

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

Faulders retire from Kumeu Show

Circulation is 10,000 print copies and 3371 opened and read email copies.

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

August 2023



Greetings

"Be Prepared".

It's no longer just a Scout motto but a general warning to all!

Why?

Well, because you never know what's coming your way next.

It could be another extreme weather event, further cost of living increases (I hope not in both cases), rate rises (7.7% or \$253 a year on average – about \$4.87 a week – from the Auckland Council which says rates for existing properties are about 11% rather than the 3.5% forecast in its 10-year budget).

Plus, there's insurance (if you can get it or afford it), and notices to some in this area part (or all) of their properties may be needed in about 30 years for future transit corridors, bypass roads and the like.

Makes you wonder why we live here, and no doubt helps prompt a move to Australia or other places.

I've got friends and family all up Australia's east coast (from Melbourne to the Sunshine Coast) – but don't fret, they're all about to get hit with climate catastrophes, money problems, and more too.

Lends itself to that saying: "Goodbye cruel world".

Perhaps I can join a shift to Mars or some other planet – if I live long enough!

Life on the ocean floor doesn't look so enticing any more, probably because of our increasingly warming and polluted seas (think microplastics).

I've already moved to higher ground (partly to escape floods) but it's still damn wet and there's not enough hay to feed the remaining stock (summer was a bummer for hay and now it's very difficult to get – at any price).

Fences have fallen in parts (stock trying to find feed plus the soggy soil) so it's going to cost plenty to fix – when we can afford it.

So having a job is not just keeping my mind active but helping pay the increasing bills too.

I've heard things may get a bit better later next year (apart from climate concerns, that is).

I certainly hope there's improvement on the near horizon.

And I'll bet you do too!

Geoff Dobson, Editor



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ENQUIRIES / FEEDBACK:

Geoff Dobson

P 027 757 8251

E geoffdobson2017@gmail.com

W www.kumeucourier.co.nz

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People & Places

Faulders retire from Kumeu Show

Derry and Jenny Faulder are retiring from the Kumeu Agricultural and Horticultural Society and its long-running Kumeu Show at the society's annual general meeting on August 9 after more than 80 years' combined service.

The move also marks a change of lifestyle for the couple who have been actively involved in the local community for many years.

Derry and Jenny are moving from their home of 20 years in Kumeu to the Country Club Huapai this month, a Hopper Living and Cabra Village complex on the former Nobilo Estate winery.

They'll not only be among many friends at the village but almost literally across the road from where they first met when Jenny was a dental nurse at the Huapai District School and Derry was the local electrician.

Derry has been involved with the society and the show about 52 years, while Jenny has been active in them for more than 30 years - the couple granted Honorary Life Membership several years ago for services to the society.

Both have been involved in nearly all facets of the society and aimed to retire around the 100th Kumeu Show, delayed a year or two by the COVID-19 pandemic.

Growing up in the Kumeu district, Derry has been associated with many local organisations, including Kumeu Brass (then with a longer name) which he joined at the age of 11, mainly playing cornet, and played at the show in his younger days.

He was schooled at Huapai District School (he and Jenny attended the 100th jubilee in 2019) and later became an electrician, joining many organisations including the Kumeu A and H Society.

Times have changed, with weekends generally free back then and allowing people to participate in various service clubs and organisations.

Many in this area were farmers or growers - hence the history behind the area and the Kumeu Show featuring in a book Derry helped author Deborah Dunsford with called "Doing It Themselves: The Story of Kumeu, Huapai and Taupaki".

The Faulders reckon the Kumeu Show has changed considerably too, matching the area's demographics and altered land use.

Many of the older identities, farmers and growers have gone (Derry's dad Jack was a Jersey cattle breeder at "Derry Downs" farm, for instance).

The Kumeu Show has changed too.

The carnival side (Mahon's Amusements) remain popular with children (Derry used to know Roy Mahon and then his son John) and while many farm animals such as pigs and cattle are no longer at the show (mainly because of various diseases over the years), the Farm Zone petting zoo is a big attraction.

Woodchopping, shearing, giant pumpkin contests and special attractions remain a hit.

The annual show is increasingly popular with city families and newcomers to this area.

But the Faulders say recent issues (especially COVID) reveal the Kumeu Show cannot be the sole money earner for the Kumeu A and H Society, which can cost a lot to run.



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People & Places

Governed by its own Act of Parliament, the showgrounds have long been a favoured venue for the likes of the Auckland Folk Festival, Taupaki Monster Fireworks Display, Kumeu Classic Car and Hot and Rod Festival, and is now also home to many other events and even used for filming.

It's not council-controlled, so the showgrounds can be used for a wide variety of activities and are expected to remain largely intact (although talk of using parts bordering Access Road and the like for future traffic corridors rattle some).

Land values in the area have skyrocketed in recent times, much of the land use now changing for housing developments.

The Faulders still feel the society and the Kumeu Show itself will continue, probably with changes.

In the meantime, the couple say they've had a lot of fun and made many friends through their involvement.

Their three children have been there too, and Derry and Jenny can pass on stories to their seven grandchildren.

Consultation open on Local Board plans

Residents in the Rodney Local Board area are invited to speak up and help shape the future of their community.

Rodney is among Auckland's 21 local boards releasing their three-year plans for feedback.

Each board has prepared a draft plan and wants to know if it's right.

Fill out the online form at www.akhaveyoursay.govt.nz/localboardplans by August 14.

The plans will guide local board decision-making during the next three years on things like parks and playgrounds, community funding and group support, as well as events and programmes.

This consultation has the potential to have significant impacts across Auckland, says Auckland Council General Manager Local Board Services Louise Mason.

"Everyone knows budgets are tight, and that council has been making some tough decisions with impacts on local board funding - so understanding what local priorities you value most is going to be really important in the coming years," she explains.



Geoff Dobson
MEDIA

P 027 757 8251

E geoffdobson2017@gmail.com

"The local board plan is the key document for each board and the decisions it makes in each local area, as well as guiding input into the wider regional plans and long-term budget decisions. So, it really is a significant piece of work we are asking for feedback on."

The consultation enables local boards to identify and prioritise the key outcomes, initiatives and projects that are of most value to their communities.

This information will be considered as each of the 21 local boards draft their plans for the 2023-2026 period, for publication at the end of this year.

Visit akhaveyoursay.co.nz/localboardplans or It's your place, your voice! Local Board Plans consultation open - OurAuckland (aucklandcouncil.govt.nz) for more information.

NZTA temporarily pausing SH16 improvements

Stage Two of the SH16 Brigham Creek to Waimauku project is being paused by Waka Kotahi NZ Transport Agency for a six-month to one year period in response to a significant increase in forecasted costs.



Labour List MP Marja Lubeck has confirmed the pause after receiving information from NZTA Regional Relationships Director Steve Mutton.

Material supply issues, labour shortages and rising inflation are contributing to increased project cost estimates, and further work over the following months is necessary prior to being able to confirm decisions about funding and scope, she heard.

As a result, the Auckland Council has accepted Waka Kotahi NZTA's request to extend the timeframe for the Notice of Requirement application for a six to 12-month period. All Public Works Act land acquisitions have been suspended for the same period.

Construction of Stage One work will continue as planned to improve safety for road users on the stretch of State Highway 16 between Huapai and Waimauku.

Guy Wishart of Kumeu Community Action (KCA) has indicated the Northwest community will be unsurprised by the delay but will be deeply disappointed and frustrated by Waka Kotahi NZTA's inability to keep to its own time schedule.

"The community has been crying out for the safety upgrades and

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extra lanes on SH16 for years," says Guy.

"Locals are also aware that Auckland Transport is 'kicking the carriage down the track' when it comes to utilising the existing rail track running through Huapai, Waimauku and Helensville."

The whole situation is extremely problematic for the community and made worse by the potential release of future urban land in the Northwest with no improvement to the existing transport network, Guy explains.

A public drop-in meeting with Auckland Council planners at Huapai in mid-July was very well attended with about 70 people turning up, he adds.

"Planners are assessing the community's views on potential changes to the zoning of future urban areas in the Northwest and heard a wide range of opinions from the attendees, for and against."

Hay in short supply

The 'big wet' has compounded stock fodder problems.

While summer and autumn rain encouraged pasture growth, it also meant a difficult hay making season.

That's now being realised with hay shortages for feeding out in winter.



It's not only the equestrian set looking for grazing with those farming cattle especially seeking more supplementary feed.

The summer has been difficult for haymakers, with rain from November on causing problems, says livestock agent Duncan McNab.

He says a short burst of good weather in early December allowed some hay to be made.

Others have said the bad weather since has meant what would normally be three hay cuts turned into just the one.

The hay shortage is reflected in prices with bales usually being sold for more than \$20 each, some reaching \$30 or so.

That compares with around \$10 to \$20 a bale last year.

Not only is stock fodder difficult or pricey to get, but continuing wet weather has prompted many to destock or risk pasture pugging and have fences pushed over by hungry stock.

Many with horses and other stock are hoping for an improvement

come spring (officially around September) when grass usually begins to flourish again and temperatures warm up.

Clean Up Week in September

Keep New Zealand Beautiful is asking Kiwis to 'Do the Right Thing' and clean up their local communities, with registrations now open for its annual Clean Up Week, September 16-22.

Following the results of Keep New Zealand Beautiful's 2022 National Litter Audit (NLA), Clean Up Week provides a proactive approach to tackling New Zealand's litter problem.



"The results from the 2022 NLA were alarming, with the total number of items, volume and weight of litter all increasing since our initial audit in 2019," says Keep New Zealand Beautiful CEO Heather Saunderson.

"Clean Up Week is a great opportunity for New Zealanders to turn their attention to the issue and take a hands-on approach to solving it.

"We're encouraging families, schools, businesses, community and youth groups or even just individuals to 'Be a Tidy Kiwi' and 'Do the Right Thing', get together, get involved and make a difference in their local neighbourhood."

Last year, about 67,400 volunteers joined together throughout Clean Up Week to help remove around 655 tonnes of litter across an area equivalent to 5751 rugby fields.

"We'd love to break this record again in 2023," says Heather.

Clean Up Week is supported by Keep New Zealand Beautiful ambassadors Hayley King, Stacey Morrison and Muriwai's Michael Van de Elzen.

The week starts on World Clean Up Day, a global movement that unites millions of volunteers, governments and organisations across 191 countries.

Keep New Zealand Beautiful is also offering the opportunity for those involved in Clean Up Week to take part in the organisation's citizen science programmes, "Upstream" and "Backyard Battle", which allow individuals to contribute to a national and international data set while gaining experience in data collection and analysis.

"The effects of climate change are becoming all too prevalent for

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New Zealanders and for some it can feel like a helpless situation," says Heather.

"However, getting out in nature, in your community and making a visible difference collecting and cleaning up your patch can make you feel great.

"Taking action can ease climate anxiety, especially for our tamariki, and it's good to know you're doing your bit," adds Heather.

"Litter as a problem can seem small when you come across a piece here and there walking through your local neighbourhood, but collectively it's a huge issue nationally, not only to our environment, but also to biodiversity, our own health and climate future."

Clean Up Week registrations at www.knzb.org.nz close on September 22.

The week is supported in partnership with Waste Management, Enviro NZ and some councils, who provide participants with the opportunity to dispose of the rubbish they collect for free at selected transfer stations.

With the help of the Mars Wrigley Foundation, free reusable clean-up kits will be available on request for some groups (including ECEs, schools, youth groups, Keep New Zealand Beautiful's community and educational branches, individual/family and not-for-profit members) who don't have access to their own clean up materials, and haven't requested a kit before.

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 to get resources such as event guides, posters, health and safety forms and certificates.

Muriwai progress continues

Red and yellow stickered Muriwai homes may get help.

Residents of such homes damaged during North Island weather events (like Cyclone Gabrielle) are eligible for accommodation support once their insurance rental payment help runs out, says the Muriwai Residents Stickered Group (MSRG).

These payments are not means-tested, are not taxable and do not affect Working for Families payments, the MSRG explains, adding the payments will go a long way towards supporting displaced homeowners while they await news of their property categorisation and the future of their homes.

The group says terms and conditions apply, "but most importantly if you are red or yellow stickered please make sure you register with TAS (Work and Income's Temporary Additional Support) in order to

receive the accommodation support".

MSRG says that as the Auckland Council continues to work through Muriwai's geotechnical assessment, engineering firm GHD has now identified a group of properties able to have their placards changed and, in some cases, removed.

"This is great news and no doubt those homeowners are getting organised to move back in once they have their homes back in order - which after five months will be a big job!"

Work is continuing on the Muriwai water treatment plant and Watercare hopes the plant and reservoir could be back operating ready for summer.

Meanwhile, water tankers will continue to replenish the temporary reservoir and pump station, says the MSRG.

Government aims to reduce small business financial stress

The Government's Business Payment Practices Bill, which will reduce the stress and costs to small businesses of long payment wait times, has passed its third reading.

