

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

Lavender Hill releases London Dry Gin

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

April 2024



Greetings

I'm fed up with speed reductions, road humps to reduce speed, special lanes, fines, speed cameras, 'revenue gathering', and the like.

Perhaps I tend to agree with the new coalition government's move to undo some of this stuff and remove red tape.

One reason is I was recently pinged \$150 for travelling in a special lane apparently reserved for buses, goods and emergency vehicles which cuts off part of Queen Street near the Civic Theatre in Auckland (south of Wellesley Street) to normal traffic. I was informed I should have seen the signs and gone around the area (up side streets).

I queried the fine, partly because someone else I know received a warning for travelling in a bus lane in Newmarket - not a first offence fine - and because I was confused by coned areas near the intersection (and a guy in a high visibility vest rushed out and directed me towards the aforementioned special lane).

I was informed my explanation did not alter the fine and I had been sent photos from road cameras to prove the point against me. I had to get a JP to witness my signature that I was the driver and was told my next option was to take the matter to court - which another person has for using a bus lane. I just paid the fine, although begrudgingly.

Then I see road humps designed to reduce my speed on some roads (to 25km/h in several cases) and work people removing one road island and installing another further down the same road. So I question whether this is good use of funds - especially when many are suffering during a cost-of-living crisis.

Speed cameras have been established in many places too. I see reports of some in the Franklin area where speeds were reduced from 100km/h to 80km/h have been vandalised with many residents in those areas unhappy about them. These reports suggest one road has seen speeding tickets go up 300%, leading some people to question if it's "revenue gathering".

So what about this area? I gather many are also unhappy with speed changes and fines being dished out around the Coatesville-Riverhead Highway for instance.

Have all these changes improved road safety? Perhaps, but I doubt it! I reckon too many are still being killed and maimed on our roads.

To me it appears more like "revenue gathering" and trying to force people into alternative ways of getting around.

Yet we still can't get passenger rail out to the northwest past Swanson.

Geoff Dobson, Editor



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People & Places

Lavender Hill releases London Dry Gin

Sustainable Riverhead lifestyle farm Lavender Hill has announced the release of its latest creation London Dry Gin.

The distinctive small batch gin is made on site in a 150-litre solar-powered gin still called "Little Lottie", using fresh rainwater, rosemary and lemon peel from the farm.

"We're committed to ensuring that every drop of gin is as pure and sustainable as it is delicious", says Trish Delamore who co-owns the farm with husband Jason.

Lavender Hill invites gin enthusiasts out to the farm to have a look around, see how its creations are produced, and taste its award-winning spirit range.

"It's important to Lavender Hill that we continue to update our spirit range with new experiences," says Jason.

"We invite gin-enthusiasts to visit the farm and see first-hand how we produce our award-winning products.

"Guests can immerse themselves in our picturesque farm, tour the distillery, and round off their journey by tasting our full range in the unique gin tasting room."

The London Dry joins Lavender Hill's current spirit range, all medal winners in the NZ Spirit Awards - Lavender Gin, Smoked Honey Gin, Saffron Gin, a traditional Sloe Gin and a gorgeous Limoncello. Sam Kim of Wine Orbit, an independent reviewer with more than 30 years of industry experience, awarded The London Dry an impressive five-star rating (93/100 points).

Sam describes the tasting notes for London Dry Gin as "immediately attractive on the nose with classic juniper and citrus peel aromas with nuances of floral and fragrant spices. Upfront and intense in the mouth, yet elegant and harmonious with saline texture, finishing



long and refreshing. Beautifully proportioned and delightfully expressed."

Lavender Hill's London Dry Gin is available online and at the farm shop and joins the rest of the award-winning local range alongside lavender and olive products.

Kumeu Show turns it on

Good weather brought "heaps" of families and other visitors to the 101st Kumeu Show, with tens of thousands through the gates on March 9 and 10.

The turnout delighted Kumeu Agricultural and Horticultural Society President Jane Sparnon who says it's good to see "heaps of families" enjoying the show.

Kumeu A & H Society Show Manager Lizelle Westman says the 101st event lived up to expectations with visitor numbers similar to last year's 100th.

Plenty of events kept people entertained, including tractor parades, a police demonstration which included the "Eagle" helicopter, FMX motorbike trick riding displays, sheep dog trials, pony rides, Timbersports, shearing, giant pumpkins, a Kumeu Small Landowners Association Farm Zone for animal patting, Mahons Amusements carnival rides, a strongman competition, equestrian, animal and indoor events, bands, and more than 300 trade displays.

Brothers Jack and Shane Jordan of Taranaki tied on 20 points in the Timbersport Susan Lane Memorial Trophy event, Jack proving the winner after a standing block chop-off between the two, making him the Kumeu Timbersports champion.

Parking was at a premium.

The North West Country Business Association provided support with Goodie Bags this year.



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People & Places

Michael Brajkovich 'Winemakers' Winemaker'

Kumeu River Wines' Michael Brajkovich has been awarded 'Winemakers' Winemaker' 2024 by the Institute of Masters of Wine.

The honour was bestowed at a ceremony during the ProWein trade fair in Düsseldorf.

The Institute of Masters of Wine is the home of exceptional expertise in the wine world.

Founded more than 70 years ago as an exam for the UK wine trade, it is now a globally recognised title collectively held by a worldwide family of Masters of Wine (MW).

There are 417 MWs based in 31 countries, with Michael New Zealand's first Master of Wine.

As Kumeu River was mid-harvest Michael was unable to attend the awards reception at ProWein, so the award was accepted on his behalf by fellow Master of Wine Matthew Deller (Wirra Wirra CEO).

Michael prepared a video message with reception guests and a glass of his 2022 Kumeu River Hunting Hill Chardonnay.

Presented by the Institute of Masters of Wine and the drinks business since 2011, the award recognises outstanding achievement in winemaking.

MW winemakers and the previous award recipients voted Michael as this year's winner.

"I am absolutely delighted and deeply honoured to be recognised



by my peers of the institute," says Michael.

"It's a real honour to be included in the list of people who have won this award in the past and even more so because it is a recognition from members of the institute and particularly winemaker members of the institute".

Michael emphasises that winemaking is a team effort and credits his family who are actively involved at Kumeu River Wines.

"My brother Milan looks after the vineyards, sales and marketing is taken care of by my sister Marijana and brother Paul.

"The company was started by my late father Maté Brajkovich and continued by his wife (my mother) Melba Brajkovich. And I'd also like to mention Nigel Tibbits who who's been with the family business for 50 years and continues to help us make great wine."

Michael now joins an impressive list of previous winners: Jean-Louis Chave (2022), Peter Sisseck (2011), Peter Gago (2012), Paul Draper (2013), Anne-Claude Leflaive (2014), Egon Müller (2015), Alvaro Palacios (2016), Eben Sadie (2017), Jean-Claude Berrouet (2018) and Angelo Gaja (2019).

No award was given in 2020, 2021 and 2023 due to the global COVID-19 pandemic.

Beach drivers should follow rules

Consumers should take care to avoid circumstances that could result in an insurance claim, says the Insurance and Financial Services Ombudsman Karen Stevens after a driver lost his vehicle after driving into the sea to wash its underside.



"My car insurance has been rejected as my car was accidentally drowned at the beach" was the complainant's description of events to the Insurance and Financial Services Ombudsman Scheme (IFSO Scheme) which deals with complaints about insurers and financial service providers.

The complaint was not upheld.

"Consumers have an obligation to take reasonable care of their property and belongings," says Karen.

"House, contents, car and travel insurance policies will often contain reasonable care conditions. If you don't follow these conditions your insurer may decline your claim."

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People & Places

Aside from driving into the sea where underwater hazards could not be easily identified, the man had also ignored the local council's rules about driving on the beach, which were signposted at the beach entrance, says Karen.

"These included requiring drivers to hold a permit to drive on the beach and carry safety equipment in their vehicle. Access to the beach was also limited to three hours either side of low tide."

Karen says it's important to follow council rules for driving on a beach not only from a safety perspective but also from an insurance perspective.

She says it was clear the complainant hadn't taken reasonable care when he drove his vehicle onto the beach and into the sea.

"A reasonable person would not have made the choices that he made," says Karen, adding that meant his insurer was able to decline the claim.

She says most people are aware they have to take care of their property, however there is a steady stream of complaints to the IFSO Scheme where claims are declined because of breaches of reasonable care conditions.

Karen reckons consumers should take time to understand their responsibilities and be aware of what to do if problems arise.

"Doing your best to avoid having to make an insurance claim in the first place is a good first step," she says.

"But if you do run into issues with a claim being declined and believe you have taken reasonable care of your insured property, get in touch with us."

Consumers can make a complaint to the IFSO Scheme at www.ifso.nz or by calling 0800 888 202.

Flood resilience

The last year has reminded Aucklanders how vulnerable the region is to flooding.

All 1.7 million residents were impacted in some way, though many suffered significant losses including property damage, physical and mental trauma and even loss of life, says the Auckland Council.

It says that is why 'Making Space for Water' is such an integral part of the Long-term Plan and why investing in a programme of infrastructure is so important to strengthen Auckland's resilience



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against flooding.

The 'Making Space for Water' programme proposes seven operational initiatives including delivery of critical works, repair and rebuild to help build resilience for the stormwater network and reduce the impact of future flooding.

The proposed work comprises increased maintenance, stream rehabilitation, culvert and bridge upgrades, overland flow path management and the roll out of 'blue-green' networks in critical flood-risk areas - which are stormwater solutions that enhance parkland and open space.

Auckland Council Chief of Strategy Megan Tyler says flood resilience is a combination of investment and community involvement.

"Council investment in infrastructure will help fast-track improvements to support communities, property owners and tenants.

"This investment will benefit hugely from landowners also looking at flood resilience on their own properties too, as it can help minimise adverse impacts in their neighbourhood," says Megan.

"With Aucklanders playing their part alongside the council's infrastructure investment, we will start to see significant change."

The council's work is part of a cost-sharing arrangement with the government to fund flood resilience and recovery work.

The good news is Aucklanders have a chance to say how they want the council to invest in infrastructure, says the council.

Consultation with Aucklanders on the 'Making Space for Water' programme was held in August 2023 and feedback favoured support for the programme and funding as included in the central proposal of the Long-term Plan.

But there are alternatives, says the council.

Do less options for 'Making Space for Water' include continuing with maintenance, increased compliance monitoring and no further significant investment. This option would not take full advantage of the government's agreed co-funding.

Do more options include accelerating the programme to deliver faster than the 10 years under the central proposal, potentially down to six years if feasible.



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These options challenge Aucklanders to have a good think about what is important for them and their region.

Megan urges Aucklanders to think about how much they are prepared to spend for a safer more resilient city.

To have a say on the plan go to Long-term Plan 2024-2034 (10-year Budget) | AK Have Your Say (aucklandcouncil.govt.nz) and find out more about the Long-term Plan proposal before making a submission.

Auckland Council stories also feature on OurAuckland Flood resilience - everybody has a part to play - OurAuckland (aucklandcouncil.govt.nz)

Apollo Farm's popular PYO flowers continues

Apollo Farm's pick-your-own flowers has been hugely successful.

The Waitakere nursery and flower farm featured in March's Kumeu Courier, with farm creator Joshua Hall expecting to keep the PYO flowers sessions going until the end of May.



Pickers can select flowers from about 400 types of dahlias, salvias and flowering perennials for \$50 a bucket.

"Around 10 to 15 groups have come through at weekends and about seven groups on one day this week," says Joshua, noting the March Kumeu Courier with its cover photo of women with a flower

collection at Apollo Farm quickly disappeared from shop stands.

He suggests picking the flowers in the morning cool so they last longer.

White and pink blush dahlia flowers are among the most popular among the flower pickers, says Joshua.

He says dahlias originally came from Mexico's mountains and were recorded in the Madrid Botanical Gardens in 1790, gaining popularity in Europe (a record exists of dahlias being exhibited in 1818 at a flower show in Scotland) and spreading around the world.

Dahlias are very in vogue now, with some cultivars selling for hundreds of dollars.

Today's garden dahlia does not exist in the wild, says Joshua, adding there has been 230 years of breeding and selection pressure.

