

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

RAPID TRANSIT CORRIDOR TALKS

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

'CARRIAGES' COULD OPEN LATER THIS YEAR

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July 2022



Greetings

We warned you!

Now the local community's business people are up in arms about the proposed Rapid Transit Corridor (RTC) – also known as the Rapid Transit Network – and its possible effect on property bordering State Highway 16.

I said in the June Kumeu Courier the rapid transit corridor could have a big impact on this area as the Main Road (SH16) would have to be widened to accommodate various transport options.

"Last month, property owners along this stretch of SH16 received surprise letters outlining plans for new roads for buses and cycling," says Rodney Councillor Greg Sayers in his column inside this issue.

"Astonishingly, the route for the new roading cuts through most of the existing private properties and buildings. These letters were sent by a co-operative department of Auckland Council and Auckland Transport called 'Supporting Growth'," Greg explains.

"An emergency meeting was promptly called inviting affected property owners."

You can read the rest in Greg's column, the topic also covered by others in this issue with more meetings and stories likely to result.

Perhaps I put the curse on the economy by indicating last month I hoped it would remain stable.

That's seeming less likely globally these days as the world continues to grapple with the COVID-19 fallout, rising prices and inflation, falling share markets, and other harbingers of doom and gloom.

Talking of bad news, I hear popular eatery The Tasting Shed has gone – another pandemic victim.

Reports suggest owners Ganesh and Jo Raj closed the Huapai venue on SH16 between Kumeu and Waimauku on June 12 after 10 years, saying COVID-19 and associated restrictions made it impossible to continue.

We also cover the fate of the iconic Carriages Café in this issue. Property owner John Francis outlines intentions for the site now that its well-known 1952 railway carriages have been removed because of damage from the late August floods.

Carriages Café had also suffered from COVID-19 restrictions, and the flood was the last straw.

I recall former Prime Minister Sir John Key shouting me a coffee there after he'd been selected as National's candidate for the Helensville electorate during my time above the Kumeu Garden Centre on the Nor-west News.

I had a fair few meals at Carriages over the years, plus did a number of interviews over a coffee, so I miss the place.

I just hope all our local businesses do well in these often trying times, and that means you need to support them too.

Geoff Dobson, Editor



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People & Places

'Carriages' could open later this year

The iconic 'Carriages Café' in Kumeu may reopen as a restaurant later this year - all going well.

It's been a tempestuous time for the landmark café which opened in late 1998 with two 1952 railway carriages based around a rail station format beside the Kumeu Garden Centre (now the Kumeu Garden Hub) on State Highway 16.

Property owners John and Jim Francis (FBL Property) say they're in preliminary discussions with two prospective tenants, but that reinstatement may not be completed until at least the end of July.

During its 23 years of operation, Carriages Café has had five tenants, and during the past few years it has been hit with COVID-19 restrictions then the August 2021 flood with water penetrating to about 7.60cm above floor level.

As landlords, the two Francis brothers say they've assisted tenants during the COVID lockdowns with five-and-a-half months free rent, but that the August flood was the final straw.

"Our insurance company is reinstating all the flood damage to the Carriages station building," the brothers say, adding that the work is underway but is being delayed by material shortages and COVID-



related issues with contractors.

Unfortunately, the carriages proved too expensive to reinstate with their advanced state of decay, John Francis explains.

The two railway carriages had to be craned out, one going into a garden and another scrapped.

Plans are meanwhile underway to screen the building's upper deck similar to its lower one.

Scaffolding is in place to remove unsightly solar panels and to replace areas of the roof damaged when the panels were fitted, John says.

"Because it is a local institution, our intention is to see Carriages Café reopened as a café-style business, serving as a meeting place for the local community," the brothers say.

John hopes the name 'Carriages' can be retained.

An avid train fan, John was able to tender for the two railway carriages once used on the northern railway line between Auckland and Whangarei.

The pair were acquired for about \$12,000 and shunted from Palmerston North to the Glenbrook Vintage Railway near Waiuku where they were repainted and prepared for the journey to Kumeu.

Once shunted here, they were craned off the rail line and into place, three cranes being used (two 40-tonners and a 100-tonne crane) while State Highway 16 had to be closed for about 30 minutes while the work was done.

John bought some railway memorabilia from the Bryan Jackson Museum at the old Devonport Post Office, including a signal set, which were placed in and around the two carriages and have been



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retained after Carriages' closure.

The café name was selected following a competition in the local newspaper.

Social media has been awash with messages from those disappointed about the café's temporary closure, something the Francis brothers aim to rectify soon.

Meanwhile, John says it's sad to see little effort being made to use the existing railway network to help overcome Kumeu-Huapai's transport issues, such as SH16's traffic congestion.

Cat charity support needed

Rising costs are not just hitting humans but are also having a big impact on Huapai-based The NZ Cat Foundation which helps and rehomes cats.

Stray, injured and elderly cat advocate Anne Batley Burton has established a shelter housing up to 300 cats at her Huapai property and is adding some "special needs" places which can cater for cats with health issues such as diabetes, blindness, lameness or other problems (yes, they can suffer many human ailments).



Although a registered charity, the foundation only gets a small amount of donations, the rest mainly coming from founder and property owner Anne.

"Quite apart from the enormous vet bills, the food costs are skyrocketing with a lack of donated damaged or near use-by date biscuits now having to be bought instead, as well as meat and special needs food," she says.

You only need to see the many empty cat food shelves in supermarkets to realise the extent of the problem.

"This situation cannot be sustained long-term and if we are to continue to give this service to the community then we desperately need help," Anne adds.

That's not to mention difficulties getting building supplies and other items for the shelters.

"We need donations - financial and food, plus bedding - and we always need volunteers," says Anne.

Recently, the foundation has been getting assistance from the Rotary Club of Henderson, some members volunteering on a regular basis and collecting food and donations from other members.

"It would be great if some other clubs initiated something like that," says Anne.

About 100 people who love cats visit the sanctuary weekly.

"They call it their 'happy place' and it's a wonderful place for children in particular to appreciate the cats and the feel-good vibes they give you," Anne adds.

"They learn about caring and taking responsibility for a cat, or any animal in fact."

If you have skills - such as building or roofing, or perhaps a product the foundation can use - then they'd love to hear from you.

Visit www.thenzcatfoundation.org.nz for further information.

'Get The Flood Out' Civil Defence campaign

A new Civil Defence campaign promoting flood safety will urge Kiwis to Get The Flood Out as winter weather ramps up.

It's a reminder to some in this area of last August's floods from which many are still recovering and hoping to avoid a repeat.



One of them is Boord Crescent resident Guy Wishart, Kumeu Community Action Chair, who continues to work on getting early warning systems for the area.

Meanwhile, the National Emergency Management Agency has launched the "GTFO" campaign to warn people about the dangers of flood water, rolling the campaign out across online media, radio, posters and Civil Defence channels nationwide.

It features a voiceover from Kiwi broadcasting legend Dougal Stevenson.

"Floods are Aotearoa's number one hazard in terms of frequency and damage, and they can also be very dangerous," Civil Defence Emergency Management Director Gary Knowles says.

"Flood water can contain sewage, toxic chemicals and hidden debris. It can drown you or pick up your vehicle with you in it.

"GTFO is an attention-grabbing campaign that will remind Kiwis to Get The Flood Out by steering clear of flood water."

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Gary says the campaign also warns people not to let children play in flood water.

"While it may seem like fun after a big dumping of rain, flood water is never safe for kids to play in."

GTFO has been developed in tandem with a second "Flood Waters Are Deep Trouble" campaign, which has a more serious tone and will be rolled out when severe weather, such as red weather warnings, is forecast.

Visit getready.govt.nz for tips on about getting ready for storms and floods,

Or visit metservice.co.nz for the latest weather forecasts and warnings.

Murray Binning gets gong

Kumeu resident Murray Frank Binning received his Member of the New Zealand Order of Merit medal last month after he was recognised in the New Year's Honours.



He was among five Fire and Emergency people presented with their Royal Honours at Government House by Governor General Dame Cindy Kiro.

"These honours reflect the commitment and hard mahi the recipients have put into their communities and our organisation," Fire and Emergency Board Chair Rebecca Keoghan says.

"They make our communities safer, stronger, and more resilient; and we couldn't be prouder of them."

Murray has made significant contributions as an executive officer with the New Zealand Fire Service/Fire and Emergency New Zealand for more than 40 years, his citation reads.

He joined the Auckland Metropolitan Fire Brigade in 1970 and held a variety of leadership roles in Auckland before becoming Area Commander of Tauranga from 2012 to 2018.

Murray also held the role of Waitemata Area Commander from 2018, before retiring in 2021.

He was a branch councillor of the Institute of Fire Engineers (IFE) from 1999 and served as president in 2003, playing a key role in increasing membership and joining the IFE with the Fire Protection Association to form FireNZ, which continues today.

Murray became vice president of the Auckland Fire Brigade's

Museum and Historical Society in 2010 and has been patron since 2015.

He has also been involved with the Waitakere Licensing Trust, supporting applications across the district from volunteer fire brigades seeking to purchase extra equipment.