"This new transparency regime will encourage larger businesses to improve their payment times, which are a significant problem for many small businesses," says Minister for Small Business Ginny Andersen.

"Long payment terms create cashflow problems for small businesses, because they do not have large financial reserves to tide them over while they wait for large firms to pay their bills.

"Small businesses make up over 97% of all businesses in New Zealand and it's important they are well supported, particularly following the impacts of the pandemic, Cyclone Gabrielle and other severe weather events," says Ginny.

"The Business Payment Practices Bill will require large businesses to publicly disclose their payment terms and how long they take to pay their bills.

"By introducing more transparency from large businesses on a public register administered by MBIE, small businesses will be able to factor in payment times when they're looking to do business with them.

"Having access to this information will help small businesses to identify and avoid those firms which are slower to pay than others," Ginny explains.

"There will be real reputational risk to large business who refuse to



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pay their bills on time.

"Not only do late and overdue payments cause uncertainty for small businesses, they also hold back investment and job creation.

"Big businesses often use small businesses as a credit facility, and that's not OK."

The new system will be rolled out to the largest organisations first - those with \$100 million or more in revenue.

The first reporting period for this new system will begin 10 months after the Bill has passed, and the first disclosures will be made seven or eight months after that.

Muriwai firefighters' deaths report suggest hazards not fully identified

Fire and Emergency New Zealand's independent investigation by lead investigator Paul McGill and specialist health and safety investigator Andy Evans into the deaths of volunteer firefighters Craig Stevens and Dave van Zwanenberg during February's Cyclone Gabrielle has found landslides were not identified by Fire and Emergency as a hazard that could harm its firefighters.

The two firefighters died after the house they were in was hit by a landslide during a rescue and recovery mission on February 13 at night.

The report suggests Craig and Dave started a task "without knowing they were exposing themselves to imminent and catastrophic risk".

The investigation alleges Fire and Emergency New Zealand's lack of risk management to identify landslides "resulted in a lack of landslide related procedures and training for firefighters".

While Muriwai firefighters knew about Muriwai's general likelihood of landslides, the report adds they didn't recognise warning signs indicating an imminent landslide threat.

The investigation says search and rescue operations for Craig and Dave was quickly mobilised and well resourced, the report explaining everything practicable was done to rescue the firefighters in arduous conditions.

Four recommendations for Fire and Emergency New Zealand (FENZ) include reviewing policy, procedures and training programmes to lift awareness of hazards and warning signs associated with landslides, thinking about integrating local landslip susceptibility risk profiles when planning station risk, reviewing the Fire and Emergency New

Zealand risk management standard and reviewing the organisation's critical risk management programme and developing a clear and robust definition of critical risk.

FENZ has developed learning modules regarding landslides and is reviewing its safety management approach.

Kumeu Rotary Christmas Parade returns December 1

The Kumeu Rotary Christmas Parade team is in the early stages of planning the return of the parade this year on Friday December 1 after a four-year absence.

Dale Wallace of Kumeu has organised the parade for many years and is thrilled it's back in 2023.



"Generations of Kumeu children have attended the parade and in recent years our local kids have missed out," she says.

"The Kumeu Rotary Christmas Parade is for our children.

"It builds the excitement around the lead-up to Christmas and is a great way for the community to come together at the end of the year.

"With lots of new residents, new businesses, and businesses which have been hit hard with recent events, the parade is a great way to celebrate local."

The last year Kumeu locals saw the parade down the main street was in 2019.

During the intervening years the parade team has organised 'Christmas at the Showgrounds' instead.

"The Kumeu A&H Society were fantastic in recent years when we couldn't hold a parade," Dale says.

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"They were able to support us in organising a great community event held at the Kumeu Showgrounds and now it's time to get the parade back to the main street."

With the addition of some more people to the organising team and an overwhelming response from the community in favour of the return of the parade, planning is now underway for parade 2023.

Kumeu Rotary has generously agreed to again be the main sponsor of the event, says Dale.

The organising team is now looking for other sponsors to come aboard to make the parade's return an event to remember.

Float entries are now open.

If you or your business is interested in sponsorship or entering the parade email kumeuxmasparade@gmail.com to contact the team.

Muriwai surf club celebrates 75th

The Muriwai surf club celebrated its 75-year anniversary on Sunday July 30.

A limited-edition t-shirt has been produced for the anniversary "Great since '48" to commemorate Muriwai being a safe yet dangerous beach with 75 years of outstanding volunteer effort.



The Muriwai Volunteer Lifeguard Service (MVLS) is also holding a pre-season get together for all past and present members.

Check the MVLS Facebook page for further information.

The surf club forecourt has been concreted after 10 years, making the lifeguards' job a bit easier this summer, with the MVLS thanking all those involved in the long-term project.

The club hosted the YMCA in the MVSL's 45th Annual Fun Run, with a new course and the battle for the Des Vercoe trophy weighted heavily in favour of the Y runners.

About 40 people set off on the gruelling 13.5km trot around Muriwai. The course led up Waitea Road and along Oaia Road, through Houghton's Bush, across farmland, through the cutty grass and pine trees of Woodhill Forest and then into a wall of wind and sand down the beach.

All runners were asked to pay a small entry fee, with all funds donated

to the surf club. To mark the 45th anniversary of the race, and to observe the club and lifeguards' contribution to the community around Cyclone Gabrielle, the Y Running Club upped the overall donation to \$1000.

The MVSL thanks all involved, including Park Rangers, the Auckland Council, iwi, Houghton's Bush and Dean Nikora for allowing access through their land, the Meerkittens for providing volunteers to help marshal the course and cook the post-race sausages, and to those that braved the course.

A journey of compassion

Our story starts in the heart of New Zealand and centres on the birth of End of Life Planning ("EOLP"), a business that stands out for its unique approach to celebrating life.



Kiwi businesswoman, Alina Reed, developed the concept of EOLP after losing her father to pancreatic cancer and becoming

intimately acquainted with the challenges that arise when a loved one passes away without leaving clear instructions for their end-of-life celebration. Amidst emotional turmoil, Alina and her family found themselves grappling with unanswered questions about her father's wishes. It was during this time that the seed of an extraordinary idea began to sprout – an end-of-life planner that would spare others, including her own daughters and partner, from enduring the same pressures in their moments of loss. A remarkable journey of compassion ensued with the development of EOLP, an organisation that understands the importance of easing the burdens of end-of-life planning and helping every individual to honour their own life experiences.

EOLP's vision extends beyond mere transactions. They are driven by a deep-rooted passion for building a world where every person can craft their own legacy, experience the peace of having their final wishes honoured, and know that their loved ones won't carry the burden of uncertainty. As such, they strive to provide the resources that are necessary to help people of all ages and backgrounds leave clear and informed plans for their own end-of-life celebrations. In a world that often shies away from discussing end-of-life matters, they aim to transform the way that this subject is approached and invite people to join them on the journey of honouring memories, sharing stories, and celebrating lives in a way that truly reflects the unique spirit of every individual.

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Safer Communities



Gone are the days where a departure at 6.15 meant a quick drive along the motorway to the office.

Our local areas have seen a lot of additional development and it does not take much to see how this has impacted our current roading infrastructure since we have minimal options for public transport.

Whilst this is a topic that could spark several areas of debate and frustration it does raise the concern that I expect all drivers have experienced. Road rage.

Watching the clock tick over as our frustration rises at how other road users do not understand the concept of how to merge or give way only adds to the frustration of our daily commute.

The daylight hours are less, and we often find ourselves driving to and from work in the dark. Roads are wet and with patience pushed to the limit, drivers are often seen taking unnecessary risks with the loaded weapon they drive.

Glances around while in queues often reveal how many of us are resorting to checking our phones at any opportunity.

Nearly all road accidents are avoidable and caused by negligence. By simply exercising some patience, maintaining your vehicle, following the road rules, and ensuring our mobile phones are not a distraction we can all limit the chances of ourselves and other road users becoming another NZ road statistic.

Jamie Shaw

Deputy Chief Fire Officer
Waitakere Volunteer Fire Brigade
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Be aware of the dangers

Always face the sea, never turn your back. Have a clear escape path to safe ground and don't get caught by an incoming tide or large swell.

Know your limits

If in doubt, go home and try another day.

Community News

Embrace style and sustainability: Kumeu Clothing Swap & Shop

Calling all fashion enthusiasts and eco-conscious trendsetter. The Kumeu Clothing Swap & Shop will be at the Kumeu Showgrounds next month, and you do not want to miss out. Get ready to indulge in an extraordinary event that celebrates pre-loved women's clothing, the joy of shopping, and the art of sustainable fashion.



We have been operating as a 'swap only' event since our commencement in 2016, but are now ALSO opening the doors to all you eco-conscious and fashion-forward shoppers. From 1pm onwards, come along and enjoy FREE entry to our gently loved shopper's paradise. Items are just \$5 each - yes that is correct, \$5 per item.

We always have a fabulous collection of women's clothing, shoes, and bags, donated by our swappers, and all individually checked and in excellent condition. From chic dresses to stylish shirts, vintage gems to designer treasures, our sale offers an array of options for every taste and occasion.

Sale Details

Date: Sunday 10th September 2023

Time: 1pm - 4pm

Location: The Big Sheds, Kumeu Showgrounds, Access Road, Kumeu
All proceeds from the Kumeu Clothing Swap & Shop are donated

directly to Parent Aid North West, a local charity which provides free practical home help to families with babies and children under 5 years old within the North West Rodney and South Kaipara region. Their focus is addressing the needs of parents that are experiencing postnatal depression, anxiety, being overwhelmed and stress, rural isolation, sleep deprivation, accident, illness or general hardship. So by supporting the sale, you will also be directly helping families in our community.

Highlights of the Kumeu Clothing Swap & Shop include:

1. Coffee and kai from Mini Oak and Sweet as Crepes.
2. Live music from the fantastic Lauren Collins.
3. Fashion, alteration and upcycling tips from Ellen at Sew West.
4. Raffles and Silent Auction items you will not want to miss.

Mark your calendars, spread the word, and join us at the Kumeu Clothing Swap & Shop. Together, let's redefine the way we think about fashion and create a future where sustainability and style go hand in hand.

For all details regarding the event check out our Facebook Group (Kumeu Clothing Swap & Shop) and Instagram (@kumeuclothingswapandshop).

If you would like to be part of our volunteer team, or are interested in sponsoring our event, please email Bex at bex.holland@outlook.com.

We can't wait to see you all there.

Flippin' Fun Trampoline Park

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With the school holidays over Flippin' Fun's normal week day activities are back. Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 4.

Flip Fit Classes - with summer on the way it's time to start thinking about getting back that beach bod.

Flip Classes - Fly with the best. For age 8 yrs+. Learn new tricks to impress your friends.

Junior Flippers - a fundamental movements programme for kids aged 5 - 7 yrs teaching skills core to many sports.

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Community News

Parties, End of School Year & Christmas functions - Flippin' Fun caters to all types of events. They're enormous fun and hassle free. We are taking bookings now so view our party webpage or contact us directly to plan your bid event.

For pricing and times, be sure to check www.flippinfun.co.nz or call us on 09 833 6880.

Helloworld Travel Westgate

Scenic Cruises Event - We have over 40 people at our event recently held at Huapai Golf Club. They were interested to listen to our New Zealand Representative talk about River Cruising in Europe for 2024 and Carolyn spoke briefly on her recent cruise on the luxurious Scenic Eclipse.



As a side note if you missed the screening of Maritime Masters on TV, it is going to be rescreening on TV3 so look out for it. It is Scenic Eclipse starting her journey to Antarctic from San Diego, so it was really interesting.

We are a specialist store for Scenic Cruises so come and see us if you are interested in River Cruising or Antarctica.

Canada And Alaska Evening

Please register for our Canada and Alaska evening for September. We will be covering Rocky Mountaineer and Princess Cruises.

If you want to be kept up to date with what is happening and the latest specials please register for our emails on www.helloworld.co.nz/westgate and hit subscribe.

Contact us on 09 416 1799 or email westgate@travel.helloworld.co.nz.

What's on at Kumeu Arts

Kumeu Arts will close between July 22nd and August 22nd for some exciting renovations. We are moving our main entrance in order to create a better connection between our two galleries, reception and shop. The improvements also mean we'll have a new window gallery. Come and see for yourselves when we reopen with two exhibitions, 'Inked' - printmaking in the Pod, and 'Get Fired' - Ceramics in the main gallery. The annual ceramics display is always hugely popular with visitors who enjoy being able to view and purchase a large range



of ceramics. The annual ceramics display is always hugely popular with visitors who enjoy being able to view and purchase a large range

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We have Princess Cruises along to talk about their different options along with Denali National Park cruise tour options.

Please RSVP with your name and number to 09 416 1799 or email westgate@travel.helloworld.co.nz

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TRAVEL
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Community News

of functional and decorative work. To coincide with the opening of our printmaking exhibition we'll have a free demo and opportunity to print your own name using a vintage letterpress. Courses and workshops all resume soon too. For more info and updates visit our website www.kumeuarts.org or follow us on social media @kumeuarts.