Joshua's own story was in our March magazine, and he says any new plants and tubers are quarantined to prevent the spread of diseases and pests.

Apollo Farm's north facing growing area is ideal for dahlias with the plants growing on mounds with trench drainage.

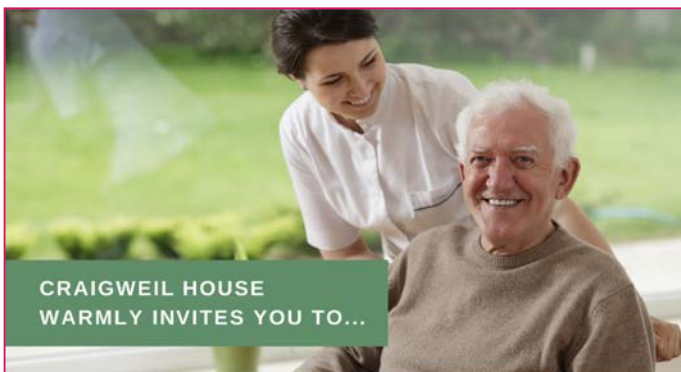
Joshua has many tips for growers on the website www.apollofarm.nz which has a host of other information too.

KMR and Wai Connection collaborate on Kaipara Harbour health

Two environmental programmes are joining forces to boost and fast-track efforts to restore the mauri of Auckland and Northland waterways flowing into the Kaipara Harbour.

The announcement came on the eve of World Water Day 2024 (March 22) which has the theme 'water for peace'.

Kaipara Moana Remediation (KMR) programme and Mountain to Sea Conservation Trust's (MTSCT) Wai Connection programme are finalising a partnership to better nurture the health of water in the Kaipara Moana catchment.



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Both programmes have already worked together on community planting days alongside waterways in Paparoa and Parakai, and the Memorandum of Understanding (MoU) formalises efforts towards more collaborations around boosting Kaipara waterway health.

The programmes already provide complementary backing for community groups, with Wai Connection supporting them at an earlier stage of their formation and development, while KMR co-invests in sediment remediation projects once groups are operational.

KMR Pou Tataki Justine Daw and MTSCT Kim Jones - Poutokomanawa/ Co-Director - Freshwater Lead - both agree we all have an obligation to care for our waterways.

"Kaipara Moana Remediation and Wai Connection aim to bring people together in a common cause to protect and restore local waterways that are important to them," they say.

"Ultimately, our projects help grow community connectivity, resilience and an appreciation that water is essential for our wellbeing in so many ways."

The partnership aims to increase and accelerate support for both emerging and established community and catchment groups in the Kaipara Moana catchment, and better connect them to funding support for sediment reduction projects that protect and restore the mauri of local waterways.

"New Zealand communities care passionately about their local waterways and there's a strong call for support to build understanding of catchment issues, through localised support and

funding to take action on the ground," Justine and Kim say.

"I believe this partnership will result in earlier and more comprehensive reductions of sediment into the Kaipara Moana," Justine adds.

"KMR is already working with over 50 groups across the catchment.

"Since we began, a new group has joined KMR every fortnight on average," she says.

"It will also create a greater understanding across the community of the benefits of taking action to protect local waterways."

Kim says KMR and Wai Connection can build on their strong, existing networks in Auckland and Northland.

"The important aspect of this MoU is the fact two organisations with common goals are working together in the freshwater space for the good of our communities and the environment," she says.

"We are both focused on community engagement and connecting people in targeted catchment restoration and freshwater remediation, enabled by good science."

Together, KMR and Wai Connection will help groups in the Kaipara Moana catchment identify issues in their local catchment area and find local solutions for them by providing advice, planning and grants for sediment remediation projects near waterways.

Visit www.kmr.org, email hono@kmr.org.nz, www.waiconnection.co.nz or email info@waiconnection.co.nz for more information.



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Course facilitator Graham McIntyre has had thirty years of practical and hands on engagement in marketing, customer lifecycle and brand development. His engagement with multiple brands and services sees him operating in the volunteer, professional service and media environments using client endorsement, print, digital, social and directional media environments. He shares his knowledge freely, workshop with your organisational needs and will provide you will some insights that will add strong value for you today and into the future.



Tickets from www.eventfinda.co.nz/2024/unlimited-potential-marketing-workshop/auckland/helensville

Calling for expressions of interest

North West Country Inc. business association is looking to launch a new initiative called Business Solutions, to support our members.



This will be a comprehensive service covering tools and templates for business success, as well as regular one-on-one sessions with business mentors based out of our Business Hub in Helensville.

Hoping to launch in July 2024, the organisation is seeking expressions of interest from all local business advisors who would like to join our business mentors team.

Mentors will be asked to join a roster of other business advisors to take appointments for half a day with subscribed association members and provide one hour one-on-one sessions. It is anticipated that mentor sessions will occur once a fortnight, with one mentor in attendance each time.

The service will be free to business members and utilise the business success pack available on the North West Country website, personal knowledge and advice from the mentor, and other resources as can be made available.

All mentors will be compensated for their time. All mentors must be business association members, either full or associate. If you would like to join the programme please email a copy of your CV outlining your business management experience to the General Manager, Danielle Hancock at manager@northwestcountry.co.nz.

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and limiting their spread. Smoke alarms serve as indispensable guardians, emphasizing the importance of investing in and maintaining these devices for safety and preparedness.

Daylight savings is a common date utilised to stress the importance of ensuring that the batteries in your smoke alarms are working effectively by replacing them.

Spare a thought for neighbours and family members that may struggle with the physical capability to remove these alarms to replace the batteries and offer assistance where you can.

Specialised smoke alarms for anyone that is hard of hearing are also available.

At Fire and Emergency New Zealand, we work with partner agencies to make recommendations on this specialised equipment to support people who are Deaf or hard of hearing to have early warning in case of smoke or fire in their home. These partner agencies also have options for applying for funding for the recommended equipment on behalf of the resident. Contact one of the 4 organisations below for advice as to the most appropriate options available for you to consider and to find out more about how to arrange a free assessment of your home for HAT smoke alarm equipment:

Deaf Aotearoa New Zealand

Your Way Kia Roha

Blind Low Vision NZ

Kāinga Ora Homes and Communities

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Community News

April at Kumeu Arts

April means the school holidays are upon us. Don't stress, Creative Matters run fantastic art workshops here during every school holiday. Our galleries are a great place for the kids to visit and are always free. There will be an exhibition by students of our long-standing painting tutor and professional artist Amber Emm. Come and be amazed by the standard produced in her weekly classes. In our smaller Pod gallery 'Surface Tension' by two local artists, Monique Ziegler and Julie Davies, explores their responses to social and environmental issues. If you'd like to take part in one of our courses, now, is the time to enroll for Term 2. Seasons Art Class is a great place to start your journey, or try a ceramics course, a workshop in water colour or a relaxing tippie and dabble evening with friends. Check out what's on offer at www.kumeuarts.org



Kaipara Memorial RSA update

The Kaipara Memorial RSA will be holding the Annual General Meeting on the 11th April, 6.30pm at the clubrooms, 49 Commercial Road, Helensville. All members are urged to attend.

The Council contractors have now given the Kaipara Memorial RSA the 5th April for a clubroom finish date, but no later than the 12th April, which is perilously close to ANZAC Day, bearing in mind the amount of work involved in making the clubrooms operational again.

One bit of progress is that the roof is now on, the committee is in discussion with the electricians over lights and power points, the refrigeration engineers about the chiller and display cabinets, the painters about colours for the shiplap, the vinyl, the carpet and the position of the flagpole.

The ground lease for the deck has been approved by the Council Local Board, so the deck out the front of the clubrooms can now be built, it will be a great asset for the RSA and the Helensville streetscape next summer.

KMRSA President Rex Keane says the most frequently asked question of late has been, "when is the RSA going to be open", so the RSA members are certainly looking forward to getting their clubrooms back after a 16 month closure. New members can join at this year's special price of \$30pp, which includes Associate and

Ex-Service memberships. Email kaipararsa@xtra.co.nz and request a membership form.

Kaipara Memorial RSA Poppy Appeal

This year the Poppy Appeal will be held on Friday the 19th April, when our volunteers will be out in force. Additionally the Poppy boxes will be available at the Helensville, Parakai and Kaukapakapa retail stores in early April, along with a QR Code, enabling you to make an early donation using your Smart phone or make a cash donation. A tax receipt can also be requested for your tax return donations using the QR Code, all donations go to the KMRSA Welfare Fund.

Any volunteers who can help with the Poppy Appeal on Friday 19th April can contact Steve Wilson 021 494 945 or email kaipararsa@xtra.co.nz

Riverhead development proposed

About 51 terraced housing units up to three storeys high are included in a proposed Riverhead development.

The project proposed at 1070 and 1074 Coatesville-Riverhead Highway and 29 Alice Street has resource consent approval and has gone to the Auckland Council and Rodney Local Board for comment.



Access would be via Alice Street rather than the Coatesville-Riverhead Highway side, and footpaths are planned either side.

Some 26 units would be three-bedroom while 24 are proposed as two-bedroom units, with 49 off-street parking spaces likely and some of the units proposed as "live and work" with upstairs for living and the ground floor for businesses.

A commercial/retail building is also suggested on the Alice Street/Coatesville-Riverhead Highway corner block, and an Alice Street oak tree is earmarked for protection.

A body corporation would manage the completed development, the proposal says.

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AWARD WINNING DESIGN & BUILD




Community News

Vertical and horizontal cladding is considered, along with aluminium joinery.

Services would be linked to existing networks.

Coeliac disease – what to look out for

Coeliac disease is a common illness where the body's immune system attacks the gut after eating gluten containing foods. Gluten is a protein that is found in three types of grain: Wheat, Barley, and Rye. The condition affects 1% of the population. The risk is even higher if you have one or more family members affected – 10-20%. However, 70% of cases remain undiagnosed and Coeliac is being increasingly found in older patients – 25% of cases are diagnosed after the age of 60.

The reason why it can go undiagnosed is because the symptoms are highly variable, and some people have minimal or no symptoms.

The symptoms include:

- Diarrhoea



- Bloating
- Abdominal pain
- Weight loss
- Fatigue
- Poor concentration.

So, if your symptoms are very mild why would you worry about it? Studies have shown undiagnosed coeliac disease has been linked with many health problems, including easily broken bones, infertility, a low blood count, and certain cancers.

Luckily, making the diagnosis is usually straightforward. The first step is a blood test for coeliac antibodies. If these come back positive, confirmation is recommended in adult patients with a biopsy from your small intestine. This is done via a Gastroscopy (a quick, minimally invasive camera test where a small tube is inserted through the mouth, gullet, stomach and first part of the small bowel). Importantly, patients need to keep eating gluten to get an accurate blood test and biopsy result.

Treatment is also easy – a gluten free diet. The vast majority of patients get improvement in symptoms a few weeks to months after starting a gluten free diet, and more than 90% have achieved complete gut healing within a few years. Being seen by a dietitian is crucial as many foods that you would not suspect contain gluten, and accidental exposure is very common. A session with a dietitian can greatly reduce the chance of this happening.

At Waitemata Endoscopy, we accept referrals from GP's, other specialists, and self-referrals. We can offer appointments within 7 days by matching you with the availability of our experienced

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Talk to your GP about a referral to the Waitemata Endoscopy Group, or you can self-refer via:

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// 212 Wairau Rd, Wairau Valley



*Terms and conditions apply. Visit our website for further details.



Dr Carl Freyer
Gastroenterologist & Endoscopist

a joint venture with Southern Cross Healthcare

Community News

specialists and can guide you through the process of diagnosis and treatment of Coeliac disease, including linking you with our dietitian.

So, if you are concerned you may have Coeliac disease, have a chat to your GP or come and see us. To meet the team at Waitemata Endoscopy, visit www.waitemataendoscopy.co.nz

Dr Carl Freyer (BSc, MBBS, FRACP) Gastroenterologist and Endoscopist

Vital role of Hospice Op Shops

In the past year, Hospice West Auckland has cared for 778 patients and their families, providing comfort and dignity for those facing end of life. Our organisation is partially funded by Te Whatu Ora (approximately 60%), and we rely on revenue raised through our Hospice Op Shops, donations and fundraising to raise the additional funds required to provide our services for free to the West Auckland community.