Playing a key role in establishing Auckland's Urban Search and Rescue team in 2002, Murray held the roles of deputy team leader and then team leader until 2017. He was deployed as team leader to assist in the response to the 2010/2011 Christchurch earthquakes and in Fiji following Cyclone Winston in 2016.

Pictured at the awards presentation are, from left, Fire and Emergency chief executive Kerry Gregory, Bill Harris, Paul Wilkins, Murray Binning, Gina Chaffey-Aupouri, Wayne Martin and Fire and Emergency Board Chair Rebecca Keoghan.

Italian Long Lunch fundraiser for local rower

An "Italian Long Lunch" at Kumeu Valley Estate on Sunday July 3 from noon will raise funds for Xavier Simpkins of Waimauku to attend a Boston University rowing training camp.



Xavier, pictured rowing by Conrad Blind, attends St Peter's College in Grafton and he has had considerable success in rowing this past season.

He started rowing four years ago and worked from humble beginnings to where he is now as a top up and coming athlete.

Xavier was the co-captain of the Saint Peter's rowing team and led them to one of their most successful seasons, in spite of the COVID-19 pandemic.

He is the first person to have made a clean sweep at the Auckland rowing championships in the under-18 sculling events, winning the Auckland title for the single, double and quad.

Xavier went on to win a gold medal in the under-18 single sculling event at the North Island Secondary School's regatta as well as silver in the double and quad.

Looking to continue his success, Xavier went to the New Zealand Rowing Championships on Lake Ruataniwha in Twizel in February, carrying a back injury.

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However, in spite of his injuries he came just 0.46 seconds away from a national title in the under-18 quad, gaining a silver medal. He won bronze in the under-18 single and came fifth in the country in the under-18 double.

Xavier is looking to further his rowing success as well as his education and aims to join universities in America to try and achieve these goals.

Kumeu Valley Estate's Italian Long lunch features a five-course shared meal with a matching wine list including some Italian classics, and music with an Italian flare.

The menu is expected to include Arancini balls with Parmesan crust on smoked tomato puree garnished with fried sage leaves, antipasti prosciutto with tomato, mozzarella and fresh basil ciabatta slices and extra virgin olive oil; prawn spaghetti aglio, olio, peperoncino e il gamberetto; Italian spiced lamb cutlets with garlic roasted potato, rocket, pear and parmesan salad with white balsamic dressing, tiramisu savoiardi sponge fingers with espresso and Italian liquor, layered with mascarpone sabayon and dusted with rich dark cocoa powder.

It costs \$100 per adult and \$50 a child under 12.

Kumeu Valley Estate is run by Mike and Annette Simpkins, whose son Xavier is among five of their children.

Contact Mike Simpkins on 027 492 6700 or email mike@kumeuvalley.co.nz to book for the Italian Long Lunch.

School attendance targets

Plans are underway to get more students to attend school regularly after years of falling attendances and disruption, mainly due to the COVID-19 pandemic.

A new school Attendance and Engagement Strategy sets Ministry of Education expectations and targets to turn around years of dropping attendance rates.

These include increasing the number of students attending school regularly from 60% in 2021 to 70% in 2024, (and 75% in 2026), decreasing the students who are moderately absent from 8.5% in 2021 to 6% in 2024 (and 4% in 2026), and decreasing the number of students who are chronically absent from 7.7% in 2021 to 5% in 2024 (and 3% in 2026).



Work is also underway to develop new targets for responding to unexplained absences, which will focus on school notification to whanau on the day of absence and further school action when unjustified absence continues.

The Government is taking action to turn around years of declining school attendance, with a target of at least 70% of children regularly attending class in 2024, Associate Education Minister Jan Tinetti says.

"It's vital New Zealand children and young people attend school and get the education they need to set themselves up for life. But too many aren't and this plan aims to change that," she adds.

"It provides the framework for a nationwide campaign to lift attendance and engagement, so that kids and young people are present, participating and progressing.

"School attendance is a long-term challenge and many will be surprised to know it has been gradually declining across the board since 2015.

"The trend has been further accelerated by COVID-19 and now sits at around 60% of students who turn up 90% of the time - or the equivalent of nine out of 10 days. We need to make sure that as we get through the pandemic kids are encouraged to return to school and their communities are supporting them to do that.

"There are a multitude of reasons why kids don't show up to learn and no silver bullet to fix it.

"Regular attendance is a community-wide issue that needs community wide attention. This strategy supports evidence-based local solutions that are developed by those who know their school communities best and can respond to their needs," Tinetti explains.

"Examples of best practice include an Auckland school that turned attendance around from 35% to 91%, with a 'Kids Back to School' campaign. School work and food packs were delivered for those in isolation, and a liaison person checked in regularly with follow up from teachers. This strong partnership with the community fostered trust which encouraged whanau to send their tamariki back to school.

"Meanwhile a Pacific Education Programme at a secondary school was very successful in getting senior boys back into their learning, with a support person being the link between families and school to break down barriers and make sure young people felt like their culture was valued when engaging with the curriculum.

"More emphasis on localised learning, and te ao Maori, is also part of a partnership between a cluster of 25 schools and kura with their local runanga - which is helping with Aotearoa Histories content and the design of a new Attendance Service.

"Our regional teams in the education ministry's frontline Te Mahau will expand these efforts to support schools and kura to work more

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with their communities - including Maori, Pacific and disabled learners - and facilitate collective actions across our regional social services and school communities to design ways to help remove barriers.

"This mahi will build on the \$88 million attendance package we announced as part of Budget 2022, that includes \$40 million for a Regional Response fund and further improvements to the Attendance Service and Alternative Education.

"We all share responsibility and have a role to play to reverse this trend and lift attendance back up.

"Parents and whanau are responsible for getting their children to attend and participate, while schools and kura have to be places where students feel they are safe and belong. There is a role for everyone in this plan."

Attendance definitions: Regularly (more than 90% of the time, or nine days a fortnight), moderately absent (70% - 80%, or absent 2/3 days a fortnight), chronically absent (less than 70% of the time, or missing three or more days a fortnight).

The proposed fourth target, around notifying parents and caregivers, is subject to further work with the sector.

Visit www.education.govt.nz for more information.

Drivers may pay to use Muriwai Beach

Consultation closes July 18 on a proposal to charge people a fee to drive on Muriwai Beach.

The beach has only two public entrances - at Muriwai's Coast Road which is expected to have a controlled gate and number plate recognition associated with allowing fee-paying vehicle owners, and the other at Wilson Road which is a paper road managed by Auckland Transport and not the Auckland Council or its regional parks division.

The council says previous feedback on vehicle beach access will also be considered, although it acknowledges some changes may alter those previous opinions, so it's suggesting earlier submitters check and perhaps resubmit.

Vehicles accessing the beach have resulted in ongoing concerns about beach user safety, environmental protection, fire risk, and

driver behaviour, the council explains.

Under the council's Public Safety and Nuisance Bylaw 2013, it currently requires people to obtain a permit (currently at no charge) to drive or park vehicles on Muriwai Beach, other than if they are depositing or retrieving boats in certain circumstances, and in emergencies.

In September 2021, Auckland Council's Parks, Arts, Community and Events Committee decided to introduce controls on vehicle access to the beach.

These measures included a seasonal closure of vehicle access for the summer and investigating a gate and fee-based permit system on the Coast Road entrance to Muriwai Beach.

The council is now proposing to introduce a fee to recover costs in relation to the permit system.

"We consider that a fee is a more fair and equitable way of recovering these costs than, for example, through general operational budgets," it explains.

"Under this proposal, the council would issue the permit once the applicant has committed to follow the safety rules of driving on the beach and paid the fee."

It wants feedback which includes what the annual fee should be and times the permit should be issued for.

Few other Auckland beaches allow vehicles on them, except mainly in emergencies.

Muriwai Beach was closed to vehicles from December 31 until January 26 due to dry conditions and fire risk, reportedly the second time the beach had been closed to vehicles.

Consultation results are expected to go before the committee in September.

Visit <https://akhaveyoursay.aucklandcouncil.govt.nz/muriwai-beach-vehicle-access> for more information.



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Blackout Electric for residential and commercial electrical work

Blackout Electric is a local family owned and operated business run by Sebastian Weaver, a registered electrician with more than 16 years' experience in the industry.



After completing his apprenticeship and spending a number of

years working for various companies learning the ins and outs of the industry, Seb decided it was time to go out on his own and build his own business from the ground up, which he did in August 2020.

Since then, he hasn't looked back.

After only a few months, Blackout Electric had generated enough business to bring on an apprentice. The company approached Kaipara College and its Gateway Programme and found Branden, who is currently enrolled in his first year of an Electrical Apprenticeship.

Seb is incredibly passionate about passing on his knowledge to others who want to be in the trade, and really enjoys seeing them succeed and become successful electricians themselves.

Branden has been a fantastic addition to the Blackout Electric family and continues to develop his skills under Seb's ongoing guidance.

In December 2020, Seb's wife Toni joined the team in a full-time capacity running the office and administration side of the business.

"Since starting Blackout Electric, we have experienced a huge amount of loyalty from local customers and businesses alike," Seb says.