Kumeu Childcare

Kumeu Childcare is a well-established and beautifully resourced centre catering for children from three months to 5 years old. Inspired by the Reggio Emilia approach, our experienced and qualified teachers are highly motivated and caring, showing respect for cultural diversity in the community and value a collaborative style of teaching and learning.

Our spacious environment offers three age-appropriate rooms, tailored to meet the needs at each stage of development. Having separate environments allows our pepe (babies) to safely learn, explore and develop at their own pace alongside nurturing high quality interaction with their teachers. Our toddler room is spacious and well-resourced and allows our children to practise and discover alongside loving support from their kaiako (teachers). Our preschoolers thrive within a rich and generous outdoor play area and inspiring interior. Added to our preschool area is a ready to school programme aimed to prepare confidence and solid foundation with academic skills. Nutritious meals are provided throughout the day for our growing tamariki. Please don't hesitate to come visit our friendly centre.

We are taking enrollments and specials going on for new enrolments. Please feel free to call or email us on the details below for any



enquiry or a friendly visit.

info@kumeuchildcare.co.nz / manager@kumeuchildcare.co.nz or Alka 021 1195 148.

Kaukapakapa Village Market @ the Helensville Showgrounds

Sunday 20 August 8.30am to 1pm. Pick up fresh local produce, native plants and trees, artisan food and preserves, fresh coffee, doughnuts, cakes and pies, handmade crafts and art work, knitting, skin care, gifts, Helensville Lions books & sausage sizzle, jewellery, collectibles and bric-a-brac and much, much more - plus there's live music from duo 'Take 2' and free hair plaiting for the kids. Sorry - no dogs with the exception of assistance dogs.

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



Hospice West Auckland dragonflies

Dragonflies have a special significance at Hospice West Auckland. A beaded dragonfly and the Dragonfly - Te Kapowai verse is given as a special keepsake to every family who has lost a loved one in our care. The beautiful dragonflies - each one completely unique - aim to bring comfort to those dealing with loss.



Dragonfly-making workshops are held regularly at Hospice House, 52 Beach Road, Te Atatu Peninsula, and out in the community. Members of the public of all ages are welcome to join these workshops and make their own beautiful creation. It's a wonderful opportunity to give back to the community and learn more about Hospice West Auckland and the services they provide. Follow

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Community News

Hospice West Auckland on Facebook at www.facebook.com/hospicewestauck for details of upcoming workshops and other Hospice House community activities.

Reid Organics

We are a local family from Waimauku, Jordan, Nicole and our 2 ½ yr old son Max. We are a family owned and run company producing skincare products handmade by us with Organic and Wild Harvested ingredients.

Our flagship product - Baby Bum Spray is designed to be an alternative and direct competitor to traditional nappy/barrier creams, just clean the area then confidently spray Baby Bum Spray and fasten the nappy, simple. No fuss, no need to wash your hands.

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

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



ensuring your little one's skin remains soft and smooth.

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

Final call to show your barn and win

Your time is almost up to achieve bragging rights on "Barns We Love" a showcase of really cool barns that you have inherited or created. It doesn't matter what you store or how full you have made it, just showcase the style and the feel and we'll be the judge of "Oh My God, I want one"



measure. The old, the new, and everything in-between, a visual tribute to the kiwi barn, shed and sanctuary.

Take a photo today and email to editorial@kumeucourier.co.nz with your name and email address or email the word barn to 027 632 0421. Entries close 15 August 2023 at 5pm.

Vouchers from Mitre 10 Mega, Aussie Butcher, Hunting and Fishing to be won. So get off the couch and get the phone and get us some pictures, it could deliver \$100 from one of your favourite retailers.



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In Brief

Kumeu Friendship Club.

This last month has been a very exciting time for the club. We were treated to two good speakers for our monthly meeting. One of our club members gave us a talk on countries' national anthems, then we had an excellent talk about Captain Cook and his adventures.

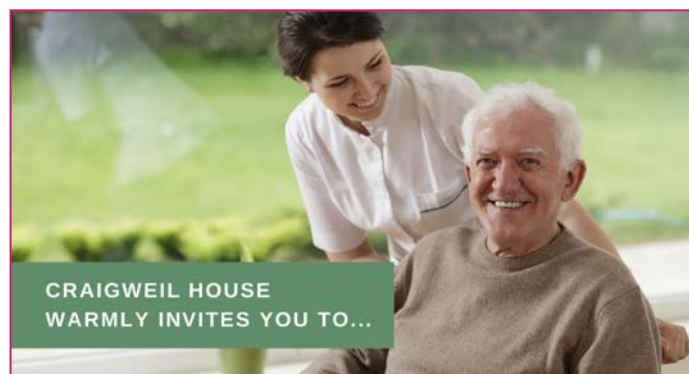


Our club also had three successful outings, one for a pink breakfast where we raised money for the Breast Cancer Foundation, a coffee morning at the Huapai country club, we also went for lunch in the Golden Silk Thai Restaurant in Kumeu Village Shopping Centre.

It was good to see the large number of people at our last meeting, word seems to have got around and it looks like our numbers are expanding but we always have room for more. We hope to see you then. If you would like to see what we are all about please come to St. Chads Church, Huapai 10am on the 4th Thursday of the month.

Craigweil House

June saw Craigweil House celebrate the King's 'First' Birthday in honour of our newly coronated King in New Zealand. We made our own crowns, chose our King and Queen and dressed up for the occasion. One of the highlights of the day was an outstanding performance of Dawn's poetry. This was a nice way to come



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together as a group to strengthen our community.

We also went on a bus trip to Orewa last month, had ice cream and enjoyed a touch of winter sunshine and a change of scenery, it was a beautiful day.

Art has a therapeutic effect on the emotional well-being of older people and we try to organise social clubs for our residents with artistic interest as much as we can. The residents painted a lot of spring and animal themes, and got a lot of satisfaction from having their art work displayed on the walls.

SeniorNet

Are you ready to embark on an exciting journey of learning, connection, and empowerment? Look no further than SeniorNet, where we welcome Senior individuals from all walks of life who are eager to embrace the digital age and explore endless possibilities. Whether you're a seasoned technology enthusiast or a complete novice, SeniorNet offers a supportive community and a wealth of resources to help you thrive in today's digital world.

Now you might be wondering, "Why should I join SeniorNet?" Allow us to shed light on the remarkable benefits and opportunities that await you as a member of our vibrant organisation.

Lifelong Learning: At SeniorNet, we believe that learning should be a lifelong pursuit. Our comprehensive range of courses and workshops is tailored specifically to meet the needs and interests of older adults. From basic computer skills to internet navigation, social media, cybersecurity, and beyond, our expert instructors will guide you every step of the way. Through interactive and engaging sessions, you'll gain the confidence and skills necessary to navigate the digital landscape with ease.

Connection and Community: Joining SeniorNet means becoming part of a warm and welcoming community. You'll have the opportunity to meet like-minded individuals who share your interests and passions. Engage in lively discussions, exchange knowledge, and forge meaningful connections with fellow members. The friendships you form at SeniorNet will not only enrich your learning experience but also provide a strong support network as you navigate the exciting world of technology.

Access to Technology: Keeping up with the rapid pace of technological advancements can be challenging, but fear not. As a member of SeniorNet, you'll have access to the latest technology and equipment. Whether you're interested in trying out a new tablet, or experimenting with cutting-edge gadgets, we will provide the perfect environment to get hands-on experience. We ensure that you have the tools necessary to embrace the digital age with confidence.

Volunteer Opportunities: SeniorNet is a volunteer-driven organisation, and we encourage our members to actively participate


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In Brief

in shaping the future of our community. As a member, you can contribute your skills and expertise by becoming a volunteer instructor, mentor, or even a member of the leadership team. Share your knowledge and experience with others, make a difference in someone's life, and play an active role in bridging the digital divide.

So, why should you join SeniorNet? The answer lies in the remarkable benefits that our organisation offers: lifelong learning, a strong sense of community, access to technology, volunteer opportunities. By becoming a member, you open doors to new experiences, personal growth, and the chance to embrace the boundless opportunities that the digital world has to offer.

Join SeniorNet today and embark on a transformative journey filled with knowledge, friendship, and endless possibilities. We look forward to welcoming you into our vibrant community.

We meet on the first Wednesday of the month at 10am In St Chads Church Hall in Huapai. See you there.

Kumeu Library

The renovation works at Kumeu Library are now complete and we are all enjoying being open and catching up with our customers again. If you haven't been in yet, do come and see the light, bright repainted library.

The month of August brings the Auckland-wide, We Read Auckland Festival to Auckland Council Libraries. We Read Auckland is an annual celebration of local writers and readers, and you can head along to free author talks or check out the new Bestie collection to get hold of local bestsellers from authors such as Michael Bennett, Hayley Holt and Witi Ihimaera. The Bestie Collection is made up of popular must-read books from Auckland authors with multiple copies available in each of our libraries from 1 August so borrowers can skip the holds queue and read them right away. From fiction to non-fiction, crime to coming of age, there's something to intrigue every reader in these compelling stories that feature themes or authors from Tāmaki Makaurau.

To celebrate the collection, Auckland Council Libraries is hosting a stellar line-up of free talks featuring authors of the Bestie collection from 3 - 11 August. Hear festival patron Witi Ihimaera and Coco Solid kōrero on creative and collaborative practices; Dominic Hoey

and Michael Bennett on contemporary crime writing; Girls That Invest podcaster Simran Kaur on finding financial independence, and much more. To find out more about these free talks, go to <https://www.aucklandlibraries.govt.nz/Pages/wra-events.aspx>

If you are an avid reader and love to talk about books, Kumeu Library's Book Chat is for you. This group of readers meets once a month to chat over morning tea about great books they've been reading - come and join us and you'll find even more reading inspiration. Book Chat meets at 10.30am on the first Tuesday of every month: meetings for the rest of 2023 are on Tuesday 1 August, Tuesday 5 September, Tuesday 3 October, Tuesday 7 November and Tuesday 5 December.

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

Gently Loved Markets

Gently Loved Markets is back at the Kumeu Community Centre on Sunday 17th September from 10am until 2pm for the last time in 2023. A chance to get started early on your preloved Xmas shopping.



With a wide range of stalls selling preloved, modern, vintage, retro and upcycled clothing, accessories and homewares. Grab a coffee from Hero Coffee, a bite from Let's Brezel and your favourite fabric bag for your preloved fix. Free entry. All stalls are indoors, with changing rooms at the venue to you can try before you buy. The event is mainly cash, some stall holders may accept bank transfers.

Gently Loved Markets hold different of styles of market days - from everything preloved, Curvy (size 16+ / XL+), Teens (8-16 year olds) and Just Kids! Keep an eye on their Facebook, Instagram and TikTok socials for the market day announcements and updates @gentlylovedmarketsnz

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

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Property

Property market report

Housing sales are lumpy, prices up slightly, fewer listings and buyers hesitant.

Latest data from the Real Estate Institute of New Zealand (REINZ) delivers very mixed messages, with sales volumes inconclusive but prices firm.

The REINZ recorded 5629 residential property sales nationally in June, down 4.1% compared to May, suggesting market activity remains at a low ebb.

The national median selling price was \$780,000 in June, unchanged from May, but down 8.2% compared to June last year.

However the REINZ House Price Index (HPI), which adjusts for differences in the mix of properties sold each month, was up 0.4% nationally in June compared to May.

There was less stock on the market, with a total of 24,676 residential properties available for sale at the end of June. That's down 7.5% compared to May, and down 6.1% compared to June last year.

New listings were also down, with 6218 received in June. That's down 15.5% compared to May, and down 21.2% compared to June last year, suggesting vendors remain hesitant about selling.

Salespeople continue to report increased first home buyer activity with the easing of LVR [loan-to-value ratio] restrictions that came into effect on June 1.

Although activity has increased, caution remains as interest rates, an election and further financial strain caused by the cost of living tempers investment.

In the three months ending June 2023, 15,934 sales have occurred, a 1.2% increase year-on-year.

A lack of listings and the challenge of navigating the current economic climate are putting.

The Median price point in Auckland is static showing down 22% from peak, but still almost 3% up on 2018 prices.

the
rentshop

**Mike
James**

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

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Let's look at the sales:

Helensville	\$765,000 to \$840,000
Huapai	\$1,630,000
Kumeu	\$1,040,000 to \$1,480,000
Riverhead	\$1,050,000 to \$2,280,000
Swanson	\$880,000 to \$1,600,000
Westgate	\$712,000 to \$950,000

If you want to have a chat about value, progressing to another home, or renovation, give me a call today on 027 632 0421. A small investment in time can pay healthy dividends in this confused market. Contact me on 027 632 0421 or email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Cleaning out the gutter clutter

As a landlord, it is crucial to prioritise the preservation of your property's integrity and appeal. One key aspect of property management involves annual exterior washing and gutter cleaning. New Zealand's diverse weather conditions expose properties to various environmental elements that, if neglected, can lead to significant damage.



