

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

Glenn Gowthorpe's gong

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Contact Geoff Dobson on 027 757 8251 or geoffdobson2017@gmail.com

July 2023



Greetings

It's all on!

Muriwai's partially reopened and in spite of a wet weekend there were plenty of visitors to the popular seaside community in mid-June.

Locals aren't that happy about the partial reopening – the Auckland Council saying it had to balance residents' opinions with the need to reinstate public access to the beach and environs.

The council has also begun talks with owners of residential properties hit by extreme weather events, especially to determine those that will have to be acquired under the Government's Category 3 status.

Be warned – this could take a long time to sort.

Updates are provided on the Auckland Council website: Property categorisation and resolution in storm affected areas (aucklandcouncil.govt.nz).

An initial tranche of letters was sent to about 700 Auckland residential property owners explaining a detailed risk assessment is needed first.

Council Group Recovery Manager Mat Tucker says work is progressing as quickly as possible for storm-affected property owners.

"To help us with the risk assessments, we're asking homeowners to provide more information about their properties so we can more quickly work through the risk categorisation process," he says.

"Property owners can go online to a secure form to provide information about their property that Auckland Council doesn't currently hold, such as how the building is used or whether there is a history of flooding.

"We encourage homeowners to provide as much relevant information as they can so that we can reach an accurate categorisation as fast as possible."

Details of the buyout process for Category 3 homes were still being worked through with the Government, following a commitment to support a buyout scheme.

Meanwhile, the fight continues to avoid having housing in floodplains and other "at risk" areas. Feedback on the "Future Development Strategy Auckland, Have Your Say" which outlines possible housing plans closes on July 4.

See more in this issue.

Also, many people in risk areas may face higher insurance costs or be unable to get property insurance at all.

Another bout of rain in mid to late June didn't help.

Geoff Dobson, Editor



What's inside

- 3** People & Places
- 9** Safer Communities
- 10** Community News
- 12** Kumeu Arts
- 14** In brief: Updates
- 16** Property News
- 18** Due Dilliegnce
- 20** Hot Property
- 22** Property Statistics
- 24** G.J. Gardner
- 26** Property Market
- 28** Home & Garden
- 30** Promoting gardening
- 32** Five tips
- 34** Central's Tips
- 36** Pets
- 38** Food & Beverage
- 40** Health & Beauty
- 42** Vitamin B12
- 44** Area Columnists
- 46** Sayers Says It

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People & Places

Glenn Gowthorpe's gong

Former Royal New Zealand Air Force Group Captain Glenn Gowthorpe has received The King's Birthday and Coronation Honours New Zealand Distinguished Service Decoration (DSD) for services to the New Zealand Defence Force.

That's mainly for overseeing its 'Operation Protect' joint task force as part of New Zealand's all of Government response to the COVID-19 pandemic.

Glenn has served 34 years in the NZDF in a range of command and leadership positions and from October 2020 to May 2022 commanded the joint task force supporting the Managed Isolation and Quarantine Facilities (MIQ).

About 1200 Defence Force personnel were rotated through the facilities at any one time. Their tasks included assisting with daily operations, management, logistics, security and planning.

"I received congratulatory letters from Chris Hipkins (PM), Tim van de Molen (National Defence spokesperson), the Governor-General, the Chief of Defence Force and even the Principal of my old high school - Tauranga Boys' College," says Glenn, adding the honour was a surprise.

"I'm sure that Keith the Rural Delivery postie was wondering 'why the heck are all these fancy official envelopes going to some bloke



in Muriwai!"

Glenn is also a key Muriwai Volunteer Lifeguard Service member, especially as Muriwai Lifeguard Search and Rescue Squad Lead.

"Lifeguard wise, it has been a busy period with various rescues, including the Auckland Anniversary Flood rescues in Ararimu Valley Rd (Kumeu) and then the big one, leading the Muriwai Lifeguard Search and Rescue Squad through Cyclone Gabrielle.

"I was leading the lifeguard SAR response which ended up seeing us setting up and running the community evacuation centre at the Muriwai Surf Club - here we looked after over 300 local evacuees, many desperate, scared and wet, looking for a place to ride out the night having escaped their houses and following the directions of the emergency text alerts on their phones.

"As far as preparedness goes, my 'grab bag' for the night of the cyclone was simply my 'lifeguard response kit, wetsuit, fins, torch, radio, etc' as I was fully expecting to be called out to assist in rescuing flooded locations in Kumeu and Huapai, much as we had done on three previous occasions.

"Alas, when the house in Domain Crescent came crashing down at 11pm (about 100m from my house in Domain Crescent) the danger we were in and the refocus of our response requirements became immediately apparent.

"Our immediate tasks involved warning and evacuating residents in Domain Crescent and Oaia Rd, and then assisting hundreds of residents through floodwaters, downed trees and sinkholes to the Muriwai Surf Club."

Glenn says he has been fortunate to have received world-class leadership training throughout his air force and NZDF career.



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People & Places

"The NZDF leadership framework and associated courses that I have attended most definitely shaped my leadership and have enabled me to lead under pressure, making those tough decisions and supporting staff to achieve their very best."

Glenn says many challenges arose during his MIQ leadership.

"However, my team were fantastic," he says.

"There was outstanding leadership displayed at all levels, yet as the leader I was the one to receive the DSD on behalf of the entire team. In my eyes, the entire MIQ workforce were the true heroes.

"I often joke with colleagues - 'yes, it is nice to be recognised, but to be recognised for leading one of the most unpopular systems (MIQ) during a period of uncertainty and chaos - it is not anything I dreamed of being awarded for."

Little did the public (and locals) know, but a good majority of the MIQ workforce (1200 staff) were being lead from Muriwai Beach during those long periods of lock-down.

"I often mused that I would not want to be locked down anywhere else - Muriwai Beach is my paradise."

Glenn has since left the NZDF and is focusing his leadership and emergency management efforts on the City Rail Link project as the 'Head of Testing, Commissioning and Emergency Management'.

"My City Rail Link role is a fantastic opportunity on NZ's largest infrastructure project, working with our emergency services to ensure that they are prepared and equipped to support any emergency incidents related to the City Rail Link underground metro rail system, when it opens to the public," says Glenn.

"Importantly, I will lead the emergency procedures test stage of the project, a series of live exercises and tests involving the entire spectrum of emergency management and emergency services, ahead of the CRL opening (now expected in 2026)."

Glenn oversaw NZDF's contribution to all MIQs and commanded the Auckland cordon from August 2021 to November 2021, his citation reads.

"He coordinated with other government agencies as part of the Government's COVID-19 border response, building and maintaining effective relationships with agencies, and through understanding the policy and risks, he enabled the Joint Task Force to deliver the collective aim of keeping COVID-19 out of New Zealand communities.

"He led the Joint Task Force through the evolving risks of the Delta outbreak in August 2021 and the Omicron outbreak in early 2022. He led the Joint Task Force through frequent policy and operational changes, often with little notice, while distanced from headquarters staff due to lockdown requirements. He undertook difficult decisions impacting his Joint Task Force staff and the majority of New Zealand

citizens, but which contributed significantly to New Zealand being able to reduce restrictions and open borders.

"Group Captain Gowthorpe demonstrated committed service over an extended period, assuring advice at the strategic and operational levels."

Glenn was one of three Defence Force personnel recognised in the King's Birthday honours. Others were Squadron Leader George McInnes, - a helicopter pilot who helped save three people from Canterbury floods in May 2021, and Lieutenant Colonel Vanessa Ropitini from the New Zealand Army who helped train people in Europe in the wake of Russia's Ukraine invasion.

Chief of Defence Force Air Marshal Kevin Short says their efforts were outstanding and he is incredibly proud of what the trio has achieved.

Glenn's recognition was a reflection of the work accomplished by the whole Defence team, he adds.

"The outcome that our people achieved is what the award stands for."

Glenn says he had to make some really tough calls that he didn't want to have to make.

"When COVID got into the community and we needed to staff MIQ facilities housing the community cases, which were the most challenging, I was asking my staff to go to places they did not want to go to," he explains.

"When the community case numbers got really bad I was worried that we weren't going to be able to supply enough people to staff the facilities, because Defence staff were catching COVID as well.

"I had to confine my staff to their hotel accommodations when they weren't working. That was a really tough decision to have to make, but at that time it was the right one to make.

"I look back on the experience and it was such an interesting and rewarding job. I will wear my DSD with pride and I will never forget the genesis of it."

Muriwai partially open

Cordons were lifted at Waitea Road in Muriwai on June 16 for the first time in four months.

Muriwai welcomes back dog walkers, surfers, fishers and beach lovers but caution is urged with Motutara Road and Domain Crescent remaining closed to non-residents.

Motutara Road in particular has some safety issues, which the Auckland Council and Auckland Transport are working through and

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once resolved the cordons should lift.

Waitea Road was never meant to be the main road into the beach. It is skinny and windy in parts, so to help alleviate traffic and further damage to Waitea Road, vehicle access for those wishing to drive on the beach remains closed and the council has requested that anyone driving horse trucks or towing horse floats keeps away during weekends.

All tracks in Muriwai are closed, including gannet colony access. They are unsafe to be used and volunteers don't wish to put themselves at risk to save people.

Auckland Minister Michael Wood and key senior Auckland Council members attended a packed community meeting at the Muriwai Surf Club, with the council still on track to complete a geotech survey due diligence at the end of August.

The council and central Government are now working together to discuss how the voluntary buyout process will work and be funded - expecting this to be completed before the end of August. Then the negotiation period will begin for affected landowners. It's likely to be some time before people will know the outcome.

Strong discussions were had with Minister Wood regarding accommodation support. Although the majority are covered by their rental insurance, this is starting to run out in July.

The ability to pay both rent and mortgage is daunting and on average these payments are \$1800 a week. Promises have been made that the Government will start to work through this in coming weeks and have an answer for affected residents.

It continues to be a tough time for residents who ask that those visiting the beach please be considerate and keep away from cordoned areas.

Residents says these are their homes - not a photo opportunity. Visitors should instead grab a surf lesson, have an ice cream and enjoy the beach.

Muriwai Volunteer Surf Lifesaving Junior and Senior Prizegiving were planned for Saturday June 24. The Muriwai Search and Rescue (SAR) squad has been selected in the top three for SARS Squad of the Year at the Northern Region Awards of Excellence.

Congratulations to Bridget Mihaljevich who is a finalist in the U14 Sports Female of the Year, and to lone Eadie, a finalist in the U15 Sports Female of the Year, and Dylan Chapman as a finalist for the U15 Sports Male of the Year.

Wayne Sutton has been selected as a finalist for Examiner of the Year.

For any events people want at the surf club contact Kate on administrator@mvl.org.nz and check out some great packages for corporate hire, weddings and team building.

'Shot Bro' at Kaipara College

Actor Rob Mokaraka, known for his brave battle with mental health, has transformed his experiences into a compelling one-man play titled "Shot Bro: Confessions of a Depressed Bullet".

This extraordinary production, which has captivated audiences across New Zealand, serves as a poignant reminder of the importance of seeking help and support before it's too late.

"Shot Bro" is a real-life story about Rob's fight with depression, a bullet, suicide attempts and a seven-year healing journey.

It will show at Kaipara College on August 1, 2 and 3, and will include performances for the whole community, for rangatahi, and for men specifically.

"Shot Bro" reflects Rob's permanent commitment to healing and inspiring others. The play, crafted over seven years, allows him to share his story while also creating a safe space for others to express their own struggles.

His authentic and intimate approach ensures that each guest feels welcome and fully immersed in the transformative experience.

Following each performance, a dedicated forum provides an opportunity for attendees to share their thoughts and emotions, fostering a sense of community and understanding.

Rob emphasises the urgent need for emotional intelligence and introspection in New Zealand.

The way we were raised and continue to raise our children often discourages vulnerability, hindering individuals from effectively processing emotional triggers and exacerbating mental health issues.

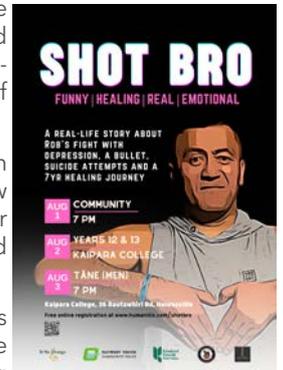
By infusing humour into his play, Rob skillfully transmutes pain and trauma into a safe and relatable experience, shedding light on difficult topics and facilitating healing.

Ultimately, Rob's message is clear and profound: Every life holds intrinsic value, and no one is ever alone.

"This message aligns so well with the values of our collective groups," says Kindred Family Services Executive Director Ana Christmas.

"We know many are struggling in our communities," she explains.

"We also know the power of storytelling, resilience, and the human spirit.



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"Rob Mokaraka's transformative play encourages individuals to seek help, share their stories, and find solace in a supportive community," Ana adds.

By raising awareness and fostering understanding, together, we aspire to drive positive change and inspire hope."

"Shot Bro: Confessions of a Depressed Bullet" is brought to Helensville through a collaboration with Te Ha Oranga, Kindred Family Services, Outwest Youth, Kaipara College, and the Healing Through Arts Trust.

Tickets available now through Humanitix. Contact rowan@kindredservices.org.nz for more information.

Kumeu River for 'blue-green' network

Auckland Mayor Wayne Brown has doubled down on his support for the flood risk reduction programme 'Making Space for Water' by backing proposed blue-green network solutions in suitable areas throughout the region.

At the June 22 Governing Body meeting, the Healthy Waters team identified waterways (awa) suitable for blue-green network solutions as part of 'Making Space for Water'.

All of these awa were subject to serious flooding during storm events in early-2023.

Blue-green networks, which link waterways (blue) and parks (green) with stormwater infrastructure, would make space for water to flow through the landscape.

In heavy storms, rainfall would collect in these areas reducing risk to people and property.

"The initial evaluation of sites suitable for blue-green networks was based on risk assessments for flooding frequency and magnitude, and stability of surrounding buildings. More importantly, our teams gauged the rate water rises and the potential for entrapment or risk to life," Wayne says.

"These projects will depend on property acquisition and central government funding, and will be developed, scaled, and delivered as funding permits."