Our newest Hospice shop is here in the heart of Kumeu at 46 Main Road. With ample parking, it's quick and easy to drop off your donations of preloved goods. We also offer a free pick up service for large items such as furniture and bulk lots (phone 0508 4 HOSPICE / 0508 446 7742 to arrange). For shoppers, our store offers a myriad of treasures at bargain prices. With new stock constantly arriving, the Kumeu Hospice Shop is fast becoming a new favourite destination for op shoppers. Bring in some items to donate, buy some bargains, and know that you are supporting a great cause by helping Hospice to continue providing vital services for free to West Aucklanders in need.

A new era for tyre recycling

Currently only 40% of the 6.5 million tyres Kiwis use to keep us moving every year are recycled, repurposed or used as tyre derived fuel. The rest end up stockpiled, dumped, or in landfill.

A new scheme is being run by Tyrewise to collect and process all tyres. From 1 September all tyres can be disposed of for free at a registered tyre fitter / seller. From there the tyres will be recycled or repurposed. The goal is for 90% of tyres to be kept away from landfill and dumping sites.

The funding model is different from what you may be used to. Instead of paying a disposal fee on old tyres, a Tyre Stewardship Fee is charged on all new tyres at the time of purchase. This is being charged from 1 March 2024.

Fees start from \$6.65 + GST for a standard passenger tyre, but will vary depending on the type of tyre, eg for motorbike, truck or tractors tyres. Your retailer will be able to let you know the correct fee when you buy your tyres. To find out more, visit www.tyrewise.co.nz/.

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

The Hallertau Riverhead Rampage

The Hallertau Riverhead Rampage marks 10 years on Saturday 6th April. A real community volunteer run effort with all funds going to promote healthy lifestyles at Riverhead School. The event is super inclusive for all ages and abilities with 5 & 10km walk / run options plus 21 & 42km trails for the more serious runners. A cold Hallertau beverage awaits at the finish line. Team and individual entries via www.riverheadrampage.co.nz.



Kumeu childcare

Kumeu childcare is where Love, Learning and Development is always happening. We uphold the uniqueness of each and through child led and teacher supported programmes, encourage children to develop in their own way, be socially competent, whilst at the same time recognise and enjoy their individuality as a gift. Our environment encourages collaboration, communication and exploration and our spaces are filled with natural light, order and beauty. We offer full time and part time enrolment options to suit the differing needs of whānau. Come and visit our warm and welcoming centre. It would be our pleasure to show you around



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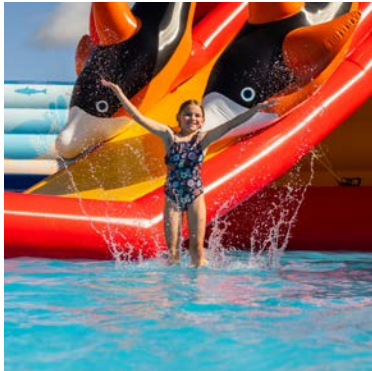


Community News

our beautiful learning environment, and how we can collaborate for your child's learning and development along with supporting your whānau. Please feel free to call or email us on the details below for any enquiry or a friendly visit. info@kumeuchildcare.co.nz / manager@kumeuchildcare.co.nz. Mob: Alka 021 119 5148 / Anna 021 091 04333.

What's on at Good Planet

School holidays - from Fri 12 April for 2 weeks we have plenty of free activities for the kids along with our Splash Park and Adventure Park, PYO Strawberries and Raspberries, Real Fruit Ice Cream. Our holidays hours are Tuesday to Sunday with Adventure & Splash Park open 10-4pm daily (closed Mondays - see our website for details: www.goodplanet.co.nz/whats-on)



Good Planet Cafe - Enjoy our chef's bold creations from innovative twists on classic favourites to daring culinary delights, every bite promises to ignite your taste buds.

Don't miss out on our instant favourite, the Dutch Pancake, featuring pickled berries, fennel syrup and homemade cardamom ice cream. Crafted with only the freshest meats and produce, our sweet and savoury dishes are designed to satisfy your cravings and leave you wanting more.

visit www.goodplanet.co.nz/cafe for our autumn hours and menu.

Gently Loved Markets

Gently Loved Markets is back in Hobsonville Point for Gently Loved Markets Just Kids! on Saturday 20th of April from 10am until 1pm at The Sunderland Lounge - Te Rere. Free entry.



With a range of stalls selling preloved baby to kids' clothes, toys, accessories, nursery items and more. There will be a wide range of prices at the market so it's great for everyone's budget. Grab cash, a bite to eat from Mahia the



Andrew Jackson
General Manager

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muriwai.manager@golf.co.nz www.muriwaigolfclub.co.nz
P O Box 45 Waimauku 0842, Auckland , New Zealand

Baker, a coffee from Luna's Traveling Cottage, your favourite fabric bag and come have a preloved treasure hunt with us. All stalls are within the hall so the event will go ahead no matter the weather.

This market day is fully booked for stall holders, to go on the waitlist or to be notified about upcoming market days contact Donna Buchanan on gentlylovedmarkets@gmail.com

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

Kaipara Memorial RSA ANZAC Day Services 2024

The Kaipara Memorial RSA will be holding the following services on ANZAC Day;

Dawn Parade at the Kaipatiki Reserve, 150 Parkhurst Road, Parakai, Fall-in 5.50 am, On Parade 6.00 am

Helensville Services Cemetery, 130 Garfield Road, Helensville, a short ceremony to lay a wreath at the Cenotaph, starting 6.55 am (Sunrise).

ANZAC Day breakfast 8.00 am, venue TBC.

Kaukapakapa Memorial Hall Service, 947 Kaipara Coast Highway, KKK, starts 10.00 am at the Cenotaph, followed by morning tea in the hall.

This year due to the uncertainty about the completion of the Kaipara Memorial RSA Clubrooms and the War Memorial Hall, there will no 11.00 am ANZAC Service at the Helensville War Memorial Cenotaph.

For any queries or ordering wreaths, phone Rex Keane, KMRS President 027 293 2768 or email kaipararsa@xtra.co.nz

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In Brief

Craigweil House

In a heartwarming display of community spirit and engagement, residents at Craigweil House have embarked on an exciting month filled with diverse activities, bringing joy and camaraderie to all.

The highlight of the month was a rejuvenating bus trip to the beach where residents soaked up the sun and enjoyed the sound of crashing waves.

Adding to the excitement, residents indulged in a movie and ice cream afternoon, creating a cosy atmosphere filled with cinematic delights and delectable desserts.

Pet therapy sessions brought smiles and warmth to the hearts of the residents. Interacting with furry friends provided comfort, companionship, and a welcome distraction from the routine of daily life, enhancing overall well-being and emotional fulfilment.

As the month unfolds, residents eagerly anticipate more adventures and opportunities for connection, embracing each moment with enthusiasm and appreciation.

We welcome and thank Baobao, our new activities Coordinator, who brings lots of energy and enthusiasm into her new role.

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



Kumeu Library

We're well into autumn now - it's perfect reading weather. Whether you prefer the convenience of eBooks, or the feel of traditional physical books, we have a huge range of choices for your reading pleasure, from fiction in all genres to non-fiction on just about any topic you can think of. Make sure you come to your library and have a look at what's available, or you can search our catalogue and order books online. If you don't already have a library card, Auckland residents can sign up for free on our website or come and talk to us at Kumeu Library. You will need photo ID to get a full library membership.

School holidays are here again too in April. The theme for this school holidays is "Secrets Under the Sea" and we'll be having fun, free activities at Kumeu Library every day. These will include making

your own natural body scrub, making a paper cup racing crab, joining in a fun cupcake decorating session, testing your knowledge with our popular Kahoot! Quiz, come watch a movie with popcorn, and a Mini Connect 4 tournament - how often can you win? There will be two different family story times with craft during the school holidays on Mondays and Saturdays - "Secrets Under the Sea" in the first week of the holidays, and "ANZAC Day" in the second week. We'll have a different activity every day at 10.30am for school-aged children - details of what is happening and when will be on our Facebook page or pick up a brochure from the library. We'll also have activities to do in the library at any time, including our popular scavenger hunt.

Please note that Kumeu Library's Wriggle & Rhyme, Brainfit and Craft circle take a break during the school holidays, but Storytime and Rhymetime are on as normal. Kumeu Library will be closed on Thursday 25 April for ANZAC Day.

Follow Kumeu Library on Facebook to keep up with all our news and events: www.facebook.com/kumeulibrary.

Guided tours to France with 2 French/Kiwi locals

Boutique Tours France: amazing, guided tours for small groups (max. 8 people) to France.

"A Taste of Provence" 14-day guided tour 30 May - 12 June 2024. Join us and visit the South of France - 14 days of culture, shopping, food, wine, and experiences in beautiful Provence. Tour starts in Avignon, stay a week in a gorgeous French Farmhouse with swimming pool and private in-house 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. "From Normandy to Brittany" 14-day guided tour 14 - 27 June and 29 Aug - 11 Sept.

This tour offers history, culture, and breathtaking landscapes and iconic destinations. Join us on this unforgettable journey from the historic D-Day beaches of Normandy to the rugged coast of Brittany, where history, culture, and natural wonders come together in a delightful and exclusive tour.

We visit picturesque villages like Honfleur, St Malo, and Mont St Michel. Admire the medieval Bayeux Tapestry, visit Omaha Landing



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In Brief

beaches. Enjoy the Pink Granite Coast in Brittany and dream away in Pont Aven. Few spaces left on both tours www.boutiquetoursfrance.co.nz.

The Village Market Helensville Showgrounds

Sunday 21st April 8.30am to 1pm. With plenty of great stalls to browse, live music from Mike Lea and free face painting the market is a great school holiday morning out for the family. Local art, crafts and gifts, natural health products, preserves, fresh fruit and veg, pre-loved bargains & books and much more and there's a great selection of food from our market café plus coffee, tea and the Lions sausage sizzle. No dogs please with the exception of assistance dogs. Gold coin



donation for parking – proceeds to the Helensville/Kaukapakapa scouts and St John youth. For more information contact sarah@riversidecrafts.co.nz.

SeniorNet

Last month we ran a successful new members meeting where we had a lot of interest from public wanting to join our happy band. They were welcomed by our committee and were explained what the club was all about. We had a stand at the recent Kumeu show where we spoke to a lot of people who said they were afraid of using phones and computers because of scammers etc. We explained that is why they need to come to SeniorNet to learn of the safety issues. Brian is in the middle of his course on mobile phones and Nigel did a course about Shopping safely on the web. Why don't you come along and see what we are all about. Please feel free to come along on the first Wednesday of the month at 10 am at St Chads Church, 7 Matua Road, Huapai.



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- Partmaster
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Through the invaluable support of employers, Kumeu Volunteer Fire Brigade and other volunteer fire brigades throughout New Zealand can continue to respond to emergencies in our communities.

Property

Property market report

Some economists expect the housing market to remain flattish in the first half of this year then pick up in the second half.

Expectation of price growth is tempered by mortgage interest costs, living costs and loan value restrictions.

High mortgage rates and stretched affordability are restraining demand, essentially nullifying the demographic and policy tailwinds blowing in the market's favour.

Against this backdrop, the market is struggling to absorb a flood of new listings. Unsold inventory is at a seven-year high.

There is much conjecture about new home supply, immigration demand and the return of investors to the market that will certainly add sugar to the latte conversations.

Loan rates are outlined.

ANZ	Floating 8.64%	1 year 7.84%	3 year 7.25%	5 year 7.34%
ASB	Floating 8.64%	1 year 7.29%	3 year 6.65%	5 year 6.55%
BNZ	Floating 8.69%	1 year 7.84%	3 year 7.25%	5 year 7.15%
Kiwibank	Floating 8.50%	1 year 8.25%	3 year 7.55%	5 year 7.45%
TSB	Floating 9.44%	1 year 8.04%	3 year 7.45%	5 year 7.39%
Westpac	Floating 8.64%	1 year 7.89%	3 year 7.25%	5 year 6.99%

I have included a letter received from the Reserve Bank that may help clarify their position:

Thank you for your email to Governor Adrian Orr.



