

# kumeu Courier

FREE monthly community magazine for Kumeu & districts

## EVENTS AND UPDATES CELEBRATING 20 YEARS

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

## BRINGING BACK PARADISE

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August 2022



## Greetings

We're bringing you some cheer to ward off the winter wobbles.

Yes, this issue includes some of the area's winners and grinners to brighten up an otherwise gloomy winter outlook.

I'm fed up with talk of a looming recession, rising prices, soaring inflation, illness (COVID variants and other nasties), climate change, the Ukraine war, and everything else negative.

Already, I'm looking forward to summer, more normality (excluding any heatwaves, drought and fires like they've had in the Northern Hemisphere), and a more prosperous outlook.

People tell me many are tightening their purse strings – but I don't see much evidence of that with cafés and shopping centres full.

More are out and about – the North West Country Matariki Whanau Festival at the Huapai Hub last month a good example (see inside), especially if the weather is OK. Perhaps most are escaping the various restrictions of the past two years, but it was great to see the numbers out supporting a local event.

I thought the July school holidays might see a traffic reduction on our roads – but that hasn't been readily apparent.

Which continues to raise the issue of traffic congestion – especially on State Highway 16.

There's been much discussion and angst lately about the proposed Rapid Transit Corridor through the Kumeu-Huapai area (see this issue), aimed at helping relieve transport-related problems but expected to chop up some local properties.

One or two commentators (perhaps half joking) see the Rapid Transit Corridor as a way of focusing attention on that and avoiding other related issues such as getting passenger trains here.

Public hearings on the Rapid Transit Corridor are expected around mid-2023.

Speaking of "chop up", moves are underway to still get some guidance on this area's rapid carve up for residential and other purposes, especially around infrastructure.

It will be interesting to see what issues feature in local body election candidates' campaigning up to the local government election day on Saturday October 8.

Geoff Dobson, Editor



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COVER PHOTO: Auld Farm - Tim, Rosemary & Gabriel Beattie

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# People & Places

## Bringing back paradise

Tim and Rosemary Auld want to restore native bush and bring back native birds in Kumeu.

A retired nurseryman, Tim is turning much of their former Corbans, then Harrier Rise, vineyard property from grazing to bush, putting in more than 12,000 native plants in the latest project.

With the help of Gabriel Beattie and his team from Plant More Trees, Rosemary and Tim are transforming a chunk of their 6.5-hectare farm to encourage tui, wood pigeons (kereru), grey warblers (riroriro), fantails (piwakawaka) and other native birds back into the area.

The native plant mix should ensure a year-round food supply for birds.

Their farm was originally totara forest, largely cleared for farming and lumber then later a vineyard, with some of the totara still evident in bridges across a stream on their property.

The native planting is a long-term project, with Tim and Rosemary planning to covenant the bush areas to retain them in perpetuity to offset some of the light industrial and housing going up around the area, and also as their bit to help mitigate climate change.

The couple - married 30 years - hope their two grown-up daughters will help be custodians for the project.

And both would like to see other property owners in the Northwest get encouragement from this to transform part or all of their own lands.

Talk has included the establishment of bush corridors throughout Auckland to provide native birds with havens, often while travelling

from patch to patch for feeding and breeding.

The Aulds have a pathway through their newly planted bush paddocks (five paddocks were combined, most previously used for stock, sheep and alpacas), mainly to help service the area while the native plants are growing.

Tim wants the bush plot to help provide seeds for ongoing native replanting projects.

They also have a mature arboretum nearby which was planted out in a variety of exotic and native species shortly after their arrival in 2008.

And Tim and Rosemary have restored any of the former vineyard buildings and house - now also generating much of its own power from solar panels - while developing planted areas around the home and nearby stream.

Tim trained as a nurseryman in the United Kingdom and came to New Zealand in his youth where he met and married Rosemary who was born and bred on the North Shore and had travelled to the UK prior to their meeting.

Previously running the Kumeu Garden Centre, Tim also served with Kings Plant Barn Auckland before retiring from retail.

Gabriel provided wool squares around the base of the newly planted trees and shrubs to retain moisture and prevent weeds, along with hessian squares anchored by bamboo stakes around each plant to protect them from the wind.

He raises his own native plants and sources them from nurseries if he cannot meet the demand, often planting about 100,000 annually, mostly around the Auckland area and particularly West Auckland and the Northwest.



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# People & Places

Gabriel is planting about 25,000 native plants at Lake Wainamu, Bethells Beach, for instance, saying Plant More Trees is mainly involved with projects for private landowners. He has a passion for plants, starting the business about 25 years ago.

While some weeding may initially be needed in the Auld's bush plot, the mix of trees including kowhai, cabbage trees, kanuka, manuka, pittosporum, kauri, totara, matai, kahikatea and others, are planted about a metre apart to eventually shade the ground beneath and block weed growth.

A fertiliser tablet is included near each tree, Gabriel explaining the roots will soon seek out the tablet which will give the plant a boost in its early growth.

Since beginning to plant out the farm, the Aulds have often been visited by garden groups who learn about "Auld Farm and Gardens" through word of mouth.

Rosemary would often provide a morning tea for visitors, with funds raised going to the West Auckland Hospice.

Much of that was curtailed by COVID.

Various media such as OurAuckland have tips on attracting native birds which include planting, particularly native jasmine, putaputaweta, koromiko, small hebes and flax which attract insects and smaller forest birds along with tui for the flax nectar.

Finely branched shrubs such as matipo and kohuhu provide nesting sites for fantails and grey warblers, while kanuka and manuka are favoured by tui, and leaf litter also provides foraging.

Pest control, especially for rodents, rabbits and possums, is recommended.

## Muriwai farmer's big win

Tim Dangen, who has won the 2022 national FMG Young Farmer of the Year contest, is keen to promote the agricultural sector and "make farming sexy again".



The 30-year-old won the Grand Final in Whangarei after three days of challenges, narrowly beating his brother-in-law Chris Poole representing the Waikato/Bay of Plenty region (one of Tim's four sisters, Emma, also represented the same region in 2019, running a dairy farm with Chris in Pirongia).

For his win, Tim collects a total \$80,000 in prizes, including a \$25,000 New Holland tractor, \$15,000 from FMG, a Honda 520cc quad, and

a \$9000 Ravensdown fertiliser package.

He not only won the Grand Final but took out three of the contest's five challenges - Agri-Business, Agri-Sports and Agri-Knowledge, as well as gaining the People's Choice Award in the lead-up to the Grand Final where people can vote for their favourite contestant.

As the 54th FMG Young Farmer of the Year, Tim will be an ambassador for the industry, aiming to promote the Young Farmers Club (he's an Auckland club member) and sector as best he can.

It was Tim's first time in the Grand Final, although he placed second in three previous regional finals before winning the Northern Regional Final this time, reckoning the experience helped him achieve the Grand Final title.

Tim credits his farm upbringing through his parents with whom he is in partnership at their 105-hectare Muriwai farm where they rear about 1000 Hereford and Friesian cross calves, plus lease about 200 hectares across the district for finishing 200 cattle and 300 yearlings, selling the rest as weaners when they reach about 100kg.

Living in Hobsonville, Tim plans to get a home built on the family farm later this year.

"My parents were great role models for me growing up," says Tim. "They showed me how to work hard for what I want. They inspired me to pursue a career in farming, so I went to Lincoln and gained a BCom (AG).

"This led me into a dairy farm manager's role with Simon and Janine Hopcroft in Riverton, Southland.

"Simon was the 2004 (Young Farmer of the Year) Grand Final winner and convinced me to join the Young Farmers club and compete. They have become great friends to myself and Jenny (partner) as well as the rest of my family since working with them."

Tim would like to see more people (not necessarily farmers) become involved in Young Farmers clubs, especially his Auckland City one.

"Anyone interested can look us up on Facebook or message me directly. It's a great club and you don't have to be a farmer to join - you just have to have an interest in the primary sector and be under 31-years-old."

Tim aims to continue growing the family farming business.

"We want to secure solid summer income through diversifying on the home farm. Long-term I want to pursue governance roles. I feel I have a different way of looking at challenges. I want to be able to represent the wider farming community wherever possible to help the industry continue to be the world's most efficient producers of red meat and milk products."

As for making farming sexy again, Tim says he means continuing to push positive messages for the sector.

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# People & Places

"We are amazing farmers in New Zealand and there are so many opportunities available for young people to jump at.

"Agriculture is so much more than some people think and if we can show the variety of opportunities that are becoming available with increasing global food demands then we will attract great young people towards the primary sector."

Contact Tim on 0275 058 598 or search 'Auckland Young Farmers Club' on Facebook for more information about the club.

## NorthWest Country festivals successful

More than 1000 people attended the NorthWest Country Matariki Whanau Festival event to help celebrate the opening of the Huapai Hub on July 3.

The success of that event, and the one prior at the Muriwai Surf Club attended by about 800 people, has prompted organisers to consider running similar regular events throughout the coming summer.

Families enjoyed free entertainment at the Huapai Hub festival, which included a performance from Waimauku School's kapā haka group of about seventy mainly 8 to 13-year-olds.

Many children lined up for face painting and hair braiding, while also tackling Go Vertical Events' climbing wall, four-in-one bungy, zorbs, and other attractions.

A craft market and Kumeu Arts Centre displays also drew crowds, while food trucks and other eateries had queues for food.

The success of the various festivals, particularly at Huapai and Muriwai, has delighted NorthWest Country Business Association Events Manager Erin Griffin.

NorthWest Country Business Improvement District Programme Manager Phelan Pirrie is also pleased with the turnout at the Huapai Hub, saying he would like to see similar events run during summer.

Erin says they're still in discussions about what will happen during summer but are considering possibly three Friday night events each over February, March and April at the Huapai Hub and Helensville with live music, children's entertainment and food trucks.

Meanwhile, at the Huapai Hub July event author Stephanie



Schellingerhout of South Head was busy autographing her children's book *The Adventures of Sheriff and Deputy Dog*, having more than 200 of the books produced in the United Kingdom through Pegasus and brought here.

Many soft toys, mainly crocheted, were also for sale at a stall inside the arts centre.

Parking was at a premium nearby as visitors swarmed to the festival from noon to 4pm, entertainment on a big, covered stage including The Recliner Rockers.

Perhaps part of the festival's success was due to people wanting to get out more after two years of COVID-related restrictions, but everyone spoken to thoroughly enjoyed the occasion.

## New World Kumeu supporting a smile for Kiwi Kids

A new charitable initiative is underway to help address New Zealand's shocking statistic with tooth decay. The number one reason kiwi kids get admitted to hospital in New Zealand.

Share a Grin is the brainchild of natural oral care brand Grin - a campaign that aims to fight for a happier, healthier future; one brush at a time.

Last week, Wade and Diana Brown, the owners of New World Kumeu partnered with Share a Grin's charitable initiative to donate hundreds of toothbrushes to families in need through South Kaipara Good Food, Parent Aid North West and Grin Natural.

Wade and Diana are active members of Foodstuffs unique "Working Partners" a group of likeminded owner/operators that are actively involved in the local communities where they work and live.

Chief Executive of South Kaipara Good Foods, Gemma Donaldson, said "South Kaipara Good Food and New World Kumeu have worked hand in hand for more than two years. Our ongoing relationship and the support Diana and Wade have given, has been integral to the ongoing work our organisation does in supporting our community. Wade, Diana and the team assist with fresh produce, staples as well as working with us on special projects and campaigns like GRIN and Family2Family"

Our organisation has noticed a significant increase in demand for




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# People & Places

support during the past year.

"The cost of living, COVID related job losses and mental health issues have all greatly impacted our community and we are currently supporting roughly 380 adults and 415 children," she says.

"We continue to work alongside local community groups such as Parent Aid North West, Te Ha Oranga and Kindred Family Services who all support families in need, and through these relationships, the Grin toothbrushes will be distributed to clients who require additional dental support," she says.

To further support the initiative, Wade and Diana have gifted a toothbrush to each of their staff at New World Kumeu, not only to help raise awareness of the issue but to also generate more toothbrush donations through the simple 'Buy one, donate one' initiative.

Mark Hitchcock, Grin general manager, says access to oral health care is something many of us take for granted, but it is often a luxury for some of our most vulnerable community members.

"The initiative is designed to get consumers involved in helping to address this inequity and support Kiwis living in hardship.

"We know that there is an inequity when it comes to oral health care in this country and we want to help bridge that gap by providing children with their own toothbrush so they can have some control over their oral health outcomes.

"When consumers purchase a Grin Natural product an eco-friendly toothbrush will be donated to a Kiwi kid in need," he says.

Hitchcock says the Share a Grin charitable campaign will see a quarter of a million dollars' worth of brushes donated nationwide.

## Local clean up

The annual Clean Up Week, New Zealand's largest movement against litter, is from September 17-23 September with registrations open now, says Kiwi charity Keep New Zealand Beautiful (KNZB).

This community initiative focuses New Zealander's attention on just how much litter is out there, with volunteers last year joining together to help remove about 300 tonnes of litter across the motu, from an area equivalent to 2600 rugby fields.

Keep New Zealand Beautiful is supported by its ambassadors, which include celebrity chef Michael Van de Elzen of Muriwai who set up the Good From



Scratch Cookery School there with partner Belinda.

Michael wants all Kiwis to get involved in the September clean up.

"Clean Up Week is crucial for keeping our communities clean, green and safe," he says.

"Now more than ever, it is important for us to do the right thing and participate in Aotearoa's largest clean up event - but it is also a lot of fun getting together with others to make a difference. By working together we can work towards a cleaner and more sustainable future."

Clean Up Week encourages Kiwi families to 'Do the Right Thing' and work together to clean up their little part of New Zealand, says Keep New Zealand Beautiful Chief Executive Heather Saunderson.

"All too often we see litter within our communities and pass it off as somebody else's problem," she says.

"Clean Up Week provides a great opportunity for everyone to actively participate in looking after their local environment, creating a more sustainable, ecologically diverse and pollution-free future for all New Zealanders."

This year Keep New Zealand Beautiful celebrates 55 years of environmental community work, a testament to the organisation's dedication to protecting our environment.

Being clean and green is not only vital for our own health and that of our waterways, flora, fauna and whenua, but also for the protection of our much-valued tourism industry, our climate future and the wellbeing of generations to come, the charity explains.

Anyone can get involved in Clean Up Week from schools, businesses, community groups or even individuals wanting to make a difference.

"Last year we had 30,390 volunteers dedicate their time during Clean Up Week to tidy up their communities, and we're urging more Kiwi families to take up the challenge this year," says Heather.

For the first time, there will be the opportunity for those involved to contribute to KNZB's Citizen Science programmes as part of Clean Up Week. The programmes are a great way for individuals to get involved, collaborate, and contribute to the litter solution while gaining experience in data collection and analysis, she says.