The Auckland sites currently identified as suitable for proposed blue-green networks include Wairau Creek (Totaravale, Lower Sunnynook, Milford), the Kumeu River, Waimoko Stream (Swanson), Opanuku Stream (Henderson), Porters Stream (Glen Eden), Whau Stream (Blockhouse Bay), Cox's Creek (Grey Lynn), Gribblehirst Park/St Leonards Road (Meola/Epsom), Te Auaunga Awa (Mt

Roskill), Harania Creek (Mangere), Te Ararata Greenway (Mangere), and Whangapouri (Pukekohe)

"The next step will be to develop risk profiles and some project objectives for each waterway. For these blue-green network projects to be effective, there would need to be some acquisition and removal of houses or buildings," Wayne adds.

"Auckland Council is not a guarantor for private properties, nor is it responsible for compensating landowners for loss due to severe weather events," he explains.

"However, some financially prudent acquisition for stormwater solutions that benefit the wider community would be an appropriate use of public funding."

Wayne says 'Making Space for Water' appears to be a well-conceived, integrated approach to flood risk reduction with the potential to deliver a diverse range of benefits for all Aucklanders, as part of the region's recovery programme.

"We want to see social and environmental improvements in addition to fixing Auckland's infrastructure. When we make space for water, we also make space for people and nature," he adds.

The draft Tāmaki Makaurau Recovery Plan; a living document with sections to be released as work programmes are finalised, includes 'Making Space for Water' and the proposed blue-green networks.

"I appreciate that Aucklanders require greater certainty," says Wayne.

"We are doing our best to move at pace, but the flood and storm recovery will be complex and requires engagement with local communities given the scale of activity proposed."

North Shore Ward Councillor Richard Hills, Chair of the Planning, Environment and Parks Committee, said he is pleased to see a stronger focus on blue-green infrastructure for future resilience across Tāmaki Makaurau.

"Projects that daylight streams, restore wetlands and naturalise waterways will help to reduce the impacts of flooding in our communities. They also have wider benefits, including lower carbon emissions, improved water quality, and native habitat for wildlife and recreation," Wayne says.

"Recently completed blue-green projects, such as Te Ara Awataha in Northcote and Te Auaunga in Mt Roskill, are great examples of how council can work with mana whenua, local communities, and central government to invest in our environment and make neighbourhoods more resilient against climate change and extreme weather events. I'm glad we are increasing this work."

During July a briefing will be held for all Local Board members to discuss 'Making Space for Water' and the final programme will go to the Governing Body for consideration in September.



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The Auckland Council has begun engaging with the owners of residential properties most at risk from further storm events.

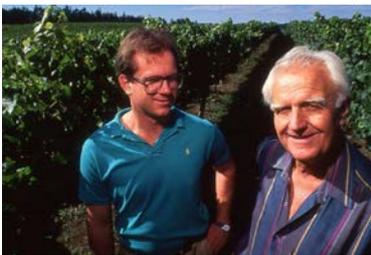
Detailed risk assessments are needed to determine what properties are eligible for a Government supported buyout programme for 'Risk Category 3' properties.

Auckland Council's Recovery Coordination Office will continue to engage with central government to define the arrangements for funding recovery efforts. The funding split and costs are still to be worked out.

"We would welcome a similar Government funding arrangement to the Christchurch earthquake, which sets a precedent for the 'Risk Category 3' buyout programme," Wayne says.

30 years of Maté's Vineyard celebrated

The late Mate Brajkovich had an idea more than 30 years ago to produce one truly great chardonnay from the then San Marino Vineyards in Kumeu, now known as Kumeu River Wines.



In 1990, following this belief, Mate led the project of replanting his original vineyard with the Mendoza clone of chardonnay, says son Michael, pictured in 1985 at left with Mate in the vineyard.

To celebrate the 30th vintage of Maté's Vineyard with the release of the exceptional 2022 vintage is a special moment, says Michael.

"We look forward to sharing our Single Vineyard wines with as many of you as possible."

"This year is also your opportunity to join the Kumeu River CRU," Michael adds.

"We developed the Kumeu River CRU to ensure our most loyal customers get an allocation of our most in demand Single Vineyard and Estate wines each year, prior to the public release.

"As a member, you'll receive a 10% discount on current vintage Estate and Village wines when you purchase them online or visit us at the Cellar Door, as well as the first access to library offers and Kumeu Concierge personal order access.

"Members will also be invited to celebrate the new vintage with tastings hosted in Kumeu and Sydney. It's a great opportunity to try

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all the wines as well as a good excuse to pull a few bottles of older vintages from Maté's Cellar to see how they're developing."

Join the Kumeu River CRU online or contact Marijana at marijana@kumeuriver.co.nz for more information.

Kumeu Friendship Club meets July 28

The Kumeu Friendship Club continues to thrive in Kumeu and surrounds, with a monthly meeting (the fourth Thursday of every month, 10am) at St Chad's in Huapai.



A typical meeting might include 60 "senior" citizens who enjoy a wide variety of guest speakers.

May was the final in a series telling the history of Auckland's trams.

On June 22 a retired sea captain with a hugely diverse and entertaining history of his own seafaring career entertained attendees.

Regular coffee mornings are also very popular and help ensure members keep in touch, with the latest on June 15 comprising more than 40 attendees held at the expanding Huapai Country Club.

Also well attended was the Kumeu Friendship Club's Pink Ribbon Breakfast on June 1 - a very successful fundraiser in aid of the Breast Cancer Foundation NZ at The Beekeepers Wife restaurant in Riverhead. The photo shows just how enthusiastically three of our seven prize-winners rose to the challenges.

June 29 brought the Kumeu Friendship Club's mid-winter lunch at the Golden Silk Thai Restaurant.

Our newly created Events sub-committee is planning a wide variety of outings and trips for the coming months. New members are

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People & Places

always welcome. Contact President Allan Maclean, email allanm@outlook.co.nz, 021-610 020), or come along and see for yourself.

JPs available at Kumeu Library

By Clive Preston-Thomas JP

The JP Service desk at the Kumeu Library on a Saturday morning between 10am and noon has now resumed.

It's free and no appointment is needed for this service.

While operating under COVID traffic signal levels Red or Orange, clients need to present their COVID Passport before entering the library for this service. JPs will be accredited and vaccinated.

A JP can witness signatures on documents and certify copies of documents as true copies of originals or images viewable on a computer or smartphone screen.

They also take declarations for documents requiring a Statutory Declaration and administer oaths or affirmations on court related documents requiring an affidavit.

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. They can also perform citizenship ceremonies if especially requested.

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 can't do this for someone else. Bring your photo ID - for example, a driver's licence or passport with you so the JP can confirm you are the person making the declaration.

Make sure the form is fully filled out and avoid signing the form before you come, and do this in front of the JP.

Under COVID safety requirements, JPs in the Northwest can provide some services at their homes. You must telephone first and make an appointment. They will also probably require vaccination.

Names and addresses of JP's can be found in the local phone directory and on the website www.jpfed.org.nz or jpaukland.org.nz - search "find a JP".

These sites will also provide listings of JP's who provide online JP

services which may assist clients who are not double vaccinated. However, they will require a computing facility and scanner for this.

There is also a regular JP service available each weekday between 1pm and 3pm at the Massey CAB in the Massey Library (Te Manawa) and at the Northwest Mall on Thursday evenings between 6pm and 8pm and Saturday morning between 10am and noon.

Future Kumeu asks local board to help resolve flooding

The Future Kumeu group has urged the Rodney Local Board to withdraw support from the Kumeu-Huapai Centre Plan due to three major floods in two years.

The group's submission to the June 20 local board suggests commercial growth in the centre plan is no longer viable as a result and that Waka Kotahi NZ Transport Agency and Auckland Transport have used the centre plan produced in late 2017 (which proposed an expanded town centre between the two main commercial areas) as a basis for their Notices of Requirement (NoR).

The submission says the Auckland Supporting Growth Team had met local business owners and indicated the alignment for a rapid transit corridor (bus, cycle, pedestrian and light rail) which was apparently based on the centre plan and which it says is in the wrong place.

Future Kumeu says the NZTA's alignment (SH16) through the township could impact about 30% of commercial/industrial buildings in that area, effectively "destroying" many of them.

A "concept plan" considering flooding and how Kumeu-Huapai growth may happen - including the likely site for a new town centre on higher ground, a new industrial area, and ancillary infrastructure - is being developed by Future Kumeu, much of it explained at a public meeting late last year.

Future Kumeu has also asked the local board to undertake a concept plan/structure plan with the local community so that infrastructure proposed by the NZTA and AT is redesigned to service growth while recognising flooding constraints.

Meanwhile, Auckland Council won't start planning work in Future Urban areas until 2025 - which is too late for the NoR considerations, says Future Kumeu.

Future Kumeu also claims some organisations which have an interest in Kumeu-Huapai haven't made submissions on the NoR proposals and are therefore likely to be excluded from the hearing process.

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I was lucky enough to go on the 24th May for 5 weeks to Canada and although it is physically hard and mentally taxing I find it truly humbling to help others affected by tragic environmental impacts.

To my family, thank you for being self-reliant, and to my clients, thank you for having faith in our seamless systems and processes that allows our magnificent Mike Pero Support framework to kick in and allows everything to continue without me being in New Zealand.

If you'd like a presentation on what it's like to be involved in this event/ activity, or you'd like to be a happy and satisfied Mike Pero Client, call me today on 0800 900 700 or email graham.mcintyre@mikepero.com.



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Community News

Gently Loved Markets

Gently Loved Markets is back at the Kumeu Community Centre on Sunday 16th July for your preloved treasure hunt from 10am till 2pm.

With a wide range of stalls selling preloved, modern, vintage, retro and upcycled clothing, accessories and homewares. Grab a coffee from Hero Coffee, a bite from Let's Brezel and your favourite fabric bag for your preloved fix. All stalls are indoors, with changing rooms at the venue to you can try before you buy. The event is mainly cash, some stall holders may accept bank transfers.



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

To inquire about a stall contact Donna Buchanan on gentlylovedmarkets@gmail.com.

North West Country update

It has been a very busy month for North West Country with great opportunities for businesses to get the support they need.

BNZ North West held a Business Insights event in the Trusts Arena on June 14th. Partnering with Ice House, the free event offered expert speakers providing advice on business succession planning, how to undertake successful business acquisitions, and the local economic climate.

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Retail NZ is providing support for retailers after launching a suite of practical tools, videos, webinars and an awareness building insurance quiz to help businesses build knowledge and capability in Business Continuity Planning. Businesses obtained access to these free tools to overcome hardship.

Members were also offered an opportunity to register with the Regional Business Partner Network (RBPN) which is a forum to connect to the right advice, resources and people. The RBPN is focusing on supporting small to medium sized businesses to overcome hardship in light of a year of catastrophes.

After a long hiatus, businesses were offered their first Business After 5 event through the West Auckland Business Club. Held at Mitre 10 Mega, members shared a fun evening with Central Park Henderson Business Association members.

All of these updates are coming to members through the North West Country regular email newsletter. If you aren't receiving these please check your Junk email box, or email the Manager on manager@northwestcountry.co.nz.

Seniornet

In the heart of our community, the SeniorNet Club is igniting the spirit of learning and camaraderie among our cherished senior citizens. With a delightful array of courses catering to beginners, this club has become a hub of knowledge and laughter, fostering a supportive environment for seniors to embrace technology with enthusiasm.

Under the guidance of dedicated instructors, seniors delve into exciting topics, from mastering computers and navigating the internet to discovering the wonders of social media. These engaging courses are carefully designed to cater to beginners, ensuring that every senior feels comfortable and empowered in their learning journey.

What sets the SeniorNet Club apart is its commitment to making learning enjoyable. Through interactive activities, hands-on projects, and group discussions, seniors are encouraged to actively participate and have fun while acquiring new skills. Laughter fills the classrooms as seniors share stories, exchange tips, and bond over their common quest for knowledge.

The benefits of the SeniorNet Club extend far beyond the classroom. Lifelong friendships are formed as seniors connect with like-minded individuals, creating a strong support network that transcends age. Many seniors have found newfound confidence in their technological abilities, opening new avenues for communication, entertainment, and personal growth.

The SeniorNet Club proves that age is just a number, showcasing the boundless potential for lifelong learning and enjoyment. It serves as a testament to the fact that seniors can embrace technology,

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NorthWest

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Community News

expand their horizons, and continue to thrive in our ever-evolving digital world. In this inclusive and vibrant community, the SeniorNet Club is empowering seniors to stay connected, informed, and engaged, while reminding us all that learning is a lifelong adventure worth embracing at any age. We meet on the first Wednesday of the month at 10am in St Chads Church Hall in Huapai.

Kaukapakapa Village Market @ the Helensville A&P Showgrounds

Sunday 16 July 8.30am to 1pm. A great morning out for the last day of the school holidays - plenty of stalls with everything from hand made to pre-loved goods, gifts, crafts, jewellery, fresh fruit and winter vegetables, plants, preserves and books. Plus doughnuts, ice cream, sausage sizzle, coffee and much more. There's also live music from Jessica playing from 10am to 12pm and free face painting for the kids. See you there.



Sorry - no dogs with the exception of assistance dogs.

For more information contact Sarah 027 483 1542 or email sarah@riversidecrafts.co.nz.

Kumeu Friendship Club

In the heart of our community, the Kumeu Friendship Club is a haven where friendship is cherished and nurtured. With a strong emphasis on companionship, this club has become a vibrant hub of connection and support, bringing together individuals from all walks of life.

At the core of the Kumeu Friendship Club is the belief that friendship is the fundamental requirement for a fulfilling and enriching life. Every gathering is a testament to this, as members come together to share stories, laughter, and support. The warmth and camaraderie in the room are palpable, creating a welcoming environment for everyone.

During each meeting, the club offers both a mini speaker and a main speaker, ensuring a diverse range of topics to captivate and engage members. From informative talks to entertaining presentations, these speakers bring a wealth of knowledge and entertainment, sparking lively discussions and fostering intellectual growth.

But the Kumeu Friendship Club goes beyond the confines of its meeting room. Regular outings are organised, allowing members to explore the beauty of our local area and forge lasting memories together. Whether it's a day trip to a nearby attraction or a leisurely stroll in nature, these outings provide opportunities for deeper connections and shared experiences.

The Kumeu Friendship Club stands as a testament to the power of human connection and the importance of fostering lasting friendships. It serves as a reminder that in a world filled with technological distractions, genuine relationships and personal interactions remain at the core of our happiness and well-being.

If you're seeking companionship, laughter, and a sense of belonging, look no further than the Kumeu Friendship Club. Join us and discover the joy of forming lasting friendships while creating cherished memories through our engaging meetings and delightful outings. If you would like to see what we are all about please come to St. Chads Church, Huapai 10am on the 4th Thursday of the month.