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**Mike
James**

Managing Director

☎ 021 413 660

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As you may have seen, last week the Monetary Policy Committee agreed to hold the Official Cash Rate (OCR) at 5.50%. As the MPC said in its media release:

The Committee remains confident that the current level of the OCR is restricting demand. However, a sustained decline in capacity pressures in the New Zealand economy is required to ensure that headline inflation returns to the 1 to 3 percent target. The OCR needs to remain at a restrictive level for a sustained period of time to ensure this occurs.

The Committee is not explicit about when the Official Cash Rate may change up or down, but our projections suggest that any cut to the OCR may be later in 2025. This assumes that inflation continues to fall as expected, to the 2 percent midpoint later next year.

The Committee's top priority is to control inflation- the MPC does not target house prices when it raises or lowers interest rates. We aim to slow down overall demand in the economy to better match the ability- the capacity- of businesses to supply the goods and services people want. Households are probably less willing to accept large price increases and more likely to shop around, so businesses are less able to increase prices. This helps keep inflation near target.

Monetary policy is working, with the economy slowing and inflation falling. However, the rising cost of living still needs to be brought under control. Annual inflation is 4.7% and our target is 1 to 3%, with a focus on the 2% midpoint.

As we have said before, high inflation is a thief in your wallet- it is like a wage cut and a tax on your savings. Low and steady inflation gives people and businesses greater confidence to invest and tends to lead to steady growth and more jobs over time.

Monetary policy is a blunt tool. It is calibrated to the economy as a whole, rather than towards certain sectors of the economy. As a result, while monetary policy can improve outcomes for New Zealanders in aggregate, there may be those that benefit more from certain policies settings than others. We term these differing effects on parts of society 'distributional effects'.

We acknowledge your concerns about the Auckland property market.

In fact, there is a requirement for the MPC to seek to understand the effects of monetary policy decisions on the sustainability of house prices.

In the MPS statement, the Committee noted that that annual house price inflation remains modest. There is heightened uncertainty around the outlook for house prices. This reflects continued restrictive interest rates, the scale of decline in residential investment, and the net economic effects of currently strong net immigration.

The MPS also noted the reintroduction of interest deductibility and the easing of the bright-line rule are two policy changes that shift incentives for purchasing and building housing.

Stats NZ Property Transfer Statistics show annual about 37,000 transfers in Auckland in calendar 2023, down from almost 41,000

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Te Atatu Peninsula

Property

the previous year and a recent high of 53,700 in 2021. Sales are below levels seen pre-Covid, of about 40,000 a year.

In short, the Official Cash Rate will remain at 5.5% for a sustained period to ensure that inflation is low and stable. We do not target house prices, nor property sales volumes, but the MPC must and does understand the effect of its decisions on sustainable house prices.

Let's look at the sales:

Coatesville	\$4,826,250
Helensville	\$890,000 to \$1,800,000
Huapai	\$730,000 to \$1,445,000
Kumeu	\$920,000 to \$3,150,000
Muriwai	\$1,815,000
Parakai	\$700,000
Riverhead	\$1,120,000 to \$2,235,000
Swanson	\$710,000 to \$1,795,000
Waimauku	\$1,420,000

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

Leap into autumn

As the vibrant colours of autumn emerge, signaling the transition from the warmth of summer to the chill of winter, it's essential for landlords to embrace proactive home maintenance for their rental properties. Autumn offers a prime opportunity to undertake necessary upkeep tasks that fortify properties against the challenges posed by the impending winter months. At The Rent Shop Hobsonville, we recognise the significance of seasonal maintenance and are dedicated to facilitating a smooth transition for property owners. While the prospect of home maintenance may seem overwhelming, our experienced team is here to provide guidance and support every step of the way.



Gutter Cleaning: While the sight of autumn leaves falling may be

picturesque, it can present a practical challenge when it comes to gutter maintenance. Leaves and debris can accumulate, leading to clogged gutters and potential water damage. Our extensive network of professional tradespeople specialises in gutter cleaning, ensuring that your property's drainage system remains unimpeded, safeguarding against water-related issues.

House Wash: A comprehensive house wash is essential for removing dirt, dust, and grime from your property's exterior surfaces. This not only enhances the aesthetic appeal of your property but also preserves the integrity of the paintwork and prevents the growth of mould. Our recommended annual house wash regimen ensures that your property maintains its pristine appearance while also contributing to its long-term durability.

Roof Care: Your property's roof serves as its first line of defence against the elements year round. Regular roof treatments and inspections are critical to maintaining its structural integrity. Our obligation-free roof checks provide peace of mind, ensuring that your property is prepared to withstand any weather conditions that winter may bring.

Garden Maintenance: As autumn sets in and cooler temperatures prevail, proactive garden maintenance becomes paramount. Pruning back trees and tidying up the garden not only enhances the aesthetic appeal of your property but also reduces the risk of damage during inclement weather. Our proactive approach to garden maintenance protects both your property and its surroundings, ensuring a welcoming outdoor environment for tenants.

Interior Comfort: Compliance with Healthy Homes Heating Standards is essential to ensuring the comfort and well-being of your tenants throughout the year. Our team is committed to meeting and exceeding these standards, prioritising tenant satisfaction and retention.

Additionally, implementing measures such as window and door insulation through weather-stripping enhances energy efficiency, reducing costs for both landlords and tenants while maximising comfort.

At The Rent Shop Hobsonville, we pride ourselves on our

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commitment to maintaining high standards of property upkeep and tenant satisfaction. With our team of experienced property management experts, we bring years of professional experience to the table. Whether you're a seasoned landlord or new to property investment, we're here to transform your property ownership experience. Get to know us and discover how we can help you navigate the complexities of property management with confidence. Mike.james@therentshop.co.nz.

Probate – what is it and why is it needed?

By Elyse Crowther of ClearStone Legal

A loved one passing away is a difficult and stressful time, and often the process that follows can be overwhelming and confusing. If that person had a Will and has assets worth over \$15,000.00, then you will need to apply to the High Court for probate. Probate means "to prove", and essentially is the process of proving the Will before the Court. Probate is required before the assets of the estate can be called in.

The Executor/s named in the Will are the parties who need to apply for probate. A Solicitor can prepare the required documents which include an application, an affidavit by the Executor/s and the probate itself. There are very specific requirements for these documents, and the original Will and certified copy of the death certificate are required to prepare them. The Executors will need to swear or affirm the affidavit with the Solicitor before they can be sent to the Court.

Additional documents will be required if any of the Executors want to renounce their role, or if the original Will has been lost or looks



like it may have been tampered with – for example a staple being removed, or marks left by a paper clip.

Once received by the Court there can be delays in processing, currently we are seeing up to four months for a probate application to be reviewed and often the Court comes back asking for changes or more documents. Once probate is received, the Executors will be able to deal with the estate assets, including calling in Kiwisaver funds, insurance policies, transferring property and obtaining funds from the deceased bank accounts.

Distribution of the estate can take place six months after probate is received, so when you factor in the Courts processing time it can be a lengthy process. If the assets of the estate are less than \$15,000, probate is not required. If the deceased did not have a Will, then a similar process is required, but instead of probate you must apply for letters of administration.

Whatever the position, we can guide you through the process. When you are ready, give us a call on 09 973 5102 or make a time to come and see us at either our Kumeu or Te Atatu office.

Who stays in the family home if we separate?

As a general rule where there is a dispute the law would see minor children of the relationship staying in the house with the person they naturally turn to for their day-to-day needs. Where there is no agreement, one remedy is to apply for an Occupation Order and the Judge will decide who should stay in the home.

If you are at loggerheads but do not want to apply to Court, Family Dispute Resolution provides a mediator to help resolve issues around children.

If you are renting the Court can make orders vesting the tenancy agreement in one party. If it is a trust owned property the Courts also have avenues where there can be shown to be a right similar to a tenancy to live there.

Who has to pay the mortgage?

As a general rule, the one who stays is responsible for the outgoings. However, if both your names are on the mortgage you are both responsible to ensure payments are made and so you both have



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a stake in agreeing how outgoings are covered. If the party who stays in the home has young children and can't afford to cover the mortgage, spousal maintenance may be an option. If one party continues to pay the mortgage but lives elsewhere, unless it is maintenance, they may be entitled to compensation upon division.

If you are in this situation, you may be able to put the mortgage on an interest only or mortgage holiday while you work through the division of property.

Can my ex-partner sell the house out from under me?

Eventually, probably, but not quickly, and not without taking things like minor children's interests into account.

Do I need a formal agreement to divide up the house?

Relationship Property includes important assets and debts. Those trying to do without or DIY their agreements may end up with an agreement that is not in line with current law and is susceptible to future challenges. The bank may also require a formal agreement if you are buying your partner out.

Is division always 50/50?

Equal sharing of the family home is a key component established by The Property (Relationships) Act 1976. However, exceptions to equal sharing include s13 (extraordinary circumstances) and s15 which rebalances lower earnings caused by roles assumed during the relationship, and relationships of less than 3 years.

Where to find further information:

This article contains general information which is not a substitute for legal advice so if you are separating or wanting to understand what will happen if you do, protect your interests by seeking early

legal advice. You can also listen to the burning questions episode of Divorce Café. Or call: Stuart Henderson, Nicole Dore or Taina Henderson in the family law team at Henderson Reeves on 09 281 3723.

Are you buying an uninsurable property?

The Law Society is warning some property buyers are losing their deposits after unknowingly entering agreements on flood-damaged houses.

There has been an increase of people entering into legally binding Sales and Purchase contracts, only to find their bank will no longer give them the mortgage, because the house is uninsurable. This could be because an owner received insurance money but may not have actually used the money to fix their house.

Home buyers should therefore be warned about unknowingly entering into agreements to purchase flood-damaged properties in regions affected by last year's storms and cyclone.

Therefore, buyers are advised to investigate the availability of insurance cover with their insurer before committing to an agreement. 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 and Lifestyle transactions that have occurred. To receive the full summary simply email the word "full statistics" to kumeu@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	4,600,000	5.7HA	487M2	4,826,250		1,120,000	809M2	84M2	1,120,000
HELENSVILLE	1,090,000	602M2	184M2	1,000,000		1,505,000	810M2	158M2	1,500,000
	1,600,000	10838M2	221M2	1,800,000		2,025,000	800M2	252M2	2,235,000
	1,025,000	11963M2	109M2	1,085,000	SWANSON	1,000,000	775M2	178M2	950,000
	1,350,000	4.06HA	110M2	1,330,000		1,675,000	600M2	333M2	1,795,000
	930,000	427M2	115M2	890,000		820,000	506M2	151M2	828,000
	1,500,000	29.24HA	122M2	1,350,000		805,000	157M2	78M2	762,000
HUAPAI	1,375,000	630M2	209M2	1,445,000		780,000	0M2	60M2	710,000
	1,025,000	916M2	84M2	730,000		1,155,000	350M2	180M2	1,143,000
	1,225,000	523M2	159M2	1,170,000		760,000	0M2	100M2	685,000
	1,600,000	1541M2	230M2	1,200,000	WAIMAUKU	1,425,000	2.53HA	165M2	1,420,000
KUMEU	2,925,000	4.32HA	110M2	3,150,000	WESTGATE	1,065,000	190M2	139M2	935,600
	2,900,000	2.59HA	371M2	2,700,000		1,150,000	450M2	150M2	1,100,000
	1,450,000	737M2	205M2	1,407,500					
	1,525,000	725M2	274M2	1,495,000					
	1,000,000	222M2	170M2	920,000					
	1,250,000	511M2	192M2	1,315,000					
	1,225,000	360M2	196M2	1,160,000					
MURIWAI	1,950,000	4.21HA	210M2	1,815,000					
PARAKAI	755,000	554M2	95M2	700,000					
RIVERHEAD	1,575,000	600M2	210M2	1,630,000					
	1,950,000	801M2	224M2	2,035,000					
	1,405,000	810M2	210M2	1,550,000					

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

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Mike Pero Real Estate Kumeu also provide statistical data FREE from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a FREE summary of a property and surrounding sales, at no cost and no questions asked. Graham McIntyre 027 632 0421 *Available for a limited time. Conditions apply.