"Customers who not only continue to use our service but refer and recommend us to their own family and friends.

"This is a testament to the service we provide, and the reason we continue to grow as a business."

Blackout Electric strives to be the number one choice for local electrical services.

"We hope that as time goes on when people think of electricians they will think of Blackout Electric."

Blackout Electric specialises in all forms of residential and commercial electrical work.

That includes new builds and renovations, alarm systems, CCTV and AV, and general maintenance - From something as simple as a new power point to an entire house rewire, Blackout Electric is happy to help.

Seb is highly experienced in delivering cost-effective, high quality workmanship - offering solutions.

"At Blackout Electric, we pride ourselves on exceeding client's expectations," he says.

"We build a relationship with our customers that begins on the first day of contact, and only ends once they're fully satisfied with our work."

Check out more inside this issue about Blackout Electric's work around vehicle batteries, especially charging low emission vehicles.

Contact Blackout Electric for all your electrical service needs - visit www.blackoutelectric.co.nz or email info@blackoutelectric.co.nz for more information.

NW Country Matariki festival to help launch Huapai Hub

The new Huapai Hub near the Kumeu Arts Centre hosts the NorthWest Country Matariki Whanau Festival on Sunday July 3 as one of the first big events there.

The festival from noon to 4pm includes plenty of entertainment, craft for sale, and lots of food - many of the activities free, says the business association's events manager Erin Griffin.

Waimauku School's kapa haka group will open the entertainment side, followed by band The Recliner Rockers, while about five food trucks and a hangi provide refreshment.

A craft market and Go Vertical's four-in-one bungee, portable climbing wall, large slide and obstacle course are sure to encourage visitors.

Free face painting and hair braiding is offered festival attendees, while an art exhibition is planned in the Kumeu Arts Centre.

NorthWest Country Matariki festival events have been well received in other areas, Erin says.

These included the Helensville Hall on June 5, the Kaukapakapa Hall on June 19 and the Muriwai Surf Club on June 26.

The Huapai Hub event includes a covered stage for weather protection.

People are welcome to visit the Matariki festival on July 3, with entry free.

Visit www.northwestcountry.co.nz for more information.



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Safer Communities

As winter approaches we have seen some wild weather which can cause wet, slippery roads.

Please take care when driving in wet conditions, allow for extra time to reach your destination and increase your following distance to the 'four second' rule to allow more time to stop in a hurry.

If you do come across a motor vehicle accident, remember your safety is important and only provide assistance if it is safe to do so.

Park off the road to allow emergency vehicles access. If you have to slow traffic to protect the scene, never stand on the road as other drivers may not see you and store a high vis vest and torch in your vehicle to ensure you can be seen.

The recent weather has also caused trees to come down across roads. Take care when driving during or after windy nights and call 111 if you come across trees or any debris that may cause harm to road users.

Park away from the scene to allow access for the fire truck and avoid getting out of your vehicle as the tree may have brought

down power lines or other trees may fall over.

Fire and Emergency NZ also responds to medical events to assist St John paramedics. If you have called 111 and asked for an ambulance, don't be surprised if a fire truck arrives first.

Ensuring your driveway is clear of overhanging branches by four metres high and four metres wide will also ensure enough space for fire trucks to get to your house.

Sending someone to the road will make it easier for emergency vehicles to locate the correct driveway.

Rural properties can be difficult to locate, ensure your street number is clearly visible on your letter box, or even painted/ written on a fence, tree or driveway entrance.

If you have multiple dwellings/ buildings on your property or if your medical emergency is not in your house, give the 111 call taker as much information about where you are to help emergency responders locate you as quickly as possible.



Tom Kearney

Senior Fire Fighter
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Community News

Building confidence and self-esteem

Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome. This places anxiety in the realm of negative thoughts and feelings. Everyone feels anxious at some point, whenever we do something unfamiliar or outside our comfort zone. Feeling anxious is perfectly normal, as is an awareness that it will pass.



However, some people find anxiety hard to control, and these feelings can remain as a constant presence, impacting upon our daily life. Anxiety activates the fight or flight mechanism, resulting from a triggering thought or circumstance, or an unresolved trauma. Our fight or flight response is designed to keep us safe.

Sometimes it's hard to imagine what life could be like without the limiting beliefs that hold us back. It makes us feel increasingly exhausted and frustrated.

View full article www.terrinenmancoaching.com/article/defining-anxiety. Book a free no obligation discovery call with Terri www.calendly.com/terrinenmancoaching.

House of Travel

Greetings! My name is Mike (Buzz) Thomson and I own the House of Travel in Hobsonville Point. We are 100% Kiwi owned and operated business with a store on the corner of Hobsonville Point Road and De Havilland Drive. Hobsonville@hot.co.nz 09 416 0700 Monday - Friday 9AM-5PM.



We're super excited it's now even easier for many Kiwis to explore the world again with pre departure RAT tests not required to re-enter NZ from next Tuesday. We can't wait to help you plan your next adventure!

The last few months have been wonderful. Helping our loyal customers plan their journeys, back doing what we love - and we've learned a lot about travel! We've also appreciated your support, patience and understanding as we re-build our teams to manage

the huge levels of enquiry we are receiving.

So if this news has you whipping out your passport, here's a few HOT tips from us.

It's not too early to start planning 2023 travel - the world has been travelling for a while and with so much pent up demand things are filling up fast!

Fiji, Australia and the Cook Islands are super popular and many travellers have been disappointed to find over popular dates, flights and resorts are very full. So even for trips closer to home we're seeing demand building steadily for early 2023 and beyond.

Airline capacity for New Zealand is not expected to reach pre Covid levels this year - yet demand for seats is HOT - so our message is book early to avoid missing out.

Travelling is definitely getting easier and customers returning are buzzing, but it's still not the same as it was in 2020. Your trusted consultant is a wealth of information and will recommend trusted suppliers and provide peace of mind support.

Even pre-Covid we highly recommended travel insurance is taken at the time travel is booked (people are always surprised to hear how many claims are made before travel commences). A lot of customers are also surprised to hear that the travel insurance we offer does provide Covid related cover should you fall ill before or during travel - ask us for more details

Our consultants are super popular right now and working round the clock to keep up with the demand. We recommend that you get in touch as early as possible to make an appointment to ensure we can give you and your travel plans the time and attention you deserve - but don't leave it to the last minute as our team are booking out fast! We thank you for all your support as together we re-explore the magic of travel.

Exploring mushrooms

Today, one of our tamariki had brought a book from home. It was called, 'Humongous Fungus', and had a lot of information about different kinds of fungi. We read a few pages all about mushrooms and then decided it would be a great idea to draw our own. Tamariki spent a lot of time developing their early literacy skills through drawing with colouring pencils, we also focused on supporting tamariki to hold their pencils correctly.



"Maybe we can find some mushrooms in the forest." - Henry.

This was a fabulous idea. After lunch we took some tamariki up into

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Community News

the Riverhead Forest to go on a mushroom scavenger hunt.

Through this experience we are nurturing tamariki sense of belonging, through reading children's books from kainga (home), as well as developing complexity within their knowledge of mushrooms. They are exposed to refining their theories about the world around them and can make strong connections about mushrooms in a variety of ways. Most importantly they are learning to be the leaders of their own learning, as well as being able to express themselves and their ideas. We also strive to make many opportunities for tamariki to make a connection with nature, developing a sense of awe and wonder that inspires tamariki in a holistic way.

To enquire about joining our Nature's Explorers whānau please call 09 412 8800 or send us an email at office.kindergarten@xtra.co.nz.

Flippin' Fun provides awesome community service

With the school holidays around the corner we got to wondering how much energy we released from kids in the two weeks of the previous July holidays. Based on an average kiddy calorie burn for a one-hour trampolining - an astonishing 2,720,000 calories. The upcoming holidays look to be even busier so be sure to check our booking page to avoid full or sold out sessions.



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 (kindly note, except for fitness we suspend classes during the holidays)

Flip fit classes - keep active through the winter months burning calories the fun way. Classes are full of variety to keep you wanting more! Bring a friend for even more fun and motivation.

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.

Little flippers - a super fun toddler session for the 5 & unders - no older kids allowed.

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

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helloworld travel now in Riverhead

Carolyn and Lesley are temporarily operating from home in Riverhead until reopening later this year and are happy to welcome clients in-house who would like to sit down with us.



Travel is very busy right now and flights are exceedingly full. Carolyn strongly recommends everyone who is thinking of travelling to book early as people are having to pay expensive fares to travel right now.

Travel to UK and Europe and the islands this year is extremely popular and the flights are pretty much sold out until the end of July. August is filling fast and there is not much availability left through September either.

Carolyn suggests calling or emailing the office direct if you want a reply quickly as the online website enquiries are sometimes sitting for a while until someone is able to get to them. Talk about going from a famine to a feast, we are really struggling to keep up after 2 years of pretty much nothing. Definitely take travel insurance now as the helloworld policy covers you if you have to change your flights due to testing positive with Covid-19.

Carolyn has one room left on her Tasmania tour departing 10th November for 10 days around Tasmania, call her if you may be interested and she can send you further details.