In this blog, we aim to shed light on the importance of these maintenance activities and delve into why they are crucial. By understanding their significance, landlords can make informed decisions that ultimately impact the longevity and value of their properties.

New Zealand's geographical regions experience a wide range of weather conditions, including wind, rain, and sun. Each of these elements can leave a lasting imprint on the exterior of your property. Over time, dirt, dust, and debris accumulate on walls, roofs, and windows, causing paintwork to fade and the facade to appear worn-out. Properties situated near populated towns or suburbs are particularly susceptible to faster grime accumulation, resulting in discoloration and potential exterior damage.

An annual house wash serves as a powerful preventative measure against these issues. By effectively removing built-up grime and debris, the visual appeal of your property is restored, and its market value is preserved. Moreover, annual cleaning can mitigate the growth of mildew and mold, which can trigger allergies and respiratory issues among occupants.

Professional house washing services ensure a thorough and efficient cleaning process, utilizing safe and highly effective methods to

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safeguard the exterior of your property from potential damage.

In addition to maintaining aesthetic appeal, gutters play a pivotal role in protecting the structural integrity of a home. They collect and redirect rainwater away from the house, preventing water seepage into the walls. Water damage can lead to mold growth, structural rot, and decay. However, gutters can become compromised by the accumulation of debris, such as leaves, twigs, and dirt, obstructing the system and causing water overflow that may damage the roof and foundation.

The importance of annual gutter cleaning, therefore, cannot be overstated. Regular maintenance ensures gutters work optimally, preventing water damage to your property. Professional gutter cleaning services offer thorough and efficient cleaning, significantly reducing the risk of water damage.

The merits of annual house washing, and gutter cleaning are numerous. Not only do these activities preserve the appearance and functionality of your property, thereby protecting its market value, but they also prevent costly water damage, reduce potential health risks from mold and mildew, and identify issues early, preventing expensive repairs in the future.

Now, the question arises: why hire a professional? While some landlords may opt for DIY house washing and gutter cleaning, engaging professionals ensures the job is done safely, effectively, and comprehensively. With their expertise and experience, professional cleaners employ safe and efficient methods that won't cause damage to your property.

At The Rent Shop, we collaborate with professional tradespeople who specialize in these maintenance activities and offer annual servicing for rental properties.

By prioritizing annual exterior washing and gutter cleaning, landlords can protect their properties, enhance their market value, and ensure the well-being of their tenants. Don't let gutter clutter accumulate or grime take over—take action now to preserve your property's integrity.

Should you require further assistance or advice concerning your property management needs, please contact Mike James 021 413 660 or mike.james@therentshop.co.nz.

Selling a property when you're splitting up

When everything is a muddle and your feeling broken, please remember you're not alone and you are not the first person to feel what your feeling. Taking away the emotional waves and the deep centred feelings there is a process that can be helpful and provide clarity. The first aspect to consider is to get your house in order. Copy all your shared documents, contracts, certificates, agreements,

bank statements so that both parties have information. Take stock of those around you and the rules and values that you will operate by. Be aware that friends, family, and your pets may seem to act a little differently. What-ever the mood, be present and be mindful and engaged. A hug can solve a host of questions and a request for help and assistance is natural and common. In order to maintain control around how people feel and are effected, some simple measures should be considered.

Understand and commit to: a) Individual bank accounts, b) Payments for essential goods and services, c) Agree to historic daily or weekly activities, d) A standard of behaviour and communication

If you set the ground rules early it makes the more challenging aspects, like selling the family home a little easier. Certainly the more you can agree on the better the outcome and the less you will spend with your solicitor. Sometimes things can get confused and mixed up very quickly. If you can't settle disputes, try and work through an independent person that can arbitrate. Failure to arbitrate a solution will come at both a time and a financial cost to both parties as the dispute generally finds its way into the Family Court who can make a decision on the balance of fairness for both parties based on the facts. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to <https://graham-mcintyre.mikepero.com/blog/>. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008)

Sorting out your relationship property

The Property (Relationships) Act 1976 ("PRA") applies to couples who are married, in a civil union partnership, a de facto relationship, as well as same-sex couples. The PRA presumes an equal contribution by each partner and aims to achieve a just division of relationship property when the relationship ends. A partner's contribution is not limited to financial contributions but also other things such as looking after the children, the household or property belonging to the couple.

Couples may prefer that the PRA does not apply to all or some of their relationship property. This could either be in anticipation of or during a relationship, or at the end of a relationship. A contracting-out agreement would then be necessary to achieve this. The PRA sets out certain formalities which are required for a valid contracting-out agreement. These requirements include that:

- each party must have independent legal advice before signing the agreement;

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- the signature of each party must be witnessed by a lawyer;
- the lawyer witnessing the signature must certify that he or she explained the effect and implication of the agreement to that party.

It is important that these requirements are met to have a valid agreement. Otherwise, you may have to approach a court to validate the agreement (which can be expensive). It can also result in assets being exposed to creditors which you may have thought were taken out of their reach.

For any advice on PRA or any other legal matters you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

What happens when a buyer can't settle?

You've secured an unconditional sale on your property, booked the moving truck, and got your ducks all lined up, in contemplation of a smooth move on settlement day. But what happens if the Purchaser throws a spanner in the works and defaults? Although the vast majority of transactions we see go without a hiccup, there is always a risk of a buyer not completing the purchase. So what options are available to you, should you end up in this position?



An Agreement for Sale and Purchase is used to buy and sell property and is a legally binding contract committing the buyer to completing the purchase on the agreed settlement day. The Agreement includes a clause which outlines what happens when the buyer does not complete (in lawyer-speak, this is called defaulting). Should this occur, the seller is entitled to

charge a daily penalty until the buyer completes the purchase. This penalty interest rate is calculated on the unpaid purchase price at the interest rate on the front of the Agreement (usually 12% - 16% pa).

If the Purchaser does not settle, then we can issue a settlement notice. This means the Purchaser will have 12 working days to settle. After that, you have the option to cancel the Agreement and keep the buyer's deposit (up to 10% of the purchase price). This is why a larger deposit is ideal from the seller's perspective, as the deposit can cover any real estate agent commission that is due and then the balance is yours. You don't have to cancel the Agreement, you could go back to market and see if the first Purchaser can settle before you sell to someone else. You are then in a position to sell your property to an alternative Purchaser. You can also claim any loss on the subsequent sale from the original Purchaser - for example if the property sells for less.

There is also another remedy - suing for specific performance. This means going to Court, seeking an order for the Purchaser to complete the settlement. We find most often that the reason Purchasers don't settle is due to lack of funds, so going to Court may not be the best option and will involve significant time and money.

It is highly stressful when a buyer defaults, but you can rely on us to advocate on your behalf to achieve a successful outcome for you. We recommend seeking advice before signing any Agreement for Sale and Purchase, so it is tailored to your specific circumstances. So, give us a call on 09 973 5102 for a no-obligation chat or make a time to come and see us at either our Kumeu or Te Atatu Peninsula offices.

The what, why and how of mediation

What is a mediation actually like? What can you do to best prepare for it? Where do things go wrong? And when you are both so far apart, is it worth even bothering?

We talked to high profile mediator Tony Lendrum in episode 4 of the Divorce Café podcast, to find out how he goes about mediating a dispute, why he thinks it's worth doing, and what are its the limits or risks.

What is mediation? Mediation is a dispute resolution process that provides an alternative to going to Court, whereby parties engage in a structured and semi-formal discussion with an independent mediator who assists them to resolve their dispute.

If parties can reach an agreed settlement of their dispute, at the end of the mediation an agreement is prepared documenting its terms, and is signed by the parties and the lawyers.

Why mediate? There's a lot to like about mediation:

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- it is one of the most efficient forms of dispute resolution, and can enable parties to avoid the stress and expense associated with court proceedings.
- it is a confidential process, which enables parties to deal with important and sensitive issues privately.
- there is no obligation to settle - it is a voluntary process - meaning that the parties decide whether any of the proposed solutions meet their needs.

Mediation lacks many of the adversarial parts of litigation - for example you will have an opportunity to speak if you would like to, and you will not be cross examined. Because it is voluntary and aims to reach a consensus, mediation can also improve relationships in a way that litigation rarely can.

An effective mediator can also bring the interests of children into the mediation, including in certain instances hearing from the children in advance. Tony Lendrum says that he will sometimes use the following approach:

"[I] ask the parents to imagine that their children are, for the day's purposes, all between 14-16 years old and that they will be listening closely to what their parents say to each other, and more importantly, how they say it over the course of the day."

Tony's top tip for people preparing to go to mediation is not to "anchor" to a particular position, but to be open-minded to a range of outcomes. Crucially, parties should consult their legal representative and ensure they have all the information they need to make an informed choice to settle, or not.

It's a legally binding settlement - Among the many benefits of a mediation for resolving a dispute, are risks that arise from the fact that people are different, in their priorities and the power they wield in the relationship. These are factors discussed in the Court of Appeal's decision in what Tony Lendrum considers a pivotal case: *Hildred v Strong*. Mediations need to be handled by experienced mediators and lawyers because despite those power imbalances, *Hildred* confirms that in the absence of some fairly extreme bad conduct, the parties will be considered to be "able, adult parties who are separately represented" and the agreement will stand.

Hildred v Strong showed that that agreement is a contract that is effective to alter what would otherwise be the legal rights of the parties - even if: the parties later change their minds, the agreement isn't what a Court might have given them, or they later consider they didn't have all the information they needed from the other to properly agree anything.

Either party may walk out of a mediation without an agreement if the process isn't serving them. That's important because if a party does stay, they will be considered to have stayed and settled for their own rational reasons.

If you'd like to hear some great tales of the mediations Tony has been involved in or just to be better prepared for your mediation, listen or watch our conversation on the Divorce Café podcast through our

website, on Youtube, Spotify or wherever you get your podcasts.

Taina Henderson is a director and relationship property lawyer at Henderson Reeves specialising in helping people into and out of relationships and can be contacted at tainahenderson@hendersonreeves.co.nz.

It pays to have a Mortgage Adviser on your side

When it comes to home loans, not all banks view and assess an application in the same way.

They all have varying policies, pricing and services. Things like self-employed income, overseas or rental income and multi ownership structures may be treated differently, affecting the amount you can borrow.

Additionally, banks have tools to gauge the suitability of an applicant such as stress test rates and UMI (uncommitted monthly income) calculations which differ across all the lenders. The UMI is a calculation that the bank does to assess how much uncommitted income you will have left over at the end of the month - No two banks have the same calculation, a Mortgage Adviser can quickly test this before submitting your application.

With the recent relaxation of the Loan-to-Value ratio restrictions, banks are now able to open up the doors to more low deposit borrowers. It can be quite tricky trying to navigate the options as there are so many available, so my job is to make sure that I find every dollar possible for my clients in this ever changing market. This could be the difference between you securing the property you want or not.

So how do you know if you are getting the most out of your borrowing power?

You really need to be casting the net wide and looking at what every bank has to offer. This is where having a Mortgage Adviser on your side really counts.

The expert help of a Mortgage Adviser can make all the difference. From navigating the lending landscape, to getting your mortgage application shipshape, we are here to support you at every step of the way.

If you would like some advice around your particular situation, please don't hesitate to get in touch with me for an obligation free chat.

Stephen Massey - Loan Market, Call 021 711 444 or check out my website loanmarket.co.nz/stephen-massey.

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Hot Property



Brick and Tile, elevated, sunny family home

Located close to Marina View School and in a cul-de-sac location with a sunny Northern aspect and great street appeal.

Certainly a stand out from the crowd, this meticulously cared for three bedroom, two bathroom home delivers more than most. An appealing layout with entrance foyer leading through to lounge and dining and entertainers kitchen.

Three large bedrooms, with main bathroom, separate laundry, en-suite and walk in wardrobe off the master. Good storage and internal hallway access to the double garage.

Generous sunshine and alfresco to Northern decking and step-down access to extensive 700 plus square meter fully fenced and gated section.

A home that presents at its best today and for years to come, certainly crafted for longevity and a home that you'll appreciate the first time you enter the gates.

Close to schools, amenities, parks, convenience shopping, inner harbour and transport links.

