

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

Helensville Birthing Centre

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Contact Geoff Dobson on 027 757 8251 or geoffdobson2017@gmail.com October 2023



Greetings

Welcome to our election issue.

Voting starts on October 2 and finishes on Election Day Saturday October 14 with voting between 9am and 7pm.

Hopefully, this edition will help you decided who, and which party, to vote for.

The Electoral Commission has a website with all the details you need to vote at www.vote.nz – check it out.

The commission even has mock voting for schools.

“Kids Voting” is designed to give students as realistic an experience as possible, says Electoral Commission Deputy Chief Executive Operations Anusha Guler.

More than 110,000 students from years 1 to 13 are expected to participate in Kids Voting which includes October 9 and 10 (the first two days of term four).

The commission send schools mock voting papers which include the parties and candidates from their local electorates, allowing students to vote for the same real-life candidates as 18-or-over voters and compare their school’s results with the outcome of the real election.

Schools registered for Kids Voting also get a selection of curriculum-linked teaching resources, a ballot box, a guide to running a mock election and other resources to help teachers take their students through the process.

Visit kidsvoting.nz or email schools@elections.govt.nz for more information.

I like some of the thought processes around the election, featured in this issue.

Kumeu Community Action Chairperson Laila Alkamil makes a good point – that people need to be engaged with the issues and turn out to vote (in 2020 the voter turnout was around 81.54% of enrolled voters) and that voting is not necessarily about electing the best party, “it is about keeping the worst party out”.

So what are the issues in Northwest Auckland?

Climate change and natural hazards (Muriwai, Bethells in particular and parts of Taupaki, Kumeu-Huapai and Riverhead included).

Infrastructure – or rather the need to introduce it before building houses, and traffic planning (witness the State Highway 16 congestion and the length of time before that’s likely to be anywhere near sorted).

It’s not just potholes either, although that’s still a problem in many areas.

The Northwest has a good train line – why not use it to get passenger rail to Kumeu and Helensville so people don’t have to drive into the city?

Local MPs and election candidates are all aware of these – but where’s the money and action coming from?

Will the election result really matter for this area? We’ve have to wait and see.

Geoff Dobson, Editor



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People & Places

Your spring 2023 update from Helensville Birthing Centre

By Paula Daye, Chair.

It's been a while since Helensville Birthing Centre has regularly been in touch with the South Kaipara community. A lot has been happening that we want to share - this will be the first of a regular quarterly newsletter.



Whānau continue to feel comfortable accessing pregnancy, birthing, postnatal and breastfeeding care and support at Helensville Birthing Centre. Our aim is to expand our services so we can continue to support the long-term health of families.

Child health and wellness has never been more crucial - we're constantly searching for ways of providing additional services in response to community feedback.

This feedback has led us to pilot the new drop-in clinic (Te Hā Tama Ariki) for 18 months. We celebrated our official launch on 9th August, and our aim is to grow our services to improve accessibility of maternal healthcare for all local women and pēpi, especially disadvantaged and hard-to-reach populations from preconception, pregnancy, post-natal and the first 1,000 days. We've been delighted

with the response so far.

Our vision is to see the drop-in clinic go from strength to strength, supported by the local community while producing the evidence base required to gain long-term funding.

Launched earlier this year, our new website shows just how beautiful, tranquil, and welcoming the Birthing Centre is. Plus, it provides a wealth of valuable information and stories from midwives, peer supporters, lactation consultants, new parents and more. We strongly encourage you to take a look. We've also grown our social media presence to engage even more with our local community - you can now follow the Birthing Centre and Te Hā Tama Ariki on Instagram and Facebook.

Some of our priorities this year include making sure local whānau have appropriate access to pregnancy and parenting classes and are supported once they return home with a new pēpi; commitment to strengthening Māori and iwi engagement, and to continue to deliver quality services that meet the needs of our local community.

As we find ourselves navigating a new era for health - where change is constant - we want to reassure you that the Birthing Centre is well placed to meet the growing needs of our community while meeting the objectives of health reforms: "to provide quality and equitable care close to home."

The country's new health structure includes establishing localities that will give service users and whānau an opportunity to have a greater say in determining the services that are most important for the health and wellbeing of that region. The locality covering the South Kaipara is yet to be decided, but for us to have a say in its

THE KUMEU DISTRICT AGRICULTURAL & HORTICULTURAL SOCIETY (KAHS)



ABOUT US

WHO WE ARE

The Kumeu Showgrounds is **Privately Owned** by its Members who are the Custodians of the Land for the Benefit of our Local Community.

The **History of the KAHS** can be found on our website: www.kumeushowgrounds.com

OUR STRUCTURE

OUR TEAM

Our Team are all Financial Members and Volunteers of the Society

The Executive Team

President, Vice-President, Jnr Vice-President, Treasurer and Past President

The Executive Council

The Executive Team including 9 Elected Councillors (who have served more than 2 years on the Show Committee)

The Show Committee

Members who would like to be more involved with the planning and smooth running of the Annual Kumeu Show

Staff

Society Secretary / Kumeu Show Manager
Groundsman / Caretaker

KAHS CONTACT DETAILS FOR JOINING US

Email: info@kumeushow.co.nz

Phone: 09-4129322

Mob: 021 040 3218

Website: www.kumeushowgrounds.com



MISSION STATEMENT

Preserve, Manage, Protect the rural aspect of the Kumeu Showgrounds now and into the future in order to benefit the local and wider community by the work of volunteers, staff and a committed KAHS Membership

WHY WE NEED INDIVIDUALS LIKE YOU

MEMBERSHIP

To assist with preserving the Kumeu Showgrounds for years to come with the aim to give back to the Community.

Opportunities to get involved with the planning and running of our Annual Kumeu Show and Future KAHS organised shows.

TYPES OF MEMBERSHIP

Annual Membership - \$30 per year

Life Membership - one-off payment of \$300

MEMBER BENEFITS

- Tickets to our Annual Kumeu Show
- Meeting Room Hire
- Voting rights at our AGM

SHOW COMMITTEE BENEFITS

- 30 Tickets to our Annual Kumeu Show with priority Parking
- Help with planning and Volunteering on Kumeu Show Days
- Great Social Committee gatherings

- Free stall at our monthly Kumeu Market (to be booked in advance)
- Private Venue Hire
- Voting rights at our AGM when voting in New members of the Executive Council

People & Places

future design and what services are required, based on the needs of our population, can only be a good thing.

Worth the vote?

By Kumeu Community Action Chairperson Laila Alkamil

With the general election fast approaching, the issues that affect our community - climate change, natural hazards, infrastructure and traffic planning - are the main focus of all the political parties.

But what does action on these issues mean and what can we expect from our elected representatives?

With both National and Labour boasting a frankly lacklustre track record for delivering in the Northwest, you could be left wondering if there's any point in even casting your vote. Who's worth your vote anyway?

The Kumeu Community Action group is apolitical.

Our committee is made up of people with varying political viewpoints across the spectrum. What we share in common is the view that our district needs strong leadership, transparent decision-making and proactive forward-planning to overcome the issues we are facing.

This viewpoint underpins all the work we do as a group.

Organising the Kumeu Candidates Debate (held on September 16) was our way of enabling the community to hear directly from candidates about our local issues and what they propose to do to fix them. But you might be asking, so what? Empty words right?

While it is understandable to be jaded, we cannot overlook the long-term implications of Governments' decisions on local communities.

An example of this is the Special Housing Area - a Central Government decision that resulted in large scale development without the development of supporting infrastructure.

Or the lack of support for using our existing trainline to reinstate passenger rail in Kumeu and Waimauku, despite our chronic congestion issues.

As a group, we will keep advocating for better representation in the Northwest from our elected representatives.

The keyword is elected - we need the community engaged in the issues and to turn out on Election Day (Saturday, October 14).



Because to frame it rather cynically, voting is not about electing the best party, it is about keeping the worst party out.

That's how you make your vote worth something.

Parakai youngsters help Kaipara Harbour and environment

Dozens of Northwest Auckland children are learning the benefits of looking after the environment for the good of their future.

They are planting native trees along a waterway feeding into Kaipara River to help reduce sedimentation into the Kaipara Moana and help with rebuilding whitebait stocks (the whitebait season is from September 1 to October 30).

Children from Parakai Primary School and Parakai Kindergarten teamed up with the Kaipara Moana Remediation (KMR) programme, Auckland Council and Whitebait Connection to plant hundreds of native grasses and trees on the banks of a nearby waterway in the Parakai township.

Kaipara Moana leader Justine Daw is grateful for the support and collaboration of the many partners, community groups, Ministry for the Environment and Kaipara Uri in supporting the KMR kaupapa through planting days with schools and early childhood education centres.

"We are doing a lot of remediation work around waterways and wetlands in the Auckland region which flow into the Kaipara Moana," Justine explains.

"Although we are a relatively new programme, KMR celebrated our millionth tree this winter, and we are on our way to planting the next million.

"We wouldn't be making such excellent progress in reducing sediment flows into the Kaipara Moana without the support of the Auckland Council."

As Aotearoa's largest harbour restoration programme, genuine partnership is key across the 6000sqkm Kaipara Moana catchment spanning both Auckland and Northland regions.



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"We are already supporting more than a third of the landowners in the catchment to protect waterways, strengthen flood resilience, and increase local habitats and biodiversity," says Justine.

"We are shortly to offer new funding for landowners who want to retire and plant on erosion-prone hillsides. This is part of our ongoing support for landowners affected by Cyclone Gabrielle and other adverse weather events."

Auckland Council Sustainable Schools Advisor Ross Martin is pleased with the Parakai planting day's success.

"For us it is a blend of conservation and education and that connection with the future. I am really interested in teaching the children about looking after this area and acting as kaitiaki of this area and really protecting it," he says.

"I live at Wainui and the stream at the bottom of my property runs into the Kaipara, so I am personally invested."

Whitebait Connection has worked with schools throughout Kaipara for more than 20 years and in recent times has been focused on discovering inanga spawning areas.

It provides action based environmental education programmes for schools and communities focusing on the health of streams, rivers and wetlands.

Auckland Regional Coordinator for the Whitebait Connection, Briar Broad, believes hands-on experience in nature is the key to inspiring and engaging our tamariki to become kaitiaki of the beautiful environment they live in.

Parakai School and Parakai Kindergarten (an Enviroschool), say it was exciting being involved in the planting day.

Enviroschools is a nationwide programme supported by Toimata Foundation, founding partner Te Mauri Tau, and a large network of regional partners.

Early childhood centres and schools commit to a long-term sustainability journey, where tamariki/students connect with and explore the environment, then plan, design and act in their local places in collaboration with their communities.

The Enviroschools kaupapa is about creating a healthy, peaceful, sustainable world through learning and taking action together - exactly what took place in Parakai.

"Our year five and six students are just so proud to be part of the Kaipara Moana Remediation Project because this is our playground and this is where we spend so much of our time and we are proud of making it more beautiful," says Parakai School's Sue Ganley.

KMR Field Advisor Shona Oliver helped organise the planting day and is pleased with the outcome.

"By putting the right plants in our waterways, it is really going to help

the health of the immediate environment. It will help hold the banks and hopefully all the grasses and native plants will create shading and the great habitat we are after," says Shona.

Email hono@kmr.org.nz for more information, or to ask about KMR's new funding available to retire and plant on erosion-prone hillsides.

<Photo Caption> Organisers of the Kaipara Moana Remediation native planting day at Parakai, from left, Auckland Council Sustainable Schools Advisor Ross Martin, Parakai Kindergarten's Angela McLeod, Whitebait Connection Coordinators, Briar Broad, Anastasia Zaleta and Aileen Sweeney, along with KMR Field Advisor Shona Oliver.

Waimauku Playcentre celebrates 50 years

Waimauku Playcentre marks 50 years of operation this year.

A large community party at the end of last year helped celebrate the upcoming 50th.

Waimauku Playcentre is different to many other early childhood education organisations with children and their parents or caregivers both able to attend.