The Kumeu Clothing Swap and Shop

Are you tired of staring at a closet full of clothes and feeling like you have nothing to wear? Are you passionate about sustainable fashion and reducing textile waste? Look no further, because we have the perfect solution for you. Introducing the Kumeu Clothing Swap & Shop event, where you can refresh your wardrobe, save money, and contribute to a greener planet.



We are a community women's clothing swap and sale, run by passionate locals and a dedicated team of volunteers. Our mission is to promote community and sustainability, as well as make good quality clothing accessible to everyone. All profits raised go to Parent Aid North West, a charity who do the most incredible work supporting local families with young children when they need it most.

So, what exactly is a clothing swap? It's a fun and eco-friendly gathering where women come together to exchange their gently

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Community News

used garments, accessories, and shoes. Instead of buying new items, you'll have the opportunity to breathe new life into pre-loved fashion treasures, making your style truly one-of-a-kind. By participating in a clothing swap, you actively contribute to reducing textile waste and minimising your carbon footprint. It's a small step towards a more sustainable future.

Our 2023 EVENT will be held at the Big Sheds, Kumeu Showgrounds on Sunday 10th September, 10am - 4pm.

It's super easy to be part of this awesome event:

- Sort your wardrobe
- Bring your items to one of the drop off days
- Pay your \$30.00 donation
- Come along to the event on the 10th September
- Take home with you the same amount of items that you donated
- If you want more than your quota, each item is just \$5
- Swappers are welcome to come any time on the event day between 10am - 4pm

The DROP OFF days - The Big Sheds, Kumeu Showgrounds

Thursday 7th September 3pm - 7pm

Friday 8th September 9am - 5pm

Saturday 9th September 8am - 11am

From 1pm onwards we open to the public as our huge \$5 CLOTHING SALE. An incredible way to buy quality second hand women's clothes for a total bargain.

Ready to revolutionize your wardrobe and make a positive impact on the world? Don't miss this upcoming girl power event. We have live music, coffee, crepes, an epic raffle and some beautiful silent auction items. So bring your gently used clothing, and join us for a day of fashion, sustainability, and community. Together, we can redefine the way we consume fashion and inspire others to join the movement.

Check out our Facebook Group (Kumeu Clothing Swap & Shop) and Instagram (@kumeuclclothingswapandshop) for more information

and event updates.

If you would like to be part of our volunteer team, or are interested in sponsoring our event, please email Bex at bex.holland@outlook.com. We can't wait to see you all there.

What's on at Kumeu Arts

We are thrilled to announce an exciting exhibition of portraiture this July. Collected Identity will bring together six artists; Tanya Blong, Natalie Gelder, Mark Whippy, Carly Jade Anderson, Tracey Roberts, and Abbie Cossey. The display in our main gallery will include paintings, photography, and ceramic representations of people within our community and some familiar faces. In the Pod gallery, we're celebrating Matariki with an exhibition reflecting the Maori New Year. Both galleries are always free to visit so come and see the work of our talented local artists. We have two options to keep your children happy and learning during the school holidays. Creative Matters will run their excellent art workshops and Brain Play are offering technology workshops. At the end of July, we will close for approx. one month to have some renovation work done to enhance our front entrance. For more info visit www.kumeuarts.org



The image attached is for Matariki.

Kumeu Childcare

Kumeu Childcare is a Reggio Emilia inspired centre. It is a highly regarded programme whereby our experienced and qualified teachers provide a well-planned environment with provocative open ended materials that fosters their well-being and development.



Our centre provides well balanced nutritious meals and children have generous outdoor and indoor spaces to confidently explore and interact with one another. We also have a transition to school programme in our preschool room which helps build children's confidence as learners and positively promotes the beginning of the primary school experience.



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AWARD WINNING DESIGN & BUILD




Community News

We are taking enrolments and specials going on for new enrolment. Please feel free to call or email us on the details below for any enquiry or a friendly visit.

info@kumeuchildcare.co.nz/ manager@kumeuchildcare.co.nz

Mob: Alka 021 119 5148 / Anna 021 091 04333.

Fruit tree pruning and care workshop 2

Sunday 23rd July (9.30am to 11.30am).

If you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this is a good time of year to do this. This very popular pruning and care workshop will give you all the basics to assist in your success. As this event is generally over-subscribed we are running this follow up one from the June workshop to ensure everyone who is interested gets the opportunity to attend.

David Bayly, our in-house tree care expert, will be once again running this very useful and timely workshop in his usual relaxed and interactive style.

Topics to be discussed will include: Tools required, pros & cons of various trees, site selection and preparation, planting methodologies/techniques, general tree care and s

afety considerations.

As mentioned above, this event is extremely popular so **BOOKING** is **ESSENTIAL** as spaces are limited (see below for booking details).

Afterwards you will also be able to stroll around the beautiful Sculpture Gardens which has around 40 marvellous pieces created for our 2023 exhibition by local and international artists on display; as well as the extended nature trail (approximately 3.5km in total). *

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

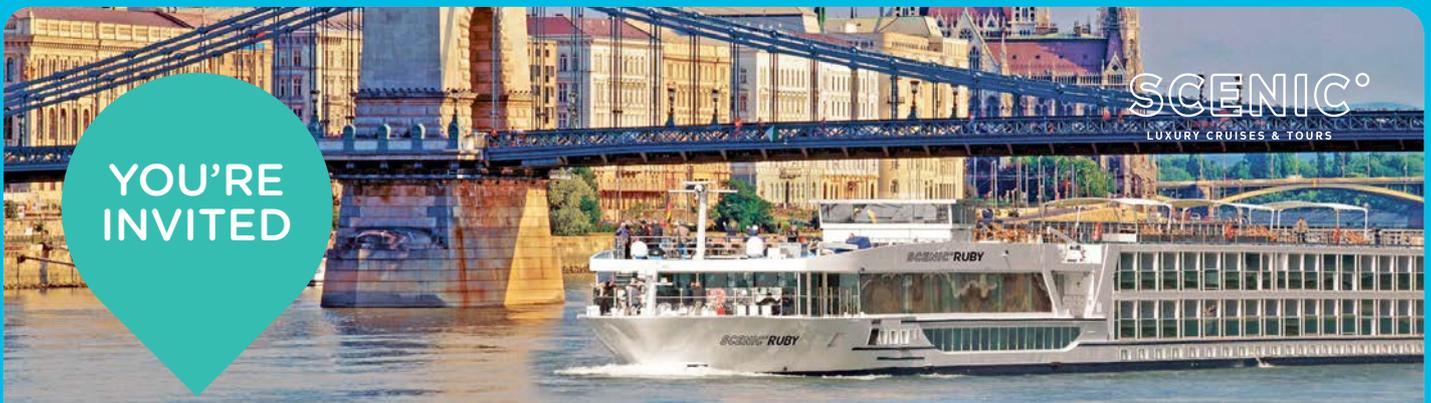
Our knowledgeable and friendly staff will also be on hand to help with any other garden related questions.

* The gardens and nature trail are unfortunately not suitable for wheelchairs or walking frames.

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa.
Tickets: \$25 per person. To Book: info@kaiparacoast.co.nz OR 09 420 5655.

\$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.



SCENIC TOURS EVENING

Thursday 13th July at 6.00pm

Presented by Karyn Blenkiron our NZ Scenic Representative

Scenic Tours operate River, Land and Luxury Cruising tours throughout the World. We're focusing on River Cruising and the Scenic Eclipse, the World's First Discovery Yacht for Europe 2023 & 2024.

Scenic are a 5-star all-inclusive touring option that we have many clients travel again and again with Scenic.

Venue: Huapai Golf Club, 1261 Coatesville Riverhead Highway, Riverhead

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In Brief

Craigweil House

We recently celebrated some special birthdays in May with delicious cakes, decorations and balloons. We would like to wish Beverley, Iris and Gwendolyn a very Happy Birthday and many more to come. Each birthday becomes a cherished milestone, reminding residents that they are valued and loved members of the rest home community.

We decorated our communal areas with colourful banners, flowers, and sentimental decorations to create an inviting and joyful atmosphere for Mother's Day. Live music added a touch of artistry and liveliness to this special day.

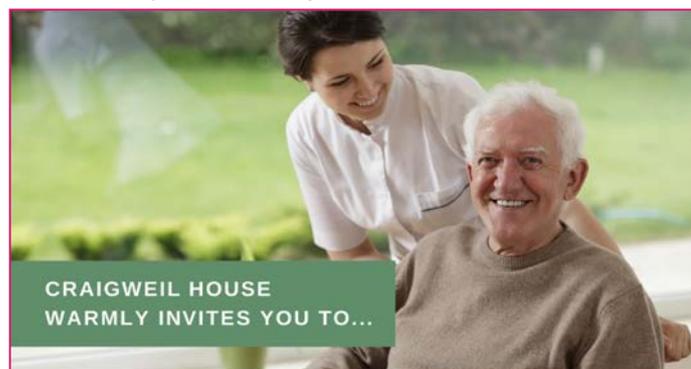
Craigweil House were in the pink on Pink Shirt Day. Residents and staff went all out to Speak Up, Stand Out and Stop Bullying. It was a day to raise awareness about various forms of bullying, facilitate conversations that promote empathy, understanding, and respect. We even had some tasty pink ice cream as a bonus.

If you would like to enquire about Craigweil House for your loved one, please get in touch. We are a boutique rural facility with personalised compassionate support and care for rest home, hospital, and secure dementia levels of care - 09-420 8277.



Kumeu Library

Kumeu Library is all titivated and refreshed and open again - and we're hoping you will enjoy the changes. We're expecting the first week will be busy while we get everything set up again and enjoy catching up with all our customers, but we do have several events and activities planned for July.



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Craigweil House
Home & Hospital
FEEL AT HOME WITH FAMILY

July is school holidays, and the theme is Matariki. We will be having free, fun activities for school-aged children starting from Friday 7 July at 10.30am with a Kahoot! Quiz, and then an activity at 10.30am every day from Monday to Thursday of the second week of the school holidays. And on Thursday 13 July we will be holding a special evening event - Geronimo Stilton and Who Stole the Cheese Trophy? Come and join us at 6.15pm for a fun-filled evening involving games, activities and cheese (of course).

Kumeu Library will be closed on Friday 14 July for the Matariki public holiday, and re-opens on Saturday 15 July at 9.00am.

Our programmes for pre-schoolers are starting back up again too. Rhymetime will be back from Friday 7 July at 9.30am and Storytime from Monday 10 July at 10.30am. Wriggle & Rhyme will start back after the school holidays from Friday 22 July at 10.30am.

On Thursday 20 July Kumeu Library is hosting a talk by Harbour Sport on Falls Prevention - falls and a fear of falling can be common, but falling over is not a 'normal' part of getting older with many falls being preventable. If you are 65 years old or older and want to learn more about how you can reduce your risk of falling and what you can do to improve your leg strength and balance, then join the Harbour Sport team for an informative discussion.

In other news, there is a gorgeous new library bag available - come and have a look. Costing \$4.00 each, the new bags are made from strong organic cotton with reinforced handles and are big enough to accommodate quite a few books.

To keep up with all Kumeu Library's events and news, follow us on Facebook (www.facebook.com/kumeulibrary).

NumberWorks'nWords

NumberWorks'nWords has been providing specialised tutoring services in maths and English for over three decades. They recognise that mastering these fundamental skills can be challenging for many children, causing them to fall behind in the classroom. To combat this, they provide individualised tuition programmes tailored to each child's unique needs.

At NumberWorks'nWords NorthWest, every child undergoes a customised assessment to determine their strengths and weaknesses. Alison and Chelsea, the centre owners, then create a personalised learning plan focused on closing any gaps in learning and extending the child's knowledge. Tutors provide one-on-one teaching, explain new concepts and reinforce understanding through computer-based exercises.

NumberWorks'nWords NorthWest creates a supportive and engaging environment that nurtures children's love for learning. Tutors celebrate achievements with certificates, helping to build children's confidence and a more positive mindset about their capabilities.


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E castlepanelbeating@orcon.net.nz

In Brief

If you are concerned about your child's maths or English progress, book a free assessment at NumberWorks'nWords NorthWest.

For the kids too

When you wear jewellery that is inspired by the people you love, it not only gives you, the wearer, a sense of comfort and connection to those people, but it also gives those people a sense of connection to you too.

When I wear my "Little Love Letters" necklace, it's not just about me keeping my children close, they totally love seeing their initials hanging around my neck. They will often talk about the pendants and even play with them, given the chance. I am sure this reaffirms to them how much they are loved and reminds them that they are always in my thoughts and in everything you do.

If you'd like a piece of jewellery to keep you connected to your children, visit my website www.preciousimprints.co.nz. You can choose from earrings, rings, necklaces and more. Or email me at jo@preciousimprints.co.nz if you have a design ideal you would love to see turned into a piece of jewellery.

Te Awaroa Helensville Museum AGM, 2023

With the uphill battles of pest invasion action and Covid closures happily things of the past, a report prepared for the 2023 Te Awaroa Helensville Museum AGM, held on June 24, recorded how the organisation has preserved, celebrated, and showcased the rich history of Te Awaroa Helensville and its surrounding areas in the past year.

Because it is seen as important to nurture a love of history, including in our younger generations, over the year active engagement with schools, community groups and tourists has increased. Outreach programs have included guided tours, educational presentations, and collaborations with local schools to provide valuable resources for educators. This activity has been aided by the fact that gaining funding for an administration assistant has freed up time for the

dedicated museum volunteers to better interact with the wider community. Work is ongoing to foster partnerships with local businesses, community leaders and organisations such as U3A, Lions Club, the Kaipatiki Board, and Northwest Businesses.

The museum buildings are mostly now available and open for business, providing venues for successful events which have helped bring local history to life. These included hosting tin-type photographer Adrian Cook during Arts in the Ville, hosting the Haunted Auckland team, running Halloween Night, and holding embroidery and weaving classes. Arina Bosch gave a popular series of talks to help teachers with the history aspects of the new Aotearoa curriculum.

Volunteers are crucial. The gardening team continue to delight visitors with the beautifully presented grounds. The preservation and care of the extensive collection remains paramount, and the dedicated collections team has made significant progress in cataloguing and digitising archives and artifacts, ensuring their accessibility for both researchers and visitors, while other volunteers have done excellent work preserving the textiles in the collection. The IT volunteer keeps the computers going, while others keep the museum in the public eye with articles in local publications, a lively Facebook page and an up-to-date webpage. Of course, there are plenty more things to do, and anyone thinking about volunteering is very welcome to join the happy team.

