

# Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

## Tawa Road Native Nursery

Circulation is 10,000 print copies and 3371 opened and read email copies.  
Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.  
Contact Geoff Dobson on 027 757 8251 or [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)

June 2023



## Greetings

A billion bucks for Cyclone Gabrielle and Auckland's flood damage is coming from Budget 2023.

Treasury reckons the cost of both extreme weather events is between \$9 billion and \$14.5 billion.

Insurance is expected to cover some of the damage too, and the Government has indicated more support is coming.

I hope areas like Muriwai get a decent slice of the package.

And I don't want to see heaps of red tape involved in the process – it needs to be as simple as possible so the right people can easily access it all.

More about floods in this issue.

A Cyclone Gabrielle Recovery Taskforce is being established to help with sorting out regions affected by the February cyclone and Auckland Anniversary floods, chaired by Sir Brian Roche.

It will have members from Business New Zealand and one other with business experience, the NZ Council of Trade Unions, local government and iwi – all appointed for at least a year.

Plus the Cyclone Recovery Unit Chief Executive and the Treasury Secretary will attend meetings.

The taskforce is expected to align economic and infrastructure recovery efforts, working with regional structures, the public sector, Cyclone Recovery Minister Grant Robertson and the Cabinet Extreme Weather Recovery Committee.

It will advise ministers on prioritisation and the sequencing of needs for each region.

The taskforce will also lead on planning for future resilience too.

More about the taskforce can be found at [www.beehive.govt.nz](http://www.beehive.govt.nz) or through a Google search.

You can also check out what's happening at Muriwai through the Muriwai Stickered Residents Group, mainly via Facebook.

It appears as if issues there will take a long time to sort.

Meanwhile, Auckland Mayor Wayne Brown in May announced a \$1 billion flood recovery programme.

You can also check that out via the Auckland Council and Auckland Emergency Management online sites.

Some things are for sure – weather extremes will continue, and there's an election on October 14 which could see changes, while many people (and businesses) are struggling financially.

Makes you wonder if an end is in sight!

I'm hoping for vast improvements next year.

Geoff Dobson, Editor



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# People & Places

## Tawa Road Native Nursery to overcome challenges

Tawa Road Native Nursery owned by Timothy and Cynthia Bunnett is under pressure.

The nursery was generally able to withstand summer's storms (Auckland Anniversary flooding and February's Cyclone Gabrielle) without too much damage.

The cyclone did blow away seeds before they could be collected and the wet summer affected seed propagation.

But the key issue is the extreme weather with slips and flooding has prevented access to many remote areas where native planting was planned.

The Bunnetts have run the nursery for one-and-a-half years and spent the last year growing trees to contract for planting out this planting season - mainly in the Kaipara and Warkworth areas - which now are unable to be planted.

However, they say there's an amazing opportunity for those who have areas available to plant right now.

"Just like all businesses, we are having to adapt and roll with the punches," the Bunnetts explain.

Farmers have larger issues to deal with than fixing entryways for



trees to be planted, so delays have been ongoing, they say.

The nursery specialises in revegetation of native plants for effluent drainage areas, restoration of native bush and wetland planting.

The plants are raised from seed collected within the local area which are grown outdoors, so the plants are hardy.

While the trees will survive another year there is no telling at this point if the nursery will.

By planting native trees and plants, the nursery helps local areas thrive and bring back birds, insects and other fauna such as frogs and reptiles.

The Bunnetts says farmers need to build new farm tracks or stabilise areas leading into places to be planted.

Farmers also have paddocks and animals to care for, crops to grow and to find the finances to now sort damaged access roads, they explain.

Tawa Road Native Nursery considers its work planting native forests as a positive way to improve Auckland's biodiversity and natural environment. Native planting provides a wide range of benefits including increasing native biodiversity, stabilising soil, recreating linkages and vegetation sequences, enhancing water quality and landscapes and providing a sense of place and New Zealand identity.

Restoration planting can also be a requirement of a resource consent, to remedy or mitigate the adverse effects of a proposed activity.

Potential long-term consequences for Tawa Road Native Nursery if the trees cannot be planted this season means no income to survive another year of growing to reach the next planting season.



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# People & Places

The Bunnetts say with local community support and a shared dedication to native bush restoration they have hope in overcoming the challenges.

A Facebook post brought a response from people needing plants, including those affected by flooding and slips who want to replant.

Email [trees@tawaroadnativenursery.nz](mailto:trees@tawaroadnativenursery.nz) or phone 09 242 3383 for more information.

## New chairperson for Kumeu Community Action

Kumeu Community Action (KCA) had its AGM in May and elected a new Chairperson, Laila Alkamil.

Guy Wishart is standing down after several years in the role.

Laila is a planner and a member of the Kumeu Volunteer Fire Brigade. She is on the Muriwai Open Mic committee and plays drums in the band "Blue Honey" with other local musicians.

Laila has been an active and vital part of the KCA for several years as part of the planning sub-committee.

Education sub-committee representative, Olga Sakey is stepping in as Deputy Chair with Jen Mein staying on as Secretary/Treasurer.

Long time association member Graeme Hammonds has stood down after 45 years. His contribution has been immense and the community owes him a debt of gratitude for his long service to the community, says Guy.

Graeme has advocated strongly for a co-design approach to development in the Northwest rather than the remote centralised planning and minimal consultation we presently have.

Deputy Chair Pete Sinton is stepping down from the association committee after many years of faithful service as he now lives on the east coast.

Pete has supported the community in the area of planning and resource consents over many years.

He will continue to work with Future Kumeu for the next 18 months and KCA thanks him for his long service to the community.

Meanwhile, John Francis and Kim Scoffin have joined the committee.



The year 2022-2023 has been dominated by two major issues for Kumeu Community Action. (aka Kumeu Huapai Residents and Ratepayers Association) - involvement with Future Kumeu and the January 27 and February 13 flooding events.

For almost a year, Pete Sinton and I have been working in support of Future Kumeu to build community support in opposing Supporting Growth's Rapid Transit Corridor route through Kumeu on the basis that the township has serious flooding issues and the businesses in its path will be needlessly affected, says Guy.

"We had two major meetings with Supporting Growth staff in June and December 2022 and recommended an alternative route for the transport corridor.

"We also spoke at a large public meeting at St Chads, Huapai, in October, where the newly elected Mayor Wayne Brown attended at the invitation of our councillor Greg Sayers. The Mayor was supportive of Future Kumeu's position when he spoke at the end of the meeting.

In September and February, Olga Sakey asked for updates from the Ministry of Education with regard to the proposed local High School location.

On both occasions we were advised that two locations had been assessed but a third was being looked at and negotiations were commercially sensitive. MP Chris Penk also received similar messaging. Hopefully a decision will be made very soon.

Late last year the legal battles that were holding up the safety upgrades of SH16 between Huapai and Waimauku were resolved.

Finances are available for the work, but the flooding in January and February have delayed the start of the upgrade.

The Brigham Creek to Kumeu section of SH16 is funded as well and is moving through the legal stages and may possibly be delayed by further legal challenges, but the KCA hopes not.

"We attended and gave comments regarding the upgrades at a drop-in session at Northwest in October," adds Guy.

The August 30, 2021 flood event report was released around October 2022. It did suggest that if further work to widen and deepen the river behind the Kumeu township had been done, flood levels would not have affected the township so badly.

No public meetings to discuss the report were held with the community although Healthy Waters are now central to the work required to reduce flooding on the Northwest's low-lying areas following this year's flooding.

A wireless alert system that measures the height of floodwaters and rainfall levels has been paid for and is awaiting installation. Three sensors between Kumeu and Waitakere will give data that allows the local community to receive more reliable alerts in the future. The



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# People & Places

NW Waterways Collective is also working on installing more alert units and raising funds for them. This group was established after the 2023 flooding events.

KCA sends texted Flood Alerts to 250 people during severe weather events, giving the community updates on rainfall levels and the likelihood of severe overland flooding. These alerts started after the January 27 event when warnings were put on its Facebook page, but were not noticed quickly enough to be of use.

KCA has been involved in the establishment of the Kumeu Emergency Network that is now a central part of the Kumeu-Taupaki-Waimauku emergency response. A plan and a connected group of locals developed the plan with the assistance of the local board and Auckland Emergency Management.

Prime Minister Chris Hipkins, Jo Luxon (associate Minister of Agriculture) and Marja Lubeck (Local List MP) spoke to the community in March when KCA hosted a meeting.

Marja Lubeck organised the PM's visit to the area. Representatives from four emergency network groups, Future Kumeu and families affected by the flooding spoke to the MPs about their experiences and hopes with regard to the government's assistance in response to the January and February flooding events.

In the 2023-2024 year, KCA intends to monitor the major infrastructural projects, but engage more in the local community initiatives such as playgrounds, sports facilities, footpaths and play equipment.

We are still looking for new committee members and would love you to join us if you can.

Please contact Guy Wishart at 021 922 545 to express your interest.

## Visit the Helensville Railway Station Museum

If you have been one of the many who have travelled on State highway 16 north through Helensville and seen the old steam locomotive beside the rail tracks and the old railway station, then you have found the Helensville Railway Museum at 2 Railway Street.



It's at the south end of the parking area (behind the GAS fuel station) and includes a 12-metre HO scale working railway model of Helensville in the 1940s-1950s, as well as other railway displays

including shipping on the Kaipara, railway, refreshments, and a working "Tyer's Tablet" historic train control machine.

Also on display are memorabilia of the early days of the railways and a window into the life of the railway staff and their families in Helensville and the North Auckland line.

In the past, Helensville was a bustling railway terminus and with the boat-trains that sailed from Helensville to Dargaville, Helensville was (and still is) the gateway to the Kaipara.

Interesting to compare to today when there is no longer a passenger service between Helensville and Auckland.

The Helensville Railway Museum is a favourite with local train buffs and tourists alike. The most asked question is 'when is the next train?'

The museum is open on the second and fourth Sundays each month but welcomes booked groups during the week.

Charges are adult \$5, child \$2, family \$10. No Eftpos.

The Ginger Crunch café in the 1881 railway station is open from Tuesday to Sunday, so people can combine their visit with great food.

Also open from Wednesday to Sunday is the Helensville Railway Museum Shoppe, with great local crafts and gifts.

Visit [www.helensvillerail.org.nz](http://www.helensvillerail.org.nz) or email [helensvillerailwaystationtrust@gmail.com](mailto:helensvillerailwaystationtrust@gmail.com) for more information.

## Northwest Country

As we close in on the end of our financial year we can look back and see how much has happened across our business area, and we sure have been busy. The most important work we have been doing in recent months is supporting businesses in disaster hit areas to help plan for resilience. Northwest Country has allocated \$5,000 of flood relief grants to businesses in desperate need of assistance.



To support business owners gaining core skills for business management Northwest Country has also supported \$4,500 worth of training subsidies for members.

Our final project for the year is to complete the first stages of Nga Tapuae o Mua - Footprints of the past heritage trail and we are almost there. The signs have been prepared, thanks to the support of local historians, and will be installed in June. Information on the heritage

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# People & Places

sites can be found on our website: <https://www.northwestcountry.co.nz/nga-tapu-ae-o-mua-footprints-of-the-past/>

Chair, James Scott, was asked to speak on behalf of local Kaukapakapa businesses at the April Rodney Local Board meeting to ensure proposed pedestrian crossings were not placed in areas detrimental to carparking and business access. Northwest Country also submitted to Auckland Transport on the businesses preferred crossing option.

What is ahead? We notice that we have a number of business listings in the business directory that are out of date. We will reach out to you and see if we can get these updated.

We are planning a number of networking opportunities over the next year and are opening opportunities for businesses to support businesses and get your message out there. If you would like to host or cater an event, require more information, or if you have any questions make sure you reach out to us at [manager@northwestcountry.co.nz](mailto:manager@northwestcountry.co.nz).

## Kumeu flood issues

By Mike Coote - We have had three bad floods in Kumeu over the last 18 months.

We are told that it's climate change, that we had better get used to it, and the solution is to drive less.

So we crank up our existential angst another notch and fret with collective guilt about what we have done to the weather.

But hey, maybe the fix is less esoteric and more practical.

Riverbeds and floodplains carve down and build up over millions of years, sloping gently to the sea. To build up or constrict them in any way slows the exit of floodwaters and increases water levels upstream of the constriction. Ideally a bit of shaping work, straightening, clearing fallen trees, or widening the floodplain in critical areas would help. But at the very least no buildings or fill should be placed on them.

In the years between 2014 and 2019 many hundreds possibly thousands of metres of clay were dumped and spread on the flood plain about a mile down-stream from Kumeu. This aerial photo shows about 100 dumped truck loads, so that alone is close to a thousand cubic metres of fill.

At 7.30am on the August 31, 2021, on the morning of the first



'record flood', I checked the flood levels at two retention ponds along the Kumeu river. One, adjacent to the clay dump site, and one 400 metres downstream. The first pond was more than gumboot deep overflowing its spillway and the river level was about a foot below the pond level. The water level in the downstream retention pond was well below overflowing, and the river level was around a metre below the pond level.

Some years ago, the council, or some statutory authority commissioned hydrological modelling of the Kumeu river, to assess 100-year flood levels etc. Surely, for a few thousand dollars, a new lidar survey could be done of the filled area, and the new contours fed into the hydrological model to establish whether the fill has had an effect.

Another question; Flooding in Kumeu was at 'record levels', so was it a record levels in Parakai?

I don't know but someone must. If it was not at record levels in Parakai then surely that indicates flow restriction issues somewhere north of Kumeu?

I could be quite wrong. There is a fair amount of fall between Kumeu and the dump site, and although it would have had a localised effect, it may be negligible by the time it backs up to Kumeu.