Here your child will be given a chance to explore, create, climb, read, sing, experiment, play music, wear costumes, have their face painted (or do it themselves), garden, do carpentry with real tools, bake and cook, build sandcastles, swing, slide, dance, spend time in nature and get messy, the playcentre says.

Activities change every day.

"We welcome families with children aged from zero to six years. Mixed age play allows your children to engage with others older and younger than themselves," the playcentre adds.

"Pre-schoolers learn how to communicate, share and negotiate with empathy for their younger peers.

"We welcome you to visit any time during the year.

"You are entitled to three free visits so come and check out what we do - we would love to meet you and your family."

Waimauku Playcentre has 30 children enrolled across the two days it operates (Thursday and Friday) who all attend with their parents



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People & Places

and caregivers.

The playcentre also has Facebook and Instagram pages sharing each week what's going on.

Contact waimauku@playcentre.org.nz, or search on Facebook.

Taupaki Primary boosts the environment

Year 8 students at Taupaki Primary School are playing their part in protecting the Kaipara Harbour by planting native trees at the school.

With the help of Kaipara Moana Remediation (KMR) Field Advisor Shona Oliver, teachers and parents, they have planted 450 native trees in a wetland behind the school.



"What they have done is quite significant as the area is a habitat for pekapeka (bats) and matuku-hūrepo (bitterns), so the more forest cover we can provide in areas where these species live, provides them a larger habitat to thrive in," says Shona.

"And of course, as is the kaupapa of the KMR programme, we are all working together to improve water quality in waterways and wetlands flowing into the Kaipara Moana. The more planting of natives we do in these areas helps reduce sedimentation and

siltation flowing into the Kaipara and that will improve the mauri of the Moana over time."

The Kaipara Moana is the largest harbour in the Southern Hemisphere and home to rare and threatened species and habitats. The harbour has major economic value as the breeding ground for New Zealand's snapper fishery, however, high sediment levels have put this at risk.

In fact, in October 2020, the Ministry for the Environment, Kaipara Uri (Nga Maunga Whakahii o Kaipara, Te Runanga o Ngati Whatua, Te Uri o Hau), Northland Regional Council and Auckland Council signed a Memorandum of Understanding to jointly protect and restore the mauri of the Kaipara Moana.

Taupaki Primary School Deputy Principal Mary Fursdon says it is pleasing to be part of KMR's multi-year programme investing in projects with the long-term aim of halving sediment flows into the Kaipara Moana. As a Jobs for Nature investment, KMR also supports local, nature-based employment, training, and accreditation.

Mary says Taupaki School is a semi-rural school and the community values the outdoors and conservation of the local area, with many students helping their parents with planting natives on their own properties.

"The opportunity to work together with KMR on this wetland planting project gives our students an understanding of the bigger environmental picture, of how ecosystems work together and how they can make a difference," says Mary.

"The students are also part of an active garden club growing vegetables and flowers that the students like to pick for small gifts. The students who help with the gardening then get to cook using the produce, a bit like the story of the Little Red Hen - if you do the work, you get the goodies.

"The school also has a composting system, paper recycling and worm farm. Students have been involved in designing tracking tunnels and placing traps in key areas. This noticeably reduced the rat population."

The Taupaki Primary planting day is one of many planned to improve waterway quality and reduce sediment flows into the Kaipara Moana with the support of the Auckland Council.

Kaipara Moana leader Justine Daw says as Aotearoa's largest harbour restoration programme, genuine partnership is key to the success of the KMR project throughout the 6000 square kilometre Kaipara Moana catchment spanning both Auckland and Northland regions.

"We are doing a lot of remediation work around waterways and wetlands in the Auckland region which flow into the Kaipara Moana," says Justine.

"Although we are a relatively new programme, KMR celebrated our

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People & Places

millionth tree this winter, and we are on our way to planting the next million. We wouldn't be making such excellent progress in reducing sediment flows into the Kaipara Moana without the support of the Auckland Council.

"We are already supporting more than a third of the landowners in the catchment to protect waterways, strengthen flood resilience, and increase local habitats and biodiversity," says Justine.

"We are shortly to offer new funding for landowners who want to retire (land) and plant on erosion-prone hillsides. This is part of our ongoing support for landowners affected by Cyclone Gabrielle and other adverse weather events."

Email hono@kmr.org.nz for more information.

Seven candidates for Kaipara ki Mahurangi

National has held the Kaipara ki Mahurangi electorate since it was formed for the 2020 general election out of the former Helensville seat.

The Helensville electorate was itself a National stronghold and once had former Helensville MP John Key (2002-2017) as Prime Minister.

It was also represented for years by lawyer and former National MP Dail Jones.

Chris Penk is the National MP for Kaipara ki Mahurangi and is expected to be returned after voting closes on election day October 14.

Six others are contesting the electorate this election, including some already well known in the area.

They include Labour candidate Guy Wishart, Rodney Local Board Chair Brent Bailey for ACT, the Green Party's Antonio Zephyr Brown, NZ First candidate Jenny Marcroft, Democracy NZ's Sarah Brewer, and New Zealand Loyal candidate Brenton Faithfull.

Electorate issues include the cost of living, traffic congestion, the absence of a high school in the Kumeu district, concerns about more houses being built before increased transport capacity, crime, climate change, and concerns about infrastructural resilience in severe weather events.

The party vote is probably the most important vote in MMP elections because it determines the proportion of seats each political party gets in Parliament and provides for "list" MPs.

Labour list MP for Kaipara ki Mahurangi Marja Lubeck retires at this election, and Guy is seeking to build on her results.

Guy is already known for his community advocacy (Rodney Local Board, Kumeu Community Action, Future Kumeu, Huapai-Kumeu Lions) and has had his Kumeu home flood three times in the past two years.

Brent says if he wins the electorate for the ACT Party he'll resign from the Rodney Local Board.

More about some of the candidates feature in this issue.

The Kaipara ki Mahurangi electorate extends from the Kaipara Harbour to Mahurangi and includes Huapai-Kumeu, Helensville, Waimauku, Muriwai, Riverhead, Warkworth, Wellsford, and Snells Beach.

Helensville District Golf Club 75th Jubilee Labour Weekend

The Helensville District Golf Club was incorporated as a society on August 18, 1948.

President Bruce Heyrick says the club was first established in 1915 at Awaroa Road, officially inaugurated in 1948 and bought a farm at Peak Road in 1959 where it remains.

The club has been holding events throughout the year celebrating the 75 years since, which will culminate with formal celebrations during Labour Weekend (October 21-23).

Saturday October 21 has a formal lunch for invited guests. This includes Past Presidents, Men and Ladies Captains, 9-Hole Convenors, Patrons, Life Members, the current committee and current members with long-standing membership.

At this event the club will be launching a publication celebrating its 75-year history and every person attending an event over the long weekend will receive a complimentary copy. Additional copies will be on sale as well.

Bruce says the book compiled by Colin Lunt outlines the club's history and the involvement and foresight of some of the characters who have been members, volunteers and staff.

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Sunday October 22 is an 18-Hole Golf Day with a shotgun start at 9am followed by a lunch and a guest speaker. This is open to all current 18-Hole members of the club and some invited former members.

Monday October 23 is a 9-Hole Golf Day with a shotgun start at 9am followed by a lunch which is open to current 9-Hole members of the club.

The club now has more than 650 players, along with many social members,

It has an array of 75th Jubilee branded memorabilia available, including polo shirts, golf balls, golf towels, pitch repairers and ball markers.

Contact the club at 197 Peak Road, phone 09 420 5454, email manager@helensvillegolf.co.nz or visit www.helensvillegolf.co.nz for more information.

Kumeu Community Centre Management Committee report

By Gary Moss

The Kumeu Community Centre Management Committee thanks Finance Officer Melissa Lee, accountant Sarah McIlroy, and Administrator/Booking Officer Yvette Roodt for their work to improve the situation following a downturn in income from hall hire during the COVID period.



Yvette and Guy Wishart liaised with Patrick Bourne of Impact

Websites to improve the booking system, contact with clients and the web page.

The financial report shows a healthy investment account of just under \$100,000 - in line with reserve funds.

The centre was built 42 years ago and maintenance is becoming an issue for the Management Committee. It spent \$6000 on leaks to the small hall roof and \$600 for repairs to rusting water pipes under the small kitchen floor, while \$400 was spent on a new switch system for the small hall heaters and \$1775 on main electric control box repairs.

Up until November last year, hall insurance had been paid by the Auckland Council under its group community amenities insurance scheme, even though the centre has never come under ownership of Rodney (previously) or Auckland councils.

The centre has been valued at \$5.69 million and the committee paid a \$13,969 annual premium in \$1262.23 average monthly instalments.

This new annual cost was part of the motivation for reviewing and increasing hall hire hourly rates by \$10 for the large hall and \$5 for the small hall and at weekends \$20 and \$10 respectively.

Line Dancing is the most regular user of the hall with Netball and children's dancing, Bowls, Shake Rattle and Roll, a Scrapbook group and various clubs also regular users, while Gymnastics started this year.

The NZ Blood Bank service is among non-local valued hirers and for 13 days the Electoral Commission Office is hiring the facilities.

Pomona Hall management was passed to the KCC by Rodney and now Auckland Council and a non-demanded \$1 lease plus a \$250 maintenance contribution is paid for it.

Huapai-Kumeu Lions pay hire to operate its Vintage Shop, profit returned to the local community.

Recent exterior refurbishment was a charge to the Auckland Council Heritage Building fund.

Officials involved in the development of Access Road as a main connecting thoroughfare showed a significant portion of the front carpark incorporated into the design.

The Kumeu Community Centre AGM on August 29 elected Chair Gary Moss, Secretary Yvonne O'Leary, Financial Officer Melissa Lee, Booking Officer Yvette Roodt, Indoor Bowls Murray Blackwell, Line Dancing Graeme Wellesly-Davis, (Yvonne also representing the Kumeu A&H Society and Gary Huapai-Kumeu Lions), Joanne and Raymond Pichon Shake Rattle and Roll, Lee-Ann Clark and Sue Shield Netball, and Susan Shearer Scrapbooking.

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Safer Communities



With daylight savings upon us, we start to enjoy warmer and longer days.

The sun shining on the weekend allows us all to spend a bit of time in the gardens clearing and tidying the growth and weeds that have been accumulating for the past few months.

Keeping long grasses and vegetation near buildings maintained gives your property a much better chance of surviving a fire

by minimising the amount of burnable fuel that can carry fire to your home.

Dried leaves in your gutters are also an easy source of ignition from embers traveling in the air from a nearby fire. If possible keep these clear and engage the help of a tradesman if required to ensure you are not putting yourself at any risk of injury by falling from a height.

What to do with all of the garden waste once you have finished tidying?

As a lot of us are in a semi-rural area it is highly recommended you visit www.checkitsalright.nz before you decide to burn off any trimmings.

The site guides you through what you can do at your address and assists in applying for a permit should one be required.

It also assists with:

- Displaying the current fire danger rating for your planned burn day.
- Assists by giving you some suggestions as to choosing a safe site, and soil types, to avoid burning on.

• How to look after and put out your bonfire.

• How to be courteous to your neighbours by considering the smoke caused by green or wet materials.

An unplanned bonfire can go wrong and spread without cautious care and planning. With some planning any potential incidents can be safely avoided.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

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Community News

What's on at Kumeu Arts

Our galleries are always free to visit and we have some fantastic exhibitions for you to view this month. Inspire the kids during the school holidays with the amazing art on display. 'Take a Look at Me Now' will include fifteen artists from different cultural backgrounds while 'Mauri' will feature work by a local family; Eve Tonkin, Lynn, and Lola Houghton. Then from October 11th our manager, Jago Neal, will show a series of his portraits of artists in their working spaces. Alongside each portrait the artists featured will also display their own art including; paintings, sculpture, raranga, costume design, ceramics, and music. Jago's intention is to highlight the artistic community and the range of personalities and practice involved. Creative Matters will be running their fabulous holiday art workshops and our Term 4 courses will be filling fast. Come and see what's on offer in person or online @ www.kumeuarts.org



Reid Organics

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We are excited to introduce three new products to expand our range:

- **Skin Relief:** This product is specifically designed for irritated or sensitive skin. It comes in our convenient spray format, making it The Smarter, Simpler Change with an extra gentle touch.
- **Mummy's Tummy:** Our Belly Oil is packed with nourishing and moisturising properties to support your skin before, during, and after the beautiful journey of growing your little one. Like all our products, it comes in a handy spray for added convenience.
- **Baby Body Spray:** Our Baby Massage and Moisturising Oil Spray is the perfect solution for after bath time or part of a bedtime routine, ensuring your little one's skin remains soft and smooth.