With the goal of creating an immersive and inclusive space that showcases the diverse history of the Helensville District while inspiring future generations to appreciate and preserve the local heritage, future plans include enhancing the museum's facilities, developing new exhibitions, and broadening community outreach efforts.

Wonderful news that broke after the report was written was that a \$21,500 grant had just been received and would be used to pay for many of the upgrades sorely needed. This grant is thanks to the hard work of outgoing President, Toni Walmsley, who was thanked for the effort and energy she has put into the leadership role.

AGM Election results: President, Leigh Bosch; Vice President, Megan Williams, Committee, Jennifer McCann, Gray Clayton, Fiona Wilton, Anne Martin, Gaylene Ellis, Ron Harland.

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Property

Property market report

Market responds to RBNZ change in stance.

Economists say all three key drivers of the housing market point to a stronger market and house price gains, everyone's watching with a keen eye.

Kiwibank economists say they are expecting to see "some healthy green shoots" emerging in the spring housing sales season.

In Kiwibank's weekly First View publication, chief economist Jarrod Kerr and senior economist Mary Jo Vergara House say house prices are still falling, "but at a reduced rate".

"And sales activity is building upward momentum. There are signs of stabilisation."

They note that the REINZ data for the month of May showed further falls in house prices across the country.

"Wellington has seen the sharpest contraction in prices, falling 1.5% on the month to be down 25% from the November 2021 peak. Auckland is close behind, with house prices off 23% from the peak. They say they expect buyers and sellers to go into hibernation over winter. "And the true litmus test for the housing market will be in spring. We expect to see an uplift in confidence and activity over the warmer months." There are three drivers of the housing market.

"Firstly, the peak in interest rates should mark the bottom in the housing market correction. Falling mortgage rates will support confidence and activity.

"Secondly, the demand/supply imbalance will worsen. The surge in migration and the loss of dwellings at high risk in climate change will only exacerbate the housing shortage.

"And finally, the residential construction boom is coming to an end. The number of dwellings coming to market will fall back from very high levels. The growth in demand, with a migration boom, will once again outstrip supply in coming years.

"All three drivers point to a strengthening housing market, and price

gains,"

In Westpac's Weekly Commentary, senior economist Michael Gordon says the key things the Westpac economists are watching in the economy looking ahead are:

1. the state of the labour market,
2. the degree to which the inflation rate slows over the course of this year, and
3. the potential for a rebound in the housing market.

"The May REINZ figures showed that house sales have picked up from their lows and that prices have stabilised after a cumulative decline of around 17% since late 2021.

Let's look at the sales:

Helensville	\$765,000 to \$1,170,000
Kumeu	\$1,200,000 to \$1,420,000
Parakai	\$715,000
Riverhead	\$1,130,000
Swanson	\$1,120,000
Taupaki	\$2,000,000
Waitakere	\$990,000 to \$1,600,000
Whenuapai	\$1,350,000 to \$1,440,000

Whatever your situation and position, a conversation can always help create clarity and after 17 years of real estate knowledge and application at a top level, I am here to assist you making the very best decision possible. Contact me on 027 632 0421 or email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Selling a property when you're splitting up

Who is the natural choice for selling the family home to ensure there is no bias and an equal footing exists? If you can, choose two agents that are experienced and AREINZ qualified and select one that you can both work with. Ask to see an indication of the property's estimated selling price, a sales process recommendation and a marketing plan. Remember too, that while you might want



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Mike
James

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

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Te Atatu Office
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Te Atatu Peninsula

Property

to make life hard for others at times, it's not very smart to do anything that will jeopardise a smooth and successful sale. The faster you can sell your property, and the greater the price you get for it, and the sooner you can move on.

If you decide that your partner is going to stay in the house and they will buy you out, it's a good idea to get the property valued. A registered valuer will provide you with a detailed overview on the value within your property. This will come at a cost, but will deliver peace of mind. It may prove useful when you are talking to lenders, as a registered valuation can sometimes be required if you are refinancing. Whatever you agree to do with the property, you independently both need legal advice – and a written agreement that sets out your separate rights and responsibilities. This protects all parties and stops one partner from lodging a caveat or notice of claim that will prevent the sale of a property. It may also be helpful as some lenders may be wary of unresolved relationship property issues when applying for finance for another property. For more information you may like to refer: <https://www.settled.govt.nz/blog/selling-a-property-when-youre-splitting-up/> Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to <https://graham-mcintyre.mikepero.com/blog/>. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

Divorce Café podcast launches!

Lawyers and friends Shelley Funnell and Taina Henderson have combined their experience and launched Divorce Café, a podcast that demystifies, detangles and (hopefully) detoxes the legal process that follows a separation. This is a podcast for people getting into or out of a relationship.

Divorce Café is a series of smart and funny interviews with the experts in the relationship property field about the law, their biggest cases, and what you need to know to get through a separation (and navigate difficult legal issues whilst in the relationship).

On a mission to help people navigating this very stressful experience to survive it intact, it's about relationships too, not just separations, dealing with tricky topics such as how to negotiate a prenup without



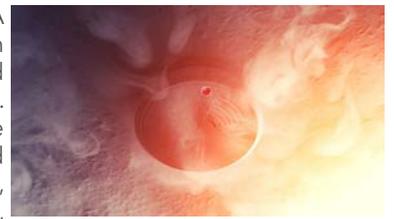
losing the love of your life.

You can find Divorce Café on Spotify, Apple Podcasts and Youtube by searching Divorce Café, or via the Henderson Reeves website.

If you need help with a separation or prenup (aka contracting out agreement) you really need a specialist relationship property lawyer. You can get hold of Taina on tainahenderson@hendersonreeves.co.nz.

Importance of smoke alarms in rental properties

A working smoke detector A working smoke detector alarm is essential for peace of mind and safety in rental properties. In this blog, we will cover the rules and regulations related to smoke alarms in rentals, including acceptable types, installation tips, record-keeping, and maintenance responsibilities.



According to Fire and Emergency NZ, 80% of house fires they attended were due to incorrectly installed or non-functioning smoke alarms. Landlords should take proactive measures to safeguard their investment by maintaining effective smoke alarms, which act as cost-effective insurance against fire incidents. This not only protects the property but also alerts tenants to potential dangers and prevents tragedies.

Rental properties must have smoke alarms installed, meeting specific requirements. New alarms should be photoelectric with a 10-year battery life or hard-wired into a power source. They must also meet international standards and be installed as per the manufacturer's instructions. Existing alarms do not need immediate replacement but should be in good condition and gradually replaced with alarms meeting the new standards.

Photoelectric smoke alarms are recommended as they are more effective in detecting smoldering fires. Installing interconnected smoke alarms throughout the property provides additional protection.

Smoke alarms should be installed within three metres of bedroom doors, as most fires start in bedrooms. Alarms should be placed on each level of the property, including the basement and attic if applicable. Ceiling or high wall installation is preferable to allow smoke detection as it rises. Avoid placing alarms near windows, doors, or air vents.

Follow manufacturer's instructions for proper installation and ensure secure fastening. Regular testing is crucial to ensure their functionality. At The Rent Shop Hobsonville, we offer comprehensive

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Property

yearly assessments by smoke alarm installation contractors at a competitive price.

Record-keeping is important and legally required. Landlords should maintain records of installations, replacements, and maintenance, including dates and types of detectors used. This demonstrates their commitment to providing a safe environment. We verify smoke alarm presence during our routine inspections and address tenant concerns.

Landlords are responsible for installing, maintaining, and ensuring smoke alarms are in good working condition. Tenants should also test alarms regularly, report issues promptly, and replace batteries as needed.

Non-compliance with smoke alarm regulations can lead to fines and legal consequences. Recent cases show fines of up to \$4,000 for landlords failing to provide smoke alarms.

In conclusion, smoke alarms are vital for rental property safety. By adhering to regulations and maintaining functional smoke alarms, landlords and tenants create a secure environment. If you're wanting more information regarding our services and how we can help you. Email us at mike.james@therentshop.co.nz.

Make sure to do your due diligence when buying

When buying a property, it is recommended to have a due diligence clause in your agreement. This will allow you a period of time to conduct inspections, surveys, and assessments on the property. You can also engage professionals such as building inspectors, surveyors, and lawyers to scrutinise the property's condition, title, permits, and any other relevant documentation.

The purpose of these investigations is to uncover any potential issues or hidden problems that may affect the value or desirability

of the property. This may include whether the property is in a flood zone and whether buildings on the property are properly consented. If you discover any significant concerns, you have the option to renegotiate the terms of the purchase with the vendor or withdraw from the agreement altogether.

It is advisable to consult with a lawyer before signing an agreement to purchase a property to draft a comprehensive due diligence clause tailored to your specific needs and circumstances. For any assistance with this or any other legal issue you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Why everyone needs an Enduring Power of Attorney

The term "Enduring Power of Attorney" (or EPA for short) might sound scary to some people. When you break it down "Enduring" means lasting over a period of time and an "Attorney" is someone that acts on your behalf. So, when you put an EPA in place, it means that you are formally nominating someone to make decisions for you, over time. Your attorney can look after your personal wellbeing and/or property and finances in the event that you're medically unable to, or if you decide it's too much to manage yourself. You have the power to decide who acts as your attorney, who they need to consult with (aside from yourself), determine conditions and restrictions and for property and finance matters, when the EPA comes into effect.



There are two kinds of EPA - one for personal care and welfare and a separate one for property. An EPA for personal care and welfare allows you to choose one person as your attorney. This is not a lawyer, but someone close to you who knows your wishes and who you trust to make important decisions about your health, accommodation and care. This EPA only comes into effect in the event that a medical professional determines you no longer have mental capacity.

On the other hand, an EPA for property gives you the option to appoint one or more attorneys to make decisions about your property, finances and legal contracts. This means they can pay bills, manage a bank account or buy and sell property on your behalf. You can determine whether it takes effect immediately, or only if you no longer have the capacity to make decisions. With this EPA you can also determine who your attorney/s need to consult with or provide information to and include restrictions and conditions to control how your assets are managed.

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Property

To future-proof the EPAs, we always recommend you appoint a back-up person called a successor attorney. This way, should your attorney be unable to act on your behalf or pass away, the successor attorney will be able to step in to make decisions.

Many people believe EPAs are only important to have as we get older, but this is not true. Anybody can lose capacity at any age or stage due to unforeseen circumstances, such as a stroke or an accident. If you do not have EPAs in place and you lose capacity, then it can be stressful, take a long time and be costly to apply to the court to appoint someone to be your property manager or welfare guardian (or both).

Having EPAs in place is like having an insurance policy and needs to be in place in advance. It is particularly stressful when a loved one loses capacity and by taking a bit of time now and getting these documents sorted, you could avoid a lot of extra stress (and cost) for your family down the track.

We are happy to discuss and advise you on the best ways to protect and manage your estate, so give us a call on 09 973 5102 and make a time to come and see us at either our Kumeu or Te Atatu Peninsula offices.

First home buyers – the time is right

There is nothing more satisfying than helping people move into their first home.

The role I play as a Mortgage Adviser for first home buyers is very broad and can include planning, assisting with budgets, property consultant, home grant applications, KiwiSaver assistance, bank negotiator, and of course support. This is all with just one goal in mind, getting my clients into their first home.



Regardless of what stage you may be at in your planning a good Mortgage Adviser can really help. I work alongside first home buyers every day and have access to over 15 lenders who may be able to assist. There are several good reasons why now is a good time to take that next step – firstly property prices are better than they have been for several years and secondly there are a number of grants and other initiatives available right now to specifically help first home buyers get into a home. My role is to share all this information with you and provide support and guidance, it's what I love to do.

So, if you are just thinking about it, looking for some support to

take the next step or ready to buy let's talk. I am available for an obligation free chat.

Stephen Massey - Mortgage Adviser and First Home Specialist, Call 021 711 444, or check out my website loanmarket.co.nz/stephen-massey

Public Trust NorthWest

You might think you don't have enough assets to leave in a will, but new research shows 85 percent of people want to leave a legacy that goes beyond money and assets and instead make sure they're passing on things like values to live by, happiness and a good upbringing.



Wills Week 2023, supported by Public Trust, runs from 17 to 21 July and aims to empower New Zealanders with knowledge and confidence to write their will. Nearly 50% of New Zealanders over 18 have a will in place, and we are working hard to significantly boost that number.

New research, commissioned by Public Trust in its 150th year, shows that leaving a legacy matters. The research reveals an increasing interest in and value placed on 'emotional' legacy which is less about finances and more about passing on values, taonga and heirlooms.

Legacies can be many different things and go beyond money and assets – a legacy can also be about passing on family traditions, a favourite recipe passed through generations, or a sentimental jewellery item.

Public Trust NorthWest Customer Centre, NorthWest Shopping Centre, 48 Maki Street, Massey North, Auckland 0614, 0800 371 471, www.publictrust.co.nz.

\$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.

Graham McIntyre
LICENSED SALESPERSON
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www.mikepero.com

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



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Hot Property



Home with potential in Riverhead

Brimming with space, and flair and potential, this substantial three-bedroom home exudes unique appeal and will capture the eye of families and first home buyers' keen renovators looking to reside in Riverhead

Constructed over one level and with three bedrooms conveniently located this practical layout is perfectly suited to relaxed lifestyles

and entertainers, providing the backdrop to everyday activity.

The kitchen, dining and living area all enjoy a designated space yet interact effortlessly, and the adjoining deck provides you with an outdoor setting where you can admire the superb, suburban landscape.

One bathroom and a separate laundry are also found within the floor plan. The interior is tidy and includes carpet which could be enhanced or completely refurbished depending on your preference.

A low-maintenance and well-proportioned garden is positioned at the front of the section while ample off-street space rounds out the property.

Hot Property

Boundary Lines Indicative



Located near Riverhead school this property also enjoys proximity to local amenities which assures convenience.

This property is expected to attract interest from a broad audience, and therefore, you're urged to proceed swiftly.

