

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

Muriwai Update

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April 2023



Greetings

What summer?

Even an Indian summer would have been good – the name describing a warm, calm spell in autumn (March to end of May).

Instead we've had lots of rain, floods, slips, red-stickered properties and Government promises of more money to help fix it all.

All this while waiting to see what the next "extreme weather event" will bring. And with winter (June to the end of August) just around the corner.

At least the 100th Kumeu Show brought a ray of sunshine over two days in March – see inside for more.

I'm hoping Easter (April 7-10) will bring some nice weather too but I'm not counting on it.

That's aside from the Easter eggs and hot cross buns – which have been in the shops for ages.

I aim to spend some of Easter fixing the damage caused by the bad weather, and I know of many Northwest residents having to sort repairs again, after they had just recovered from the August 2021 flooding.

Future Kumeu is stepping up its plans to have the town centre on higher ground – see inside for details.

I hope to get back to visiting Muriwai Beach again as soon as restrictions lift.

Just so you know winter is coming, daylight saving ends on Sunday April 2 with clocks going back an hour at 3am.

Speaking of winter, I will get another flu shot with all the bugs expected to flourish after taking a back seat during the COVID pandemic.

And I look forward to Anzac Day again this year, held on Tuesday, April 25.

Seems like some normality is returning, although we'll have to put up with increased costs and monetary tightness all round for at least the rest of this year.

Geoff Dobson, Editor



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People & Places

Muriwai Regional Park update

Flags at Muriwai Beach have remained down following storms, says the Muriwai Volunteer Lifeguard Service.

That's mainly because Muriwai Regional Park is closed, although Muriwai volunteer squads are running observational patrols for locals heading down for a swim, the club adding the volunteers' efforts are much appreciated.

Due to ongoing water supply issues, Muriwai Regional Park including vehicle access on to the beach via Coast Rd will remain closed until after Easter, after which the closure will be reviewed.

The Muriwai Surf Club itself copped a hammering on the night of Cyclone Gabrielle in February, when more than 200 people evacuated to the club (complete with dogs, cats and the odd bunny).

At about midnight the club started to flood with water entering from the village green, power was off, no running water, toilets, and minimal communication was available, the club's Jayne McCall reports.

"The road into Muriwai was blocked, which delayed the Army arriving, once they made it through in the Unimogs people were then evacuated to Waimauku Hall and then onto The Trusts Stadium in Waitakere.

"Unbelievably the following week with the next big storm - we flooded again (our first two floods in the 10 years we have been open - both in a week).



"Fortunately it was daylight, and the community came together with spades and diggers to give us a hand.

"Ironically it is our 10-year anniversary and I have to say this hasn't been quite the celebration we have been planning," says Jayne.

"What has been incredible has been the local support - the Muriwai Surf Club has been functioning as a community centre, food hub, drop in lounge and as a place to work for those who have been displaced - an absolute epic effort from everyone from the night of the cyclone right through to today. There aren't enough ways to say thank you."

Some better news has come the club's way though.

Muriwai Nippers competed at the national Junior Surf Lifesaving Championships (Oceans 23) at Mount Maunganui in February and did very well.

In spite of close to a quarter of the team's housing situation being unresolved and 18 months of training, beating the COVID-19 pandemic along the way, the team of 26 athletes and their families won through.

"When just showing up was an achievement these guys excelled, scoring as many medals than all Muriwai teams combined over the last eight years with seven medals," says Jayne.

That placed them in in the top 10 of clubs in New Zealand and only slightly behind Red Beach for the Northern Region.

"We are so unbelievably proud of these kids," says Jayne.

"A big well done to coaches Ethan McKolskey and Mathew Mihaljevich for working so closely with the kids over the weekend and the rest of our senior sports athletes for all the hours put in over the years.



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"Not to be forgotten is the behind-the-scenes team of parents, grandparents and managers who give up a lot of hours taking kids to training and a lot of Sunday mornings to make this happen."

Muriwai boat team the Meerkittens raced at the TSB New Zealand Surf Lifesaving Championships in New Brighton (March 9-12) making the final.

"They caught the wave of the day from out the back and won the race by a country mile," says Jayne, adding it has been a great sports season, including second in the short course series and a silver medal for the NZ Surf Boat Series.

With Easter marking the official end to the patrol season, Surf Life Saving New Zealand is urging Kiwis to be cautious when swimming at an unpatrolled beach.

Volunteer weekend patrols traditionally begin at Labour Weekend in October and continue through to Easter for most of the Northern Region and parts of the Eastern Region.

SLSNZ says people can check its website, www.surflifesaving.org.nz, for more information.

Record Kumeu Show

The 100th Kumeu Show on March 11 and 12 was one for the record books.

Both days were packed as visitors came by the tens of thousands to enjoy a huge variety of events.

Centenary highlights included freestyle motocross (FMX) displays, a Farm Zone petting zoo, dog display, tractor parades, shearing, international wood chopping, carnival rides (with long queues) and a visit by Prime Minister Chris Hipkins, who autographed giant pumpkins - the display helping raise \$780 for the Westpac Rescue Helicopter.

Several other initiatives raising funds for flood victims were also promoted at the show.

The 100th show saw about 20,000 people through the gates on each day.

It was the best yet, says Kumeu District Agricultural and Horticultural Society President Jane Spannon.

She says record crowds attended, enjoying the show on both fine days after the "horrible weather we've had".



Ross Wilson brought his Clydesdale horse team from among six he has at Tirau - Khan, Charlie and Mark - to provide free carriage rides, while a small train also gave rides around the Kumeu Showgrounds.

More equestrian events featured at Kumeu following the cancellation of the Horse of the Year show in the Hawke's Bay due to Cyclone Gabrielle's ravages.

Other Kumeu Show attractions included a strongman competition, bird displays, performances, traditional games, musicians, hundreds of trade displays, food trucks and stands, and a NorWest Heritage display of the show's history.

The show's success has delighted organisers, including Jane and Show Manager Lizelle Westman.

Visit www.kumeushowgrounds.com for more information.

Successful Children's Day Family Fun Day

A Children's Day Family Fun Day event on Sunday March 5 was a huge success.

So says organiser Kindred Family Services, the Helensville Primary School venue attracting about 445 children and 961 attendees, about three times more than initially expected.



The day was dedicated to celebrating tamariki and fostering family togetherness.

"This event came at a very important time for our community," says Kindred Family Services Executive Director Ana Christmas.

"After the devastation of the cyclone (Cyclone Gabrielle), many local events were cancelled and we considered doing the same.

"However, the team at Kindred felt strongly that a fun-filled and completely free day out for local families would be very positive for the well-being of tamariki, and it seems that in the end, the timing was just right."

Anna thanks volunteers such as Florence Te Ohaere, Jaylene Penetana-Fitzgerald and Michelle Rapana-Wharewaka who helped organise the event "under some pretty tight time pressures".

The Children's Day Family Fun Day offered various games and activities, free ice creams and sausages, and a host of performances

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People & Places

and entertainment that made it a day to remember for local children.

The event also attracted others from throughout the Northwest and other parts of Auckland.

Positive feedback on the day was overwhelming, with at least one child overheard shouting: "This is the best day of my life!"

In addition to Kindred Family Services, more than 17 local organisations collaborated to make Children's Day a success.

The event also received sponsorship from Kaipara Medical Centre, Paper Plus Helensville, Helensville Lions, Ninja Kiwi, Generation Homes, and Christine and Joe Wood, who helped to fund the entertainment, kai, and ice creams throughout the day, ensuring everything from sausages to pony rides were free for all.

A highlight of the day saw Helensville Primary School's Kapa Haka and Pasifika groups' performances draw huge crowds and rowdy applause from parents and spectators.

Overall, the Children's Day Family Fun Day was a huge success, bringing together the local community for a day of fun, laughter, and family togetherness.

The event has usually been held annually at various venues five or six times but missed last year because of the COVID-19 pandemic restrictions.

Kindred Family Services aims to run it again next year.

Photos of the event were taken by Victoria Logan from StellaNova Photography.

Bethells Beach Surf Life Saving Patrol needs rescuing

Recent floods and Cyclone Gabrielle have hit the Bethells Beach Surf Life Saving Patrol (BBSLSP) hard, damaging its clubrooms.

The club has launched a Givealittle page to help find \$34,500 for urgent work to the clubrooms.



"The damage to our clubrooms has been devastating and the significant damage to our deck and the foundations of our lounge and bunkrooms have left us with yellow sticker status," says BBSLPS president Donal Dray-Hogg.

"We are doing everything we can to save what is left of our lawn

area and to preserve the operational capability of the club for the next few months, but it is has become clear that we will have to deconstruct and remove the lounge and bunkrooms."

Donal has been with BBSLSP since she was a nipper and as a life member she is able to reflect on the huge role the clubhouse plays in the community.

"Our clubhouse is the heart and soul of operations at Bethells Beach and has enabled thousands of first aids to be administered, hosted hundreds of training and lifesaving camps, is home to our junior surf members, stores all essential equipment including our ATVs and IRBs and is our hub to unify BBSLSP lifeguards during tragedy and celebration," she explains.

"The decision to remove the back-half of the clubhouse and seal off the remainder of the clubhouse has been a difficult and emotional one for us but one borne out of necessity," Donal adds.

"With the approach of winter months and the risk of further destruction, we need to urgently undertake the rescue of our clubhouse so we can have a crucial first-aid room, functional kitchen, radio control room and gear sheds and this means we can continue providing core surf lifesaving operations, including emergency call outs in the off season, and be the local community hub we have always been.

"We are asking all of the good people of New Zealand, who know the value of what volunteer surf lifesaving clubs do in their communities, to come together and donate and help us continue to do what we do best - save lives," Donal says.

Donations can be made at www.givealittle.co.nz/cause/help-rescue-bethells-beach-surf-life-saving-patrol for the BBSLSP.

Preserving history through your stories

Telling stories has been a way of passing down knowledge and keeping communities connected for hundreds of years.



The aim of the Norwest Heritage Society (NWHHS) is to preserve the history of areas such as Riverhead, Kumeu, Huapai, Taupaki and Waimauku.

To do this the society has launched a True Tales of Kumeu and Huapai Short Stories Competition with a book of the stories anticipated to be available for sale later this year.

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 Authorised by Chris Penk, 134 Main Road, Huapai.



People & Places

With the generous assistance of Kumeu Taxation Service and Kumeu Insurance Brokers, three \$100 cash prizes for the best stories as judged by the NWHS can be won.

Your story must be true and about the Kumeu and Huapai areas. It can be about people, a particular place, an event or your memories of living in this area. It's not just about life many years ago. The society has plenty to write about what has already happened in 2023.

We would like to have a True Tales book for all of the Northwest communities. So start writing now and as soon as we have enough stories we will publish the book, says the society's Julie Beech.

The first True Tales series of book was published in Coromandel Town by the Coromandel Town History Research Group starting in 2002: True Tales of Northern Coromandel, More True Tales of Northern Coromandel and Even More True Tales of Northern Coromandel.

The group passed the mantle to The Coromandel Heritage Society which has successfully published True Tales books of stories from a variety of areas in the Thames and Coromandel district.

Other books have also been printed about Whangarei and Great Barrier Island.

Visit www.truetales.co.nz for more.

For an entry form or more information on the Norwest Heritage Society True Tales project go to www.norwestheritage.org.nz or email Julie.truetaleskumeu@gmail.com for details.

Photo: Post Office Waimauku Credit madonnewzealand.com.

Sayers Says It

By Greg Sayers, Rodney ward councillor.

The Auckland Council is facing unexpected additional costs as a result of January's weather bomb, followed by Cyclone Gabrielle.

The cost to repair all the damage is estimated to be \$1.2 billion.

Capital costs form the largest part of the bill and are based on a like-for-like replacement of damaged assets along with operational costs such as the immediate clean-up costs. The estimate does not include any provision for enhanced infrastructure resilience or any acquisition of private properties impacted by these weather events.



The council was already grappling with how to plug a \$295 million budget shortfall.

Just a few months into his new job Mayor Wayne Brown had put out for public consultation options on how he thought that budget shortfall might be filled by making internal savings and a 4.6% rate increase.

However, things have got considerably worse since then.

Add into this the storm damage costs, the announcement that the City Rail Link now requires an additional \$1 billion to complete it and council's share of that 50/50 partnership with the Crown is \$500 million.

When all added up, the council was having to find \$295 million in budget shortfall, but this has now skyrocketed to a staggering \$2.5 billion.

Government help is what is needed to bridge these massive numbers. But will it come?

To date the recovery package for Auckland's storm damages remains unclear.

Mayor Wayne Brown accepts the Auckland Council will have to pick up a share of the City Rail Link (CRL) project budget blowout.

However, he says he will hold "tough" talks with the Government requesting it to pay for more than its 50% share because of the council's mounting financial pressures.

The need for the extra money for the CRL is said to be the result of COVID.

That is, time away from the CRL work site due to the lockdown rules, delays in materials due to international shipping supply chain slowdowns, inflation and increasing labour costs are all said to have escalated the project's costs.

The builders of the CRL say they have had to endure two level four lockdowns, 280 days of restricted working conditions [COVID traffic light system]. They also say they lost 3.2 million building hours through illness among staff as more than 800 workers on the project caught COVID.

In total, due to COVID-19 lockdowns and lost time, the project's new cost have increased to \$5.493 billion.

However, Transport Minister Michael Wood appeared to sink any hope that the Government would in fact help with the costs, announcing he wanted the payment arrangements to remain evenly split.

The revised completion date for the project's stations and the supporting rail infrastructure is now November 2025.

The CRL should always have been a fully funded Central Government project. It also should have been a fixed cost contract, rather than an



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open ended cheque book. It is the only major rail project not to be centrally funded. It is the country's largest infrastructure project ever undertaken. However, it will be very difficult for Mayor Brown to renegotiate any new terms.