"This year we launched both our Upstream and Backyard Battle citizen science programmes which contribute to a national and international data set," Heather explains.

"Citizen science is a great opportunity for volunteers to make an ongoing contribution to their community, develop research skills and be part of a global movement. The data collected helps us paint a picture of the litter problem at a local and national level, inform policies and take action."

Clean Up Week is supported in partnership with Waste Management,



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# People & Places

EnviroWaste and some councils, which allows volunteers to dispose of the rubbish they collect for free at selected transfer stations.

With the help of the Mars Wrigley Foundation, free clean up kits will be available on request for ECEs, schools, youth groups, Keep New Zealand Beautiful Community and Educational branches, Individual/Family and Not-for-Profit members who don't have access to their own clean up materials.

People can also purchase reusable clean up kit resources at a cost from KNZB's online shop.

To access free resources, participants must register their Clean Up Week event at [www.knzb.org.nz](http://www.knzb.org.nz) as resources such as event guides, posters, health and safety forms and certificates are available to download online once an event has been registered.

Registrations for Clean Up Week are open at [www.knzb.org.nz](http://www.knzb.org.nz) until September 23.

## Celebrating 20 years in Kumeu

The Soljan family first started making wine in 1932 under Bartul Soljan's Pergola Wines label back on Lincoln Road, with Soljans Wines first establishing a name in 1937. In those early days there were over 80 wineries in Henderson, mostly of Croatian heritage, and we all helped to build the New Zealand wine industry to what it is today.



As Auckland City continued to grow and expand, many wineries chose to leave Lincoln Road for other parts of the country, or just closed altogether. When faced with these two options, we decided to remain in Auckland and, in 2002, built a new winery complex in Kumeu. This was a very challenging time and Tony led the team to complete the build in just 12 weeks from start to finish. This year marks our 20th year in Kumeu, and we couldn't be more proud of our time in this great community.

When opening our winery 20 years ago, we took the opportunity to expand into hospitality with our restaurant, hosting visitors from all over the world for lunches, celebrations, weddings and the like. This was always a dream of Tony's to have our guests enjoy our award winning wines with top quality food. This was celebrated internationally when we were included in Canadian Wine Access Magazine's Top 20 Winery Restaurants in the World, a great achievement we are extremely proud of. Over the last 20 years we have welcomed a great number of people through our doors and

have cemented our place in Kumeu history for years to come.

We have seen lots of growth in our company and family over the past two decades, as well as in the local area. We started hosting Berba, a Croatian harvest celebration, each year to recognise the work of vintage and bring people into our winery to show them the winemaking process from start to finish. This has been an important event in Kumeu since opening and is loved every year by many. We have seen the fifth generation of our family, Tyler and Amber, grow from kids running in the vines to an integral part of our business today. With the launch of our Fifth Generation Kumeu Chardonnay, we celebrated both our family's dedication and passion for wine, along with Kumeu as a wine region. This wine has grown over the past few years to be our most highly awarded wine and we couldn't be more proud of this achievement, helping to promote Kumeu as a premium wine-growing region in New Zealand.

Of course we couldn't look back over the last 20 years without Covid-19 making an appearance. We noticed the impacts immediately, and we had to adapt quickly to make changes where necessary to ensure we survived as a business. It was a challenging time for everyone and we took the opportunity to rebrand our onsite restaurant to The Bistro at Soljans. We also started a successful venture hosting themed dinner nights, taking inspiration from all over the world to showcase top-quality cuisine. We have received immense support from our local community during this time, without which we wouldn't be in the position we are today.

Currently, we are positively looking ahead to the upcoming months and will continue with many of the changes Covid-19 brought on, including our themed dinners. We have further celebrations planned next month, with our 85th vintage as Soljans Wines along with 95 years of our family being in New Zealand. We continue our 20 year celebrations all through August with special food pairings for each of our Kumeu wines in The Bistro, along with 10% off our Kumeu wines in our cellar door and online. A great opportunity to come and try the very best we have to offer.

We look forward to welcoming you through our doors in the coming months and cannot wait to see what the next 20 years in Kumeu has to bring.

Come. Sip. Enjoy.

Story By Tyler Soljan

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# Safer Communities

During last winter, Kumeu and Waitakere saw unprecedented flooding. Floodwater can pose a drowning risk for everyone— regardless of their ability to swim.

Swiftly moving shallow water can be deadly, and even shallow standing water can be dangerous for small children.

Put safety first. Don't take any chances. Act quickly if you see rising water. Floods and flash floods can happen quickly. If you see rising water do not wait for official warnings.

Head for higher ground and stay away from floodwater.

Stay out of floodwater.

Floodwater can contain:

- Downed power lines
  - Human and livestock waste
  - Household, medical, and industrial hazardous waste (chemical, biological, and radiological)
  - Coal ash waste that can contain carcinogenic compounds such as arsenic, chromium, and mercury
  - Other contaminants that can lead to illness
  - Physical objects such as lumber, vehicles, and debris
  - Wild or stray animals such as rodents
- Exposure to contaminated floodwater can

cause:

- Wound infections
- Skin rash
- Gastrointestinal illness
- Tetanus

Remember:

- Always follow warnings about flooded roads.
- Don't drive in flooded areas—cars or other vehicles won't protect you from floodwaters. They can be swept away or may stall in moving water.
- Do not drive through standing water if downed power lines are in the water.
- Do not attempt to cross moving water on foot. If you are in no immediate danger, stay where you are and wait for help to arrive.
- Shut off electrical power and LPG tanks in your home to avoid fire, electrocution, or explosions.

During a flooding event, emergency services will be very busy. Only call 111 if you or anyone else is in immediate danger, cannot escape to higher/safer ground or requires medical assistance.

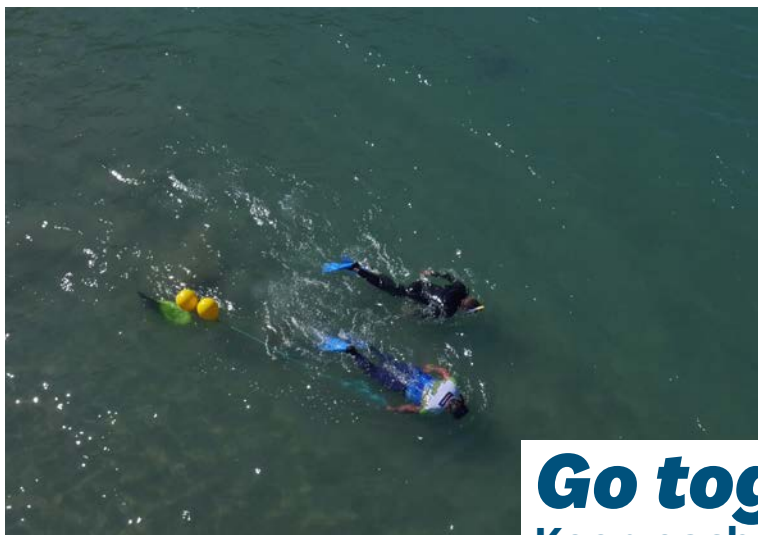
On another note - In recent months, the local fire brigades have been called out to a number of animal rescue incidents. The wet weather has caused higher water levels in streams



and soft, muddy ground. This can result in livestock, particularly horses, entering these waterways and being unable to get back out. Due to the unpredictability of animals, these rescues are one of the most high-risk incidents that Fire and Emergency attend. To prevent these incidents from happening, please restrict access to these areas where possible with electric tape or permanent fencing.



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**World Drowning Prevention Day 25 July**

# Community News

## Wanted: Quality childcare

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You will find us at 1A Tapu Road, Huapai, contact us for more info on 09 412 8117 or visit us at [www.achildsplace.co.nz](http://www.achildsplace.co.nz). We would love to hear your aspirations and hopes for your child.

## Locally owned and operated

Gerrie Cashmore here - I'm proud and excited to open the doors of MTF Finance Kumeū. My goal is to provide business and personal lending solutions that are fair and transparent.

I learned some years ago from an astute business person to "always make your money work for you" and this is how it should be for everyone. Borrowing money gives you cashflow, and in turn the ability to use your available funds wisely.

I first had my own business in the UK together with my husband Grant, it was an equestrian enterprise, training and competing horses in show jumping. This business taught me professionalism, resilience, motivation and above all how to effectively communicate to horses and humans.

Moving back to New Zealand, my finance journey started 10 years ago at our sister office MTF Finance Penrose. We like talking to our customers and provide our mobile numbers, so people are never left on a phone queue or shuffled around different staff. We like to be your finance 'go to' team, providing a personal and speedy borrowing experience.

Finance for almost anything - a new direction for MTF Finance includes personal and business unsecured lending, and I'm really excited about this new opportunity to provide solutions where an asset is not available to use as security. While banks are shutting local branches and can have lengthy approval times, we offer flexibility and same-day approval. For small businesses we can 'look outside the box' when making the lending decision, which rests with us.

Face to face or online - People have different ways of doing business, and our new office in the heart of Kumeū is perfect for a confidential chat. Alternatively we have online systems and digital document signing which makes the process very fast for people with busy lives.

The team at MTF Finance Kumeū would appreciate your consideration next time you require lending. Phone 09 399 2478 / 027 662 2236, 82a Main Road Kumeū - [www.mtf.co.nz/kumeu](http://www.mtf.co.nz/kumeu).

Offer of finance is subject to terms, conditions, lending criteria, responsible lending inquiries and checks. See [mtf.co.nz/terms](http://mtf.co.nz/terms) for more details.

## Countdown on for the 2022 Huapai Hillbillies Hoedown!

We know many of you are excited about the hoedown happening on 24th September. This year we want to bring the personal connection back to the Hoedown and give locals the best chance of getting tickets. Therefore, we will be selling tickets in person.



Tickets will be sold from the Kumeu Showgrounds Office Building on Sunday 4th September from 10am - 12pm. We will also sell tickets on Saturday 10th September from 10am - 12pm unless sold out prior. A maximum of 6 tickets per person. Tickets will cost \$50 per ticket.

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

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

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

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








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# Community News

inspired by some key messages to support each other.

100% of funds raised will be donated to I am Hope, Gumboot Friday and may be made to acc. [www.gumbootfriday.org.nz](http://www.gumbootfriday.org.nz), [www.iamhope.org.nz](http://www.iamhope.org.nz), [www.keytolife.org.nz](http://www.keytolife.org.nz).

Waitakere Fire Brigade, 10 Township Road, Waitakere Township. Saturday 6 August 2022, 4am to 4pm.

For more information please contact Graham McIntyre, Chief Fire Officer, Waitakere Volunteer Fire Brigade, phone 027 632 0421 or email [graham.mcintyre@fireandemergency.nz](mailto:graham.mcintyre@fireandemergency.nz).

## Learning about ocean animals

This month at Nature's Explorers Kindergarten our tamariki have been learning all about Ocean Animals. This stemming from their interest in learning about different types of animals and their habitats. To support our tamariki with their interest, we have provided them with a variety of experiences, including; drawing and writing about different ocean animals and writing their names. At group-time tamariki were involved in learning facts about different sea creatures and later shared confidently what they had learnt, including;

"Lobsters taste food with their legs." - Maxwell

"Fish all have different ways of defending themselves." - Henry

At the craft table tamariki had the opportunity to create their own Sea turtle, Fish and Jellyfish out of recycled materials. Also at the light table children could create their own Starfish patterns, using a variety of small loose parts.



Through these experiences our tamariki are developing many skills, including; early literacy, numeracy, creative and communicative. They are also developing knowledge about a variety of different sea creatures.

If you are interested in contacting/visiting us at Nature's Explorers Kindergarten please contact Angela on 09 412 8800.

## Are you thinking about the move to retirement living?

Free from cost, and without commitment to act, we are hosting a fun and information packed event providing answers to the common questions about moving from the family home into a better and easier living environment. The Best of Aged Care Seminar and chat is on 29th September 2022, 10am to 12.30pm, St Chads Church, 7 Matua Road, Huapai, Auckland. The best of aged care seminar will deliver a number of the very best accommodation and health care options available to you today from reputable and proven suppliers that really care about you, and your journey, to retirement living, making your next stage of life, comfortable, easy, simple and enjoyable. For more information call 0800 900 700 or email [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz).

## Kumeu Library

August is Family History Month at Auckland Libraries, and you can join in at Kumeu Library. Are you interested in family, local and social history; the stories of Aotearoa New Zealand, the Pacific, and beyond? Then why not come along to one of our fortnightly HeritageTalks | Waha pū-taonga and hear more about both our personal and our shared heritage? These talks are given by experts in their field and can provide valuable insight into our histories and our cultures. Kumeu Library will be screening these talks live in the library. Make a note in your diary and come and join us for the upcoming August Heritage Talks:

Wednesday 3 August 12 noon - 1pm - What did they do?

Wednesday 10 August 12 noon - 1pm - Of delinquents and common scolds.

Wednesday 17 August 12 noon - 1pm - It's not all online.

Wednesday 24 August 12 noon - 1pm - Bookshelf to coffee table.

Wednesday 31 August 12 noon - 1pm - Fake news and fearsome truths.

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

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- Chalk Drawings
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GUM  
BOOT UP  
NEW ZEALAND

SATURDAY 6th AUGUST  
4am - 4pm

For people struggling with depression, it can feel like walking through mud every day. So on August 6th, we're asking you to show your support. Put your gumboots on, give a donation, and take a walk in their shoes for just one day.

It's a fun way for kiwis to join in the mental health conversation, while raising money to provide free and timely counselling for any young person in need.

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All funds raised will be donated to the I AM HOPE  
charity to support Gumboot Friday free counselling for any young person in need.

# In Brief

## Kaukapakapa Library

Sunday 21st August, 9am to 1pm.

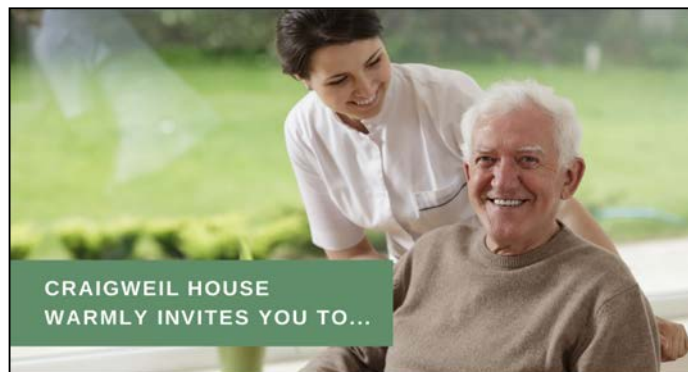
Celebrate 25 years with the Kaukapakapa Courier.