For more information on this property call Karina Anderson on 022 093 7512 or karina.anderson@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

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	1,300,000	3012M2	156M2	1,170,000		1,200,000	900M2	100M2	936,000
	820,000	481M2	90M2	765,000		780,000	0M2	80M2	720,000
HOBSONVILLE	800,000	92M2	80M2	700,000		910,000	112M2	82M2	680,000
	1,285,000	205M2	162M2	1,199,000		880,000	0M2	110M2	745,000
	790,000	82M2	70M2	768,000		810,000	0M2	110M2	740,000
	1,390,000	266M2	164M2	1,295,000		930,000	350M2	167M2	940,000
	690,000	0M2	83M2	635,000	PARAKAI	735,000	0M2	78M2	715,000
	1,750,000	809M2	274M2	1,440,000	RIVERHEAD	1,280,000	730M2	127M2	1,130,000
	850,000	139M2	79M2	810,000	SWANSON	1,225,000	1064M2	123M2	1,120,000
	1,450,000	297M2	211M2	1,456,000	TAUPAKI	1,725,000	16904M2	329M2	2,000,000
	1,125,000	77M2	172M2	987,500	WAITAKERE	1,625,000	4.52HA	91M2	990,000
KUMEU	1,275,000	478M2	181M2	1,200,000		1,700,000	1.35HA	200M2	1,600,000
	1,450,000	599M2	209M2	1,420,000	WEST HARBOUR	1,025,000	0M2	105M2	880,000
	1,075,000	347M2	148M2	1,000,000		1,560,000	732M2	300M2	1,303,000
MASSEY	900,000	0M2	114M2	52,000	WESTGATE	1,185,000	200M2	190M2	1,130,000
	755,000	90M2	77M2	640,000	WHENUAPAI	1,480,000	362M2	269M2	1,350,000
	940,000	0M2	140M2	840,000		1,410,000	345M2	226M2	1,440,000
	1,025,000	789M2	120M2	860,000					
	1,600,000	809M2	130M2	755,000					

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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Plus \$490 admin fee. All fees and commissions + GST

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

*Available for a limited time. Conditions apply.



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Celebrate with us by registering your barn today!

Simply text the word **barn** to **027 632 0421**

and we will get the details to you!

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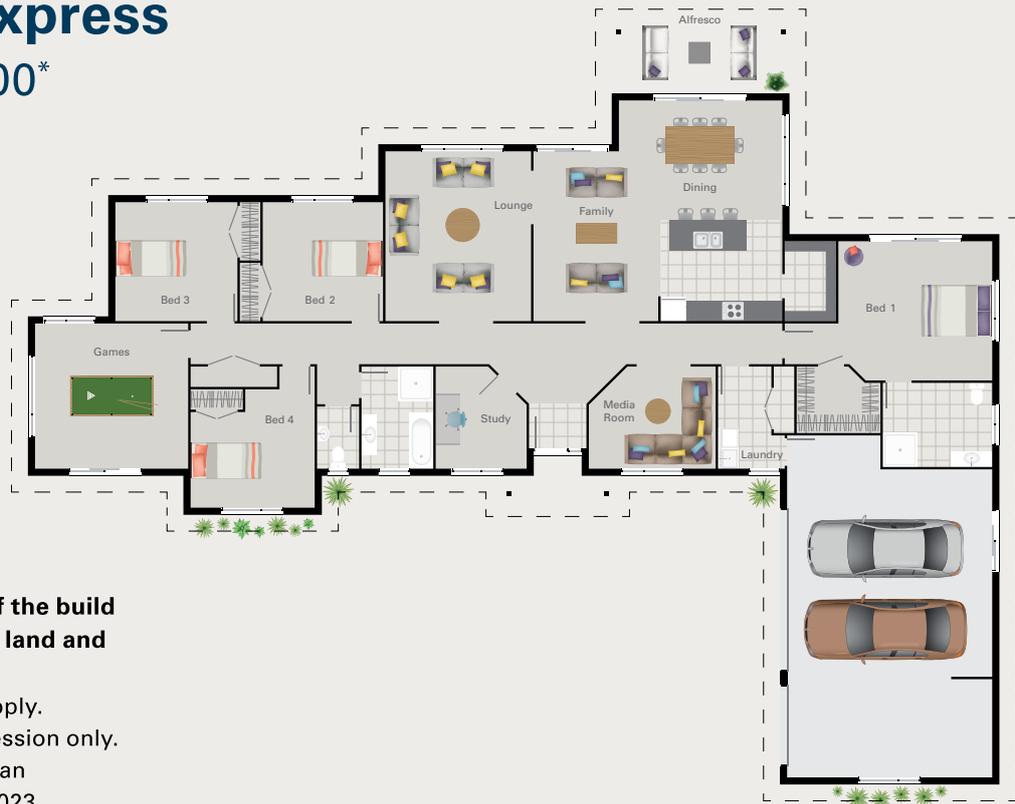
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Atlantic Express

from \$610,000*



***Price is an indication of the build cost only and excludes land and site specific costs.**

Some conditions may apply.

Images are artist's impression only.

Atlantic Express Floor Plan

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4



2



4



1



307.7m²



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View our full range of concept plans at gjjardner.co.nz. We can also design a new home for you from scratch.

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3 2 2

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Asking Price \$875,000

Modern baton construction, Inner harbour view, three bedroom and two bathroom with large double garage. Overlooking West Harbour Marina this is an incredible, affordable introduction to this fantastic area. Enjoy the lock up and leave lifestyle in this 3 bedroom, 2 bathroom home that features beautiful views of Auckland City and the Harbour. Downstairs, has a double garage, laundry, under-stairs storage, full bathroom, double bedroom with french doors leading out to landscaped courtyard. Perfect for a flatmate, independent teenager or extended family member. On the first level is a spacious open plan living area with modern kitchen featuring generous storage. Two bedrooms and a full bathroom on the second level with the master bedroom enjoying panoramic views.

www.mikepero.com/RX3636130



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BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Oraha Road, Huapai
By Negotiation

Nestled to the Eastern boundary of the Huapai Business Zoned area is this generous 869sqm parcel of land offering a flat section which shoulders the carparking and the Police Station at Huapai. A stately three bedroom bungalow with open plan kitchen, dining and living room leading onto westerly decking. A large shed and carport offers storage options while the yard is full of mature fruit trees. Fully fenced, flat section with services in the street. A short distance to parks, schools and convenient transport links. Invest today for options tomorrow.

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By Negotiation

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- A deep bore with water rights accessing a deep spring aquafer
- A pre-existing house site (house removed) with septic and water tanks
- Power, water and waste infrastructure on site

This is a rare opportunity to buy land that has infrastructure already in place, and although it has no house on site it offers opportunity and improvement value.

www.mikepero.com/RX3570208



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Testimonial

“Graham is a professional!

Graham was the sale’s agent for our purchase and worked with us in a very professional manner. What we enjoyed about Graham was his promptness in responses and overall passion for the industry.”

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We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all. Call us today on 027 260 8225 for a free no-obligation quote.



July Kitchen Garden

Winter is officially here, but there is still plenty to do: prep for spring crops, new fruit trees to be planted and get winter crops in the ground. Sow green crops of lupin and mustard in any empty spaces in the vegetable garden for digging into the soil for green manure, refresh the soil for crops by adding new compost and sheep pellets.

Plant seedlings: broccoli, cabbage, cauliflower, lettuce, Brussels sprouts, silverbeet, spinach, onion. Protect from the cold while they are young and don't forget to protect seedlings from slug and snails.

Sow seeds: spinach, cabbage, cauliflower, broccoli, Brussels sprouts,

lettuce, onions, and peas. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Broad beans can be planted directly into the soil, stagger your sowing for a continuous harvest and feed all vegetables with a liquid general fertiliser. Plant new rhubarb then lift and divide old crowns, tidy up old strawberry beds and prepare for new plants. Feed your citrus with citrus fertiliser and make sure to water it in, feed all winter vegetables every two weeks.

Sprout new potatoes, stand them upright in a light dry place for them to sprout ready for planting and prepare the beds for when they are ready.

Protect your cauliflower, broccoli and Brussels sprouts by dusting them with derris dust to protect them from the white butterfly and the diamond back moth. Remember to get to the undersides of the leaves where the eggs are laid.

Get pruning of fruit trees underway as the trees become bare of leaves, remove all debris when you have finished and apply clean up spray to bare fruit trees, use copper spray and winter oil to stop bugs and diseases burrowing in for the winter. Spray citrus trees with copper oxychloride to prevent brown rot and verrucosis. Plant or replace older fruit trees.

Plant new strawberries plants, they will show new leaves in the spring, feed with blood and bone as you plant. Garlic can still be planted this time of year.

Keep weeds under control; attack them when they are small.

Happy gardening everyone.

Mitre 10 MEGA Westgate & Henderson

Feels like winter is definitely on the way

When it comes to winter, there are certain 'cold weather' preventative measures that will help maintain a healthy home, prevent leaks, avoid excess water loss and excessive bills.

Dripping & leaking taps - check all the taps in your house (inside and outside).

Running & leaking toilets - check that your toilet is flushing properly and listen for a 'running water' sound.

Drains - check for slow running water into shower drains, basins, and any outside drainage.

Hot water cylinders - check your HWC for any surface drips or



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Home & Garden

leakages. This can go easily unnoticed if hot water cylinders are in a cupboard.

Gutters - check your gutters are clear of leaves and debris to prevent water build up. Overflowing gutters can cause roof leaks.

We have an experienced team of plumbers, roofers and drainlayers who can help with any of these issues. We offer no obligation quotes, so give us a call today.

We are also excited to share that we now offer a Supergold card discount. Just let us know you have a Supergold card when you book in your plumbing job, and we will give you 20% off your first hour of plumbing labour.

Contact Laser Plumbing & Roofing Whenuapai today for all your service needs on 09 417 0110 or whenuapai@laserplumbing.co.nz

From plumbing through to roofing, drainage, gas, and pumps and drain unblocking, we can offer total solutions.

We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website www.whenuapai.laserplumbing.co.nz.

Kumeu Community Gardens

After June 21 the days start to get longer and the sap starts to rise. It's the perfect time to plant hearty and healthy garlic, shallots and onions for harvest in summer. These are usually planted on the shortest day and harvested on the longest. This year I had a great crop of onions at home - they must thrive on rain. The country's food

bowls including whole onion fields were devastated by Cyclone Gabrielle so having a healthy home harvest kept me stocked up for months and saved me money. Climate change, weather disasters and the cost of living are all linked, and home and community gardens are important for building resilience and keeping people fed.

It's not just garlic that likes to be planted now though. June 6 is Arbor Day. Through the years, the team at Kumeu Community Gardens and precursors like Keep Kumeu Beautiful, have planted trees along the Huapai stream and Kumeu river. That's built habitat and slowed flooding impacts. This year's planting day is on Sunday 30 July from 9.30-12.30 at 45 Oraha Rd, followed by refreshments. Please join us.

Are you aware of the new Drinking Water Standards?

Drinking Water Standards have been put in place to ensure all drinking water is safe for consumers.

The new Drinking Water Standards came into effect on 14 November 2022. If you own an unregistered water seller service, you had to have registered your service by 15 November 2022. If you own an unregistered drinking water supply (landlord, workplace etc that supplies water), you must register your supply by 15 November 2025, and will have further time to meet all the compliance requirements.

What are Drinking Water Standards? The Drinking Water Standards



It's Getting
Chilly

And we have FIREWOOD

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7 DAYS

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Home & Garden

(the Standards) have been developed to make sure that all drinking water is safe for consumers. They set Maximum and Minimum Allowable Values (MAVs) for a range of different substances and characteristics that may be present in water. These include chemical, radiological and microbiological contaminants. A MAV of a microorganism or contaminant is its concentration in drinking water above which there is a significant risk of contracting a waterborne (enteric) disease. The Standards apply to all drinking water supplies, except those serving a single domestic dwelling or household. They must be met at every point in a distribution system, from the point the water is treated to the furthest tap or outlet. While the Standards establish limits on the composition of drinking water the Drinking Water Quality Assurance Rules (the Rules) tell suppliers what they need to do to comply with the Standards. The Rules include monitoring and reporting requirements along with other assurance actions. Taumata Arowai is also consulting on the Rules. For further information, contact KPL to ensure your DRINKING WATER complies or inform you of the steps you need to take to comply.

info@kpl.co.nz 09 412 9108

For the month of JULY - we are offering 15% off all drinking water filters purchased in store. Call in and say hello, we'd love to see you.

Tile and grout cleaning and re-colouring

Are you tired of looking at your lovely tiled floor and walls only to be disappointed by the dirty stained grout lines? Traditional cleaning methods actually leave your grout dirtier and bacteria laden than before you started?

Grout is porous, and dirt, grime and bacteria soak into the surface

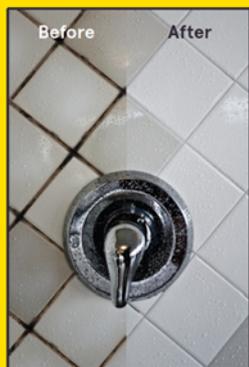


Dirty Tiles & Grout? Don't put up with it any longer

If your Grout is porous, dirt and bacteria soaks in and leaves it unsightly and unhealthy. Normal cleaning does not improve it.

We'll deep clean the grout and seal it with Colourseal, rendering it stain and waterproof.

If required, we can replace perished, porous cement based grout with waterproof epoxy grout.



Our services: Grout Recolour - Sealing - Regrout - Tile Cleaning - Repairs - Re-silicone - Shower Glass Clean



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leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and re-colour your grout to look like new again.

Colourseal is a highly durable coloured coating that adheres to the surface of the grout creating a water and stain proof barrier that will keep the grout looking like new.

We can replace the porous cement grout with an epoxy grout which too is stain resistant and waterproof. We offer shower glass restoration and apply a durable protective coating afterwards.

We can also apply relative sealing to your tiles, both interior and exterior.

Another service we offer is a high-quality Belgian garage carpet (suitable for office spaces and rumpuses, etc.)

I've been a franchisee of The Pro Group for 7+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email mark.bowers@theprogroup.co.nz.

Promoting gardening and healthy eating

Gardening is one of the most pleasurable activities one can have. What other activity provides hours of joy, exercise and puts food on the table. Many of us can remember our parents' or grandparents' wonderful gardens and the produce. The tastiest tomatoes, peas, strawberries, huge cabbages, carrots and parsnips and the taste of sun-ripened grapes straight from the vine, simply delicious!



The Triangle Park Community Teaching Garden started as a simple shared community garden and now flourishes as somewhere people come to connect, share knowledge, and to grow and harvest food. We grow fruits, vegetables, herbs and flowers using organic principles. You can help at the garden whatever your skills are - we share the produce between the participants after a session. Maybe your children want to be involved, they sure love all the bugs and bees around. Come along, grow food and have fun.