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Graham McIntyre
Brand & Territory Owner
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Goldair

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Black



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Dimplex

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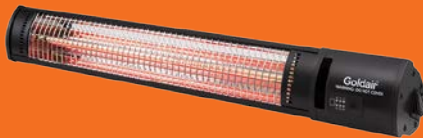


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Hot Property



Taupaki's home - character plus on three lots

Taupaki, a village of families and a community rich in history offering excellent primary school, reserve and playground, rural aspect and community hall.

Being sold with three lots being Lot 24, Lot 25 and Lot 26 the property delivers an enviable 4816 (approx) sqm footprint with grassy glades, outbuildings, carport, sheds that all compliment the

homestead.

Built through the 1980's this character bungalow is a fabulous mix of blended history and kiwi ingenuity all seamlessly merged to deliver a home where every part of the whole is interesting, thought provoking and unique. It is a home that lives well, with enclosed wood burner and open plan kitchen dining which opens to north facing decking and covered porch area. All bedrooms off the central hallway. Two loo's and laundry complement this offering.

Often, you'll find a house that has been crafted around its surroundings and blends to the peace and patience of its place, this is such an offering. Close to Harry James Reserve and playground,

Hot Property



Taupaki Primary School, access to SH16 and Westgate.

The CV on this property is \$1,050,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

For more information on this property call Graham McIntyre on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).





Island

from \$425,000*



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



4



2



2



174.9m²



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3  1  1  1 

By Negotiation

193 Wairere Road, Waitakere

By Negotiation

Picture perfect this beautifully matched stately bungalow within a glade of calm, raised bed garden, play lawn and securely fully fenced. A home you'll love, finding peace and solace with after work, and tinker in the workshop downstairs or cultivating fresh produce in the garden. Upstairs you'll be impressed with expansive views from the decking and alfresco through to open plan lounge and dining with galley kitchen through to laundry and central hallway to three bedrooms and refurbished bathroom. A much loved and enjoyed family sanctuary, which is now asking questions if it is your new place of peace and harmony. Close to Waitakere Primary School, parks, walking tracks, transport links and convenience shopping.



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LIFESTYLE-URBAN BLEND - GOOD LIFE ON ALMOST ½ ACRE 4 2 2 2 By Negotiation

29 Sunny Crescent, Huapai

By Negotiation
Viewing by appointment

Seldom found this is an outstanding mini-lifestyler in an urban setting, offering the best of urban and lifestyle living. Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form. Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchen-cozy meeting the dynamic needs of family living. Hardwood flooring that takes your breath away. All bedrooms, bathroom and laundry off a central corridor. Master, ensuite and walk in wardrobe also enjoys slider access to north facing decking. Smart and sustainable services with solar hot water, wet back, ventilation and heat transfer systems, uncompromised insulation, and significant loft storage space which could see further development.

www.mikepero.com/RX3977654



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027 632 0421
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mikepero.com



BRICK AND TILE ON 704SQM (APPROX.) - FAMILY OASIS

4 2 2 2

By Negotiation

130 Matua Road, Huapai

By Negotiation
Viewing by appointment

A beautifully appointed and finished Ashcroft Home, offering an easy living 237sqm (approx). floor-print and a generous 704sqm (approx). section-size. From entrance to entertainment area the home seamlessly caters for a family that respects space, quiet and independence, offering two separate bedroom wings, entertaining and a multi-room offering media/ office/ guest room options. Four rooms and two bathrooms, separate laundry and oversized double garage. A large entertainers kitchen/lounge/dining leading to outside decking and lawn with established fruit trees and easy care garden. So much to see, and plenty to impress. This Ashcroft Homes build does set a high standard and certainly a great home to make your own.



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April kitchen garden

April brings shorter days but they are often still warm, so this month is ideal for tidying up and nourishing the garden ready for winter crops. While it still fairly mild, watch out for the transition to winter in the air.

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



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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.

Mitre 10 MEGA Westgate & Henderson.

Protect your home against surges

Something most people don't think about in their homes is surge protection. During the recent Cyclone Dovi there were a lot of houses in the area without power and we had customers who unfortunately experienced surges and now have issues with some of their devices. A power surge is an increase in the amount of voltage flowing through electrical devices that exceeds the standard voltage level of 240 volts. Surges can be caused by many things such as high-powered devices, bad wiring, or a problem with your incoming supply.

While a surge of power may not break your electronics immediately, it can put extra strain on various components, wearing them down over time. Power surges can heat up wires and components in your electronics, similar to a light bulb filament, and cause them to burn out.

A power surge means that there is an increased level of voltage in the lines beyond the usual designated level of electricity. This excess voltage causes an arc of electrical current which creates heat and surge protection is designed to reduce the effects of these power surges, protecting your electronics.

A surge protector guards against the damage that sudden power



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surges can cause. It works by pulling the current from one outlet and passing it through to the devices you have plugged into the surge protector.

Surge protection is installed directly at your home's switchboard to provide protection to all of your appliances, and also to the electronics that are hard wired.

Give the team at Blackout Electric a call and we'll talk you through the options best suited to your home.

Autumn in the community garden

After the heat of February, it's good for the soil to be getting a bit of rain. The mulch given to us by Wyatt Landscape Supplies Waimauku will help to keep the moisture in the ground. We've also been building our own compost, layering dry and wet vegetation to get warmth and air flow, breaking down old plants to grow new ones. That's the cycle of life happening in our garden.

It's time to harvest the last of summer's veges - tomatoes, cucumbers, chillies and late summer fruit, as well as the summer herbs that are soon going to flower and seed. Come along and fossick among the greenery and find ripe fruit sweetened by the long summer sun. Some species including sunflowers, and the local birds - pukeko and kingfisher included, are into their second production of the season, making the most of the last summer days.



We have yummy hearty winter veges to come. We are sowing and planting beetroot, spinach, winter salad greens, cauliflowers and broccoli and cabbage. Join us on the fourth Saturday of the month from 9-10ish (April 27, May 25).

Celebrating 50 Years

Your support and loyalty mean the world to us. Half a century ago, KPL's humble beginnings began in a garden shed on the backroads of Kumeu. Today, we celebrate not just the passage of time, but the unwavering commitment of everyone who has been part of this journey. To our loyal customers, past and present, we want to extend our deepest gratitude and to our staff, past and present, without you all we would not be here today. The road has had its highs and had its lows, but a well worthwhile journey to travel. We will continue to learn, grow and serve our community. Thank you for being part of our journey, a toast to the next 50 years!

KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building www.kumeuplumbing.co.nz.



Waimauku Garden Club

It was a stunning day as we set off by carpool to our first destination, Crown Lynn and Clayworks Museum located in Ambrico Place New Lynn on the old Garden Brothers and Parker brickworks site next to

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their original brick kiln. Once the home to the iconic Crown Lynn Potteries, the largest domestic pottery manufacturer in Australasia. The Museum was opened in 2015 and holds a collection of about 6,000 objects as well as archives which include photographs and designs. The collection relates mostly to Crown Lynn but also to the early brick and pipe industries of West Auckland. From bricks to tea cups. Louise Stevenson gave us a most informative and passionate presentation. It was quite nostalgic as we all recognized pieces from our homes or memories. Another hidden jewel out west to see and experience. Not far on to visit West Lynn Garden a slice of paradise set in two-and-a-half hectares of heritage trees, flowering shrubs, and sub-tropical gardens, it is renowned for its Butterfly house. A tranquil and peaceful haven. It was lovely to see the Monarch butterflies in abundance. We all met up for a leisurely lunch at the Brickworks Restaurant and Bar to enjoy a delicious lunch and refreshments. We could choose to head home or to the shops for a bit of retail therapy. A wonderful day was had by all.

Laser Plumbing & Roofing Whenuapai

The year is certainly flying by. Here we are in autumn already, which means winter is on its way. This is an ideal time of the year to start thinking about making sure your property is ready for the coming months. We have put together a check list to help you maintain a healthy home.



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

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

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

Hot Water Cylinders - check your HWC for any surface drips or leakages. This can go easily unnoticed if hot water cylinders are in a cupboard.

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

We have an experienced team of plumbers, roofers and drainlayers ready to offer total solutions for any of these issues.

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

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

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

Mother's Day special "harvest" walk

Sunday 12th May - 9:30am to 11:30am.

Something special at the centre for mum on this upcoming Mother's Day; David Bayly will be taking you on a guided walk around the Sculpture Gardens as well as our native forest & farm trails at Kaipara Coast Plant Centre and Sculpture Gardens.



Along the way David will be showing you all of the Exhibits contained within our 2024 sculpture exhibition as well as talking about the local flora and fauna. He will also offer information about the history of the gardens as well as the ecological initiatives being undertaken to conserve and enhance the area.

You will also be able to pick available "in season" produce so you will potentially be able to go home with a posy of flowers/foliage and some fruit.



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There are also some wonderful harbour views along the way and great locations in which to have a picnic after your walk (dad and the kids are also welcome).

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

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

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets: \$20 per person. To Book email - info@kaiparacoast.co.nz or phone - 09 420 5655.

STIHL SHOP

A big congrats to the team at STIHL SHOP Kumeu who were awarded STIHL New Zealand's "Outstanding Marketing Achievement Award 2023" at their national dealer conference last month. This is an impressive fifth time our local Kumeu store has received this award! "We're ecstatic to



be recognised for our efforts", says Rae Deakin from STIHL SHOP Kumeu. "We're a smaller store within the group, so to continually impress the head office of such a reputable brand like STIHL is a real honour". All STIHL SHOP stores are individually owned and operated and it is up to each store to stamp their own mark on their local marketing plan, which the Kumeu team does with a focus on community involvement, safety education and social media. Well done, Craig, Margaret and the team at STIHL SHOP Kumeu!

Experienced swollen or water damaged kitchen cabinetry?

Have you ever heard of HPL plywood? Chances are you may not have, even when you have been renovating your kitchen, bathroom or laundry. At Natural Timber Creations, we are proud to have been using HPL Plywood, since it became available in NZ around 15 years ago, as standard product in all our cabinetry interiors. Why do we use this? Because it is superior - stronger,



Because it is superior - stronger,

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more durable and most importantly, is not as affected by moisture as other standard products are on the market, in wet areas of the home. In fact, it was designed specifically for the wet area cabinetry found in a home or business. This means that your new kitchen or bathroom will last far longer than otherwise - and is better value for money in the long term.

Sadly, many Kiwi outfits still use medium density fibreboard (MDF) or particle board as standard product in their cabinetry interiors, even when technology has moved way on and there are more appropriate options available. It's hard to retrofit a cabinet once it has exploded.

Both products look very similar when new, but as time passes, European HPL plywood will outperform other products in appearance, durability and quality, every time.

We're happy to discuss and show you the benefits of HPL plywood - a core value and belief of Natural Timber Creations; and one we stand by.

Take a look at our website: www.naturaltimbercreations.co.nz or contact Paul Marley on 021 111 9637.

Whenuapai Floral and Garden Circle

Margaret welcomed several new members at our second meeting

for the year. Welfare of absent members was followed by discussion of upcoming bus trips. Planned trip for March is to the Crown Lynn Museum and then West Lynn Gardens for picnic lunch followed by a visit to Touch of the Tropics Garden Centre. Despite valiant efforts to find one, no guest speaker was available, however member Margaret gave us an account of her trip with her daughter which included a journey on the Trans Alpine Express, an experience much enjoyed by the pair. The formal part of our programme finished early which allowed greater time for social interaction over afternoon tea.

A timely reminder from myself, who found one of these lurking among a climber right beside our house. It was set up nicely with its root deep into the ground beside our drainpipe. Beware of the invader, commonly called Moth Vine, which at this time of year has many small innocuous flowers which develop into large seed pods, not unlike Choko in appearance. The pods contain roughly a thousand seeds each which will disperse to wherever the wind takes them. Wear gloves when dealing with this nasty as the milk like sap is toxic. Dispose of the pods carefully, either wrapped in a bag in your rubbish or in special weed bins.

If you would like to know more about our Club, and wish to join us, please phone Judy Garrity on 09 833 5592. Meetings are held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket.

Until next time, Happy Gardening from Mary Anne Clark.