Reduce road cones, road closures

Auckland Mayor Wayne Brown wants Auckland Transport to work with Waka Kotahi NZ Transport Agency and utility companies Chorus, Vector, and Watercare, to explore how the region's temporary traffic management (TTM) can be improved quickly in ways that increase efficiency safely.

"I am determined to reduce the unjustifiable economic and social disruption caused by the existing approach to temporary traffic management," he says.

"The length of time that roadworks take and frequency of lane closures, together with the number of road cones used, is excessive and unnecessary.

"Our preliminary figures indicate that Auckland Council Group spends at least \$145 million on temporary traffic management each year, and utility companies have seen a massive increase in traffic management costs that no doubt contribute to higher charges for Auckland households."

Wayne has also urged transport and utility stakeholders to work with Auckland Transport and his office to fast track and trial a new more flexible approach to TTM.

"This is an important step towards improving Auckland's transport network, and better management of Auckland Council Group finances," he says.

Wayne wants key stakeholders to immediately begin a six-month trial of an approach to TTM that is more tailored and targeted to risk, drawing on NZTA guidelines put forward last year as part of the Draft New Zealand Guide to Temporary Traffic Management.

As part of the trial, he suggests opportunities should be explored to significantly improve programming and coordination of construction and maintenance work within the road corridor, supporting a 'one-pass' approach by contractors wherever possible.

Wayne also proposes a look at incentivising contractors to reduce the road space taken up by TTM through a system of financial charges and penalties.

He also wants to stakeholders to assist with the design of an independent report, commissioned by the Auckland Mayor's Office,

that would quantify the costs and benefits of both the existing TTM approach and the more flexible trialled approach in terms of road safety, cost, delivery timeframes, and user experience.

The report will inform the roll-out of a fit-for-purpose TTM system.

"Road repair and maintenance work is essential and unavoidable, and we must accept some traffic disruption as the price of building and maintaining Auckland's infrastructure network, but the price we pay is too high," Wayne says.

"The proliferation of road cones is the result of an overly prescriptive temporary traffic management regime, where little to no adjustment is made for the actual level of risk, and this is where I see an opportunity for more immediate progress."

Under the current TTM, the methodology for closing lanes and deploying cones is similar, regardless of whether it's being done for an event or road repairs, whether work is being carried out on the road or footpath, or it's an urban or rural environment, the council explains.

"Contractors appear to take up more space on the road network than is necessary for their own parking, material storage and lunchrooms, increasing the cost of disruption to road users at minimal cost to themselves," Wayne says.

"This is an absurd and unjustifiable burden on ratepayers, consumers, and road users. Fixing Auckland requires us to address exactly these sorts of systemic failures.

"Local boards have also reported temporary traffic management costs are prohibitive for community events, such as Anzac Day and Santa parades, which may be at risk as a result.

"I do not accept the mantra 'safety at any cost'. It cannot continue to hold back safe and reasonable improvements to temporary traffic management, which is currently a costly and annoying imposition on the daily lives of Aucklanders."

Wayne's proposal to trial a new flexible approach to TTM has already



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People & Places

found support.

It follows his recent announcement delivering on his promise to improve bus reliability, with Auckland Transport preparing to trial GPS tracking that will give buses priority at key intersections in April.

"I was elected by Aucklanders to achieve five things - to fix Auckland's infrastructure, stop wasting money, take back control of council organisations, get Auckland moving, and make the most of our harbour and environment," Wayne says.

"It's been a devastating start to the year, but it feels good to start making some progress and building momentum around delivering on my promises to Aucklanders."

Soljans Berba Festival and 2023 harvest

Soljans Estate Winery in Kumeu started its 2023 harvest by hosting its annual "Berba" Harvest Festival last month.

A special Croatian inspired event celebrating the start of another season, Soljans managed to pick one of the only fine weekends of the summer to host this event.



It was a big success, says Tyler Soljan, thanking everyone who came along to help celebrate.

"We welcomed more than 500 guests over the two days, stomped many a grape, enjoyed plenty of delicious food, and sampled enough sangria to leave the car in the carpark and catch an Uber

home for the night."

Tyler says they are already looking forward to next year's Berba festival.

He says the 2023 harvest is well and truly underway with the frequent summer rain producing small volumes than they are used to but which will produce some quality wines.

"We finished hand picking our Kumeu fruit in the second week of March and will be receiving more grapes in the coming weeks from other regions," Tyler explains.

"This will certainly go down as one of our wettest vintages, with over 900mm of rain falling since the New Year onsite in Kumeu.

"In the same period back in 2020 we only had 24mm fall - which was far more desirable for ripening grapes.

"Whilst these numbers don't sound brilliant, we will still see some quality wines coming from the 2023 harvest, albeit with much smaller volumes than we're used to."

Ensuring only quality wine is produced is of great importance for the wine industry, Tyler explains.

"When harvesting it's vitally important to only harvest clean and ripe fruit.

"We handpick all our grapes in Kumeu, which allows us to select each and every bunch which we use to make our wines. If the grapes aren't up to quality, they cannot be used.

"It's a very difficult job indeed to make a good wine using bad fruit (alternatively, it's quite easy to make a bad wine using good fruit... but this is certainly not the goal).

"Our Pinot Gris and Chardonnay have finished ferments and are tasting delicious, and after the success of our Pinotage Rosé last year, we have decided to repeat this delicious style of wine. At the time of writing, fermentation is nearly finished, and we can't wait to see the end result."

Tyler says Soljans Estate Winery remains positive for the future and looks forward to seeing what the rest of harvest brings.

"We are thrilled to be bringing out some new vintages in the coming month or so, with our 2020 Kumeu Pinotage and 2020 Legacy (Méthode Traditionnelle) being a must if you are visiting us for lunch or wine tasting.

"We look forward to seeing you over the next few months, hopefully with some calmer weather and of course, a glass of wine in hand."

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Fire and Emergency recommends your home be fitted with long life photoelectric smoke alarms which have a sealed long-life battery that is

expected to last for 10 years.

Specialised smoke alarms for the hearing impaired are also available. For advice with these you can reach out to Deaf Aotearoa New Zealand, Life Unlimited, Blind Foundation or Housing NZ.



Jamie Shaw
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The afternoon weather begins to cool as we bid farewell to a summer that was far from what we had all anticipated and we see the future of the imminent daylight savings and the expectation of planned cooler evenings as winter looms around the corner.

Now would be a good time to look at booking in your local chimney sweep

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Community News

Kaukapakapa Village Market

Sunday 16 April 8.30am to 1pm. New venue, same great market. Come and spend a relaxing Sunday morning with us. Pick up something unique from our local crafters or grab a bargain from the car boot area. With a tempting selection of handmade gifts and crafts



including knitting, quilting, spinning, candles, jewellery and art as well as plants, preserves and fresh locally grown fruit & vegetables, natural pet products, books, coffee and food and much more - plus there's live music from Foster on the tenor sax and free hair plaiting.

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

Helensville Primary museum visit

In early March around 100 Helensville Primary Year 3 and Year 4 students braved the rain to walk down to Te Awaroa Helensville Museum to see the treasures on offer there for themselves.



Several teachers and parents were on hand to keep a close eye on their charges as, separated into four groups, they went from building to building, where knowledgeable museum volunteers were in hand to talk about the taonga and answer questions.

As well as listening to talks and seeing the displays in Aotearoa's first Land Court building, the Ken Pavish Memorial Post Office and Hec's Barn, the students, whose current Inquiry Topic was 'Then and Now', had the opportunity to play stick and poi games in The Schoolhouse and to look for treasure hunt answers in Hedley House.

The children were very active in enjoying the chance to see and touch the taonga and ask questions about the history of the area, and those on hand to provide answers and insights were pleased with the responses.

The museum is working with students, schools and teachers to provide visits that are engaging, interactive, challenging and of value.

Inspired by a Helensville Primary approach to the museum, this is to be the first of what it is hoped will be many school visits.

Bookings can be made by contacting Te Awaroa Helensville Museum at info@helensvillemuseum.org.nz

Local business wins award

We are proud to announce that The Dog Safe Workplace have just been awarded the APAC (Asia Pacific) Business Award for Excellence in Health & Safety Education 2022.

APAC Insider has been running these awards for the past seven years and encompass a vast array of businesses, organisations and enterprises throughout the region. They ensure that only the most deserving are recognised and are judged purely on their merits.

The Dog Safe Workplace provides training for companies who have staff that are required to enter properties where dogs are present. They have a proven track record of reducing dog incidents and work closely with their clients to customise the training to suit their needs.

"Winning this award is such a wonderful acknowledgement of what we have achieved over the past 9 years" says Jo Clough, Director. "Our team has worked hard to ensure that the clients get the training that they require, we update the course annually and gather feedback from our customers to ensure that we incorporate any ideas that they have that will improve the course".

"Everything about our business is to help reduce dog incidents, we don't train dogs we train people" says Jo. "We always start by dispelling a few myths and there are a few things that everyone



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Community News

should remember. Just because the dog's tail is wagging does not mean that it is happy. This is a common mistake; we were contacted by the owner of a dog that had bitten a delivery man who ended up in hospital. When he was asked, he said that he thought the dog running up to him with its tail wagging was pleased to see him".

Jo offers a couple of tips for when you are out and about in the community.

1. Never touch a dog without asking permission from the owner. If there is no one to ask - DON'T touch the dog.
2. Never run from a dog, you can instigate the prey or play drive. Remember when dogs play, they use their mouths and even though they may only be playing it can still cause an injury.
3. Look at the whole body of the dog to judge its mood, don't just look at the tail or face.

We are in the process of creating a short 15-20 minute online course for people who own dogs and want to understand them better. If you are interested in this course or any other educational programme (including Dog Safe 4 Kids) please contact The Dog Safe Workplace on 0508 DOG SAFE or email Jo on jo@dogsafe workplace.com.

Guided tours to France with two French/Kiwi locals in June

Open for last minute bookings. Boutique Tours France, the venture of French/Kiwi locals Catherine and Patsy, organises amazing, guided tours for small groups (max. 8 people) to France.



Catherine and Patsy are both French and take you to those special places. Your guides know France inside out and know what Kiwis like to experience. The tours are fully organised so your travel is carefree: your guides speak the language and look after you. You just happily join the trip with no planning at all. Book now for an exclusive tour in June 2023.

A Taste of Provence. Join us and visit the South of France - 14 days of culture, shopping, food, wine, and experiences in beautiful Provence. We start in the walled city of 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 a few.

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Kumeu Childcare

At Kumeu Childcare, we aspire to achieve equity and excellence for all children. We strive to create a community of learners who are capable and confident to explore, play and learn according to their unique abilities and strength. We view teaching as a shared learning experience between children, families, teachers and the wider community. We value rich communication and reciprocal relationships to support tamariki as they navigate their way through their learning journey.



We are taking enrollments and have specials going on for new enrollment. Please feel free to call or email us on the details below for any enquiry or a friendly visit. info@kumeuchildcare.co.nz/ manager@kumeuchildcare.co.nz or Alka 021 119 5148/ Anna 021 091 04333.

March at Kumeu Arts

The 'Winners Exhibition' continues until March 11th and features sculpture, painting, drawing and photography by eight prize winners from last year's Kumeu Arts Awards. Then Muriwai based artist Mette Hay takes over the Main Gallery with exciting new work, including an interactive sound experience. Mette



says, "My creative practice is centred in a strong belief that when the boundaries between design, art and science, are effaced, the potential for magic occurs". Also, this month Kumeu Arts and Kumeu Library are collaborating for the World of Cultures Festival. The festival is a celebration of multiculturalism and race relations. There are workshops in 'Expressive Mark-Making' with U.K artist Sally Cole

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Community News

and a Jewellery Workshop with Susie Cropper. During the Easter school holidays, Creative Matters will be running fantastic art classes to keep the children happy. Visit us behind Kumeu Library or online to discover all this and more. www.kumeuarts.org

Image for the 'World of Cultures Festival' titled 'Olinda Carnival' by Jago Neal.

As a caterpillar transforms into a butterfly

We are living in a time of constant change. Over the past three years we have experienced so much change with Covid, extreme weather patterns etc. Despite the extremes, change can be a positive experience such as job promotion, lotto win, getting married, new house, having a baby or overcoming a medical condition or passing an exam.



We can make personal changes in our lives and transform ourselves at any time, it does not matter what is happening around us, whether it be negative or positive. It's a matter of when are we ready to make a change and transform our lives'. Remember, there is no time like the present to make these changes. Are you up for it?

At Astramana™ Healing Services we have a philosophy that, "Together we can bring growth and change".

By working together we can help you transform any negative beliefs or fears that you may have about changes, then turn them around to be a positive transformation. Just as a caterpillar transforms itself

into a beautiful butterfly, we can make changes in our lives that will transform us, to have a fulfilled and meaningful life, something that we all desire and deserve.

Are you ready to take control and transform your life? Changes that you may want to make to transform your life could be: weight loss, letting go of a fear or a phobia, coping with an illness, stop smoking, talking about the passing of a loved one, coping with stress or even letting go of the past, whatever change you want to make, together we can support and motivate you to transform into the new you, the beautiful butterfly.

Astramana™ Healing Services, was founded by international hypnotist, Reiki Master-Teacher, clairvoyant & tarot reader Jason Mackenzie. Please visit our website: www.astramana.com or email astramana@gmail.com, phone/ text us on 021 0277 0836 with any questions or to book a tarot session, Reiki workshop. We offer a mobile service to those out West Auckland.

We look forward to working together with you, so you can see the positive in change and make your transformation.

Holi celebrations

On Monday 6th–Friday 10th March, Nature's Explorers have been celebrating Holi, which is known as the festival of colours. Holi is a Hindu celebration that signifies the end of winter and the beginning of spring in India. It is famous for its vibrant and joyous expression when people gather to throw colourful powder, paint and dyed water at each other.