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

St Chad's

Photo: Colin Newel, Harvey Vivian and Jo Burgess.

It has been another busy period at St Chad's. In addition to our regular services and events at the Church we had the joy of three baptisms. It is always lovely to welcome new young people into the family of the Church.



We have also welcomed new members to the Ministry Team. Jo Burgess and Colin Newel are already heavily involved with the life of St Chad's as Churchwardens, whilst Harvey Vivian is a valued member of the Vestry and worship team. At the end of April all

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Community News

three were licensed as Local Lay Ministers by Rt Rev Ross Bay, the Anglican Bishop of Auckland and were presented with their licences at a recent service.

At the beginning of June there was a very moving Service of Remembrance for those members of Lions District 202k who had died during the last year. Normally this service would be held as part of the Annual Convention but, as this had to be held online this year, outgoing District Governor Roger Davis thought it would be appropriate to hold the service at St Chad's. A small tree was presented to each family as these individuals and their service to the community were remembered.

July at Kumeu Arts

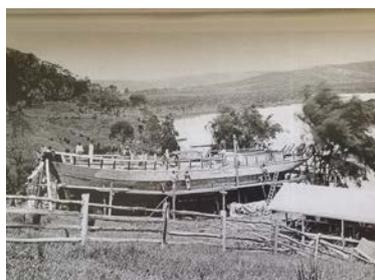
Come and celebrate with us at the Matariki Whānau Festival on July 3rd. The event is being held on the Huapai Hub new stage, located just behind the Arts Centre. Our doors will be open with market stalls and free activities. You'll be able to make your own Matariki inspired artwork to add to our community installation in the Pod. While Danish artist Maria Owens, who currently has an exhibition on display, will be creating a live artwork in the Main Gallery. Then later in the month, we host the Timatanga Community School Trash to Art Exhibition. Supported by Trash to Fashion expert Sue Scarf, the tamariki worked for a term to explore various trash materials and experiment with ways to transform them. Also, here in July, Kumeu Live concerts include Alargo and Derek Lind. While Creative Matters and Brain Play will both provide fun school holiday activities. Visit www.kumeuarts.org.



Kaukapakapa Library

Local History Resource - Kaukapakapa Library, Sunday July 17th, 9am to 1pm.

Each month the little Kaukapakapa Library opens in conjunction with the Kaukapakapa Village Market and holds events which keep it in use for the community. Over the past seven years there have been authors, photo competitions, readings, colouring competitions and basically anything that might hold appeal to different groups.



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Underlying all of the above is the historical value of the library. Started by an early settler in 1865, the library has been in and now out of the public library system. The current building was built in 1911 and has been moved around the immediate vicinity about five times. All the original records for the library are still in existence and more and more local information has come forward over the years. The collection is a valuable resource for the area, we have everything from the Jordan Collection of old photos, Kaukapakapa School photos, Poland Motor's Ledgers, cemetery records and everything in between. If you need to know something about the history of the area, come along to the library and find out more.

For more information email Megan at threehorses@xtra.co.nz or phone 021 959 017.

Photo; The 'Lotus' under construction at Wakatiwai in 1863. Photo taken by Daniel Manders Beere.

Show dad how much you love him

Father's Day is fast approaching. How are you going to show him you care this year?

Socks? Craft beer? Tools? BBQ equipment? OR why not do something different this year and buy him a personalised gift from Precious Imprints.

Choose from bracelets, pendants, rings, key rings, guitar picks and more. Or we can work together and create something unique to your relationship with him, something only you and he will "get".

Visit my website www.preciousimprints.co.nz for inspiration or feel free to email me jo@preciousimprints.co.nz so we can start creating an original gift for Dad, one that he can treasure forever.

Father's Day - Sunday 4th September - Order now to be sure you have the perfect gift in time. And don't forget the Grandads too.



Kumeu Library

July brings school holidays, and Kumeu Library's school holiday programme has something for everyone. The theme for the holidays is "Ngā Tamariki o Matariki - the Children of Matariki" and

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we are planning in-library events again! At 10.30am every day in the library there will be an activity for school-aged children, with awesome Matariki crafts and a great Kahoot! quiz morning. (Please keep an eye on our Facebook page to make sure events are going ahead as planned, as things can change at the drop of a hat just now!) These activities will all be available as take-home packs if you aren't able to come in the morning. We will also have the ever-popular in-library scavenger hunt and activity sheets (available all day, every day). And if you are wanting to encourage your tamariki to keep reading over the holidays, Auckland Libraries' school holiday reading challenge is here to help you. Tamariki read what they like, for as long as they like, in any format, complete challenges and then log their progress on the Beanstack app to be in to win awesome prizes! Ask the friendly staff at Kumeu Library how you can get involved!

Winter brings cold and rain, and we all start spending more time indoors where it's warm! Kumeu Library's latest display recognises this and brings the beautiful and skilled handcraft of the Waimauku Crafties (formerly Waimauku Spinners & Weavers) group to inspire you to spend time creating and crafting. Kumeu Library has a wide range of information about all sorts of crafts, including knitting, crochet, sewing and papercraft with books, DVDs and magazines, both in print and digital - come and find some inspiration!

Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with Kumeu Library's news and events - everything can change in an instant these days, and our Facebook page has the most up-to-date information regarding changes to events.

Scouts Update

The last few months have been busy with the Scouts.

Over Queen's Birthday weekend, we had a group take their Scouts and Venturers down to the Kaimai ranges for a 3-day tramp; another group took all their youth over to Kawau Island for a group camp; another group took their Scouts for a Scout camp in the Waitakere ranges.

The following weekend the zone hosted a Cossgrove practical skills training camp for the Scouts. This covered everything from sharpening an axe, cooking over an open fire, using gas cookers safely and overall having a good time while they learn. The camp had its fair share of rain, so was a bit muddy which just adds to the fun.

The Cossgrove camp is based on a practical training camp that David Cossgrove introduced to Scouting.



David Cossgrove introduced Scouting to New Zealand in 1908 while he was headmaster of Tuahiwi School, in Christchurch, after serving with Lord Baden Powell during the second Boer War. Baden Powell was the world wide founder of Scouting

David also started The Peace Scouts of New Zealand in 1919, a division of Scouting for 12-20-year-old girls. After David died in 1920, his daughter Muriel took over the division and in 1923 it was amalgamated with the Girl Guides.

West Auckland has a long history with the Scouting movement.

This month's photo is from a Peace Scout camp held in Henderson Valley in 1923 in which my Grandmother attended.

Do you want to know more about scouting, then please visit www.scouts.nz, or email me at: zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

Kumeu Childcare

Kumeu Childcare is committed to provide a peaceful and calm environment, where children find wonder and joy in their surroundings. Our Reggio Emilia inspired approach to learning, plays a huge role in children's well-being, learning and development. We work on a holistic approach ensuring children enhance self-help skills, social competence, self-confidence and are prepared to continue their learning journey when they leave for primary school..

We are taking enrollments and specials going on for new enrollment. Please feel free to call or email us on the details below for any enquiry or a friendly visit. Kumeu Childcare - 7 Wookey Lane, Kumeu, phone 09 412 808 or email info@kumeuchildcare.co.nz.



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In Brief

Kaukapakapa Village Market

Sunday 17 July 8.30am to 1pm.

A tempting selection of stalls with everything from hand made to pre-loved goods, gifts, crafts, jewellery, fresh fruit and winter vegetables, plants, preserves, books, great food and coffee and much more -

there's always plenty to see and enjoy. Plus our musicians this month are "Take 2" duo Gillian & Mike playing from 10am to 12pm. See you there!

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

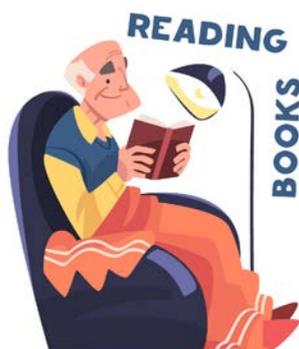


Help to keep people reading

Reading can be a lifelong passion for many people. But when age, vision or memory issues arise, reading can become a difficult pastime to continue with. But maintaining enjoyment in hobbies can be good for slowing cognitive decline and also helps to keep spirits high.

At Mindjig we have a collection of books that have been written with this in mind. With short chapters, large print, and summaries at the end of each chapter these classic stories have been specially selected and adapted to enhance the joy of reading for people with cognitive impairment.

Visit www.mindjig.co.nz to see these and other helpful resources, games and hobbies for older people. Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.



Autumn Book Fair

The Autumn Book Fair held last month, was a great success. A total of \$11,584 was raised from the sale of books and further adding to the total were the proceeds from the raffle and sausage sizzle.

Thank you to all who donated so many high-quality books, without

you there would have been no Book Fair. Thanks especially to the partners of Club members who were with us all weekend and the students from Kaipara College who helped in the set up on Friday, also Friends of Lions who assisted in packing up and cleaning the Hall on Sunday. Putting together a book fair is a team effort and we would not be able to cope without the assistance we receive from our community, especially April from Paper Plus Helensville. We also wish to thank Phelan Pirrie and the members of the Rodney Local Board for their support and Burmester Realty for letting us use their premises as a drop off point.