We have a special running at the moment just for locals, use the code KUMEUCOURIER for 20% off your order. We also offer free order pick up for our locals and sometimes even drop off depending on where you live. Check us out on Facebook, Instagram or our website www.reidorganics.co.nz.

Kumeu Library

The weather is improving, the kids are back at school, and it's time to be out and about. There's plenty of interest happening at Kumeu Library in October - check out our upcoming workshops and activities.

October brings our annual Spring Book Sale - come in to get some bargains on withdrawn library items, including fiction, non-fiction and children's books, DVDs and audiobooks. These items are great for when you are on holiday, or just want to take your time reading and enjoying a book without worrying about when it's due back.

Come and join Kumeu Library's brain fitness programmes for adults. Give your brain a weekly workout - engage your mind by completing a variety of challenges and solving thought-provoking puzzles and problems. Our topics change weekly to keep your brain interested and active. Each session is one hour long - every Tuesday from 2.00 to 3.00pm during school terms, starting on Tuesday 10 October. No bookings are required - come to one session or all of them. Chat with Katie or Gillian for more information.

Have you ever thought about learning to play the ukulele? Kumeu Library is running a workshop for beginners on Tuesday 17 October between 9.30 and 10.30am. Numbers are limited and bookings are essential for this popular workshop. To book, email us at kumeu.library@aucklandcouncil.govt.nz or speak to a staff member.

Kumeu Library will be hosting a free Better Banking - Frauds & Scams workshop with the experts from ASB Bank - find out how to stay safe






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Community News

online with an introduction to frauds and scams, financial abuse, PIN and password security, and different ways to bank. The workshop will be held on Thursday 26 October from 1.30 to 2.30pm. To book a spot, email: sheree.tiatia@asb.co.nz.

Our new "Bestie Collection" is proving popular with customers. This is a collection of hot local and international titles, bestselling authors and popular books with lots of holds that are available for immediate borrowing from the shelf for a shorter loan period of two weeks. There are no renewals or holds on Bestie books and they are available on a first-come, first-served basis - come and see what Kumeu Library has on the Bestie shelf.

In Council news, as from 30 September all Auckland Council sites will no longer be accepting cash payments for Council services such as rates. If you wish to pay your rates by cash, you can do so at any Postshop by taking in a copy of your rates account. You can still pay for Library services such as printing and photocopying with cash.

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

Nostalgic community connection

What is the most important thing in the world? Well, let me tell you. It is people, it is people, it is people: Maku e kii atu, he tangata, he tangata, he tangata

It's been a walk down memory lane for a community stalwart in visiting Citizens Advice Bureau Helensville.

Jennie Thomas, 90, popped in to meet new manager Rani Timoti of Muriwai and volunteers on roster Frank Bosch and Andrea Kumerich.

She was treated like royalty with her husband Glynn, 91, by a tour of the new premises and a long cuppa and chat along with photo opportunities for the archives.

Jennie was the first Helensville CAB coordinator in 1991 and also started the township's budget service and food bank.

She said they only had four volunteers with the main client enquiry helping people pay their bills.

The Thomas' visited after coming from seeing family in Whangarei on route to their home of 32 years- Whangamata.

They were impressed with the spacious premises compared to the small venue CAB originally operated from.

Jennie initially began as a volunteer in CAB Mt Eden as she wanted



to give back to her community.

Her generosity and love for people eventuated in a QSM for voluntary service.

In an email the day after their visit, Glyn said it was a boost for Jennie's morale to be honoured with such hospitality. He added all volunteers should receive a QSM medal.

Meanwhile, CAB Helensville has been a popular to book for community groups during office hours.

The Community Support Network, which comprises 150 members and has been going for about 40 years, now meets on the first Tuesday of the month from 11am- all community groups, representatives are welcome.

If you have a penchant for making a difference for people needing help, support and access to information, a volunteer position could be your calling.

"We provide options at the end of the tunnel for clients who only see one dark way," says Rani.

The office at 16 Commercial Rd is now open Saturdays from 10am to noon with a CAB-trained volunteer and JP available.

Normal hours are Monday to Friday, 10am to 1pm.

Whats happening in North West

Spring has sprung and so has the event season for the North West with a lot happening in the area. A large number of events are on and we hope to see you all there supporting local!

We have the Best of the West Burger Battle where four businesses will battle it out to win your votes for the best burger. Run across all of October you need to test the offerings at The Hunting Lodge, Hallertau, Riverhead Portage Bar and Morepork.

While you are travelling round the area eating burgers, make sure you stop in at Beerfoot Brewery at the Coopers Creek Winery estate who are celebrating OktoberFest. This boutique brewery is set in

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Community News

beautiful gardens and will showcase their brews right on our door step. Perfect for those warm sunny days.

Our Business Awards finalists have been announced and you might notice posters on shop windows and social media posts asking you to vote for your favourite businesses. All of these amazing businesses need your support to help pull off the People's Choice award so get to our website and get those fingers to work. We will soon release ticket sales for the Awards Gala event at Allely Estate - certainly the event of the year for our business members. We want to see everyone coming along and enjoying the evening and supporting your local businesses. Allely Estate will be serving locally supplied food, wine and beer to make it a truly North West event.

Stay tuned on our events page for other upcoming opportunities to enjoy the weather and bring your friends and family out to enjoy our beautiful neighbourhood.

Danielle Hancock - Manager | North West Country Inc Business Association, email manager@northwestcountry.co.nz, phone 020 400 27008.

Kumeu Childcare

At Kumeu Childcare our main aim is to ensure the children are happy, comfortable and safe the care, whilst exploring lots of exciting experiences and opportunities to play. Teachers work in partnership with parents and provide a stimulating, nurturing and challenging environment to the children so they develop problem solving and critical thinking skills. We ensure children have the best care, their needs are met and that they have a memorable experience everyday while in the centre.



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To book a tour please email or call info@kumeuchildcare.co.nz or manager@kumeuchildcare.co.nz. Phone Alka 021 119 5148 or Anna 021 0910 4333.

The Village Market Helensville Showgrounds

Sunday 15th October 8.30am to 1pm.

With plenty of great stalls to browse, live music from Mike Lea and free hair plaiting the market is a great morning out for the family. Local art, crafts and gifts, natural dog and people products, preserves, fresh fruit and veg, pre-loved bargains and much more and there's a great selection of food from our market café plus the Lions sausage sizzle, coffee and ice cream.

No dogs please with the exception of assistance dogs. Gold coin donation for parking - proceeds to the Helensville/Kaukapakapa scouts jamboree fund raiser.

For more information contact sarah@riversidecrafts.co.nz.



Southern Pacific Inflatables prepares for busy summer ahead

As summer approaches, the team at Southern Pacific Inflatables are getting ready for a busy season ahead. With a legacy of crafting high quality New Zealand-made inflatable boats, the team have been working hard as many customers prepare for the warm El Niño summer.



Since 1988 they have been building inflatable boats for Kiwis,



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Community News

designed to withstand the harsh Southern Pacific conditions. The company produce a range of boats, from 2.4 metre tenders to six metre chase boats. Since moving to their current Kumeu premise in 2008, they've been able to increase capacity, and expand into boat re-tubing services as well.

With a new boat design due to launch this season, Summer 2023/2024 is looking to be a busy one for Factory Manager Simon and his team. Pop into the showroom today to make use of their current promotion, offering 10% off the Puffin and Shearwater range.

Three is stronger than one or two

In 1992 the Anglican Church in NZ adopted a three tikanga (cultural stream) approach to sharing authority within the church - Tikanga Maori; Tikanga Pakeha; Tikanga Pasefika. At that time the (Anglican) Church of the Province of NZ was renamed The Anglican Church in Aotearoa, NZ and Polynesia. St Chad's, Huapai, our local Anglican church, is, of course, open to ALL nationalities and cultures, not just three! However, just to remind us of our three tikanga partnership we have some



artifacts in the church - a framed Maori whareniui (meeting house) wall-hanging; a scale model of the original St Chad's church with bell-tower in place; and just recently, a framed piece of Samoan tapa cloth with celebratory beads. So next time you are visiting our church for whatever reason, feel free to have a look at these special reminders! And in the Bible it says "A threefold cord is not easily broken", due to its greater strength.

Pictured in the photo are, from left to right, Marcia Gason, Raiha Ellis and Pepe Ram, with the recently hung Samoan tapa cloth and beads..

Waimauku Scouts fundraiser

Come along to our fabulous fun fundraiser for scouts & leaders to attend Jamboree this December

Saturday 14 October at the Muriwai Golf Club, doors open 6.30pm, starts 7pm sharp

Team of 6 for \$100 or individuals at \$20 each & we will place you in a team

BYO Snacks, the bar is open, so no BYO drinks, sorry.

Bring cash for games & raffles and there will be an auction.

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In Brief

Guided tours to France with 2 French/kiwi locals in June

Boutique Tours France, operated by 2 locals. Catherine and Patsy, organise amazing, guided tours for small groups (max. 8 people) to France.

"A Taste of Provence" 14-day guided tour 30 May - 12 June 2024

Join us and visit the South of France - 14 days of culture, shopping, food, wine, and experiences in beautiful Provence. Tour starts in Avignon, stay a week in a gorgeous French Farmhouse with swimming pool and private French chef, and explore the beautiful villages of Lourmarin, Menerbes, L'Isle-sur-la-Sorgue, Roussillon, Gordes and St Remy de Provence to name but a few.

"From Normandy to Brittany" 14-day guided tour 14 - 27 June and 29 Aug - 11 Sept

We take you to the picturesque coastlines of Normandy and Brittany in the North-West of France. We visit picturesque villages like Honfleur, St Malo, and Mont St Michel. Admire the medieval Bayeux Tapestry, visit Omaha Landing beaches. Enjoy the Pink Granite Coast in Brittany and dream away in Pont Aven. Visit regional craft, food and antique markets and enjoy our selection of carefully chosen charming Hotels.

"Patsy and Catherine gave us a unique and highly personal tour experience. They went way above and beyond what would be expected in a usual small tour and made the whole experience as a group of friends travelling together. Each day held new and interesting things to do and see, and what I will remember strongly is the fun-loving attitude from Catherine and Patsy and the laughter and good times we all shared"

Quote from Lianne who travelled with us June 2023.

Book your spot for 2024. www.boutiquetoursfrance.co.nz

Our motto: Good Food - Good Company - Good Times



Kumeu Clothing Swap & Shop

September 10th saw the 7th annual Kumeu Clothing Swap & Shop at the Kumeu Showgrounds in support of Parent Aid North West. A day of community, camaraderie and fun, showcasing a growing eagerness for us all to embrace sustainable fashion choices.



It is with great excitement and gratitude that we share that this year's event raised \$21,779.80 for Parent Aid North West, as well as a huge amount of awareness and knowledge shared about the services this fantastic local charity provide to support young families in our North West community.

In the lead-up to the event, we were thrilled to see hundreds of swappers generously contributing over the course of three days. The volume of clothing donations was awe-inspiring, with each piece carrying its own unique story and style. From the first drop-off on Thursday afternoon, an energy filled the air, setting the tone for an unforgettable event. The three days dedicated to drop-offs and setup were a hive of activity, culminating in the highly anticipated main event on Sunday.