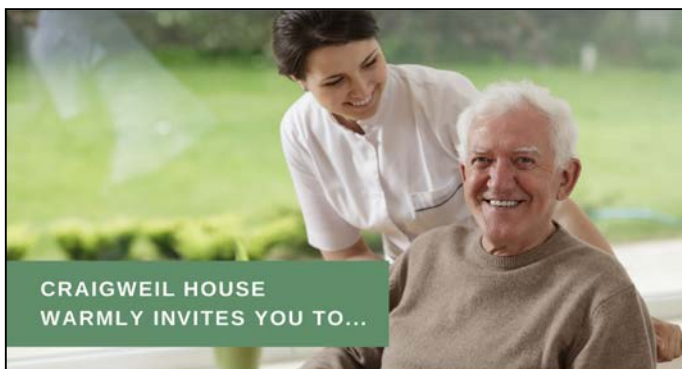
This year we celebrated Holi by dressing up in bright colours and having a disco. We encouraged tamariki to share their favourite songs, which we added to a playlist. We also added traditional Hindu music and tamariki were able to participate in two different Holi dance tutorials.

"This is my song, this is my song." - C

"Wow, this is so cool can we do another dance." - L

We watched videos on Hindu dancing, made natural pictures with flower petals and markers. We had many different activities that allowed tamariki to explore mixing different colours, such as painting ice and water play. We also made phirni, which is a slow cooked pudding made from rice.

Celebrating Holi is just one of many celebrations that we organise



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Community News

throughout the year. If you would like to enquire about joining our Nature's Explorers whānau please call 09 412 8800 or send us an email at office.kindergarten@xtra.co.nz

Gently Loved Markets

Gently Loved Markets is back at the Kumeu Community Centre in May. Lock in Sunday 21st for your preloved treasure hunt from 10am.

With 30+ stalls indoors selling preloved, vintage, retro and upcycled clothing, accessories and homewares. Gently Loved Markets love a sustainable lifestyle and what better way to do that than buying preloved. Grab a coffee from Hero Coffee, a sweet treat from Mamas Donuts and your favourite fabric bag for your preloved fix with us.

All stalls are within the hall, the event will go ahead no matter the weather. With changing rooms at the venue so you can try before you buy. The event is cash only. Gently Loved Markets is monthly, keep an eye on their Facebook and Instagram for the event and venue dates @gentlylovedmarketsnz

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



Gently Loved Markets, Sunday 21st May, Kumeu Community Centre, 35 Access Road, Kumeu, 10am – 2pm.

Hospice West Auckland extends social care services

Hospice West Auckland's Social Care team specialise in providing patients and their loved ones with psychological, social, emotional and spiritual care from the moment a person comes into their care. The range of services provided at Hospice House, 52 Beach Road, Te Atatu Peninsula, have recently been extended to include acupuncture and pet therapy.

Acupuncture is believed to stimulate the body's natural healing abilities and promote physical and emotional well-being. Benefits can include reduced pain and tension, reduced nausea, and insomnia support. Sessions are provided by a registered acupuncturist and held every Tuesday.

Pet therapy sessions are run on the first Thursday of every month. Two of Canine Friends' trained pet therapy dogs visit to deliver a dose of joy, playfulness and comfort to patients, carers and whanau.

The new services complement Hospice's extensive array of support designed to improve quality of life, including physiotherapy, music and arts therapy, massage therapy, Rongoa Maori and aromatherapy.



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In Brief

Kumeu Volunteer Fire Brigade - Huapai Hillbillies Hoedown

The countdown is on for the 2023 Huapai Hillbillies Hoedown.

We know many of you are excited about the hoedown happening on 29th April. This year we want to bring the personal connection back to the Hoedown and give locals the best chance of getting tickets. Therefore, we will be selling tickets in person.

Tickets will be sold from the Kumeu Showgrounds Office Building on Saturday 8th April from 10am - 12pm, or sold out, very limited tickets.

A maximum of 6 tickets per person. Tickets will cost \$60 per ticket.

We know from previous years, that tickets can sell very quickly. If you are unable to get a ticket, please keep an eye on local Facebook pages, as people's plans always change and they end up trying to re-sell them.

So what is the Huapai Hillbillies Hoedown?

Firstly, it is important to know what being a Volunteer Fire Brigade means. As a full volunteer fire brigade, every one of our members is a volunteer. This means we give up our time to attend trainings and incidents 24/7. On average, we attend 400 calls a year. We love what we do and we do it for the community.

This is where the Hoedown comes in.

The Huapai Hillbillies Hoedown is a fundraiser for the Fire Brigade. It was first introduced around 1995. With 2020 being the exemption, a Hoedown has been run every year since.



Through these events we fundraise for equipment to help us serve our community. The largest of these purchases was our 2016 Nissan Navara which serves as a purpose built 4WD vehicle for the rural farms, forests and beaches.

The Hoedown is still run by the volunteers, who organise everything, from the setup, to cooking your food. We continue to host them so that we can continue to provide the community with the best equipment, training, and protection. So thank you to the community who continue to support us at these events!

Poppy Day Appeal 2023

Poppy Day will be Friday 21st April, when RSA collectors will be out in force. Poppies will also be available at the usual retail outlets before the 21st, so you can make a donation and take a poppy, all proceeds go to the Veterans Welfare fund.

Alternatively you can make an on-line donation to the KMRSA Welfare account- 12-3139-0003621-04, reference Poppy Donation.

If anyone wants to help collect poppy donations in the Helensville, Parakai or KKK retail areas on Friday the 21st April, please call Steve Wilson, Ph/text 021 494 945.

Kaipara Memorial RSA

This year the Kaipara Memorial RSA will be holding a Dawn Parade at the Parakai Cenotaph, Veterans and Service organisations to fall-in 0550 hours outside the Parakai Springs, 150 Parkhurst Road. Parade Commander Peter Mills will march you to the Cenotaph for an ANZAC service starting at 0600 hours. All other attendees can gather in the carpark in front of the Cenotaph.

This service will be followed by a wreath laying ceremony at the Helensville Service Cemetery at 0700 hours. An ANZAC breakfast will be held at the Helensville Bowling Club at 0730.

An ANZAC parade and service will be held at Kaukapakapa Cenotaph at 0930 hours, this year.

Kaipara Memorial RSA President Rex Keane says that due to the closure of the Helensville War Memorial Hall and the RSA clubrooms, there will be no Helensville street parade or service this year.

Rex also stresses that medals should be worn, if wearing your relative's medals, wear them on your right side and wear them with pride.

There will be an opportunity for any Service or Civic organisations to lay a wreath at the Dawn Parade.

If wanting to lay a wreath at the Dawn Parade you need to register

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In Brief

by emailing kaipararsa@extra.co.nz , one week prior to ANZAC Day.

Kumeu Friendship Club

Kumeu Friendship Club is a wonderful community for seniors to come together and enjoy each other's company. Whether you are new to the area or have lived here your whole life, you will find that the club provides a warm and welcoming environment where you can make new friends and socialise with others. At Kumeu Friendship Club, members can hear great speakers and participate in social events. It is a great place to stay active, increasing knowledge about topics, and have fun. Kumeu Friendship Club is a fantastic way for seniors to stay connected with their community and build meaningful relationships. We invite you to join us and experience the joys of friendship and camaraderie. We meet on the fourth Thursday of the month at 10am in St Chads Church Hall in Huapai. All are welcome.



Easter Egg Hunt

Sunday 9th April 9.00am to 3.00pm. We're holding our annual Easter Egg Hunt, so time to load up the kids and head to Kaipara Coast Sculpture Gardens this coming Easter Sunday.

If you want to come along in your bunny suit or other seasonal dress you won't be alone.

Egg tokens will be replenished during the day to ensure everyone goes home with Easter eggs.

While on the hunt you walk around the beautiful 1 Km sculpture trail which has over 40 marvelous new



sculptures created for our 2023 exhibition by local and international artists on display.

There is also a 2.5km nature trail which meanders around farmland and native forest, has a beautiful lookout point of the Kaipara Harbour and forms an important part of the Kaipara Coast Plant Centre conservation and restoration programme.*

Please note the popularity of this event plus the limited spaces available means that booking your entry time is essential. You can email info@kaiparacoast.co.nz, or phone 09 420 5655. Or for your greater convenience use the ticket link below.

Our cute little coffee shop will be running a sausage sizzle on site on Easter Sunday, plus you can select plants for your garden at the Plant Centre during your visit.

A wonderful way to spend Easter Sunday and we're only a few minutes' drive North of Kaukapakapa (and around 35 minutes from downtown Auckland).

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

Venue location: Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Entry \$35 per family. Booking: www.kaiparacoastplantcentre.com/product-category/vouchers-tickets/

Craigweil House

Birthday celebrations are an important time to honor elderly residents and let them know how much they are appreciated and valued. It is very important to remember that a birthday is a day to make them special. Robyn, who has been a long term resident at Craigweil House, recently celebrated her birthday. Our staff gifted her a cake, a balloon and a party hat. She had a lovely day.

We would also like to welcome our new residents Greta Barson, Jean McCarthy,



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In Brief

Terry Mischefski, Douglas Poland and Vasa Sagasaga.

Holidays always go down in our memories as special times. Easter is just around the corner and it is also particular for elderly people, who often associate Easter celebrations with lifetime memories. In our rest home it is a great opportunity to spend quality time together cooking, eating, and enjoying Easter activities that make our residents' life complete.

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.

SeniorNet

SeniorNet Kumeu is a non-profit organisation that provides technology training for seniors. Its goal is to bridge the digital divide and empower older adults to learn new skills, stay connected with loved ones, and access information online. SeniorNet Kumeu offers a variety of courses, from basic computer skills to advanced topics. With patient and supportive instructors, seniors can learn at their own pace and ask questions without feeling intimidated. SeniorNet is a wonderful resource for seniors who want to stay engaged and independent in the digital age. We meet on the first Wednesday of the month at 10am in St Chads Church Hall in Huapai.

Kumeu Library

Here at Kumeu Library, our thoughts have been with our customers who have been displaced from their homes in Muriwai since the event in February.

We know you have many things to be thinking about, but please don't worry about your library items. Just come into Kumeu Library or phone Library Connect on 09 377-0209 for a chat and to let us

know your situation, and we will sort it out.

School holidays are coming, and we're planning lots of free fun for school-aged children at Kumeu Library. Our theme for these school holidays is "Eco Warriors", and there will be an activity at 10.30am every day - we'll be making craft, playing games and having story times. Our activities include making microplastic fish, an eco-eel craft, a fabulous Kahoot! Quiz and a games day every Friday. We are having special visitor from Sea Life Kelly Tarlton's Aquarium who will talk about marine life and how you can be a marine life eco warrior on Thursday 13 April, and a special Worm Storytime with Pip from the Compost Collective on Monday 17 April where you will learn how to be eco-warriors by using food scraps to create compost.

In mid-April we will be making some changes to Auckland Libraries' online catalogue, providing a new user-friendly way for library users to explore and discover items and resources in the Auckland Libraries catalogue and manage their library account - watch out for the improvements when using the catalogue.

Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with all local library events and news.

Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and unhomeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can



enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.

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

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SHOW YOUR POPPY

Join the movement and show your support by displaying a poppy on your gate or fence.

Hi Neighbour,

Remember the fallen and show your support for the poppy. Join us to post your proud poppy creation that adorns your fence, gate or letterbox in advance of ANZAC Day and our formal day of remembrance.

The team at Mike Pero Kumeu and Hobsonville will be giving away Mitre10 and Aussie Butcher vouchers. Participating houses will go in the draw to win one of three \$100 Mitre10 Mega vouchers and one of three \$100 Aussie Butcher vouchers, with winners announced 26 April 2023*.

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Future-Kumeu

Future of Kumeu needs your support

Future-Kumeu Inc. Wants To Assist You

If you live in Kumeu and to the west of Kumeu, including Huapai, Waimauku, Muriwai, Helensville, and areas beyond Helensville, then this concerns you.

Prior to 2010 local council promised the construction of a Bypass for Kumeu-Huapai, before 2018.

That has yet to be built.

Current planning by this government has decreed that the Bypass will not be built, until after a public transport service (called the Rapid Transit Corridor - RTC) is running from Kumeu to the City Centre.

This will not happen for 20 years or more.

If you live west of Kumeu, or run a business west of Kumeu, how will this affect your travel for employment, and your stress, and your quality of life?

Future Kumeu Inc.

Late last year Future-Kumeu Inc held a public meeting in Huapai, attended by 250 residents, none of whom supported the RTC

Future-Kumeu Inc (F-K Inc) is a fully incorporated society.

F-K Inc has a committee of 6, and a current membership of 40 or 50 property owners.

F-K Inc members represent more than 50 tenants with more than 500 employees.

Future-Kumeu Inc welcomes new supporters, whether they are landlords, tenants, local customers of affected businesses, or just people passing through town who are affected by the congestion which will only get worse until the Bypass is built in some 25 years.

Notice of Requirements (NoRs)

On 23 March 2023 Auckland Council will be lodging the NoRs for the Rapid Transit Corridor and for the Bypass, now called the Alternative State Highway.

A Notice of Requirement is a legal hold NZTA places on a property, restricting owner's use of that property, until such time as NZTA requires it. Payment is deferred until NZTA requires the property.

Some people would describe this as legalised theft, because

properties are immediately devalued.

All affected parties, including landowners, tenants, shoppers, and commuters passing through town, have the right to make submissions. Those submissions must be lodged in either 30 days or 60 days, to be confirmed.

Kumeu Flood Plain

Kumeu Village and industrial area are situated on a flood plain, which you may have noticed recently.

In the past 18 months there have been three major storms which flooded Kumeu, on 31 August 2021, 27 January 2023, and 13/14 February 2023.

Some insurance companies will no longer insure Kumeu buildings for flood damage.

Some tenants are unable to obtain flood damage insurance, especially loss of income insurance.

Some leases will not be renewed. Our members are receiving many calls from anxious owners and tenants, requesting help and advice.

Some buildings are already unsaleable.

The flooding will devalue all commercial buildings, and lead to a reduction in the rating base.

