of flood waters outside the house is considered a risk to life, but we were told at the webinar 60-70cm outside and 50cm inside your house would likely be insufficient for an "intolerable risk to life" rating depending on the speed of flood waters.

Kumeu Community Action believes the definition needs to be broadened.

We strongly encourage you to contact your local MPs, councillor and Auckland Council recovery leaders if you think these guidelines need greater transparency.

It is still a work in progress and the scale of the issues makes it expensive.

In spite of this, property owners need to be assured that the Auckland Council is looking at the categorisation process through a holistic, fair minded lens and not one that is unduly coloured by the limited money available.

Contact your local councillor Greg Sayers and your local MPs Chris Penk and Jenny Marcroft and ask them to advocate on our behalf to make the categorisation process as transparent and fair as possible.

We would also encourage any of you who still haven't registered as a flood/slip affected property to do so as soon as possible.

Google search "Auckland Council categorisation".

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