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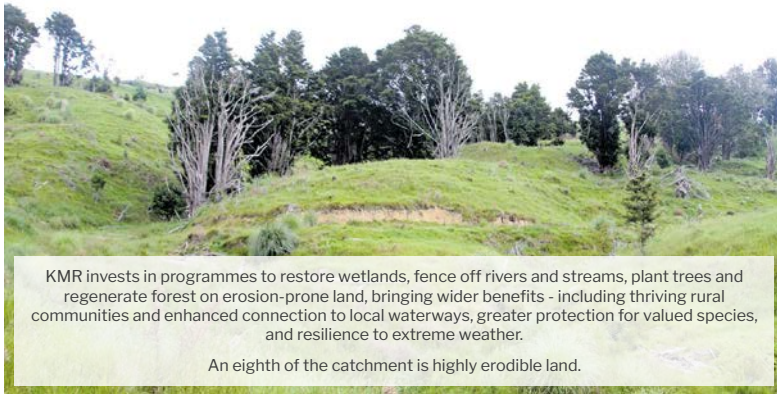
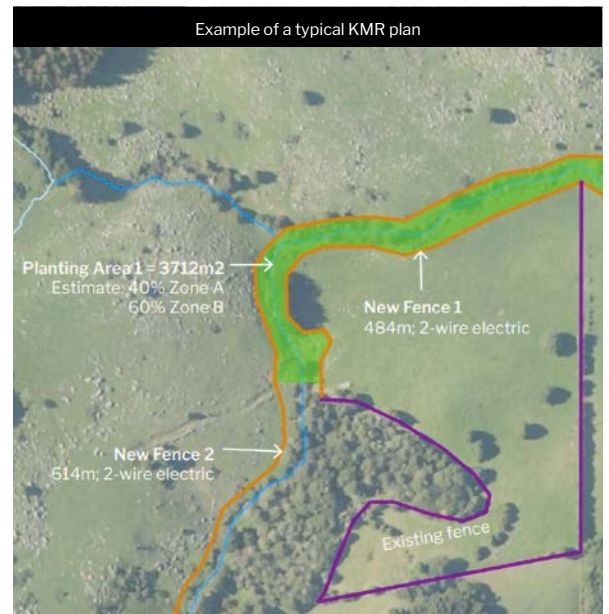
Kaipara Moana Remediation

The Kaipara Moana has unique — and nationally important — values

The Kaipara is the largest natural harbour in the Southern Hemisphere, and a place of global significance.

As the 'nursery' for several fish species, the Kaipara also has unique, national economic value. For example, snapper is New Zealand's top commercial inshore fishery, creating export revenue of around \$35m a year and contributing \$69m to the economy & 579 jobs each year. However, sediments from the land are putting both the Kaipara Moana and the fishery at risk.

KMR aims to protect and restore the mauri of the Kaipara Moana. Our long-term aspiration is to halve sediment flows into the harbour.



KMR is now working across the landscape

We have recently expanded our focus on waterway protection to include projects on erosion-prone hill country. KMR can now co-fund a range of projects including:

- Fencing to protect waterways
- Native planting near waterways
- Managing erodible hill country including:
 - Continuous canopy and permanent forest cover using native species or non-weedy, non-pine exotic species (e.g. eucalypts or redwoods).
 - Fencing and management to support regeneration of native forest.
 - Space planting of poplars while maintaining some grazing (subject to poplar supply).



What KMR provides:

- Free advice — we walk the land with you to discuss your aspirations and project options
- Funding — typically, KMR pays up to 50% of the cost of eligible sediment reduction projects
- For groups such as catchment groups or marae, we can also help with the cost of engagement, coordination and project management
- Planning and support — our Field Advisors prepare a plan to access KMR funding and provide support through the project

KMR is already working with close to half of the estimated pastoral landowners in the catchment.

Come and join us!

For more information, or to ask about KMR's new funding available to retire and plant on erosion-prone hillsides:

w: kmr.org.nz | e: hono@kmr.org.nz

Pets

Cat lovers we need your help

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



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

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

Pet Patch

A Tail-Wagging Start: Basic Training Tips for New Puppy Pawents from Pet Patch

Welcoming a new puppy into your home is a heartwarming experience, but it comes with the responsibility of laying the groundwork for a well-behaved and happy furry family member. Basic training techniques are the building blocks for a strong bond and a harmonious relationship with your playful pup.



Start with essential commands such as "sit," "stay," and "come." Use positive reinforcement, like treats and cheerful praise, to reward good behaviour and reinforce positive habits. Consistency is

vital; practice commands in different settings to help your puppy generalize their understanding.

Leash training is a key aspect of early education. Introduce the leash gradually, letting your puppy get used to its presence before attempting walks. Encourage loose leash walking by stopping when they pull and moving forward when the leash is slack, teaching them that pulling leads to a pause in the adventure.

Remember, patience and persistence are your allies. Each puppy learns at their own pace, and positive reinforcement creates a lasting bond. By investing time in basic training, you're not just teaching commands - you're setting the stage for a lifetime of tail-wagging companionship and joy.

The guilty look on your dog's face

The "guilty" look on a dog's face is a complex and often misunderstood behaviour. Many dog owners have observed their dogs appearing guilty after doing something wrong, such as chewing up a shoe or getting into the trash. However, it's important to understand that this behaviour is not actually an indication of guilt or remorse.



Instead, the "guilty" look is a response to the owner's behaviour and body language. Dogs are incredibly attuned to human emotions and can pick up on cues like tone of voice and body language. When a dog sees that their owner is angry or upset, they may lower their head, avoid eye contact, or exhibit other submissive behaviours.

This response is known as appeasement behaviour and is a way for dogs to diffuse tension and avoid conflict. When a dog sees that their owner is upset, they may display this behaviour in an attempt to calm the situation and avoid punishment.

However, it's important to note that the dog's behaviour is not actually an indication of guilt or understanding of right and wrong. Dogs don't have the ability to understand moral concepts such as guilt or shame. They are simply responding to their owner's behaviour and body language.

So, a dog may not be guilty, but look guilty, and vice versa.

In fact, punishing a dog for exhibiting the "guilty" look can be counterproductive and damaging to the relationship between the



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Pets

owner and dog. Instead, it's best to focus on positive reinforcement and training to help prevent unwanted behaviours in the first place.

So, while the "guilty" look on a dog's face may appear to be an indication of guilt or remorse, it's actually a response to the owner's behaviour and body language. Understanding this behaviour can help improve the relationship between owner and dog, and lead to more effective training and positive reinforcement.

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www.k9heaven.co.nz

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Food & Beverage

Blend goes 'road'

Exciting news - hot off the press

Our crazy and fun-loving Amy sweet talked her partner Carl to buy a second-hand caravan to convert into a mobile food trailer and guess what?

Yes, you guessed it!

She got her way and now Blend goes 'road'.

After several months of afterhours hard work, Carl, Amy and their family have been making happen and very soon it will be completed. Another crazy idea becomes reality, as if Amy hasn't already got enough to do.

On the 6th & 7th of April, Blend will be at their very first event 'Go Green Expo - the sustainable lifestyle show at Eventfinda Stadium, Northshore. We can expect around 10,000 people to be able to buy a selection of Blends offerings.

So not only can we do events in store we can now come to you for all types of events. Weddings, birthdays, parties and corporate events. Be quick! Two weekends in April have already gone.

You can book emailing blendnewzealand@gmail.com for all inquiries.

See you on the road!



Good From Scratch

This month here at the school we ran our very first Fish. Smoke.Fire class, and what a great day we had. From filleting fish, to learning how to prepare it for cooking, our guests enjoyed a veritable feast of seafood goodness.

The day was a real success, so much so, we have added it to our regular classes

at the school. So be sure to sign up for our newsletter at www.goodfromscratch.co.nz and we will send you updates of our upcoming events and classes.

While the fishing might be slowing down on our beloved Muriwai



beach, don't worry there's still plenty of fish in the sea!

Phone 09 411 8808, email info@goodfromscratch.co.nz, 376 Taiapa Road, Muriwai.

Need some beeswax?

Don Buck Honey supplies beeswax blocks (approx. 250g each). Beeswax is used for making balms, polishes, kawakawa balm, and cloth food wraps. \$12 each, and this price is discounted for orders of 4+, 6+, 12+ blocks or pots of honey (as per the usual mix & match bundle discounts). Order through the Don Buck Honey website or email DonBuckHoney@gmail.com.

Order pickups are from Massey, or can be couriered to you with Post Haste. www.DonBuckHoney.co.nz.



Allely Estate's unforgettable 'Celebration of Life' event

The growing trend of living funerals, also known as living memorials, is reshaping how we approach farewells. Unlike traditional ceremonies, a living funeral is a celebration held for someone still alive and actively participating in the event. In the tapestry of existence, life's journey is marked not only by its beginning and end but by the moments that punctuate the path in between. At Allely Estate, we understand the significance of these milestones, and our "Celebrations of Life" event offering is dedicated to a living farewell on your terms in the most meaningful and memorable way possible.

Allely Estate, can accommodate gatherings ranging from 60 to 200 for seated meals or up to 400 for canapés or finger food, ensuring your preferences are met. In this unique event, family and friends have the privilege of expressing heartfelt sentiments directly to



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Food & Beverage

the honouree, fostering a reciprocal exchange of appreciation and understanding. It's an opportunity to share sentiments that may have gone unspoken in life or reflecting on moments we wished from life while our loved ones are still with us.

Privately nestled amidst landscaped grounds that feels like home, Allely Estate offers a comforting haven where every occasion becomes a cherished memory. Whether it's a joyous wedding, a heartfelt reunion, or a serene farewell, our experienced team is committed to ensuring that each event is infused with warmth, elegance, and reverence.

Our "Celebrations of Life" event offering is a testament to the belief that every life deserves to be celebrated, and every story deserves to be told. From personalised ceremonies to bespoke tributes, we work closely with families & friends to create a fitting homage to their loved ones, honouring their legacy and celebrating the impact they've had on those around them.

With meticulous attention to detail and a compassionate approach, we strive to alleviate the burden of planning during what can be a challenging time, allowing families to focus on what truly matters—commemorating their loved one's life and finding solace in the embrace of friends and family.

Allely Estate is the backdrop for many cherish memories and unforgettable moments, where every celebration becomes a tribute to the beauty of life's journey. Find out more - phone 09 412 7206, email info@allelyestate.co.nz, www.allelyestate.co.nz.

The Riverhead

The Riverhead - one of the Top 50 Gastropubs in New Zealand, and right on your doorstep.

We recently entered the New Zealand Gastropub Awards and have made it into the Top 50. We now go through to the regional finals and hope to be crowned the winner for Auckland.

If you haven't visited us before, we are New Zealand's oldest riverside tavern located in Riverhead. We have three unique venues here: The Landing Restaurant, The Portage Bar, and The



Boat House Wedding and Events Centre.

Enjoy a family get together in The Landing with stunning views of the water - kids are most welcome and they eat for free Monday-Thursday (conditions apply).

Next door is our Portage Bar, the perfect spot for a catch up with friends. The bar offers typical pub fare with a modern twist.

And through the white gates is The Boat House - the perfect spot for weddings and private celebrations.

Visit our website for more details or pop in:

www.theriverhead.co.nz

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Health & Beauty

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But this is just while you are sitting still. Environmental and lifestyle factors are trickier to optimise. Imagine how eye movements vary between computer users, drivers and sportspersons. Leading lens companies are fitting out test wearers with AI-connected sensors on their spectacles and the data gathered in 'real life' wear is collated and crunched by AI. The number of potential interactions between the above factors, for one single individual, is in excess of 40,000. Without AI the task would be impossible. The newest lens designs are already reflecting the study outcomes and are proving a hit with wearers. Perhaps one day your eye examination will include a test run with AI goggles to fully customise your lenses.

For Eyes is in the Kumeu Shopping Village; Matthew and Molly Whittington and Anna O'Hare. Ph 09 412 8172.



Ask Dr Heather

What is the best treatment for acne?

Anon, Kumeu.

Acne is a frustrating beast. It can rear its ugly face at all ages and can fluctuate at different stages of our lives. Back in the infomercial days of acne skincare, many of us will remember the "miraculous" treatments all the popstars used that seemingly served to only irritate our skin, without any real solution (sorry Beibs).