Witness to all that happens in Kaukapakapa, the Courier has been part of our lives for the last 25 years, reporting the story of our changing community. We've gone from a small rural village to a dormitory suburb for North Auckland with all that entails, and now editor Deborah Stites is relinquishing the role. A part of local events with her ever ready camera and quick smile, it's always been a pleasure to see Deborah out and about sharing in all things Kaukapakapa. Come along to the library and join us in celebrating the last twenty five years and look back over the past Courier issues. For more info contact [Threehorses@xtra.co.nz](mailto:Threehorses@xtra.co.nz), phone 021 959 017. Library open in conjunction with the Kaukapakapa Village Market.



## Kumeu Arts

Join us for the opening night of the annual ceramics exhibition on August 19th 5-7pm. One of our most popular shows, "Get Fired" is a stunning display of craftsmanship and creativity from our members. The ceramics show will be in the main gallery from August 17th to September 10th alongside Yvonne Abercrombie's 'Triumphant Regression', a collection of expressive oil paintings, in the Pod gallery.



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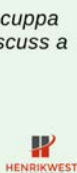
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Yvonne's latest works depict two notions in conflict with each other - 'Triumphant' and 'Regression'. These fanciful paintings explore the tension of returning to what once has been. The painted figures are fraught and contentious, subsiding in the comfort of their colourful surroundings of lavishly buttered oil paint.

We have a new preschooler programme on Thursday mornings. The Art Garden is a fun, supportive and curiosity driven place where children and adults will embark on creative adventures together.

Follow us for new workshops and exhibitions @kumeuarts.

## Kaukapakapa Village Market

Sunday 21 August 8.30am to 1pm. Pick up fresh local produce, native plants and trees, artisan food and preserves, fresh coffee, doughnuts, cakes, pies & ice cream, handmade crafts



and art work, knitting, skin care, gifts, Helensville Lions books & sausage sizzle, jewellery, collectibles and bric-a-brac and much more - plus there's live music and free hair plaiting for the kids. For more information contact Sarah 027 483 1542 or email [sarah@riversidecrafts.co.nz](mailto:sarah@riversidecrafts.co.nz).

## Gently Loved Markets Just Kids!

Gently Loved Markets Just Kids! coming to Riverhead.

After a very successful Gently Loved Markets Just Kids! in July, the Gently Loved Markets team are bringing the event to Riverhead in September.

Gently Loved Markets Just Kids! will be held on Sunday 11th September at the Riverhead Citizens Hall from 9am till 12pm.

With a range of stalls selling preloved baby to kids' clothes, toys, accessories, nursery items and more. Grab a coffee and a sweet treat from Little M Mobile Coffee, bring cash, your favourite fabric bag and come discover a variety of preloved items for a fraction of the original retail price.

Time to clear out the kids' gear they no longer need? Contact Donna at [gentlylovedmarkets@gmail.com](mailto:gentlylovedmarkets@gmail.com) about a stall.



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# In Brief

Gently Loved Markets Just Kids! Sunday 11th September, 9am - 12pm, Riverhead Citizens Hall, 1011 Coatesville Riverhead Highway, Riverhead. FB & IG @gentlylovedmarketsnz.

## Kindy Kids

Kindy Kids offers authentic learning experiences in a home away from home environment. Our emphasis is on nature as a vast wonderful classroom. Our outdoor space is like a good old fashion kiwi backyard, where there is plenty of space to explore and provides children an opportunity to use their naturally wonderful imaginations.



Kindy Kids is a boutique early learning centre licenced for a maximum of 25 children. Our centre is small and has a strong whanau community enabling us to get to know your child as an individual and not become a number.

Kindy Kids is a mixed aged group centre for children aged 2 years upwards. This means siblings are not separated and older children benefit from having leadership opportunities while younger children are extended by observing older children.

Kindy Kids is a lunchbox centre, so you choose what your child eats and only pay for the learning experience. This helps us keep our fees low.

Kindy Kids welcomes visits from prospective new enrolments by appointment. Please give us a call to arrange a time.

10 Oraha Road, Huapai, phone 09 412 2624. [www.kindykids.co.nz](http://www.kindykids.co.nz)

## The best way for businesses to monitor cash flow

Every knows that in business cash flow is king, but tracking small business cash flow isn't always as easy as it seems. If you are a small business recording your expenses and sales manually into a cash flow spreadsheet, we feel your pain. Not only is this a very time-consuming way of doing things, it leaves you open to mistakes and missing entries.

An excellent solution is cloud accounting software, which automates the process for you. Sold on a flat monthly subscription, cloud accounting software pools your data to create a dashboard of your financial situation that is automatically updated daily. It can link to your business bank account and point of sale system to track sales and expenses with no data entry required. The software only needs to save you one or two hours a month to pay for itself - which it quickly and easily does for most businesses.

If you are interested in cloud accounting software for your business, contact the friendly UHY Haines Norton Kumeu team at 329a Main Road, Kumeu on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## SeniorNet

Last month's meeting was rather special as we had a mid-winter celebration. Lots of fun was had by all and a great turn out by our members and some new faces. In August we will go back to our usual meeting with news features, course presentations and interesting facts about computers, tablets



and mobile phones. The strength of our club is our members, we are lucky to have a good local following in the district. If you would like to come along to see what we are all about, please come and join us on the first Wednesday of the month at 10am In St Chads Church Hall in Huapai.

## Kumeu Friendship Club

At our last meeting we had as a speaker Graeme Gillies Musical Director, Kumeu Vintage Brass Band which was a great success. Also, one of our members gave us a talk of living in London during the second world war. At our last meeting our new president Allan Maclean did a survey of extending the month's meetings to include casual get togethers. This seemed to be well supported and he has organised two more meetings in the month. We have club outings our next is to Auckland War Museum to see their new exhibition Ancient Greeks. If you would like to join us and meet likeminded people, come along to St. Chads Church, Huapai 10am on the 4th Thursday of the month.

## Helping the locals

At MTF Finance, we will work with you to tailor a loan to your needs so you always know where you stand.

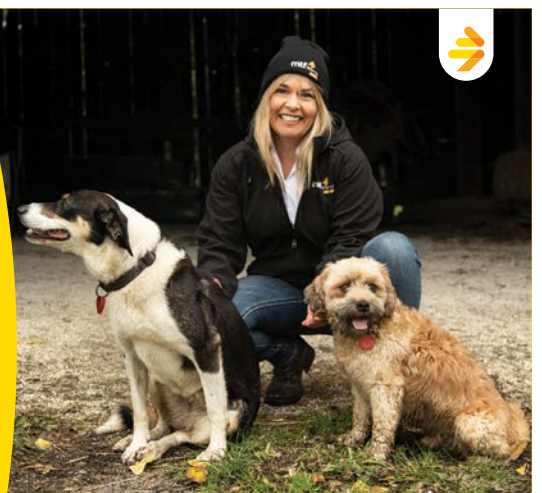
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# Property

## Property market report

When some agents are blowing smoke let's look at the facts:

Supply of property listings on the market are up, in part, due to residual listing pressure and sales not clearing the back-log of stock in density areas where urban design and spec-building activity has been high.

The opposite is true in the rural and lifestyle market where listings are few and seller expectations are elevated. What we are seeing is a strong demand by property migrators to move away from high density living into green spaces. However lending restrictions prohibit significant prices being paid in many instances.

The performance of auctions hit a record low with one sale out of twelve auctions through all of Rodney and Waitakere districts within the Barfoot auction rooms highlighting the lending restrictions in place and the scarcity of open finance arrangements.

We are having good sales success within this current market with vendors that appreciate the market has passed full tide and accepting value at a mid-level but certainly still up significantly from 2020 prices. We always said that values which rise quickly due to artificial demand are just as quickly brought down, and the words unsustainable price rises were just that "unsustainable".

So, my suggestion is to select a great agent that has been around for a long time, is AREINZ, and communicates well and develop a plan and a price that will have you on and off market in a sensible time frame. Consider the marketing elements that herald the biggest bang for buck.

With so much speculation and smoke blowing, I welcome the opportunity to have a conversation about your home, the exclusive marketing we can offer, and the time frame you'll spend on market. This is at no cost to you and will provide clarity and confidence.

Let's look at the sales from last month:

Coatesville	\$2,600,000
Helensville	\$1,050,000 to \$1,800,000

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Managing Director

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Huapai	\$735,000 to \$1,781,000
Kumeu	\$732,500 to \$1,650,000
Muriwai	\$1,425,000
Parakai	\$825,000
Riverhead	\$1,310,000 to \$2,180,000
Swanson	\$960,000 to \$1,375,000
Waimauku	\$1,060,000 to \$3,310,000
Whenuapai	\$1,210,000 to \$2,300,000

Give me a call today on 0800 900 700 for more information. After 17 years of making people my priority in real estate, you will benefit from unparalleled experience, care and commitment. It costs no more to use a more experienced customer focused agent that puts you, front and centre. Graham McIntyre phone 027 632 0421 email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Buying your first home, are you eligible to withdraw money from KiwiSaver?

The KiwiSaver First Home Withdrawal Scheme is a huge help for first home buyers looking to enter the property market in New Zealand.

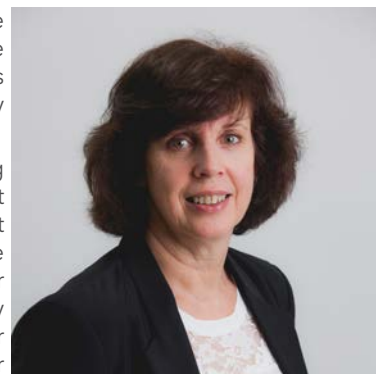
If you have been a contributing member of KiwiSaver for at least three years, have not owned a house or land before and have not made a KiwiSaver withdrawal before, you may be eligible to withdraw your KiwiSaver money to buy your first home.

You can withdraw:

- all voluntary and compulsory contributions from your employer,
- your own contributions, and
- tax credits

However, a minimum of \$1,000 is required to be left in the account.

In some circumstances, you may qualify for a previous homeowner withdrawal through Kainga Ora if you have owned a house before, but no longer own any property and you're in a similar financial position as a "first home buyer".



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# Property

We recommend that you contact your individual KiwiSaver provider and check their individual policy on withdrawals for first homes.

By Fiona Taylor, Smith & partners, email [fiona.taylor@smithpartners.co.nz](mailto:fiona.taylor@smithpartners.co.nz), phone 09 837 6845.

## Proposed regulation of property managers

A few months ago, the Government proposed a licensing scheme which would make property managers, who manage tenancies on behalf of landlords, subject to a code of compliance and a fit and proper person test.

The Government's new licensing scheme for Rental Property Managers will not include landlords who manage their own properties, and in my opinion, this is not a well thought through process.

Calls to regulate the property management industry have increased in recent years particularly since the last election. Tenants or landlords would be able to complain about the behaviour of Property Managers and individuals or organisations could face levies. Next month's blog "Beware of The Cowboys" will highlight exactly why in my opinion regulation is needed.

Whilst I welcome the proposals, it should include landlords who manage their own properties, as currently they would not be subject to the regulation scheme. More than half of rental properties are managed by private landlords, not Property Managers, so only half the industry would be regulated, and the Government's aims in my opinion would not be achieved. In saying this I have seen a huge shift from private Landlords managing their own properties to engaging a Property Management Company because of the new legislation introduced making it a more challenging and demanding role.

While it is not perfect, the proposal has the bones in place for a framework that will be transformative for the rights of tenants all around the country and make a material difference to them. Regulation of the industry has been long overdue, and the country's rental sector would be better for it.

There will be better quality properties, which are better managed. Tenants will have warmer, safer homes, and landlords will be able to know and trust their property managers. It is a win-win situation. We are very pleased at The Rent Shop that we have already had over 90 percent off our staff complete the Level 4 Skills training in Property



Management. In my role I am constantly upskilling and training on all new areas of the RTA.

While residential Property Managers who are members of industry bodies follow minimum competency and practice standards, the sector as a whole is not regulated. With the New Zealand rental market changing and a greater portion of people renting, it is important to make sure that property owners and renters have confidence that property managers meet their legal obligations.

The proposed regulatory system includes registration, licensing, training, and education requirements, together with industry practice standards and a complaints and disciplinary framework to hold property managers to account.

The Government is seeking feedback on proposals for the regulation of residential property managers. The proposals aim to promote public confidence in the delivery of residential property management services and protect the interests of property owners, tenants and other consumers.

As a property owner and investor, you want to place your investment in the hands of a property manager you can trust, that would look after your property as if they are their own?

Mike James 021 413 660 or email [mike.james@therentshop.co.nz](mailto:mike.james@therentshop.co.nz).

## Could you be in a de facto relationship? If so, can your assets be protected?

By Debra Barron, Solicitor at ClearStone Legal

- Do you keep spare clothes in your partners car or flat?
- Do you have a spare toothbrush at your partner's house?
- Do you have a child from a previous relationship?
- Are you considering buying a property with your partner but have unequal deposits or income?
- Do your partner's friends and family think you're "together"?
- Have you become extra cosy with your flatmate?



Some of these might seem like trivial questions, but in the eyes of the law you could be in a de facto relationship, without you even realising it. This means if you and your partner go your separate

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# Property

ways, or you pass away, your partner could be entitled to half of your property (or more to the point what you thought was "your" property, but has now become "relationship property"). This can have major consequences, not only for you, but for other family members - including your child or children who could lose their inheritance (despite what your Will may state).

Being in a de facto relationship isn't always black and white. You can find yourself in one without knowing it, and it can be a gradual move that way, rather than suddenly happen due to a specific event (such as a wedding or officially moving in together). It can sometimes be difficult to determine when "dating" ends and a de facto relationship begins. You might think one way, but the court may decide the opposite.

In deciding whether a de facto relationship existed, the Family Court considers each case on an individual basis and considers nine factors of the relationship with different emphasis on each factor. In no particular order these are as follows:

1. Do you stay over or live together? (you could live apart but often stay the night at each other's house)
2. Is there sharing of money or financial dependency? (ie do you pay some of your partner's bills or groceries?)
3. Is there care/support of children? (which may be from previous relationships)
4. Do you own, use, buy or share property together (eg lending your car, sharing furniture, using or sharing chattels etc)
5. Is there commitment to a shared life? (this can be determined in many ways including booking events/holidays in advance, acquiring pets, financial/time/emotional commitments etc)
6. Is there a sexual relationship?
7. Are you viewed by others as a couple? (How do others see your relationship together)
8. Who performs household duties?
9. How long have you been together?

Not all of these factors need to be happening in order to fall under

the definition, and to establish relationship property and a sharing of assets.