This means the businesses you own, or the businesses you shop at, or your favourite coffee shop, may no longer be there after their current leases expire.

Kumeu River

Future-Kumeu Inc has examined the aerial photos of the Future-Kumeu Inc has examined the aerial photos of the Maddren reclamation during the August 2021 flooding. Flood levels came close to the new houses on the reclamation.

Water has been diverted from this artificially elevated platform, into many properties in the Village and into the industrial estate.

The new Kumeu-Huapai Centre Plan proposes constructing high-rise buildings adjacent to the Kumeu River, with little consideration given to the floodplain and the existing properties.

The whole concept of building a new town centre on a floodplain needs to be reviewed - think Wairoa.

We consider that historically and currently Council have not addressed the dynamics of the Kumeu floodplain, and neither does the RTC proposal.

Future-Kumeu Inc has developed a plan based on local knowledge

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Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area, please contact Stacey on phone 09 412 9602 or email editorial@kumeucourier.co.nz * Distribution average is 500 magazines in your local neighborhood every four weeks.

Future-Kumeu

and experience, where no further development is undertaken in an area guaranteed to flood, and where construction of the Kumeu-Huapai Bypass is a priority for all northwest residents, whether they work locally, or pass through on their way to work.

Our new plan does not oppose the RTC, but we do suggest it be re-routed out of the floodplain.

Flood Events

The Notice of Requirements (NoRs) for the Rapid Transit Corridor (RTC) were lodged with Auckland Council on 21/12/2022.

This was weeks before the flood event of 27 January 2023, and before Cyclone Gabrielle.

Future-Kumeu Inc says the planning for the RTC must be reconsidered in the light of Cyclone Gabrielle.

NZTA Misleads Council & Residents

The NZTA Memo to the Mayor on 19/12/2022 is a seriously flawed defence of a flawed project.

The statistics justifying the RTC in Kumeu are misleading the public and Council.

NZTA & AT (Auckland Transport) claim that the RTC will "potentially" take "3000 people" off the roads.

But they don't tell you that projected growth from Kumeu to Muriwai

will add at least 20,000 additional vehicles per day to the current 20,000, of which the RTC will remove only 3000 people.

NZTA have lodged NoRs for the Bypass simultaneously with the RTC lodgment but there is no funding for the Bypass, and only the RTC is to be built. Congestion will not be eased.

We request and advise that all affected parties make two submissions.

First submission: in favour of the Bypass being the first priority, over the RTC, and required now.

Second submission: in opposition to the Rapid Transit Corridor as planned, with special emphasis opposing the flooding effect of further earthworks on the Kumeu floodplain.

We would like the second submission to endorse the Future-Kumeu Inc plan for the future development of a new town centre out of the floodplain. (Details for this are available on the Future Kumeu website.)

Our lawyers are preparing submission templates, which will be available on the Future-Kumeu website: <http://www.futurekumeu.nz/>.

If you want to go on our mailing list, or want to have the submission forms emailed to you, please email: davidheron@xtra.co.nz.

We also advise all affected property owners to seek independent legal advice and, more importantly, to obtain a new valuation of their property.

For more information go to www.futurekumeu.nz

Testimonial

“Recommended

Graham has been a pleasure to deal with throughout the process of selling my property. His knowledge of all things "Real Estate" never failed to impress me and so would use his expertise again should the situation arise. He showed patience, humour and skill throughout the selling process. I always knew my property would not be an easy one to sell but we got there in the end. Thanks Graham.

Peter

Mike Pero | REAL ESTATE



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VOLUNTEERS
HE RŌPŪ KŌTAHI TĀTOU



Graham McIntyre AREINZ
Licensed Salesperson
027 632 0421
graham.mcintyre@mikepero.com

Property

Property market report

Auckland's median price fell 21.7 percent to \$940,000, which puts its median price below \$1 million for the first time in two years. The median number of days to sell a property in Auckland was 53, up 16 days from January 2022, and the number of residential property sales decreased by 27 % from a year ago. There is no sign that prices for residential property around New Zealand have bottomed out let alone turned upward. A net 57% of agents in Tony Alexanders recent Property Poll have reported that prices are going down in their area. This is statistically unchanged from 59% a month ago and as the graph shows alignment with the weakness in place since the turning of 2021-22 when the Responsible Lending Act was introduced causing shock waves through New Zealand's Banking industry. Agent are seeing a few more buyers and lookers at open homes with a net 22% of agents reporting that they are seeing more first home buyers. This is the strongest result since the end of September just before the higher than expected inflation number and upward lift in monetary policy tightening expectations. First home buyers are likely responding to signs of banks becoming more willing to lend, rising rents, the extent to which house prices have declined, good job security, strong wages growth, and some discounted interest rates. The restrictive regulatory framework imposed on banks and the continued escalation of mortgage rates are the main reasons for buyer reservation and prices will continue to be soft through 2023 given the signaling from Reserve Bank and Labour's Finance Minister.

Let's look at sales over the last month:

Helensville	\$625,000 to \$840,000
Huapai	\$1,089,000
Kumeu	\$970,000 to \$3,500,000
Muriwai	\$1,300,000 to \$1,401,000
Riverhead	\$1,450,000
Swanson	\$805,000 to \$1,200,000
Waimauku	\$1,005,000 to \$1,576,000
Waitakere	\$1,085,000 to \$1,425,000

the rentshop

**Mike
James**

Managing Director

📞 021 413 660

✉️ mike.james@therentshop.co.nz

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Whenuapai \$1,050,000 to \$1,270,000

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

Looking to buy a home; who do you talk to?

Mortgage Broker, Mortgage Advisor, Financial advisor - who are these people? Buying a home can be tricky - and knowing who to go to for help isn't always straightforward.

For instance, you may have heard you should use a Mortgage Broker to work out how much you can borrow and to get the best deal for you, given your current circumstances and your future goals. Sounds like solid advice, but someone else has recommended a Mortgage Advisor - so who's better? This one's a trick - the two titles mean exactly the same thing. 'Advisor' is probably a more accurate title for what we do - but I tend to use 'Broker' as more people are familiar with this term.

Ok - but now you've been told about a great Financial Advisor, what about them? Well as it turns out all Mortgage Brokers are Financial Advisors - but not all Financial Advisors are Mortgage Brokers (confused yet?). Financial advice can cover Lending, Investments, Insurance, Budgeting and more.

Great - so your Mortgage Broker is a Financial Advisor - this means you can get them to sort out your insurance too? Maybe.... each Financial Advisor must be qualified and accredited for each area of advice they provide. I have chosen to only focus on mortgages and to partner with financial advisors with expertise in other areas, who have great reputations with their clients - together we can provide in depth expert advice and really focus on each individual's specific needs, rather than offering generic solutions.

Ok - but you've also been told you need a lawyer, and someone else said you need a conveyancer, how about a building inspector? You've heard you might need a valuer. Who do you talk to? Where should you start? Being a Mortgage Broker I may be biased - but I'd suggest you start with one of us. We can guide you through who you need to engage with and let you know when it makes sense to talk to them. Different buyers and different properties will require different kinds of expertise, a good broker can let you know who you might need - and provide some recommendations.

If you'd like to talk to me about buying a home, feel free to give me a call; and as always, if you want to meet for coffee - it's on me.

If you're after great advice on something I don't cover (like insurance) - feel free to call anyway - I'll be able to give you a good recommendation or two.

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Property

Scott Wombwell, Managing Director & Mortgage Broker & Mortgage Advisor & Financial Advisor & Regular Columnist - Better Borrowing 020 4009 8944 | www.betterborrowing.co.nz

Factors Affecting Rent Levels

As a landlord, you want to get the highest rent possible for your investment property. However, it is important to price your property to meet the market to avoid extended vacant periods which will impact your return. Do your research and consider the following to get top dollar for your property:

Location Research historic rent levels for your location. What is the perception of this area, suburb within the local region? Find out more about the current demographic and properties in the area.

Size/Age/Condition The majority of demand for rental properties in most regions is for 2-4 bedroom homes suitable for families. Properties with too few, or too many bedrooms will have lower demand. Tenants are attracted to well-maintained, well-kept properties that are warm and dry. Consider redecoration or modernising to maximise the rent level.

Marketing Use a professional property manager to ensure that your property is marketed where tenants are looking. They will have access to the best websites and have experience in targeting the listing to right audience. In addition, they will likely have their own database of tenants actively looking for properties like yours.

Presentation Check out your competition- what can you do to make your property stand out from other listings available in the area? Does your property present well and hold appeal for a wide range of potential tenants? Consider de-cluttering, professional cleaning, internal painting in neutral colours and garden maintenance to appeal to the widest audience.

Professional v Private landlord Tenants often feel more comfortable working with a property management company as it gives them a degree of separation from the owner, confidence that they will be treated in accordance with industry best practice and that the rent will be set at a fair level.

Furnished v Unfurnished From our experience, unfurnished fixed term lettings attract a greater level of enquiry and demand therefore secure a higher rent. Most tenants have their own belongings to move in to their rental.

Tenancy Term We find that most families are looking for stability and security for their family and in most instances prefer a fixed term tenancy to begin with. Having to move frequently can be both costly and stressful.

Local amenities What is close by? Shops, community centre, sports fields, playgrounds, restaurants, cafes, takeaways, bank, post office, etc. Tenants are interested in what the area offers, not just the property itself.

Section size and safety Properties that have a safe, fenced, easy care section appeal to families with children and pet owners. Something with

reasonable size for play and entertainment and also offering privacy is ideal.

Supply & Demand The rental sector is very much driven by market forces of supply and demand. Look at comparable in your area, price bracket etc. and price competitively to reduce the risk of prolonged vacancy and increase the likelihood of attracting multiple applications.

Test the market Set the rent level and market accordingly but be prepared to adjust downwards if demand doesn't materialise within the first 1-2 weeks. Failure to do will run the risk of increased vacancy which will impact your rent return.

To discuss your property's rental attractiveness in more detail, or to request a rental appraisal, please contact our Business Development Manager - Mike James 021 413 660 or mike.james@therentshop.co.nz.

Flood damage and the stickers system

After the recent floods, you may notice houses with white, yellow, or red stickers. These stickers indicate the level of damage caused by floods, which is a critical consideration for property buyers and renters in flood-prone areas.

White-stickered houses mean that the building has no or minimal damage and is safe to occupy. These houses are generally in good condition and are at lower risk in case of flooding.

Yellow-stickered houses may have some damage and be potentially dangerous and have some restrictions on use. The extent of the damage and necessary repairs will depend on the specific circumstances of the flood and could be problematic for potential buyers. Insurance companies may also require additional information, such as an engineering report, before offering any coverage on a yellow-stickered house.

Red-stickered houses indicate that the building is not safe to occupy and must not be entered. These houses have significant damage that poses a high risk to residents in case of flooding. Red-stickered houses may require extensive repairs or may need to be demolished entirely, depending on the extent of the damage.

Red and yellow stickers are formal notices under the Building Act 2004 and cannot be removed, damaged or altered. If you do not comply with the requirements or restrictions under the stickers you could be liable to pay a fine.

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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Area Property Stats

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

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	890,000	921M2	160M2	625,000		880,000	213M2	79M2	765,000
	850,000	631M2	158M2	804,635		1,025,000	577M2	139M2	960,100
	930,000	1107M2	110M2	840,000		910,000	199M2	105M2	915,000
HUAPAI	960,000	609M2	150M2	1,089,000		960,000	1504M2	80M2	865,000
KUMEU	1,325,000	415M2	201M2	1,200,000		1,150,000	615M2	130M2	860,000
	1,475,000	622M2	250M2	1,320,000		1,025,000	132M2	158M2	920,000
	1,075,000	347M2	134M2	970,000		770,000	70M2	79M2	655,000
	3,125,000	4.17HA	336M2	3,500,000	MURIWAI	935,000	811M2	121M2	1,300,000
MASSEY	1,150,000	613M2	80M2	1,100,000		1,050,000	809M2	101M2	1,401,000
	1,000,000	272M2	92M2	875,000	RIVERHEAD	1,625,000	801M2	260M2	1,450,000
	1,575,000	335M2	239M2	1,405,000	SWANSON	870,000	1057M2	70M2	805,000
	880,000	350M2	120M2	890,500		1,570,000	1128M2	200M2	1,200,000
	870,000	191M2	93M2	850,000		1,050,000	809M2	109M2	920,000
	800,000	350M2	101M2	779,000	WAIMAUKU	1,075,000	2HA	65M2	1,005,000
	1,600,000	809M2	150M2	825,000		1,625,000	1626M2	246M2	1,576,000
	1,300,000	745M2	121M2	1,060,000	WAITAKERE	2,025,000	4.56HA	190M2	1,425,000
	840,000	504M2	183M2	575,000		1,125,000	2676M2	174M2	1,085,000
	1,200,000	736M2	120M2	930,000	WHENUAPAI	1,140,000	229M2	169M2	1,050,000
	810,000	382M2	90M2	740,000		1,325,000	309M2	240M2	1,270,000

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:

2.95% up to \$490,000

(Not 4% that others may charge!)

1.95% on the balance

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

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

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

*Available for a limited time. Conditions apply.