Several types of acne exist, all relating to different stages of hair follicle blockage and inflammation. These stages are referred to



as Comedomal Acne (red spots and blackheads), Acne Vulgaris (pimples and blackheads), and Nodulocystic Acne (angry red pimples and sores). Often an array of these features co-exist, and are further categorised as mild, moderate and severe.

Treating hormonal imbalances, tweaking medications, restricting the use of occlusive cosmetic products and reducing intake of dairy and high GI foods can all help as a starting point to minimising acne. Cleansing the face twice daily with a pH-balanced cleanser, ideally containing salicylic acid is the next step, followed by use of topical Retinol (Vitamin A). The latter is famous for not only controlling acne, but also sports marvelous anti-ageing effects, plumping skin and evening pigmentation. Hardy versions of retinol are available on prescription.

Chemical peels and micro needling can also help settle the skin; however, need to be done on skin without active infection present. Failing that, oral medication such as doxycycline and isotretinoin (Roaccutane) are an option to really help things clear. Like any oral medication, these must be prescribed by a Doctor and monitored closely to ensure safety and adequate response.

As acne clears and scars emerge, these too can be minimised by treatments such as chemical peels and micro needling. As complex as acne can be, advancements in skincare, topical and oral medications have thankfully altered the course of how we can treat this problem. Goodbye pizza face, hello smoothness.

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

Chiropractic for a better pregnancy and birth

Live Chiropractic is presenting a FREE health talk all about supporting your body through pregnancy. This event is open to all people in the community that are pregnant, hoping to soon get pregnant or health professionals that work with pregnant clients. 7pm Wednesday 17th April at Live Chiropractic - 306a Main Road, Huapai- next to the Art Centre, Nibbles will be provided.

It is now more commonly



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known that chiropractic is a safe & effective way to manage the back aches involved with growing a baby. But did you know research also shows chiropractic care can help relax pelvic floor muscles and improve the control over these muscles. The combination of ensuring optimal pelvic alignment alongside improving pelvic floor control sets mums who go to a chiropractor up for a much faster & easier natural birthing experience. In fact, research shows seeing a chiropractor through your pregnancy reduces labour times by 25% in first time Mums and 31% in those who have given birth before compared to women who do not receive chiropractic care.

It makes sense to support your body through the monumental changes that occur during pregnancy, so if you or someone you know are pregnant why not see a chiropractor or come along to our upcoming health talk to find out more.

Appointment bookings and general enquires can be made online: www.livechiropractic.co.nz or via email: reception@livechiropractic.co.nz.

Mindset and Solutions

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

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

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

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

Amanda-Jane Sopp 027 733 2012 - www.mindsetandsolutions.com.



co.uk, email aj@mindsetandsolutions.co.uk. Level 1, 49 Main Road, Kumeu, Auckland.

PWR Fit Studios

PWR Fit Studios is having a Nutrition event with Renee Diment and you are invited. "Eating Well, Living Better: A Practical Guide to Nutrition and Life"

In today's fast-paced world, finding the perfect balance between eating healthily and enjoying life's pleasures can seem like an unattainable goal. That's why I have designed a seminar that demystifies nutrition basics while embracing the reality that food is also about joy, culture, and celebration. Our seminar, "Eating Well, Living Better: A Practical Guide to Nutrition and Life" promises an engaging, insightful, and practical approach to nutrition that respects both your health goals and your love for life's delicious moments.

What You Will Learn:

The Basics Done Right: Understand the foundational elements of nutrition. I'll cover what your body truly needs from proteins, carbs, fats, vitamins, and minerals to function at its best.

- Practical Meal Planning: Learn how to create balanced meals that fuel your body and delight your taste buds. I'll share tips for busy schedules, eating out, and incorporating flexibility into your diet.
- Mindful Eating, Joyful Living: Discover the art of enjoying food without guilt. My seminar will guide you through the principles of mindful eating and how to listen to your body's cues.



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Health & Beauty

• Navigating Challenges: Strategies for dealing with social pressures, diet trends, and the overwhelming world of nutritional information. Learn how to make choices that are right for you.

Who Should Attend: This seminar is perfect for anyone looking to improve their nutritional knowledge, find a sustainable approach to eating well, or simply seeking inspiration to revitalize their relationship with food. Whether you're a nutrition novice or looking to refine your approach, there's something here for you.

To book visit www.Pwrfitstudios.Com or type in the link below:

www.momence.com/s/100443815

Embracing plant-based eating for menopause wellness

What started as a hippy lifestyle choice has now evolved into a mainstream lifestyle choice celebrated by millions worldwide. Beyond its ethical and environmental merits, the plant-based movement is increasingly recognised for its significant health benefits, particularly concerning hormonal well-being, making it an appealing option for individuals navigating menopause.



In recent years, scientific studies have underscored the positive impact of plant-based diets on hormonal health. Research reveals that a well-structured plant-based diet can effectively regulate hormone levels, enhance insulin sensitivity, and mitigate the risk of hormonal disorders such as polycystic ovary syndrome (PCOS) and endometriosis. These diets, characterised by lower saturated fat content and higher levels of fiber, phytochemicals, and antioxidants, play a pivotal role in fostering hormonal balance.

Here are some ways in which plant-based eating can specifically benefit hormonal health during menopause:

Plant Oestrogens: Certain plant-based foods like soy, flaxseeds, and legumes contain phytoestrogens, compounds structurally akin to estrogen. These substances mimic estrogen in the body, aiding in the regulation of estrogen levels and alleviating symptoms associated with hormonal fluctuations, such as hot flashes and mood swings.

Anti-Inflammatory Properties: Plant-based diets abound in anti-inflammatory compounds like omega-3 fatty acids and antioxidants.

Chronic inflammation can disturb hormone synthesis and contribute to imbalances. By curbing inflammation, plant-based diets effectively support hormonal health, emphasising the importance of consuming a diverse array of colorful plant foods.

Gut Health: A thriving gut microbiome is indispensable for hormonal balance. Plant-based diets, particularly those abundant in fiber, foster the proliferation of beneficial gut bacteria. These bacteria aid in hormone metabolism and facilitate their proper elimination from the body, thereby promoting hormonal harmony.

Weight Management: Plant-based diets are naturally lower in calories and rich in fibre, facilitating weight management—an essential aspect of hormonal equilibrium. Excess body fat can trigger inflammation, disrupt hormone production, and lead to imbalances, making weight control crucial for overall well-being.

One of the simplest ways to get more plants into your diet is to have a competition with yourself and your family to see if you can get 30 plants or more into your diet every week - this isn't just about veggies and fruit it includes grains, legumes, nuts, seeds, herbs and spices. Have fun with this.

If you want to know more about introducing menopause friendly foods into your diet OR if you want to teach Menopause Friendly cooking as part of your current business then contact me admin@sarah-brenchley.com for more information or go to my website sarah-brenchley.com/links and keep an eye out for my next Menochef cooking classes.

I am a Menochef (R) Licensed Champion with the organisation Menopause Experts Group.

Nutrient support needed for common medicines

Achieving Optimal Health

No-one takes medicines to feel worse. But sometimes the side effects of medicines can make us feel worse. This may be a necessary trade-off you have to make, but sometimes, medicine side effects are avoidable. For example, some medicines have fewer side effects if taken with the right nutrients. Plus, some medicines will actually work better when taken with the right balancing nutrients too.

This area of nutrition medicine is relatively new and specialised. This is where a good Nutrition Medicine Pharmacist can help. Here are some common examples:

- Iron should be taken with vitamin C to improve absorption of iron.
- Epilepsy medicines should be taken with B vitamins, to improve the tiredness that can go with these medicines.
- Oral contraceptives should be taken with zinc, magnesium, vitamin C and a probiotic to ensure optimal health.

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Health & Beauty

• Statin cholesterol medicines should be taken with co-enzyme Q10 and vitamin K2 to reduce the chances of low energy, muscle pains, and heart attacks and strokes.

Statins are one of the most common medicines prescribed. They are usually prescribed to lower cholesterol and reduce the risk of having a heart attack. Statins work by blocking an enzyme that makes cholesterol. The trouble is the enzyme also makes some useful stuff in the body like vitamin K2 and co-enzyme Q10. So, while statins reduce cholesterol, they also reduce vitamin K2 and CoQ10 (potentially causing side effects).

Vitamin K2 is important to keep calcium out of arteries where it can cause blockages leading to heart attacks. It puts the calcium into cells where it can increase energy and strengthen bones. Healthier and more energetic!

Co-Enzyme Q10 is needed for your body to produce energy. When levels get low, you will feel tired. If your levels get super low, your muscles can start to break down leading to aches and pains.

It is no surprise that possible side effects of statin cholesterol medicines are to increase calcification in arteries and to cause tiredness and muscle pains. It is not rocket science to know that taking extra doses of vitamin K2 and co-enzyme Q10 will reduce these side effects. Supplementing your statin with vitamin K2 and CoQ10 is like having your cake and eating it too. In other words, you get all the benefits of taking a statin medicine with much less risk of side effects. Boom! Healthier you.

To chat about the best nutrients to ensure optimal health and wellness, pop into Massey Unichem Pharmacy. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

Your mind does exactly what it thinks you want

The mind does exactly what it thinks you want and what it believes is in your best interest. So how does the mind know what you want? It listens to the words you think and say. What you tell your mind it feeds back to you. If you say you LOVE something, then your mind will think that is in your best interest. If you say you HATE something, then your mind believes that is NOT in your best interest. It will motivate you to do things you love and help you avoid things you hate. If you say you love chocolate and ice-cream and



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hate exercise then you have a higher chance of being an overeater and overweight as I was. It also responds to words like ALWAYS, NEVER, ONLY. Listen to what you attach to those words as your mind responds like they are direct instructions just like a computer does. I always eat too much (so you do), I can never get fit (so you don't), I can never lose weight (so you don't), I've always been big (so you are), I'm only worthwhile if I am a certain weight (so you feel bad about yourself when not that weight). You need to tell your mind what you want using present tense - I am slim, fit and healthy, I can achieve my goals, I love exercising and moving my body, I can take or leave sugary foods, I am worthy no matter how I look.

Contact me if you need help releasing negative beliefs and meeting your goals. Lorraine Maguire - Rapid Transformational Therapist - www.lorrainemaguire.com.

3 common causes of neck pain

Neck pain is common and most of us will suffer from it at some point. Although there a lot of different causes of neck pain, I wanted to share with you 3 of the more common causes we see in practice.

1. Mechanical neck pain. This type of discomfort often arises from improper movement or sustained poor posture, leading to spinal and muscle strain and discomfort.
2. Arthritic neck pain. Joint wear and tear is a common culprit, causing pain, swelling and sometimes the 'grinding' type sensation during neck movements.
3. Disc-related neck pain. Issues with spinal discs, especially a disc bulge, can result in sharp, shooting pain down the arm and numbness or weakness in the hands.

If you are struggling with neck pain, or want to find out more, check out our recent videos on our blog, www.elevatechiropractic.co.nz/blog. Elevate Chiropractic is located in Greenhithe.



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Area Columnists

Are you ready to go on a journey to your past?

Some people in our lives touch our hearts from the moment we first met them. It maybe their energy, their personality, but it is something that makes you gravitate to them, it's like you have known them but just don't know from where. It's like the saying "A brother from another mother" or "A sister from another mother". It's that immediate bond, a lifelong bond. Personally, I met a dear friend of mine while doing a healing course in Las Vegas many years ago, she was hosting it and picked me up at the airport, we were both strangers but from the moment we met, we became very close and with her family, it really was "a sister from another mother". The connection we have, is like we have known each other from the past. Have you had a similar experience and met someone and felt you have met them before?



When we travel to a special place or have a desire to visit a new place or country, have you ever felt you've been there? Have you watched something on tv or read something in a book or magazine and it seems familiar? Maybe you have been there before, but in another life time.

Have you ever said to yourself, why has this happened to me? Why did this person do this to me? Maybe it is past karma. Are you curious to learn more? Maybe a trip down memory lane is in order, so you can go back into your past.