In general, when a de facto relationship falls within the definition of the Property (Relationships) Act 1976, and lasts for at least three years, if the relationship ends (due to death or a break-up) there is a presumption of 50% sharing of property. Property can include the family home, savings accumulated during the relationship, Kiwisaver/superannuation, joint bank accounts, assets/liabilities which were for mutual use and benefit (eg a car, furniture or credit cards) and assets acquired during the relationship etc. This can result in your partner making a claim against you (or your estate - despite what your Will might state).

If you've contributed more money to a major asset than your partner, you could lose your contribution.

If you think your relationship could fall into the de facto category (in the future or right now) and you want to consider some options to best protect yourself, have a chat with us at ClearStone Legal. We can help you understand how you may be affected and help you out with a range of options. This may even include buying an asset (including a home) together but keeping your individual financial contribution/s reserved as separate property. Call us today on telephone 09 973 5102 to make an appointment and discuss this further.

## Title approval clauses in sale & purchase agreements

A due diligence clause usually maximises your protection as a purchaser because it provides for you withdrawing from an agreement on almost any basis.

However, in the absence of a broad due diligence clause there should at least be a solicitor's title approval clause.

Without it, you as a purchaser take a risk about things on the title including easements or land covenants.

That is, while it is possible to object to a mistake or a defect on a title, there are situations where the easement or land covenant is not defective but unsuitable for your purposes.

The easement or land covenant for instance may involve lengthy restrictions against your freedom to build, fence and landscape the property with materials of your choice.

Or, an easement in favour of another person, while not defective, prevents you doing other things on your land such as further building within that easement envelope or carrying on certain activities.

For this reason, it is sometimes helpful to include your lawyer before you sign a purchase agreement for a property.

This is especially so if you want to make an offer with a minimum of

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# Property

conditions in order to facilitate getting to agreement.

For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## Transform your living room to get top sale dollars

If you aim to achieve top dollar from your home consider the living room as the center piece and the customisable showpiece of your offering to the home buyer. The living room is important as it is a multi-purpose room that is used for entertaining, relaxing and gaming.



Firstly, think about who is going to buy your home. What life stage are they in, and what do they use the space for most of all. For example the family buyer will want separate living options for adults and children. Options for entertainment and gaming options and a central hub for gathering for meals and discussion. A mature buyer which is downsizing will look for easy living, convenience and peaceful areas but separation so that one can watch the cricket and the other the gardening programme.

To transform your living area start with a blank canvas. Get everything out, box up and move out all your items that you have hoarded for years. It all has to go because you're creating a space for the person that will buy the home. Once everything has gone step back and look at the space, the flow, the aspect with a fresh perspective. Decide what you like about the space and strive to enhance it. Any flaws or defects need to be eliminated or create enough attention elsewhere to draw attention away. Accentuate the positive.

Flooring makes a big difference, it must be clean and cozy. But also consider the ease of cleaning and the ability for this space to handle heavy traffic. Accentuate some of the relaxation areas with soft cushions, bean bags, pillows and rugs. Rugs that are almost the same room size, but for a small framed area will make the room look bigger.

Windows coverings need to accentuate the window and the view, not detract from it. Remove net curtains and make sure drapes are clean and well retracted from the window. Use drape ties to pull the drape away from the window to provide more light and a fuller window. If you have blinds ensure they are retracted to enhance the light into the room. If the curtains are worn, dirty or moldy take them down altogether. They will send the wrong messages to the buyer.

Furniture makes one of the biggest differences to a room. Ensure the furniture reflects the use of the room. Make sure it is smaller to show off the size of the room, and be frugal. The more you put into a living room the smaller the room looks. Dress your furniture with throws, pillows, and a simple ornament.

Paint is quick and cheap and is an easy way to enhance the light and achieve a fresh modern look. It also delivers a fresh smell that lingers in the home. Avoid dark colours and confronting colour choices. The aim is to appeal the broadest cross-section of buyers available.

Lighting in rooms can be an easy fix with a higher wattage and a light shade that will reflect the light down. You may need to consider a side light to enhance the mood or you may choose a skytube or skywindow to create a significant light change in the space. Ensure you obtain a quote before you embark on structural lighting changes.

Make the room memorable with artwork, a feature plant, sculpture or talking piece. The use of accent colours in throws, pillows and rugs and ensure the cushions are plump, oversized and desirable. Allow yourself the luxury of candles and scent sticks to enhance to mood and playfulness of the room and to appeal to the senses.

If in doubt, ask for help. After 17 years in real estate, I can provide a balanced and independent perspective on the best and easiest upgrade options that deliver the very best return on investment. Call me today on 0800 900 700, text me on 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

## \$100 = Exposure for a month

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



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# 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	2,100,000	2.17HA	66M2	2,600,000	PARAKAI	675,000	0M2	86M2	825,000
HELENSVILLE	1,530,000	3HA	230M2	1,530,000	RIVERHEAD	1,700,000	601M2	280M2	2,180,000
	1,080,000	738M2	239M2	1,130,000		1,750,000	600M2	275M2	1,780,000
	1,100,000	2024M2	90M2	1,140,000		1,525,000	804M2	222M2	1,830,000
	950,000	1011M2	157M2	1,050,000		1,130,000	693M2	135M2	1,310,000
	1,775,000	1.79HA	240M2	1,800,000		1,675,000	1469M2	272M2	1,650,000
HUAPAI	1,250,000	508M2	179M2	1,330,000		1,800,000	800M2	291M2	1,950,000
	1,225,000	427M2	182M2	1,350,000	SWANSON	1,050,000	222M2	188M2	1,121,500
	1,825,000	617M2	340M2	1,781,000		910,000	0M2	110M2	960,000
	700,000	0M2	90M2	735,000		950,000	178M2	139M2	1,050,000
KUMEU	1,475,000	660M2	224M2	1,520,000		1,095,000	299M2	165M2	1,100,000
	1,750,000	779M2	272M2	1,650,000		1,225,000	1012M2	251M2	1,375,000
	3,225,000	2HA	189M2	1,220,000	TAUPAKI	2,150,000	9191M2	490M2	2,800,000
	850,000	129M2	104M2	800,000	WAIMAUKU	1,025,000	2799M2	134M2	1,060,000
	1,325,000	551M2	173M2	1,334,500		2,700,000	62.55HA	450M2	3,310,000
	1,325,000	431M2	171M2	1,245,000		1,350,000	801M2	235M2	1,594,000
	1,250,000	525M2	162M2	1,265,000	WAITAKERE	630,000	0M2	70M2	770,000
	700,000	134M2	82M2	770,000	WHENUAPAI	1,100,000	827M2	109M2	1,310,000
	1,475,000	702M2	220M2	1,500,000		1,195,000	319M2	172M2	1,235,000
	1,325,000	460M2	208M2	732,500		1,135,000	229M2	171M2	1,210,000
	1,325,000	672M2	180M2	1,408,000		1,860,000	997M2	280M2	2,300,000
	1,275,000	400M2	195M2	1,412,500		1,185,000	1012M2	95M2	1,438,000
MURIWAI	1,350,000	1.56HA	200M2	1,785,000					

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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[www.mikepero.com/RX3325569](http://www.mikepero.com/RX3325569)



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**BUSINESS - TOWN CENTRE ZONE - HUAPAI** 3 1 1

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

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**IDYLIC PARK LIKE SETTING - CHARACTER ESTATE**



**By Negotiation**

**216A Fordyce Road, Helensville**  
By Negotiation

Often sort, but seldom found, this is an absolutely private glade, offering uncompromised peace, an abundance of tranquillity and a home that delivers unequalled character. A short drive from Parakai and Helensville, this is a park-like setting offering an established grassy outlook framed by mature exotics. The home sits a-top this glade enjoying commanding views through the lawn and northward toward the kaipara harbour. An interesting and colourful entertainers home, this five plus room, home offers multiple bedrooms, bathrooms and lounges which allows the purchaser to apply your own interpretation to the home, hosting generous proportions and exciting dimensions which must be seen to be enjoyed to its full potential.

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**Graham McIntyre**  
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## Testimonial

“ *A really great experience!* ”

*It was so great to have an agent representing our property who was very easy to talk to. Graham was hugely knowledgeable on the local area and guided us in a way that felt really comfortable and we felt he had it perfectly sorted. Nothing was a problem. He is extremely professional and was also able to connect and help get us through the stressful times. Our property sold within 2 weeks and we feel Graham played an important part in that.*

**Rob & Keri** - Verified by RateMyAgent

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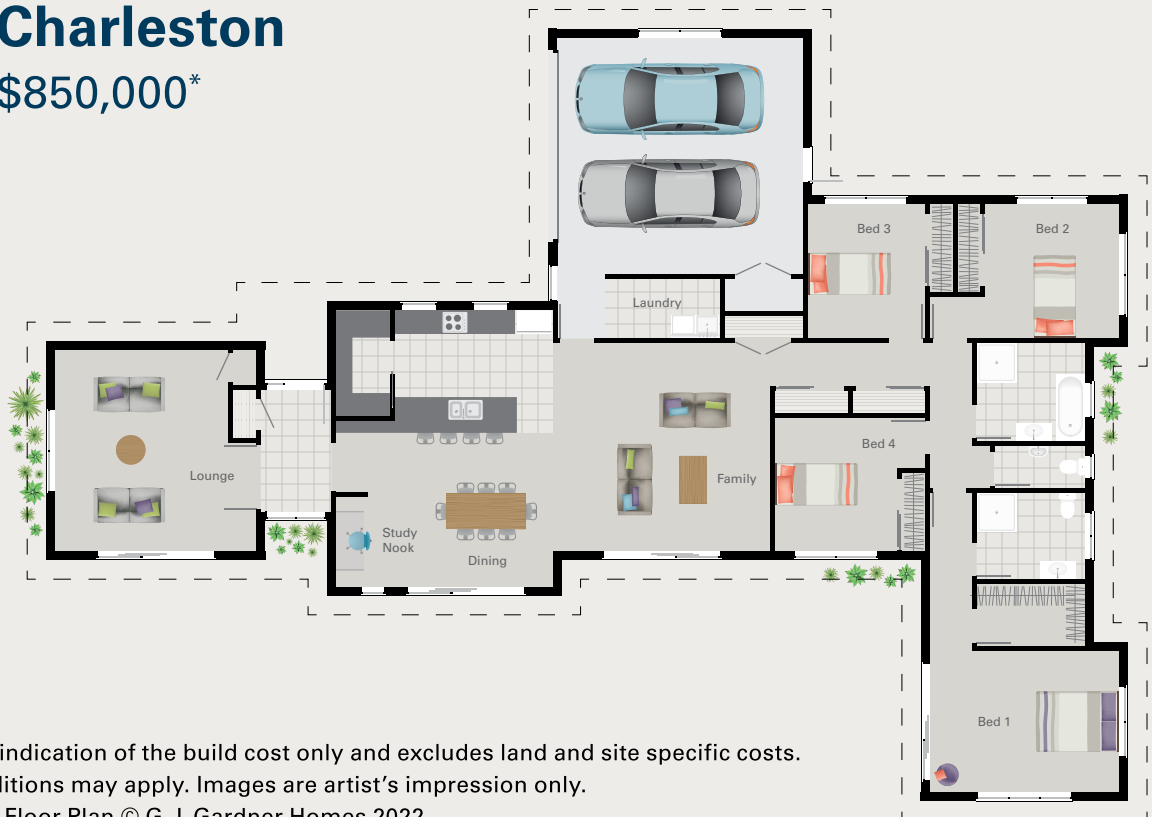


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## The Charleston

from \$850,000\*



\* 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.  
Charleston Floor Plan © G.J. Gardner Homes 2022





4



2



2



268.3m<sup>2</sup>



The Charleston includes a designer kitchen with Smeg appliances, raking feature ceilings, and a 2.59m stud height throughout.

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# Home & Garden

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## What's your personality?

Have you ever thought about how much your home can reflect your personality? At Maddren we've been building bespoke homes for many years now and we've noticed a few interesting trends when designing houses for our clients.



Clients who appear more on the introverted side of the scale often like to include more privacy measures in their homes, such as tinting all the glass facing the road or fully fencing their section, including gates. They like to have a room all to themselves such as mini library, man cave, art studio or workshop. Bedrooms for these folk tend to

be at the back of the house, well screened from neighbours, and they often prefer to have a wall separating the entrance from the living areas. They're also quite partial to a U-shaped courtyard for their outdoor living requirements.

Looking at the other end of the scale, we've had clients who appear more extroverted that are quite happy to have their deck facing a walkway. They tend to be more focused on outdoor entertainment, with large party areas and outdoor bars on their wish lists. They also often request more flexible spaces when designing their home, making it easier to open up big areas to cater for large groups of family and friends.

With lifestyle changes and working from home more common since the onset of COVID-19, there's been a shift in how people want their homes to work for them. Everyone wants to design a flow that makes their new lifestyle easier, but the types of changes vary greatly depending on the priorities and personality of the individual clients. Some want easier access to the garden for fresh air. Some want their study closer to the kitchen for easier access to snacks and coffee - and for keeping an eye on dinner. Some like their office to have a view of the swimming pool for their eyes to relax on away from the screen, while others prefer their study far away from all the living spaces, to limit noise and interruptions.

When it comes to houses one size definitely does not fit all. We think the best homes reflect a little bit of you. Talk to Maddren Homes design and build consultant to learn more. 0800 666 000, visit [www.maddrenhomes.co.nz](http://www.maddrenhomes.co.nz) or 248 Main Rd, Kumeu.

## Growing fruit trees

It is the time of the year to plant fruit trees, and at Awa Nursery we have plenty to choose from. Planting now ensures they have the rest of winter and all of spring to establish before their first summer. You will want to



choose a sheltered, open sunny spot for your fruit trees, with good drainage. Once you have chosen your tree or trees, (remember some trees need a pollinator) prepare your site well. Dig a hole that is slightly deeper than the root depth of your plant and partly fill with a good garden mix. Place some slow release fertiliser tablets in the bottom as well. Most of our fruit trees are recently potted, having come to us bare rooted. The soil in the bags will be loose and the roots of your fruit tree must be kept moist. Try not to disturb any new roots developing. Before back filling the hole, position the tree stake so you do not damage any roots. Firmly compact the soil, making sure your tree is no deeper than it was in the pot. Water well. Water is very important when growing new trees, and regular watering in dry periods over spring and summer is a must.

## WHAT'S YOUR PERSONALITY?

MADDREN  
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With lifestyle changes and working from home more common since the onset of COVID-19, there's been a shift in how people want their homes to work for them and their families, depending on changing priorities and yes, our personalities!

When it comes to houses one size definitely does not fit all. At Maddren, we think the best homes reflect a little bit of you.



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Mulch your trees, which will conserve moisture, protect the roots, add nutrients and prevent the growth of weeds. Make sure you do not have to mulch too close to the trunk. Come and see us at Awa Nursery and get your orchard under way.