But it may not, and I think a bit of modelling to rule it in or out would be justified.

## Book on Riverhead School's history due soon

"Looking Back - 150 years of History and Memories" is a more than 300-page book on Riverhead School and its community soon available from the school.

It includes class photos and images from the school's 150-year sesquicentennial celebrations last year, along with significant moments which shaped the school and area.

These books will be sold at \$80 per copy through Riverhead School, with collection from the school unless postage is arranged upon purchase.

"After the sesquicentennial, we were asked by a lot of people whether we were going to collate all the displayed information we had and put it in a book," says Denise Sole, a founding member of the school's sesquicentennial team.





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# People & Places

"As I put all the history and memories (from local residents, ex-pupils, teachers, etc) for the Celebration Day together, I got this job too!"

Denise says it's been a full-time job for a few months.

"We thought it would be about 100 pages, but there are over 300 pages now," she adds.

"Some hadn't seen photos of the 1966 Jubilee so they are in there as well as the celebrations from 2022 and some photos that may not have been seen before."

Email Mel - pa@riverhead.school.nz for orders as the books are in the publication stage and limited copies will be printed.

## Making Room for water

Many in our communities have faced tremendous loss and hardship following the recent extreme weather events. While we are still deep in the recovery phase it is very reassuring to learn that actions and investments to manage and mitigate future extreme weather risks have just been announced. So, what is this Making Room for Water?

Clearly both Central and Local Government have roles to play in this as the investment needed will be massive and legislative changes will also be required. In Auckland, Mayor Brown has discussed a \$1 Billion budget for this. Broadly speaking the overarching response is one of managed retreat but several of the initiatives announced just seem like common sense and stuff that should have been happening for decades.

With competing budget priorities and a reluctance to call for larger rate increases, there has been a reluctance to fund much of this work but following the recent floods, landslides and slips, and the massive property and infrastructure and roading losses that followed, there is now a greater willingness to give this work precedence.

Urgent work is underway to review future urban development post cyclone Gabrielle and with some legislative change it may be possible to head off some of the inappropriate development that exacerbates downstream problems and hazards.

Other initiatives are:

- Blue-green networks in critical flood-risk areas: Stormwater solutions (stream widening and realignment), enhancing parkland or open space, and property acquisition and removal.
- High-risk properties: Working with property owners on engineering solutions, managed retreat and property acquisition.
- Culvert and bridge upgrades: The assessment and upgrade of vulnerable assets.

- Overland flow path management: Work to repair, maintain and monitor overland flow paths.

- Rural settlements: Responding to three waters needs in storm-affected communities and supporting community resilience planning.

- Flood intelligence: Investment in modelling tools to enhance council decision making.

- Stream rehabilitation: Vegetation management, slope stabilisation, and stream channel modification.

- Community-led flood resilience: Advice for property owners in high-risk areas and awareness campaigns.

- Increased Maintenance: Maximising stormwater networks' efficiency, including street sweeping, catch pit cleaning, and weed clearance from streams.

Implementation of the Making Room for Water program will still need to go through a consultation process and ultimately budget approval will be required, but this is absolutely what we need to do to protect our communities for the future.

By Brent Bailey.

## Muriwai Volunteer Lifeguard Service to continue patrols

The Muriwai Volunteer Lifeguard Service season has officially come to an end, but with the cordons in place after Cyclone Gabrielle and the beach being closed to non-residents, its lifeguards continue to maintain observational patrols to keep locals safe.

Junior surf prizegiving is scheduled for Saturday June 24, 2pm-5pm, followed by Senior Prizegiving at 5pm, then a buffet dinner



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# People & Places

and the bar will be open.

"We look forward to catching up with our club members, so pop it in your diary and keep an eye on the MVLS Facebook page for further details," the group says.

"Our SAR's squad recently attended the National SAR's squad training session - these guys are just fantastic, always on hand when we need them and constantly keeping up with the latest rescue techniques - there's a reason they are the best in the country."

## The Riverhead Ferry

By Sue Wright as told to Julie Beech.

As a member of the Hauraki Branch of the NZ Historic Places Trust, Sue organised three different cruises on the Waitamata Harbour and adjacent waterways from 2006-2015 on the launch MV Kawanu Isle owned then by Meyer Maritime Ltd.



Sue recalls the ferry owners Paul Meyer and Cath Meehan providing an excellent service with morning and afternoon tea and an informative commentary pointing out places of historic interest and other features along the way.

The Riverhead outing toured the Viaduct Harbour, Westhaven and the docks before or after cruising the sheltered upper Waitemata. Other sites include the Devonport Naval Base, Chelsea Sugar works and the ammunition stores for the Navy before heading up to Riverhead where Maori had moved across a portage to the Kaipara Harbour.

The ferry stopped for lunch at the historic Riverhead Tavern which



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has provided food, drink and lodgings for more than 100 years. Those reluctant to scale the path to the restaurant were frequently treated to lunch onboard brought down by the tavern owners.

Over the almost 10 years traveling the waterways hosting almost 90 trips and 1600 passengers, Sue recalls witnessing the rapid changes in the land adjacent to the Tamaki River from agricultural to industrial and the farming land at Clevedon spreading well inland.

The river is notorious for its shallow low tides. Even though MV Kawanu Isle could access shallower water than most, Sue does remember once being caught going to Riverhead and having to wait 30 minutes for the tide to come back in, somewhere near Herald Island. The Riverhead Ferry is still running today.

The NorWest Heritage Society Inc. is now extending the coverage area for its True Tales short stories competition, as well as Kumeu and Huapai: Riverhead, Taupaki, Waimauku and Muriwai.

If you have an interesting, true story about your life, an event, a project or experience in any or all of these communities, write it down just as you would tell someone and send it to [truetales2023@gmail.com](mailto:truetales2023@gmail.com) to be in to win a prize, Three \$100 cash prizes will be provided for the best stories.

## Line in sand needed to stop housing in flood areas

Rodney Councillor Greg Sayers believes Aucklanders want the Auckland Council to draw a line in the sand to stop housing being built in potentially flood prone areas or where council infrastructure is not yet in place.

He says an Auckland Council decision to reject a request to rezone a Riverhead area for homes due to some of the affected land being on a floodplain is likely to be appealed by the Riverhead Landowner Group, comprising developers Fletcher Residential, The Neil Group, and Matvin Group, to overturn the political decision.

"In my opinion many Aucklanders would be disappointed to see a judge overrule the Mayor Wayne Brown and the majority of councillors who have legitimate concerns about roading and public transport infrastructure not being unable to cope, along with concerns of any potential flooding risks."

The group's request to the Auckland Council is to rezone 80.5 hectares of land at Riverhead to provide 1500 to 1800 homes, with about eight hectares considered a floodplain.

The land is zoned Future Urban with the group seeking a mixture of residential zones, with a neighbourhood centre included.



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# Safer Communities



The rapid spread and growth of a house fire has increased dramatically over the years.

With the easily combustible and volatile materials that are used today in manufacturing the majority of our household furniture we have less time to react to protect ourselves and our families.

If you take a quick look around your home to see what you have. It doesn't take long to identify couches, chairs, carpet, curtains, blankets, mattresses etc. which are made using chemicals and dyes that when burn, release extremely toxic and life-threatening gases into the environment.

This is why it is critical for you to have a plan on how you be alerted and get out to safety as soon as possible.

The first is to ensure you take necessary precautions by ensuring you have a safe distance from heaters and fires for anything that could catch fire (A metre from the heater).

Working smoke alarms to alert you as early as possible when smoke is detected. These are inexpensive and available from most hardware and grocery stores.

The final point and often one that is overlooked is to have an escape plan. Fires can kill in less than three minutes, so it is critical to have an escape route, and a backup should your initial one be compromised.

Gather at a predetermined spot such as a letterbox. This keeps you and your family together, away from the fire and helps us find you when we are responding.

Additional support is available at [www.escapemyhouse.co.nz](http://www.escapemyhouse.co.nz).

## Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251



Help prevent drowning

## Look for clues



### In the backyard



- Buckets filled with water
- Pool gate left open
- Uncovered pond
- Spa with no cover

If you spot any of these clues it could spell danger. Visit our website for free online water safety courses to help you and your family stay safer around water this summer.

[dpanz.org.nz](http://dpanz.org.nz)

# Community News

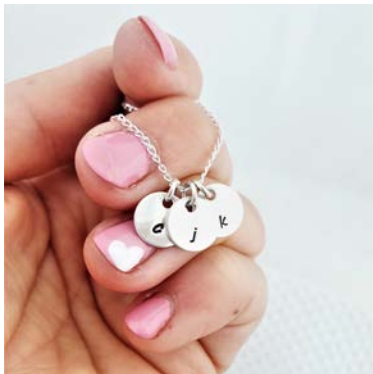
## For the kids too

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](http://www.preciousimprints.co.nz). You can choose from earrings, rings, necklaces and more. Or email me at [jo@preciousimprints.co.nz](mailto:jo@preciousimprints.co.nz) if you have a design ideal you would love to see turned into a piece of jewellery.



## Get the most out of your tyres

Tyres are a crucial component of a vehicle, and they play a significant role in ensuring safety and comfort while driving. Here are some driving tips that can help extend the life of your tyres:

1. Maintain proper tyre pressure: Proper tyre pressure is crucial for maintaining the tyre's shape, performance, and lifespan. Check the

tyre pressure regularly and ensure that it's within the manufacturer's recommended range. Underinflated tyres can cause increased wear and tear on the tyre's sidewalls, while overinflated tyres can cause increased wear and tear on the tyre's tread.

2. Rotate your tyres regularly: Regular tyre rotation can help ensure even wear and extend the life of your tyres. Consult your vehicle's owner's manual for recommended rotation intervals, which typically range from 8,000 to 15,000 kilometres.

3. Avoid overloading your vehicle: Overloading your vehicle can cause excessive wear on your tyres, as well as other components of your vehicle. Ensure that you do not exceed the recommended weight limit for your vehicle and that the weight is evenly distributed.

4. Avoid aggressive driving: Aggressive driving, such as hard braking, accelerating, and cornering, can cause increased wear and tear on your tyres. Avoid sudden and harsh movements while driving to help extend the life of your tyres.

5. Avoid driving on rough roads: Driving on rough or uneven roads can cause excessive wear and tear on your tyres. If possible, avoid driving on roads that are in poor condition or have debris on them.

6. Check your alignment: Proper wheel alignment is essential for ensuring even wear on your tyres. If your wheels are misaligned, it can cause uneven wear and tear on your tyres, resulting in a shorter lifespan.

By following these driving tips, you can help extend the life of your tyres, which not only saves you money but also ensures safety and comfort while driving. Remember to always prioritise safety on the road and consult with a professional if you notice any signs of wear or damage to your tyres.

For advice and help on choosing the correct tyre, wheel alignment or for a free tyre check, visit the team at Bridgestone Kumeu or Westgate. You can find us at 1 Cellar Court, Westgate phone 09 833 8555, or 43 Main Road, Kumeu phone 09 412 9111.

## 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

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# Community News

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.

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

## Scouts Update

JOTT (Jamboree on the Trail) took place on the 13th May. This is an international event held every year for the last 26 years and involves millions of Scouts around the world taking part in local hikes. The Waitoru Zone hike was held at the picturesque Wenderholm overlooking the Hauraki Gulf. We had just over 180 youth and Leaders take part in this year's event. A bit wet and muddy in places considering the amount of rain we have had, but that just made it a bit more exciting. We held 3 different hikes so the young ones could take part and a bit more challenging for the older ones.



This year also sees the 23rd NZ Scout Jamboree being held at Mystery Creek over the New Year holidays, where the Scouts and Venturers take part in a wide range of activities and adventures for 10 days.

You may see some of the Scout Groups out fundraising with sausage sizzles, selling firewood and a range of other events to help the youth get to Jamboree. Please support the youth in their quest to raise funds if you can. Groups are open to ideas on fundraising, if you can help. Please get in touch.

This year we have seen an increase in youth wanting to be part of Scouting, this is fantastic as the skills the youth learn while at Scouts remain with them throughout their lives.

But we do need more Adults to help us. We are not asking for Bear Grylls, but mums, dads, aunties, uncles, caregivers... in fact anyone over 18 years old that can help us out for an hour or two a week if possible or just help when they. Scouts have comprehensive adult training programmes that are designed to be fun while learning.

If you would like to know more, please get in touch by emailing me

zl.waitoru@zone.scouts.nz or visit [www.scouts.nz](http://www.scouts.nz)

Craig Paltridge Waitoru Zone Leader.

## What's on at Kumeu Arts

June means it is the Auckland Festival of Photography. We are participating with an exhibition called Kumeu in Focus that aims to highlight our gifted photographic community. It will feature a retrospective by the Kumeu Photography Group, celebrating its 10th year with a selection of their favourite images. In our second gallery, a group exhibition by three artists called 'Feminine Traditions - Modern World' aims to explore modern-day and



personal ideas of femininity, through the practices of weaving, ceramics, and painting. The artists state that... "Throughout history women have gathered together, forming communities through the making of things with the intention of nurturing their families or enhancing their domestic environment." Our wheelchair-accessible galleries are free to visit. The shop has a range of beautiful, handmade items that make ideal gifts. While our courses, groups, and classes mean there is something for everyone at Kumeu Arts. More Info @ [www.kumeuarts.org](http://www.kumeuarts.org).