Triangle Park Community Teaching Garden - 385 Don Buck Road, Massey (next to the Massey Community Hub)

Our upcoming workshops are:

Winter Gardening Workshop - Every Wednesday & Saturday, 10AM

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CALL - 09 412 9914 | nwkg@xtra.co.nz
9a Weza Lane, Kumeu, Auckland 0810

Home & Garden

- 12PM

Come join us for a morning of seed-raising, sowing, planting, harvesting, composting, and more autumn garden projects. This is a great opportunity to share your knowledge, learn new skills and gain practical experience with organic gardening. Please email triangleparkgarden@gmail.com with any queries.

Start your new lifestyle with Signature Homes

Signature Homes West & North-West Auckland is one of the most sought-after and respected builders in Auckland, where no new build project is too big or too small.



Owners Dean and Amanda Pritchard bring unrivalled new home experience to West Auckland. The unique combination of Dean's decades of experience as an award-winning builder with Amanda's expertise in sales and marketing enables them to provide a full-service building solution that is second to none.

Searching for expert guidance?

Change is inevitable and sometimes beyond our control. Having

access to guidance and expertise to facilitate these transitions can provide a sense of reassurance. Signature Homes West & North-West Auckland aim to empower individuals to transition into the process of rebuilding for a secure future.

Signature Homes Knock Down & Rebuild service goes beyond the design phase—it begins with assessing the viability of your project. Offering a no-obligation, complimentary site assessment and consultancy to get you started.

As trusted experts in the Auckland Unitary Plan, all details of the process are handled for you. From architectural design to the seamless removal of your existing building, securing consents, and executing the entire build process.

Throughout the entire process, Signature Homes' expert team will be by your side to provide unwavering support and the best industry-leading guarantees in New Zealand, ensuring your new home journey is smooth and worry-free.

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Time to be inspired -

Looking for new home inspiration? Visit our Huapai Showhome to experience the difference, located at 190 Matua Road, Huapai. Open daily from 12pm-4pm.

Ready to start your new home journey? Contact Signature Homes West & North-West Auckland on 0800 020 600 today.

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Home & Garden

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 try 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 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.

Whenuapai Floral and Garden Circle

Since our birthday luncheon at Swanson last month, the club is now in recess for the winter. So, stay indoors by the fire (or heat pump not nearly as visually appealing) and plan for the garden next spring. The shortest day is nearly upon us, I guess behind us by the time you read this, which means each day is slightly longer than the one before. We call this the Winter Solstice which as Google explains -

"It all comes down to Earth being a little wonky on its axis. Rather than rotating perfectly vertically, our planet is tilted at about 23 degrees. This tilt is what gives us the four seasons: winter, spring, summer, and autumn.

On top of that, the Earth does not travel around the Sun in a perfect circle, but in a football-shaped ellipse. As the Earth completes one lap around the Sun each year, different parts of the planet are tilted towards our star at different times and get the most direct sunlight."

If you would like to know more about our Garden Club, and wish to come along, please phone either Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Entry fee is just \$4 plus another dollar (optional) for the raffle (good prizes). Until next time, Happy Gardening from Mary Anne Clark.

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Central's Tips

July 2023



The fruit and vegetable garden

- **Prepare the soil for potato crops** – dig compost into the soil to aid drainage and condition it. Set aside seed potatoes for sprouting. Potato crops are great for breaking up heavy clay soil
- **A clean up copper and oil spray** over pip and stone fruit trees should be done now. Prune older trees, concentrating on removing congestion in their centres. New season's fruit tree varieties are coming into the garden centres now
- **Snow peas are a cost-effective crop** if you have the space. They like to grow up to 1.8m, and they're delicious in stir-fries and salads
- **Berry canes** - raspberries, currants, gooseberries, boysenberries, and blackberries can be planted from now on. Check for suitable heat tolerant varieties if you're in the north
- **Rocket, cos, head, and mesclun lettuces** can withstand lower temperatures, so plant these to get the salad bed underway
- **At the end of this month**, summer crops can be sown using a heat pad and mini glasshouse. Try tomato, capsicum and cucumber seeds

The ornamental garden

- **Plant winter-flowering shrubs** that can be picked for colour and/or scent and brought indoors: camellias, daphne, wintersweet and winter-flowering hellebores are all good for the vase
- **Lift dahlia tubers** for storing in a cool dry area of the garage or shed. This avoids them rotting in the ground in winter and they can be replanted when the threat of frost has passed
- **Sharpen secateurs and loppers** ahead of the pruning season. This goes for loppers, pruning saws and hedge clippers also
- **For colour in pots and garden borders**, polyanthus and primulas will take you right through to spring. Regular deadheading, plus a side dressing of dried blood around flowering polyanthus brings out the best in them
- **It's tree planting time for deciduous trees.** In clay soils, place a handful of gypsum into the planting hole, then use a mix of existing soil and Garden Mix to fill in. Heel around the tree firmly
- **Treat moss in the lawn** with iron sulphate or spraying with Yates' Surrender. For lawns with poor drainage, an application of Gypsum will help water move through the soil more easily

Project for July

Drainage will reduce water in wet lawns

Cut squares of turf from the drain path, then dig a trench 200mm to 400mm deep and lay scoria at the base. Lay filter sock covered drainage coil ensuring the drain is angled to slope downward taking the water away from the lawn. Fill in the trench with drainage metal or scoria. Don't fill the channel completely - leave enough space to re-lay the cut sections of turf.

For all your drainage needs visit
[visit centrallandscapes.co.nz](http://centrallandscapes.co.nz)





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Pets

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 un-homeable 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 programs 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.

Local business expands into Australia

The expansion of The Dog Safe Workplace into Australia highlights the growing recognition of the importance of safe interactions between humans and dogs in the workplace. By educating workers about canine body language, the company equips employees with the skills to understand and interpret the subtle cues dogs use to communicate their emotions and intentions. This knowledge is essential for preventing misunderstandings and potentially dangerous situations, ensuring a safe and secure work environment for everyone involved. Incidents involving dogs in the workplace can range from minor



conflicts to more serious accidents. However, many of these incidents can be prevented through proper education and awareness. By providing workers with comprehensive training on canine body language, The Dog Safe Workplace aims to minimise the occurrence of incidents by enabling employees to recognise signs of stress, fear, or aggression in dogs. This allows for early intervention and appropriate action, mitigating potential risks and ensuring the well-being of your workers.

The expansion of The Dog Safe Workplace into Australia promotes a culture of understanding and empathy towards our canine companions. By educating workers on canine body language, the company fosters a deeper appreciation for the unique needs and behaviours of dogs. Employees gain insights into how dogs perceive the world and learn to respect their boundaries and individual personalities. This increased understanding encourages a more compassionate and empathetic approach to working around dogs, resulting in enhanced relationships and a positive work environment.

Education on canine body language not only benefits the safety of employees and dogs but also enhances the confidence and comfort levels of workers in the presence of dogs. By understanding and accurately interpreting dog behavior, employees feel more at ease and confident when interacting with them. This can lead to improved employee well-being, reduced stress levels, and increased job satisfaction, ultimately creating a more productive and positive work environment.

It provides an opportunity for Australian businesses to benefit from the knowledge that our own local business can provide. The exchange of best practices and the adoption of canine body language education can contribute to a safer and more inclusive workplace culture throughout Australia, aligning with the global trend of recognizing the importance of keeping your workers safe.

Kanika Park Cat Retreat

At Kanika Park Cat Retreat we pride ourselves on providing a luxury stay for your pussy cat. We want your cat to have the same experience as you would if you were on a luxury holiday. We provide all your pussy cats needs. A spacious airy warm suite for only your cat. Filled with toys, snuggly blankets and restful sleeping spots. Awesome music is playing all the time in the background. They are served wet food for breakfast and dinner with biscuits and water available 24/7. Just before bedtime we give them treats and a hug then say goodnight. In the morning they get breakfast served and their



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Pets

rooms are cleaned and tidy for the start of a new day

We happily give any medication that is required at no extra charge but do ask that it is supplied with clear written instructions. We also recommend that if your cat is on a special diet that you bring it with you. This will mitigate upset tummies. You are most welcome to bring some things from home to go in their room. We have found that having an item with their or your smell on it helps to make it a more comfortable stay

If you have any questions please contact us on P: 027 550 1406 E: info@kanikapark.nz W: kanikapark.nz

Pet patch pet of the month

Meet Floyd!

He is a 7 year old Pug x Cavalier

Floyd loves to get out and go for walks around the block or at the park. As he enters his senior years he has been enjoying a warm snooze in the sun in his Brooklands calming bed. We love seeing you in store Floyd!

If you would like to be featured as next month's Pet Patch Pet of the Month please send your entries to info@petpatch.co.nz and if you get featured you get a \$20 store voucher!



Pet Patch Feeding Wild Birds in Winter: Nurturing Nature's Feathered Friends

Feeding wild birds during winter is crucial due to the scarcity of natural food sources and harsh weather conditions. By providing nourishment through bird feeders, we support their survival and well-being while fostering our connection with nature.

Why should we feed the wild birds:

- Adequate Nutrition: Winter scarcity makes it difficult for birds to find enough food. Bird feeders filled with seeds, and Topflite Energy food offer vital nutrition.
- Survival and Energy Conservation: Birds need extra energy to endure the cold. Regular feeding helps them conserve energy and increases their chances of survival.

- Populations and Biodiversity: Feeding attracts various bird species, contributing to their preservation and supporting ecosystem health.

- Educational and Recreational Benefits: Observing birds at feeders enhances our knowledge of their behavior and migration while providing relaxation and stress reduction.

- Conservation and Awareness: Feeding promotes environmental awareness and encourages engagement in conservation efforts.

By feeding wild birds in winter, we aid their survival, maintain biodiversity, and deepen our connection with nature. Let's embrace the joy of bird feeding and create a haven for these feathered friends in the cold season. We have a wide range of wild bird food and feeders available in store at Pet Patch and if you want to learn more about the birds in our environment and how to attract more to your garden come in and see us!

JDC Group Ltd – Animology

Featured Product - Glamour Puss No Rinse Shampoo

We don't just help dogs smell and look great, we help cats too! Our range of cat grooming products includes cat shampoos. Our cat shampoos leave your cat's coat clean, conditioned and healthy while also smelling great

Glamour Puss is a gentle spray shampoo, which removes dirt and grease from your cat's fur without the need to rinse

The deodorising spray also contains aloe vera to soothe and protect the skin while built-in conditioners leave your cat in great condition

Free of parabens, sulphates, silicone, SLS, SLES as well as cruelty free. Its also 100% vegan

You can find them at most retail stores or contact us directly at sales@jdcgroup.co.nz or phone 027 674 6111.

To receive a 25% discount contact us directly and quote "Animology 25% Glamour Puss" in the subject line.



\$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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Food & Beverage

The Riverhead – visit us by boat

Follow the route of the ancient Māori and early pioneers on a ferry journey up the upper Waitemata Harbour to The Riverhead, New Zealand's oldest riverside tavern.

The journey takes 1.5 hours each way and you spend a leisurely 2.5 hours at The Riverhead for dining.

The waters of the upper Waitemata Harbour are very sheltered meaning the ferries run in almost any weather, making it a fantastic activity even in winter.

Find out more and book your tickets here: www.theriverheadexperience.co.nz.



Spearmint Sauce Recipe

Mint sauce is a traditional favourite often served with roast lamb, but is also delicious spooned over roasted or steamed vegetables and used as a base to make salad dressing, with the addition of olive oil and a little yoghurt.

Try this tasty and vibrant Spearmint variation using Spearmint tea. This recipe is from the Edmonds Cookery Book, 1984 edition.

Ingredients: 3 tablespoons Spearmint tea, boiling water (approx. 100ml), 2 tablespoons raw sugar, ½ cup apple cider vinegar (approx.), salt and pepper to taste.

Method: Add the tea to a heat proof jug and pour over just enough boiling water to cover the tea and allow for expansion (about 100ml). Add the sugar and stir to dissolve it. Then add the apple cider vinegar to taste – about half a cup. Season with salt and pepper and it is ready to serve either warm or cold. This will keep in



the refrigerator for about five days.

Certified Organic Spearmint Tea and other herbs are available from our online store: www.NewZealandHerbalBrew.co.nz.

Indulge in High Tea at Soljans

Join us every Friday in July for our brand-new High Tea menu. Enjoy a selection of finger sandwiches, freshly baked scones, and exquisite sweets, all served in a cosy and inviting atmosphere. Warm your soul with our premium brewed teas or add a touch of celebration with a glass of bubbles.

There's no need to travel far when we bring the best experience around, right here in Kumeu. Whether you're gathering with loved ones or treating yourself to a moment of pure luxury, our winter High Tea is the perfect choice.

Secure your table online now. Bookings are essential.

www.soljans.co.nz/events/high-tea/



Don Buck Honey – Summer Harvest four-pack \$40

This is a selection of four honey varieties displaying some of the honey types produced around the North-West of Auckland, mainly in the forests of the Waitakere Ranges. Four boutique 500g honeys with different colours, tastes, and textures.

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2. Waitakere Ranges Kanuka Honey.

3. Rural West Auckland Blend.

4. Rewarewa Blend from the Waitakere Ranges.

Pickup is from Massey, or these can be couriered to you using Post Haste.

www.DonBuckHoney.co.nz | donbuckhoney@gmail.com.

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Contact Jesters Westgate at amljesters@gmail.com and give yourself and your colleagues a treat they won't soon forget!

Phone Tony at 021 510 138.



West Auckland winery listed as a Category 1 historic place

The heritage values of a West Auckland winery whose buildings and associated landscape demonstrate the cultural diversity of our collective heritage and the development of viticulture in New Zealand have been recognised by the country's lead heritage agency.



Heritage New Zealand Pouhere Taonga has listed the former Corban's Winery and Mt Lebanon Vineyards near Henderson as a Category 1 historic place, identifying the complex as having outstanding national importance.

"The winery and vineyards were founded by pioneer Lebanese winemaker Assid Abraham Corban and his family in 1902 and for seven decades formed the centre of the Corban family's wine

production," says Heritage New Zealand Pouhere Taonga's Senior Heritage Assessment Advisor, Martin Jones.

Corban Estate Arts Centre invites visitors to celebrate the Homestead's 100th Anniversary at our Auckland Heritage Festival event 'A House of Love' on Sat 23 September.