## Supply chain issues

Many businesses are struggling with supply chain issues as we continue to be limited with Covid moving through our community. Businesses have limited floor staff, warehousing and distribution teams are overworked, and truck drivers are one of the most in-demand specialists of the year. We are all in this together and New Zealand Biosecurity is wanting to help our fellow importers and exporters with their supply chain challenges. We have team members who are Accredited Persons and can support you on short notice to devan containers or help load containers. Do you need a one-off landscaping visit to maintain your commercial area? Do you need someone to come out and do a one-off pest control visit and update rat traps, spray for ants at entry points, remove weeds from cracks and seal cracks in devanning areas? Call the team and get someone out to help and make your importing/ exporting services that much easier on 09 447 1998.



## Jim's Mowing

Here's a 5 star review from one of our internal client surveys. Hannah in Riverhead. "We received a call immediately from the local agent, he called to give a quote that afternoon, and after agreeing the quote managed to squeeze us in earlier than agreed which was fantastic given the state of the property (newly purchased and overgrown with weeds). Would highly recommend based on the exceptional service we received."

Gary, gary.turton@jimsmowing.co.nz.

## Bee keeping workshop

Sunday 28th August (9.30am to 11.30am). If you are thinking of establishing hives on your property or would just like to know some more about these amazing little creatures then this is an ideal workshop for you to attend. This event will give a great overview not only of the techniques employed to nurture bees but also costs and time associated with the activity as well as what you will achieve. You will also be offered tips on how to make your garden more "bee friendly".



Our guest presenter is Kim Kneijber who has worked with Bees for over 16 years, is a member of the Rodney Bee Keeping Club and has a long time association with APINZ. Kim will cover many facets associated with this fascinating subject including:

- Challenges facing the bee population
- Hive maintenance & positioning
- Equipment required
- Pros & cons of bee keeping
- Rules & compliance issues
- Safety considerations

There will also be a working hive on site plus the centre has now established a "Bee friendly" plant section. You will also be able to explore our 1km Sculpture Garden as well as the 2.5km extended Nature Trail.

Booking is advised as this event is very popular and numbers are limited

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

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plant section).

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At Laser Whenuapai we do more than just fix your plumbing problems. Maybe you are thinking of building a house? We know building a new home requires a lot of important decision making, which is why we will take the time to discuss your plumbing and drainage requirements with you and help to create your house into a home. We can offer full plumbing solutions for new builds as well as renovations.

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As a Signature Homes client, you'll also gain access to their exclusive Building Guarantees, which are the most comprehensive in New Zealand. You'll feel a real sense of confidence and assurance when you choose to build your new house with Signature Homes.

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Whether you choose to Design & Build your new home from scratch, build from a pre-designed plan, Knock-Down & Rebuild, Subdivide or choose from a House & Land package - Signature Homes have got you covered.

Start your new build journey with Signature Homes West & North-West Auckland today. Visit signature.co.nz, or call 0800 020 600.

## Western ITM

At Western ITM we welcome do-it-yourselfers, whether you are about to build a new deck, a new fence or even a whole house. It's all possible at Western ITM. As your local timber, hardware and building materials suppliers, Western ITM is here to assist. You can call into any one of our 3 West Auckland stores and check out our selection of quality products and range of services.

If you have a project or plans you would like priced then contact your local Western ITM Store today. You can call instore and speak to one of the experienced sales team members or visit westernitm.co.nz for a free online quotation.

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# Home & Garden

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Western ITM - 154 Main Road Kumeu. P: 09 412 8148

## Kumeu Community Gardens

Kumeu was blessed with beautiful weather for the annual community planting day at the community Garden on 9th July.



A small group gathered to plant native trees around the perimeter of the gardens for the second year. In 2021 over 400 natives were planted and sadly some got washed away in the August floods so it was great to be able to plant another 400 during the weekend of 9 and 10 July.

The planting of native trees such as hebes, kowhai and harakeke encourage the native bird life in the area. If you wander around the garden, you may notice an increase in native bird activity particularly kingfisher and kereru who look for shelter and rest areas as well as food to feast on.

The community planting project is sponsored by Auckland Council who have provided native trees to the Kumeu Community for

several years. These have been planted along the Kumeu River banks enhancing the space. As the years go by we can expect to see the trees growing to make the river banks beautiful.

Big thanks to New World, Kumeu who sponsored morning tea for the event; the workers enjoyed a well-earned rest and snacks after working hard over the morning.

If you would like to know more about the Community Garden and become involved, please follow us on Facebook or email [kumeucommunitygarden@gmail.com](mailto:kumeucommunitygarden@gmail.com) for more information.

## Pest Free Kumeu-Huapai

In the middle of winter our trapping results have really dropped off but we've been busy getting ready for the spring invasion of predators and all those weeds setting their seeds.

Mark Adcock from Smashing Promotions in Waimauku has arranged a flag to mark our trap events and weed walks. Mark has also put us in touch with Diana of New World Kumeu to sponsor Pest Free activities annually, starting with a spectacular printed gazebo that we will use at the Kumeu Markets.



# Knock Down & Rebuild



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**Showhome:** Open by appointment

**Office:** 80 Main Road, Kumeu  
Open Mon - Fri | 9am - 5pm



# Home & Garden

The gazebo will also be available for community events so contact Jeremy if you'd like to use it.

In July we ran three Sunday morning 'weed walks' in locations around Kumeu. You might think that clearing weeds on a Sunday morning sounds like an odd thing to do but you need to try it some time. There is nothing like the satisfaction you get from cutting down a noxious Tobacco tree, Wattle or Moth Plant and pasting that sucker with some 'Cut'n'Paste weed gel to stop it coming back again. And we're not alone - there are hundreds of people around the country working on behalf of groups like S.T.A.M.P (Society Totally Against Month Plant) to rid the country of these horrible weeds that threaten our native forests, biodiversity and, let's be honest, our own gardens.

Over the coming months we will be focusing on backyard trapping in the urban areas of Huapai and the Triangle so get in touch via Facebook; come and see us at the Kumeu Market; or contact Jeremy directly to pick up a trap and get it working for you and your community. -Jeremy, Pest Free Kumeu-Huapai, jeremy@jeremydean.com.

## Waimauku Garden Club

Over the winter months our monthly Waimauku Garden Club visits are planned indoors to avoid the inclement weather. In June we had a great mid-winter lunch at The Beekeeper's Wife and a guest speaker, Barbara Wheeler, currently the Curator at Auckland Botanic Gardens. She has also worked overseas in large public gardens and introduced us to her experience at Longwood Gardens in the US which is one of the world's premier display gardens and definitely a place to visit if you are ever in Pennsylvania, USA.

Waimauku Garden Club brings together garden lovers from north and west Auckland who join together once a month to visit private and public gardens. Originally formed in 1969 we have members from Waimauku and Muriwai, Kumeu, Huapai, Taupaki and even as far away as Te Atatu and Orewa. From a small start of eight people, the club has grown to over 70 members and developed into its

current format of garden visits and day trips. There is no criteria for membership, just an interest in visiting gardens and socialising with like-minded people.

Run by a small committee of members, we organise day trips on the third Thursday of every month either by comfortable coach for travelling longer distances, or by carpooling for more local visits. We schedule in morning tea and lunch, visiting gardens and attractions within the range of a return day trip from Huapai. Although our trips have been curtailed somewhat by Covid, over the years some of the trips we have made include visits to Mangawhai, Matakana, Pukekohe and Drury, Howick and Clevedon, Auckland Botanic Gardens plus visits more locally to vineyards and gardens in Coatesville and Kumeu. During the winter months we plan indoor activities to avoid bad weather and arrange a mid-winter lunch or a movie and lunch.

For future trips we are planning to go to Hamilton Gardens, the Hundertwasser Art Centre and Quarry Gardens in Whangarei, Cornwall Park in spring, a winter movie day, Kelly Tarlton's and Parnell Rose Gardens.

The Garden Club welcomes new members and we encourage you to join us on our outings. We have a Facebook page which you can follow or join and if you have any queries please feel free to contact any of the committee members as listed below.

Ann 021 035 7406, Diana 027 478 8928, Gail 021 344 070, Maree 027 496 3006, Moira 027 498 9154 Sandi 027 318 4541.

## Light up your lifestyle

We Kiwis are known for our laid-back lifestyles. Spending summer nights enjoying a BBQ with friends, and winter evenings huddled around firepits and pizza ovens, we make the most of our outdoor spaces. Which is why it's so important to ensure that lighting around the exterior of your home does exactly what you need it to do.



Garden Lighting: Transform your garden and entertaining area with lighting that highlights details and shows your property off at night. Landscape lighting can really help to bridge the gap between an indoor living room and an outdoor living room, and it's a great way to not only extend the hours you can utilise your outdoor living space, but it also enhances the ambiance and safety of your backyard.

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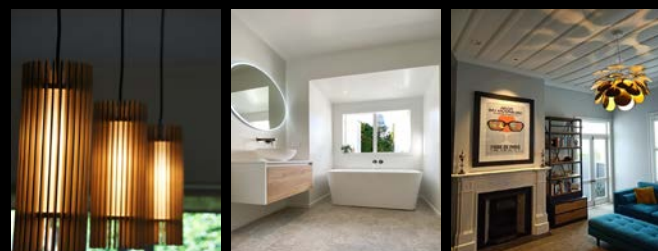
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# Home & Garden

extra layer of defence to your home. It provides enough illumination to clearly see and identify people or objects outside your home. Not only is it a deterrent to criminals, it also ensures safety for your loved ones when coming and going from your home at night.

Whether you're looking to light up your outdoor living area, or boost the level of security around your home, there are plenty of outdoor lighting options to suit every house and every budget.

If you'd like to discuss outdoor lighting options for your property, give the team at Blackout Electric a call on 022 500 5856 or email us at [info@blackoutelectric.co.nz](mailto:info@blackoutelectric.co.nz).

## Mitre 10 MEGA Westgate

Mitre 10 MEGA Westgate, is now the largest hardware store in New Zealand.

Our undercover trade department is a one stop shop for all your project needs, drive in and speak to one of our specialist staff. Every department in the store has grown, with a particular emphasis on our outdoor living section in the middle of the store. We are the biggest supplier of Weber BBQ's in West Auckland. Come and see our extended range of garden supplies and indoor/outdoor plants. Add in the fact that we are 100% NZ owned and operated, what more do you need. Dave & Elaine Hargreaves and all the team look forward to seeing you.

## Pitted/fairy crassula -weed pest

Finding something pretty growing on the side of the path and bringing a cutting home to propagate is a cheap and popular way to bring variety and colour to your garden. Succulents, for example, are easy to grow and to look after and spread well to fill up gaps in your planted beds or rock gardens. But be careful! With so many noxious weeds happily growing in Auckland, it's easy to accidentally bring home something that could become a problem - not just in your garden, but in native bush in your area. There are even succulents you need to avoid.



Pitted or fairy crassula is one such easy-to-mistake plant. It looks like many other succulents, with circular, fleshy leaves covered in small, pitted spots, and in spring and summer has small, pink, flowers with

four pointed petals, on long pinky purple stems.

Pitted crassula is a National Pest Plant Accord species, which means it must not be bred, released, distributed, sold, or moved. It spreads easily by dropping small plantlets from its flowers, and even small broken segments of stem can form roots and grow. People dumping garden waste over their back fences is one of the main ways it ends up in our parks and native areas. It forms a dense mat that crowds out other plants, out-competes native plants, and unfortunately grows well in many different places, including coastal areas and sand dunes, banks, rock walls, volcanic cones, and the edges of streams and forests.

If you have mistakenly planted pitted crassula, or find some growing in your garden, dig it out. Make sure to get all the small stems and put the whole lot in your rubbish bin so that it goes to landfill. Re-plant with non-invasive succulents, and if you really like the crassula, there are others such as crassula variegata that are not problematic - check with your garden centre.

## Tile and grout cleaning and re-colouring

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



Grout is porous, and dirt, grime and bacteria soak into the surface leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and re-colour your grout to look like new again.

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

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

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# Central's Tips

August 2022



Plant seed potatoes, sow summer vegetable seeds, stake broad beans and liquid feed the herb patch. A hedge of rosemary in the edible garden looks great now.

Prune hydrangeas and lime or 'blue' the plants to assist flower colour. Move potted bulbs into the sun, plant drought tolerant proteas and leucadendrons and use a fast-acting fertiliser on tired lawns.



## In the veggie patch

- **Plant sprouted seed potatoes** by digging a trench and cover lightly with soil. As the foliage grows up, hill up the soil – that's every few weeks
- **Sow tomato, capsicum and zucchini seeds** indoors or under cover. With winter seed-sowing a heat pad can help germination along
- **Stake up broad beans** so the spring winds don't knock them flat. Remember, there's quite a long wait between the flowers dying off and the pods growing – patience rewards the gardener
- In go the **bee-attracting flowers**: calendulas, poppies, bergamots, and lavenders are loved by the bees and they'll be flowering at a similar time to the edibles
- Thyme, bay, parsley and rosemary can take a hammering from the herb scissors over winter, so **apply a liquid fertiliser** to encourage them to take off when the weather warms up
- **Upright rosemary varieties make great hedges** and the blue flowers brighten the winter vegetable garden
- **Control slugs and snails** to stop them feasting on your seedlings

## The rest of the garden

- **Prune hydrangeas and make sure you get the right flower colour:** add lime to encourage pink flowers, or Aluminium Sulphate for blue flowers. If you are planting white flowered types avoid full sun – they look best in dappled shade
- **Place pots of sprouted spring flowering bulbs** in sunny areas to make the most of their upcoming displays
- Late August is a great time to **begin planting hedges and perennial borders** for the summer garden. Mulch after planting
- **Flowering camellias** brighten the last of the winter days, but be sure to clean up fallen petals to avoid spreading camellia petal blight
- **The South African plants that give good winter colour include proteas and leucadendrons.** As our summers get a bit warmer, these plants seem to ignore a drought and cope in our Auckland clay

## Lawns

- **A gentle but effective early fertiliser** for yellowing or sad looking lawns is Prolawn All Purpose
- **Avoid mowing very wet lawns** until they have dried out a little

## Project for August

### Tree planting season.

Dig a planting hole to at least the depth of the tree's rootball and twice the width. For hard, compacted soil, add a handful of gypsum in the hole. Mix the existing soil with Garden Mix or Nutra Soil and carefully place around the rootball, then heel in firmly. Trees and shrubs should be staked in the first few years.