The books left over will be re-sorted with damaged or unsaleable books going to the Helensville Recycle Centre. Surplus children's books go to South Auckland for distribution to Play-centres and Kindergartens. Other books are sold at the Lions book stall at the Kaukapakapa Market, which is held on the third Sunday of each month, also at the recently started Flea Market which is held in the War Memorial Hall on the second Saturday of the month, and at any other event attended by the Lions Club of Helensville.

The next Book Fair is our Christmas Book Fair which will be held on the last weekend of November, Saturday 26th and Sunday 27th, in the Helensville War Memorial Hall.

As a service to the community the Helensville Lions will accept books throughout the year. Small amounts can be left with Burmester Realty, Commercial Road, Helensville, otherwise contact Chris at 09 420 8527 or any other member of the Lions Club of Helensville.

A passion for people, pets and portraits

Picaboo Pictures is the place to be for all your professional portrait photography wants and needs. We offer a wide range of high-end photo shoots including family, newborn, baby, pet and commercial portraits, both in our home studio in Massey or on location in the wider



Auckland region. We love sharing our passion for crafting beautiful imagery and are willing to go the extra-mile for our clients to offer a creative professional touch to business imagery, personal portraits or family memories. At Picaboo Pictures we strive to make you, your family or your pet feel comfortable by working closely with you to ensure we capture the very best moments and the perfect shots to cherish forever.

Our head photographer has years of experience in both the








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Have a look at our website www.picaboopictures.com or e-mail us your enquiries or questions via contact@picaboopictures.com. We would love to capture you in our next shoot.

July school holidays

Get ready for out-of-this-world fun at NorthWest Shopping Centre these school holidays. Kids can create their own space rockets and rocket fridge magnets to take home for space-filled fun. Join in on the action at 10am - 2pm daily from Monday 11 - Friday 22 July (excludes weekends).

Located in front of the customer service kiosk. No booking is required but spaces are limited. See northwestshoppingcentre.co.nz for more info.



NorthWest rewards schools

It's back for 2022! NorthWest Shopping Centre is giving away a total prize pool of \$6000 to three lucky West Auckland schools, and you get to vote for who wins. Every \$1 spent = 1 point. PLUS, vote for your school until 24 July and be in to WIN* a \$500 NorthWest gift card.

*T&Cs apply, see northwestshoppingcentre.co.nz for more info.



Kumeu Friendship Club

The name says it all, the only thing which could be changed is, it

should read Kumeu and all surrounding areas Friendship club, because that is what we are friendly. The club is for people who want to come out and listen to interesting talks have outings and meet people in our lovely district. Last month about 40 members went to Helensville Golf Club for our midwinter lunch which everybody really enjoyed. Also, one of our members organized pink Ribbon Breakfast Charity event where just over \$1000 was raised. We have other outings arranged, including a visit to the Auckland War Museum exhibition of Ancient Greeks in August. So, if you would like to meet us, please come along on the 4th Thursday of the month at 10 am at St Chads Church 7 Matua Road, Huapai. See you then.

SeniorNet

Last month we continued to run our popular meetings, courses and drop-in's in Huapai. Everybody seemed to learn a lot from the two courses we ran last month. One of the courses was introduction to Windows where members learnt how to operate basic windows features and the second course was using Google maps, particularly on your mobile phone. The future of computing is so diverse and it is fun to see which way we will be heading in the future. In July we are having our mid-winter special meeting where we will enjoy our friends company. We are always looking for new members and do not be put off if you are a novice as a lot of our members are beginners. We meet on the first Wednesday of the month at 10 am at St Chads Church 7 Matua Road, Huapai. Or call Nigel Dempster 09 411 9444.



Kumeu Brass July concert

After a successful appearance at the Kumeu Market Day at the Kumeu Showgrounds, Kumeu Brass now plans a concert on Sunday July 3 at the Kumeu Community Centre, 2pm-4pm.

The band has been finding it tough to hold performances during the past two years because of COVID-19 restrictions, so aims to step up its concerts. It plans to return to the Kumeu Market Day during August.



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Property

Property market report

The CCFA (responsible lending act).

The act was widely attacked for needlessly adding expensive paperwork to mortgage advisers, and for blocking credit to solid borrowers who would normally sail through the approvals process.

These outcomes led to a blitz of criticism and the Government agreed to review the new rules less than two months after they were enacted.

The first of two tranches of that review process is well underway and draft proposals have just been given to the lending industry for further feedback.

The proposals include excluding savings and investments from the definition of the 'listed outgoings' of a would-be borrower.

They also propose that when would-be borrowers' likely living expenses are benchmarked against statistical data, then there is no need for lenders to trawl through their bank statements.

This last proposal would remove the notorious cups of latte that got added to a customer's living costs. The rules on this were so onerous, that lenders did not have the leeway to enquire about how this spending might change after a loan was agreed to.

This rule applied even though most borrowers trim their expenses as new obligations fall due, especially mortgage payments for something as important as a home to live in.

The proposed changes would allow a lender to enquire into likely behavioural changes such as these.

Other changes refer to issues like a borrowers' 'reasonable surplus', and any 'obvious' affordability of a loan.

These and other changes are hoped to be enacted in June after the current period of consultation is dealt with.

The second tranche of reform is still being analysed by MBIE officials but is likely to be on the slow train from China.

Another significant failure under the watchful eye of Grant Robinson

and Stuart Nash.

Let's look at the sales from last month:

Coatesville	\$2,040,000
Helensville	\$835,000 to \$1,710,000
Kumeu	\$850,000 to \$3,000,000
Muriwai	\$1,425,000
Riverhead	\$1,000,000 to \$2,725,000
Swanson	\$760,000 to \$3,700,000
Taupaki	\$2,800,000
Waitakere	\$770,000
Waimauku	\$1,785,000
Whenuapai	\$1,398,000

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

Pre-settlement inspections

By ClearStone Legal, Elyse Crowther.

Under the standard ADLS Agreement for sale and purchase a purchaser is entitled to undertake a pre-settlement inspection of the property prior to settlement, this needs to be done at least 2 working days before settlement as anything discovered during the inspection needs to be raised before the settlement date.

The purpose of a pre-settlement inspection is to ensure the property is in the same condition it was in at the time you signed the agreement and all the chattels listed in the agreement are present and in working order.

If there was agreement for the vendor to undertake any works prior to settlement it's an opportunity to confirm those are done too.

When identifying issues a common sense approach works best, for example the oven not working or a smashed window would be considered a valid issue whereas the lawns not being mowed or an untidy kitchen would not be a valid complaint. It is an opportunity to check there is a key supplied for every external door, and look for rubbish (or 'treasures') stored under the house.

When undertaking your pre-settlement inspection remember that



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Property

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

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

ClearStone Legal can assist you with any questions you have about buying or selling property. Telephone 09 973 5102.

Presentation and Price – The 2 P Method

If you are a little confused by what you are seeing on the rental market, you are not alone. It looks like some people have been blind folded and are taking a stab in the dark or are literally pulling numbers from thin air to choose what price they are listing their properties for. We are also getting requests from new investment owners trying to achieve more than market value; however, a property is only worth what someone will pay for it, rather than what your mortgage repayments are.



None of these strategies have ever worked, and it feels like the right time to share “the how” and “the why” we prepare a property for market under our care.

I like to call it the 2 P method. Presentation and price. If the property has been presented well, ready for a tenant to move in and the price is on point, (meaning it is current market value) then you should expect to see your property rented quickly and well.

Presenting a property well means you have ensured it is ready to move into and has been fully cleaned from ceiling to floor with everything in between. It is important that the bathrooms are removed of all soap scum and are sparkling. The kitchen should be ready to cook in on the night they arrive so the ovens should have been cleaned and all the cupboards wiped out. Imagine arriving to the property for a viewing and the first thing you see is knee-high grass and gardens overgrown with weeds! All a tenant sees is a lot of hard work and ideally, no tenant wants to spend all weekend maintaining a yard. This is why every property needs to be

presented to its absolute best when you are going to market.

When agreeing on the weekly rent, we will present the current market price. We have accessed local data that corroborates the amount we suggest. We have considered the current market as we are seeing on a day-to-day basis, what is happening in the field. Our team are trained and skilled at establishing the market value for you as an owner. There are many things that determine the value of a property, and the number of bedrooms is #1. A garage also adds value as does extra bathrooms and toilets. Is your property pet friendly? Is it a new build or when was the property last renovated or upgraded with fresh paint and carpets etc? The area your property is in also determines the value. Once we have all the information and are aware of the condition of your property, we can then give you a current market appraisal.

Why are these two things so important? When we market your property, we expect to have found a tenant within the first 7-14 days. We pay for premium advertising to ensure your property is featured first for the first 7 days. To leverage from this, we ensure the marketing photos are showing the property in its very best light. People are searching by what they can afford so if you don't have the correct market value listed, they won't see your listing. We know within the first 48 hours of going live if your property is listed correctly by the level of interest received. The longer the property is listed online the less people will actually view it and that is why we focus on those first 7 days to ensure we have captured the interest of people currently looking to rent.