## SeniorNet

What is SeniorNet? SeniorNet was first established in Wellington in 1992, SeniorNet brings older adults and technology together in a friendly, fun, and stress-free way. It's for people over the age of 50 who'd like to learn (more) about technology and what it can do for them. Learning Centres set their own agendas but all offer small, well-organised classes, with volunteer tutors, about the same age as their students. On offer is a wide range of courses normally starting with introductory sessions on PCs/laptops, phones and tablets and






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# Community News

moving on to focus on "How to use" those devices to get the most out of them. Special Interest Workshops are also commonly offered where members with common interests or devices can compare experiences and share their knowledge in plain language. Most Learning Centres also offer regular Help Sessions for members to get personalised technical assistance with their devices and software. At Kumeu we pride ourselves also to be a sociable club. So why not come along and give us a try. We meet on the first Wednesday of the month at 10am In St Chad's Church Hall in Huapai.

## Kumeu Friendship Club

Kumeu Friendship Club goes from strength to strength with our new chairman keeping a steady hand on the tiller. Last month we had a very interesting speaker who gave us a talk about all that is going on or not in Muriwai. It certainly opened our eyes to the harrowing situation our near neighbours are going through.

We have a further outings planned for this year which our members are looking forward to. We have also started a coffee morning. If you would like to see what we are all about please come to St. Chad's Church, Huapai 10am on the 4th Thursday of the month.

## Empower Your Social

Empower Your Social: Unleash the Potential of Your Business with Digital Marketing Services and Virtual Assistants.

In today's fast-paced and competitive business landscape, every minute counts. As business owners, we often find ourselves stretched thin, juggling multiple tasks and wearing too many hats. But what if there was a way to regain control of our time, focus on what truly matters, and propel our businesses to new heights?

With our comprehensive suite of digital marketing services and skilled virtual assistants, you can finally reclaim those precious hours and redirect them towards the core of your enterprise.

Digital marketing is no longer just an option; it is a vital component of success in today's interconnected world. We're here to guide you through the ever-evolving digital landscape. From targeted social media campaigns to search engine optimization, we tailor our services to suit your unique needs and goals.

But Empower Your Social goes beyond digital marketing. We understand that your time is valuable, and administrative tasks can



often be overwhelming. We are ready to step in and take care of those time-consuming responsibilities, allowing you to focus on what you do best - growing your business. From managing your schedule and handling customer inquiries to organising data and streamlining processes.

Don't let your business suffer from a lack of focus or be held back by mundane tasks. Contact us today and take the first step towards a more efficient, successful, and rewarding business journey.

## Upcoming events at St Chad's

We are very excited to welcome the Pohutukawa Singers back to St Chad's at 4.00pm on Sunday 2nd July. Following on from the really well attended and successful pre-Christmas concert the choir are returning with an exciting and varied programme. In addition to a great selection of music by Stephen Sondheim, including the much loved "Send in the Clowns", they will be singing music by John Rutter as well as some jazz classics and music from the 16th and 19th Centuries. There really is something for everyone. Tickets \$25 on the door or \$20 pre-sales (children are a gold coin donation). The choir's famous post-concert refreshments are included.



For pre-sales contact Colin Newel at [candcnewel@gmail.com](mailto:candcnewel@gmail.com) or Geoff Collins on 021 170 6590.

Don't forget that on the first Saturday of every month we have our board games evenings. These run from 4pm to 6pm with the option to stay on afterwards and enjoy some pizzas together. Bring your own favourite game or come along and learn some new ones - all ages are welcome.

On the 1st Sunday of the month we also have our "All Age Communion" service - a shorter less formal worship when we encourage KidsZone members to be more actively involved.

## \$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](mailto:editorial@kumeucourier.co.nz).

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# In Brief

## Kaukapakapa Village Market

Kaukapakapa Village Market @ the Helensville A&P Showgrounds. Sunday 18 June 8.30am to 1pm. A tempting selection of stalls with everything from hand made to pre-loved goods, gifts, crafts, jewellery, fresh fruit and winter vegetables, plants, preserves, books, great food and coffee and much more - there's always plenty to see and enjoy. Our musician this month is Ralphe and there's free hair plaiting. Sorry - no dogs with the exception of assistance dogs.



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

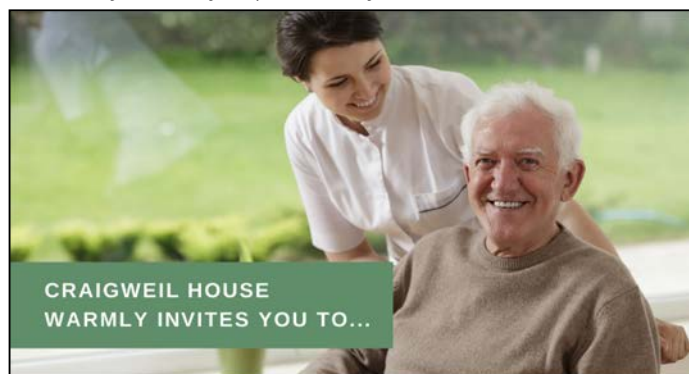
## Craigweil House

Here at Craigweil House recently, we had an egg-stra special day celebrating Easter with our lovely residents. It was complete with coloured eggs, cakes, friends and family with some brilliant decorated Easter egg pictures to display on our walls.



We love our creative sessions here at Craigweil House, so for Anzac Day we arranged some arts and crafts for our residents to enjoy.

Anzac Day is a very important day for New Zealand citizens, and



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many of our seniors in aged care have been affected by the First World War in some way. This day can be emotional for some and it's important to give them the opportunity to express their feelings. 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.

## Massey High School

Massey High School is holding its annual Open Night on Monday 12 June 2023. Everyone is welcome, regardless of year level of your child. Come along and join a guided walk with our head prefects and chat to our students and staff. We have two sessions: 3.30pm to 5.30pm and 6.30pm to 8.30pm.



At Massey we emphasise creating a culture of learning that prepares students for their futures and enables them to become lifelong learners. We demand the highest behavioural standards and expect students and staff to be accountable for their actions.

Please phone the school office if you have any enquiries 09 831 0500. We look forward to welcoming you on Monday 12 June.

Principal - Alastair Fairley

## Rewarding local schools at NorthWest Shopping Centre

Thirteen West Auckland schools and almost 6,000 children will be taking part in a local NorthWest Shopping Centre initiative, "NorthWest Rewards Schools". The popular school fundraising scheme returns Monday 12 June, running until Sunday 16 July 2023. Every dollar spent at NorthWest Shopping Centre is equivalent to one point for the participating school of your choice. Simply validate your receipt at the Customer Service kiosk to place



Grant Castle



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M 027 299 7054

106 Main Road, Kumeu  
E castlepanelbeating@orcon.net.nz

# In Brief

your vote.

There is \$6,000 in sponsorship to be donated to winning schools from NorthWest Shopping Centre. At the end of the promotion, the school with the highest average spend per student will receive \$3,000 cash for their school. The second and third placed schools will receive \$2,000 and \$1,000 cash. It's a great way to support local schools, providing potential opportunities for much-needed resources.

In addition, as a customer when you submit a vote, you will also personally go into the draw to win a \$250.00 NorthWest gift card. Just fill in the form at the Customer Service kiosk when you place your vote. For more information visit [northwestshoppingcentre.co.nz](http://northwestshoppingcentre.co.nz)

Participating schools to gain your support for 2023 are: Colwill School, Helensville School, Hobsonville School, Huapai District School, Lincoln Heights, Marina View School, Massey Primary, Parakai School, Tirimoana School, Waimaukau School, Waitakere Primary, Whenuapai School and Woodhill School.

## Kumeu Library

Kumeu Library remains closed and the renovations are well underway - we're looking forward to seeing all our customers when we re-open on Monday 3 July.

We're still open for you to pick up hold items on Tuesdays and Thursdays between 10am and 2pm in the Local Board Meeting Room at the end of the Library building. We can issue items on hold for you, but we are unable to process returns so please return books elsewhere. If you are unable to pick up holds on Tuesdays and Thursdays between 10am and 2pm, please either freeze your holds until after 3 July, or order them to be collected from the library most convenient for you.

We know that the fear of running out of books to read is a real thing, but don't forget you can use our eCollections - Auckland Libraries has a large collection of eBooks, eAudiobooks, eMagazines and eNewspapers, both fiction and non-fiction, available through our website ([www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)) anytime, anywhere. Plus, you can use any of Auckland Libraries' 55 other libraries. The nearest Libraries to Kumeu Library are Te Manawa at Northwest, and Helensville Library. You can collect holds, return items, browse

collections, attend programmes and use the computers at both these locations. And both locations also offer in-person Council services if you are unable to use the online services available through Auckland Council's website. Dog registration renewal notices are emailed in June, and the early bird price runs until 1 August. You can renew your dog registration online any time after receiving the notice, and Kumeu Library will be open again in July, giving plenty of time to register dogs at Kumeu Library and still get the early-bird price if you prefer to do this in person.

The Justice of the Peace service desk is available in the Local Board Meeting Room every Saturday morning from 10am to 12 noon, and if you need the services of a JP at other times you can find one here: <https://justiceofthepeace.org.nz/Page/Search>. There are also regular JP Service Desks at Norwest Mall on Thursdays between 6 and 8pm and on Saturdays from 10am to 12 noon, or at Te Manawa every Monday to Friday between 1 and 3pm.

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

## Kumeu Childcare

At Kumeu Childcare our programme supports children to become active participants in their own learning. Children's curiosity, engagement and contribution to their learning are valued, as it allows a child to foster their wellbeing and self worth. When children's voices are appreciated by others it makes them feel important. Children will become secure in their sense of belonging and in the knowledge that they make valued contributions to society.



We are currently accepting enrollments for children of all ages and would welcome you to come and meet with us.

Please feel free to call or email us on the details below for any enquiry or a friendly visit.

[info@kumeuchildcare.co.nz](mailto:info@kumeuchildcare.co.nz) / [manager@kumeuchildcare.co.nz](mailto:manager@kumeuchildcare.co.nz)

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# Property

## Property market report

What goes up, must come down, and what goes down must come up, that's the market.

Without sounding like an old and broken record let me repeat what I said in 2020/2021. This market that we are seeing, with month on month increases in all real estate pricing is simply not sustainable and the rate of increases on a monthly basis indicates a correction at some stage is likely.

And so it is, but hold that thought because the reverse is also true, in this market where we are seeing month on month decreases in all real estate pricing it is also not sustainable and indicates a correction at some stage is certain. As the Reserve bank and the finance minister Grant Robertson pull the strings, levers and fiddle with the money bits, it's a matter of time before the market comes back to life, in part cheered on by Owner's needs to get on with life and Purchasers confident that prices have turned a corner. Declines over the past 12 months are:

Rodney down 11.1%

Waitakere down 14.8%

North Shore down 14.1%

Auckland City down 14.5%

Therefore we expect that 2024 will be the year of recover and regeneration. Don't expect big shift in property values in the short term future as the election machine sucks the air out of buyers and sellers alike.

Let's look at the sales:

Helensville	\$580,000 to \$620,000
Huapai	\$1,160,000
Kumeu	\$1,110,000 to \$1,980,000
Riverhead	\$3,000,000 to \$3,100,000
Swanson	\$1,250,000

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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).

## Why you should include a Building Report condition

Congratulations! You've finally found the right property and had your offer accepted. Hopefully, you've made the offer conditional upon receiving a satisfactory building report. That means that you will now have up to 15 working days to get the inspection done. While this is an extra up-front cost, we recommend our clients do this as it could save time and money later down the track.

A building inspection needs to be undertaken by a licensed building professional and include a detailed written report, if you wish to rely on it. While DIY is in our DNA and we all have a knowledgeable tradie mate, this is the time to call in an accredited property inspector with appropriate indemnity insurance. They will undertake a thorough inspection and supply you with a written report. The report will identify any issues that need remedy, risks, or upcoming maintenance required. Sometimes the real estate agent might supply you with a property inspection report which is great, but if that report fails to identify something that later costs you money to fix, you can't hold them accountable.

What happens if the reports identifies issues? Don't worry, you have options: -

Option 1: You can use the building report to try and negotiate a reduction in price to cover these issues, you can then attend to them following settlement yourself. This is useful if you have a tight turnaround for settlement or you are wanting to make changes to the property anyway. You just need to consider if the change in price will impact your finance and disclose any issues to your lender.

Options 2: If you don't want to do the work, you can also negotiate that as a condition of settlement the vendor fixes the issues. This is where we step in and negotiate on your behalf with the Vendor's Solicitor. In this case the purchase price will remain the same.



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# Property

Option 3: Cancel the Agreement - if the issues are extensive enough that you decide you don't want to go through with the purchase, or you can't get finance due to them, then you can cancel the Agreement and any deposit paid will be returned to you.

Before the Vendor will negotiate or agree to cancel the Agreement, they will want to see the written building inspection report to verify your claim.

The good news is that, in our experience most Vendors are happy to negotiate, as once they are aware of issues, they are obliged to disclose these to other potential buyers. It's a buyer's market right now and Vendors don't usually want to risk losing a sale.

We are always very happy to provide advice before you sign an Agreement for Sale and Purchase, so if you have queries give us a call on 09 973 5102. Another great place to find information on buying or selling is on the Settled website at [www.settled.govt.nz](http://www.settled.govt.nz).

## Five essential considerations for your retirement

Everyone moves at their own pace when it comes to retirement living and you may be ready to move into a village when you finish working to enjoy a more active village life, or you may want to wait and consider social and health concerns. There are a



variety of reasons people turn to retirement villages, be it health, companionship, maintenance work, financial freedom through to liking the community feel and activities a village provides. This is a personal decision. It is important to note that most retirement villages have a minimum entry age ranging from 65 upwards and require some work to be done to prepare.

Know your wealth - It sometimes goes without saying but you'll need to understand your asset pool and what you want to sell to ensure you have the cash to invest in this transition, all villages are different in their purchase and ongoing costs.

Have a plan - You'll need to have an experienced AREINZ real estate agent that can guide you through the process of getting the most money for your property assets.