Guests eagerly started lining up at 8am on Sunday, and the queue steadily grew throughout the morning. The atmosphere was abuzz with a blend of freshly brewed coffee, delectable crepes, and live music courtesy of the talented duo, Charlotte and Phil Priestly - who you may have seen at the Kumeu markets. Raffle tickets were in high demand, with participants eagerly vying for a chance at our two epic raffle prizes. Sporting their pink wristbands, everyone was poised and ready to dive into the shopping experience.

At 10am the doors opened, and the energy was awesome. With thirty new racks this year, and clothing sorted by size within each category, attendees had more space than ever to peruse for new-to-them gems. Additionally, we expanded the size of our changing room by double, providing ample space for everyone to explore and try on their newfound treasures.

The silent auction gained significant attention, with spirited bidding taking place throughout the day. We would like to extend a heartfelt thank you to each and every one of our silent auction donors for

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In Brief

your contributions and generosity. Your support played such a huge role in making this event the success that it was, thank you.

At 12pm, we welcomed 'shoppers' (those that hadn't donated clothes). It was heartening to see a steady flow of enthusiasts exploring the clothes, and at just \$5 an item with no entry fee, it was a bargain for all. One standout moment was when our top shopper invested \$350 on 70 items - they were absolutely delighted with their new wardrobe!

A huge thank you to the Kumeu Show Grounds for hosting us once again with a special shout-out to Lizelle and Greg for their invaluable assistance. It truly is the perfect venue for this event.

We would also like to extend a massive thank you to Sweet As Crepes, Harcourts Coffee and Cone (graciously sponsored by Simone du Bernard), Cipe Designs, Charlotte Priestly Music, A Gazillion Balloons, Mini Oak, Rollercoaster, The Smooth Mover, Country Lane Storage, North West Rentals and The House Company, for their invaluable support throughout the weekend. Your contributions played a vital role in making this event a resounding success.

Very special appreciation goes out to our extraordinary team of volunteers, who worked tirelessly for four days to bring this event to life, and ensure the smooth running of every aspect. Your dedication was invaluable, and we can't thank you enough.

Finally, thank you to all who joined us in supporting the Kumeu Clothing Swap & Shop 2023 and Parent Aid North West. We look forward to seeing you next year for another wonderful event.

For further information about Parent Aid North West, please visit their website at parentaidnorthwest.org.nz

Instagram @kumeuclothingswapandshop

Facebook - Kumeu Clothing Swap & Shop group.

Craigweil House

The residents of Craigweil House have been keeping busy with in-house events, special visitors and unique outings. The rest home van drives are very popular. Craigweil House residents hopped on board the van for a delightful ride to Eric Armishaw Reserve on a beautiful sunny day, where they enjoyed a walk and a cup of tea.



"Armchair travel" was a great session, it took our residents to Canada. With their passports stamped they explored the red and white decorations in the lounge, where Canadian movies played

to set the scene. Air hockey and ball games are also well enjoyed indoor activities with plenty of fun and movement.

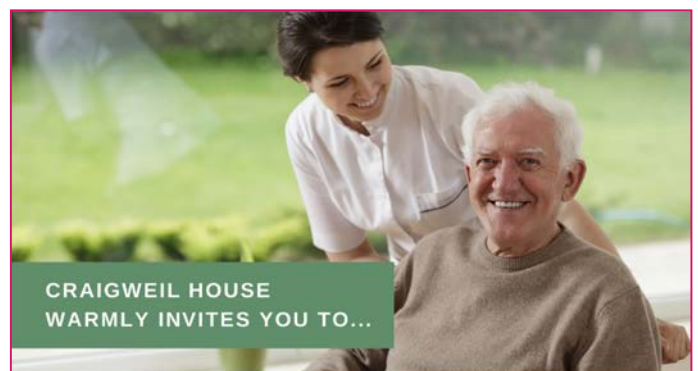
There have been many fantastic furry and feathered visitors to Craigweil House. It was lovely to see the residents' faces light up as they stroked Lambo the sheep, cuddled a bunny, and held a parrot, definitely not an everyday occurrence.

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.

Many ways to volunteer for Hospice West Auckland

Volunteering is a rewarding and empowering way to make a difference to someone's life that can help give meaning to yours. Time is one of the most precious things we can give each other. Often just having the time to make a cuppa for a patient, chat with a family/whānau member, or helping for a shift at one of our Hospice Op Shops can make all the difference to our organisation and the people we care for.

There are so many ways to volunteer for Hospice, so if you prefer to be behind the scenes or only have limited time to give that's ok - there is room for everyone in our volunteer family. Volunteer roles available include: retail assistants at Op Shops, patient and family volunteers, health care assistants, fundraising volunteers, event assistants, drivers, cooks and bakers, shoppers and errand runners, beauty therapists and hairdressers, photographers, creative and floral arts and crafts, and performing artists. If you're ready to make a difference and would like to find out more, please contact our friendly Volunteer Services team at volunteerservices@hwa.org.nz or visit our website www.hwa.org.nz/volunteers.



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Property

Property market report

Exciting news is on the horizon as Auckland's real estate market experiences a resurgence. The Real Estate Institute of New Zealand's latest report reveals that we're on the path to stability and growth.

Last month brought a refreshing surge of "late winter confidence" to the housing market. Sales numbers are soaring, and the time it takes to sell a property is shrinking, igniting a spark of optimism among buyers and sellers alike. Auckland's housing market is on the rise, with the REINZ House Price Index showing a 0.9% increase in the past month. That's on top of a 0.7% gain in July, and a stunning 2.1% rise over the last three months. ANZ economists Andre Castaing and Miles Workman confirm that our housing market has decisively turned a corner and is back on its upward trajectory. Economists across the board are predicting a 3% increase in house prices during the second half of this year, with growth continuing into 2024.

With an annual net migration gain of 96,200 people, the demand for housing is on the rise. This surge in population is creating additional pressure on housing, driving up both rents and house prices. According to Westpac senior economist Satish Ranchhod, the housing market is not just stabilising; it's looking even livelier than expected. Interest rates remain favourable, and recent gains suggest the market could heat up even sooner than anticipated.

Auckland's median price has surged past the million-dollar mark, reaching \$1,010,000 in August 2023, a remarkable 2% increase from July. Although it's down 8.2% year-on-year, the upward trend



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is undeniable. The number of days to sell in Auckland dropped from 44 in July to just 41 in August 2023, a sign of strong demand and swift transactions. It's an excellent time to consider selling, as the market is stable, and low inventory is creating fierce competition, providing sellers with options.

Let's look at the sales:

Helensville	\$540,000 to \$1,150,000
Huapai	\$1,085,000 to \$1,177,000
Kumeu	\$930,000 to \$1,295,000
Parakai	\$595,000 to \$699,000
Riverhead	\$938,000 to \$2,975,000
Taupaki	\$1,100,000 to \$2,260,000
Waimauku	\$2,300,000 to \$2,500,000
Waitakere	\$815,000
Whenuapai	\$1,205,000 to \$1,365,000

Ready to take advantage of this regenerating market? For a complimentary market appraisal and the latest market updates, reach out to Graham McIntyre AREINZ directly at 0800 900 700, via text at 027 632 0421, or through email at graham.mcintyre@mikepero.com. Mike Pero Real Estate Kumeu/Hobsonville. Licensed REAA2008

Don't miss your chance to be a part of Auckland's reviving real estate scene. The future is bright, and the opportunities are positive!

Pre-settlement inspections

By Elyse Crowther, Registered Legal Executive, ClearStone Legal

Under the standard ADLS Agreement for sale and purchase a purchaser is entitled to undertake a pre-settlement inspection of the property prior to settlement. This needs to be done at least two working days before settlement as anything discovered during the inspection needs to be raised before the settlement date.

The purpose of a pre-settlement inspection is to ensure the property is in the same condition it was in at the time you signed the agreement and all the chattels listed in the agreement are present and in working order. If there was agreement for the vendor to undertake any works prior to settlement, it's an opportunity to confirm those are done too.

When identifying issues, a common-sense approach works best, for example the oven not working or a smashed window would be considered a valid issue - whereas the lawns not being mowed or an



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Property

untidy kitchen would not be a valid complaint. It is an opportunity to check there is a key supplied for every external door, and look for rubbish (or 'treasures') stored under the house.

When undertaking your pre-settlement inspection remember that unless you specifically added a clause, there is nowhere in the standard ADLS agreement that states the property must be clean or cleaned, rather it just needs to be in the same state it was in when you signed the agreement.

If an issue is discovered there are three options available. The vendor may agree to fix the issue, or you can agree a reduction in purchase price and you accept responsibility for the issue yourself, or a retention may be agreed and held in the solicitor's trust account until the issue is remedied. If the vendor does agree to fix the issue, then you have an additional right of inspection prior to settlement to check that it has been done.

Our friendly team are always happy to answer any questions you have about buying or selling property. You can reach us on 09 972 5102 or check out our website at www.cslegal.co.nz.

New proposed Property Management Bill

In the ever-evolving landscape of property management in New Zealand, a significant change is on the horizon. The government has introduced the Residential Property Management Regulation Bill, a transformative piece of legislation that promises to reshape the industry. As someone deeply involved in this dynamic field, I'm excited to explore the intricacies of this proposed bill. However, it's essential to dissect its implications and consider certain key aspects carefully.

The primary focus of the Residential Property Management Regulation Bill is to establish a comprehensive licensing framework for rental property managers. This framework is designed to install professionalism, accountability, and adherence to industry standards. It also provides a structured platform for tenants and landlords to voice their concerns and grievances, offering a well-defined process for resolution.

While these developments are undoubtedly positive, a critical detail requires our attention. Notably, the new licensing system will not cover landlords who manage their properties themselves or include



Social Housing providers. This omission raises valid concerns about the comprehensiveness of the regulatory process.

Over the years, the demand for regulation within the property management sector has gained momentum. The recent election has further accelerated this push for standardised practices and safeguards.

While I wholeheartedly welcome the strides taken in this Bill, I am compelled to stress the importance of including self-managing landlords within its scope. Currently, their exclusion means that only half of the industry would fall under the proposed regulations. Considering that more than 40 percent of rental properties in New Zealand are managed directly by private landlords, their omission raises questions about the bill's effectiveness in achieving its intended objectives.

However, there is a noteworthy shift among private landlords who are increasingly opting to engage Property Management Companies. This shift indicates that the industry recognises the need for expert management in navigating these evolving waters.

Despite its imperfections, the proposed regulatory framework lays the foundation for a transformative shift in tenants' rights nationwide. This shift promises tangible improvements in living conditions for tenants and aims to foster trust between landlords and property managers, resulting in better-managed, higher-quality properties. It's a win-win situation for all parties involved.

While individual Property Managers adhering to industry body standards exhibit commendable competence, it is essential to recognise that the sector as a whole lacks comprehensive regulation. As the New Zealand rental landscape evolves and more people embrace the rental lifestyle, instilling confidence in both property owners and renters is paramount.

The proposed regulatory system encompasses various elements, including registration, licensing, training, and educational prerequisites. These components, along with industry practice standards, create a robust framework. This framework, bolstered by a strong complaints and disciplinary mechanism, ensures that

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property managers are held accountable for their actions.

As we navigate the contours of the Residential Property Managers Bill, we stand at the precipice of a pivotal transformation within the property management industry. While questions linger about the exclusion of self-managing landlords, the strides taken toward professionalism, accountability, and transparency are undeniable. The bill's potential to usher in a new era of tenant rights, property quality, and trust between stakeholders is an accomplishment to be celebrated. The journey ahead is one of promise, and I am excited to witness the unfolding of a more regulated and responsible property management landscape.

If you're a property owner or investor seeking a property manager you can trust, someone who will care for your investment as if it were their own email mike.james@therentshop.co.nz.

Five must do's, before you list your home for sale

Investing in certain key areas around your home before selling it can help increase its appeal to potential buyers and potentially fetch a higher selling price. Here are the five most important things to consider:



1. **Curb Appeal:** The first impression matters. Enhance your home's curb appeal by investing in landscaping, exterior painting, and repairs. A well-maintained exterior can attract more buyers and create a positive initial impression.