Hot Property



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

Area Property Stats

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

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	960,000	450M2	101M2	840,000		1,050,000	265M2	158M2	965,000
	820,000	491M2	120M2	765,000		1,300,000	608M2	220M2	1,070,000
HOBSONVILLE	1,400,000	254M2	189M2	1,390,000		930,000	486M2	80M2	750,000
	750,000	0M2	80M2	757,500		1,250,000	673M2	214M2	1,160,000
	1,045,000	170M2	110M2	925,000		870,000	0M2	100M2	590,000
	1,175,000	203M2	173M2	1,280,000	RIVERHEAD	1,975,000	0M2	350M2	2,280,000
	1,000,000	134M2	161M2	1,170,000		1,550,000	804M2	236M2	1,720,000
	815,000	0M2	84M2	630,000		2,100,000	800M2	294M2	2,800,000
	1,000,000	163M2	91M2	889,000		1,180,000	809M2	98M2	1,050,000
	1,575,000	359M2	228M2	1,275,000		1,230,000	809M2	134M2	1,220,000
	1,325,000	220M2	169M2	1,290,000		1,555,000	809M2	160M2	1,352,000
HUAPAI	2,000,000	4182M2	268M2	1,630,000	SWANSON	1,825,000	571M2	338M2	1,600,000
KUMEU	1,175,000	360M2	180M2	1,100,000		880,000	459M2	133M2	880,000
	1,200,000	352M2	166M2	1,040,000		1,135,000	5598M2	134M2	960,000
	730,000	629M2	220M2	1,395,000		1,085,000	348M2	147M2	1,050,000
	1,625,000	601M2	226M2	1,480,000	WEST HARBOUR	1,480,000	664M2	210M2	1,238,000
	1,075,000	0M2	239M2	1,065,000		1,758,000	743M2	350M2	1,600,000
MASSEY	980,000	573M2	140M2	740,000		1,565,000	417M2	248M2	1,520,000
	1,250,000	809M2	147M2	682,500	WESTGATE	1,010,000	219M2	97M2	950,000

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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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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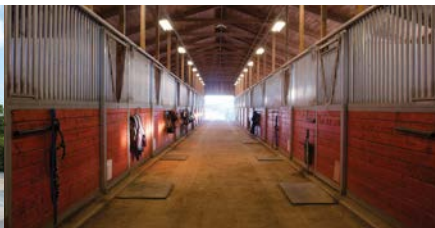
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and we will get the details to you!

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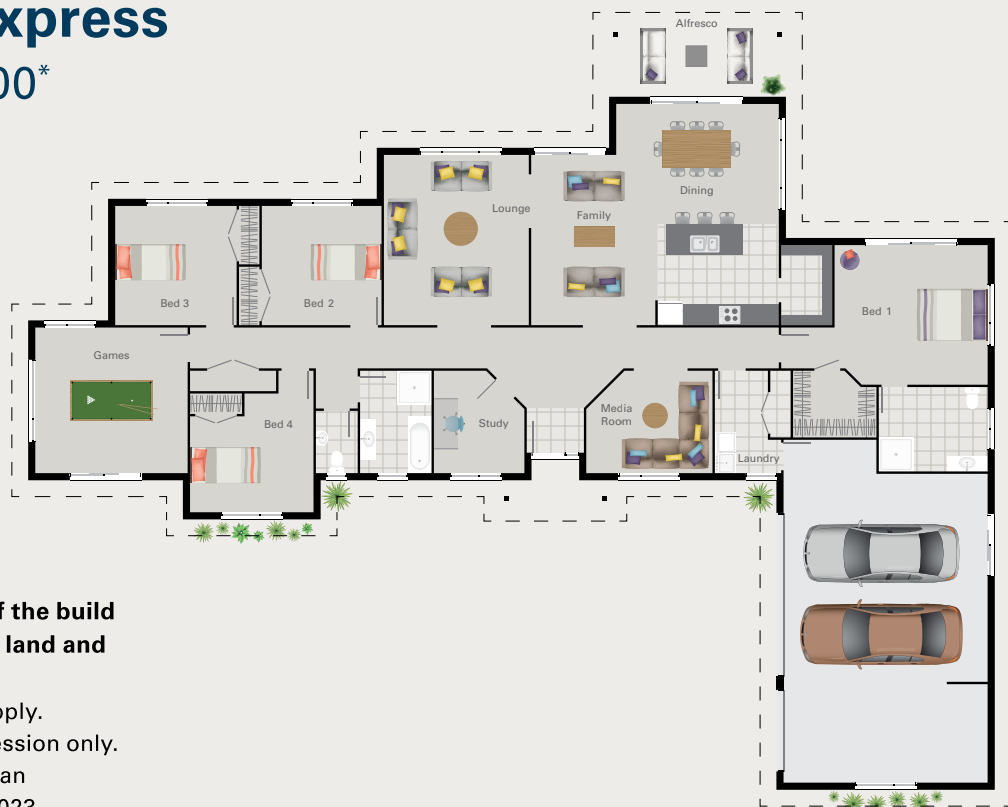
Kumeu Courier
community newsletter





Atlantic Express

from \$610,000*



***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.

Atlantic Express Floor Plan

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4



2



4



1



307.7m²



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3 1 1

By Negotiation

8 Oraha Road, Huapai
By Negotiation

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

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BRICK AND TILE, ELEVATED, SUNNY, ONE LEVEL

3 2 2

By Negotiation

16 Chalmers Close, Orewa
By Negotiation

Beautifully crafted and immaculate inside and out, this home offers elevated sunny living all on one level. From the foyer entranceway to formal lounge and kitchen dining with indoor outdoor flow to northwest patio, lawn and easy care garden. Off the central hallway, three generous bedrooms, main bathroom, master with ensuite and walk-in. Excellent storage, large double garage, with ample offstreet parking. Outstanding street appeal and close to lake walking track, parks, school and convenience shopping. An excellent example of premium Orewa real estate at its best.

www.mikepero.com/RX3739959



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BRICK AND TILE, ELEVATED, SUNNY FAMILY HOME 3 2 2

By Negotiation

14 Kerlin Crescent, West Harbour
By Negotiation

Located close to Marina View School and in a cul-de-sac location with a sunny Northern aspect and great street appeal. Certainly a stand out from the crowd, this meticulously cared for three bedroom, two bathroom home delivers more than most. An appealing layout with entrance foyer leading through to lounge and dining and entertainers kitchen. Three large bedrooms, with main bathroom, separate laundry, en-suite and walk in wardrobe off the master. Good storage and internal hallway access to the double garage. Generous sunshine and alfresco to Northern decking and step-down access to extensive 700 plus square meter fully fenced and gated section.

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Graham McIntyre
027 632 0421
09 412 9602

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Testimonial

"We are thrilled.

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REAL ESTATE |

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Home & Garden

Do you need an electrical inspection before purchasing?

A purchase of a home will most likely be the biggest asset you have. Most people buying a home will get building inspection completed prior to purchase. The same should be done for electrical inspections. Unfortunately, many people do not consider investing in these inspections when making the biggest purchase of their life.



An electrical inspection prior to purchasing the home is also very important. This type of inspection identifies unsafe wiring and alerts you to any potentially dangerous situations. Electrical issues may add up to quite significant dollars, especially if the home has insufficient power, faulty equipment or needs parts upgrading, rewiring, power boxes, safety switches, etc.

An electrical pre-purchase electrical report could include (but not be limited to); Identifying electrical hazards, testing safety switches, evaluation of the electrical service, testing of smoke alarms, a check for dangerous exposed wires, inspection of power sockets and lights, identify outdated wiring and switchboard examination.

Here at Blackout Electric, we are more than happy to complete any pre-purchase inspections for you with a report at completion identifying any areas of concern, recommendations for work to be completed and a quote for the recommended work.

Having a report like this done can give you peace of mind when purchasing your home and significantly reduce potential electrical risks to the property.

If you're in the process of purchasing a property and would like an

electrical report done get in touch and we'll be happy to help.

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Need a tiler - Tile Wright

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

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

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

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

We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all.

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We were proud to be able to present new wet weather protection gear to our local Whenuapai School road patrol team.

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We can also look after our wider community by offering complete solutions for all your plumbing, drainage, and roofing needs! No job is too big or too small - our team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage, or gas systems.

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Home & Garden

whenuapai@laserplumbing.co.nz for all your service needs. We are open five days a week from 7:30am-4:30pm and conveniently located at Unit 4, 3 Northside Drive, Westgate. Visit our website whenuapai.laserplumbing.co.nz for more information.

Winter pest control

Winter is always a key time for pest animal control. While temperatures are still low, and there is limited food available, pest traps are the most effective. Possums, rats and mustelids are hungry and often take more risks and are likely to get caught. The additional benefit of setting up traps at this time of year is that we can control a lot more pests before our native birds start nesting.

Possums, rats and mustelids love fresh eggs and will steal eggs from native birds before they hatch. If you need help to set up some traps and do a trapping round in winter before spring starts, give New Zealand Biosecurity Services Limited a call. We can set everything up for you and leave you to maintain the traps, or we can come back on a regular basis and do it all for you. Different pest animals are attracted to different lures and we have the latest tips and tricks. Give our friendly team a call today 09 477 1998.



Gardening with Pots – It's as easy as 1-2-3!

We love landscaping with pots. Whether you have a tiny balcony, poolside patio or a sweeping backyard, adding pots and plants will instantly give form, structure and interest to your outdoor space.

You can use them to create zones, add greenery or blooms, grow veggies, or hide unsightly features. They are a landscape designer's best friend.

If you want to josh up your outdoor space with pots and plants, our top design tip is always to remember the 'Rule of Threes'; a design concept so easy to use you almost can't go wrong. Here's what we mean.

Three pots - For maximum impact, we suggest selecting three pots of the same colour or material in the same style and shape.

Three colours - Choose three plant colours or shades that complement one another. The colour doesn't have to be in flower form either; foliage can be just as colourful, and remember, green is a colour too.

Three textures - If you prefer the look of the more reserved, all-green colour palette, consider mixing three different textures to make it more engaging. Mix spiky grasses, large-leafed shrubs, and softer



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Home & Garden

mounding perennials to create visual interest.

Three words - "Thriller, filler, spiller" - Keeping this handy phrase in mind will help you to create harmony and balance in your larger containers (60cm + in diameter). The "thriller" is the centrepiece, usually a tree or taller shrub that grabs attention. The filler "fills" the pot and covers the soil. The "spiller" is a trailing plant that spills over the edges of the pot to create balance with the thriller.

Would you like help choosing the best pots and plants for your space? Visit one of our monthly Pop-up Studios at our warehouse in Hobsonville. Bring some photos, measurements and the aspect of your space, and one of our design experts will help you to the most appropriate pots and plants. Easy as!

Our next events are Saturday August 19th, and Saturday September 16th.

Visit our website events page for more details.

City Botanics specialises in small urban gardens, courtyards, patios and balconies. If you are thinking about transforming your small outdoor space, contact Martin for a free consultation on 027 215 7884 www.citybotanics.co.nz.

Tile and grout cleaning and re-colouring

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



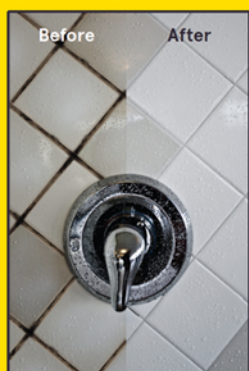
Grout is porous, and dirt, grime and bacteria soak into the surface leaving it unsightly, unhealthy and practically impossible to clean

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

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

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

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



Our services: Grout Recolour - Sealing - Regrout - Tile Cleaning - Repairs - Re-silicone - Shower Glass Clean



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using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and re-colour your grout to look like new again.

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

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

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

Another service we offer is a high-quality Belgian garage carpet (suitable for office spaces and rumpuses, etc.)

I've been a franchisee of The Pro Group for 7+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email mark.bowers@theprogroup.co.nz.

Start your new lifestyle with Signature Homes

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

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

Searching for expert guidance?

Change is inevitable and sometimes beyond our control. Having access to guidance and expertise to facilitate these transitions can provide a sense of reassurance. Signature Homes West & North-West Auckland aim to empower individuals to transition into the process of rebuilding for a secure future.

Signature Homes Knock Down & Rebuild service goes beyond the design phase—it begins with assessing the viability of your project. Offering a no-obligation, complimentary site assessment and consultancy to get you started.

As trusted experts in the Auckland Unitary Plan, all details of the process are handled for you. From architectural design to the seamless removal of your existing building, securing consents, and



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Home & Garden

executing the entire build process.

Throughout the entire process, Signature Homes' expert team will be by your side to provide unwavering support and the best industry-leading guarantees in New Zealand, ensuring your new home journey is smooth and worry-free.

If you're seeking knowledge and direction, let's join forces to discover your current standing, and the remarkable possibilities that lie ahead. Together, we can determine what can be achieved and create a plan to make your dream home a reality.

Time to be inspired

Looking for new home inspiration? Visit our Huapai Showhome to experience the difference, located at 190 Matua Road, Huapai. Open daily from 12pm-4pm.

Ready to start your new home journey? Contact Signature Homes West & North-West Auckland on 0800 020 600 today.

Why does gardening make us happy?

Besides the physical benefits of being in the outdoors, physically exerting yourself, and hopefully receiving the benefits of some well-deserved Vitamin D from the sun (do we see sun anymore in NZ?), scientific research has shown there are other physiological benefits to be gained from spending time in the garden, especially the

Kumeu Community Garden.