Be legally smart - Make sure your will is up-to-date, you have two enduring power of attorneys in place and that you seek advice on any license to occupy you may be considering

Communicate - Ensure your friends and family are in the loop with your thoughts and plans, they will generally provide their advice.

Start de-cluttering - Do a little daily, not all at once. You'll need to work through your home and slowly sell, re-site or remove your furniture and bits-n-bods. You will be downsizing so space will be tight.

For a free helpful guide to moving into retirement living and some great partners and/or to pre-register for the next "Best of Aged Care Seminar and Chat" please text the word retirement to 027 632 0421 or email [graham@kumeucourier.co.nz](mailto:graham@kumeucourier.co.nz).

## Reliable and accessible management

Choosing a local property management company has many advantages. A local team has in-depth knowledge of the local rental market and the community, which can help maximise rental returns. Here are some of the benefits of working with a local property management company versus one from outside the area



Firstly, a local property management company has a wealth of knowledge about the local rental market. They can provide insights into unique features of the area and tailor their services to suit your specific needs. This knowledge helps you to make informed decisions about your property investments. You can also rest assured that your property is being managed by a team that understands the rental market in your area and has the expertise to help you achieve the highest rental returns.

Secondly, local property management companies have established vendor relationships with local vendors that can provide quick and efficient services. These vendors understand the local market and can provide reliable and affordable services. This ultimately saves you time and money when it comes to property management.

Thirdly, a local property management company is easily accessible. You can easily reach out to them at any time, and they will respond promptly to any issues you may have. This means that you can rely on them to handle any problems that arise, ensuring that your property is well-maintained, and your tenants are happy.

Fourthly, a local property management company has local expertise. They have inside knowledge of the community, including local regulations, tenant behaviours, and rental rates. By having a team with local expertise, you can have peace of mind that your property management is in good hands.

Finally, a local property management company is generally more reliable compared to an outside company. They have a greater

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# Property

sense of accountability and take pride in the services they provide by focusing on long-term relationships with their clients. This means that you can rely on them to provide high-quality property management services that meet your specific needs.

In conclusion, choosing a local property management company has many benefits. A local team has a wealth of knowledge about the local rental market and community, which can help maximise rental returns. They have established vendor relationships and are easily accessible. They also have local expertise and are generally more reliable compared to an outside company. By choosing a local property management company, you can enjoy these benefits and many more. Contact your local property management company The Rent Shop Hobsonville today and learn how their local expertise can help you achieve your property investment goals. Mike.james@therentshop.co.nz.

## Home lending when you're not a Mum & Dad with 2.5 kids

If you've picked up an application form for a home loan (or pretty much anything else) odds, are it had a space for your name, for your partner, and it might have had room to list up to three children. The vast majority of personal home lending the banks do is for couples or individuals, and most of their forms and processes have been built with this in mind.

When you do not fit within this 'box' it can make the whole process confusing and frustrating. For example, the scenarios I have seen lately include:



- Three or more borrowers coming together to buy a property.
- Mixed / combined families.
- Borrowers who will live at different addresses - e.g. investing in a rental property together.
- Owners with unequal shares in the home.

In each of these cases there were Banks who were very keen to consider mortgage applications from these clients, and other Banks who were not. By looking across multiple banks at one time I was able to make the process much easier for my clients - whereas if they had to go bank to bank, they may have gone through three of four before they found someone who could help.

So, if your bank has said 'no' or made things difficult because you don't fit a 'standard' customer profile; this doesn't mean you can't get lending. It just means you need to keep shopping around. Or better yet, get someone to do it for you.

If you'd like help finding what lender best suits your situation, I'm available free of charge; and if you want to meet in person the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 [www.betterborrowing.co.nz](http://www.betterborrowing.co.nz)

## Public Trust

West Aucklanders are benefiting from Public Trust's innovative and accessible NorthWest Customer Centre.

The centre is off to a positive start since opening in the NorthWest Shopping Centre last year, says Catherine Simpson, Public Trust Head of Service Delivery - Auckland and North.



The team has so far helped a lot of locals make a will or get their enduring power of attorney (EPA) sorted, she says.

For anyone feeling a bit apprehensive about sorting a will or enduring power of attorney, Simpson suggests popping into the centre and asking the friendly team any questions they have.

"We can help them to understand what they might need and let them know the easiest way to do it."

Simpson says the large, flat accessible spaces have been appreciated by the community. The large self-serve screen helps people navigate through products and services easily.

"The centre provides greater ease and accessibility for those in the West Auckland area wanting to tick getting a will or EPA off their to-do list," she says.

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# Property

"We've had the opportunity to meet people who have wandered past and seen us there. We've also seen customers who have opted to come and see us there because it's a convenient location. It has been a very warm reception from the local community," Simpson says.

"We are so happy to be helping people locally in West Auckland. Our centre is in a high-growth area, and next door to a lot of other services. There are a lot of new housing developments around and it's just a short drive to most parts of West Auckland such as Ranui and Swanson."

Public Trust NorthWest Customer Centre, NorthWest Shopping Centre, 48 Maki Street, Massey North, Auckland 0614, 0800 371 471, [www.publictrust.co.nz](http://www.publictrust.co.nz).

## Selling a property when you're splitting up

The decision has been made, the personal items and small household items have been allocated, the bank accounts separated as have the bills, but you can't come to a decision around the family home. You have a registered valuation and you have two independent property appraisals completed from reputable and AREINZ qualified real estate people. So, you understand the value, you understand the process to cash up and one party says, no. I'm not moving, I'm staying put and I've changed the locks. Not ideal, highly stressful and unfortunate for all parties involved. If you are the party that says no, consider the facts. The family court can order the property to be sold. However, this will take time and money which ultimately will reduce the amount each party receives from the property due to cost and fees, but also the court dictates the sales process, the minimum (or reserve) price and the marketing spend. This process can cost tens of thousands of dollars and take 12 months to get through the courts. For more information on working through this property these two links may assist: <https://www.justice.govt.nz/family/separation-divorce/divide-relationship-property/> and <http://communitylaw.org.nz/community-law-manual/chapter-24-relationships-and-break-ups/relationship-property-dividing-your-property-when-you-split-up-chapter-24/>. Each party should have a competent solicitor to allow a common-sense approach to progressing the decision, and a clear decision made early provides clarity for all parties affected to move forward. Your chosen real estate professional will explain the communication path with all parties and ensure decision makers are updated and informed weekly. Working with an AREINZ Real Estate Agent ensures your working with an agent that is at the top of their



profession and ensures that any issues are forecasted and dealt with quickly and effectively.

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](mailto: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).

## Does your will do what you want?

If a person dies leaving behind a valid will but it does not properly dispose of all their assets, then the remaining assets will be distributed intestate under the Administration Act 1969 ("Act"). This could happen if the deceased forgets to deal with an asset in his or her will or if a beneficiary no longer exists when the deceased dies. The estate will then be divided among the surviving spouse, children, parents, and other next of kin, depending on the circumstances.

For example, Mr A decides to leave his assets to his family trust to look after the next generation. A few years after signing his will Mr A and the other trustees of the family trust decide to wind up the trust. Unfortunately, Mr A forgets to update his will which still has the family trust as the beneficiary of his estate - but it no longer exists. Mr A's estate will now be distributed pursuant to the intestacy laws under the Act.

In many situations this may not be a problem as the people who end up inheriting under the Act may be the same as if the family trust inherited the estate. However, sometimes this may not be the case and the estate is distributed in a way that the deceased never intended.

This is why it is good practice to regularly check your will to make sure it properly disposes of your assets. If you are uncertain about the distribution of your assets upon your death or need to update your will, you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## \$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](mailto:editorial@kumeucourier.co.nz).

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20/22 Access Road, Kumeu, Auckland

Akarana  
timbers 

# Hot Property



## Heated pool, heated alfresco, Hebel exterior

Set on 757 square meters (approx) of land in a quiet and flat location, with park, playground and school a small stroll away. This near new, showcase Versatile Homes build, displays the best aspects of modern living by design. An un-encumbered indoor-outdoor living environment favouring the north, with expansive decking and heated covered alfresco integrating through to an in-ground heated

salt water pool. Entertainers, up-spec kitchen with full scullery. The home offers:

- Entertainers open plan living
- Heated salt water pool
- Full kitchen and scullery
- Multiple entertaining decks
- Formal lounge
- Oversized double garage
- Heated covered alfresco living

# Hot Property



- Separate laundry with easy clothes line access
- Flat single level living
- All bedrooms off a central hallway
- Central air
- Bathroom, separate w/c and ensuite
- North facing and sheltered from SW winds

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@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](mailto: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	790,000	455M2	83M2	620,000		1,525,000	1113M2	120M2	1,300,000
	650,000	465M2	50M2	580,000		1,375,000	921M2	120M2	1,215,000
HOBSONVILLE	690,000	0M2	63M2	620,000		990,000	168M2	134M2	870,000
	1,600,000	321M2	256M2	1,558,000	RIVERHEAD	3,050,000	4.29HA	391M2	3,100,000
	790,000	0M2	64M2	675,000		2,650,000	1HA	258M2	3,000,000
	775,000	0M2	79M2	709,000	SWANSON	1,425,000	516M2	259M2	1,250,000
	1,450,000	330M2	251M2	1,500,000	WAITAKERE	1,425,000	4HA	201M2	1,100,000
	1,230,000	154M2	160M2	1,220,000	WEST HARBOUR	1,150,000	327M2	180M2	1,025,000
	1,015,000	178M2	116M2	916,100		2,060,000	633M2	332M2	1,905,000
	1,215,000	0M2	185M2	910,000	WHENUAPAI	1,200,000	345M2	147M2	1,100,000
	835,000	0M2	87M2	710,000		735,000	114M2	83M2	670,000
	1,340,000	257M2	163M2	1,265,000		1,320,000	1045M2	134M2	1,200,000
HUAPAI	1,650,000	876M2	206M2	1,160,000		1,205,000	345M2	155M2	1,149,000
KUMEU	1,225,000	361M2	192M2	1,250,000					
	1,250,000	400M2	181M2	1,110,000					
	2,025,000	1.74HA	240M2	1,980,000					
	2,375,000	1.07HA	230M2	1,900,000					
MASSEY	1,375,000	911M2	150M2	990,000					
	850,000	365M2	84M2	775,000					

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

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

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

\*Available for a limited time. Conditions apply.

**Mike Pero** | REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Kumeu  
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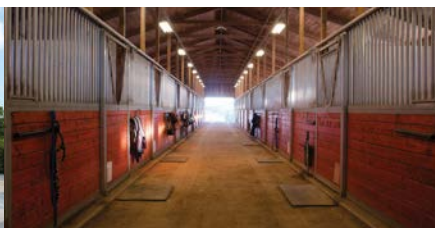
*So come on rural communities - take a photo of your barn, especially those with the "wow" and the "OH MY GOD I want one" factors and enter **Barns We Love**, there are fantastic vouchers to be won!*

*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!*

**Be Quick!**  
First 10 registrations go into a special draw to **WIN** a voucher from **Mitre10 Mega!**



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from \$349,500\*



\* Price is an indication of the build cost only and excludes land and site specific costs.  
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Amrita Express Floor Plan © G.J. Gardner Homes 2023





4



2



1



146.9m<sup>2</sup>



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**G.J. Gardner.** HOMES



## GENEROUS SEMI-RURAL ON ½ ACRE

4 2 2

By Negotiation

### 15 Buttercup Place, Waimauku By Negotiation

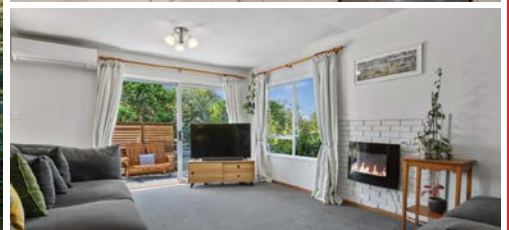
Big home on a large site full of sunshine and the good life. Set in a semi-rural cul-de-sac location, and enjoying a sunny north slope with established trees, and independent pathways to the school, convenience shopping, parks, bowling, tennis and RSA clubs. This single level home with high cathedral ceilings will deliver a peaceful and enjoyable living style that will bring a smile to your lips and a twinkle to your eyes. A home that has three bedrooms and a fourth room that could be used for family, guests, study, office or a second lounge. With open plan kitchen-dining-lounge with uncompromised alfresco to North facing decking. Three bedrooms, laundry and bathroom all off a central corridor with the master enjoying a walk in and ensuite. A separate independent double garage.

[www.mikepero.com/RX3627851](http://www.mikepero.com/RX3627851)



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

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## STUNNING KIWIANA BUNGALOW ON 800SQM (APPROX).

3 1 1

By Negotiation

### 24 Alice Street, Riverhead By Negotiation

A beautifully presented and well maintained 1970's bungalow offering the very best of traditional Kiwi values and easy living. Created with care and matured with love this three bedroom, single bathroom bungalow offers the best of tradition, with all bedrooms, w/c, bathroom and laundry off a central corridor. North facing lounge and dining areas lead seamlessly onto sun soaked decking, leading onto generous lawn peppered with established trees and perfumed roses. Private deck off the master provides a retreat in the tempered autumn afternoons. A single garage and workshop and transportable sleepout/tiny house adds considerable value to a buyer wanting to create strong family memories in this historic Auckland settlement.

[www.mikepero.com/RX3653642](http://www.mikepero.com/RX3653642)



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027 632 0421  
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## FLAT LAND - BIG SHED - AQUAFER BORE

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### Lot 2 / 337 Ararimu Valley Road, Helensville By Negotiation

Offering a flat and usable 2.3 hectare (approx) land lot offering some significant benefits:

- An unconsented 150sqm (approx) plus high stud barn
- A deep bore with water rights accessing a deep spring aquifer
- 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.