2. **Interior Updates:** Focus on interior upgrades that can add value. Consider fresh paint in neutral colors, modernising fixtures and

hardware, repairing any visible damage, and updating outdated appliances. Kitchens and bathrooms are often considered the most critical areas to renovate.

3. **Home Staging:** Staging your home can help potential buyers visualise themselves living there. This might involve rearranging furniture, adding decorative items, and ensuring that each room is well-lit and inviting.

4. **Energy Efficiency Improvements:** Many buyers are interested in energy-efficient homes. Consider investing in energy-efficient windows, insulation, a programmable thermostat, or even solar panels if it's cost-effective for your area. These upgrades can appeal to environmentally conscious buyers and potentially reduce long-term operating costs.

5. **Maintenance and Repairs:** Prioritise essential maintenance and repairs. This includes fixing any leaks, replacing damaged roofing or siding, addressing electrical and plumbing issues, and ensuring that the property is in good working order. A well-maintained home is more attractive and can give buyers confidence that they won't encounter immediate problems.

Remember that the investment should be proportionate to the potential increase in your home's selling price. It's essential to conduct a cost-benefit analysis to determine which improvements will deliver the best return on investment for your specific target buyer. Consulting with your chosen real estate agent may provide a valuable insight into what upgrades are most likely to pay off for localisation and target audience. If you would like to understand more or you'd like a free property appraisal that considers the elements above and the potential gains available to you please call Graham McIntyre AREINZ, Mike Pero Real Estate, Licensed REAA2008, on 0800 900 700 or 027 632 0421.

Titles and land covenants

Most land agents will tell you to get legal advice before you sign an agreement. This is good advice because it gives you and your lawyer a chance to look at a title to see if there are things that limit your future use and enjoyment of the property that are validly on your title. Failing that, we always recommend that you only sign an agreement with a due diligence clause which allows you to withdraw from the agreement if you are not satisfied about the title.

Title issues include that the land covenants are too vague for you to be sure that the vendor has complied with them. This is especially so where the style of building or materials used is something must be approved by the developer. It often cannot be known whether the developer ever approved these things or whether it can lead to expensive remedial work after you are committed to the purchase.

If you are looking to buy or sell a property and are wanting more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

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Barns we love

Barns We Love



"Barns We Love" is a captivating exhibition that invites us to explore the fascinating world of barns in all their glory. This unique showcase delves into the intricacies of barn design, revealing a rich tapestry of diversity, innovation, and aesthetic charm.

Through a captivating collection of photographs, this exposition not only highlights the exterior beauty of these structures but also delves into their interior spaces. It's a journey that allows us to appreciate the multifaceted roles barns play in our lives. They are more than just repositories for hay bales and tractors; they are personal expressions of those who build and maintain them.

These barns stand as testaments to human ingenuity, each one telling a unique story of purpose, functionality, and creative vision. From rustic and traditional designs to modern and innovative interpretations, "Barns We Love" showcases the remarkable versatility of these structures.

In this exhibition, you will witness how barns go beyond their traditional roles, evolving into spaces for art, gatherings, workshops, and more. They serve as a reflection of the communities they are a



part of, adapting to changing needs while preserving their timeless charm.

So, step inside the world of barns, where form and function harmonise to create architectural masterpieces. "Barns We Love" invites you to appreciate not only the physical beauty of these structures but also the incredible stories they hold within their weathered walls. Congratulations to our winners and a special thank you to our sponsors Mitre10 Mega Westgate, Aussie Butcher, Hunting and Fishing Westgate, Mike Pero Real Estate Kumeu, and Kiwispan Kumeu.



Hot Property



Elevated native glade - outstanding building site

Elevated blank canvas offering the very best views combined with outstanding native bush.

This is a fabulous opportunity to create your very own slice of paradise, with multiple building site options and driveway access in place.

The site provides expansive north facing valley views through

established native bush cover, providing some stunning visual aspects and the song of tui and kereru.

A transportable solar one bedroom working shed adds value to a buyer wanting to experience the best of site before building.

Come view this dynamic landscape and plan your future with one of the very best north facing building sites on market for a very special home.

Te Atute Ridge Road has an east and a west access, the latter is a gentle hill climb with the eastern road being a steeper gradient. Therefore you may like to drive the circuit and enjoy the best aspect of this idyllic environment.

Hot Property



For more information on this property call Graham McIntyre on 027 632 0421 or 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. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	4,000,000	17224M2	444M2	3,800,000		1,130,000	811M2	102M2	1,010,000
HELENSVILLE	890,000	606M2	172M2	970,000		1,450,000	897M2	230M2	1,560,000
	520,000	482M2	0M2	540,000		1,630,000	669M2	110M2	938,000
	850,000	679M2	106M2	840,000		1,925,000	746M2	366M2	2,018,000
	1,050,000	10000M2	165M2	1,150,000		2,630,000	2824M2	152M2	2,975,000
HUAPAI	1,325,000	616M2	181M2	1,177,000		1,130,000	693M2	267M2	992,000
	920,000	964M2	105M2	1,085,000	SWANSON	990,000	451M2	172M2	820,000
KUMEU	1,025,000	222M2	143M2	930,000		1,750,000	587M2	342M2	1,650,000
	1,500,000	464M2	209M2	1,295,000		1,100,000	532M2	213M2	1,125,000
	1,325,000	543M2	199M2	1,277,500	TAUPAKI	1,100,000	1012M2	184M2	1,100,000
	770,000	76M2	82M2	690,000		1,615,000	2HA	180M2	1,825,000
	830,000	131M2	96M2	708,000		1,925,000	15100M2	245M2	2,260,000
	1,100,000	345M2	157M2	1,010,000	WAIMAUKU	2,025,000	18500M2	239M2	2,300,000
	830,000	158M2	96M2	715,000		2,100,000	4.7HA	287M2	2,500,000
	855,000	101M2	115M2	770,000	WAITAKERE	1,275,000	6.74HA	0M2	815,000
PARAKAI	690,000	0M2	94M2	699,000	WESTGATE	770,000	64M2	90M2	810,000
	735,000	439M2	140M2	595,000	WHENUAPAI	1,385,000	330M2	230M2	1,365,000
RIVERHEAD	1,750,000	801M2	298M2	1,680,000		1,325,000	306M2	201M2	1,205,000

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.

Mike Pero's **low** commission rate:

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(Not 4% that others may charge!)

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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.



Graham McIntyre
Brand & Territory Owner
027 632 0421

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**set up for
summer**

Nouveau

Saigon Bistro Setting 3 Piece



SKU: I89636

\$ 99⁹⁹

Nouveau

Sirocco Outdoor Dining Setting
5 Piece



SKU: 371967

\$ 669

Nouveau

Lorca Outdoor Lounge &
Dining Setting 5 Piece



SKU: 319516

\$ 1,399

Nouveau

Viera Lounge Setting 5 Piece



SKU: 2001455

\$ 4,499

Nouveau

Montego Outdoor Park Bench



SKU: 371967

\$ 999

Grilled

Omaha Portable BBQ 2 Burner



SKU: 393375

\$ 299

Grilled

Atlanta 4 Burner Gas BBQ - Blue



\$ 599

SKU: 2000811

Grilled

Buffalo 6 Burner BBQ - Black



\$ 999

SKU: 2000628

Masport

Maestro 4 Burner BBQ - Black



\$ 999

SKU: 397907

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*Price is an indication of the build cost only and excludes land and site specific costs. Some conditions may apply. Images are artist's impression only.
Island Express Floor Plan © G.J. Gardner Homes 2023

G.J. Gardner. HOMES



BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Oraha Road, Huapai By Negotiation

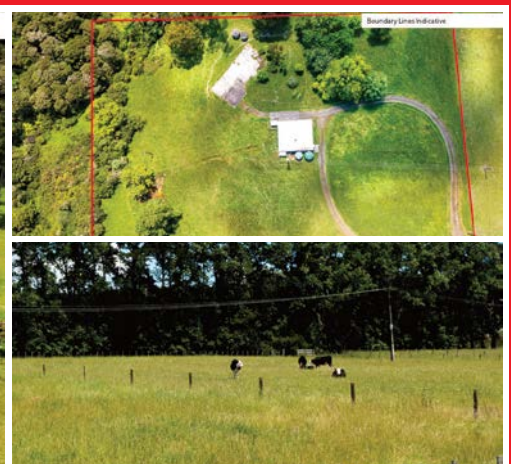
Nestled to the Eastern boundary of the Huapai Business Zoned area is this generous 869sqm parcel of land offering a flat section which shoulders the carparking and the Police Station at Huapai. A stately three bedroom bungalow with open plan kitchen, dining and living room leading onto westerly decking.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

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- Power, water and waste infrastructure on site

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

www.mikepero.com/RX3570208



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2 1

By Negotiation

1529 South Head Road, South Head
By Negotiation

4.3 hectares (approx.), a short distance from Shelly Beach, West Coast Beaches, Golf Club and fabulous Waioneke School. An interesting and undulating parcel of land offering grazing and regenerating native bush providing the perfect backdrop to a simple but adorable two bedroom, board and baton home. Open plan living, dining, entertainers kitchen with central hallway accessing two north-east facing bedrooms, separate bathroom and laundry with storage options. Follow the farm track to the hill-top to enjoy an elevated potential house site and views through the valley to the mighty Kaipara Harbour, framed by rolling farms.

www.mikepero.com/RX3761280



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Franchise Owner
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Get in touch with us today on 09 417 0110 or whenuapai@laserplumbing.co.nz. We are open five days a week from 7:30am-4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai.

Home security

Coming into the festive season something we should all be thinking of is home security. Here at Blackout Electric, we offer alarm installation as well as CCTV installation to protect one of our most important assets, our home.

We recommend and install Arrow Head alarm systems. Arrow Head is a New Zealand based company, who design and manufacture right here in New Zealand. You can remotely access your alarm panel via your phone to control certain functions from anywhere in the world and they have a wide range of products available to suit everyone's requirements.

We offer a few different CCTV options, including hard wired, battery operated and solar powered camera systems. These can all be accessed via apps on your phone with various different functions.

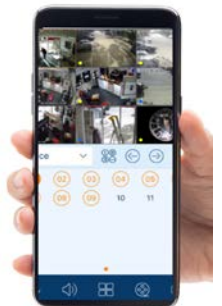
Your home is your castle so it's important to choose the right security system.

What Are the Benefits of a Home Security System?

Deterrent to burglars: Obvious signs of an alarm system, such as stickers and outdoor cameras for video surveillance, have been proven to deter a burglar, whose crime is often one of opportunism.

Peace of mind: With a home security system installed, you can achieve some peace of mind knowing that your home is protected whether you're away or sleeping soundly.

If you'd like to know more about home security systems and get a quote for an installation get in touch with Blackout Electric today.



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Home & Garden

Calling El Nino. Are you prepared?

Have you been thinking about extra water storage? Now is the perfect time as October is the last month for savings of up to \$400. When ordering a tank, quote 'Kumeu Courier' and receive up to \$400 off your water tank. T&C's apply.

Pool party on the horizon?

We offer regular valet/pool cleaning and maintenance - weekly, fortnightly, monthly or on request. Water balancing. Pool pumps and pool filter maintenance.

Leave the work to us so you can enjoy a nice hot summer, in a clean and safe pool with your family.

FREE pool/spa water testing which includes a detailed report of what your pool is needing. Bioguard products sold in store for convenience.

Pop into our store with a sample of your spa or pool water and we will sort the rest for you.

We also offer plumbing services for residential and commercial, drainage work, roofing, wood burner installation, water storage and water pumps.



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New committee members needed

We're pleased to see the end of the dismal winter that came on the back of a dismal summer. The ground is finally drying out and getting warmer and the growing season is upon us. It's welcome!