Mike Pero | REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Kumeu
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Graham McIntyre
Brand & Territory Owner
027 632 0421

nights are
getting cooler

Goldair

Upright Fan Heater with
Oscillation 2.4kW

SKU: 349234

\$72⁹⁸



Dimplex

Optiflame Bari Portable Flame
Effect Heater 2kW Black

SKU: 371967

\$419



Goldair

Metal Panel Heater 2.4kW
SKU: 369986

\$339

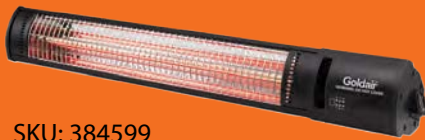


Goldair

Outdoor Radiant Heater
With Wifi 2.4kW

SKU: 384599

\$319



Meteor

Steel Fire Pit 610mm
Black

SKU: 248387

\$229



Big Smoke

Firepit / Fire Bowl Como
Black/Bronze

SKU: 337335

\$329



Masport

Wanaka Freestanding
Wood Fire

SKU: 280591

\$2,429



Woodsman

Brunner MKII
reestanding Wood
Fire Metallic Black

SKU: 229210

\$2,299



Masport

Rangitata Inbuilt ULEB
Masonry Wood Fire

SKU: 366966

\$3,049



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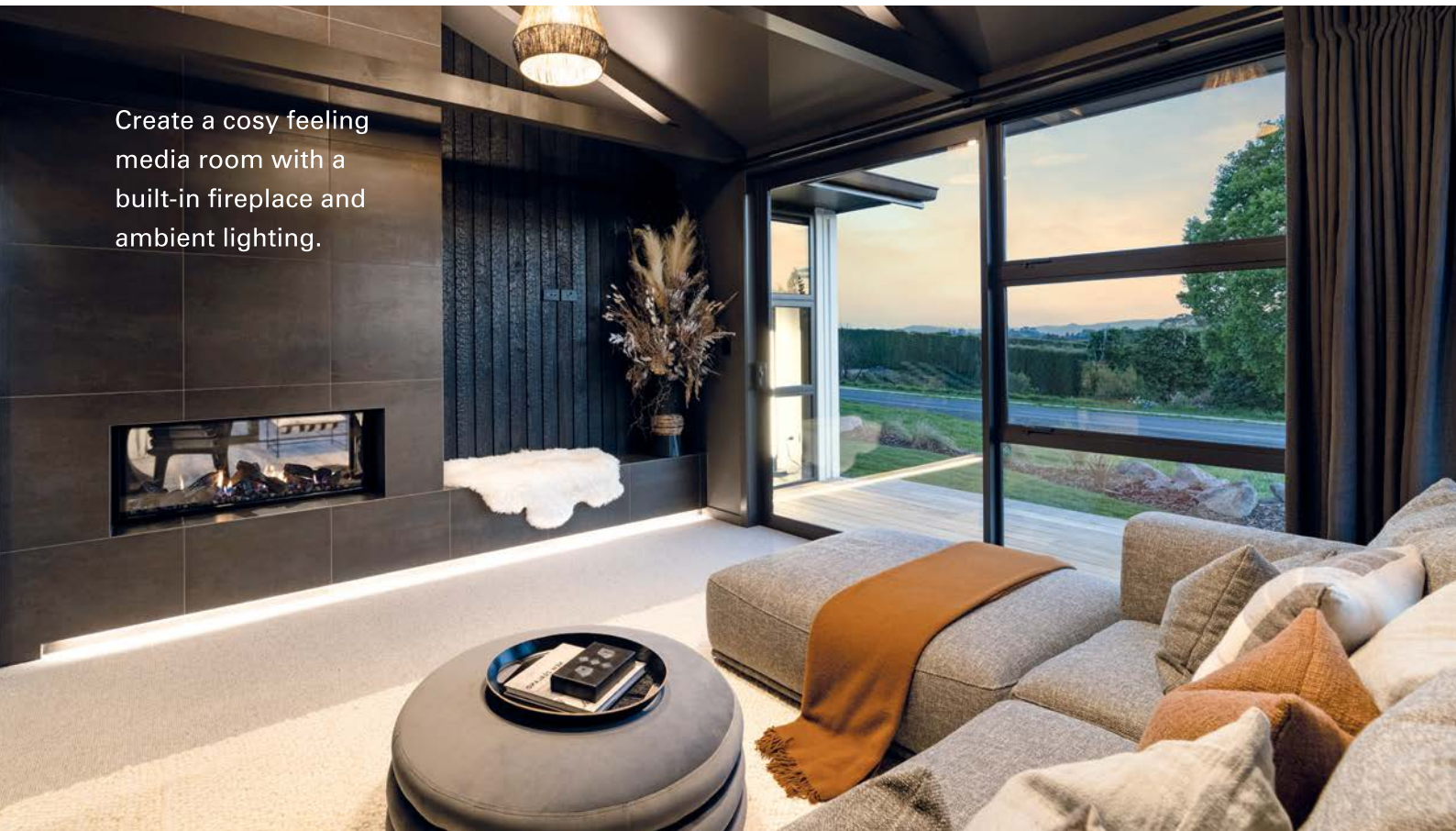


Feature Lighting

Built-in Hood

Waterfall Bench

Create a cosy feeling media room with a built-in fireplace and ambient lighting.





Servery
Window

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G.J. Gardner. **HOMES**



AFFORDABLE IN WEST HARBOUR - MOTIVATED VENDOR

3 2 2

By Negotiation

2 / 143A Wiseley Road, West Harbour
By Negotiation

Overlooking West Harbour Marina this is an incredible, affordable introduction to this fantastic area. Enjoy the lock up and leave lifestyle in this 3 bedroom, 2 bathroom home that features beautiful views of Auckland City and the Harbour. Downstairs, has a double garage, laundry, under-stairs storage, full bathroom, double bedroom with french doors leading out to landscaped courtyard. Perfect for a flatmate, independent teenager or extended family member. On the first level is a spacious open plan living area with modern kitchen featuring generous storage. A balcony and great access for the sunrise and the sunset and the view that you'll enjoy as the sparkling city lights wink at you. Two bedrooms and a full bathroom on the second level with the master bedroom enjoying panoramic views.

www.mikepero.com/RX3636130



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AS NEW - IMMEDIATE POSSESSION AVAILABLE

5 2 3

By Negotiation

6A Mansion Court, West Harbour
By Negotiation

The home has been immaculately presented and delivers an as-new look and feel with natural colour palette and excellent attention to detail. Set on 417sqm of land offering a fenced rear section, established plantings and grand entrance, the home at 248 square meters makes the very most of it's location and premium address. Close to the inner harbour and a stone throw away from Marina View School. Split over two levels, the home offers living downstairs with an additional bedroom that can be used as an office or second lounge, while upstairs is four bedrooms and two bathrooms. Multi-use carpeted garage with loads of space and storage and easy access to garden shed and clothes line.

www.mikepero.com/RX3610153



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BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Oraha Road, Huapai By Negotiation

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

www.mikepero.com/RX3226379



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09 412 9602

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GENEROUS SEMI-RURAL ON ½ ACRE

4 2 2

By Negotiation

15 Buttercup Place, Waimauku By Negotiation

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

www.mikepero.com/RX3627851



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09 412 9602

graham.mcintyre@mikepero.com



ELEVATED, VIEWS, POOL - MARINA VIEW SCHOOL 3 2 2

By Negotiation

18 Da Vinci Place, West Harbour
By Negotiation

Space for all to swim, relax, play and enjoy. Cul-de-sac living at its best with a split level weatherboard home offering generous garaging leading onto a fantastic and interesting three bedroom two bathroom home, with seamless flow to conservatory and pool area. A collection of views over the valley and inner harbour with a peak of the city. The configuration of the home offer impeccable indoor outdoor flow with extended patio to outdoor decking and private pool area. Extensive landscaping over the property delivers a privacy and tranquillity you'll love, while the pool complex certainly keeps the children satisfied. A short stroll to Marina View School, convenience shops and with close transport links and the Da Vinci Park a few doors up, it makes for the perfect family retreat.

www.mikepero.com/RX3614583



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027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



GOLD ON MAHANA 3 2 2

By Negotiation

30 Mahana Road, Waimauku
By Negotiation

Set in an undeniably breathtaking setting and occupying a substantial fourteen acres (approx.) this property represents a tantalising opportunity for purchasers who desire a vast country backdrop superbly situated, the property enjoys relatively secluded surroundings. Perfectly crafted to complement by landscapes, superb form and magnificent surroundings are defining features of this three-bedroom property that will attract the attention of those longing to escape the city. Accommodation is provided by three double bedrooms, while two bathrooms are also found within the 210m² (approx) floor plan. The single level home comprising soaring ceilings and neutral finishes contribute aesthetic appeal to the home while the single layout ensures your everyday living zones are practical.

www.mikepero.com/RX3622273



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graham.mcintyre@mikepero.com



TRANQUIL, PRIVATE, SINGLE LEVEL IN HOBSONVILLE

3 2 2

\$1,165,000

34 Starlight Cove, Hobsonville
Asking Price \$1,165,000

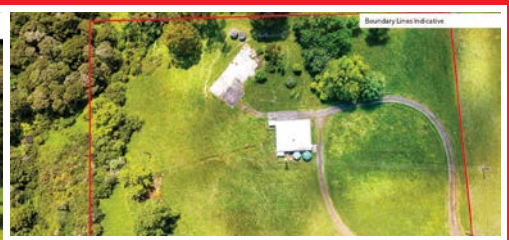
Modern living and presented to an extremely high standard, and it is single level (no stairs). Delivering all the benefits of modern construction within a cul-de-sac environment with established trees and shrubs, the property and the community is beautiful. Offering three bedrooms and an additional room/office/ lounge /media suite, the home certainly provides space for you to maximise how you wish to live. Master with walk-in and en-suite with main bathroom and bedrooms off a central hallway. Unencumbered alfresco access to patio areas that are completely private and quiet, with peppered plantings to delight the eye and share pockets of shade. Set up in entertainers style, the kitchen, dining, living offers an uncluttered flow to outdoor spaces. Internal access double garage.

www.mikepero.com/RX3543221



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



FLAT LAND - BIG SHED - AQUAFER BORE

By Negotiation

Lot 2 / 337 Ararimu Valley Road, Helensville
By Negotiation

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

- An unconsented 150sqm (approx) plus high stud barn
- A deep bore with water rights accessing a deep spring aquafer
- A pre-existing house site (house removed) with septic and water tanks
- Power, water and waste infrastructure on site

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

www.mikepero.com/RX3570208



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Tiny homeliving

Tiny homes are becoming increasingly popular with people often seeing them as a budget friendly alternative to a traditional house. They are purpose built and tend to have the same fundamental features of a traditional dwelling but on a much smaller scale.

We have been lucky enough to be a part of a few tiny home builds and designing the electrical is exactly the same as a traditional house just on a smaller scale. When budgeting for your tiny home electrical depending on what you are including in your home we recommend a budget of between \$5,000 - \$7,000. You also need to take into account things like power supply to the tiny home, septic systems and mains installation (all the things that are already there when you purchase a traditional home) Of course there are always alternatives such as solar, running off a caravan cable or holding



tanks for filtration systems.

There are also plenty of ways to "jazz" up a tiny home. Instead of traditional lighting, LED strips are a great way of making your house look really clean without the busyness of lights in the ceiling. Black switchgear looks amazing with wood finishing instead of your standard white power points. It's also about being smart with your power supply, the more things you have installed the bigger your supply to your tiny house needs to be. So for example gas cooking and gas hot water would be smarter than your traditional power supplied cooktop and water.

Blackout Electric can put together a design for you and work within your budget to get you the tiny house of your dreams.

Contact Blackout Electric for all your electrical service needs. We can be found at www.blackoutelectric.co.nz or info@blackoutelectric.co.nz.

Introducing Signature Homes Huapai showhome

Searching for new home inspiration? Why not visit Signature Homes latest Huapai showhome to experience the difference?

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

Enjoy three thoughtfully placed bedrooms, separate media room, a spacious open-plan kitchen, dining, and living room that flows out onto a stunning louvred pergola and deck area - perfect for entertaining with friends and family.

Designed to reflect a welcoming coastal-inspired abode, the Huapai design perfectly celebrates nature and a connection with the outdoors. Featuring a minimal tonal colour palette of crisp white, paired with stunning wooden accents to further accentuate the modern coastal look.

Experience this stunning showhome for yourself, and the quality you can expect when you choose to build with Signature Homes West & North-West Auckland.

Located at 190 Matua Road, Huapai. Open daily from 12pm-4pm.

Start your new home journey with Signature Homes West & North-West Auckland

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

Owners Dean and Amanda Pritchard bring unrivalled new home





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Home & Garden

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

Contact Signature Homes West & North-West Auckland for more information on 0800 020 600.

New Zealand Biosecurity Services

After a summer of rain and storms we are now heading into a winter which may be just as wet and cause as many headaches. The cleanup has been exhausting for everyone and if you are feeling like it is all too much, NZ Biosecurity Services (NZBSL) can help you get your stream or pond clear before more rain comes. NZBSL has been helping flood-affected properties to clear debris from waterways, stockpile debris out of the floodplain for natural composting, or



removing it from site for a total clearance. We can support you with flood debris removal or waterway clearance from plants that might be clogging the area.

We use hand tools and low weight vehicles to avoid damage to property and make sure the area is left safe and secure. If you are worried about your streams and want a friendly team member to come for a visit and take look, give us a call on 09 447 1998 or email us at administration@biosecurity.net.nz.

Waimauku Garden Club

After a postponed February event because of weather events, it was a welcome break for 46 of our local club members to get out into the autumn sunshine on March 16th and visit four wonderful South East gardens. Our first garden visited was to Linda Hallinan's recently restored cottage along with a newly created cottage garden. Raised vegetable and herb garden beds, a white and pink themed dahlia bed, artwork, plus a multitude of further colourful dahlias amongst other cottage garden plants were highlights. Considering this property was mostly under water a month ago, the recovery has been amazing. Our next garden visited was a large contemporary garden only created about five years ago and which is solely developed and maintained by the owner who has also propagated a lot of her own plants. Again dahlias were to the forefront along with hydrangeas, large perennial and clipped shrubbery borders all enclosed by formal hedging, Boardwalks through the more shady areas of the garden were a feature. Our third garden was a

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Home & Garden

North American inspired garden, after the owner has spent a lot of time in New York. A lot of the garden has been planted in colour themed rooms of mixed plantings. The pool is a feature along with waterfalls going into and exiting from the pool and accompanying landscaping consisting of very large rocks, perennials and grasses. An extensive country garden was the last garden we visited. Colour themed rooms, dahlias and riotously coloured flower and plants beds were a feature. Next month we are heading to Matakana. If you would like to join in on these events, contact any of the following to join our club: Ann (021 035 7406), Diana (027 478 8928), Gail (021 344 070), Maree (027 496 3006), Moira (027 498 9154), Sandi (027 318 4514). You can also join our face-book page: <https://www.facebook.com/groups/358928941269802>

Laser Plumbing and Roofing Whenuapai

As we start to approach the cooler months, it is an ideal time to start thinking about making sure your property is ready for winter.