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## HOME, MINOR, STABLES, LAND OF PLENTY

5 2 2

By Negotiation

### 412 Taupaki Road, Kumeu By Negotiation

Welcome to Equine Heaven, a property that delivers significant infrastructure to satisfy a buyer that wants to work, play and invest in their future. Set on 4.4 hectares (approx) of land and offering some significant lifestyle value. Large 5 bedroom home, with 2 bathrooms and 3 plus living areas. Double garage and extensive 3 bay shed. Independent minor dwelling with garage. Beautifully appointed in-ground pool. Seven paddocks. Arena, outside stables, inside stables, tak shed. Security gates, and good fencing. Extensive entertainers decking. Seldom available with so much on offer, we welcome buyer interest and feedback. Long settlement options are very much on the table to the right buyer.

[www.mikepero.com/RX3654132](http://www.mikepero.com/RX3654132)



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# Home & Garden

## A dip in the temperature - winter is 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 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](mailto: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](http://www.whenuapai.laserplumbing.co.nz).

## Need a tiler - Tile Wright

Now's the time to start thinking about that kitchen, bathroom, laundry project.

We are now carrying out free no-obligation quotes for your tiling needs; kitchens, splash backs, bathrooms, under floor heating and laundries.

We specialise in all things tiling; providing high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

With over 6 years' experience in the industry, we pride ourselves on high quality workmanship.

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.



## 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

Ever had mess left behind?



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# Home & Garden

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.

## Functional layouts for your kitchen

Did you know Mitre 10 MEGA Westgate can design your kitchen?

Finding the best configuration to utilise your space.

The key to a great, workable kitchen is utilising the space you must give you maximum workbench, storage and circulation space.

The kitchen layout is the shape that is made by the arrangement of the benchtop, major appliances and storage areas. It's worth being meticulous, so measure the area you have to work with, draw the space to scale using gridded paper and sketch out the five fundamental layouts for most kitchens - the G, U, L, single and galley.

Look at how the different layouts affect functionality and provide



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# Home & Garden

you with optimal use of space - it should become obvious which layout will work the best. Kitchens are the hardest room in a house to design, so if you are having trouble don't hesitate to ask one of the in-store designers for some expert advice and help.

If you're taking out your old kitchen to renovate the space and install a new kitchen, this is the time to rip off your old plasterboard and install new wiring, pipe work and insulation.

When moving a sink to a new location in the room you will need a building permit, best to talk to your local council to get advice before starting. If you are swapping out a sink with a sink that is in the same position, you will not need a building permit.

Once plasterboard is all removed it is imperative that a bit of time is set aside for straightening the studs and nogs to ensure a straight and flat wall finish.

For walls that are considerably wobbly it's a good idea to use 13mm plasterboard to iron out a few wrinkles.

## Waimauku Garden Club

Wow! What an exciting day in the city.

We left Waimauku in the morning at 9am on our luxurious bus for a smooth fast ride in the bus lane past the crawling vehicles to arrive right at the door of our destination

Weta Workshop Unleashed Sky City. We enjoyed the 90-minute guided experience through the themed environments including immersive horror fantasy, and sci-fi worlds.

There was the cinematic soundtrack, animatronic creatures, physical and digital interactive, hyper-realistic sculptured giants and characters, a horror house experience, and much more to enjoy.

The experience includes imagine a fantasy world, enter a world featuring two opposing dinosaur factions with towering castles as the centerpiece of the scene.

Discover a sci-fi adventure, immerse yourself in an atmospheric sci-fi wonder as a gigantic robot comes to life at the climax of the story. Presented by our enthusiastic guide. Produced by so many creative imaginative people.

We headed to the waterfront to enjoy a leisurely lunch followed by a bit of retail therapy before heading to the Maritimes Museum for a very informative tour by our passionate tour guide.

Dive deeper into our maritime history discover the genius of early Pacific navigation and the great voyages of exploration to Aotearoa New Zealand. Test your sea legs in the replica 1840s rocking cabin experience the journey of the early immigrants. Fascinating stuff.

What an awesome day we shared. We are also on Facebook: [www.facebook.com/groups/358928941269802](http://www.facebook.com/groups/358928941269802). Love to have you join us.

## 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.

The new kid on the block - Searching for new home inspiration? Why not visit Signature Homes latest Huapai showhome to experience the difference?

This dual pavilion home provides 199sqm of effortlessly light, bright, and beautifully sun-soaked living spaces.

Visiting a showhome gives you a chance to look at different home designs in living colour. You'll be able to explore the layout, run your hand along the finishes, soak in the space and imagine what it would be like to live there.

You will find the showhome located at 190 Matua Road, Huapai. Open daily from 12pm-4pm.

Build with confidence - One of the many benefits of building with Signature Homes, is that all the nuts and bolts are taken care of so you can relax and be confident your build is in good hands from start to finish. On-time, on budget, with no nasty surprises, and New Zealand's most comprehensive building guarantees - including our



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**PLUMBING & GASFITTING**  
 CONTACT US ON  
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# Home & Garden

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## It is planting season

It is planting season. Well, with the amount of rain we have had over summer it seems like we could have been planting native plants all year. However, the cooler months have always been the best time of year to plant as the soil is easier to plant into, and it provides a few months for roots to start establishing before soils dry out in summer.



There are a number of parks and reserves across Rodney that have volunteer planting days so keep your eye out for your local event. Also, anyone with a stream that discharges into the Kaipara Harbour is eligible for Kaipara Moana Remediation (KMR) funding to help with plants and planting.

New Zealand Biosecurity Services is an approved contractor with KMR so you can apply for grants to cover a portion of our fees. If you have a large area that needs planting this year or need planting

advice, give one of our friendly team a call on 09 447 1998 or email [administration@biosecurity.net.nz](mailto:administration@biosecurity.net.nz).

## Fruit tree pruning & care workshops

Sunday 25th June (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 & care workshop will give you all the basics to assist in your success.

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
- Planting methodologies/techniques
- General tree care
- Safety considerations

This event is traditionally 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 over 40 marvellous pieces created for

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## Huapai Showhome



199m<sup>2</sup> 3 2 2 2

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# Home & Garden

our 2022 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.

## 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 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.

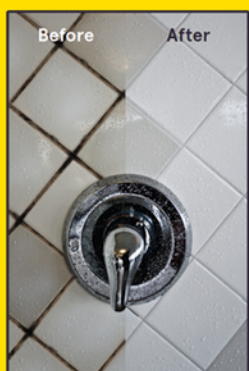
## Dirty Tiles & Grout?

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.

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

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## Kumeu Community Garden

Over the last few months you will have noticed Liam and Calvin building composting bins at the Community Garden. These bins will be utilised to minimise and utilise waste from the garden and produce a high nutrient, quality compost that can be used to benefit the growing kai.

Every one of us can minimise our impact on landfill and utilise kitchen and garden waste more efficiently. Small scale composting with miniature systems like Bokashi are widely available from various outlets and easy to set up at home.



Auckland Council is rolling out a food scraps collection however this will be transported some distance to be processed, imagine if households processed their own food scraps and used it locally to benefit the community.

If you are interested to find out more there are workshops run by the Compost Collective (details can be found on Facebook) or pop down to the Garden and chat to Calvin!

You could set up your own community compost sharing on your local community Facebook page. For more KCG information, follow us on Facebook or email us at kumeucommunitygarden@gmail.com.

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At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure.

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# Home & Garden

Our dedicated team take care of everything, including permits, resource consents, planning issues, engineering drainage and geotechnical reports.

We can even help you find a section or unique lifestyle property, sort out finance and payment terms to make it as simple as possible.

Have an idea on paper but not sure where to start? Our New Home Consultants and onsite Architects can turn your sketch into reality and have it priced all in the space of a very short timeframe. Our designers have consistently been at the forefront of developing living concepts that cater for modern lifestyles and New Zealand's unique environment.

We project manage everything every step of the way and give you written assurances, regarding costs, workmanship, material guarantees, completion dates and other key issues.

Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder.

So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

## Top tips to winterise your pool

In house pool water testing for phosphates. Phosphates are organic materials that naturally occur in your pool, coming from dead leaves, lawn fertilizer, and many other sources. At high enough levels, phosphates feed algae to grow in your pool. This will turn your pool's water green and cloudy.

Dose with algaecide monthly to kill any algae growth. Use MSA to kill and prevent algae.

Duck's taking a shine to your pool? Algiguard to repel ducks and insects.

Pool overflowing? Use the excess water to backwash your filter. Avoid the water level in the skimmer getting too low.

Chemically clean the filter with Filter Brite. This will prolong your filter media life.

Shock/super chlorinate once or twice during winter to kill any bacteria and prevent biofilms.

Jack Frost knocking at your door? Are you prepared?

A woodburner is the perfect way to stay warm and keep your house dry during these upcoming chilly winter months.

Accessories also available such as wood racks, guards, fire tool sets, radiant wood heater fans plus much more.

New wood burners and discounted display wood burner stock available. Supply, installation, consent all taken care of by us. Let us do your dirty work.

Drains and gutters overflowing with leaves? Book in today for gutter and drain cleaning to ensure you are collecting sufficient rainwater and not letting it go to waste. Blocked gutters can cause water ingress in your ceiling, roof leaks, and gutter drooping.

Contact us today for FREE quotes for fireplace installs, water storage tank supply and install, UV filtration, roof repairs, drinking water testing, bore water analysis and all your general plumbing maintenance. KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building [www.kpl.co.nz](http://www.kpl.co.nz) or send us an email [info@kpl.co.nz](mailto:info@kpl.co.nz).

For Sale By Deadline Private Treaty closing 4pm Wednesday 28<sup>th</sup> June 2023

## KUMEU SITE FOR SALE

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**Todd Kuzmich**  
021 410 774



# Central's Tips

## June 2023



### The fruit and vegetable garden

- **Gather up fallen leaves or old fruit** from beneath feijoas and pip and stone fruit trees to avoid overwintering pest and diseases. Add a layer of mulch around them to limit weed growth
- **Don't forget to harvest!** Bok choy, broccoli and spinach and even leeks can run to seed quickly. If there's plenty ready at once, distribute them round the neighbourhood, or make lots of soup
- **Jack Frost can damage** passionfruit vines, citrus and tamarillo trees if they're in an exposed area. Try using liquid frost spray over their foliage or, newspaper or frost cloth are cheap and easy options on still, cold nights
- **Order new season's fruit trees** such as apples, pears, plums, and peaches. If space is limited in the garden, check that your desired tree is self-fertile or source one that is grafted with two varieties to ensure it produces fruit
- **Garlic is traditionally planted on the shortest day of the year** - check that each clove is free of disease and intact before planting
- **Thin out carrots**, sow radishes and cut down green manure crops once they've grown to knee height

### The ornamental garden

- **Order oriental or Asiatic lily bulbs** - they're an easy-to-grow investment for the garden. Smaller forms are excellent in pots and will re-flower around Christmas time for years and years.
- **Plants with blackened leaves** - ferns, coastal astelias, pukas and renga renga lilies will have been burnt by frost. It's best to leave damaged top leaves on the plant until spring, to protect the fresh foliage beneath
- Increasingly NZ gardeners are planting **leucadendons and proteas** from South Africa. Showy in winter, these plants can resist summer heat and seem to cope in wet clay over winter. They're available from now on, just don't fertilise, as they don't like it
- **Winter pruning of deciduous trees** is best done once the leaves have fallen. Remove lower branches on the trunks if a formal specimen is required, and take out crowded, crossing branches in the centre of the tree.
- Now is okay to **lift and divide plants** if they die right down in winter - delphiniums, hostas and hardy geraniums can be broken up (make sure there's a piece of root on each segment) and replanted in Garden Mix to create more plants.

## Project for June

### Getting out of the mud

Muddy areas (including high traffic parts such as driveways) can be dealt with effectively using our NZ made recycled product Jakmat. Tough, UV proof technology and superior engineering makes this the best mat in the business. Fill with your favourite decorative pebble.

For everything you need to lay Jakmat visit [centrallandscapes.co.nz](http://centrallandscapes.co.nz)





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# Stuck in the mud?

JakMat is a high performance mat system that will deal with your muddy surfaces. Create beautiful paths or drive-on areas with these amazing mats, filled with the decorative pebble of your choice.

For more information call in and see us or visit <https://centrallandscapes.co.nz/products/jakmat-geocell>

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



# 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 programmes and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz). You can also email - volunteers: [volunteer@thenzcatfoundation.org.nz](mailto:volunteer@thenzcatfoundation.org.nz) donations: [info@thenzcatfoundation.org.nz](mailto:info@thenzcatfoundation.org.nz).

## Shorthair Cat Show

Sunday 18 June 2023 - 10.30am to 3.00pm - Kumeu Community Centre, 35 Access Road.

Hey you! Yes you! What are you looking at? Come see me and my friends and family at the annual TOSCA Cat Club show featuring all Shorthair Breeds of cats and kittens, along with our specialist breeds of Siamese and Oriental Shorthair (the tall slinky ones).



The show has both past and present champions strutting their stuff (and yelling about it) as well as divine kittens. Our judges come from Australia and New Zealand and will be giving a commentary on the cats as they are judged.

Come in the morning to watch judging or come in the afternoon to see the winners with their ribbons and our prizegiving. We will also

have some trade stalls and spot prizes throughout the day.

All welcome to come and view for a small door charge of \$5 per adult and \$3 for children or \$12 for a family (sorry, we don't have EFTPOS, please bring cash).

If you have any queries, please call our club secretary Anne-Marie Hall on 027 277 6770.