You're also welcome to join us. Even if you just have five minutes for some weeding, or some spare vege plants, pop along and pull those weeds, and leave any seedlings on the shelf behind the shed. Our main gardener Calvin is often down at the gardens on the weekend, but you don't need us to be there to make yourself at home.

Sadly our secretary and our treasurer are moving on from the committee so we now also need new people for these roles. We meet in person or via Zoom about four times a year, so won't take much of your time. Unfortunately we may have to reconsider our viability if we can't find more people to fill these roles and to help



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Home & Garden

at the garden itself. If you are keen to help, we'd love your support, please message us on Facebook.

October garden to kitchen

This is a month of rapid new growth for the whole garden, so there is plenty of work to do. Spring is well underway, keep an eye on the weather, pay attention to weeding and feeding. A well-fed plant will better survive diseases, pests and drought.

October is tomato and vegetable planting time, plant seedlings and seeds of salad crops. Finish planting the herb garden, small fruits and berries should also be planted now and time to feed all fruiting crops.

Protect cabbages and cauliflowers with Derris Dust to prevent white butterfly caterpillar and diamond back moth. Make sure you get to the undersides where they like to lay their eggs.

Time to sow seeds: Beetroot, beans, carrots, cabbage, cauliflower, eggplants, kohlrabi, lettuce, cucumber, melons. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Tomatoes can be planted now the weather is warmer. Dig compost into the soil before planting. Put the stake in at the same time to save root damage later on and it serves as a reminder to regularly tie them up.

Plant seedlings: Eggplant, capsicum, cucumber, melons, lettuce, capsicums, leeks, cabbage, corn, pumpkin, celery, onions, silverbeet, courgettes, beans, peas, cauliflower, carrots, radish, beetroot, pumpkin, spinach, corn, lettuce and tomatoes.

Plant passionfruit, if have an existing vine remember they need replacing after approx five years, plant its replacement now.

Plant tamarillos, red or yellow, they like a free draining soil, add compost to the soil and stake well.

Blueberries can be planted now, easy to grow and a great source of antioxidants.



Basil and coriander can be planted now as the weather is more consistent, pinch out the centres to encourage the plant to bush out. Use the pinched tips in the kitchen.

Feed all vegetable plants fortnightly with a liquid fertiliser, water and fertiliser at the same time!

Feed strawberries plants with strawberry food every two weeks, water in the fertiliser.

Feed your potatoes with blood and bone every two weeks and remember to mound up the soil around as the foliage as it grows.

Citrus needs protection now from verrucosis, spray with Copper Oxchloride. Protect fruit trees with codlin moth traps and protect seedlings with slugs and snails with bait, scatter around each plant.

Mitre 10 MEGA Westgate & Henderson.

Dan Taylor Plumbing and Gas

Dan Taylor Plumbing and Gas is a family run business that services the local and wider community. Dan grew up in West Auckland and attended the local Waimauku Primary School and then went on to Kaipara College for a few years before realising he wanted to get into a trade.

In 2002, he started his apprenticeship with well-known company, Heron Plumbing, where he became registered in Plumbing and Gasfitting. After spending a number of years working for other companies.

Dan started his own business venture as a one-man-band in 2016 with 'behind the scenes' help from his wife, Emma.

"I have created great relationships while running a business, from our loyal clients to the contractors we use they all bring a lot of purpose to the business." Dan says. After a couple of years and an increasing workload he decided it was time to grow and came across the opportunity to employ Vincent and Joshua who have both been a great addition to the company. "We realise the importance in training young future plumbers which is why we brought on our first apprentice at the start of this year, Andre who we are excited to see grow and learn within the trade". Dan and his team cover all aspects of Plumbing and Gasfitting work. 'We mainly work on new



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Home & Garden

builds, renovations and residential maintenance. Which gives us the opportunity to get to know the customers we are working for and focus on delivering high quality plumbing."

Renovating your home? Contact them today and they will handle your plumbing renovation no matter how big or how small.

Give the friendly team at Dan Taylor Plumbing and Gas a call on 021 254 3899 or email us at admin@dtplumb.co.nz.

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Whether you have an idea of your dream home planned out or you're just starting your build journey, Signature Homes West & North-West Auckland are here to help.

Owners Dean and Amanda Pritchard, with over 20 years of experience, and their expert team will work with you to craft a space that aligns seamlessly with your lifestyle.

Enjoy peace of mind with the support of Signature Homes market



leading building guarantees, including our fixed price guarantee.

It's all here for you - Whether you're looking for a House & Land package, or you're a landowner seeking a custom design & build solution, it's all here for you with new home builders Signature Homes West & North-West Auckland.

Our services cover knock-down & rebuild projects and subdivision services, all managed by our expert teams under one roof. No job is too big or small, and our expert teams will guide you through the new home-building process step by step.

Custom design your way - Signature Homes design & build service gives you the ability to create your forever home from scratch. Our dedicated expert team, from designers to building project managers and consultants, offers solutions tailored to your budget, all conveniently located under one roof.

We'll work alongside you every step of the way, taking the time to choose the right design and materials, so that you can create a home that is truly yours.

Visit our Huapai Showhome

Draw ideas from our stunning Huapai Showhome and experience the quality craftsmanship Signature Homes West & North-West Auckland has to offer, located at 190 Matua Road, Huapai and open daily from 12pm-4pm.

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Home & Garden

Waimauku Garden Club

It was a lovely spring morning as we headed out to Shelly Beach for a visit to the private garden of Club Member Lyn. We enjoyed exploring her cottage garden full of colour and perfume. It was very peaceful with a variety of trees and shrubs also a shady area where Lyn was developing a fern path. We carried on down the road to visit Frech Orchard a long-established Avocado Orchard we had a warm welcome from Fred and Chrissy hence the name Frech. We had an informative talk by them also hearing about their venture. Back on the bus, we traveled out to Westbrook Winery a stunning location to enjoy a platter and pizza for lunch and also to indulge in their delightful wines beside their brook-fed lily pond. Relax for a while or go for a wander amongst the vines. A very pleasant day out was shared with friends.

If you wish to join our club and join us on our monthly outings, feel free to contact any of us: Ann (021 035 7406), Diana (027 478 8928), Gail (021 344 070), Maree (027 496 3006), Moira (027 498 9154), Sandi (027 318 4514). We are also on Facebook: www.facebook.com/groups/358928941269802. Love to have you join us.

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



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

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

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

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



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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.

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Kaipara Coast Sculpture Gardens

Saturday 21st to Monday 23rd October (Open 9.00am to 5.00pm)

If you're looking for something to do over this year's Labour Weekend, maybe consider a trip to the beautiful Kaipara and check out our Sculpture Gardens. The 9th annual Helensville Arts in the Ville event which highlights the endeavours of local artists is also happening that weekend, so a great opportunity to also visit the township and check out some local artists whilst you're in the area.

Based a few minutes north of Kaukapakapa on SH16, Kaipara Coast Sculpture Gardens are located within the local Plant Centre and has 3.5km of walking trails, which begin with our 1km sculpture & gardens trail, containing 40 fun and interactive sculptures created by local and international artists.

There are also two forest trails that meander through native forest containing streams with four small waterfalls as well as wonderful rural and Kaipara Harbour views along the way.

These trails are open to the public from 9am to 5pm every day. There is a modest entry fee charged (see below) which goes towards the upkeep of the tracks and gardens. Annual passes are also available.

There are seats and picnic tables located along the trails, as well as a games area within the gardens, so bring your picnic and spend the day relaxing away from the hubbub of the city. A great alternative to local beaches or reserves.

If you're feeling energetic, there are additional walks available in the Kaukapakapa area; just 3km further up the road is the Omeru Reserve, which has recently been upgraded, with a well-formed 10minute walking track to the Waitangi falls, which is a popular swimming spot in the summer.

There is also a great play area for the kids plus our cute little coffee shop and of course the garden centre for you to browse around.

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Central's Tips

October 2023



The fruit and vegetable garden

- **Planting edible flowers** with vegetables is a no-brainer - salads become more interesting, the vegetable bed looks pretty and the bees arrive! Flowers to eat include nasturtiums, carnations, daylilies, rose petals and violas
- **All the summer vegetables** can go in at Labour Weekend - the soil temperatures are warmer, and the sunlight hours are increasing making it ideal for planting!
- **Despite a year awash with rain**, watering has become important: young seedlings and germinating seeds are in the top layer of soil which dries out first. Water daily and if it's becoming dry very early in the season, place pea straw around the plants
- **Protect young plants** from spring winds with windbreak cloth. Or leave in some of the finished winter vegetables and plant young vegetables and herbs between them. Cold spring winds can be deadly to seedling establishment
- **Liquid feed all seedlings at planting** - it gives nourishment at the root area and helps get the plants off to a good start
- **Tomatoes** are especially fast climbing, so construct climbing supports to manage the growth and aid access to picking them

The ornamental garden

- **Wage war on the weeds** - actively removing or spraying them early in the season, leaves plenty of room for the desirable plants to flourish and reduces recurrent weed growth. Mulching around plants after weeding helps with this
- **Fertilise established lawns** with Prolawn Lawn Booster. Use a handheld spreader to apply the correct amount evenly. Lawn fertilisers should be watered in after application to avoid burning
- **For a summer of flowers** plant dahlia tubers, sow seeds of cosmos, hollyhocks and poppies. Daisies, perennial petunias and alstroemerias are all reliably long flowering and appear in garden centres now. Plant with Garden Mix
- **Keep the garden healthy** with foliar spray of Aquaticus organic Garden Booster. Apply early morning or later in the afternoon
- **Rhododendrons and hydrangeas** bloom from now onwards. Both plants grow as small or medium sized bushes and they come in a range of flower colours, so they're a worthy addition to a garden
- **Fancy some blossom?** Most ornamental cherry and crabapple varieties are available now. Plant into Garden Mix or Nutra Soil, stake well and mulch around the new tree

Project for October

Time to refresh the pots and urns

Planted pots are micro gardens where the plants are being asked to grow under harsher conditions. Re-planting them can refresh the look: use Potting or Garden Mix as these blends drain better and are packed with fertilisers. Fill to within 3cm and layer on mulch to finish the look.

Tip: if it's a very large pot, polystyrene can be recycled into the base to about halfway up, saving on mix.

For Potting or Garden Mix in bags visit centrallandscapes.co.nz





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Pets

Pet Patch pet of the month

Meet Loki!

Loki is a 10 year old Amazon Parrot and he can be found most days hanging out at Pet Patch! He loves to see all of the customers that come in and loves to have a chat and even sometimes sings! come and visit Loki in the store and have a chin wag with him.

If you would like to win a \$20 Pet Patch voucher and be featured as the Pet Patch Pet of the month then simply send a picture of your pet and a little information about them to info@petpatch.co.nz.



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. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz

Keeping your pets safe and calm during firework season

As the festive season approaches, so does the excitement of fireworks displays. While these colorful explosions may dazzle us, they can be a source of distress for our furry friends. The loud bangs and bright flashes can cause anxiety and fear in pets, leading to potential safety hazards. Here are some tips from Pet Patch on how to look after your pets during firework





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Pets

season:

Create a Safe Space: Designate a quiet and secure area in your home where your pets can retreat to when the fireworks start. Fill it with their favorite toys, blankets, and their bed to make them feel comfortable.

Calming/anti-anxiety products: we have a range of products available at Pet Patch that are natural and can help to reduce anxiety. Note that some of these products need to be giving for at least two weeks before the event to work effectively.

Stay In: On firework nights, try to stay at home with your pets. Your presence can provide reassurance and comfort during the noisy celebrations.

Close Curtains and Turn on Music: Reduce the impact of loud noises by closing curtains and blinds. Play soothing music or white noise to drown out the fireworks' sounds.

ID and Microchip: Ensure your pet has proper identification. A collar with an updated tag and a microchip can help you reunite with your pet if they get scared and run away.

Consult a Vet: If your pet has severe anxiety during fireworks, consult your veterinarian. They can recommend medications or other calming strategies.