For all the products you'll need for planting new trees visit [www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)







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# Pets

## Cat lovers - we need your help

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



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

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

## Kanika Park Cat Retreat

Hyperthyroidism is a very common condition seen in cats of both sexes from around 10-12 years old. The clinical signs are caused by an excess of thyroid hormone in the body. This extra thyroid hormone



causes signs such as weight loss (often marked), increased activity, increased thirst and urination, increased hunger and a dull or greasy coat. Around half of the cats who have hyperthyroidism will also present with vomiting. Thankfully, it is fairly easy to diagnose. Your vet will do blood tests to check thyroid levels and often a baseline panel to assess kidney and liver function among other things. If the tests come back positive, then we need to treat. There are a few different treatment options. Diet treatment - Cats are placed on an iodine reduced diet for the rest of their life. Iodine is needed to make thyroid hormone. This is best suited to indoor cats as they need to eat only the diet and no extras for it to be effective. Medical

therapy - Reduces the production of thyroid hormone. Two options are available, tablets or a topical gel. It is not a permanent fix and medication must be given daily for the rest of the cat's life or the signs will return. Kanika Park Cat Retreat phone 027 550 1406 or email [info@kanikapark.nz](mailto:info@kanikapark.nz).

## Dog walk and brekkie club

Do you want to meet other dog owners in the area? Or do you want to socialise your dog with others in the neighbourhood?

I'm a dog photographer in Hobsonville, and as a fellow dog owner, I've noticed how our dogs can help us make friends and get out of the house. This is a fantastic way to get to know people and dogs who you see on your morning walks.



Search for Yellow Lab's dog walk & brekkie club on Facebook or go to <https://www.facebook.com/groups/yellowlabdogwalk>

We meet once a month, take our dogs for a walk (usually part of the coastal walkway) and end in a local dog friendly cafe in the West Auckland area to a sit down coffee/ breakfast. The puppies can chill after our walk, and we get to enjoy a good coffee & eggs bene with nice friendly company.

Please don't bring your pup if (s)he is not ok with other dogs, but the doggies will stay on lead, so if you'd like your dog to build his/ her confidence around others, then please join.

Follow @yellowlabpetphoto on Insta/ Facebook to be reminded of upcoming walks. Our next walks are on 13 August & 11 September.

## Boredom in dogs

Yes, it is real - dogs do get bored, just like people. Most of the pampered pooches are on their own at home these days while their owners are away working. They don't have to hunt or work for food anymore and their favourite dishes are ready served on a plate every few hours.

It is a proven fact now that due to lack of mental stimulation from getting caged for long durations or due to lack of exercise the dogs get bored. Bored dogs mostly do silly things like dig up the back yard or chew the rugs or furniture or rip apart shoes or socks or eat wood or stones or tissue papers etc. Mostly bored dogs bug the owners for attention, but boredom could eventually lead to apathy, stress and anxiety and reduced interest in toys or food.

There are many ways to fix the boredom in dogs



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## Huapai Vet Clinic

Dr Gary Duggal (BVSc)

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# Pets

1. Exercise - It would be ideal to go for 40-60 minutes daily walks around the block or at a local park. Leash walk is a good way to meet other pets and people and exercise. It helps if we change the walking routine every now and then to give the pets a different landscape and new smells.
  2. Playing fetch preferably with a ball or soft toy (and not with a stick) - dogs love it. Some dogs would rather have their owners go and fetch the ball; in which case a leash walk is a better idea.
  3. Playing games at home - it could be hide and seek or fetch or rough and tumble on the bed. It keeps them bonded, engaged and mentally stimulated.
  4. Basic Obedience Training at home - Dogs love learning new tricks and getting rewarded when they perform. It keeps them mentally stimulated, and they improve with taking commands on day-to-day basis. Try and spend a few minutes daily teaching them simple commands and repeat the old commands.
  5. Put them to work - It is true that "a working dog is a happy dog". It can be working the flock of sheep for a farm dog or sport for agility dogs or walking or running or swimming for house dogs. You can put their nose to work by hiding treats or give them little tasks at home. Enrol in dog agility training or a puppy class and it's a great way to socialise and get some exercise.
- Dr Gary Duggal, Huapai Vet Clinic phone 09 412 2223.

## Raw Food Direct

Gary Withers has been buying raw meat mixes to feed his dogs for many years and has watched his dogs thrive on the quality products he sources from the Waikato. "To find a supplier that produces meat products for dogs that are free of hormones, preservatives and antibiotics that also understands the correct balance dogs need between muscle meat, organ meat, bone and tripe is a great find here in New Zealand", he goes on to say his dogs are prized for their great condition and shiny coats which he attributes to the quality raw food he feeds them.



When he and his partner's interior business was closed due to the problems caused by Covid, Gary saw this as an opportunity to offer these same meat products to the general public, so he started Raw Food Direct. There are many suppliers currently offering raw food for dogs and cats but he has found them either too expensive, the mixes incorrectly balanced or the quality compromised through the processing. Also many are not medicine free, something Gary feels very strongly about.



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He supplies only to the 'local' market and isn't interested in growing the business so big he can no longer offer a personal service to his fast growing list of customers. Check out his website for a full list of products and prices on [www.rawfooddirect.nz](http://www.rawfooddirect.nz).

## Cobber loves 'reading the air'

I am typing to the dulcet tones of our dog Marby's gentle snores - do you have an animal 'shadow' that likes to be with you wherever, whenever? Marby is ever hopeful that I will head outside. I don't think the rabbit and bird populations are as hopeful - she tells them to stay away from the house area with quick dashes in their vicinity and the occasional, somewhat indignant, bark. So far no animals were harmed in the making of her scatterations, and bemused fantails often hover just out of reach to Marby's frustration.



I had the pleasure of chatting with Cobber recently. His early life didn't feature a cover and meals on wheels - he was mustered from the Kaimanawa Ranges in 2018. His first couple of years saw him roaming the central north island of NZ in a wild herd that started to form in 1876.

It probably comes as no surprise that Cobber senses the world differently from a domesticated horse. He communicated his vast environmental awareness by sharing a visual field stretching to the mountains and a feeling of expansiveness in my body - stretching my senses over a large geographical area.

When I asked Cobber his favourite thing, he immediately showed an image of his nose tilted up to 'read' the air which appeared full of different coloured and textured strands. To his nostrils the air was rich and nuanced. His person pointed out that this is the same posture as the Kaimanawa Heritage Horse logo.

Images of hills and herd mates flowed with the words 'my world is a horse world'. A mind movie showed how he smells the ground to decide what he wants to eat - plants and minerals. Cobber visual of the earth showed it vibrating and he listened with his feet and body.

Thanks Cobber for inviting us into your world. At times we can be oblivious to our environment, but our horses never are, and mustered horses that lived in a 'horse world' in their early life feel their wider environment intimately at all times.

All Animal Communications are done remotely, via a photo and insights are shared via a recorded Zoom call so you can re-listen as often as you wish. Please contact Suze Kenington at [facebook.com/AnimalsInYourHeart](https://facebook.com/AnimalsInYourHeart) or [AnimalsInYourHeart.com](http://AnimalsInYourHeart.com).

## Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz) \* Distribution average is 300 magazines in your local neighborhood every four weeks.

# Food & Beverage

## Brewery bingo

Play everyone's favourite game of chance and numbers in the Hallertau bar. Your irrepressible hosts Liv & Donna crank the cage and call the numbers. At \$10 for five games there are numerous ways to win and with a Pizza & Beer (or wine) deal for \$29 a fun night out is guaranteed. Bingo happens from 6.45pm every other Tuesday Aug 2nd, 16th & 30th.

Hallertau - 1171 Coatesville-Riverhead Highway, Riverhead, phone 09 412 5555, email hoppy@hallertau.co.nz. Opening hours; Monday - Closed. Tuesday to Saturday - 12pm to 10pm. Sunday - 12pm to 9pm.



## Hibiscus grenadine recipe

This is a very simple yet delicious and versatile recipe with a very vibrant colour. Hibiscus grenadine is great for use in both non-alcoholic and alcoholic beverages, and is also excellent for sweetening sour apples in apple crumbles or stewed fruit, giving them a lovely pink colour.

A healthier, less shelf-stable version could be made using fresh or dried stevia, although it will not thicken to a syrup and would require a thickening agent such as agar agar or corn flour.

Ingredients: 2/3 cup pomegranate seeds (approx. 1 medium fruit or 1 packet of pre-packaged seeds), 1/2 cup sugar, 1 Tablespoon orange zest (juice the oranges and use as the orange juice part of the drink), 1/8 cup Hibiscus flower tea, 1/2 cup water

Method: Bring everything to a boil in a saucepan and allow it to simmer for 5-10 minutes to thicken the syrup a little. The longer the syrup cooks for, the thicker it will become. Remove from heat and allow to cool before straining into a clean vessel. Store in the refrigerator for up to one week.



Serving: As the syrup is very heavy in nature, you can add it to a glass of orange juice, soda water or lemonade and it will sink to the bottom of the glass. You may also add the syrup to the glass first, then fill the glass with ice and gently pour your orange juice or lemonade over the ice and the syrup will still remain on the bottom of the glass.

To see other herbal recipes and to purchase certified organic hibiscus flower tea and other herbal teas, visit our website: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## The Gallery Café and Japanese Restaurant

(Dine-in and takeaways). Food Delivery and takeaways also available via UBER EATS and ORDER MEAL.

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



## Soljans Estate Winery

Soljans Estate Winery has you covered for your next function. We have the capability to accommodate functions of any kind, whether it is a birthday, a work celebration, a conference, or anything in between, come and celebrate amongst the vines in our gorgeous venue at the gateway to Kumeu wine country. Only 20 minutes away from Auckland city, but a world away from the hustle and bustle.

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# Food & Beverage

make sure your function is everything you dream of and more. Our flexibility and ability to tailor will ensure your journey is stress-free.

Our passionate and talented chefs create menus seasonally, showcasing our heritage with delicious Mediterranean inspired dishes. With an array of outstanding wines to choose from, you can treat your guests to the best of what Kumeu wine country has to offer.

To chat about your function, email Sophie at [functions@soljans.co.nz](mailto:functions@soljans.co.nz), or call us on 09 412 5858. Come, sip, enjoy!

## The Hunting Lodge and Brix & Co

The Hunting Lodge and Brix & Co are looking for some amazing people to join their team.

Want to work in an amazing winery location? The Hunting Lodge & Brix and Co are hiring so you can become a part of the story. We are proudly 100% family owned and operated.

The Hunting Lodge: We're looking for some hospo heroes to join our fun, fast paced and dynamic team. On site, we have a stunning events centre, lawn bar and iconic restaurant. We are hiring for:

- Restaurant Maitre D/ Duty Manager - Full time
- Events Coordinator - Full time
- Front of House & Events Waiter/Waitress - Part time & casual

Brix & Co: Our aim is become New Zealand's beverage hub and we are making great strides towards this ambition with some of NZ's most well-known drinks brands joining our clients list for manufacturing. We are hiring for:

- Production & Bottling Operators - Full time

Please send your CV to [helen.charlton@brix.co.nz](mailto:helen.charlton@brix.co.nz) or get in touch for more information about the role of interest.



## Allely Estate Open Day

Wedding and functions venue Allely Estate in Kumeu has an open

day on Sunday August 7 from 11am.

Allely Estate was the venue for the NZ Bride & Groom Wedding of the Year 2020 and is opening its doors for people to come and have a look.

"You will be able to view our gorgeous venue with one of the team. From 11am-3pm we will have vendors in attendance, samples of our delicious cuisine paired with our gorgeous bubbles.

"From making memories, to timeless moments, we help you create them all at Allely Estate."

Allely Estate includes an historic villa, a marquee and hidden gardens at 393 State Highway 16 on the corner of Old North Road, phone 09 412 7206, email [info@allelyestate.co.nz](mailto:info@allelyestate.co.nz) or visit [www.allelyestate.co.nz](http://www.allelyestate.co.nz) for more information.

## Good from scratch cookery school

It has been a wet and wild winter for us on the farm like for so many of us, but this Winter warmer is delicious and a dish I fondly remember as a child!

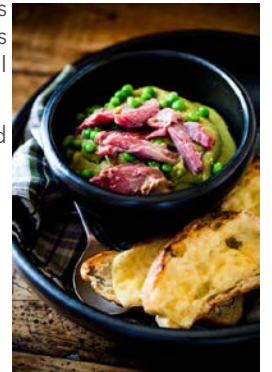
Dutch pea & pork hock chowder w smoked cheddar toasts.

Ingredients

- 1 smoked pork hock
- 2 carrots, peeled and quartered
- 2 onions peeled and quartered
- 2 bayleaves
- 2 ltrs vegetable stock
- 3 cups green split lentils

Instructions - Place all the ingredients into a slow cooker or a large pot with a lid. Bring to the boil, reduce the heat and simmer (covered) for 1 1/2 hours. Remove the hock and set aside, blitz the rest of the soup until smooth. Pick the meat from the ham hock and add to the soup. Serve hot with cheese toasts

For the toast - Spread the Dijon mustard over the ciabatta slices then top with grated smoked cheese. Place under a hot grill until cheese is golden and bubbling. [www.goodfromscratch.co.nz](http://www.goodfromscratch.co.nz).



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# Health & Beauty

## How can dental hygienists help with gum disease?

Gum disease is caused by an infection that destroys the bone surrounding and supporting your teeth.

Periodontitis usually builds up slowly over many years but some people may have a very active form of the disease that causes rapid loosening and loss of the teeth. Symptoms include loose teeth, bad breath, gum tenderness, receding gums, pus in your gums and gaps opening up in your teeth.

To prevent gum disease, the same good oral hygiene practices that protect your teeth also protect your gums from the bacteria build-up that leads to inflammation and infection.

- Brushing your teeth twice a day with a soft toothbrush
- Daily flossing
- Visiting your dentist and dental hygienist regularly for a check-up and professional cleaning

At Kumeu Dental we have three lovely and gentle hygienists who can help you get your gums looking and feeling healthy for life. Call our friendly team at Kumeu Dental on 09 412 9507 to make a booking or ask any questions.



## Driving eco eyewear: Land Rover specs

Car manufacturers set green targets for manufacture of vehicles - but Land Rover has gone the extra mile and applied ambitious eco standards to their popular men's eyewear range.

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## Process old feelings

If your feelings weren't noticed and responded to as a child, then you may have experienced Childhood Emotional Neglect. You may not have learnt how to process, integrate or express your feelings as a child so they could still be affecting you today.



Old feelings trigger you when you are unaware of them. Once you realise you are being triggered by old feelings you can take control. Put a label to the feeling/s. Face the feelings by sitting with them and allowing yourself to feel them. They will pass quicker once acknowledged. A good way to do this is by journaling your feelings. Get out some paper and just write out how you are feeling.

What we resist persists so if we stop resisting and feel then we can heal. Get up and move your body and move the emotions out of your body as feelings are energy in motion. You can watch videos on my website to help you find healthy ways to do this.