## Waggamuffin Pet Supplies

Waggamuffin Pet Supplies are local residents from Riverhead and operate every month from the Kumeu Markets selling our 100% NZ Natural Dog Treats and we also operate out of Catalina Bay Farmers Market every week on Saturday and Sunday. We also sell our exclusively made Dog Bandanas that are a very popular for dressing your Doggie up along with shampoos, Dog Ice Creams etc. We are a dedicated team and try to please each and every one. We are also available online just in case you can't attend the markets [www.waggamuffin.co.nz](http://www.waggamuffin.co.nz).



## Kanika Park Cat Retreat

Cat flu - Feline Upper Respiratory Infection (URI)

Cat flu is like the common cold in people. The severity of cat flu varies. In some cases, it can be life-threatening, particularly in kittens, and adult cats with underlying illnesses



Symptoms of cat flu? Breathing problems, coughing, discharge from the eyes/nose, fatigue, fever, loss of appetite, sneezing, ulcers of the mouth/eyes.

How do cats get cat flu? Cat flu is generally spread by direct contact between cats (saliva, tears, discharge from the eyes/nose). It can also be spread indirectly via contaminated food bowls, bedding, litter trays or human hands. After the flu many cats will remain life-long carriers of the virus but will show no, or minimal, signs of illness

Treatment - Although antibiotics can help with certain complications, there is currently no single cat flu treatment. Instead, cats with cat flu must be isolated from other cats until they are fully recovered.

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# Pets

Phone 027 550 1406, email [info@kanikapark.nz](mailto:info@kanikapark.nz), [www.kanikapark.nz](http://www.kanikapark.nz)

## Winter with your pets

When winter arrives, our furry friends may feel a bit cooped up indoors. Keeping them entertained becomes crucial to their well-being. Here are some tips to keep your pets happy during the chilly months. Firstly, engage them in indoor games like hide-and-seek or puzzle toys that challenge their minds. Set up an obstacle course or create an indoor treasure hunt using treats. Secondly, try interactive toys that dispense treats or engage them in gentle indoor exercises like laser pointer games or feather wand play for cats. Finally, consider scheduling playdates with other pet owners for socialization and playtime. By providing mental stimulation, physical activity, and social interactions, you can help your pets thrive even in the winter months. We have a wide variety of interactive toys, Treats, waterproof coats and jumpers and warm cozy beds in store now!



## Why do dogs tilt their heads?

Dogs have many endearing behaviours that humans find cute and charming, and one of these behaviours is the head tilt.

When a dog tilts its head, it often stimulates a positive response from us humans.

But what exactly causes dogs to tilt their heads, and what does this behaviour signify?

The head tilt is a common behaviour in many breeds of dogs. It typically happens when a dog hears a sound that it's curious about or doesn't understand. This could be a high-pitched sound, a strange noise, or even the owner's voice when the dog hears an unfamiliar word or phrase.

One theory is it helps them better locate the source of the sound. By tilting their heads, dogs can adjust their ears to better hear the



sound and determine where it's coming from. This appears to be particularly useful in a new or unfamiliar environment.

Another theory is it's a way to communicate with humans. Dogs are social animals that have evolved alongside humans. They have developed many behaviours designed to communicate with people. It may be a way for dogs to signal to their owners that they're listening and trying to understand what's being said.

It's possible that dogs tilt their heads simply because it is a behaviour that humans find endearing. Dogs are very attuned to their owners' emotions and behaviours, and they may tilt their heads to gain an encouraging response from their owners.

While the exact reason why dogs tilt their heads is not fully understood, it's likely the behaviour serves a combination of functions, including helping dogs locate the source of a sound, communicating with humans, and eliciting a positive response from their owners. Regardless of the reason behind the behaviour, the head tilt is a charming and endearing trait that many dog owners find irresistible.

## Pet patch pet of the month

Meet Koa he is a 15 year old Husky.

He is a well traveled gentleman having lived and traveled Australia with his family before moving and traveling around NZ.

He now calls our wonderful Huapai Community home.

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](mailto:info@petpatch.co.nz) and if you get featured you get a \$20 store voucher!



## Want a day off your doggo?

Nothing like a little freedom to do what you need to do. Send your dog for a farm adventure!

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# PET PATCH

320 Main RD Huapai (the old ANZ)  
09 412 2009  
[www.petpatch.co.nz](http://www.petpatch.co.nz)

# Food & Beverage

## The Riverhead's winter menu is now available

In late 2022 we welcomed Asim Pyakurel to the team as our Head Chef. Behind the scenes he has been working with our fantastic kitchen crew to design an exciting winter menu which is available now in The Landing.

The menu promises you a wide variety of choices including a Confit Duck Leg dish with Parisian gnocchi and a delightful Eye Fillet & Beef Cheek dish with bone marrow crumble. Then there's pure comfort on a plate with our Truffle Pea & Smoked Almond Risotto as well as our absolute faves; Riv's Famous Ribs, Beer Battered Fish & Chips and Scotch Fillet.

We would also like to extend our thanks to our wonderful team here - they have worked incredibly hard over our busy summer period and it's their efforts that make The Riverhead such a special place for our guests.

The Riverhead is New Zealand's oldest riverside tavern, nestled on the banks of the upper Waitemata Harbour. To find out more or to book a table head to our website: [www.riverhead.co.nz](http://www.riverhead.co.nz).



## Food truck fever in NorWest

NorWest is home to a number of popular food trucks, all of which are part of the growing Food Truck Collective. From Double Parked and Wipeout Kitchen based in Muriwai, Hapunan who opened their first brick-and-mortar store in Huapai plus the weekly rotation of trucks at The Beer Spot - we're very lucky to have some incredible selections of international street food on our doorstep.

All of these trucks, plus approx 90 more, work alongside The Food Truck Collective, an events company dedicated to the support and well-being of Auckland's most promising street-food businesses. The team is passionate about showcasing the best street kai in Auckland and the brilliant people behind the scenes. Talented international chefs create a range of incredible, authentic, and



vibrant food that bursts with flavor in your mouth and leaves you wanting more every time.

Founders Maggie and Tim, both food truck owners, saw an opportunity to bring food truck operators together to create a collaborative community where owners would have more opportunities to sustain their seasonal business by working together and creating a central place for people to find their food truck fix or find a truck for their next event. It's a hard slog running a Food Truck, especially with COVID and the wet and unpredictable summer Auckland has just experienced.

You may have come across the popular Food Truck Nights in Huapai and Riverhead over the summer featuring a dozen food trucks, pop up bar and live music - it was the perfect way to spend a summer evening with friends, family and neighbours.

Up next for the Food Truck Collective, is their European Food Truck Festival coming to Kumeu Showgrounds on Saturday 24th of June. Indulge in delicious sweet and savoury dishes from France, Italy, Spain, Holland and more without leaving Kumeu.

Alongside great tasting food and live music, on the menu will be a selection of craft beers and local wines from The Hunting Lodge - including a flavoursome Mulled Wine.

Admission to this festival is free, so mark your calendars and save the date now.

The Food Truck Collective's goal is to bring locals together to create memorable moments for all to enjoy; who doesn't enjoy great food, drink and at the same time, support so many small businesses?.

Can't wait until then, join us in Huapai Reserve on Friday 2nd June from 4pm for another Food Truck pop up event.

For more information visit [www.foodtruckcollective.co.nz](http://www.foodtruckcollective.co.nz) or follow us on Facebook or Instagram at @foodtruckcollectivenz.

## Soljans Wedding Open Day

Join us on the 18th of June from 3:00pm for our free Wedding Open Day. Whether you're looking for your perfect wedding venue or simply looking for inspiration, our wedding open day is a great way to visit our beautiful winery and view our ceremony and reception areas.

If you have any questions or would like to organise a private show around on another date, please do not hesitate to contact Soljans Wedding Coordinator Sophie via email on [functions@soljans.co.nz](mailto:functions@soljans.co.nz).





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# Food & Beverage

## FED

At FED we take pride in being your personal chefs. We are a meal delivery service based in Henderson that offers fresh, chef-made meals to make your life easier. With us, you won't have to worry about cooking as we take care of everything in the kitchen. All you have to do is heat it up and eat it up!



We offer a range of options to suit your needs, including one-off orders, care boxes, and flexible weekly subscriptions. We understand the importance of catering to your needs, and we are committed to delivering meals that are both delicious and nutritious.

Our service is a thoughtful gift for your loved ones, especially new parents, someone needing recovery or those going through a tough time. We believe in the power of good food to nourish the body and the soul, and our meals are a testament to that.

We take pride in our culinary creations and invite you to try them for yourself. Leave us to kitchen duty so you can do more of what's important to you. [www.getfed.co.nz](http://www.getfed.co.nz).

## Elderflower Liqueur

Elderflower liqueur is a versatile and delicious star ingredient in cocktails and is great used in baking and cooking. Add it to soda water to make a simple spritzer or drizzle it over the sponge cake in your trifle or add a teaspoon to whipped cream or icing.

Ingredients: for a same-day, small batch recipe use 1 cup vodka (37.5% ABV), ½ cup Elderflower Tea, 45g sugar, 30 ml water, ¼ teaspoon vanilla essence and ¾ teaspoon lemon juice. (If you have the time to leave the Elderflowers to soak longer in the vodka, use ¼ cup of



flowers to 1 cup of vodka and leave for a week, shaking frequently).

Method: Begin by soaking the Elderflowers in the vodka for several hours. Shake frequently. Next strain the mixture into a small pot and add the remainder of the ingredients. Bring to a boil to dissolve the sugar and remove a little of the alcohol. Simmer for approximately 5 minutes, then pour into a bottle and allow to cool before adding the lid. This liqueur will be shelf-stable provided you haven't removed too much of the alcohol whilst simmering it.

Certified Organic Elderflower Tea along with other herbal teas are available through our online store: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## Revival of a classic: it's baking, but not as you know it

Can you work out what I'm talking about?

"These sweet treats date back to the 1940s when the Edmonds Cookbook was a staple in every home and no tea party was complete without them.

These nostalgic baked goods have all but disappeared from our shelves as the foundry that once made the irons closed its doors"

Have you worked out what we are talking about? Ginger Gems!

We'll dust off your aprons people, because EngelElzen are bringing the gem iron back.

The EngelElzen Gem Iron and recipe is now available online at [www.engelelzen.co.nz](http://www.engelelzen.co.nz).



**The Riverhead**  
New Zealand's Oldest Riverside Tavern

\*The Landing Restaurant\*

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33 York Terrace, Riverhead  
[www.theriverhead.co.nz](http://www.theriverhead.co.nz)

# Ya dirty rat...



An exposure of the silly and the exaggerated. An exposay of what political figures are saying behind doors and what things may impact you and others within the community. If you have something that you want to share. Please email to [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz) and we will get it to the right person. Let's make a start with what Wayne Brown wasn't told from NZTA, and Waka Kotahi's Steve Mutton, that should have been a politician not a roading and transport manager. In August 2022 Supporting Growth provided a feedback report stating that over the years they had been working on this project and over the month that they had discussions outside New World Supermarket with grocery shoppers (they clearly understand the congestion in the district) that they had significant engagement. In short they had 48 survey responses about where the community wanted the bus stops and 11 email responses



[www.nzta.govt.nz](http://www.nzta.govt.nz)

## Memo

Address

**To** Mayor Wayne Brown  
**Cc** Cr Greg Sayers, Max Hardy, Megan Tyler  
**From** Steve Mutton, Director Regional Relationships (Northland/Auckland)  
**Date** 19/12/2022  
**Subject** Delay to lodgement of the Notice of Requirement for the North West Rapid Transit Corridor

### Summary

- We have carefully considered the request to delay lodgement, but we intend to proceed with lodging the full network including the Rapid Transit Corridor.
- The Rapid Transit Corridor will potentially take 3000 people off congested roads.
- In the most recent round of consultation, have spoken with just over 200 landowners in person, 30 of them being impacted by the Rapid Transit Corridor proposed designation footprint.
- There is general support for the project itself, with 75% support for protecting land now
- 'Future Kumeu' represents a group of landowners who own approx. 15 properties. The Rapid Transit Corridor impacts approx. 350 land parcels.
- Any delay to lodgement would mean that nearly 2000 landowners are left in limbo with no certainty on what is happening to their property.
- Community feedback has strongly told us that they want us to get on with these projects and any further delay will stop them from getting on with their lives.

### Key information

- Waka Kotahi New Zealand Transport Agency and Auckland Transport are working together through Te Tupu Ngātahi Supporting Growth Alliance to deliver route protection for a transport network required to support existing and planned growth in the North West of Auckland. The Notices of Requirement (NoR) to protect the land needed for this network are scheduled to be lodged with Auckland Council this week. We have carefully considered the request to delay lodgement but for a number of reasons explained below intend to proceed with lodging the full network including the Rapid Transit Corridor (RTC).
- This work is the culmination of seven years of investigations by AT and Waka Kotahi working within the alliance, aspiration setting and engagement with the local board, the community, landowners and other stakeholders in the North West. There are 19 projects across the area that make up this future transport network.
- The RTC is a key strategic element of the recommended North West transport network. The RTC is a 9.5km fully separated corridor for public transport services from Bringham Creek to Huapai, with two stations proposed at Kumeu and Huapai.
- The RTC will link in with the North West Rapid Transit Network from the city centre to Westgate.
- As a strategic project, the RTC complements the Alternative State Highway (ASH) which will move existing state highway traffic out of the Kumeu-Huapai town centre and is very popular with the community.
- Under current climate change directives, our strategy is to consent the RTC and ASH together as a network, rather than the ASH being a standalone roading project. This is what has formed the basis for our transport and climate assessment work. Furthermore the ASH without public transport will not have enough capacity to support the large number of additional people anticipated to be living in Kumeu over the next thirty years.

regarding the transport corridor. Four thousand people live in Kumeu and Huapai, therefore their engagement was 0.002 % of the community. Does anyone else think that is pretty low?