Drainage - drains should be kept clean and clear for them to work effectively. Drain maintenance goes a long way in keeping your drains in good working condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, we have specialist equipment to clear out stubborn blockages.

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Plumbing - dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal, backflow issues. These are just some of the common plumbing problems you can experience in your home or business. We have a great team of maintenance plumbers who can easily remedy these frustrating issues, on time and hassle free.

We also offer full plumbing solutions for new builds as well as renovations.

Roofing - We find and fix roof leaks. Here at Laser we specialise in all your long run/iron roofing needs... from roof repairs to complete roof replacements, gutter cleans, repairing and replacing gutters, spouting and downpipes. Whatever your needs, one of our experienced roofing team will get you sorted.

Get in touch with Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz for all your service needs. We are open five days a week from 7:30am-4:30pm and conveniently located at Unit 4, 3 Northside Drive, Westgate. Visit our website whenuapai.laserplumbing.co.nz for more information.

Planting advice

It is planting season with many plants heading out the gates at Awa Nursery to our customers' gardens. We thought it might be an opportune moment to pop in some planting advice in order to achieve the best results for your plants and trees.



- Soak the root ball by putting the tree in a bucket of water until the air bubbles stop, or pour a bucket of water over it.
- Dig a hole twice the size as the root ball if possible.
- Put plant food tablets in the hole to encourage the roots to grow out and provide anchorage for the plant. This will get the plant off to the best possible start.
- Take the tree out of the bag and put in the hole making sure that the trunk is straight, and the tree is slightly higher than ground level. Use a good garden mix to fill the hole and compact the soil around the roots.
- Water well
- Mulch, making sure the mulch does not go higher on the trunk than the original soil level.
- In clay soils, drainage is vital. Fork the edges of the hole to help the drainage and replace with good garden mix.
- Stake tall trees if they are being planted in a windy site. Make sure

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Home & Garden

the stake is away from the root ball. Use a tree tie that will break down over time to prevent the tree from being ring barked.

- Feed with balanced fertiliser spring and autumn and top up mulch to help conserve water and discourage weed growth.
 - Water trees regularly until established. Give big trees a good bucket full of water every second of third day during summer until established. Light hosing and showers will only encourage the roots to the surface and delay the growth of anchoring roots.
- Pop along to Awa Nursery and get your next gardening project underway.

Kumeū Community Gardens

Gardens and community flourish

On March 28 submissions close on the Auckland Council Draft Annual Plan. Covid and devastating storms have left a shortfall in Council finances and Mayor Wayne Brown has suggested a wide range of budget cuts to address it.

Kumeu Community Gardens and other local facilities have been told they may face thousands of dollars a year for lease renewals and maintenance fees. This is money that community groups, run by volunteers for public good, do not have.

Covid and the storms have shown us how important community projects are for building resilience, recovery and support socially and environmentally. Initiatives like community gardens and community arts are more important than ever.

Mayor Brown's budget puts all that at risk. There's no way Kumeu Community Gardens could pay the fees proposed. Brown suggests also that libraries could be run by volunteers.

We have made a submission against these new charges and community facility funding cuts and hope you have too.

In the meantime, things are flourishing with the early autumn cool and rains at the gardens. We've planted new season veges and we are developing our links with the North-West Community foodbank and Kindred Family Services for a flourishing garden - and community.

Tile and grout cleaning and re-colouring

Are you tired of looking at your lovely tiled floor and walls only to be disappointed by the dirty stained grout lines? Traditional cleaning methods actually leave your grout dirtier and bacteria laden than before you started? Grout is porous, and dirt, grime and bacteria soak into the surface leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and re-colour your grout to look like new again.

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surface of the grout creating a water and stain proof barrier that will keep the grout looking like new.

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

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Kumeu Plumbing

Autumn is here and winter is on its way. Are you prepared?

Now would be a great time to start thinking about a fireplace to keep you warm during those chilly nights.

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Did you know, if your gutters are blocked this can cause gutter drooping, overflowing, roof leaks and damage to ceilings and windows. It can also mean your water tank is not getting as much water as it could. Call us today to book in to have your gutters cleaned.

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

Waterways Protection - Free Workshop

Saturday 29th April - 9:30am to 11:30am. The Kaipara and surrounding environs, whilst some of the most attractive and environmentally diverse areas of New Zealand, face many of the same ecological challenges as other rural parts of the country. Agricultural, commercial and residential activities over the years have created many environmental issues particularly impacting on water quality.

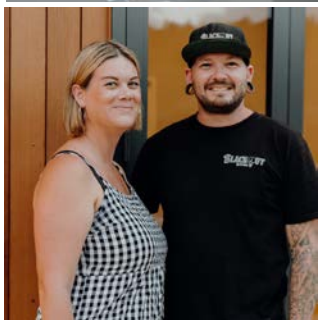


As a consequence there is increasing governmental and local authority focus on upgrading and protecting these vital assets including opportunities for landowners to source expert advice, and potentially, financial assistance to help implement such improvements.

Our guest presenter for this workshop is Rita Kpodonu, Senior Healthy Waters Specialist with Auckland Council. Rita is a landscape scientist specialising in water quality within agricultural and other rural communities and with a significant focus on community

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engagement.

She will be discussing the causes and manner in which our water assets are being compromised and government and local policies and legislation in place to attempt to redress the situation; as well as answering any questions you may have.

If you would like to know more about this extremely important and interesting topic and potentially understand how you may be able to manage and protect waterways on or near your property Rita should be able to offer invaluable information.

After the workshop you may like to buy tickets to stroll through the Sculpture Gardens, which are a 4 star Gardens Trust Garden, as well as the native forest trails located adjacent to the Plant Centre.*

There are also games areas and many ideal locations to sit and enjoy a picnic as well as our cute little coffee shop in which to relax. Please note that the gardens and trails are not suitable for wheelchairs or walking frames *

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa.

Tickets: Free admission to workshop, to book email - info@kaiparacoast.co.nz or phone - 09 420 5655.

Mitre 10 MEGA Westgate - April Kitchen Garden

Sow green crops of lupin and mustard in any empty spaces of your vegetable garden for digging into the soil for green manure.

Harvest the last of summer crops.

Remove all finished vegetable plants from the garden; put them in the compost bin rather than digging into the soil.

Prepare for winter crops by adding compost and sheep pellets to the top layer of soil.

Sow seeds: beetroot, broccoli, broad beans, cabbage, carrots, onions, radish, spinach, silverbeet. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Broad beans can be planted directly into the soil, stagger the sowing for a continuous harvest.

Plant seedlings: broccoli, brussels sprouts, cabbage, cauliflower, celery, leeks, lettuce, silverbeet and spinach.

Garlic and shallots can be planted in warmer regions.

Get a last crop of peas in before winter, in warmer areas you can also get away with snow peas.


Dust your cauliflowers, broccoli and brussels sprouts with Derris Dust to protect them from white butterfly and diamond back moth.

Protect seedlings from slugs and snails, scatter bait around each plant.

Key points for this month:

- Continue to plant winter vegetable crops
- Sow seed and plant winter flowering annuals.
- Get spring flowering bulbs in the ground - early April is the last opportunity to do this. If it gets too late consider tulips as they can be planted as the weather cools.
- Landscape your garden. April is the perfect time for this as it's not too hot or too cold and you can plant trees and shrubs.
- Prune existing hedges and plant new ones.
- Do a final clean-up in the garden before winter sets in.
- Maintain lawns and sow new ones before the weather gets to cold and wet.


Mitre 10 MEGA Westgate & Henderson.





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Central's Tips

April 2023



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The fruit and vegetable garden

- **Continue successive plantings of brassicas** such as broccoli, cabbage, and cauliflower. Now is an excellent time to put in celery
- **An autumn crop of rocket** can be sown directly. Rocket makes a good salad stalwart going into winter and is delicious stirred through a roast vegetable salad
- **Empty beds?** Sow a green crop: blue lupin and mustard seed can be sown in autumn. Cutting the foliage down when the crop is at knee height and leaving it to decompose on the soil adds nitrogen
- In New Zealand **sowing of broad beans** traditionally happens around ANZAC Day. Broad beans are cold tolerant and germinate where they are directly sown, however slugs and snails tend to like the leaves
- **Autumn harvest:** feijoas, passionfruit and pears are ready now. Feijoas usually fall to the ground when ripe. Pears are best stored in a cool area for around two weeks before they're ready to eat
- **Citrus trees** are appearing in garden centres now. The Auckland climate is excellent for growing citrus – just ensure they're planted in a sheltered, sunny spot

The rest of the garden

- **Early flowering (sasanqua) camellias** make excellent hedges and are available for planting. They begin flowering now, through to the end of June. Pruning and shaping should wait until late August
- **Tall perennial grasses** give excellent autumn displays of flowering plumes and seed heads. Most can go right through winter, providing some 'upright' interest and contrast to the dull winter garden
- **If you have a windy, clay site** try planting some of the tougher shrubs. Australian westringias, coleonemas and raphiolepis (Indian Hawthorn) are very hard to kill!
- **Rose flowering season** is tailing off and roses can be left until pruning in July. If they have developed scale on the stems, spray with Conqueror Oil
- **After a heavy season of rain**, it's good to fertilise the lawn with ProLawn Lawn Booster. Sowing new lawns or over sowing bare patches is best done this month
- **Sow poppy and sweet pea seeds** – get them in now for great spring flower displays

Project for April

Dry firewood will keep you warm in winter.

Create a firewood stack in a sheltered area in the garage or under the eaves of the house. ECO Hot Mix, a mix of fast and slow burning wood, is recommended for all types of open fireplaces. Cosy.

For a delivery or trailer-load of ECO Hot Mix, visit centrallandscapes.co.nz





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Food & Beverage

Soljans

Easter weekend is fast approaching. Come and grab yourself some delicious food and enjoy a cold beverage in the vines.

Our hours remain the same for Easter weekend, Saturday the 8th of April & Sunday the 9th of April open from 10:00am.

A reminder we are now closed on Tuesdays & Wednesdays in our Bistro, our cellar door remains open 7 days a week.

We are closed public holidays.



Woodfired focaccia with rosemary mascarpone

This month we held our very first bread class with Cam and Boyd from the Muriwai Deli, our guests were delighted with the class as were we.

There is certainly something comforting about the smell of freshly baked bread, so this month we have a recipe for Mikes Focaccia with a little twist. We have another bread class on 6th April.

1 tsp sugar, 8g dried yeast, 1 cup warm water, 300g strong white flour, 2 tbsp grapeseed oil, ½ tsp salt, 1 sprig rosemary, 2 tsp flaky sea salt, grape seed oil for the bowl, Rosemary mascarpone, 1 stick of rosemary, 100gm unsalted butter, 2 cloves garlic, 100gm mascarpone, sea salt, Dissolve sugar and yeast in warm water.

Leave for 5 minutes or until frothy.

Put flour, salt and 2 tbsp oil in a large bowl, create a well in the center and slowly add yeast and rest of the water until a firm dough forms.

Lay onto your bench and knead until an elastic dough forms.

Place dough in oiled bowl using grape seed oil, cover with clingfilm and leave in a warm spot until doubled in size (about 20 minutes).

Knock dough back and leave for a further 20 minutes before ½ the dough and carefully placing the dough into a hot oiled cast iron pan.



Dimple dough with fingers and brush with remaining oil.

Place dough in a hot pizza oven on about 240*c, sprinkle with sea salt and cook for 8 minutes. Once cool, cut the bread up into small wedges and brush with rosemary mascarpone before placing back into the oven to warm through.

Rosemary mascarpone

Pound the rosemary in pestle and mortar with a touch of salt, once fine combine with the butter, mascarpone, garlic.

Jesters Pies

Jesters Pies has launched the "Mac & Cheese Delux". This pie is filled with a rich and cheesy macaroni, chicken, bacon and mushroom recipe. The pie is served hot and fresh, making it a perfect warm and comforting meal during the colder months. The new pie is sure to be a hit among macaroni and cheese fans looking for a delicious and satisfying option.

Available from Jesters Pies at Westgate Shopping Centre, right next to Countdown.



Ashwaganda chai recipe

Ashwaganda (Withania somnifera) is regarded as an adaptogenic herb and has traditionally been used as a tonic to support stress and recovery from illness and to promote overall wellbeing.


Mild and earthy in flavour, adding Ashwaganda to a caffeine-free chai drink is a great way to incorporate it into your daily routine. This recipe makes approximately two large mugs of chai.

Ashwaganda Golden Chai Ingredients: ½ teaspoon cinnamon, 1 teaspoon fresh ginger chopped, 3 whole cloves, 1 tablespoon Ashwaganda, 1 teaspoon turmeric, ¼ teaspoon nutmeg, 2 cardamom pods, 2 tablespoon honey, ½ teaspoon liquorice root





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(optional), 1 ½ cups water, 1 cup milk of your choice.

Method: Place all ingredients except the milk into a saucepan and bring to a simmer then turn off the heat. Allow the tea to steep for five minutes. Whilst steeping, froth the milk or heat it in a separate pot. Strain the tea and divide between the mugs. Top up with the hot milk and sprinkle with cinnamon or nutmeg.

For a subtler variation, try making Ashwaganda Rose Chai by replacing the turmeric with 1 heaped tablespoon of dried rose buds or petals and 1 teaspoon of vanilla essence.