If you have an issue that's holding you back whether it be an illness, a fear, or an ache somewhere, maybe it due to something that has happened in the past. Are you ready to open up and explore this?

It is possible to go back in time under hypnosis. You can go back to another time and place through a Past Life Regression. Not only can you go back in time under hypnosis, you are given the opportunity to heal various aspects of that time, that may be affecting your current life in order for your future to be healed.

Astramana™ Healing Services, International Past Life Regression Facilitator Jason Mackenzie has conducted various Past Life Regression sessions over the years, taking people on journeys to different times and places such as a soldier in the army, a small village in Asia, royalty in Europe. Your journey into your past is unique to you, are you ready to go down Memory Lane, with a Past Life Regression session? Don't delay, book your Past Life Regression session now with Jason.

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CAB: Value for more than money

What do a damaged casserole pot, a beat-up printer, busted car door and a cracked letterbox have in common?

"Nothing normally except for needing to be recycled but they became a public thought-provoker," says Rani Timoti, manager of Citizens Advice Bureau Helensville.



This is the true value of our free advice.

Citizens Advice Bureau Auckland branches, including Helensville, teamed up with TradeMe, to present a series of auctions which metaphorically represented the cost of free advice given by our volunteers throughout February.

The creative campaign featured a cracked letterbox worth \$34,350 (over 229 hours on tenancy advice), a damaged casserole pot worth \$33,450 (over 223 hours on consumer rights), a beat up printer worth \$30,750 (over 147 hours on employment dispute cases), a broken car part worth \$24,450 (on all vehicle advice).

Visitors to the auctions in March could also contact CABs as a forum to ask questions and seek advice.

ACABx, the board responsible for negotiating and administering funding with Auckland Council on behalf of the nine Auckland CABs with 33 branches, secured a timely Radio New Zealand slot to highlight the auctions.

National Radio host Jesse Mulligan started the interview by reading a text from a grateful CAB client before talking to John Farrell, CAB Orakei volunteer and a former CEO of some of the world's most renowned hotels.

John says despite his previous skills it was like starting again as he went through extensive CAB training to learn how to help clients. "We don't use our own opinion but point them in the right direction."

John estimates he's taken over 700 calls in his six years acknowledging the accuracy and information from CABNET and support of fellow

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volunteers with expertise on certain subjects.

He says CAB is for everyone, not just those suffering deprivation, and volunteering is very satisfying to empower clients to receive genuine help and provide relief for them.

"There's a sense of learning and working with like-minded people," he says about his comradeship with his colleagues.

In illustrating the real-life impact of the CAB's work on individuals and communities, John articulated the significance of its mission and the collective effort required to sustain its vital service.

"I am also always surprised at how many Kiwis don't know about our services, that we can help them, for free in their time of need or to help solve the trickiest situations," he says. "This is our chance to remind New Zealanders of this extremely important service and the impact this advice can have on people's lives."

Freedom Drivers

Personal driving service for Hobsonville, Whenuapai, Riverhead, Kumeu, Huapai, Waimauku, Taupaki, Massey and West Harbour

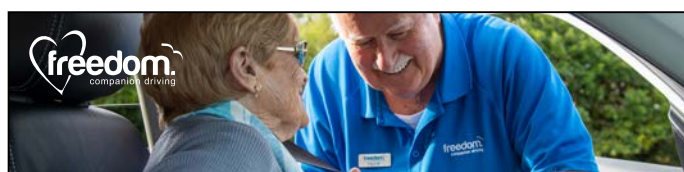
Getting out and about and doing the things you have always done is an important part of keeping independent.

Freedom Drivers Hobsonville, owned by long-time local Paul Miller, offers a safe, trustworthy and caring service that is about a lot more than just transport.

"We love to support the local community and our service is designed to provide personalised transport and assistance to anyone needing a bit of extra help getting from A to B. We specialise in driving seniors on trips covering a wide range of outings including the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two," says Paul.

"Travelling with Freedom is like riding with a trusted friend or family and you'll build a relationship with a very small team of drivers who you will get to know and trust," he adds.

Freedom prices are competitive and comparable to (and often less) than other options or standard taxi services. Our service is highly personalised with a convenient pick up and drop off at your door. We always escort you to the car and to your destination and we always go 'the extra mile'. We take Total Mobility cards (TM) and we are ACC Registered Vendors. Our drivers are fully licensed, and NZ Police checked for your protection.



Paul Miller

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Chris Penk MP

Another year, another Kumeu Show in the bag ... and what a great weekend it was. Even the weather was good, being something between the deluges of rain and blistering heat that we've sometimes experienced in the past.



It appeared as though there were strong numbers through the gate, too, which was great to see. Some of the commercial stallholders reported the going a bit slow in terms of sales, consistent with what we're seeing out there more generally these days.

While plenty of locals are looking to bunker down and wait for stormy economic weather to pass through, there has been some good news this week.

Inflation is now starting to move back in the direction of more normal levels. This week we had welcome news that the increase in fresh produce was back down around the 2% mark, a significant reduction on the sharp rises we'd had in the past couple of years. While prices remain high, a slowing in the growth of such costs is good news and a necessary condition for better times ahead.

At the Kumeu Show there was plenty of discussion about local issues. The subject of an additional secondary school remains a topic of concern. The Ministry of Education has been telling me for a couple of years now that they are in negotiations to purchase a site but cannot disclose the details, as that knowledge being public would jeopardise the transaction. This may be true. But if, on the other hand, they have simply never allocated sufficient resources for a land purchase then I'd rather that they'd been straight up about that.

I'm trying to get to the bottom of this, so I can let the community know how best to proceed. It might be that we need to start pushing for a creative solution such as a public-private partnership ("PPP"). Other schools in northwest Auckland (for example, nearby Matua Ngaru) were built using this model, acknowledging the advantage that the Crown does not require funding upfront to get the thing built.

The other key local concern of course remains transport. It's good that SH16 works have finally commenced at the northern (Waimauku)

Chris Penk

MP for Kaipara ki Mahurangi

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end of the project, although I still don't accept the premise of choosing to start at that end. Hopefully once the northern stage is complete, the southern (Brigham Creek) will be able to begin immediately and end promptly. I will push for this.

To end this column on a positive note, I was delighted that the Kumeu Bypass was included as a Road of National Significance within our recently released Government Policy on land transport.

Take care out there and thanks to the Kumeu Show organisers and everyone else who made this iconic annual event so special in 2024.

Chris Penk MP - chris.penk@parliament.govt.nz

Rodney Local Board

By Brent Bailey - Rodney Local Board has for some years had concerns about the lack of available funding to address the very considerable infrastructure deficits that exist in the Northwest. In only a single decade our population has doubled and yet there has been no increase in the transport network capacity, mass transit for commuters or additional provision of community facilities. Electoral terms flash by, governments change and yet nothing seems to be done to improve our lot.

While the Local Board had advocated for a moratorium on further development until the infrastructure provision catches up, this has not happened either. In fact, the growth Kumeu has had, is also happening in Dairy Flat and Warkworth. This inexorable urban sprawl is the most expensive, unsustainable and climate impacting, strategy for meeting demand for residential growth imaginable.

We are fortunate to have a mayor with the political will to make changes and the Rodney Local Board urges our MP Chris Penk, to support and collaborate with Mayor Wayne Brown address some of the issues we face. We need to:

- Manage immigration as this adds to the problems Auckland faces with growth.
- Focus on the transport function of the roading network, rather than continue to build separated networks for different modes, as priority must be given to value for money and improved productivity. Auckland and in fact all of New Zealand, needs to dramatically improve productivity.
- Change legislation to provide greater flexibility for local government to recover infrastructure investment costs necessitated by population growth. Existing ratepayers in these high growth regions deserve a better deal.
- Dial back the excessive traffic management and safety management that seems to have overtaken all infrastructure construction and maintenance. Safety is important but the present situation has got

out of hand.

- Remove the endless consultation and community micro design of infrastructure provision. Standardised solutions and treatments should be utilised for the most part, and highly customised designs used only for the few that are unique or special. This may sound a bit soviet era, but the country is broke, and something needs to change.

- Recognise that public/mass transport is the most sustainable response to the network congestion and the climate effects of out transport networks. We must invest accordingly.

- When evaluating all investment, we must consider the effect of this on our productivity, our global competitiveness and if this investment makes New Zealand a more attractive place to live. Nice to have is simply not an option at this point.

The community will be given a great many opportunities to have your say in the future. I respectfully suggest that everyone take these opportunities to call for prudent financial management, practical solutions, and greater preparedness for tough economic conditions. Afterall this is how we roll here in the West...

Sayers Says It

By Rodney Councillor Greg Sayers.

Over the last month a petition has been circulating to gather community feedback about the level of public support there might be for the Mayor's proposal to directly fund the sealing of gravel roads, to have them better maintained, to be made more storm and flood resistant, as well as made safer.

To achieve this the Mayor is proposing \$124.5 million to be made available for Auckland Transport to carry out this work throughout the next 10 years. This roading budget is called the "Unsealed Road Improvement Programme".

There was also the opportunity for people to comment on other transport and community related projects they felt were important to have funded from their rates. There was strong support to get the bypass road around Kumeu built sooner rather than later, support for passenger rail to Huapai, the need to protect properties from flooding, and a number of general comments about the very bad state of congestion on SH16.

The petition closed March 28 with more than 1300 signatures collected. The results showed 99% of the participants supported the \$124.5 million being allocated for sealing and improving unsealed gravel roads throughout rural Rodney. People (87%) wanted most of the money invested as quickly as possible during the next few years rather than in the later years of Auckland Transport's 10-year



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budget.

Ninety percent of responses rated the current quality of the grading on the unsealed roads as "Below Average" (38%) or "Poor" (52%). Eighty eight percent of responses rated the current maintenance levels of the roadside drains, water tables and culverts being kept clear as "Below Average" (41%) or "Poor" (47%). Twelve percent rated these service levels as "Good" or "Excellent".

There was a lot of individual feedback with people requesting their particular road to be sealed.

The full petition will be presented to the Mayor (Wayne Brown) and to Auckland Transport by the Rodney Ward Councillor Greg Sayers on behalf of the community and the elected members of the Rodney Local Board. This will give a very strong steer about how our community feels about the council projects and services people want their rates spent on.

I would like to thank those who were able to fill out the petition. At the same time Auckland Council was also running its own wider public consultation process for feedback on all aspects of the Mayor's 10-Year Budget, including about rate increases. This feedback will also be presented to the Mayor and all the councillors to inform the final decision making on the 10-year spending budget which will be voted on in June.

The value of play for school readiness

Here at Country Bears, we have always known the importance of play, the importance it brings on how children learn all the necessary skills in order to succeed in their journey at school. Early childhood teachers understand the importance of play and how this should be at the forefront of all learning, especially for children up to the age of seven. Through play children learn about problem solving, teamwork, cause and effect, science, literacy and maths - all while playing. Our philosophy of being in nature helps foster these attributes as well as confidence, independence and self-esteem.



Here in New Zealand, there appears to be this idealism that if your child can read and write from an early age, they are intelligent and will do better in life. Nathan Wallis, parenting expert, renowned neuroscience educator and founder of X-Factor education, states

that "Longitudinal studies show that the more free play there is in early childhood, the less statistical chance there is the child will go to prison". Nathan also believes that children need to have an emotional disposition towards learning before moving into a more formal and repetitive way of learning, such as learning numbers and letters.

Primary schools are also seeing the benefits of play-based learning curriculum, employing early childhood teachers with their year one and two children. This is based on research that children's logical brains do not start to develop until approximately the age of 7.

As part of our transition to school process, management and the teachers have made connections with the local schools to find out their expectations on the skills children need to have for a child's successful transition to school. The schools came back with similar attributes; the ones that stood out in all schools were for children to follow simple instructions, such as knowing how to line up behind, beside, in front of etc. The other common aspect was that children have a good range of self-help skills, such as being able to dress themselves, toilet themselves, put things away in their own bag. A few schools did say, if they can identify their name, write their name, and identify letters and numbers, that is a bonus. If children have access to books, are read to at home and have an appreciation for books and stories, then reading and writing will come to all children when they are themselves, developmentally ready. Did you know, that when a child masters the monkey bars, this is a key step in developing fine motor skills needed for writing?

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