The survey and questions were about bus stop locations and the engagement was 11 emails,

We sense that NZTA, Waka Kotahi, have an agenda, they have administered the notice of requirements with disregard to how this affect Owners and Tenants, the financial impact ,and the ability to sell or develop the land. In short they ignored public opinion and debate. Below is some ansers to commonly asked questions:

Given the project funding is 2-3 years before construction which has been targeted for 2050 can you advise why this has been put into the community at this time (given most residents and businesses are still dealing with the effects of post Covid, Multiple Flood events, and Cyclone Gabrielle).

*We empathise with the communities throughout Tāmaki Makaurau that have been significantly impacted by recent extreme weather events and understand that some people are dealing with the aftermath of these events and will be for some time. The Notices of Requirements for our work in the North West were lodged in December 2022. We did not believe it was appropriate to delay communicating with landowners for too much longer following lodgment of this documentation and the commencement of the public submission period which opens on 23 March 2023. The timing for construction of the projects we are route protecting for is generally longer-term – we are planning now to support expected growth. As you know, 100,000 people are expected to live in the North West in the next 30 years. We need to plan now so that we are ready to respond when growth occurs and when funding becomes available. We are seeking a 20-year lapse period, so construction of the projects related to the Notices of Requirement will need to start by 2043.*

File Ref 1

Historically, the general approach (for example, from Waka Kotahi NZ Transport Agency) had been to route protect closer to project construction rather than in advance. However, this approach has led to route protection in areas where significant development and growth has already taken place, resulting in a number of issues that will not occur with an earlier designation process.



- The RTC will potentially take 3000 people off congested roads at peak times which will have a big impact in reducing our carbon emissions.
- Waka Kotahi is the Requiring Authority for these projects and has approved the designation being lodged.
- All stakeholders will have an opportunity to test the proposed RTC alignment and station locations through the formal NoR process, which includes public notification, submissions and hearings.
- Te Tupu Ngātahi has consulted extensively with the community over the last seven years and in the most recent round of consultation, have spoken with just over 200 landowners in person, 30 of them being impacted by the RTC's proposed designation footprint.
- There is general support for the project itself, with 75% support for protecting land now to allow access to faster and more frequent public transport options that connect to the city centre.
- Te Tupu Ngātahi has had regular and ongoing contact and briefings with local elected members, including the current and previous Rodney Local Board, Cr Greg Sayers and local MPs to keep them informed of project developments and help with constituent queries.
- We note that 'Future Kumeū' represents a group of landowners who own approx. 15 properties potentially impacted by the RTC in the Kumeū town centre. The RTC impacts approx. 350 land parcels.
- Any delay to lodgement would mean that nearly 2000 landowners (potentially impacted by RTC and ASH) are left in limbo with no certainty on what is happening to their property. Community feedback has strongly told us that they want us to get on with these projects and any further delay will stop them from getting on with their lives.

#### In response to the issues raised by Future Kumeū:

- Flooding risk
  - Future Kumeū have raised concerns about flooding, following the significant August 2021 flood event
  - Te Tupu Ngātahi have worked closely with Auckland Council, using their new flood model
  - The RTC will not increase flooding risk in Kumeū
  - Stations will be located in areas not subject to flooding
  - Te Tupu Ngātahi's flooding assessment has been peer reviewed by Council's experts
  - Auckland Council is planning further flood protection works that will reduce flood risk in the existing town centre
  - We are satisfied that flood risk has been adequately addressed
- Land use:
  - Future Kumeū propose relocating the existing town centre to the west, with an RTC alignment that runs through this proposed centre but not the existing centre
  - Auckland Council have undertaken extensive engagement and land use planning in Kumeū
  - Council propose to keep the existing town centre, and add a new secondary town centre further west
  - Council does not support relocating the existing town centre, do not consider it feasible due to extensive private land ownership, or consider it necessary to relocate in response to flooding concerns.
  - Council's proposed town centre is consistent with Future Kumeū location.
  - Te Tupu Ngātahi have worked closely with Council to integrate transport and land use
  - Waka Kotahi's RTC route has stations in both the existing and proposed town centres
  - We do not support an RTC route that caters to only one of the two town centres

2

Therefore we do not plan to delay lodgement and intend to proceed with our scheduled timeframes.

Te Tupu Ngātahi is a collaborative alliance co-owned by AT and Waka Kotahi therefore the intention to proceed is supported by both organisations.

Please find attached:

- Technical briefing document on the RTC and suggested options
- Previous mayoral briefing memo sent by Te Tupu Ngātahi
- Summary of most recent engagement on the RTC

*discussions cannot continue with the community, now that the Notice of Requirement is lodged, a more formal consenting process is underway. We do not consider the hearings process to be 'simply a formality.' Rather, the hearings process is a formal opportunity for public participation accessible to the public. The hearing process is a very important part of the Resource Management Act 1991 process as it is a formal proceeding where the public is able to participate and have their views heard. The North West projects will be publicly notified on 23 March 2023. This means that anyone who is interested can lodge a submission with Auckland Council (whether supporting, opposing or seeking changes to the projects). This is an important opportunity for the public to support or object to some or all of the projects of interest. A Friend of Submitter service is available for the public to use if they are not familiar with the Resource Management Act process. This service is free, and available to anyone who wants to be involved in the process. Following receipt of submissions, a public hearing will be held and submitters are able to be heard if they wish. The hearing is a further opportunity for the public to present concerns. Independent hearing commissioners will listen to all of the evidence and submissions given at the hearing and will then recommend to Auckland Transport and Waka Kotahi NZ Transport Agency whether it thinks the projects should be confirmed (with or without modification to the conditions) or be withdrawn. Throughout the formal Resource Management Act process, Auckland Transport and Waka Kotahi NZ Transport Agency will continue to engage with the public and try to resolve issues raised if it is practicable to do so.*

You can email Steve Mutton on [steve.mutton@nzta.govt.nz](mailto:steve.mutton@nzta.govt.nz) or his counterpart Paul.glucina@nzta.govt.nz if you'd like to give them some feedback directly.

Cont...

*You have identified a hearings process which will be run by Auckland Council, will you be at these hearings? The Tupu Ngātahi team will be actively participating in the hearing process – this includes legal counsel, expert witness from across a number of the technical disciplines (eg planning, stormwater, transport modelling). Representatives from Auckland Transport and Waka Kotahi will be present when relevant.*

*If people affected by trauma and the NOR's are wanting to settle and move on, what is the process that you have in place to ensure they can do this and not suffer the effects of loss and uncertainty created by an NOR on their title.*

*There are no restrictions on people selling their properties following lodgment of Notices of Requirement and/or a designation over land.*

*Given the public support (over 200 residents) seen at the future-Kumeu event in 2022 with Wayne Brown present do you feel that you have done enough consultation with the community to push this through or do you feel you got this planning wrong?*

*While there are some members of the community who are not supportive of aspects of our projects, our wider engagement showed strong support for our projects. Te Tupu Ngātahi has been engaging with local communities and stakeholders about protecting future transport corridors in the North West since 2018. The transport corridors are being planned and designed to support the growth planned under the Auckland Unitary Plan, a document that was adopted after extensive public consultation in 2016. A consistent theme of feedback is that people understand the importance of protecting future transport corridors as development continues to progress. Another key theme is that they would like to see the transport projects progressed sooner than the indicated timelines.*

*Will you enter back into consultation with planning groups within the community to get the right solution for the future or do you acknowledge the hearing process is simply a formality to get your plan implemented.*

*While there is certainly no reason why ongoing*

# Health & Beauty

## Men's haircare at Zash Hair

If there's one thing that unites humanity, it's that we all want great hair.

But sometimes, achieving great results can be a struggle.

Fortunately guys, attaining great hair doesn't take a lot of effort or time when you know what you're doing. So, here's a few tried-and-true tips that actually work to help you achieve and maintain great hair.

\*Keep your hair clean. Wash it as often as you wash your body since it is a part of that too.

\*Always use good shampoo. Cheap shampoo is as good as hand soap so ask your stylist for advice on which product is best for you and stay away from the 2 in 1 product.

\*Always use conditioner. We all want to save time in the shower, but conditioning will replenish the moisture and is a must each day.

\*Hydration is the key for textured hair. So, if it's curly or coarse it needs more hydration. Hence why it's so important to use conditioner each time.

\*Use sunscreen even on your scalp. We all know the importance of wearing sunscreen when outside, our scalp needs it too.

\*Get a haircut every 4-6 weeks. Always re-book your next appointment prior to leaving the salon.

\*Use good hair products. Ask your stylist to recommend a product that is designed to help you achieve the look you are after.

Men's haircare is just as important to us at Zash Hair so book your next appointment with us today. Enjoy the shampoo and conditioning service, scalp massage, cut and style. All with a great coffee too.

Call or message us today on 021 814 663.



## All about Anna at For Eyes

Anna O'Hare has been our Practice Manager at For Eyes for two years and has become a firm favourite with all who meet her. She's so kind and friendly and she has a good depth of optical knowledge. Anna's recent challenge was to introduce new camera-sensor technology to For Eyes to fit progressive lenses neatly customised to each individual wearer.



Anna is now undergoing courses in sunglass technology and frames to suit different face shapes. She and Molly love selecting new spectacle frames together to enhance the range at For Eyes.

Anna is overseas for all of June for her cousin's wedding in Ireland and we're hoping she gets a better summer there than NZ served us this year. Whilst Anna is away For Eyes will be closed on Mondays so please work around that when collecting spectacles etc. Normal hours resume in July.

Our online bookings are increasingly popular and so easy: just click on the link <https://for-eyes-optometrists-nz.cliniko.com/bookings> or go to our website <http://www.foreyes.net.nz/> and click on online bookings. Alternatively, phone us on 09 412 8172.

Matthew and Molly Whittington, For Eyes Optometrists.

## Rediscover your smile: the blissful dental clean

Maintaining good oral hygiene is crucial for a healthy smile and overall well-being. Regular dental cleanings play a vital role in achieving optimal oral health.

The Dental Cleaning Process:  
What to expect

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# Health & Beauty

2. **Plaque and Tartar Removal:** Say goodbye to the pesky plaque and tartar build-up that hides between your teeth and along the gum line. Our experts use specialised tools to gently remove these culprits, leaving your teeth and gums bacteria-free.

3. **Sparkling Polish:** Experience the joy of a dazzling smile as our hygienist polishes your teeth with a gentle yet effective abrasive paste. This step not only removes surface stains but also leaves your teeth feeling silky smooth.

4. **Flossing Finale:** Our meticulous flossing technique targets those tight spaces where food particles love to hide. By removing debris and promoting healthy gum tissue, we ensure a comprehensive clean that truly revitalises your mouth.

5. **Enlightening Education:** We believe that knowledge is power, especially when it comes to your oral health. Our hygienist will provide valuable insights into maintaining proper oral hygiene practices and suggest personalised tips for your ongoing care.

Embracing regular dental cleanings at Kumeu Dental unlocks a world of benefits, including:

- Preventing tooth decay and cavities.
- Detecting and addressing oral health issues at an early stage.
- Enhancing the aesthetics of your smile by removing surface stains.
- Enjoying fresher breath and improved oral hygiene.
- Nurturing overall well-being by promoting excellent oral health.

Let Kumeu Dental be your partner in creating a blissful dental journey towards a brighter, healthier smile. Phone Kumeu Dental on 09 412 9507 and ask how we can help you maintain your beautiful smile for life.

## Loading programs to alleviate tendon pain

Tendon pain, such as Achilles tendinopathy or tennis elbow, can be a persistent and debilitating condition. While traditional treatment methods like rest, physio, and medication have been used, emerging technological advancements offer a promising alternative: loading programs. These programs utilise controlled exercises and innovative devices to apply mechanical stress to the affected tendon, fostering tissue adaptation and facilitating recovery. In this blog post, we will delve into the concept of loading programs and their potential to effectively treat tendon pain.

**Understanding Loading Programs:**

Loading programs involve structured and progressive exercises designed to gradually apply controlled loads to the affected tendon. These programs predominantly focus on eccentric exercises, which involve lengthening the muscle-tendon unit while under tension.

The specific exercise protocols and equipment used may vary depending on the type and location of the tendon injury.

**Benefits of Loading Programs:**

1. **Tendon Remodeling:** Loading programs stimulate the healing process of tendons by promoting collagen synthesis, remodeling the tendon matrix, and improving tissue alignment.
2. **Enhanced Strength and Function:** By subjecting the tendon to controlled mechanical stress, loading programs can increase its load-bearing capacity, improve strength, and enhance overall functional abilities.
3. **Pain Reduction:** Studies have demonstrated the efficacy of loading programs in reducing tendon pain and improving patients' pain tolerance levels.
4. **Prevention of Recurrence:** Loading programs not only aid in recovery but also play a crucial role in preventing future tendon injuries by enhancing tendon resilience and adaptability.

**Implementing a Loading Program:**

To ensure the safe and effective implementation of a loading program, it is essential to consult with a healthcare professional, such as a physiotherapist or sports medicine specialist. These experts can evaluate the injury, design a personalised loading program, and provide guidance on proper exercise technique and progression.

Loading programs present a promising avenue for the treatment of tendon pain. By strategically applying controlled mechanical stress, these programs facilitate tendon healing, improve strength and function, and reduce pain. It is crucial to seek professional guidance from experts like Northwest Physio, a leading physiotherapy clinic specialising in sports injuries and musculoskeletal conditions. They can provide personalised assessment, treatment, and guidance on implementing a tailored loading program that aligns with your specific needs and goals.