There are two chemical triggers released in the human body when we apply ourselves to gardening:

When our hands or body interact with the garden, mycobacterium found in soil can improve brain function and boost our mood as serotonin (happy chemical) production is increased. Note, there are also some links to disease and infections, so mild doses recommended.

Researchers have hypothesised that as we humans evolved over the years as hunters/foragers, when food was found or caught dopamine is released in the reward centre of the brain. You may yourself notice when you smell freshly picked fruit or when you harvest some of your own home.

Chemicals aside, communal closeness is well-recognised by many cultures as being positive to our psychological and physiological well-being, our ancestors once roamed the earth hunting and foraging as a community.

Dirty hands and brimming baskets!

Bee keeping workshop

Sunday 3rd September (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.

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with Signature Homes



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With Signature Homes' Knock Down & Rebuild service, everything is taken care of for you. The whole process is managed - from the design, removal of your existing home, gaining the appropriate consents, and, of course, the build. Contact Signature Homes West & North-West Auckland today to start your new home journey.

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Home & Garden

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 definitely advised as this event is very popular and participant 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 plant section).

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

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

Tickets: \$25 per person

To Book: info@kaiparacoast.co.nz or 09 420 5655.

Water is life

Calling all drinking water suppliers.

If you own or operate a water supply (that you know, or ought reasonably to know) is being used by people outside your own home, you are a Drinking Water Supplier and will have responsibilities under the Water Services Act 2021. Drinking Water Suppliers have a duty to ensure the drinking water they supply is safe. It is important that drinking water will not cause a serious risk of death, illness, or injury immediately or over time. For any information on these standards, please do not hesitate to contact KPL info@kpl.co.nz 09 412 9108.





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Central's Tips

August 2023



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LANDSCAPE SUPPLIES

The fruit and vegetable garden

- **Plant alyssum at the base of fruit trees** to ensure the bees will visit. Specific seed blends for aiding pollination are also available
- **Use snail bait or organic snail and slug control** amongst maturing cabbages and cauliflowers and around new seedlings of lettuces and herbs
- **Raised beds tend to sink over the time, so add fresh Garden Mix and dig it in.** If the existing soil hasn't been conditioned in a while add compost and Dave's Growth Booster Sheep Pellets
- **Harvest time for all the winter vegetables** – carrots, cabbage, broccoli and cauliflower, beetroot, and silver beet
- **Plant new seedlings of fennel** – they will take the baked vegetables to the next level. Put in globe artichokes, but pick off snails regularly – they live in the big, pleated leaves
- **Hardier herbs** such as thymes, oregano, coriander sage and parsley can be planted. Cos and head lettuce varieties will start the salad patch
- **In frost free areas, sprouted potatoes can be planted.** Dig a trench and plant them 40cm apart covering lightly with soil as they grow

The ornamental garden

- **Prune hydrangeas and hibiscus**, taking out dead or old branches at the base. Thin out congestion in the centre of the bush and cut back branches to a double set of leaves
- **For blue hydrangea flowers**, apply 'blueing tonic' (Aluminium Sulphate). For pink flowers, apply lime. White flowers remain the same in any soil
- **Plant hedges in soil that has been enriched with compost.** To encourage good, thick growth in a new hedge, it's best to cut the bushes back by a quarter at planting
- **Look for dormant perennial plants** beginning to shoot through the ground and place a marker stick beside them, so you don't pull them out by mistake
- **Repetition planting:** add groups of the same plant around the garden to give it a sense of continuity. Reliable shrubs or tidy strap-leaf plants for this look include loropetalums, and coprosmas, dietes and lomandras
- **Make lavender a big thing for summer:** if you're brave enough, cut back lavenders that are beginning to show bud or flower – this will increase their bushiness and overall size for a wow summer flowering
- **It's too early to fertilise roses** and other showy summer plants, but adding sheep pellets around the garden releases nitrogen slowly into the garden soil



Project for August

Invest in a growth fund

Nothing appreciates like a garden where the soil has been conditioned and improved to get the best out of the plants. Early spring is a great time to add plenty of compost, sheep pellets or liquid seaweed to moist soil, so that your garden will thank you when the soil warms up (dries out) to enable planting.

For the best compost and soil conditioners
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Pets

Cat lovers we need your help

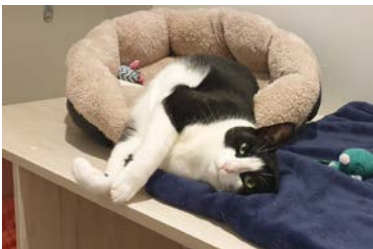
The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, 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 programs and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at www.thenzcatfoundation.org.nz. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz

Kanika Park Cat Retreat

At Kanika Park Cat Retreat we pride ourselves on providing a luxury stay for your pussy cat. We want your cat to have the same experience as you would if you were on a luxury holiday. We provide all your pussy cat's needs. A spacious airy warm suite for only your cat. Filled with toys, snuggly blankets and restful sleeping spots. Awesome music is playing all the time in the background. They are served wet food for breakfast and dinner with biscuits and water available 24/7. Just before bedtime we give them treats and a hug then say goodnight. In the morning they get breakfast served and their rooms are cleaned and tidy for the start of a new day.



We happily give any medication that is required at no extra charge but do ask that it is supplied with clear written instructions. We also

recommend that if your cat is on a special diet that you bring it with you. This will mitigate upset tummies. You are most welcome to bring some things from home to go in their room. We have found that having an item with their or your smell on it helps to make it a more comfortable stay.

If you have any questions please contact us on phone 027 550 1406, email info@kanikapark.nz, www.kanikapark.nz.

Pet patch pet of the month

Meet Yoshi.

Yoshi is a Leopard Gecko and is coming up 2 years old.

Yoshi loves sitting on the back of his owner Daisy's neck and also loves eating waxmoth larvae.

If you would like to be featured as next month's Pet Patch Pet of the Month please send your entries to info@petpatch.co.nz and if you get featured you get a \$20 store voucher.



Why does my dog put its paw on my arm?

As a dog owner, when your furry companion puts their paw on your arm, it's likely their way of communicating and expressing their emotions. Dogs have a rich repertoire of body language, and this behaviour can convey a variety of meanings:



1. Seeking Attention - Dogs often use their paws to get your attention, especially if they want to be petted, played with, or simply acknowledged.

It can be a gentle and non-verbal request for you to engage with them.

2. Affection and Bonding - Dogs are social animals, and they form strong emotional attachments to their human caregivers. Touch is an essential way for dogs to show affection towards their owners. By placing their paw on your arm, they are trying to connect with you.

Gravel Drive Solutions.



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Pets

and express their love.

3. Comfort-Seeking - Dogs may put their paw on your arm when they are feeling anxious or seeking reassurance. The touch provides them with a sense of security and comfort.

4. Requesting Something - Dogs are clever communicators and can use their paws to ask for something they want, such as food, water, or to go outside for a walk.

5. A sign of Trust and Submission - In a canine social context, submissive dogs may offer their paw to more dominant ones as a gesture of respect and acknowledgment of their higher status. Similarly, when your dog does this to you, they might be displaying trust and acknowledging you as their pack leader.

It's essential to pay attention to your dog's body language and context to better understand what they might be trying to communicate.

If your dog seems distressed or is excessively pawing at you, it could be a sign of discomfort or a medical issue. In such cases, it's best to consult with a veterinarian to rule out any underlying health problems.

Otherwise, enjoy the affection and connection your dog is trying to share with you. From all the team at K9 Heaven. www.k9heaven.co.nz.

Dental month at Pet Patch

Maintaining optimal dental health for your beloved dogs and cats

As pet owners, it is our responsibility to ensure the well-being of our furry companions, and this includes their dental health. Neglecting dental care can lead to various health issues, so incorporating simple practices into your pet's routine can make a significant difference.

1. Regular Brushing: Introduce brushing early to acclimate your pet. Use a soft-bristled brush and specially formulated pet toothpaste. Brush gently in circular motions. We have a variety of dental brushes and toothpaste available at Pet Patch

2. Dental Treats and Toys: Offer dental treats and toys designed to reduce plaque and tartar buildup while keeping your pets entertained. Come in store to see the range we have on offer.

3. Professional Dental Cleanings: Schedule regular check-ups with your veterinarian to assess dental health and consider professional cleanings as needed.

4. Balanced Diet: Provide a balanced diet, avoiding excessive sugary or starchy foods that can contribute to dental problems.

5. Fresh Water: Ensure access to clean, fresh water to promote saliva production and oral hygiene.

6. Monitor Signs of Trouble: Watch for symptoms like bad breath, swollen gums, or difficulty eating, and seek veterinary advice promptly.

DENTAL MONTH SPECIALS

20% OFF VIRBAC DENTAL RANGE



PET PATCH

By incorporating these practices into your pet care routine, you can help ensure your furry friends enjoy healthy and happy lives with strong dental health.

JDC Group Ltd - Animology

Featured Product - Glamour Puss No Rinse Shampoo. We don't just help dogs smell and look great, we help cats too. Our range of cat grooming products includes cat shampoos. Our cat shampoos leave your cat's coat clean, conditioned and healthy while also smelling great. Glamour Puss is a gentle spray shampoo, which removes dirt and grease from your cat's fur without the need to rinse.



The deodorising spray also contains aloe vera to soothe and protect the skin while built-in conditioners leave your cat in great condition

Free of parabens, sulphates, silicone, SLS, SLES as well as cruelty free. It's also 100% vegan.

You can find them at most retail stores or contact us directly at sales@jdcgroup.co.nz or phone 027 674 6111. To receive a 25% discount contact us directly and quote "Animology 25% Glamour Puss" in the subject line.

\$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.

Want a day off your doggo?

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

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Food & Beverage

Locals Night at The Riv

Every Friday from 5pm is Locals Night in the Portage Bar at The Riverhead.

We have a selection of beer, wine and cocktails on special, plus you can buy one, get one half price on our bar snacks, pizzas and platters.

Weekends get busy with sports, shopping and activities so Friday night is the perfect time to catch up with family, friends and neighbours.



Lemon Verbena Oat Slice

This recipe is based on a ginger crunch recipe where lemon verbena replaces the ground ginger. Lots of variations can be made to suit your taste or what is in your pantry; try adding ½ cup of pistachios to the base, or perhaps ½ cup of pumpkin seeds, dried apricots could also be added in place of the currants - the options are endless.

The lemon verbena adds a complex, lemony-grassy-earthy flavour to the slice which is really delicious. Use a high-speed blender, coffee grinder or mortar and pestle to powder the lemon verbena.

Base Ingredients: 150g butter, 2 tablespoons golden syrup, ½ cup sugar, ¾ cup desiccated coconut, 1 ½ cups rolled oats, ¾ cup flour, 1 ½ teaspoons baking powder, 2 tablespoons ground lemon verbena, ½ cup currants, grated zest of 1 lemon.

Icing Ingredients: 4 tablespoons butter, 8 tablespoons icing sugar, 4 teaspoons golden syrup, 2 teaspoons ground lemon verbena, plus desiccated coconut to sprinkle over.



Method: Preheat the oven to 180C. Line a rectangular sponge roll tin with baking paper. Melt the butter with the golden syrup in a small saucepan. Mix all of the remaining base ingredients together in a large bowl, then pour the melted butter mixture over the dry ingredients and mix well. Press into the tin and bake for 15-20 minutes or until golden in colour.

To make the icing, melt the butter and golden syrup together in a small saucepan. Remove from the heat and add the icing sugar and lemon verbena and mix well. It may take a minute or two of mixing to incorporate the butter into the mixture. Pour over the base and spread evenly with a spatula. Sprinkle over the coconut. Allow to cool completely before cutting. Store in an airtight container for up to 5 days.

Certified Organic Lemon Verbena and other herbs are available from our online store: www.NewZealandHerbalBrew.co.nz

West Auckland's finest - Waitakere Forest Blend Honey

This honey batch won the silver medal at the June 2022 Apiculture NZ Honey Awards for Runny/Liquid honey in the darker colouration category. Don Buck Honey was the only winner north of Rotorua.

During the lockdown of Nov-Dec 2021 while many Aucklanders were worried that we might not be allowed to leave town for a summer break at the beach, our honeybees were toiling away to forage nectars from the forests of Auckland's very own Waitakere Ranges. This honey is a dark and beautiful batch of runny honey, and according to a laboratory pollen analysis comes mainly from tawherowhero and acacia flowers with a little manuka and rewarewa. 500g pots, \$14 each. Order through www.DonBuckHoney.co.nz. Orders can be picked up from Massey or couriered to you using Post Haste.



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Food & Beverage

Father's Day Lamb.Smoke.Fire - Sunday 3rd September

This Father's day Good from Scratch is running a Lamb.Smoke.Fire class. Send off your loved one for a great day running through the butchery of a whole lamb with a specialist Butcher, including boned and rolled legs/shoulders, butterflied cuts, racks, ribs, shanks and best of all sausages. The class then gets hands on with chef Mike Van de Elzen who takes over with wet marinades, dry rubs and salsas, all perfectly matched to the lamb. They'll even finish the day enjoying a complimentary beverage around the BBQ and a fabulous lunch.