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# Health & Beauty

If you need help with your emotions. Get in touch.  
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[www.lorrainemaguire.com/emotions-tips](http://www.lorrainemaguire.com/emotions-tips).

## Totara Massage Therapy

If you're feeling the strain of your daily work or family life, treat yourself to some well-deserved RNR with Totara Massage Therapy.

Tessa is a qualified massage therapist, who uses holistic massage techniques to improve circulation and relieve muscle tension. A relaxation massage eases the body and will leave you feeling rejuvenated.

In the heart of Whenuapai, this home based massage business is the perfect place to relax and unwind.

To celebrate our opening, we are offering all new clients a 10% discount on their first massage. For more information and to book, please visit us on Facebook at Totara Massage Therapy.



## Stay well tips for a big winter

This winter is already shaping up to be a doozy. We are helping record numbers of people to get their flu vaccines to protect themselves and their families. Many of them describe having been ill recently or having members of the family who have succumbed to the winter bugs. Let's not be scared of what might happen but just take some good sensible precautions and trust in what you are doing. Here's my top nutrition medicine tips for avoiding getting sick from winter's bugs.

### 1. Antiviral Immune-Boosting Tonic:

I have designed this herbal tonic in combination with medical herbalists. This tonic is my personal main strategy for staying well. It contains a number of practitioner-strength herbs like echinacea, olive leaf, pau d'arco, andrographis, elderflower and licorice. The good news is that the high quality herbs we use are potent in terms of effectiveness. The bad news is they are also potent in terms of taste (not in a good way).

The herbs have actions like reducing the replication of viruses and bacteria as well as boosting key immune cells like your NK (Natural killer) lymphocytes. These guys are like the SAS of immune cells: deadly assassins targeting bacteria and viruses in your body.

### 2. PureDefence with NAC

NAC has the ability to stop viruses (especially respiratory ones) from replicating. This is particularly important early in the infection. Because reducing viral load often means the difference between a mild snuffle and more serious "man-flu" infections. NAC also has anti-inflammatory properties which is helpful to reduce the aches and pains that can accompany winter bugs.

PureDefence with NAC also contains quercetin, vitamins C and D, zinc and elderberry. These are amazing nutrients in their own right for supporting a healthy and bug-free winter.

Come in and chat to our team at Massey Unichem Pharmacy about whether these Winter Wellness nutrients are suitable for you and your family. And if you don't like bad tasting tonics, I have some yummy ones as well. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

## Leaky lungs and leaky gut

Research and interest in the gut microbiome and how it affects all of our body systems and health is an exploding field of science. Most of the recent focus has been on the relationship between the gut and the brain especially in regards to mental health.

There has also been some research on the link between our lungs and the gut - this relationship has been long known about but thanks to Covid has reignited the research.

We know that when there is an alteration in gut bacteria, this increases the severity of respiratory infections such as flu. Those with




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# Health & Beauty

IBS are at a higher risk of developing asthma, Evidence also shows that people with chronic respiratory conditions are highly likely to have inflammatory bowel disease.

The lungs themselves have their own microbiome and dysbiosis can occur and cause not just problems for respiration but also affect the gut. For example, the bacteria that cause pneumonia can also damage the lining of the intestines. When we have 'leaky gut', certain substances move across from our gut into our bloodstream that shouldn't be there and cause inflammation due to an immune response. If we have 'leaky gut' it is highly likely that we have 'leaky lungs' (because it's made of the same material - mucosal lining) which means we could be breathing in substances that also pass into the bloodstream that shouldn't be there.

Diet impacts the health (diversity) of the gut microbiota (good bugs). The gut microbiota ferments fibre and creates short chain fatty acids which are hugely beneficial for gut, metabolic, mental and lung health. Breathing in 'bugs' from reflux or from the lymphatic or blood circulation can influence our immune response and cause inflammation. Our lungs have their own microbiome which is influenced by our gut microbiome...which is influenced by what we eat and so the cycle begins again.

## My Top Tips

1. The good old Mediterranean Diet has been shown to be fantastic for reducing inflammation and providing the nutrients needed for a healthy immune system (important for respiratory health) as well as nutrients for a happy microbiome.

2. It is paramount that you eat a fibre rich diet which includes polyphenols (colourful plants) and prebiotic and probiotic foods i.e. LOTS of plants, eat a rainbow, 30 different types a week.

"A fibre-rich diet changes not only the intestinal microbiota, but also affects the lung microbiota, indicating the influence of nutrition on lung immunity. The dietary fiber increases SCFA levels in blood, thereby providing protection against allergic inflammation in lungs...better lung function and lesser risk of lung disorders...and a reduction in mortality from respiratory disease".

3. I don't necessarily recommend a specific probiotic but, Lactobacillus casei shirota or L. rhamnosus GG appear to have some good research behind them.

If you are interested in finding out more then read my blog or watch my videos. Find me on Facebook: [www.facebook.com/sarah.brenchley.5/](http://www.facebook.com/sarah.brenchley.5/)

## Revolutionary spectacle frames for kids

The Nano optical collection is the most recommended children's brand by optometrists and ophthalmologists worldwide. It has been developed to meet the needs of our most demanding, tireless and playful customers: kids! Available in a huge selection of colourful options and ranging in size to suit ages 4 to 14, all frames feature an innovative concept that sets them apart from ordinary children's frames. As well as being virtually indestructible they come with two separate, removable headband systems. The innovative design helps to keep the glasses in place under any circumstance in a kid's everyday life. And available to try here at Westgate Optometrists. Phone our friendly team on 09 831 0202 for more information. 4/46 Maki Street. Opposite NorthWest Shopping Centre and Kiwibank.



## Using a Post-it note to improve posture

Most of us spend a lot of time sitting (or standing) in front of our computer. Ultimately, we often end up in that rounded shoulder, head forward posture and this can often lead to a cranky back. Here is a simple tip to help try and minimize this using a post-it note.

Simply stick a Post-it note (or any sticker) on the side of your computer screen. Whenever this sticker catches your attention, think



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## Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz) \* Distribution average is 300 magazines in your local neighborhood every four weeks.



# Health & Beauty

about 'sitting up straight'. The simplest version is to lift the sternum up and tuck the chin a little. Over the course of the day, if you correct your posture regularly, you will become stronger in this position, and it will become a more normal.

For a video showing this tip, check it out on our Instagram page @drcraigbuscomb. Elevate chiropractic, [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz).

## How long do dental implants last?

Most people know that dental implants are an excellent solution for replacing missing teeth, whether it is a single tooth, several teeth, full upper arch, lower arch or both. As implants can be a considerable investment for many people, one of the questions we are most often asked is: how long do dental implants last?

The longevity of dental implants depends largely on oral hygiene and lifestyle factors. The good news is that when a dental implant is maintained with excellent oral hygiene through great brushing and flossing routines (as well as seeing your implant dentist every year) it can last for a lifetime. That's why it's considered to be a permanent tooth replacement option, because with the right care you may never need to replace it. In contrast, a crown typically needs to be replaced every 10 or so years as it wears down.

If you're interested in learning if dental implants are right for you, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050 or email [info@fraserdental.co.nz](mailto:info@fraserdental.co.nz).

## Reiki - are you ready to receive?

Reiki is a word a lot of people have now heard of, but not everyone really knows what Reiki is. Reiki comes from a Japanese word meaning "universal life force energy".

A Reiki session is performed by a trained Reiki Practitioner who has received an attunement and training from a Reiki Master. A session usually lasts for about an hour, the recipient remains fully clothed, and the Practitioner gently places their hands on various parts of the body and allows the Reiki energy to flow. The hand positions used have been designed to



cover all the major organs and chakras.

During a Reiki session, everyone will experience it differently, some of the common experiences are heat, coolness, tingling, some may not feel anything, that is also perfectly normal. Most people feel very relaxed after the session and it's not uncommon for people to fall asleep during the session. It has been thought that an hour's Reiki session is similar to 8 hours sleep.

Reiki is becoming very popular in hospitals, rest homes and is used at palliative care centres. Studies have shown that Reiki can assist people with cancer and other illnesses. Animals love to receive Reiki. Today, there are many forms and variations of Reiki, At Astramana™ Healing Services we offer the following styles of Reiki: Usui, Holy Fire iii Reiki and Karuna®, Gendai and Komyo Reiki (the latter two are Traditional Japanese Reiki). We offer classes in these methods of Reiki. Feel free to look at our website to see what classes we have available. If you have a group of friends interested in learning Reiki, we will be happy to arrange an exclusive class for you and your friends.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher Jason Mackenzie. Having practised and taught Reiki here in New Zealand and internationally for over 20 years, he would like to introduce you to the stress-free art of Reiki. Regular classes are available for those who wish to learn and a mobile service is available for those who wish to receive a treatment. Check out our website: [www.astramana.com](http://www.astramana.com) or email [astramana@gmail.com](mailto:astramana@gmail.com) with any questions or to find out when our next workshop is.

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# Area Columnists

## Next steps to ensure Kiwis pay a fair price at the supermarket

As part of our work to support Kiwis with cost of living pressures, we're taking the next steps to fix the supermarket sector and ensure fair prices at the checkout.



I know that people in Kaipara ki Mahurangi are fed up with paying a premium for the basics, while supermarkets are earning around \$1 million a day in excess profits. We're working at pace to fix the sector and make sure that people pay a fair price at the till.

We're introducing a mandatory code of conduct - and consultation on this is now open, so if you want to have your say, head to <https://www.mbie.govt.nz/have-your-say/grocery-code-of-conduct/>. Alongside this, we're introducing compulsory unit pricing on grocery products to make it easier for consumers to compare prices. We're also appointing a Grocery Commissioner to be a referee for the sector, keeping the supermarkets honest and blowing the whistle when it suspects there's a problem.

We're calling on supermarkets to open up wholesale access for their competitors, at a fair price - or we'll do it for them through law. Opening up supermarket's stockrooms will make it easier for new competitors to enter the market, and ensure fairer prices.

Taking action on supermarkets is just one of the ways that we're helping to ease the pressure on households in the face of global inflation. We've also introduced a new temporary cost of living payment. This means 81% of New Zealanders aged 18 and over will receive either the Winter Energy Payment or the short-term cost of living payment this year to help with their bills.

We're also tackling transport costs, with our fuel tax cut, reduced

road user charges, and half price public transport, as well permanent half price public transport for Community Service Card holders.

These measures build on the work we've already done since taking office to lift wages and reduce cost pressures on households. These include lifting the minimum wage, boosting Superannuation and Working for Families, as well as rolling out cheaper doctors' visits, free school lunches and more.

There's no single solution for the current cost of living pressures that are being felt around the world, but, when taken together, the measures we're putting in place are making a real difference for Kiwis.

Marja Lubeck: Labour List MP based in Kaipara ki Mahurangi

## Citizens Advice Bureau Helensville

Citizens Advice Bureau Helensville AGM with a focus on South Kaipara Good Food.

South Kaipara Good Food's nutritional and wholesome difference will be delivered at Citizen's Advice Bureau Helensville's AGM.

Gemma Donaldson, chief executive of the non-profit organisation, is the guest speaker at the event on August 22 at Kaipara Memorial RSA from 10am.

She will explain how they support the community by providing access to good food and empowering people with the skills, confidence, connections and resources to be self-sustainable food-wise.

"We're about building up mana, getting people back on their feet, encouraging community connection and proving this is a community that cares," she says.

The kai packs with recipes make a difference for people who are going through the stresses and strains of life.

The organisation provides services through programmes like Kai Collective Te Awaroa and the Food Secure Plan. It is dependent on generous donations from funding grants and local donors.

So far, the collective's team of volunteers has made and delivered over 7,800 kai packs and 430 Covid isolation packs.

The food secure team rescues kai all over South Kaipara, coordinating cooking classes and planting community gardens through the initiative Kai Grow.



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Authorised by Marja Lubeck, Parliament Buildings, Wellington

# Area Columnists

Come and hear Gemma talk about SKFG's inspirational mahi. If you can make it to the AGM please call 09 420 7162 or email: manager.helensville@cab.org.nz for your RSVP.

Sourcing hope: South Kaipara Good Food volunteers prepare kai packs for families and individuals in the community, making a nutritional and wholesome difference.

## What do high expectations mean for your child?

To have high expectations of yourself is absolutely fine as an adult. We get to determine our own progress and have the cognitive skills to effectively deal with and learn from our mistakes, using them to help us succeed and be fulfilled. However, when we project our high expectations onto children, not only does it erode their self-esteem, it may set them up for a future of failure, which in turn may lead to serious mental health issues. All because we put our high expectations on them.



As an adult, it is easy to compare children by their age and where they are at developmentally. However, would we compare an 18 year old gymnast to an 18 year old piano player? Quite possibly, these two could have completely different body types, personality traits, interests, strengths and family backgrounds. It would be such a respectful world, if we were to see our young children as complete individuals, made up of their own views of who they are, what they are capable of, and what they want to learn as they grow up to be valuable members of our community.

As an Early Childhood Centre, we help a lot of children through their different developmental stages; physical, emotional, social and cognitive. Toileting is a massive one, as it encompasses all these stages in one aspect of learning. We believe that this stage should not be rushed and be instigated by the child when they show us that they are ready. Some adults may try to rush this stage for whatever reason. The downside of this may cause a child to regress and has the capacity to affect their socio-emotional development. Research is telling us that numerous kinds of stress causes anxiety, leading to psychiatric and somatic diseases such as depression and cardiovascular disease.

By allowing the child to show us what their interests are, where they are at with their own learning and how they want to interact with their peers, we can incorporate these attributes, supporting the child to develop confidence. We are not all born the same, (thank

goodness, it would be a pretty boring place if we were), so is it not then obvious, to not treat us all the same? The teachers at Country Bears are proud to state that they really do know each and every child as an individual, what their capabilities are and what makes them tick. To this degree, the environment is set up accordingly to not only encourage learning through open ended resources, but to extend and challenge them in a safe environment.

Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With over 25 years of experience, Country Bears is the name in childcare that you can trust. We are proud of who we are and how we got here, and we are committed to continue to provide this Country Bears quality for another generation.

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

## Helloworld Travel

Helloworld Travel Hobsonville has relocated and is currently operating from Riverhead for a short time. It is extremely busy and we are seeing clients, so if you would like to see Carolyn or Lesley we ask you make an appointment.



We had such a great time on our recent Otago Rail Trail trip without cycling, Carolyn has decided to put another one together. It is a 6 day trip starting in Queenstown and 5 days exploring the historic rail trail without the exertion of having to ride a bike. We have the most wonderful guide who is a local guy and takes us to the hidden gems this area has to offer, you will never discover these



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# Area Columnists

on your own. We only take 12 guests so please let Carolyn know if you would like to join her on this next tour, the dates are 24th September and returning to Auckland 29th September 22.

You can contact us on 09 416 1799 or email [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz).