This event includes a heritage tour of Corban Estate and many of the fascinating findings from the detailed Heritage New Zealand Pouhere Taonga heritage listing report. In addition, a rare chance to view winemaking relics and photographs from the prohibition era, along with a screening of original wine tour footage and a Talk & Tour by fourth generation Corban, Sharon Alexander, is also being presented in collaboration with the Corban Winery Estate Heritage Preservation Trust and West Auckland Historical Society. For booking information please visit www.ceac.org.nz/events.

For extra details search "Corban's" at heritage.org.nz.

Mid Winter lunch - 30th July

Instead of their usual supper club, this month Good from Scratch are running a Mid Winter Sunday lunch.

They'll have the fires lit, the mulled wine flowing and some cracking food to warm you up. (Think prawn cocktails with a twist, a proper sunday roast, yorkshire puddings and Sticky toffee date sponge!)

Come and enjoy our beautiful space with family and friends over some fabulous winter dishes produced from farm to plate.

There is a limited number of guests and doors open at 12:30pm with starters served at 1pm. Bookings are essential

Check out www.goodfromscratch.co.nz/whatson/ for more details.

We hope to see you there.

Photography credit to Manja Wachsmuth



\$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

Food and menopause

Eating a healthy diet is crucial to a healthy hormone balance. When we don't eat enough healthy fats, unrefined and fibre rich carbohydrates, protein and a variety of colourful, nutrient dense plants it can affect the production of our hormones which has a knock on effect on our energy, mood, sleep, weight, joint, skin, gut and heart health.



A diet high in ultra-processed foods, refined carbohydrates and sugars puts stress on our body. Cortisol is released which can for many lead to fat storage around the middle and may lead to mood swings, brain fog and energy crashes. The body also produces a lot more insulin which can also cause you to store extra fat and may increase your risk of diabetes, heart disease and stroke. Unhealthy foods (and you know the type I mean) may also prevent the thyroid from getting all the lovely nutrients it needs to work effectively. Your metabolism then slows down and again encourages the storage fat - our body is just trying to help us survive.

My basic tips for a healthy diet include:

- Eat 1-2 palmfuls of protein at every meal - e.g. meat, eggs, fish, cheese, legumes and lentils (ideally 25-30g at every meal at least).
- Eat 2 fistfuls of veggies at least two meals with the plan to increase this
- Try and get about 30 different plants in your diet every week (incl. herbs, spices, fruit, veggies, beans, grains, nuts and seeds)
- Eat a little bit of healthy fat every day - olive oil, fish and fish oils, avocado, nuts and seeds, tiny bit of butter or ghee if you can tolerate it. Keep away from anything that says 'low fat' it will be full of sugar

and rubbish to make it taste nice.

• As much as possible try and keep away from the ultra-processed, packaged food and steer towards more natural foods as much as you can. Biscuits, cakes, bread, chippies, fizzy drinks and alcohol should be now and again treats not everyday foods.

I am running a cooking workshop in Auckland on Saturday 19th August focusing on healthy, menopause friendly foods. Go to <https://www.eventbrite.co.nz/e/menochef-cookery-day-tickets-640965634467> for more information.

Establishing a strong client relationship with your hairdresser

A great hairdresser can do more than just create stunning hairstyles-they can become an invaluable partner in your personal grooming journey. Building a strong client relationship with your hairdresser is not only about getting your desired look; it goes beyond that. This is why we believe in the importance of fostering a solid bond with your hairdresser as it can bring numerous benefits to your overall haircare experience.



1. Understanding your unique needs: A client relationship with your hairdresser allows them to gain a deeper understanding of your hair type, preferences, and lifestyle. By investing time in building rapport and communication, your hairdresser can tailor their services to meet your individual needs effectively. They become familiar with your hair's behaviour, allowing them to provide personalised advice and recommendations that suit your specific hair concerns.

2. Consistency and Trust: Consistency is key when it comes to hair care. A strong client relationship fosters trust between you and your hairdresser. With their knowledge of your hair history and preferences, they can deliver consistent results, ensuring you always leave the salon feeling satisfied. Trusting your hairdresser's expertise also allows you to try new styles, colours, or treatments with confidence, knowing they have your best interest at heart.

3. Expert advice and recommendations: A professional hairdresser is not only skilled in cutting, styling and colouring but also

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Health & Beauty

knowledgeable about the latest trends, products, and techniques. By establishing a client relationship, you gain access to their expertise and receive valuable advice on maintaining your hair's health and appearance between salon visits. They can recommend suitable haircare products, provide styling tips, and educate you on proper techniques, empowering you to achieve salon-quality results at home.

4. Flexibility and adaptability: Life is constantly changing, and so are our hair care needs. When you have a strong client relationship with your hairdresser, they can adapt their services to accommodate your evolving preferences and lifestyle. They can suggest alternative hairstyles, modify your colour, or adjust the frequency of salon visits based on your schedule and budget. This flexibility ensures that your haircare routine remains manageable and enjoyable.

5. Emotional support and confidence boost: Hair plays a significant role in our self-esteem and identity. A trusted hairdresser understands this and provides not only excellent hair care but also emotional support. They create a safe space where you can discuss your hair goals, express concerns, or even vent about personal matters. Building this connection can boost your confidence and help you feel more comfortable and relaxed during salon visits.

Conclusion: Establishing a client relationship with your hairdresser goes beyond mere hairstyling; it nurtures a partnership based on trust, communication, and shared goals. So, cherish your hairdresser as an essential ally in your journey towards healthy, beautiful hair.

New At For Eyes

Looking after your eyes with regular eye examinations at For Eyes is the number one priority, but new spectacles are great too! For Eyes have you covered with their amazing frame range.

New to us is Tree Spectacles: a design company that values both craftsmanship and technology. By blending technical solutions with refined materials and an attention to detail they've created a beautiful classy range of spectacle frames.

Their design approach is based on lightness and balance, openness to new ideas, and a focus on the elegance of essential shapes and perfect lines. The styles range from pared back and minimal to chunky and colourful so there's plenty to keep us busy when the rep calls and a frame for every face.

Browse the range at For Eyes in the Kumeu Shopping Village or



phone 09 412 8172 for an eye examination appointment.

Great teeth habits start at a young age

We need to encourage good dental health for kids from a very early age, so that they turn into a lifelong habit.

Children's mouths are more sensitive than adult mouths. It may be helpful to find a toothpaste flavour your child enjoys. Look for ways to make brushing enjoyable, maybe even exciting. Take advantage of your child's playful nature, and put a big smile on your face and keep the mood light.



General Brushing Tips:

- Age-appropriate soft-bristled toothbrush
- Smear toothpaste for under 2yrs, pea-size toothpaste over 2yrs
- Brush twice a day
- Replace toothbrush every 3 to 4 months or after an illness

Regular dental visits should begin as early as your child's first birthday. Come in and visit one of our lovely child oral health therapists Andy & Enass & TK at Kumeu Dental today. Call our friendly reception team on 09 412 9507.

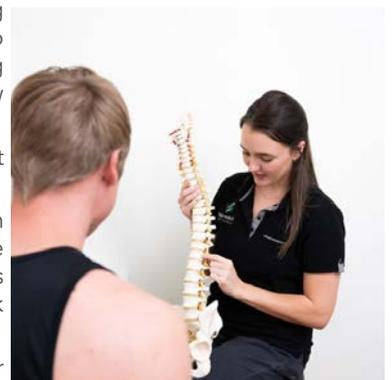
Lower back

When I transitioned from being highly active as an osteo to spending more time sitting behind a desk, I realised how much it affected my back.

The mistake I made was not moving enough.

I experienced a phenomenon known as "creep," which we often explain to our clients as the reason behind certain back discomforts.

When we remain seated for



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Health & Beauty

extended periods and are placed into a position over time, our tissues gradually adapt to the sustained position, causing temporary elongation.

It's essential to understand that when we finally rise and start moving again, it takes approximately 30 to 90 minutes for the tissue to return to its normal state. So, in some circumstances that's the length of an entire football (or soccer) match.

This is why seemingly mundane tasks, such as picking up a piece of paper from the floor, can cause significant discomfort. It also explains why attempting to lift a heavy suitcase after sitting on a plane for hours can result in back pain.

To counteract the adverse effects of creep, we must prioritise movement - actually getting up and out of our chairs, our truck or digger seats often.

And if we cannot, we need to allow those tissues to retract and adjust - which can take up to 90 mins before we lift or bend forward. Every 20-30 mins get up and walk around the desk/office/corridor/playground.

Or when you finish the job on the digger or once you reach your destination as a truck driver climb out do some gentle backbends and always remember - we've got your back.

If you need help with your back concerns, please contact our team today on 09 212 8753 or book online at www.topnotchbodyworks.co.nz. ACC and Southern Cross Providers.

Vitamin B12: Boost your life

Vitamin B12 deficiency is often discovered because people experience low energy. The good news is that low B12 levels can be increased easily giving you a real boost in energy and vitality. In fact, it is very common for people with chronic fatigue syndrome to have low vitamin B12 levels.

For some people, this can be achieved through your diet. Animal meats are the best sources. Vegetarians often become deficient in vitamin B12 over time. Supplements can also be useful. Tablets are available, but some people lack the enzymes necessary to absorb B12 from food or tablets.

The absorption of vitamin B12 decreases with age. For this reason, supplementation of vitamin B12 is recommended for most people over the age of 60. For people over the age of 60 and those younger ones who cannot absorb B12, we need to use a form of vitamin B12 that bypasses normal digestion. This can involve drops or tablets that dissolve in the mouth which get absorbed straight into the blood stream. Some people may need injections of vitamin B12. These injections can be given by a pharmacist.

While energy and vitality are the best-known role of vitamin B12, it also has lots of other uses. For example, B12 lowers homocysteine

levels which protects against heart disease. Vitamin B12 may also protect against age-related hearing loss (tinnitus or ringing in the ears can be due to low B12) and helps to protect the eyes from glaucoma and cataracts.

In the immune system, B12 is involved in the production of antibodies which protect you from viruses and bacteria. It also helps protect cells, and accordingly might be useful in protection against some cancers.

Patients with fibromyalgia often have very low levels of B12. A deficiency in vitamin B12 may also contribute to osteoarthritis, psoriatic arthritis, and rheumatoid arthritis.

The potential benefits of vitamin B12 in the nervous system are vast. Areas that you might see improvements include alertness, learning, sleep, Bell's Palsy, migraine, depression, multiple sclerosis, numbness, OCD, and vertigo.

I should also make mention of areas like asthma, infertility, and skin health, which can all be influenced by vitamin B12 levels.

A vitamin B12 blood test is not always a completely accurate level of vitamin B12 status. False high and low levels have been demonstrated in scientific medical literature. The best test is to measure a metabolite of B12 called MMA through overseas labs. For this reason, and the fact that vitamin B12 is incredibly safe, I often recommend patients don't bother testing and simply try supplementing and see how they feel.

If you want to discuss getting a B12 supplement or a "shot" come chat to the team at Unichem Massey Pharmacy. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

Neuromuscular Massage Therapy

Neuromuscular Massage Therapy with Nicky Spence at NorthWest Physio + is covered by Southern Cross

It is essential to take time for self-care and to prioritise our well-being. If you're seeking a holistic approach to relaxation and pain relief, look no further than Neuromuscular Massage Therapy by the skilled hands of Nicky Spence at NorthWest Physio +. With her extensive knowledge and expertise, Nicky is dedicated to helping clients achieve optimal physical and mental health.

Nicky Spence is a highly qualified therapist with a Bachelor's degree in Soft Tissue Therapy, ensuring her clients receive the highest standard of care. Her specialised training equips her with the skills to address a wide range of musculoskeletal issues and provide targeted solutions for pain management, injury recovery, and overall well-being.

For those who have Southern Cross insurance, it's worth noting that



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Nicky Spence's services at Northwest Physio + are covered under the Body Care Module or Health Essential Plan under Wellbeing II.

Neuromuscular Massage Therapy focuses on identifying and addressing trigger points in the muscles, tendons, and ligaments. By applying targeted pressure and using various techniques, Nicky can alleviate muscle tension, improve blood circulation, and enhance flexibility. This therapeutic approach promotes relaxation, reduces stress, and aids in the recovery process for injuries and chronic pain conditions.

To experience the benefits of Neuromuscular Massage Therapy by Nicky Spence, you can contact Northwest Physio + at 09 412 2945 or info@nwphysioplus.co.nz or book online www.northwestphysioplus.co.nz.

Revitalizing Luxury Skin Treatments

Indulge in a truly luxurious skincare experience with Rachel from SKINMED NZ. With years of expertise in skin treatments, cosmetic artistry, and makeup, Rachel decided to establish her own skincare clinic in 2021, and thus, SKINMED NZ was born in the serene neighborhood of Hobsonville Point.

At SKINMED, we specialize in three key skincare treatments for both men and women, typically aged between 30 and 70. Our services include Dermal Needling, Microdermabrasion, and Bespoke Facials tailored to address your unique skin condition, age, and desired outcomes. We utilize cutting-edge cosmeceutical products from renowned brands like Noon, Mesoestetic and Genosys to slow down the aging process, diminish pigmentation, and promote healthy skin.

Unlike over-the-counter products that often yield limited results, our clients have come to appreciate the remarkable difference our personalized treatments make. We believe that skincare is not just about physical appearance but also about enhancing your inner beauty. Our mission is to make you look and feel fantastic, ensuring you experience a sense of relaxation, individuality, and pampering in a serene and unhurried environment. From the moment you enter our luxurious treatment room located in the idyllic Bomb Point, we want you to step into a tranquil oasis where everything revolves around you for the next hour or so.

SKINMED opened an online store in Feb22 to allow customers to purchase products to use between visits or for when they simply could not physically see clients during Covid. Be sure to check out our website at www.skinmednz.co.nz and our 5 Star Google Reviews.

If you would like to know more about the services I offer and our products range, please visit www.skinmednz.co.nz or contact me

directly to book a consultation at contact@skinmednz.co.nz or 021 825 464. Experience the epitome of luxury skincare at SKINMED NZ and let us help you achieve radiant, rejuvenated, and healthy skin.

Hypnosis Heals 100s of Issues

You probably already know hypnosis has helped athletes visualise and achieve their goals. And as I celebrate 6 years of being a hypnotherapist, I become more aware of how hypnosis has helped 100s of people easily heal from 100s of issues. I am amazed at what hypnosis can accomplish in my own and my clients' lives. Under hypnosis a person is able to let go of something they want to be free of or achieve something they can't seem to get.