With tickets at \$300 per person head online and book in that special person in your life.

Siamese Doll

Siamese Doll provides a healthier dining alternative. We have a focus on real food, sustainable and seasonal farming, and support for local agriculture.

We proudly bring our pan-Asia influence into Hobsonville's food scene and our menus provide undeniable taste, flavour and real ingredients, while also maintaining reasonable prices.

Whether it's a quick coffee stop, lunch for two or a birthday bash for 30 people, Siamese Doll has what you need. If you are gluten-free, vegetarian or strictly vegan, Siamese Doll offers a variety of options and can easily alter a dish to meet your dietary requirements. The spot is perfect to take out of towners with the ferry just minutes away.

Lunch from 11am - 3pm and Dinner 5.30pm- Late. Reservations are recommended online or for same day reservations over the phone 09 416 0333. Click and Collect is available at siamesedoll.co.nz



Find us at 3/3 Boundary Road, Hobsonville 0618, and follow us on Facebook.

Jesters Pies Westgate

School Pie Days

Our fundraising model offers an excellent way for your school to raise funds. Our pies are freshly baked, with delicious flavours, and \$1.00 goes to your school from every pie purchased.

Pies are delivered fresh and hot on the day, labelled for each child and grouped per class.

Contact helpdesk@kindo.co.nz or freephone 0508 4KINDO to arrange a date and get set up.



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ALLELY ESTATE

Allely Estate, with hidden manicured gardens in the heart of Kumeu, is a sought-after premier function and wedding venue.

For an experience you and your guests will never forget hold your special event with us.



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Culturally Inclusive Venue
Allely Estate has been designed to be welcoming for all cultures, genders and sexual orientations and offers couples the chance to tie the knot in an environment that is culturally inclusive. It's a place where people of diverse backgrounds can share their traditions and customs.

Winter Wedding Venue
It's not hard to see why couples flock to this location for their winter wedding. You won't find a more picturesque setting - it's the perfect place to make your winter wedding dreams come true.

Venue of the NZ Bride & Groom Wedding of the Year 2020 - organised and delivered within one month of booking!



Health & Beauty

Are you giving yourself to the winter blues?

2023 seems to be full of weather surprises and it does not appear to be changing. As we are in the chill of winter, we may find ourselves staying inside more, becoming less social and less energetic and some of us may start feeling depressed or down, we can call this the winter blues.

However, you do not need to feel victim to the winter blues, you can take control and use this time to look forward to the future and know that summer is only a few months away. Remember, we have passed the shortest day of the year, each day going forward, the days are going to get lighter and lighter, so now is the time to take control and not give yourself up to the winter blues.

During this period, here are a few things that you can do to help yourselves to stay positive:

1. Do some exercise i.e. Walk around the park or local streets
2. Look at taking some vitamin supplements
3. Set yourself a personal goal e.g. Weight loss, becoming fitter
4. Start a new hobby such as painting or cooking classes
5. Catch up on projects around the house that you have put off
6. Take or plan a holiday somewhere e.g. Fiji, Queenstown, Cook Islands

By doing these various things will help bring you joy into your life and will help create a sense of wellness that will help prevent you



falling to the winter blues.

Not only is it important for you to look after your physical self, it's also important to look after your whole self and that means, your: physical, mental, emotional and spiritual self, bringing balance on all these levels will help you to be fulfilled and beat the winter time blues.

At Astramana™ Healing Services we can help you beat the winter blues through one of our many healing workshops. We offer various hypnotherapy sessions, tarot reading, or even a Rife session.

Soon, Astramana™ Healing Services will be offering a psychic self-development course where you can join like-minded people to open your psychic abilities, feel free to email us to register your interest.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, Clairvoyant & Tarot Reader Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to book a session, workshop or a Tarot reading or call us on 021 027 70836. You can find us on Facebook at Astramana Healing Services. Let us help you avoid the winter blues.

Choosing the right hair colour

Selecting the ideal hair colour can enhance your overall appearance and boost your confidence. To make the right choice, consider factors such as skin tone, eye colour, and personal style.

Always seek professional advice from your hairdresser and never attempt to create these colours yourself.

1. Understanding Your Skin Tone: Your skin tone plays a vital role in determining the most flattering hair colour for you. Warm skin tones (with undertones of yellow or golden) tend to suit shades like golden blonde, caramel, and rich browns. Cool skin tones (with undertones of pink or blue) often pair well with ash blonde, platinum, and cool brunette hues.
2. Complementing Your Eye Colour: Your eye colour can also influence the hair colour that suits you best. For blue or grey eyes, blonde, copper, or strawberry blonde shades can create a striking contrast. If you have brown or hazel eyes, warm browns, auburn, or chestnut tones can beautifully complement your eye colour.
3. Considering Your Personal Style: Reflect on your personal style and desired image. Do you prefer a natural or bold look? Subtle highlights, ombre, or balayage can add dimension, while vibrant shades like red, purple, or blue can make a statement.



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Health & Beauty

Finding the perfect hair colour involves considering your skin tone, eye colour, and personal style to achieve a stunning and confident look and this is something that we can create perfectly just for you. Call Zash Hair today 021 814 663.

Driving excellence in eye wear

Porsche titanium spectacle frames are the latest in men's eye wear at For Eyes in the Kumeu Shopping Village. Skillfully made in Japan, these frames are top quality.



Durability - Titanium is the strongest material used for making eyeglasses. With titanium, even very fine frames are strong.

Feather light - Titanium frames are lighter than plastic, aluminium or steel frames. Wearing a light-weight titanium frame throughout the day won't put pressure on the bridge of your nose and you will be completely comfortable wearing it.

Flexibility - Titanium is known for its malleability properties, and titanium spectacle frames are extremely flexible. And if they are bent or the arms of the frame become loose, we can usually restore them back to their original shape.

Hypoallergenic - Titanium glasses are hypoallergenic and do not cause allergies, unlike frames made from metal alloys which may cause rashes to sensitive skin.

Corrosion-free - Known for its rust-resistance, titanium metal frames are sure to last a long time. The anti-corrosive qualities keep your frame looking good for years.

For enquiries phone For Eyes, 09 412 8172.

Nurturing pregnancy

Pregnancy is a beautiful journey, but it can also bring along physical discomfort and emotional stress. Fortunately, expectant mothers can find solace in the healing powers of massage and acupuncture. These complementary therapies offer a range of benefits, promoting relaxation, alleviating common discomforts, and enhancing overall well-being during pregnancy. Let's explore the benefits of massage and acupuncture for pregnant women.

Massage for Pregnancy: Massage therapy tailored for expectant mothers can be a game-changer. It not only provides a nurturing and calming experience but also helps relieve muscle tension, reduce swelling, and improve circulation. A study published in the Journal of Psychosomatic Obstetrics & Gynecology found that regular massage during pregnancy led to reduced anxiety and depression

levels, as well as decreased leg pain and improved sleep quality. Massage also enhances the release of endorphins, which not only lift mood but also help manage pregnancy-related discomforts such as back pain and joint stiffness.

Acupuncture for Pregnancy: Acupuncture, an ancient Chinese practice, is another valuable modality for pregnant women. It involves the insertion of fine needles at specific points on the body to restore balance and promote optimal health. Research has shown that acupuncture can effectively relieve pregnancy-related nausea, fatigue, and musculoskeletal pain. A study published in Obstetrics & Gynecology demonstrated that acupuncture reduced the severity and frequency of pelvic girdle pain in pregnant women, improving their quality of life. Acupuncture also assists in turning breech babies, reducing the need for invasive procedures.

Conclusion: Massage and acupuncture offer pregnant women safe and natural ways to enhance their well-being during this transformative phase of life. From easing physical discomforts to promoting relaxation and reducing stress, these therapies provide holistic support for expectant mothers. However, it is crucial to consult with a qualified massage therapist or acupuncturist who specialises in prenatal care to ensure a personalised and safe experience. Embrace the benefits of massage and acupuncture, and let them nurture you throughout your incredible pregnancy journey.

NorthWest Physio + have a Neuromuscular massage therapist and acupuncturist with specialised skills looking after pregnant women. Visit www.northwestphysioplus.co.nz to meet Nicky and May to help you with your journey.

How can dental hygienist 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



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At Kumeu Dental we have four 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.

It's time

Even though it's winter, you might be finding that you are squinting when you are walking or driving. This is because the sun is lower and the reflection from the road, especially when there has been rain, bounces directly into your eyes. Sunglasses are a winter essential.



At Hobsonville Optometrists we have Maui Jim and Zeal polarised sunglasses into which you can have your prescription. These are the best sun lenses in the world and the warranties they come with are fantastic.

Call in to 413A Hobsonville Road and try them on any day except Sundays.

Hormone replacement therapy for menopause

I'm nearly 60 years old. So the subject of topping up your hormones is dear to my heart (literally because good hormones are good for heart health).

Women's Hormone Top-up Therapy (HTT) has really come out from behind the curtains in the last few years. While previously it was thought that the risks (such as cancer) far outweigh the benefits, nowadays most doctors would say the opposite. Plus, there are strategies to reduce the risk of hormone-dependent cancers including taking aromatase inhibitors like DIM which comes from broccoli.

What about the Blokes? Men's HTT is a little less common. However, there is a condition called "Grumpy Old Man Syndrome" that is related to declining hormone levels in men. The low hormone levels can cause men to become grumpy, impotent, and to sweat a lot (not the kind of thing I aspire too). Testosterone supplementation

is either via oral capsules, creams to apply to the skin, or more commonly IM injections every 1 to 3 months.

Like women, men should take an aromatase inhibitor to stop their body turning testosterone into estrogen.

Pop in and chat to our team at Massey Unichem Pharmacy about healthy hormones. We even have some great suggestions to treat menopause and man-o-pause symptoms. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

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 3 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 the Kiwibank.

Why bother?

I've been to many new drug talks and every speaker always has an obligatory one slide advocating diet and lifestyle change. This is in stark contrast to the other ninety-nine slides declaring how good the latest drug is for diabetes, high blood pressure or even erectile dysfunction.

Why do they always glance over that one slide? Because that's not the point of the talk (which is to get you to use a drug), and one speaker even laughed it off as "too hard" and "why bother".

Why bother indeed? It's so much easier to take a pill than do diet and lifestyle change.

It's difficult to buy vegetables in the cold of winter, let alone cook



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Health & Beauty

them.

It's hard to find time to exercise amidst our busy day working, putting food on the table and even squeezing time out to relax and reduce stress.

These are all valid reasons for us not to bother. The real question is should we bother? And the answer is yes.

Every little change, every bowl of vegetables you eat, every minute spent on the exercise bike at home counts in the long struggle to better health.

Health is like the Kiwisaver, every bit counts in the end, no matter how small.

If you cannot find green leafy vegetables, go the supermarket and buy some frozen Chinese stir fry vegetables. Soak them for 20 minutes in a large bowl of cool water to get out the ice and rehydrate them. Put on a Chinese wok, some rice bran oil (very healthy), some crushed garlic, chuck the veges in and fry till cooked, season with some soy sauce or chicken powder and voila! Stir fried and healthy Chinese takeaway style vegetables for your dinner or lunch box. That easy.

So, the next time you want to "not bother", tell yourself it's worth it because you are saving your good health.

For more healthy eating tips, pick up a copy of my book and learn the Liberty Diet for FREE. Collect your complementary copy at our clinic or at our good neighbour Royal Heights Pharmacy in Royal Heights Shopping Centre, 138 Royal Road Massey. Dr Frederick Goh Royal Heights Shopping Centre Tel: 09-393-6313. www.rhdoctors.nz.

Snap Fitness

Discover the incredible senior fitness class at Snap Fitness Westgate, located at 19 Fernhill Drive, Westgate. Running every Thursday at 8am, this class is tailored to meet the unique needs of older adults.

Led by Club Manager and Personal Trainer Steph, our programme promotes strength, flexibility, balance, and cardiovascular health. No matter your fitness level, Steph will adapt the routines to suit you.

For non-club members, the cost is just \$12 per class, providing an affordable way to prioritise your well-being. However, if you have a current membership with us, this class is absolutely free.

Join us at Snap Fitness Westgate, where you can enhance your fitness



journey while enjoying a supportive and friendly environment. Connect with like-minded individuals and forge new friendships along the way.

To learn more about our senior fitness class, contact us at 027 576 2710. You can also find us on Facebook as Snap Fitness Westgate. Mark your calendars and get ready to experience an invigorating workout that's designed with you in mind.

Freedom from anxiety

I experienced anxiety as a girl but wasn't aware that's what it was. I self-medicated with food, alcohol, smoking and drugs. When I stopped drink and drugs at 24, I then suffered extreme anxiety until 40.