Having your property income producing as soon as possible is our ultimate goal and by ensuring your presentation and price are 100% will then ensure we are able to tenant the property quickly and well for you. It is also good to understand that today's market where there is a lot of rental stock available, the tenants are applying for multiple properties at the same time and they are price sensitive, so will accept the best value for money property available. It's a very competitive market so another reason why you need to be putting your best foot forward to ensure your property is highly sought after. Feel free to contact us if you have any questions about what you should be doing to prepare your property for market.

Mike James 021 413 660 or email mike.james@therentshop.co.nz.

Title approval clauses in sale and purchase agreements

A due diligence clause usually maximises your protection as a purchaser because it provides for you withdrawing from an agreement on almost any basis. However, in the absence of a broad due diligence clause there should at least be a solicitor's title approval clause. Without it, you as a purchaser take a risk about things on the title including easements or land covenants. That

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Property

is, while it is possible to object to a mistake or a defect on a title, there are situations where the easement or land covenant is not defective but unsuitable for your purposes. The easement or land covenant for instance may involve lengthy restrictions against your freedom to build, fence and landscape the property with materials of your choice. Or, an easement in favour of another person, while not defective, prevents you doing other things on your land such as further building within that easement envelope or carrying on certain activities.

For this reason, it is sometimes helpful to include your lawyer before you sign a purchase agreement for a property. This is especially so if you want to make an offer with a minimum of conditions in order to facilitate getting to agreement. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

How much can you really borrow for a home loan?

I've had a few clients call me up recently and say that their bank has said they can borrow up to a certain amount, but they'd like more; is this possible? In every case, when I've looked at the numbers, it turns out that different lenders will do quite different amounts, and often even a client's own bank may lend more if the application is structured differently.

So, how do you work out how much you could really borrow? There are a few key areas that lenders look at:

Serviceability: Your ability to make payments on the loan. To figure this out lenders look at all your sources of income, all your regular expenses (and/or budgeted expenses after buying a property), and then figure out what would be left over to repay a home loan. When looking at future loan payments, they also allow for rates being higher than they are now - this is called 'stress testing', and they all

do it slightly differently.

Loan to Value ratio: How big your loan will be compared to the value of the property you're purchasing. Depending on your situation, the type of property, and the lender, lenders may be comfortable with your loan totaling anywhere from 50% to 95% of the value of the property you're buying. In other words, you could need a deposit anywhere between 5% and 50% (or equity).

Debt to Income ratio: Your total debt divided by your total yearly income. Lots of lenders are only comfortable lending up to six times your income, but there are others (including well known banks) who will go a lot higher.

So, how do you work out how much you could borrow? My advice is to first figure out two things:

- 1) How much of a deposit can you put together
- 2) How much of your income would you be comfortable budgeting towards loan payments?

Once you've got that - get a mortgage expert to work with you on the rest. Have them do the hard work on finding out which lenders best fit your needs and how much they would lend you.

The great thing about mortgage brokers (if I do say so myself), is most of us don't charge any fees for this service (I certainly don't). So if you'd like help in figuring out how much you could borrow, give me a call/email and let's see what we can do. And as always if you want to meet in person, the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 | www.betterborrowing.co.nz

Can your property be developed further?

The unitary plan for Auckland has allowed rezoning to enhance the development opportunity in New Zealand's largest city. Depending on the size of your section, zoning rules may now give you an opportunity to build on your property and in some instances subdivide.

Keith Hay Homes have two, three and four bedroom plans available which can give you the option of achieving a high return income from an otherwise spare piece of land. Adding a minor or secondary dwelling to your section can provide you the ability to house a parent, grandparent or family member on your own site.

Whether your goal is to create another income, retire early, house your family or pay off the mortgage quicker, an additional dwelling is a great way to achieve your goals.

For further information on the development potential of your property contact Alex today - 028 415 7562 or alex.lishman@khh.co.nz.

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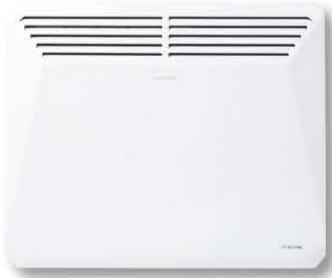
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Area Property Stats

Every month Mike Pero Real Estate Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential and Lifestyle transactions that have occurred. To receive the full summary simply email the word "full statistics" to kumeu@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	2,000,000	1.36HA	312M2	2,040,000		1,575,000	1041M2	211M2	1,780,000
HELENSVILLE	840,000	0M2	125M2	835,000		1,205,000	809M2	160M2	1,365,000
	1,550,000	1HA	240M2	1,720,000		1,825,000	601M2	256M2	2,520,000
	870,000	724M2	180M2	1,050,000		1,675,000	800M2	285M2	2,190,000
	1,300,000	1.28HA	152M2	1,710,000		1,000,000	0M2	124M2	1,275,000
	810,000	722M2	81M2	935,000		990,000	7322M2	102M2	1,000,000
KUMEU	2,000,000	4.05HA	110M2	1,600,000	SWANSON	2,650,000	6.3HA	480M2	3,700,000
	1,475,000	558M2	225M2	1,650,000		1,025,000	194M2	183M2	1,100,000
	850,000	89M2	89M2	850,000		1,450,000	3308M2	70M2	1,149,000
	1,450,000	649M2	214M2	1,430,000		1,000,000	1609M2	106M2	1,100,000
	3,175,000	5.29HA	342M2	3,000,000		1,075,000	874M2	173M2	1,315,000
	675,000	502M2		1,440,000		760,000	1147M2	70M2	760,000
	1,800,000	9385M2	262M2	2,740,000		1,025,000	214M2	181M2	1,125,000
MURIWAI	910,000	1156M2	146M2	1,425,000		1,350,000	3856M2	210M2	1,650,000
RIVERHEAD	1,455,000	608M2	210m2	1,642,000	TAUPAKI	2,150,000	9191M2	490M2	2,800,000
	1,500,000	677M2	212M2	1,676,000	WAIMAUKU	1,350,000	10.8HA	110M2	1,785,000
	2,750,000	2.69HA	225M2	2,725,000	WAITAKERE	630,000	0M2	70M2	770,000
	1,300,000	560M2	192M2	1,325,000	WHENUAPAI	1,340,000	360M2	238M2	1,398,000

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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(Not 4% that others may charge!)

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

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

*Available for a limited time. Conditions apply.

Mike Pero | REAL ESTATE

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Graham McIntyre
Brand & Territory Owner
027 632 0421



FLAT, SINGLE LEVEL LIVING - AS NEW REFIT

3 1 1

By Negotiation

1/2 Wiseley Road, Hobsonville By Negotiation

As new refit with new carpets throughout and freshly painted both inside and out. It's a home that is ready for you to move in straight away with all the hard work done. Seldom do you get the opportunity to buy something so good in this price bracket. A full refit and extensive builders report completed on this three bedroom freestanding home in the heart of Hobsonville. Land area approx 350 square meters (more or less) and 130 square meter home. So much on offer here with a spacious lounge area that leads onto a large open plan kitchen-dining giving you full access to the outdoor deck area. Three generous bedrooms (1 Master and 2 Doubles all with wardrobes) with a family sized bathroom, separate toilet and laundry. A single garage with remote and additional offstreet parking for two cars.

www.mikepero.com/RX3269521



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09 412 9602

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EXTENDED FAMILY OR BLENDED FAMILY - ROYAL HEIGHTS

5 2 2

By Negotiation

3 Bangla Place, Massey By Negotiation

If your expecting to house all of the family plus some, you'll need a big home with multiple living and outdoor spaces, you'll also need some clever parking options and a fully fenced yard for the cutties and the critters. Well you've found just that. A near new, multi-level home that delivers more than you thought possible in its price category. Tucked away, off-street parking for four cars (tandem) and double garage, moving up to an expansive lounge-dining-kitchen with direct access to sunny and expansive entertainment decking and fully fenced yard, peppered with mature trees for shade and ambience. Two bedrooms and bathroom and guest w/c on this level and up-stairs three more generous bedrooms, separate lounge and bathroom. Delivering the perfect environment for a mixed, blended or growing family.

www.mikepero.com/RX3269528



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BEAUTIFUL BUNGALOW IN WAITAKERE TOWNSHIP

3 2 1

By Negotiation

5 Northfield Road, Waitakere By Negotiation

Majestic 1950's three bedroom home in a quiet hamlet, overlooking farmland and yet close to schools, services and park. Set on 850 square meters, this is a unique home that can host the full joys of family and friends in an environment that extends to alfresco living, outdoor pursuits and garaging tinkerers, all in the confines of this fully fenced property. Lovingly presented to reflect its pedigree and offering a neutral canvas for you to fully express your individuality. Available immediately for you to claim and move on in. Close to transport links, convenience shopping, Waitakere Primary School, and a short drive to Swanson Rail Station, Bethells Beach and Westgate Shopping hub. ed.

www.mikepero.com/RX3325569



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BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Orah Road, Huapai By Negotiation