I have helped people with addictions, alcoholism, anger, anxiety (general & specific - bugs, spiders, driving, flying, sharks, men, needles), binge eating, blushing, bulimia, burning feet, business & career blocks, chronic fatigue, depression, drugs, eczema, excess weight, fear of abandonment & failure, guilt, gut problems, intimacy issues, imposter syndrome, insomnia & sleep Issues, lack of confidence & low self-esteem, learning abilities, lichen sclerosus, lost passwords, lovability, memory, menstrual issues, migraines, money blocks, motivation, nail biting, nausea, not feeling enough or worthy, overreacting, panic attacks, PCOS, people pleasing, perfectionism, physical pain, procrastination, public speaking, relationship attachment issues, self-doubt & self-sabotage, sexual blocks, shame, skin rash, smoking, stealing, stress management, study blocks, thumb sucking, trust issues, vaginismus, vaping, and vulvodynia.

This is only half of what I have helped people with. The more people I help, the more my mind boggles how many issues can be helped with hypnosis. Imagine how hypnosis can help you.

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Area Columnists

How do Children Say Help Me?

At Country Bears we are very aware of how vulnerable children are. We promote respectful and reciprocal relationships with our children and whanau. Through these relationships, we can provide guidance and support to our teachers, children and families.

We are all aware of "Stranger Danger", but this concept is now being discredited, as harm to children is likely to come from people who are known to the child. Behaviour danger could include unwanted or inappropriate behaviour that can make children feel uncomfortable, unfamiliar, scared or unsafe.

Country Bears is all about keeping our children safe, so to extend on this, we host the "Keep Safe Programme" which is facilitated by a private organisation called "Help". This five-week programme is delivered to 20 of our eldest children and their whanau. It covers concepts of personal safety and sexual safety which can seem daunting and maybe even inappropriate. However, the amazing facilitator (who has over 20 years' experience in delivering this programme), delivers the content in an age-appropriate way.

Research tells us that all children, regardless of ethnicity, socio-economic status, gender and age, are at risk of being sexually abused. This programme gives the child and family the tools to make this less likely to happen. The programme helps give the child language to talk about their own personal safety with confidence, to seek help (and to know how and who to seek help from), and also helps adults to respond to a child's disclosure. A big part of this, is giving the children the confidence in using the correct anatomical names. While approximately 89% of children will use their correct non-genital body part names, only about 10% know the correct names for genitalia. By using correct names for all body parts, this helps develop the child's body awareness, confidence and empowerment. Also, it may be a warning sign if the child starts using a different name.

The five-week sessions are broken down into 45 minute fun, interactive sessions with the children, families and teachers. They cover aspects such as: Body Awareness, Touches & Feelings, Telling, Keeping Safe, and Story Telling. Resources are also given each week to explain to the whanau the content of the day's sessions, a workbook and an information book which have all the songs that are used to promote keeping safe.

We believe that keeping our children safe should be a community-wide approach. Children need to feel confident and comfortable to



talk to a trusted adult about anything that may be causing concern to them. The Keep Safe Programme reinforces to the child that if anything doesn't feel right to them, then it probably isn't right, and to seek help from a trusted adult. They also explain to the children, that if the person that they disclose to doesn't believe them, to go to someone else and to keep telling until somebody does listen.

As well as reinforcing safety to our children, the teachers and whanau are also given tools to detect anything suspicious (emotional or physical) and to know where to go for support and guidance. We would encourage that all preschools take the opportunity to provide this programme at their centre so that all parents and children can have access to this information.

If you would like any further information about the Keep Safe programmes, you can call them on 09 377 9898 or visit their website <https://www.helpauckland.org.nz/>. If you have concerns that a child is being abused, you can call the 24-hour number 0800 623 1700.

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

Coming: Saturday openings for Citizens Advice Bureau

Opening on Saturday mornings is one of the innovative ways for more clients to access Citizens Advice Bureau Helensville.

The initiative also aims to deliver "a hub" of other services like Justices of the Peace.

"If we can make it easier for clients with hours outside of our current limited mid-week

ones, including for visitors and tourists, that would be great. It also covers at least two of our membership principles- Accessibility and Accountability," says manager Rani Timoti.

The launch of the Saturday hub will be on August 12 from 10am to noon.

"We'll assess and be flexible for what works better for clients as far as times and other things but hopefully we can add a lawyer, budgeter, employment adviser and even themes like literacy and numeracy."




Marja Lubeck
Labour List MP based in
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Rani says there's a wealth of backgrounds, experiences and skills from current volunteers as well as groups or representatives who want to come on board or can see the potential of collaboration.

"The overwhelming positive public backing for CAB Auckland offices due to possible closure has been encouraging for our organisation's reputation and shows how we're very much needed. It also educated those who don't use our services about what we actually do."

Saturday openings could also open the door to potential volunteers who work during the week.

"There was a time I would have liked to volunteer for CAB but I was working full-time during the day- a Saturday morning or afternoon roster would have suited my schedule."

Since merging under the CAB North Shore umbrella with six other branches it has been a win-win with pooled resources, learning and development and social opportunities

"We celebrated a wonderful 50th anniversary for CAB Birkenhead which served as a fantastic networking milestone and sharing of who we are, what we do and why we make a difference."

Come and visit CAB Helensville based at our friendly office at 16 Commercial Rd.

It's all about you

We often do things for other people, but wouldn't it be nice if we could do something nice for ourselves without feeling guilty. It is easy for us to help others but, have you thought about doing something for yourself?



If you are like me, it can be difficult doing something for yourself, especially when you are used to doing things for other people. It can be easy to forget ourselves, we all lead busy lives, but sometimes we need to stop and think about ourselves for a change.

Why not try and do something special for yourself, even if it is something small like buying a coffee and taking it to a park and enjoy the peace outside, or treat yourself to a facial, ticket to the movies, a massage, a session with a personal trainer at a gym or even 5 minutes quiet time at home alone.

It's all about YOU. You deserve to have some quality time for yourself and to treat yourself to something.

Another way we can do something special for ourselves is to learn the healing art of Reiki. Reiki is one of the tools that you can use to recharge your batteries and give yourself the opportunity to heal yourself.

Learning Reiki with Astramana™ Healing Services, you will learn self-healing. This is taught during our level 1 class. We spend time learning and practising self-healing. We, at Astramana™ Healing Services have the following saying, "How can you heal someone else, if you can't heal yourself". You owe it to yourself to show yourself love and to remove some of the excess baggage you may be carrying and one of the easiest and best ways is through self-healing. Using the self-healing techniques, you can give yourself a treatment, even if it's for 5 minutes, remember it's all about YOU. Taking time for yourself.

Astramana™ Healing Services, was founded by international hypnotist, Past Life Regression and Life Between Lives Facilitator, Clairvoyant, Tarot Reader, and Reiki Master-Teacher Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com or call us on 02102770836 with any questions or to find out when our next workshop is. Remember, It's All About YOU.

Sayers Says It

By Rodney Ward Councillor Greg Sayers.

Mayor Wayne Brown has passed his first Auckland Council budget.

To the Mayor's credit, he has listened to the feedback from Aucklanders and restored funding to several services he had originally planned to cut - this includes funding the Citizens Advice Bureau along with funding Local Boards so they can continue to support their communities.

At the heart of his budget was the plan to help fix Auckland by reducing the council's \$12.3 billion debt - Auckland's debt costs



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ratepayers \$1.5 million per day in interest repayments.

To find money to pay off a chunk of this debt the Mayor proposed to sell all of the council-owned shares held in the Auckland airport.

During the public feedback period over 66% of Rodney's residents and ratepayers supported a full, or partial sale, of the airport shares.

Selling the shares would have paid off \$2.2 billion of debt while simultaneously reducing interest repayments by over \$100 million a year.

The counter argument put up against his proposal was that the dividend payments from those shares returned \$40 million per year to the Auckland Council.

The Mayor argued that overall ratepayers would be \$60 million better off a year - by saving \$100 million a year in interest repayments rather than earning \$40 million a year from the shares.

However, when it came time to vote the Mayor was politically outnumbered with the majority of councillors disagreeing to sell all of the shares. They instead did not want to sell any shares, and for the council to borrow more, and to put up the rates.

This is exactly what Wayne Brown was trying to avoid in keeping his election promise to "fix Auckland".

Eventually a compromise was reached through selling less than half the airport shares. This means both the council's debt and the interest cost repayments will not be significantly reduced.

Taking on even more debt, and ballooning out Auckland Council's debt even further, was not the prudent thing to do, the Mayor argued. Taking on more debt was just kicking the can down the road to fix Auckland.

In the debating chamber I fully supported the Mayor, aligning my vote with his.

Taking on more debt has been an historical approach taken by previous Mayors. Wayne Brown wanted to take a different approach by cutting costs and keeping rate increases under the rate of

inflation.

Next year Wayne Brown has signaled he will continue to take a hard line on cutting wasteful spending, to further empower the Local Board's decision-making abilities, and to bring council-controlled organisations under control by focusing them on delivering for the people of Auckland.

Why more sales might not be the answer

In the pursuit of business growth, many entrepreneurs and business owners often turn to increasing their marketing spend as the go-to solution. The common belief is that more sales will automatically solve all their business problems. However, this approach can be counterproductive if the underlying inefficiencies and profitability issues are not addressed. Here are some steps businesses should take before focusing solely on attracting more sales.

- 1. Ensure Profitability of Every Sale:** Before seeking to increase sales, it's crucial to assess the profitability of each transaction. By carefully analysing your costs, pricing, and margins, you can identify areas where adjustments are needed. Look for opportunities to streamline operations, negotiate better supplier deals, or optimise your pricing strategy. By maximising profitability on every sale, you'll lay a solid foundation for sustainable growth. Increasing the number of unprofitable sales will lead to ongoing cashflow issues.
- 2. Assess Your Ability to Scale:** Scaling a business requires more than just increasing sales; it demands the ability to handle growth effectively. Assess your operational capacity and infrastructure to ensure they can accommodate an influx of new customers. Are your systems and processes scalable? Do you have the necessary resources to fulfill increased demand? Investing in technology, automation, and training can help you handle higher volumes without compromising quality or customer experience.
- 3. Establish Efficient Systems and Processes:** Efficiency is a key driver of business success. Take a critical look at your existing systems and processes. Are there bottlenecks or areas where tasks are unnecessarily time-consuming? Implementing streamlined workflows and utilising technology can help optimise productivity, reduce errors, and improve overall operational efficiency. By fine-tuning your internal operations, you create a solid foundation for growth.
- 4. Build a Strong Team:** Your team is the backbone of your business, and having the right people in place is essential for growth. Evaluate your current staff and identify any skill gaps or areas where additional expertise is needed. Hiring talented individuals who



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align with your company culture and possess the necessary skills can significantly impact your ability to scale and deliver exceptional customer service. Where recruitment remains a challenge, investing in training and professional development opportunities for your team can both fill the skill gaps and foster a culture of continuous improvement.

With these fundamentals in place, you can confidently explore strategies to attract more sales, knowing that your business is equipped to handle the increased demand and deliver exceptional value to your customers. Remember, growth is a journey that requires a holistic approach, and by taking these steps, you set yourself on the path to long-term success.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with growing your business or 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.

Mismanaged Retreat – an update

Sorry to be the bearer of bad news but northwest Auckland residents whose homes suffered damage from Cyclone Gabrielle and other recent flood events are now facing fresh delays.

It's been frustrating to observe, as your local MP, that vague announcements about flooded and cyclone-ruined areas still haven't yet been followed up with meaningful detail.

Owners are wanting to know if they will have to rebuild or relocate are yet to have this information provided, more than 4 months after Cyclone Gabrielle. And of course it's been even longer since the Auckland Anniversary floods that beset Kumeu and surrounding areas.

Earlier this month we'd heard that on 12 June property owners would hear from Auckland Council about the broad categories those properties may be in. This would determine whether they could rebuild as before, rebuild differently or face moving permanently.

In fact all that's happened is that homeowners are now being contacted to ask their view on whether their properties can be rebuilt (etc), with a decision about their futures not to be made until sometime "later in the year".

I cannot understand why this process of asking property owners for their views didn't start months ago. The delays mean more heartbreak for those affected.

Constituents have been calling my electorate office to let me know

that they're living in temporary or damaged accommodation, under huge financial strain and unable to make decisions about whether and how to rebuild.

It's all very well to advise them what's available, in terms of government assistance, but what's really needed most is certainty about the way ahead.

In the meantime, I'll keep seeking this on your behalf but I'm starting to feel pessimistic that any kind of deal will be reached between central and local government to fund a buyout programme.

Wish me luck. Cheers, Chris Penk MP

Autumn Book Fair

The Autumn Book Fair was held last weekend again at the Helensville A&P Association's Showgrounds. The weather held, adding to its success. Book sales totalled \$11,823 down a bit on November but still a very satisfactory result. Further adding to the funds raised were the proceeds from the raffle and the sausage sizzle.

Thank you to all who donated so many high-quality books, without you it would not have been possible to hold the event. Thanks also to the families of Club members who were with us all weekend and the students from Kaipara College who helped in the set up on Friday, also the Kaukapakapa/Helensville scouts and Friends of Lions who assisted in packing up and cleaning the Hall on Sunday. Putting together a book fair is an all-round team effort and we would not be able to cope without the assistance we receive from our community. Especially the Helensville A&P Show who gave us the unlimited use of their grounds for the lead up to the weekend, there is a possibility that this may become our permanent venue. A special thanks to Burmester Realty for letting us use their premises as a drop off point.

The books left over will be re-sorted with damaged or unsaleable books going to the Helensville Recycle Centre. Surplus children's books go to South Auckland for distribution to Play-centres and Kindergartens. Other books are sold at the Lions book stall at the Kaukapakapa Market, which is held on the third Sunday of each month, and which is also held at the Helensville A&P Showgrounds.

The next Book Fair is our Christmas Book Fair which will be held on the last weekend of November, Saturday 25th and Sunday 26th, venue yet to be decided on.

As a service to the community the Helensville Lions will accept books throughout the year. Small amounts can be left with Burmester Realty, Commercial Road, Helensville, otherwise contact Chris at 420 8527 or any other member of the Lions Club of Helensville.

Chris Penk

MP for Kaipara ki Mahurangi

Here to help

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