Certified organic Ashwaganda and Rose Buds are available from our online store: www.NewZealandHerbalBrew.co.nz

Don Buck Honey

Don Buck Honey has new season local honey from the summer 2022-23 harvest season. Waitakere Forest Blend 500g pots for \$12 (can be purchased with other potted honeys with the usual mix-and-match discounts). There are also 2.5kg mini-buckets: Rural West Auckland Blend for \$35, and Waitakere Kanuka Honey for \$40. Orders can be collected from my home address in Massey or couriered to you with Post Haste. Order online at www.DonBuckHoney.co.nz or email Donbuckhoney@gmail.com. Get them while the honey is runny.



Westbrook Winery

Summer time at Westbrook Winery is simply stunning.

The grapevines are covered in intensely-green leaves and the small-but-perfectly-formed bunches of grapes hint at the delicious wine to come.

The vines and their precious cargo are safely tucked up under the netting so now we just need the sunshine to work its magic and ripen the fruit. Lots of sunshine



equals a spectacular vintage.

There are many great places to sit and enjoy the view of the vineyard, from beside the pond under a big broolly, or on a leafy terrace, open deck or covered patio.

The Cellar Door has been busier than ever, and the team is enjoying hosting groups of all sizes for family gatherings, celebrations and catch-ups with friends.

Planning a visit? Bookings are highly recommended for weekends and public holidays. Book online www.westbrook.co.nz/book-now or call the friendly Cellar Door team on 09 411 9924.

The Gallery Café and Japanese Restaurant

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Here at The Gallery Café we offer a delicious all day café menu and Japanese meals for lunch and dinner to give you the ultimate culture experience within your meal. Not only do we deliver delicious meals but our talented chief has some of his work on display right here for all of you locals to come view and even purchase. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out. Pop online to our Facebook page (www.facebook.com/thegalleryjapaneseandcafe) too find out a little bit more about us. 329a Main Road, Huapai 09 412 8983.



Hallertau

The latest seasonal release from Hallertau is a new style Mountain IPA.

Combining characteristics of the classic West Coast IPA with current crowd favourite New England Hazy IPA.

The result is an IPA with stone fruit character hop aromas and juiciness from an NZ and US hop blend.

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Health & Beauty

How to keep your teeth healthy through Easter

With Easter fast approaching, there will be lots of chocolate treats 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 Easter.



• Drink lots of water after eating chocolate 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
- Try sugar free chocolate & chewing gum
- Avoid adding extra stress to your teeth with carbonated drinks
- Eat all the chocolate in one sitting rather than slowly over a few hours
- Finish with some cheese to balance the PH in the mouth

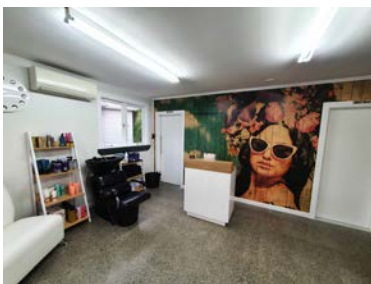
I hope these tips help you maintain your gorgeous teeth through the holidays.

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 at Kumeu Dental phone our friendly team on 09 412 9507.

Zash Hair

Zash Hair is a small boutique hair salon nestled amongst the trees at 77 Waitakere Road.

We take pride in the fact that our hair oasis is set away from the hustle and bustle of the larger shopping centres and this gives us the environment to create beautiful hair and great relationships with all that walk through our doors.



Our motto is and has always been ...wake up each day with extra ordinary hair... don't settle for less.



Carla has over 30 years' experience in the hairdressing industry. I am a mum of two very grown up boys and have lived in West Auckland all of my life. Hairdressing still excites me each day and I love meeting new clients and welcoming them into our awesome work space.

We specialise in all aspects of hairdressing:

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And we can even just be an ear should you just need a quiet time to yourself and someone to vent to and a great cup of coffee.

Every product used at Zash is chosen individually for each hair type and we are proud to use Osmo, Wella and Eleven Haircare.

We look forward to meeting you soon so drop us a txt or call and we can start putting you on the right path towards all your hair goals

Zash Hair 021 814 663.

World-wide myopia epidemic looms

Myopia (short-sightedness) has double the prevalence of half a century ago. And by the end of the decade one-third of the world's population – 2.5 billion people – could be affected. We are going down the path of having a myopia epidemic.

Myopia is caused by a slightly elongated eyeball, causing the lens to focus light from far objects slightly in front of the retina, rather than directly on it. Because the eye grows throughout childhood, myopia generally develops in school-age children and adolescents.



Molly Whittington at For Eyes Optometrists in the Kumeu Village, myopic herself since age 7, has followed many studies on the topic. Her tips to reduce myopia:

1. Send kids outside to play - At a school in southern Taiwan, teachers were asked to send children outside for all 80 minutes of their daily break time instead of giving them the choice to stay inside. After one year, doctors had diagnosed myopia in 8% of the children, compared with 18% at a nearby school. It seems that

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Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
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Health & Beauty

indoor light is too weak to stimulate the release of dopamine in the retina, resulting in a reduced block on the elongation of the eye during development.

Children need to spend around three hours per day under light levels of at least 10,000 lux to be protected against myopia. This is about the level experienced by someone under a shady tree, wearing sunglasses, on a bright summer day. (An overcast day can provide less than 10,000 lux and a well-lit office or classroom is usually no more than 500 lux.)

2. Wear special glasses - Technology has developed lenses that can alter eye growth by focusing light from distant images across the entire field of view, rather than just at the centre, as standard lenses do, resulting in a huge 60% reduction in myopic progression. For Eyes routinely offer these to young or teenage myopic patients.

3. Eye drops - Nightly eye drops with a neurotransmitter-blocking drug called atropine can also help to control myopia progression, although the mechanism remains unclear. For Eyes refer to paediatric specialists for this.

For Eyes are located in the Kumeu Shopping Village, 90B Main Rd, Kumeu Phone 09 412 8172.

Neuromuscular therapist covered by Southern Cross

Nicky Spence is a highly skilled Neuromuscular Therapist who is working at Northwest Physio + Kumeu. She has a wealth of experience in treating patients with a range of conditions, from sports injuries to chronic pain. Nicky qualified as a Neuromuscular Therapist having completed a 3-year Bachelor of Therapeutic and Sports Massage degree.

As Nicky is highly qualified in her field, her services are also made more accessible to patients who are covered by Southern Cross Health Insurance. Southern Cross Health Insurance covers a range of healthcare services, including physical therapy and rehabilitation, making it easier for patients to access the care they need. See www.northwestphysioplus.co.nz/southern-cross-easy-claim.html

If you are struggling with pain, discomfort, or mobility issues, Nikki Spence and the team at NorthWest Physio + Kumeu can help. With a combination of personalized treatment plans and access to affordable care through Southern Cross Health Insurance, you can be confident that you will receive the best possible care and




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support. Contact us today at NorthWest Physio + Kumeu to schedule an appointment and start your journey toward better health and wellness. www.northwestphysioplus.co.nz/massagetherapy.html

Calm the kids...calm the whole family

Let me paint you a picture of a stressed family we helped recently. Their two year-old was not sleeping well at night. They were sitting with him for hours to get him off to sleep, which was tiring. But then he was waking in the early hours of the morning. To complicate matters, Mum was pregnant with their second child. You can imagine how stressed this made her feel. She wanted to get up to the child so her husband could get a good night's sleep for work. But being pregnant she was very tired. It often seems to be more stressful with the first child. With the first child you are extra anxious to do things right. Plus you don't have the perspective of hindsight that these phases pass.

To help them through this tricky situation, the doctor kindly prescribed some promethazine (which is an antihistamine that causes sleepiness as a side effect). This worked well to get the child off to sleep. However, because of possible long term side effects they didn't want to keep him on this for long. But whenever they didn't use promethazine, the family had a sleepless night. They felt trapped.

So mum asked us for alternatives. We recommended she talk to the doctor about a switch to melatonin, the natural sleep hormone, which the doctor happily prescribed. It worked fine to get him to sleep, but he still woke up in the middle of the night, usually because of nightmares. Because he was so scared from the nightmares, he took a long time to settle.

After a little more investigation, we discovered he was an anxious child even during the day. So we recommended chamomile in the



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Health & Beauty

form of Kiwiherb Kids Calm. The trick with chamomile is that it must be used 4 times a day to help with sleep. This is because it works by calming the mind throughout the day so that by night time, the calm child can easily sleep.

Kids Calm = Superhero

After 3 days, Mum reported that the child was going to sleep easily, staying asleep all night, and was much less anxious during the day. BOOM! Family stress gone.

Chamomile works very well to calm babies and children. It can also calm the tummy, so is great for colicky babies. It can be safely used from birth too. I also recommend it for teething.

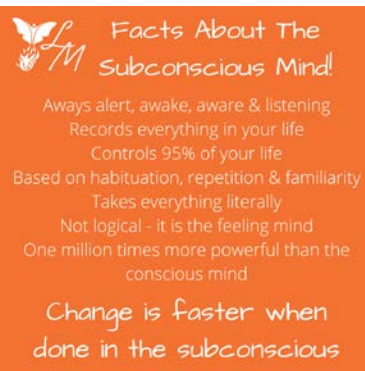
Pop into Massey Unichem Pharmacy to chat about Kids Calm. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

I am a fool

The words we say and the thoughts we think are incredibly powerful. How we feel is down to the words we say to ourselves and the pictures we create in our minds. The more vivid the picture the more powerful the response.

If you think and say "I am a fool" with strong emotion (maybe when you make a mistake) then you will act like a fool, do foolish things and feel like a fool. Even if you say it jokingly, the subconscious mind doesn't understand humour, it just acts on the words and makes you a fool.

Our subconscious doesn't process negatives so saying "I am not a fool" or "I don't want to be a fool" also produces feeling like a fool.



Facts About The Subconscious Mind!

- Always alert, awake, aware & listening
- Records everything in your life
- Controls 95% of your life
- Based on habituation, repetition & familiarity
- Takes everything literally
- Not logical - it is the feeling mind
- One million times more powerful than the conscious mind

Change is faster when done in the subconscious

The best things to say to ourselves are positive - "I am smart, I am wise, I am capable, I am intelligent, I am sensible, I am decisive." Say them over and over until the mind accepts them and creates them in your reality.

Our minds need direction and they take that from our words so next time you catch yourself saying something to yourself like "I'm a fool" stop and change it to something more accurate or how you really want to feel. "I made a mistake but that's ok I can learn from it and everyone makes mistakes, I am still a smart capable person."

Lorraine Maguire - Rapid Transformational Therapist

www.lorrainemaguire.com.

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Doing laboratory tests

Have you ever brought your car into the mechanic?

If you bring in your fancy new car, they inevitably plug the car in to see what the computer says is wrong with it.

When you are not well, you go in to see your doctor, who will take a history of your illness and also examine you. Based on that, they have an idea what is wrong and they may order some laboratory tests for you to go for.



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Health & Beauty

To me, laboratory tests serve to achieve a few purposes:

- 1) They help me diagnose what medical condition a patient might have that may cause the symptoms they came in to see me with (such as the lady with on off fever that I did a blood test on and found that she had a bile duct cancer).
- 2) They are done to exclude any dangerous or potentially life-threatening condition that may be hiding undiagnosed if not found by timely test (like the gentleman with the calf pain and breathlessness that was diagnosed to have a blood clot in his veins).
- 3) They help me ensure that the patient is well and that their chronic diseases like diabetes or high cholesterol are well controlled.

We are fortunate that blood tests are free in NZ BUT that means doctors have the responsibility not to test indiscriminately unless we have a reason to do so. That being said, I would rather test more and find nothing then test less and miss something, especially if the patient is very symptomatic.

I tell my patients who have a fear of needles to tell the laboratory staff and they may offer you to lie down comfortably while they get on with it.

Even the stool test kit they send you in the mail is useful as we have picked up quite a few colon cancers that way.

Doing laboratory tests has helped save many of my patients' lives.

If your doctor tells you that you need a laboratory test, just do it.

It may end up saving yours as well.

Dr Frederick Goh - Royal Heights Shopping Centre, Shop 12, 138 Royal Road, Massey, Auckland, phone 09 393 6313. www.rhdoctors.nz.

Feel better with a natural solution

Back pain - you've done everything, GP, meds, exercises and it's still interfering? "It does get sort of better, and then flares up again". This is typical and a common complaint we see at Top Notch Bodyworks. I think it's time for you to get a second opinion - with us.



One of the main reasons to see us, is we know where to look, what else we need to consider and then we see how you move and apply our approach that is a combination of releasing tight and restrictive areas but also providing that what to do advice and what is going to be the MOST

helpful in your situation. The difference is we want to know what the root cause of the problem is, rather than just treat your symptoms. If it is postural, muscle strength is needed, we can help and prevent it from recurring.

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Looking to expand the wellness campaign within your business?

Hobsonville Chiropractic Centre is eager to discuss health, posture, and chiropractic with our community.

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Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area, please contact Stacey on phone 09 412 9602 or email editorial@kumeucourier.co.nz * Distribution average is 500 magazines in your local neighborhood every four weeks.

Area Columnists

Kumeu Show and Supporting families and businesses

I was pleased to welcome the Prime Minister, Rt Hon Chris Hipkins, to the Kumeu Show and introduce him to the dynamic Kumeu community.

The Prime Minister was swamped with requests for photographs and discussions about policies as well as being impressed with the energy and popularity of the Show as

he toured the venue, signed a giant pumpkin, enjoyed the wood chopping competition and leading the parade of tractors around the site.

He took the opportunity to visit my Labour MP stall and talk to the volunteers. The "Tell Us What you think" issues board was of interest to him especially as it showed a huge interest in developing and promoting our hospitals and health system with the other big item being the ensuring that our children were assured of a great education and schools.

From the Show I took the Prime Minister to meet with members of the Rodney Local Board and the Kumeu Community Action Group where he was briefed on the concerns and problems of flooding and infra structure that have affected Kumeu during the several recent weather events as these are the sort of the bread and butter issues that matter most to New Zealanders.