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

www.mikepero.com/RX3226379



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09 412 9602

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AS NEW - WITH DEVELOPMENT OPTIONS - MIXED URBAN



By Negotiation

29 Hewlett Road, Massey
By Negotiation

Beautifully presented to a high (as new) standard offering exceptional buying with four bedrooms and large open plan entertainment living, linking to expansive private decking ensuring you have the best of indoor and outdoor living this summer. Hard to find, this home represents a high standard of finishing and hardware found in a new build and with the development option extended under the mixed urban classification which this property sits. Three bedrooms, bathroom and laundry with open plan entertainers kitchen, dining and lounge upstairs and bedroom with walk-in or nursery downstairs, all linking to decking and stepping down to lawn and single garage and workshop. Fully fenced with electric, sensor gate.

www.mikepero.com/RX3074419



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09 412 9602

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LOVED FOR 50 YEARS - KIWIANA IN MASSEY



By Negotiation

60 Glenbervie Crescent, Massey
By Negotiation

Seldom found, a genuine, and much loved lockwood offering true craftsmanship and an honest slice of Kiwiana in the heart of Massey. This home has been entwined within its family for most of its life, and is testimony to the care and pride that has been bestowed on its life. A home that enjoys the sunshine from dawn to dusk, and elevated easy living with extensive storage and carpark below. Traditional Lockwood layout, laundry, w/c and bathroom and access to three generous rooms off the central hall. Lounge and dining room integrate to decking to the north and the west. The home is elevated on 607square meters (approx) of fenced lawn with a peppering of fruit trees and an aspect of Kemp Park right next door, which certainly extends the opportunity to exercise and play.

www.mikepero.com/RX3273585



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Hot Property



Beautiful bungalow - Waitakere township

Majestic 1950's three bedroom home in a quiet hamlet, overlooking farmland and yet close to schools, services and park.

Set on 850 square meters, this is a unique home that can host the full joys of family and friends in an environment that extends to alfresco living, outdoor pursuits and garaging tinkerers, all in the confines of this fully fenced property.

Lovingly presented to reflect its pedigree and offering a neutral canvas for you to fully express your individuality.

Available immediately for you to claim and move on in.

Close to transport links, convenience shopping, Waitakere Primary School, and a short drive to Swanson Rail Station, Bethells Beach and Westgate Shopping hub.

Motivated Vendor welcomes your interest today - You won't be disappointed.

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com - Mike Pero Real Estate

Hot Property



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LIFESTYLE LIVING AT ITS BEST - NEIGHBOUR-LESS 4 2 2

By Negotiation

80 Puke Road, Kumeu
By Negotiation

An exceptional blend of easy care lifestyle living mixed with mature fruit trees and the privacy extended with native regeneration bush delivering peace, tranquillity, Tui's and Kereru. Gentle sloping and terraced to support sunshine and wind-less outdoor living, this pocket of paradise is very special indeed. A four bedroom, two lounge home with extensive open plan living leading to North West decking to pull the beautiful environment in. Garaging, workshop and office within additional buildings on site with extensive off-street parking. If you are looking for something very special, and priced at a lifestyle living entry point this is a must see.

www.mikepero.com/RX3262621



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graham.mcintyre@mikepero.com



DOUBLE GARAGE, VACANT, VALUE IN WEST HARBOUR 3 1 1

By Negotiation

100 Moire Road, West Harbour
By Negotiation

Double garage internal access, seldom found in the area, palisade weatherboard and tile roof. This is a robust and sensible home that you can enjoy or add value to. If you've been searching for a smart and simple three bedroom home in West Harbour this property should top your list. A genuine standalone home on 354 square meters of land (approx) with established gardens and secure fencing. The landscaping is contrasting and modern which integrates with the home through north facing decking and slider. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Close to West Harbour Primary School, Parks and Bus stop across the road, while North West Mall and Westgate shopping is a very short drive.

www.mikepero.com/RX3136972



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IDYLLIC PARK LIKE SETTING - CHARACTER ESTATE

4 2 2

Asking Price \$1,795,000

216A Fordyce Road, Helensville
Asking Price \$1,795,000

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

www.mikepero.com/RX3160359



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09 412 9602

graham.mcintyre@mikepero.com



BIG ON VALUE - SMALL ON PRICE

3 1 1

By Negotiation

369A Hobsonville Road, Hobsonville
By Negotiation

A home that makes the most of its 392sqm section (more or less) with generous parking, single garage and wrap-around lawn peppered with shrubs and hedging. Bigger than it looks, this three room home delivers more than many others with open plan kitchen, dining and lounge and direct access into the roof loft for storage. Located in the heart of Hobsonville, a short walk for groceries and convenience shopping, with access to schools, parks and the inner harbour close by. Fee simple freehold title and an honest pedigree, take a look today.

www.mikepero.com/RX3197566



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Home & Garden

Don't get caught out with a flat battery

Cars have come a long way over the years, and with the growing number of low emission vehicles coming onto the market, you may be looking to upgrade to either an Electric or Hybrid for your next car.

But what's the best way to charge it?

Charging your car with low emissions electricity is easy to do at home or out and about. But while the public charging network is growing all the time, more drivers are opting to charge their vehicles at home.

While a portable 3-pin cable is typically provided with your vehicle when you purchase it, keep in mind it will be slower charging than wall-mounted units and commercial chargers like those found at shopping centres and parking buildings.

The best option for efficient and fast charging of your vehicle is to have a dedicated wall-mounted charging unit installed in your home. There are several factors to take into account when deciding on the best option for your home.

While it's charging your car, your home electric vehicle charger will draw more current than any other appliance in your house, so it's important to have a professional assess your homes current electricity use to work out whether your electricity supply needs to be upgraded.

If you'll be keeping your vehicle in a garage, then an inside wall-mounted charger will usually be the best solution. However, if your vehicle will predominantly be parked outside, there are options to suit carport or driveway installations.



The most important thing is to make sure your charger is installed by a licensed Electrician who is experienced with electric vehicle chargers. When the work is completed, you will receive a copy of the Certificate of Compliance as your guarantee that the work has been done in accordance with all required safety standards.

If you're in the market for a low emission vehicle and want to discuss your charging options, or if you've already purchased one and are looking to have a charger installed in your home, give the team at Blackout Electric a call on 022 500 5856 or email us at info@blackoutelectric.co.nz.

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Winter is almost officially here... and when it comes to winter, there are certain 'cold weather' preventative measures that will help maintain a healthy home, prevent leaks, avoid excess water loss and excessive bills.

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

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

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



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Home & Garden

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

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

We have an experienced team of plumbers, roofers and drainlayers who can help with any of these issues. We offer no obligation quotes, so give us a call today!

Laser Whenuapai also offers a state-of-the-art-drain unblocking service as well as an on-call plumber - available 24 hours, 7 days a week for any plumbing emergencies - as unfortunately, these can come at any time!

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

From plumbing through to roofing, drainage, gas, and pumps and drain unblocking, we can offer total solutions.

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

Growing citrus trees

No orchard is complete without some citrus trees. Awa Nursery recognises this, and we have just received our new season stock, newly bagged up and ready to go into your gardens. If you are after a mature readymade fruit tree, we have those in stock as well.



Now is the best time to plant citrus trees, as they have winter and spring to get established before summer. Citrus trees prefer a sunny spot, preferably frost free, sheltered from strong winds and a well-drained position.

Our citrus have just been wrenched, which is a process where the

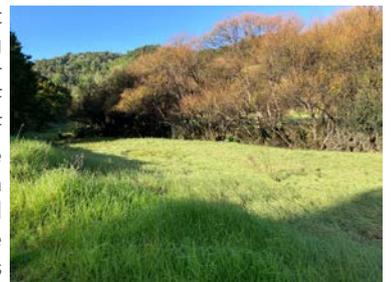
roots are cut without lifting the plant, then uplifted and bagged up. You will find the soil is loose in the bags and the root ball quite small. This is normal, and your plant will thrive provided it is planted in good free draining soil.

Dig a hole approximately twice the depth and width of the bag and partly fill with garden mix. Place your tree in the hole and fill the remaining hole with soil. Make sure your soil is no higher than where the soil came to when it was in the bag. Stake the tree until it is established. Be sure to water your tree if there has been no rain every three days or so until established. Mulching the area around your citrus tree is a good idea also. Again, keep the mulch away from the trunk.

Citrus trees like to be fertilised regularly especially in spring and summer to encourage maximum fruiting and flowering. Awa Nursery has a fertiliser specifically catered to citrus should you require a bag. Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

Willows in streams

Winter brings with it challenges around flooding and making sure that our waterways are clear and free of debris. Kumeu has a history of flood events, especially as the main town centre is built in a floodplain. Auckland Council has a responsibility to make sure that public waterways are cleared where possible to reduce flood risks however they can't get everywhere they need to get to, and landowners also have a responsibility to take care of their waterways. Common issues that we all face with streams on our properties are willows. Many willows have been planted around ponds and streams to create beautiful areas however we are now struggling with a very invasive willow called Crack Willow. These willows have fragile branches and their main method to spread



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Home & Garden

themselves is to have branch fragments break off during floods and move downstream. These branches can then land on a bank and take root, growing a new tree.