I found out about anxiety when I was rushed to hospital in an ambulance from a work conference. This was first misdiagnosed as food allergies (anaphylaxis shock) so I became very food phobic. I was literally scared to eat.

Then I started having these 'allergic reactions' when I wasn't eating and finally understood they were panic attacks. I felt like my throat was closing, I couldn't breathe, my heart was racing, and I thought I was going to die. I would call an ambulance only to be told it was a panic attack.

I was diagnosed with Generalised Anxiety Disorder, Panic Disorder and Social Anxiety. I was on and off anti-depressants for 16 years and told I would have to be on them forever.

Now I can't recognise the woman that I was to the woman that I am today. I am medication free, living a full happy life with a man I love, and I have ways of managing any anxiety that crops up. I am free from the excessive anxiety and panic that ruled my life.

I love what I do, helping others to become their most confident and healthiest selves.

Lorraine Maguire - Rapid Transformational Therapist

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Area Columnists

The joy of winter play

Winter is upon us here at Country Bears, but this doesn't stop us getting outdoors to discover those magic places. Fresh icy chills, a whistling breeze and droplets of rain kiss our cheeks. We embrace playing in all conditions, rain or shine ... there's no such thing as bad weather; we take a positive attitude and put on adequate clothing.

We wrap up warm, step into our gumboots and venture outdoors for an adventure filled day of puddle jumping, insect finding and exploration in one of our most primal elements in our world, nature. Our younger Baby Bears children love the feeling of oozing mud between their little fingers and toes, something we strongly encourage to make those fundamental connections with the environment. Our older Bear Cubs and Bigger Bears are intrigued to discover new findings in the tree house and around the forest.

These sensory hands-on experiences feed children's brains and provide the foundations to learning about the wider world, such as what is required to grow crops, farming, ecology, how to protect our eight legged friends living amongst us and much, much more. It is so important for ongoing learning that children take an interest and explore their environment and all the resources within it. With the teachers support here at Country Bears, this is the learning environment we are able to foster on a daily basis.

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.



We are entering events season and it is all go in the North West

The FIFA Women's World Cup 2023 has started and businesses in the North West and surrounds can make the most of the atmosphere and place bunting in their shop fronts. All members can receive their bunting for free, simply pop into Harcourts The Difference in Helensville and speak to Nicky Horsbrough, or Kaipara Community Health Trust and speak to James Scott.

Making the most of FIFA, our first local business networking event was held on Tuesday 25th July at the grounds of the West Coast

Rangers in Huapai. The Rangers have two home grounds, one in Huapai and the other in Taupaki. The Taupaki grounds are hosts to the Vietnamese team so we have some international talent right here with us in the west.

Our highlight event of the year, the Business Awards, is now open for nominations and we look forward to hearing from everybody. Make sure you visit our website at <https://www.northwestcountry.co.nz/awards2023/> to get more information and a link to the nomination form. Entrants are given the option of a mystery shopper, and we have a few new business categories associated with fitness and health. The winners will be announced at a dinner at Allely Estate in early November. This is a fun night attended by hundreds of staff from local businesses across the district and compered by a celebratory MC. Entries close 6pm Friday 25th August 2023.

If you have any questions about any of our events, or would like to host a business networking drinks be sure to let us know at manager@northwestcountry.co.nz.

Nobody cares how much you know, until they know how much you care

A concerning pattern is coming from older clients needing help from our volunteers at Citizens Advice Bureau Helensville.

Lonely older people in our community are lacking support from family or friends and practical advice on a number of issues including elder abuse.

Referrals have been made for them to our amazing local organisations Kindred Services and Age Concern Rodney.

Other enquiries range from understanding benefit entitlements particularly with age-related health issues, applying for a Total Mobility Scheme card and superannuation eligibility to how to deal with a neighbour, finding a job and navigating the Tenancy Tribunal.

Scams and spams are another red flag for older clients.

"Our active listening volunteers provide current, correct information on how to recognise, report and deal with any harassment," says manager Rani Timoti.

If you have any concerns about an elderly friend, neighbour or





Marja Lubeck

Labour List MP based in Kaipara ki Mahurangi


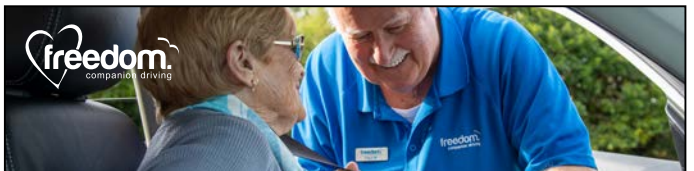
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acquaintance please pop into our office at 16 Commercial Rd to pick up information including Age Concern Rodney and Eldernet publications.

Meanwhile, our office will open on Saturdays from August 12 from 10am to noon.

Bring in your forms too as we will also have a CAB trained volunteer who is a JP.

"If we can make it easier for clients with hours outside of our current limited mid-week ones, including for visitors and tourists, that would be great. It also covers at least two of our membership principles- Accessibility and Accountability as well as provides opportunity for anyone wanting to become a trained CAB volunteer to work on a Saturday," says Rani.

Guy Wishart Kaipara ki Mahurangi Labour candidate

Guy Wishart has been unanimously selected as the Labour Party candidate for the October election.

Electorate Labour MP Marja Lubeck is retiring from her role at the general election on October 14.

An Auckland Council Rodney Local Board member, Guy is an award-winning musician, science teacher and qualified horticultural consultant.



His selection as candidate for the coming election has come from the Labour Party Kaipara ki Mahurangi Electorate Committee.

A Kumeu resident of many years, Guy's passion to fight for vastly improved infrastructure development (roads, public transport, flood protection and schools) goes hand-in-hand with rapidly increasing housing developments.

Guy is determined to not see the lack of infrastructure investment continue in the electorate, which he says has resulted in worsening quality of life.

"As a Huapai-Kumeu Lions Club member active in Kumeu Community Action and the local emergency network, I have seen first-hand how strong community voices must be supported by local and central government resourcing," says Guy.

"That is why I became a Rodney Local Board member and why I am standing to represent in Parliament all local communities from Wellsford, Warkworth and Snells Beach in the northeast to Kumeu and Westgate in the southwest."

"There is a deep sense of frustration that more is not being done to alleviate transport congestion and improve protection from the worst effects of climate change that we all are affected by."

Guy aims to continue the lasting local initiatives Marja Lubeck has achieved.

"As Marja is retiring as an MP at the election, the Electorate Committee is looking to Guy to ensure a strong local voice is heard in the halls of power in Wellington for all of us who call this slice of paradise home," says Labour Electorate Committee Chair Hugh Kininmonth,

Hugh says Marja is unsure of her future as yet but he notes the past six years have taken a huge toll on her energy levels and family.

"So I wouldn't be surprised if she takes a few months to decide on her next move. She is so passionate and active around community issues she will be missed."

Chris Penk is the National MP for the electorate and has indicated he will seek re-election.

Email guy.wishart@labour.org.nz for more information.

Chris Penk MP

Isn't it interesting just what issues are most irritating to people?

The prevalence of potholes across northwest Auckland (and all around the countryside, to be fair) has been a major talking point for a couple of years now.

Every now and then someone who follows my Facebook account



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will ask me why I bang on about potholes so much. Invariably, such people aren't from around my electorate. Everyone living in this area know just how frustrating the phenomenon has become. It's a subject bound to come up when I host National's transport spokesperson for a public meeting in Westgate, Simeon Brown MP, later this week.

The many implications of potholes include vehicle damage and safety risks (especially when cars cross the centreline to avoid them), along with arbitrarily lower speed limits being justified by reference to the poor condition of our roads.

Potholes also contribute to a general sense of malaise, thanks to the constant visual reminder of disrepair they provide.

For all these reasons, road rehabilitation and repair is a major priority for my constituents. I was pleased that National recently announced that, if we are elected in mid-October, we'll establish a national pothole repair fund. The key aspects of this policy include an additional \$500 million over three years - above the existing funded amounts - allocated to address potholes.

The funding will be available to the local government entity (in our case, Auckland Transport) and Waka Kotahi (also known as NZTA).

Another element of the policy is that we'll introduce a new directive to NZTA to undertake renewal and rehabilitation work on at least 2% of our roading network each and every year. That's more than double the current rate.

Finally, we'll also introduce new rules for pothole repair on state highways (think SH16, in this part of the world), requiring a standard response time of 24 hours.

Obviously other political parties will have their own policies in this space. I'll let them explain those for themselves and simply invite everyone in the area who cares about the issue to take note of what's on offer. After all, that's the point of an election in a democracy.

In other words, this is a particularly good time to talk about issues of the most importance to you, whether potholes or other transport infrastructure needs or any other issue under the sun.

Make the most of it.

Cheers, Chris Penk MP.

Waitakere Arts Centre

Waitakere Arts Centre is located on Corban Art Estate. Waitakere Arts started as a group of ladies meeting weekly in a chicken shed, spending time together socialising and being creative. That was nearly 60 years ago.

Soon the group expanded, and they needed a better meeting space, and in 1971 they were meeting at a space in Vodanovich Road in Te Atatu South. Some years later they ended up using a room at the West Wave Pool and Leisure Centre, and eventually ended up in the Old Garage on Corban Art Estate, where we have been for over a decade.

And for the past 36 years we have hosted The Trust Annual Awards Exhibition in Shed 2, on Corban Art Estate. This year we will be doing it all again, with over \$15,000 worth of awards to be awarded to youth and established artists, generously granted by The Trust Community Foundation.

We have one of the largest prize-money pools to award and acknowledge New Zealand artists, and we are excited to host this year's event from 23 September, to 1 October. We encourage all artists to enter, as many previous winners have gone on to create and establish successful art careers, using this exhibition as a springboard to their futures.

To learn more about our organisation, or to keep up to date with happenings, head on over to our website waitakerearts.com.



Healthy Families

For people everywhere, food is the great connector. Being able to share food in a culturally appropriate way plays a significant role in our physical, social, and emotional understanding of the world around us.

As access to nourishing, affordable kai becomes further and further out of reach for many people in Aotearoa, people are looking back at past practices to inform a new pathway into the future.



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Area Columnists

The Mana Motuhake o te Kai - food secure communities' framework - was created by the West Auckland Kāhui Māori Collective for people who want to learn how mātauranga Māori principals can inform growing, sharing and preparing kai.

The framework is bringing a fresh perspective to projects that are led by the Healthy Active Learning (HAL) team at Sport Waitākere. Improving the wellbeing of tamariki and rangatahi through kai and nutrition is a key focus for the HAL team, who work predominantly with schools.

"The HAL team has strong connections to schools and extensive knowledge of school curriculum. I've been helping to familiarise them with the framework, and together, we've identified several areas where schools might be able to use it alongside their learning plans", explains Giuliana Sewell, Systems Innovator for Healthy Families Waitākere.

Several schools in the Massey area have expressed their eagerness to include more agricultural education in their curriculum.

"We presented the Mana Motuhake o te Kai framework to the teacher leads from three schools in Massey and they gave us some great feedback. The next step for us will be one on one sessions with the schools to map out how they can use the framework as a guide for their kai initiatives", says Sewell.

Mana motuhake o te kai was designed from an ao Māori point of view but also supports the inclusion of ideas and practices for all people.

Facebook trading scam

A Facebook trading scam is when a person poses as a seller on a 'buy and sell' Facebook page or group, or sets up a fake business page. They then pretend to have goods or services for sale, but once they receive payment they don't follow through with the deal.



Often a fake Facebook page will look legitimate. If they have a Facebook page you should look at the reviews on the page to see if previous customers have had problems with them. You can also look out for blue or grey 'ticks' on the page which are given to pages or profiles verified by Facebook. There are risks when trading on all online platforms. Facebook buy and sell pages and groups are not moderated by Facebook. The safest option is to only pay the seller after you have inspected the goods in person. However, if this isn't possible it's important to remember that if the deal looks too good to be true, it probably is.

Chris Penk

MP for Kaipara ki Mahurangi

Here to help

134 Main Road, Huapai • [christopherpenk](https://www.facebook.com/christopherpenk)
chris.penkmp@parliament.govt.nz • 09 412 2496

Authorised by Chris Penk, 134 Main Road, Huapai.

Unfortunately, it can be difficult to get money back that has been lost in one of these scams. The usual way to deal with this kind of dispute in NZ is to go to the Disputes Tribunal. Please note that you will need to have an address for the seller and there is a fee to apply. For full details, search "Facebook Trading Scams at netsafe.org.nz."

Mitre 10 MEGA Westgate

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* Promo ends 12 August 2023 at 12.30pm. One entry per transaction over \$50. You must be in-store at 1pm on 12 August 2023 at Mitre 10 MEGA Westgate to have a chance to WIN. Show your email receipt of entry and receive a numbered entry ticket before 12:30pm on the day. To enter the competition and for full T's & C's, visit: mitre10.co.nz/thebighaul

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