Take the proactive step towards alleviating tendon pain and reclaiming an active lifestyle by reaching out to Northwest Physio today. On 09 412 2945 or email [info@nwphysioplus.co.nz](mailto:info@nwphysioplus.co.nz).

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# Area Columnists

## Lions fundraising continues

The Lions Club of Huapai-Kumeu has a fundraising Book Fair planned for September 22 and 23.

Meanwhile, the Vintage Shop at the Pomona Hall next to the Community Centre is a significant Lions fundraising project and recently funds from that source were given to the Highway 16 Quilters group which makes attractive covers for chest pillows used by heart patients at Auckland Hospital.

A heritage building fund administered by the Auckland Council has enabled the refurbishment of the exterior of the Pomona Hall which has now reopened for business.

Donations of vintage items are gratefully received at the shop, which is open 10am-3pm Tuesday to Saturday, and some people find this a good way of dealing with items from a deceased estate.

Huapai-Kumeu Lions continue as an active group supporting local community initiatives with dinner meetings on the first and third Tuesday at the Kumeu Community Centre.

Anyone interested in joining or finding out more can phone 09 412 7752 for information.



## Support for today, building for tomorrow

Marja Lubeck MP - Labour List MP based in Kaipara ki Mahurangi.

We've just released Budget 2023, which sets out more support for today and the next steps in our plan to build for tomorrow. I wanted to make sure that you'd heard about a few key initiatives, including a cost of living package to ease the pressure on people here in Kaipara ki Mahurangi.

This Budget provides practical cost of living support across some of the core expenses facing New Zealanders - childcare, healthcare, transport and power bills. It will help to make things a bit easier for families, students and older New Zealanders by reducing or removing some of the costs they currently face. Millions of Kiwis will pay a little less as a result.

We're helping parents stretch their budgets a little further, by making childcare cheaper with 20 hours free ECE for two-year-olds.



**Marja Lubeck**  
Labour List MP based in  
Kaipara ki Mahurangi

For appointments and  
assistance please phone:  
0800 582 325 (0800 LUBECK)  
marja.lubeck@parliament.govt.nz  
5/62-64 Queen Street, Warkworth

Authorised by Marja Lubeck, Parliament Buildings, Wellington

We're helping with health costs by removing prescription charges for medicines. We're permanently cutting the costs of public transport for young New Zealanders. We're also reducing power bills by making Kiwi homes more energy efficient.

Budget 2023 also includes a massive boost to our country's infrastructure which has been tested during the recent flooding and cyclone. That's why we've allocated significant funds to build back better with greater resilience, to protect communities from increasingly severe and unpredictable weather events.

It's a practical Budget that does the basics well and makes investments where they are needed most. But we need to do more than just respond to the challenges of today, we also need to build for the future.

That's why we're continuing to make targeted investments in areas that are critical to grow the economy and lift productivity. Investing in infrastructure, skills, science and technology supports every area of the economy. It's how we support people into work, drive higher wages for Kiwis and build a stronger economy.

## Are you on target to achieve your New Year's goals?

We have made into the first half of 2023, and a great time to check up on how our goals or New Year's resolutions coming along?

A lot of us had made various goals or resolutions that we wish to achieve in 2023, and now is a good time to review these and reevaluate them and make some changes if we need to.


Some of the typical goals or resolution are: weight loss, new career, stop smoking, more me time etc. How are you getting along with these? Are you managing to work towards your goal? Have you achieved your goal yet? Have you yet to start your goal or resolution?

Let's briefly recap on what a goal should be and a tool to help us, we can use the SMART Goal Setting Guide:

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

It is important to have a specific goal, identify specific targets you want to achieve at different stages, make sure your goal is achievable, otherwise you may struggle with success. Make sure the goal is realistic and relevant to you and put a time frame on it, as this will help you to continue towards success.

If you are already working towards your journey to achieve your goal or resolution, give yourself a pat on the back, you deserve it. For those who haven't started, you still have time, don't feel bad or negative about it, you can still do it. You can start today. One step at



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a time and remember, it's not the end of year yet.

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## Fatigue and menopause - Are you tired of being tired?

Fatigue is extremely common and a number one symptom of women in their forties. Studies have shown that about 33% of women experience extreme tiredness.

There can be lots of reasons for fatigue and it is important to rule out any underlying health conditions first as it can be a symptom for a number of serious diseases. The information and tips below are assuming that you are otherwise healthy.

Reasons for Fatigue: Hormones that are out of whack - thyroid, insulin, melatonin and oestrogen all affect energy and when they are low we get tired. Other reasons for fatigue include poor sleep, poor diet and nutrient deficiency, food sensitivities and a reliance on energy drinks. Dehydration, being sedentary and not moving, poor posture, stress (no surprises there) and being a woman.

Our cycles are specifically designed to create an ebb and flow of energy (amongst other things). We are not designed to be high energy 24 hours a day/7 days a week - we are not little men. We are special. Our energy tends to naturally increase the first half of our cycle when oestrogen increases and drops during the second half of our cycle when oestrogen drops - that is normal. There is nothing wrong with you. Start tracking your energy and see if there is a pattern and then try and find ways to honour that rhythm rather than fight against it.

My top tips for fighting fatigue and creating energy include:



1. Get your diet assessed by a naturopath or nutritionist - make sure you are getting all the nutrients you need and check for intolerances.
2. Start exercising - no more excuses. See a personal trainer to ensure you are training safely and in a way that will energise you not stress you. Dance, dance, dance.
3. Find a way to manage your stress
4. Consider herbs and supplements to balance hormones, support sleep and stress and boost energy- see a specialist who can help create something for you.
5. We have to provide what our body needs to make the energy and maintain it. We can also focus our mind on feeling energised. Remember what we focus on, we become. What can you do right now to embody the feeling of energy?

Go to [www.sarah-brenchley.com/why-hiding-under-your-duvet-with-your-cat-may-not-always-be-the-best-thing-for-fatigue/](http://www.sarah-brenchley.com/why-hiding-under-your-duvet-with-your-cat-may-not-always-be-the-best-thing-for-fatigue/) if you want more information and more tips.

## Sayers says it

By Rodney ward councillor Greg Sayers.

In spite of the Auckland Council needing to make significant cuts to spending in order to plug a \$325 million budget deficit there is some good news looming for rural ratepayers.

In June the Auckland Council will vote to approve its new spending budgets. Included in the budget is a proposal to more than double the amount Auckland Transport is spending in maintaining unsealed roads.

In figures I've secured the unsealed road maintenance program budget is set to increase from \$2.4 million to \$5.1 million per annum representing a 113% increase.

This would allow for the number of grading crews to be increased



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from three to five, which would mean more roads being graded more frequently.

More money would also be available to purchase greater quantities of metal to use on the roads, as well as to ensure culverts are properly maintained and cleared of blockages.

If approved in June the new budget would be effective from July 1, 2023.

"This is extremely good news for rural ratepayers who have been short changed for far too long,

"Even though this is a difficult financial time for the Auckland Council I will continue to push for a fair share of spending back into Rodney.

"Although the maintenance budgets are set to increase, I remain concerned that the sealing budgets are not.

"The sealing budget is currently \$4 million a year, but the required level of funding to seal roads to cope with increased traffic growth is \$12 million a year."

The gains made to the maintenance budget are due to the combined efforts of many ratepayers making helpful submissions to the Mayor's proposed budget, the Rodney Local Board advocating for better rural roading, and Mayor Wayne Brown's leadership in recognising the poor state of Auckland's unsealed roads.

"By working collaboratively we have been able to achieve this substantial increase, when in many other areas of council spending is being reduced.

"Road maintenance is a core council function.

"Mayor Brown also wants to see better standards in the way the unsealed roads are physically worked on."

For the first time since the formation of the super city the Mayor has given a statutory letter of expectation to the Board of Auckland Transport with specific wording mandating improvements to unsealed roads.

The wording of the directive says; "Ensure the road maintenance and renewal program is adequate and supports the whole region, including rural roads. This includes improvements to the rural road maintenance and sealing program, and targets to ensure prompt

completion of simple road repairs".

Greg says he had been working closely with Mayor Wayne Brown since the beginning of the year to achieve a fairer allocation of the general rates collected from rural ratepayers to be spent back for rural ratepayers.

## Four months after floods, little has changed

By Chris Penk, Kaipara ki Mahurangi MP

It's now four months since the Auckland Anniversary weekend flooding event that caused so much damage in Northwest Auckland.

Time flies when you're awaiting answers on whether you'll be able to live in your home again.

It seems extraordinary to me that, after all this time, we are still none the wiser as to which sections and which streets are going to be deemed safe to remain as residential.

Surely those flooded multiple times in the past 18 months could have been designated as such by now, even if more difficult determinations might naturally take longer.

The problem with all this delay is, of course, that mortgage loan repayments and some other property-related costs continue for the homeowner, along with rent needing to be paid elsewhere. Increasingly, I'm hearing constituents saying that the end is approaching for the temporary accommodation allowance provided by insurance.

The other major focus of flooding lessons to be learnt concerns early warning systems. The level of the Kumeu River should be easy enough to monitor and report in the event of significant rainfall. This technology has existed for decades and I've asked the "Healthy Waters" section of Auckland Council to ensure that such information is shared with those most affected, namely the residents and ratepayers of this area.

They've told me this is possible. While I don't know how quickly they will move to implement such a system, I made the point that time is very much of the essence. Put another way, winter is coming.

Finally, the mental health burden of these measures not yet completed is rising. It's very disheartening to hear of young people - and the older generations too, for that matter - feeling frightened every time that heavy rain begins to fall.

I've been asking government to help our people confront the issues that I've highlighted in this column. It's not been a matter of partisan politics (which is why I've been asking nicely) but at some stage action must be demanded. At the four-month mark, we're there now.



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Authorised by Chris Penk, 134 Main Road, Huapai.



# Area Columnists

Even with the announcement of properties' fate and consultation that will follow, from early June at the earliest, a question remains about terms for buyouts. And again the timeframes.

So far we know way too little. I'm trying to change this. Wish me luck.

## Diverse, skilled, social justice champions

The real deal about Citizens Advice Bureau volunteers

Do you know the Citizens Advice Bureau? Like really? Hundreds of thousands of people around Aotearoa New Zealand know the Citizens Advice Bureau (CAB). They know it well, because they have been helped by this long-standing, respected organisation that provides core social infrastructure and improved access to justice in communities around the motu. They know they can come to the CAB, no matter their circumstances or question and they will be responded to with care and kindness by our diverse team of CAB volunteers. Volunteers who are trained and skilled in listening, unpacking issues, and empowering people with options for moving forward.

For those who maybe don't know us so well. Let us introduce you to our service and some of our amazing people.

The power and mana of the CAB service - Citizens Advice Bureau was started in New Zealand over 52 years ago by social workers, lawyers and activists who recognised that justice was not equally accessible to everyone. These people understood the importance of empowering communities with knowledge and understanding of their rights and responsibilities and that access to justice should not be restricted to society's elite. It could and should be made available to all people through a model of civic participation and service - the CAB service.

This passion for social justice and service to communities continues to motivate over 2,000 people who volunteer for CABs around the motu today. "Here at CAB Helensville we have 13 volunteers dedicated to serving our local community," says Rani Timoti, manager.

The diversity of our CAB people - across our organisation we are diverse in gender, age, ethnicity, culture, religion, work experience, and even cardigan preferences.

"Our volunteers include many who wear different community hats in the South Kaipara area, often belonging to other groups and organisations representing their interests and areas of talent," says Rani. "We have a young mum wanting to give back to her community, a former social worker, a former nurse and others from

the educational and business world. But they all have something in common- a heart for their people. Our volunteers, at different ages and stages of life, all bring empathy and aroha to their mahi."

Mana wahine - People tend to think of CAB volunteers as invariably being women. Some even refer to us as 'little old ladies in comfy cardigans'. It is true that there are plenty of women in our midst - the community and voluntary sector is brimming with amazing wahine. Some of these women are in their retirement years, but reducing them to 'little and old' diminishes their mana.

"For myself, volunteering for the CAB was an opportunity to grab when my circumstances changed. After nearly 30 years as a community newspaper journalist and writing many articles about this 'worthy community organisation', I decided to become a volunteer. Seven years later, I'm now the manager."

All of the women who contribute to their communities through the CAB are dedicated to their mahi and bring skills, expertise and empathy.

Celebrating culture and language - We celebrated diversity and multiculturalism in the Citizens Advice Bureau during this year's CAB Awareness Week. This included highlighting that we have over a hundred multilingual volunteers who are available to provide language support so people can access the CAB service in their own language.

Old and young, and plenty in-between - our volunteers range in age from their early twenties through to those who have well and truly earned the right to slow down, even if they choose not to. Citizens Advice Bureau attracts amazing people, at all stages of life, who share a common motivation to support and empower others. This means CAB is an amazing environment for intergenerational, learning and support.

You are welcome - so, if you had some 'old' stereotypes floating around in your head, we hope that helps to set the record straight. We are, and have always been, more than you imagine us to be. Next time you see a sign for the CAB, think of the dedicated team behind it of skilled and diverse advocates, guardians and champions of human rights and positive social change. And remember, you are welcome at the CAB - whether as a client or a volunteer - regardless of gender, age, ethnicity or background. Cardigan-clad or otherwise. We're here for everyone.

We want to reflect our South Kaipara area with our volunteers- do you think you make a good fit with our small team?

Pop on in to talk to our friendly volunteers at our office at 16 Commercial Rd, Mondays to Fridays, 10am to 1pm, email manager. [helensville@cab.org.nz](mailto:helensville@cab.org.nz) or phone 09 420 7162.



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