Avoid Bringing Them to Fireworks Displays: Keep your pets at home and don't bring them to fireworks shows. The crowds and noise can be overwhelming.

Positive Reinforcement: Reward your pets with treats and praise when they remain calm during fireworks. This positive reinforcement can help them associate fireworks with positive experiences. You could do this before the fireworks season by playing fireworks on Youtube and giving them some exposure to the sounds and lights in a controlled environment.

Remember that every pet is unique, and their response to fireworks may vary. By taking these precautions and being mindful of their well-being, you can ensure a safe and calm experience for your beloved pets during firework season.

Pet Patch - 320 Main Road, Huapai - phone 09 412 2009, email info@petpatch.co.nz or visit www.petpatch.co.nz.

\$100 = Exposure for a month

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



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Food & Beverage

Hallertau

Spring has sprung and we are looking forward to longer sunny days here at Hallertau. The Hallertau Biergarten can accommodate large, small and medium sized groups. A favourite destination for birthdays, Christmas parties, engagements, anniversaries and office do's. The festive season is filling up fast. Drop a line to reservations@hallertau.co.nz and we can give you all the options for party good times.



The Good from Scratch farm shop

On the first Saturday of every month here at Good from Scratch we run a farm shop, open from 9am - 1pm. On these days, we welcome the public to grab a coffee, a bite to eat or to enjoy some of the local produce on offer, as well as to have a look around our kitchen gardens. It's a great morning to catch up with friends, to bring family or just to hang out. Our next farm shops are taking place on the 7th of October and 4th of November.



We'd love to see you there.

You can find us at 376 Taiapa Road Muriwai.

Check out our website for more details about Good from Scratch classes and events.

www.goodfromscratch.co.nz

Jesters Pies Westgate

Spotlight Pie "Popeye"

Looking for a delectable vegetarian option this week? Look no further than Jesters Pies Westgate. We're proud to offer a mouthwatering selection of freshly made in-store pies, and our spotlight pie for October is the "Vegetarian Popeye."

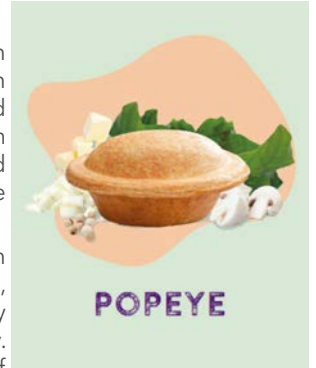
Indulge in the goodness of fresh spinach, button mushrooms, onions, and creamy feta cheese, all lovingly encased in our ultra-thin puff pastry. It's a delightful combination of flavours and textures that will leave you craving for more.

Visit our shop and discover the taste that has made Jesters Pies a local favorite.

Location: Jesters Pies Westgate

Westgate Shopping Centre (right next to Countdown)

Phone 832 6060



"Best of the West" burger battle

Hallertau, The Hunting Lodge, The Riverhead and Morepork have joined forces to serve up an epic burger showdown: "Best of the West" burger battle!

For just \$20 each, each eatery will craft a one-of-a-kind burger creation, and YOU get to be the judge! Taste them all, and vote for your top pick to crown the best burger of the West!



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www.riverhead.co.nz

Food & Beverage

This showdown kicks off on Sunday 1st October and will run for the whole month. Keep an eye on the venues social media for updates.

Manuka-kanuka honey 2.5 kg mini-buckets - \$45

Bulk Manuka honey from Don Buck Honey. This honey comes from the bushlands of New Zealand's Far North and is a mid-season crop of manuka and kanuka. 55 MGO. 1000 3-PLA. 2.5kg. Raw and unpasteurised. This honey has set solid into a smooth creamy texture.

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Champagne breakfast at Soljans

Enjoy a classic Champagne breakfast at The Bistro at Soljans this month. Indulge in style with a shared fruit platter and a choice of main paired with a glass of our brand new 2020 Legacy Méthode Traditionnelle (available in our cellar door now!) for just \$49 per person.

For those who like the bubbles more than the breakfast, book for a table of 4 and get your glasses upgraded to a bottle for the table to share.

Available from 9:00am every Sunday in October, bookings are essential and can be booked online or by calling 09 412 5858.

We look forward to seeing you again soon.



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Health & Beauty

How Ugly Fish can save your sight

Calling all gardeners and home handy-persons out there - have you thought about a pair of safety glasses to put on along with your work gloves? When it comes to eye protection, sun and safety glasses specialist brand Ugly Fish has your peepers covered.



Started by a pair of enterprising Australians with a hand-drawn logo designed on the kitchen table, unbreakable frames and anti-fog and salt resistant polycarbonate polarised lenses, the glasses gained traction fast and quickly crossed the Tasman. Essilor NZ has teamed up with selected optometrists, including For Eyes in the Kumeu Shopping Village, to offer Ugly Fish's certified safety range in your prescription.

Designed for tradies working hard Monday-to-Friday, the safety range offers protection against dust, glare and projectiles while also being comfortable to wear. And they can be sunglass- tinted and polarised as well, making them a great practical pair of specs for the summer ahead.

"Customers try Ugly Fish sunnies, have a great experience and come back for more", says founder Faraz. "It still makes our day when we meet customers at expos and hear they've been wearing Uglys for two decades. They come back for the same style again and again!"

To contact For Eyes in the Kumeu Shopping Village, phone 09 412 8172.

New physio and Pilates opened in Riverhead

Our brand new fully refurbished practice is found in the village community of Riverhead, across the road from the Riverhead Triangle Reserve. Come and visit us in our newly refurbished premises.

We also have a clinic in



Hobsonville if that is more local to you.

Our mission is to empower our clients to get the most out of life by being active without their bodies holding them back.

With the use of the best physiotherapy & acupuncture techniques and client education, we strive to reduce or eliminate the pain from musculoskeletal injuries.

We also offer 20 hours of Pilates reformer classes a week these classes are for everyone from complete beginner to expert we can tailor to your individual needs.

Our philosophy is to treat everyone as individuals and shape their rehab fittingly. We work in alignment with other medical professionals to ensure the best rehabilitation from your injury possible.

Riverhead Physiotherapy is a BSI-accredited Physiotherapy Clinic meeting the highest standards in safety and quality. Our ongoing commitment to learning ensures our customers receive the best care in the best environment.

Don't delay and book your consult or class today.

1058 Coatesville-Riverhead Highway, Riverhead phone 027 313 6036 or email physio@riverheadphysio.co.nz - www.riverheadphysio.co.nz.

Trick - or - teeth

With Halloween fast approaching, there will be lots of chocolate and lollies filled with sugar all around us. Everybody knows sugar can damage your teeth but here are a few helpful tips from Kumeu Dental to help your teeth survive the spooky season.



- Drink lots of water after eating lollies to help dilute the active sugars, slowing down the acid build-up and tooth decay process
- Avoid brushing teeth for at least 30 mins after eating
- Avoid adding extra stress to your teeth with carbonated drinks
- Eat all the chocolate & lollies in one sitting rather than slowly over a few hours
- Finish with some cheese to balance the PH in the mouth

This year, we thought we'd share our favourite Halloween costumes that are all about teeth:

1. Tooth Fairy
2. Dentist
3. TEETH
4. Vampire

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Health & Beauty

5. The oral health family - toothpaste, a toothbrush, a tooth, and floss, or a combination of those four.

Remember to keep up with your regular dental exams, to catch any dental problems as soon as they develop to keep costs lower & teeth happier & healthier. To book in now call our friendly team at Kumeu Dental on 09 412 9507.

The power of physiotherapy strengthening exercises in managing osteoarthritis

Osteoarthritis (OA) is a degenerative joint condition that affects millions of people worldwide. While there's no cure for OA, physiotherapy and strengthening exercises have emerged as powerful tools for managing the condition.

1. Improved Joint Function and Reduced Pain: Research consistently demonstrates that physiotherapy strengthening exercises significantly improve joint function and reduce pain in individuals with OA. A study published in the "Journal of Orthopaedic & Sports Physical Therapy" found that a structured strengthening programme tailored to OA patients led to significant improvements in pain reduction and functional capacity. By targeting specific muscle groups, such as quadriceps and hamstrings for knee OA, these exercises help stabilise joints and reduce the load on them.

2. Enhanced Quality of Life: A study featured in the "Arthritis Care & Research" journal revealed that individuals with OA who participated in a physiotherapy strengthening programme reported enhanced quality of life and increased physical activity levels. These exercises not only alleviate pain but also boost mobility, allowing patients to engage in daily activities with more ease.

3. Preventing Progression: Another crucial aspect of physiotherapy strengthening exercises is their potential to slow down the progression of OA. Strengthening the muscles around the affected joint helps provide better support, reducing the wear and tear on the joint. This can be particularly beneficial in preventing the condition from worsening over time.

Incorporating Strengthening Exercises into Your Routine:

- Consult a physiotherapist: Seek guidance from a healthcare professional to design a personalised exercise plan tailored to your specific OA condition.
- Consistency is key: Regularity in performing these exercises is vital for reaping their benefits.
- Gradual progression: Start slowly and gradually increase the intensity to avoid overexertion.

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website: www.foreyes.net.nz

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu

In conclusion, physiotherapy strengthening exercises are a valuable component in the management of osteoarthritis. Backed by research, they offer relief from pain, improved joint function, and an enhanced quality of life for individuals living with OA. Remember to consult with your healthcare provider or physiotherapist before beginning any exercise regimen for osteoarthritis.

At NorthWest Physio + we have a functional rehab gym and physio's trained in providing strengthening programs for your rehabilitation needs. Contact us on 09 412 2945 or check us out at www.northwestphysioplus.co.nz.

Mental health is a universal human right

Tuesday 10th October is World Mental Health Day. It's all about raising awareness of mental health and driving positive change. Although this is a day where it is encouraged to share about mental health, I believe talking about mental health should be part of our routine.

There is nothing wrong with you if you struggle with mental health issues - we all have our challenges. If someone has a broken arm or is sick with a cold, we tell them to look after themselves, rest up, take care, get the right help and that we are there for them if they need anything. We deserve that same level of care if we are struggling with our mental health. That's why this year's theme states, "mental health is a universal human right." We are all entitled to good mental health.



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Health & Beauty

My top tips for good mental health include talking to someone about your feelings, getting good sleep, spending time in nature alone & with good friends, moving your body and doing something you love. I also highly recommend talking to others about mental health and how important it is - check in with your friends and family and really ask them how they are.

Need help with your mental health - contact me

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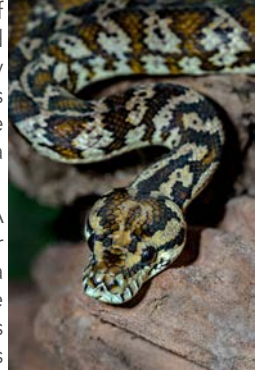
Here at Westgate Optometrists we know that how we manage your vision today has a big impact on how well you'll see the world tomorrow. The key is spotting potential eye health issues before they become major or irreversible. To achieve this our practice utilises the latest technology, such as our OCT-A machine, which allows us to see changes in the blood vessels beneath the retina and macular, a warning sign for Glaucoma or Macular Degeneration. By picking up on these problems at the earliest possible stage we can advise you on the best options to manage your condition going forward. But along with caring for your vision, we want you to look great too. That's why we offer a wide range of contemporary frames, with something guaranteed to suit everyone in your family. Protect your future eye health by visiting us in-store or booking an appointment either by phoning our friendly team or visiting our website: www.westopt.nz



Located at 4/46 Maki Street, opposite the Kiwibank and NorthWest Shopping Centre and just around the corner from Goode Brothers Restaurant.

Don't let fears and phobia's control your life

We all have things that we are afraid of or just do not like. But does our fears and phobia's control our life? Sometimes they do, so what can we do to prevent this happening? But before we look at this, we need understand what a fear and phobia are.