That's why we're taking a range of actions to reduce cost of living pressures on families and supporting communities as they recover and rebuild following the recent extreme weather.

From the start of April, we're significantly increasing support for seniors, students, beneficiaries and those on Working for Families. On top of this, we're making childcare and after school care more affordable for many low and middle income families, through changes to childcare assistance subsidies kicking in on April 1.



Marja Lubeck

Labour List MP based in Kaipara ki Mahurangi
0800 582 325 | marja.lubeck@parliament.govt.nz
5/62 Queen Street, Warkworth



Authorised by Marja Lubeck MP, Parliament Buildings, Wellington



We also moved quickly to extend the fuel tax cuts and half price public transport until the end of June, because we know that transport is one of the biggest expenses for households right now.

These measures won't solve everything but they are practical steps that we can take to support Kiwis. Of course, there's still more we can do and we've indicated that bread and butter issues like the cost of living will continue to be a major focus for our Government.

The recent extreme weather events have put further pressure on people in Kumeu and district. We're committed to supporting Kiwis through the response, recovery and rebuild - and we're in a strong position to do so.

The latest numbers show that, thanks to our careful management of the economy, New Zealand is well positioned to tackle immediate challenges and to build back better, safer and smarter. Marja Lubeck MP.

Citizens Advice Bureau celebrates diverse volunteers

Helping people access information is what the Citizens Advice Bureau has been doing for over 50 years.

Manager Rani Timoti says at CAB Helensville their diverse group of volunteers have been busy supporting clients across a whole range of issues with locals appreciating having someone they can contact, who's willing to take the time to listen and help them work through their options.

Rani says the service is delivered by 12 volunteers but they are always looking for new people to help serve the community. "Every volunteer brings a varied skill set with them and adds value in their own unique way. Our volunteers are passionate about ensuring that everyone, regardless of who they are, has access to their rights."

CABs can also access other multilingual CAB volunteers around the country or use telephone and video interpreting services, so clients can get help in their own language.

"We recognise the value of having a diverse workforce of volunteers and are keen to welcome new volunteers from all backgrounds to our CAB whānau", says Rani.

CAB is proud to deliver a people-centred service, something they believe is valued now more than ever. CAB volunteers are dedicated to giving back to their community. They are supported with training



Marja Lubeck

Labour List MP based in
Kaipara ki Mahurangi

For appointments and
assistance please phone:

0800 582 325 (0800 LUBECK)

marja.lubeck@parliament.govt.nz

5/62-64 Queen Street, Warkworth



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Area Columnists

and resources so they can respond to queries and issues and provide clients with options based on research.

"We take the time to listen and aim to ensure that you get the information you need. Whether it's about your rights in a particular situation or to find a specific service, we will help you find a way forward," says Rani.

Our volunteers range from serving our South Kaipara area for more than 25 years to one currently undergoing training.

"Why not come and join us and learn skills which can also help you personally and your whanau and friends?"

You can visit us at CAB Helensville, 16 Commercial Rd, call 09 420 7162 or 0800 367 222 or email helensville@cab.org.nz for more information.

PM visits Kumeu

Prime Minister Chris Hipkins and MPs Marja Lubeck and Jo Luxon met a number of community groups, business people and individuals at Kumeu Arts on the Saturday after their walkabout at the highly successful 100th Kumeu Show.



They listened to presentations from Kumeu Community Action's Graeme Hammonds, Future Kumeu's John Francis and Graham McIntyre, and Riverhead Community Association's Michael Brooke.

Representatives from the community emergency networks from Kumeu (Andie Davies), Muriwai (Erin Griffin), Helensville (Mark Dennis) and Warkworth (Ivan Wagstaff) gave their impressions on how the local emergency response went in their areas during the recent storms and what they had learnt from the process.

Clive-Ness Way spoke as a business affected by flooding in Kumeu while Nicole Matthews gave an impressive presentation about the likely causes of the increased flooding in Kumeu-Huapai.

Colin and Robyn Emm, Sharon and Tony Pearce gave their impressions of what it was like to repeatedly have their homes flooded and what they would like to see done to help them out of this situation.

The Prime Minister then reflected on what he had heard and indicated that changes needed to be made to allow families and businesses to remove themselves from harm's way. He indicated it would be a priority to get this done, but the process would not be fast, unfortunately, with the mechanism yet to be finalised.

A group of locals is being established to review historical documents

regarding the Kumeu and Kaipara rivers.

Some of the locals who have knowledge running back for decades are also happy to contribute their experiences with river management and campaigns to reduce the flooding effects of the rivers after heavy rainfall.

The flood alert system will have two sensors added during autumn, with another two in winter.

Waitakere and Taupaki will be the first units to be put in place. The sensors will collect rainfall and height of water above the ground at key points.

This data will enable the alert system to become more accurate and give more data that will confirm the rate at which flood waters move down the valley. By Kumeu Community Action (KHRA) Chair Guy Wishart.

The 'nature' of learning

At Country Bears we respect reciprocal learning. Simply put, this means the role of the learner and teacher is interchangeable - the child learns from the teacher and the environment, and the teachers learn from the child and the environment. The environment in which learning takes place is central to what parents and whānau hope for their child. We believe learning is holistic; it embraces what we learn through being curious, questioning, observing, reflecting and collaborating. It incorporates what we see, feel, hear, smell and experience.



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Area Columnists

As teachers we understand the responsibility we have to parents and whānau to provide a safe, caring, nurturing and responsive environment for their most precious gift - their child. We have an obligation to ensure they are offered optimum learning opportunities to support their growth and development, so we too, must commit to ongoing self-directed and professional learning.

Our teachers embrace professional learning and research as the motivation for improvement in education. We are committed to the children in our care, and have their best interests at heart, so professional development is a significant aspect of our practice. A quote by Loris Malauzzi observes quite poetically, "Indeed, education without research or innovation is education without interest".

Education discourse is always evolving, in response to societal demands, new research findings, scientific discoveries and cultural awareness. This is another reason why we value the teachers-in-training who are part of our team. They bring and share knowledge of the latest in educational research, which becomes part of the collective team teaching narrative.

When we think about children, teaching and learning, we sometimes overlook the powerful influence of the learning environment. The environment may be considered another teacher, as how the child interacts within it, with others, alone, in play or during rest, all offer the teacher insights into the learning that is taking place. Thus, observation becomes a vital tool for understanding and supporting children's development. Teachers require trust of their own learning within the responsive practices, including the environment and materials. Through observation and conversation, we become clear of the exploration and play which then leads into collaborative inquiry with the teaching team.

Collaborative Inquiry is a wonderful way for a team of teachers to come together and discuss their observations of a child. Each teacher could observe the exact same experience, and all come away with different understandings. It's a great way to gain a holistic view of the child, placing the emphasis on the child as a unique human who comes with their own view on their world.

If teachers adopt an image of their own learning as continuous, collaborative and reflective, they are able to embrace change. When teachers become stagnant in their learning, they lose the art of being dynamic thinkers who are able to adapt the environment for optimal learning for everyone - and this change can happen on a daily basis.

If you would like to visit our wonderful Centre, exclusively designed with children in mind, to provide freedom to safely explore and discover in an authentic natural and native environment, please send your homing pigeon or give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out either our Facebook page: www.facebook.com/cbearsecc or our Website: www.countrybears.co.nz. Country Bears Nature Childcare, 79 Oraha Road, Kumeu 09 412 8055.

Chris Penk – MP

There are many reasons that people get involved in politics. One is the chance to advocate on behalf of a local area, as I've been fortunate enough to do for the Helensville and then "Kaipara ki Mahurangi" electorates these past 6 years.

Another is the chance to influence policy at a national level. Mostly this happens in Wellington through a series of select committee hearings, speeches in Parliament and discussions in caucus rooms. The government of the day has earned the right to put its policies into law, which is currently the other side of the aisle from where I sit.

Every now and again the planets of local advocacy and national level policy align.

I've recently been given such an opportunity with appointment as the National Party spokesperson for Cyclone Recovery.

The government response to flooding and other storm-related damage in areas like Helensville will be crucial to the long-term prospects of this area.

When I say "government", of course I mean local government as well as central government. It probably goes without saying that liaising with other key players - such as insurers and banks - will be vital too.

My advocacy for northwest Auckland and my other areas will focus on getting a fair deal for those affected by recent extreme weather events, along with decision making for the future that avoids similar pain.

The key challenge for those affected by the extreme weather will be compensation for loss, where this isn't available via private insurance. Part of the issue is that policy terms usually don't compensate where there hasn't been property damage but the property as a whole isn't usable. That's the situation facing my constituents in areas like Muriwai and frequently flooded areas.



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Area Columnists

The rural lens will be important as well. Farmers in the Kaipara Hills area and elsewhere have been telling me about huge additional costs incurred where stock feed has been needed to replace grazing land. And then you have the EQC focus on land damage within a certain short distance from a dwelling, ignoring the rural reality that land owned by the farmer away from the house is just as valuable as that nearby.

We have our work cut out for us. We can only hope to succeed by facing these challenges together, staying in touch about what's needed and speaking clearly and loudly with one voice.

Let's make sure the North-West and surrounding areas are heard.

Preparing our children for life

In order to face the challenges of the 21st century, our children need to be critical and creative thinkers. The future will bring unique challenges that are largely undefined as yet.

How do we prepare our children for this unpredictable future? At Kumeu Montessori Preschool we believe in supporting children to be creative, critical thinkers and teaching them how to think.

We set children up with positive attitudes towards themselves as learners. By fostering an open-mindset children learn to embrace challenges. In our environment, tamariki are agents of their own learning.

Our environment reflects a play-based pedagogy approach which encourages children to think outside the square and be creative? We arrange materials in provoking and inviting ways to encourage exploration, learning and inquiry. Play contributes positively to a child's sense of well-being. It enhances a child's natural capacity for intense and self-motivated learning.

Play produces curiosity, openness, optimism, resilience and concentration. It enhances a child's memory skills, develops their language skills, helps regulate their behaviour, advances their social skills and encourages academic learning to take place. Play based learning is a system that humans have developed over thousands of years to facilitate the development of our higher intelligence.

The early years are the best opportunity for a child's brain to develop the connections they need to be healthy, capable, successful adults. The connections needed for many important, higher-level abilities



like motivation, self-regulation, problem solving and communication are formed in these early years - or not formed. It's much harder for these essential brain connections to be formed later in life.

"The more play that your child has under seven years old, and the less structured learning there is, the better all their outcomes are. That may seem counter-intuitive, but remember, it's not how early you learn the alphabet or to write your name that predicts your success as an adult, it's the amount of play that you have in your early childhood."- Nathan Wallis

Come and see us at Kumeu Montessori Preschool, 8 Grivelle Street, Kumeu. Phone 09 412 9885.

Scouts update

The last few months have been busy for the Scouts. We had Ignite 23, where hundreds of youth (Venturers) aged between 14-18 years old took part in 10 days of fun and activities.

Groups have held camps and had group events like picnics, they have visited local rock climbing venues, cooked pancakes, had water slides and visited escape rooms.

Scouts don't just do camping, there is so much more to Scouts. As an example the Scouts can attend aviation school where they can take their first solo flights or spend 5 days sailing on Steinlager 2 for example. Scouts is New Zealand's largest youth organisation with over 13,000 youth and approx. 4000 Adults.

Scouts have 6 sections for girls and boys aged 5 and over. Keas is for youth aged 5-8 years, Cubs is for youth aged 8-11 years, Scouts is for youth aged 11-14 years, Venturers is for youth aged 14-18 and Rovers is for young adults aged 18-26 years. Leaders are 18 years and older.

Can you help us? We do need more adults to help us run the programmes or help on committees. We don't expect you have to be there every week, but if you can help us, please get in touch.

Over the past few months it's become clear that communities are very important to help each other in need. Scouts are very community focused and investing some of your time back into organisations like Scouts does help our communities as research has shown that youths exposed to volunteer organisations tend to continue to support the communities as volunteers as they get older.

The Waitoru Zone has nine groups from Te Atatu to Kaukapakapa.

Do you want to know more? Please visit www.scouts.nz, or email me zl.waitoru@zone.scouts.nz, Craig Paltridge, Waitoru Zone Leader.

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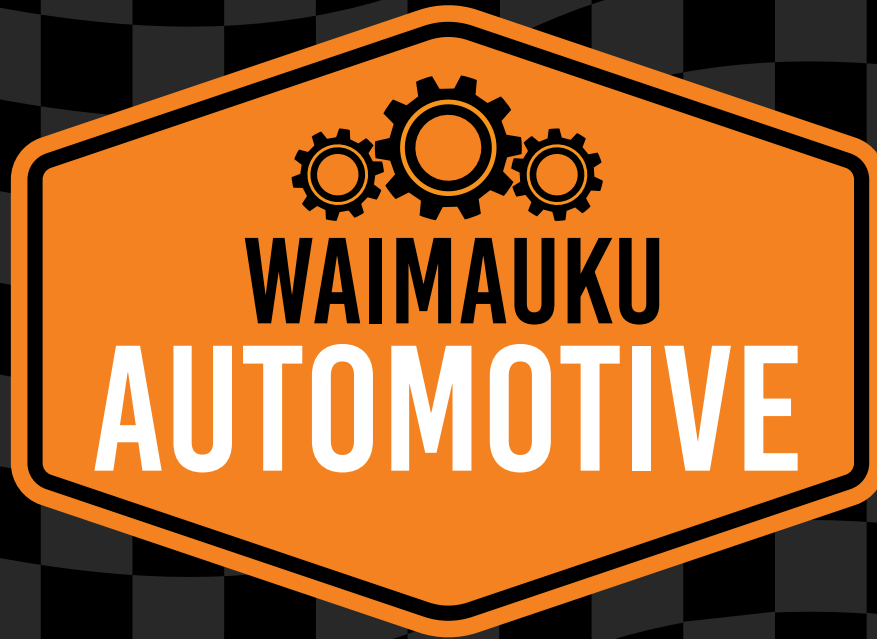
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