## Phelan's Local Board update

For many years there have been calls for better public transport for the North West.

Since 2016 a joint government and council agency called Supporting Growth has been working on planning for the growing population of Auckland. One of the key of focus is the North West.

The 2016 this agency published a document that laid out the rough routes of a future transport network through the North West. There was a whole bunch of consultation and a Transport for Future Urban Growth Plan created.

Along the way there have been further consultations and refinements to this plan. It would have difficult for anyone to have missed this over the six years because every year some new part of the puzzle was being announced. Along with the 'Alternative Route' around the back of Kumeu the other part of the plan for the area included the Rapid Transport Network route which starts in the central city, runs along SH16, loops through Taupaki, and runs through the centre of Kumeu and out to what will be future housing in northern Huapai.

I was therefore bemused to read Councillor Sayers last article in this paper. "Beware" he said "most of the main road and the heart of Kumeu Huapai is proposed to be destroyed".

Our councillor certainly has a flair for the dramatic and a nose for a potential crisis.

He then breathlessly relayed stories of 'surprise letters' or people not getting any letters, emergency meetings, businesses destroyed, and a list of businesses who were going to lose their buildings.

The reality is somewhat different and visiting Councillor Sayers' personal website for 'helpful maps' is probably not the best route to knowledge.

Indeed, if our councillor had spent a bit more time reading the maps, maybe getting in touch with the Supporting Growth staff or asking questions at the briefing they gave him, he might have been able to put together a more accurate picture for our community instead of scaremongering.

The first thing anyone should do if they want information is visit Supporting Growth's website, and heading to the North West section: [www.supportinggrowth.govt.nz](http://www.supportinggrowth.govt.nz)

Secondly. If you think you're on the RTN route, which is represented by the dark green line, with a slightly wider lighter green 'study area' around it on the maps found at this link:

[www.haveyoursay-supportinggrowth.nz/connecting-north-west-aucklands-future-communities](http://www.haveyoursay-supportinggrowth.nz/connecting-north-west-aucklands-future-communities) then you should get in touch with Supporting Growth directly on: [info@supportinggrowth.nz](mailto:info@supportinggrowth.nz), they have a really great team of staff who can meet with you to explain what is being planned and how it affects you.

So are businesses going to be affected by the RTN route and is it going to "destroy" Kumeu & Huapai?

The route required a wide corridor that runs proximate to the rail line through Kumeu. It has to accommodate a double rail line plus walking and cycling. It is probably going to be some form of light rail which is best suited to travelling through busy urban areas safely while visually fitting into the town. These systems are in place all over the world in urban centres and become a focal point for business and the community. No one would describe them as destroying a town.

That said there are going to be businesses along the route, more specifically along the rail corridor, that will be significantly affected. Land will have to be acquired and this is going to be tremendously difficult for some, this is an unfortunate part of being in a very fast-growing city which needs a public transport network to get people around.

It is very important to point out that businesses on the eastern side of SH16 are not directly affected in the ways suggested. Councillor Sayers seems to have got confused by the walking and cycling line on the map, in dark blue, and combined both study areas into one to reach his startling, but mistaken conclusions.

Ultimately this route has been on a range of publicly available maps that have been consulted on, used in the media and widely discussed since 2016. I'm surprised Councillor Sayers is surprised as this planning is precisely the sort of thing someone in his position should know all about. It is arguably the single biggest infrastructure project for the North West.

As elected members I believe we have a duty to try and communicate information as accurately and responsibly as possible. That means we should ask questions of staff and make sure we have our facts



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# Area Columnists

sorted out before smashing out alarmist columns.

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Phelan Pirrie. Rodney Local Board Chair. [phelan.pirrie@aucklandcouncil.govt.nz](mailto:phelan.pirrie@aucklandcouncil.govt.nz)

## Flood warnings a work in progress

Whenever the idea of a flood warning system for the Kumeu area is raised there are those who immediately bag the concept as pointless and the money should be spent on clearing the river instead.

Kumeu Community Action (aka Huapai-Kumeu Residents and Ratepayers Association) agrees that the river needs clearing, widening and a plan for increasingly heavy rainfalls needs to be enacted.

Healthy Waters (a Council-Controlled Organisation) has stated it is unwilling to use water level monitors down the valley from Waitakere to Helensville (Te Awaroa) to monitor the rise in flood waters during potentially extreme events.

Instead, it is developing a flood warning system using rain radar and rain gauges in the district due for trialing sometime next year.

Kumeu Community Action believes this is not good enough and suggests additional data collection.

Many things have changed and will continue to change in the river valley leading to the Kaipara Harbour.

More properties have been built in the valley, often with large amounts of soil building up the ground level (such as Kumeu Central).

This is good for those businesses and houses, but bad for the surrounding less elevated properties where the flood waters rise higher and move faster.

The development of the Huapai and Triangle (Nobilo) blocks have increased the impermeable surfaces significantly, increasing the rate and volume of the water runoff to the Kumeu River.

The rail track into Kumeu crosses the Kumeu River in the Taupaki valley, splitting the flow of flood water on either side of the track. This is the primary reason Shamrock Drive and Treescape flooded as the water is guided by the elevated track as it enters Kumeu.



If and when the alternate route (bypass) or the Rapid Transit Corridor (RTC) are ever built, they will also be elevated and create a dam for the flood waters that will eventually pass over the top of the highway/RTC.

If Fletcher Building develops a residential or industrial area on the Taupaki flood plain, it will likely elevate the houses, thereby increasing the speed and depth of water as it approaches Kumeu.

On top of this, the maintenance and clearance of the rivers by Auckland Council has been greatly reduced, which only made the 2021 flooding that much worse.

Healthy Waters argues that the flood waters move too quickly for an on ground system to work effectively, hence the use of a computer program making predictions from climate data. This is probably true of residential areas in the city where the surfaces are largely impermeable and torrential rain can lead to flash flooding within 15 minutes.

However, in the rural NorthWest the land is largely farms and lifestyle blocks down the 30km valley. The water does not travel down the valley in a wall two metres high from when the rain starts, it rises over time.

The distance from Waitakere to Kumeu is about 10km. It is considered likely that on the night of August 30-31, 2021, an alarm could have been raised that would have given a one to two-hour window in which stock, pets, cars and household items could have been moved as flood waters rose.

Given that the continuous rain gauges managed by the Auckland Council are either in need of repair or have data delays of four to five hours, the residents and businesses in Taupaki, Kumeu, Huapai and Waimauku are still largely left with no usable information from which to make decisions.

Rain radar is useful, weather warnings and watches are helpful - just not last August, when over 200mm fell in 12 hours.

In response to this deeply unsatisfactory situation, Kumeu Community Action supports the development of a rain gauge/flood water level monitoring system down the river valley from Waitakere to Helensville.

The system supported is solar powered and able to transfer information continuously to anyone who logs onto the website.

This will mean that if you are in Huapai, you will be able to view the surface water levels at Waitakere, Taupaki, Kumeu South and Kumeu Central to make a decision about whether action is required.

This data could also be shared to the Auckland Council which will be operating the alarm message to mobile phones.

The cost of each data collection unit (see photo) is \$2100 plus GST with installation costs on top of this.

At least five units would be necessary to get started and Kumeu Community Action is looking for those who would be interested in contributing to the purchase and installation of the units. Email Guy

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# Area Columnists

Wishart and Jen Mein at [info@kumeucommunityaction.org.nz](mailto:info@kumeucommunityaction.org.nz) if you would like further information.

Visit [www.kumeucommunityaction.org.nz](http://www.kumeucommunityaction.org.nz) for more details and to join.

By Guy Wishart, Kumeu Community Action Chair.

## Rapid transit corridor, flooding and the 'Centre Plan'

As outlined last month by councillor Greg Sayers, the proposed bus lane and light rail corridor through Kumeu an Huapai will have a major adverse affect on all businesses between the railway line and the Main Road (State Highway 16) from Weza Lane to Station Road.



The released 'preferred alignment' promoted by Waka Kotahi NZ Transport Agency and Auckland Transport will require the removal of commercial/industrial buildings within the next 20-30 years.

The final alignment is being refined over the next two-three months before a 'Notice of Requirement' is served on the affected land owners and tenants.

The Transport Team of Consultants has advised that the preference is for a bus lane and light rail over the bypass alternative four-lane route around Kumeu-Huapai, despite the fact that there is no funding for the proposal.

As all of Kumeu-Huapai knows, the flooding in August last year has rendered the Town Centre proposal promoted by the Auckland Council and the local board unworkable. Effectively, the proposed Town Centre design area floods, so couldn't and should not be used as the Town Centre for Kumeu-Huapai in the future.

Clearly an alternative area needs to be identified for a Town Centre that is elevated and not subject to flooding.

The flooding highlights an urgent review of the transport corridor as the 'Centre Plan' will become redundant and an alternative corridor

is needed that will minimise the loss of commercial buildings. Also, the identified major growth area of Kumeu-Huapai will be south of the rail, so a new centre has to be found that will serve that area.

The 'Steering Group' as identified below is preparing a 'Concept Plan' so that it can be placed in front of the community for comment and discussion.

There is no time to waste as the transport officials propose to notify the 'Notice of Requirement' by the end of 2022.

The Steering Group comprises John Francis, Graham McIntyre ([graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)), Pete Sinton ([petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz)), Craig Walker ([craig@cwbr.co.nz](mailto:craig@cwbr.co.nz)), Ben Vallings ([ben@bbp.co.nz](mailto:ben@bbp.co.nz)) and Guy Wishart ([guywishart3@gmail.com](mailto:guywishart3@gmail.com)).

## Sayers Says It

By Rodney Councillor Greg Sayers. This month Auckland Council will be releasing a public report about why Kumeu flooded and what can Auckland Council do about preventing it happening again?

It says on the evening of 30 August 2021, a severe rainstorm hit west Auckland with a peak rainfall of 208mm which qualified it as a 1 in 100 year rainfall event. As a result severe flooding was experienced in the main commercial areas and numerous dwellings were flooded. Compounding the issue the Auckland region was in a Covid Alert Level 4 lockdown.



The August storm resulted in 2,677 insurance claims, totalling over \$62 million, making it the second-worst natural disaster last year in terms of insured losses, second only to the July West Coast floods.

Miraculously no lives were lost although several rescues were required. Many families, pets and livestock were seriously in danger. State Highway 16 was closed for approximately eight hours.

Most of the flooding occurred as predicted in the Council's flooding maps. The major exception was the Kumeu River overtopping the left bank upstream from the SH16 bridge, near the Trotting Course.

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# Area Columnists

A lot of water flowed westward along Waitakere Road and then into Shamrock Drive towards the Huapai Stream, and large pools of water collected in the existing topographic depressions. Properties from NorWest Liquor, Kumeu Tyres all the way to Norwest Rentals, the Mates Bar and many more were badly affected.

Auckland Council believes river channel vegetation and debris blockages may have played a part in hindering water flows and this will be more actively maintained in the future. However, the key to solving Kumeu's flooding rests with the building of a \$50 million floodway channel through the town. This is a 50 meter wide channel which runs alongside the Kumeu River through the Kumeu and Huapai townships capturing any flood water overspill offering protection all the way from the SH16 bridge, to Pinotage & Rheingold Place, as well as providing better water flow capacity downstream from Oraha Road.

The problem is only 1km, or about one-third, of this floodway channel has been built running between the State Highway 16 bridge and the north-west boundary of 94 Main Road. This includes the Maddren development who paid for the channel costs on their land, not the Council. The problem is the floodway project is not completed and the Auckland Council hasn't put any budget aside to finish it. If you elect me as your Councillor I will be demanding this work is funded and completed.

But here is the real kicker. In the event of another 1 in 100 year flood the \$50 million floodway channel investment would reduce the depth of flooding by only half a meter. The storm water pipes, drains and inlets already located in flood prone areas will always be overwhelmed by significant rainfall events. In other words the flood plains will still flood and the Council can only try to minimise the damage caused - at quite some considerable expense to ratepayers.

And there is even a bigger problem. The Rodney Local Board has approved plans wanting to rezone the flood plains between Weza Lane and Oraha Road away from commercial/industrial land to become a new town centre for Kumeu-Huapai. That would place the new town centre right in the middle of one of the major flood plains. You can Google 'Kumeu Centre Plan'.

Clearly an alternative area needs to be identified for our Town Centre that is elevated and not subject to flooding. Logically, with most of the growth planned for south of the railway, should the new town centre not be located closer to service that area, and it is an area that is not a flood plain.

The location of the town centre has also forced the proposed rapid transit corridor to cut through the heart of Huapai in an effort to connect it to the proposed future town centre. Accordingly you will read in another article in this publication, from professional town planner Pete Sinton, that a holistic town planning Concept Plan is required, to accurately inform a formal Council Structure Plan, so that the infrastructure, housing, commercial buildings and shopping centres are better thought out than using the current ad hoc system which is completely inadequate, let alone being completely unable

to meet our future needs.

Again, if I am successful in being elected as your Councillor I will be championing these causes diligently on your behalf to the Auckland Council's planners.

## Chris Penk MP

I recently held a public Education meeting with National MP Erica Stanford, Spokesperson for Education. We talked about the immense pressure that our teachers are facing right now and how they feel they are at breaking point - due to Covid-19, the stress of managing children who haven't been at school on a regular basis as well as trying to manage students who are undertaking at-home learning. On top of this, our teachers believe the curriculum is too vague and say they need more concrete detail and direction on what they're what they're actually supposed to be delivering.

Literacy and numeracy rates are dropping every year, not to mention our growing truancy rates which are now at an appalling 40%. The consistent messaging we're hearing from school visits is that the single biggest factor of success is ensuring children are present at school. A high number of Principals across the country believe there needs to be an expectation that children are at school, and if not, students should expect to receive a knock on the door asking why they aren't there.

It's clear that the Labour government are failing our children. National says we need to be more prescriptive with our school curriculum, providing better resources for teachers that builds their confidence to teach, including implementation of weekly teaching plans to support their development. We also need higher ambitions for attendance. We believe that the government's target to improve regular attendance to 70 per cent by 2024 is not ambitious enough. National believes that every day counts and so we should aspire to every child being present at school, which means we need higher expectations for when they are absent. We also need better teacher training, which includes attracting the best and brightest teachers, but this is challenging when the pay is currently so low. We need better incentives for teachers by remunerating them higher salaries as well as covering the costs of their training.

You can expect to see a strong feature on education in National's election manifesto, which will outline what we want to do and how we want to set our children up for their futures. We will also ensure that we have competent ministers who take accountability instead of making excuses. We need a relentless focus on attendance throughout the education system because we know that education is the strongest tool we have to ensure every child has an equal chance in life to be successful.

Chris Penk MP

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Authorised by G Sayers 022 611 24 64



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