What is a fear and what is a phobia? A fear is an emotional response to a real or perceived threat, whereas, a phobia is like a fear but it has one main difference, it is the anxiety levels that the person experiences is very strong to the point where it interferes with their quality of life and/or the person's ability to function normally, it causes great distress. The word phobia comes from the Greek word phobos, which means fear or horror. Most phobias, have the word phobia within it. Example: fear of water is hydrophobia.

Fear can be healthy to us. For example, we may be on a high mountain and we know that if we go to close to the edge, we may fall and possibly kill ourselves, that fear of falling is healthy. On the other hand, a phobia of heights may prevent us climbing that mountain and enjoying the view because of the built-up anxiety we have created within ourselves.

People suffer with many different types of fears and phobia's, they may sound strange or silly to us, but to the person it is a huge issue, it may affect their lives.

Examples of fears: abandonment, change, death, pain, people, failure, sexuality, success, disease, the unknown, truth

Examples of phobias: acrophobia = fear of heights, claustrophobia = fear of confined spaces, hemophobia = fear of blood, arachnophobia = fear of spiders, ophidiophobia = fear of snakes, aerophobia = fear of flying, noctiphobia = fear of the dark

Astramana™ Healing Services has many different tools to help you overcome your fears and phobias. Some tools we offer are:

Hypnosis - this is a proven tool to help people overcome their fears and phobias. Using various techniques, hypnosis is a simple and cost-effective way to overcome fears and phobias.

Past Life Regression - A journey back in time will allow you to take

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Health & Beauty

a soul journey to a past life where that fear or phobia may have started. A Past Life Regression session may help heal past issues and provide answers as to why you have the fear or phobia.

Astramana™ Healing Services founder Jason Mackenzie is an internationally certified hypnotist and energy teacher who can help you overcome your fears and phobias, so you can move forward and enjoy life to the fullest. Contact us if at astramana@gmail.com or visit our website www.astramana.com or call us on 021 0277 0836 or check out our Facebook page Astramana Healing Services.

Making a difference in the lives of the elderly

Loneliness among the elderly is a prevalent and growing issue in our society. Thankfully, a compassionate solution has emerged right here in our community. Introducing Your Companion, a newly launched local business dedicated to providing companionship and support to our beloved elderly.



The founder of Your Companion, Liisa McLellan, drew inspiration from her 26 years of experience in nursing and her personal encounters with the challenges faced by elderly loved ones. Witnessing the social isolation experienced by many elderly, Liisa knew there was a need for a service that could offer a helping hand and a friendly face.

Your Companion offers an extensive range of services aimed at enhancing the lives of the elderly. From socialisation and assistance with daily errands to transportation help, their dedicated team is here to lend a helping hand. With a background in nursing, Liisa has carefully selected experienced and compassionate local resident companions who are well-equipped to assist with various tasks or simply share a cup of tea and a friendly chat.

In addition to improving the lives of the elderly, Your Companion also recognises the valuable skills and life experience of our local retirees. The business proudly offers part-time job opportunities for mature individuals in our community, creating meaningful connections between generations and making the most of their wisdom and compassion.

As the holiday season approaches, Your Companion goes above and beyond by offering a unique service. While caretaking family members deserve a well-deserved break, Your Companion ensures that their loved ones are checked on and cared for. This tailored service provides peace of mind and allows families to enjoy their holiday knowing their elderly relatives are in safe and caring hands.

At Your Companion, making a difference in the lives of the elderly is their top priority. Through personalised and compassionate care, they aim to combat the loneliness and social isolation prevalent in our elderly population. The care can be provided in many settings including homes, retirement villages, care facilities and hospitals, or wherever our clients reside.

To learn more about the range of services offered by Your Companion, visit their website www.yourcompanion.co.nz or get in touch with Liisa 022 473 9275.

Spring is here

Our little optometry and gift shop is filled with everything to welcome a much needed change of season.

The latest eye wear from France and Italy and a very large range of glasses to suit ALL budgets. New vases and silk flowers, clocks galore, bedside lights, trinket boxes, men's gifts, tea towels, glassware.....

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ALLOR Cosmetic Medicine

For the locals that like to stroll down the serene Waimarie Road in Whenuapai, some may have noticed a new clinic pop up at Number 72. ALLOR Cosmetic Medicine is a boutique clinic, a labour of love for Dr. Heather Anderson, Aesthetic Doctor and Urgent Care Doctor. Dr. Heather has lived on Waimarie Road since moving to the area in 2021 with her husband and two young boys. Passionate about Cosmetic Medicine she decided to open up her new clinic, offering bespoke treatments to the community with personalised care. The name ALLOR stems from the phrase "all-or-nothing", as a reflection of her ethos as a clinician where she takes great care with every client.

Dr. Heather is offering free initial consultations to discuss treatment options and is happy to be contacted on 022 262 6762 or at enquiries@allor.co.nz. Her new website is launching soon at www.allor.co.nz.

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Area Columnists

Allely Estate

Nestled in the heart of Kumeu, Auckland, Allely Estate is a truly enchanting venue. From weddings to corporate events & celebrations such as birthdays, anniversaries, or remembering a loved one, this picturesque estate offers a stunning backdrop for your guests from 70-400.



Discover the beauty and versatility of Allely Estate by visiting their website, www.allelyestate.co.nz.

Allely Estate are a finalist in the North West Country Business Association Awards & was also the venue of the NZ Bride & Groom Wedding of the Year 2020-2021. If you have experienced the wonderful service at Allely Estate please vote here. (<https://forms.gle/YY3MyP6PP4WoWjDu8>).

With a team of experienced event professionals, every detail of your event will be flawlessly executed.

For corporate events, their dedicated page, <https://www.allelyestate.co.nz/corporate-event-venue/>, showcases the facilities & services available to make Allely Estate the perfect venue of choice. Whether you're planning a conference, team-building activities, product launch, or gala dinner, Allely Estate offers versatile spaces, from the villa, lush grounds, or marquee, tailored to your needs.

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Area Columnists

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At The Engine, we believe in a holistic personalised approach. Our experts take the time to understand your business goals, aspirations, & pain points, tailoring services to meet your specific needs. With our expertise and guidance, you can make informed decisions, optimise your operations, & unlock new growth opportunities. You may also be eligible for co-funded support for our services. We are very focused on the bottom line & at the very least you should have one of our business memberships, where the fuel alone could save over \$1000 a year for 3 vehicles.

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Coffee News

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Coffee News is all about exclusivity, offering just one ad per business category per area edition for undivided attention. Our weekly publication reaches 80-100 outlets in each area, exposing your ad to a minimum of 70,000 potential customers every week in your local community.

For just \$40* + GST per week per ad, with a minimum 6-month commitment*, you can reach your targeted audience with discretionary income to spend.

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Area Columnists

Sayers says it

Not all of us may realise just how blessed our community is as we have many passionate local people who dedicate hours of time and energy to ensuring we all enjoy a safe and beautiful place to live in. Organised within community groups, their devotion helps to positively shape how we experience living where we do.

For example, resident and ratepayer groups are among them. Across the Rodney ward there are more than 50 of these, each with a democratically elected committee structure and voluntary memberships. They aspire to actively improve local well-being as well as acting as diligent watch dogs over council related issues.

Many of us are busy with our day-to-day lives but it is good to be reminded of the work others do which benefits us all.

Frequently there are times when these groups need to interact with the Auckland Council and Auckland Transport. They have found and established working relationships with council staff and steadily work towards achieving the outcomes their local community want.

We are fortuitous to have such people in our neighbourhoods.

They also do an excellent job in holding myself and the elected Local Board members to account. I find this important and deeply respect this additional level of answerability.

Helping these groups to get things done is essential. Remaining accountable to the community who elected you is important.

It is not always smooth sailing and there are times when these groups



run into roadblocks and cannot penetrate the Auckland Council to find the right person or information they need. This is when myself and the Local Board can often help by using our elected position to find the right person and connect people together.

This is a large and rewarding part of being your elected representative. I am regularly contacted by constituents who have become so frustrated dealing with the council they need my help.

My monthly clinics, where members of the public can sit down with me face-to-face with their issues, remain extremely popular. These are held in Warkworth, Kumeu and Wellsford and of course I can easily be contacted directly at any time.

Part of proactively supporting our resident and ratepayer groups was organising the opportunity for them to meet the Mayor of Auckland earlier this year. This established a direct relationship with the Mayor (Wayne Brown) and these relationships have continued to be fostered, which the Mayor deeply values.

There are many other social, environmental and charitable groups within our community all quietly working hard to help provide us with the safe and enjoyable society we have.

We are indeed fortunate to have such neighbours and it is something to appreciatively reflect upon and to thank.

Chris Penk MP

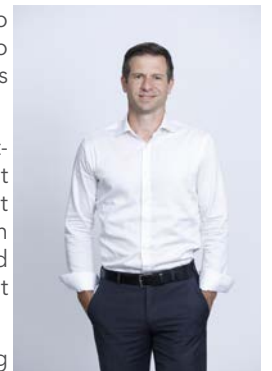
If I have learned anything during my two terms as local MP, it'd be how difficult it is to make progress when other decision makers are not on board with this area's priorities.

Having only represented this area (post-John Key) while a left wing government has been in power, I have found it frustrating not to get Wellington's attention more firmly focused on transport and other infrastructure needs for northwest Auckland.

To be fair, there are some longstanding issues here that date back to prior governments of both political stripes. I always acknowledge locally that residential housing growth should be matched with plans for upgraded transport and additional school capacity etc, not left vulnerable to the differing priorities of other regimes.

More important than handwringing about past and present inaction, however, is being committed to action for the future.

I am determined that the Kumeu bypass that has been talked about for generations will finally get underway if my team wins power in



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National
Authorised by Chris Penk, 134 Main Road, Huapai.



Area Columnists

just under a month from now. We are committed to doing this.

A key aspect of delivering this project will providing certainty for people who have been told for years that their land may be acquired for this purpose at some future (unspecified!) date. It's simply not fair on those landowners to have been left hanging all this time.

Having a bypass (officially known as the "alternative state highway") will also mean that we can end this hugely expensive, disruptive and fanciful notion of carving up the Kumeu and Huapai stretch of State Highway 16 for a supposed "rapid transit corridor" of cycling and non-existent public transport options.

What we do need to get underway is the long-planned but still-not-delivered widening of SH16 to four lanes. Doing this will solve all kinds of congestion and safety issues, helping public and private transport users alike.

I would love the opportunity to get projects like this done, as part of a government that knows what is actually needed out here.

All that said, whoever you choose to vote for next month please do exercise your democratic right. Kiwis in past generations have sacrificed much for us to have this opportunity now.

Cheers, Chris Penk MP. Authorised by Chris Penk, 134 Main Road, Huapai.

Guy Wishart

Guy Wishart is a Kumeu local who is a Rodney Local Board member, award winning musician, science educator and qualified horticultural consultant. Guy's election pledge is to work on better infrastructure for an electorate that has seen large new urban housing developments without the corresponding infrastructure such as roads, public transport and flood mitigation. As a Huapai-Kumeu Lions, Emergency Network and Kumeu Community Action member, he has firsthand experience in understanding the key issues that concern locals the most. Other parties talk about developing large amounts of green space into housing, but a failure to spend on local infrastructure has already led to a deep sense of frustration for the residents of Kaipara ki Mahurangi. Guy is seeking election to build on the lasting local initiatives of the only current MP living in the region, Labour list MP Marja Lubeck, who retires at this election.

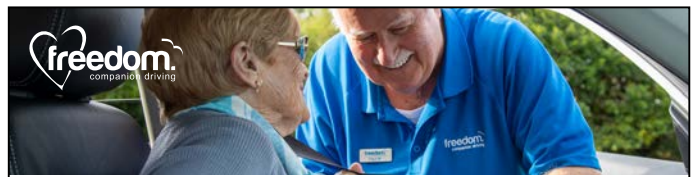


Guy Wishart
for Kaipara ki Mahurangi

- Lives in the electorate
- Understands the issues
- Community focused

Labour

Authorised by Rob Salmond, 157 Featherston Street, Wellington



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