These trees become large quickly and can start blocking streams and rivers. Because of their fragile nature, large and small branches can break off and build up by culverts and bridges, causing blockages. Once this happens water can back up and flooding can occur.

New Zealand Biosecurity Services can help clear and maintain clear waterways, and assist in native tree planting to ensure streams are shaded and encourage native fish habitat. Crack Willows can be controlled by poisoning them in situ to prevent them breaking off while alive and spreading further. We use agrichemicals that are safe for use in water. If you want a field operator to come and look at your stream, give the friendly team a call on 09 447 1998.

Western ITM

At Western ITM you'll find a vast range of products to see your property right during these wet winter months...

Drainage - a sure remedy is installing Marley Drainflo or Draincoil - drainage lowers the ground water level whilst retaining moisture in the pores of the soil. Our store also stocks four of the most common diameters of Euroflo Culvert Pipe.

Prepping a driveway/gateway? Ensure you install Landtex Mud Cloth, Landtex is a woven polypropylene roading fabric for use under gravel on roads, driveways, parking areas and farm access and races. Landtex spreads the vehicle wheel loadings and prevents mud being pushed up and the gravel lost into the soil or ground below.

Water line sprung a leak? We carry the complete range of Hansen Easy Fit Poly fittings.

Our stores also stock a vast range of Hi Vis Wet Weather gear, Redband gumboots, work socks and currently feature a wide variety of the Hard Yakka Workwear range at our Kumeu Store.



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Winter is here but the garden never stops

Head gardener Rebecca and handyman Liam have been busy bees working at the garden. Soon we will have compost bins and be able to recycle the garden waste to create valuable soil to put back into the growing beds. Over the next few working bees there will be some interesting activities to do such as building a static compost pile and performing a visual soil assessment.

The garden has also joined the Pest-free Kumeu-Huapai project in an effort to make our community pest-free. Local community member Jeremy Dean helped set us up by supplying traps and the knowledge to get the ball rolling. Since installation in mid-May we have already caught a few including the first possum. Shout out to Jeremy for setting this up.

Lastly, a huge thankyou to Ray White Kumeu. They have recognised our secretary Catherine for her work with the garden and what she is contributing back to the community. So wonderful to have locals supporting locals.

If you want to know more about KCG visit us on Facebook or Instagram or email us at kumeucommunitygarden@gmail.com.

Fruit tree pruning and care workshops

Saturday 6th August (9.30am to 11.30am)

If you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this is a good time of year to do this. This very popular pruning & care workshop will give you all the basics to assist in your success.

David Bayly, our in house tree care expert, will be once again running this very useful and timely workshop in his usual relaxed and interactive style.

Topics to be discussed will include: Tools required, pros & cons of various trees, site selection and preparation, planting methodologies/ techniques, general tree care and safety considerations.

This event is traditionally extremely popular so booking is essential as spaces are limited (see below for booking details).

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Afterwards you will also be able to stroll around the beautiful Sculpture Gardens which has over 40 marvellous pieces created for our 2022 exhibition by local and international artists on display; as well as the recently extended nature trail (approximately 3.5km in total). *

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

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

* The gardens and nature trail are unfortunately not suitable for wheelchairs or walking frames.

1481 Kaipara Coast Highway (SH16), Kaukapakapa. Tickets are \$20 per person, to book email info@kaiparacoast.co.nz.

Are you ready for winter?

As I write this the sun and rain are arm-wrestling throughout the day - bright sunshine followed by heavy showers, it's still reasonably warm too. It's classic weather for our region - three and sometimes four seasons in one day, and the growth of the grass, gardens and weeds has slowed, but they are still growing and still need attention. It is a bit cooler and a great time to be in the garden. Many gardens are a hive of activity as people get ready for winter - mowing those overgrown lawns, weeding the gardens or trimming their hedges. The time spent now on those activities is well rewarded as they stay looking good for a long time because the cooler temperatures reduce the speed of regrowth.

It's also worthwhile to check the rest of your property to be sure it is ready for winter - a quick check that your house is still weatherproof and no cracks have opened up due to ground movement or similar, that drains and drainage pathways are clear of obstructions. Check paths, decks and walls for mould and gunge. That mould can be like ice on decks and paths. Maybe a pre-winter fertilise to give your lawn a boost before the temperatures really drop, a weed spray to tidy up the pavers. The changing season also sees the leaves changing colour and falling, they do look spectacular but can be a nuisance, so collecting leaves and checking & clearing the gutters before the winter rains come are important tasks too. Maybe you want to install gutter guard to prevent those leaves getting stuck in the gutter too

Whenuapai Garden Club

Despite the miserable weather, it was a happy group of members who attended the Meeting in the Whenuapai Community Hall. A pretty mauve cymbidium orchid graced the Committee table and Margaret (President) led the Meeting before handing over to Margaret (Treasurer), as she had another function to attend.

The recent outing to the movies and lunch went very well and was enjoyed immensely by all who attended. Upcoming outings to The Paddocks at Warkworth, Plum Meadows at Te Kauwhata and Winsford Gardens in Drury were discussed and all sound delightful, to be anticipated after our winter break.

Members were invited to come up with ideas for future meetings and to write them down with a view to submitting them for consideration at the September meeting.

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Home & Garden

Longtime member Arthur Caisley passed away recently and Rhonda Breeze was reported as unwell. Other members have recovered or are recovering and we look forward to seeing them back when they feel able.

If you would like to know more about our Club, and wish to join us, please phone either Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Meetings held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of each month with trips on the fourth Thursday. Entry fee is \$4 with an extra dollar per raffle ticket (good prizes). Trip costs vary.

Until next time, Happy Gardening from Mary Anne Clark.

Waimauku Garden Club

For Waimauku Garden Club the winter months bring a slight change to our monthly visits, with some planned indoors to avoid the inclement weather. Gardens to visit for the rest of the year are being finalised and some lovely trips for later in the year are being organised.

Waimauku Garden Club brings together garden lovers from north and west Auckland who join together once a month to visit private and public gardens. Originally formed in 1969 we have members from Waimauku and Muriwai, Kumeu, Huapai, Taupaki and even as far away as Te Atatu and Orewa. From a small start of eight people, the club has grown to over 70 members and developed into its current format of garden visits and day trips. There is no criteria for membership, just an interest in visiting gardens and socialising with like-minded people.

Run by a small committee of members, we organise day trips on the third Thursday of every month either by comfortable coach for travelling longer distances, or by carpooling for more local visits. We schedule in morning tea and lunch, visiting gardens and attractions within the range of a return day trip from Huapai. Although our trips have been curtailed somewhat by Covid, over the years some of the trips we have made include visits to Mangawhai,

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Matakana, Pukekohe and Drury, Howick and Clevedon, Auckland Botanic Gardens and visits more locally to vineyards and gardens in Coatesville and Kumeu. During the winter months we plan indoor activities to avoid bad weather and arrange a mid-winter lunch or a movie and lunch.

For future trips we are planning to go to Hamilton Gardens, the Hundertwasser Art Centre and Quarry Gardens in Whangarei, Cornwall Park in spring, a mid-winter lunch in a local restaurant and a winter movie day.

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

Ann 021 035 7406, Diana 027 478 8928, Donna 021 233 0974, Moira 027 498 9154.

Tile and grout cleaning and re-colouring

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



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

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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.

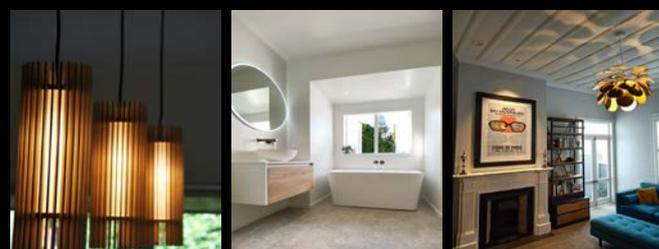
We can also apply relative sealing to your tiles, both interior and exterior.

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

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Central's Tips

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Plant colourful edibles, garlic and cold hardy lettuces. Get the tools sharpened and prune fruit trees. New season's apple, pear and plum trees are arriving at garden centres, so get planting.

Order summer flowering bulbs on-line, add some evergreen plants to give structure to the bare winter garden and give the hardy shrubs a prune while they're winter dormant. Deal with moss in lawns.



The fruit and vegetable garden

- **Brighten the winter garden** – Rainbow silver beet, giant mustard and edible calendula flowers all have great colour.
- **Sharpen secateurs and loppers** and begin fruit tree and berry (raspberries, blackberries etc) pruning. Blueberries are best left until next month.
- **Aucklanders - It's not too late put in garlic** – separate heads into cloves and plant at twice the depth with the pointed end facing upwards.
- **Frosty garden?** On still, cold nights cover young avocado, citrus and tamarillo trees with frost cloth - available at the local garden centre.
- **Winter lettuce varieties:** Head, cos and 'Great Lakes' are all hardier types that cope with cold temperatures, provided they're in a sunny position.
- **Liquid feeding** (Organic Booster is ideal) keeps nourishment at the root area for all vegetables and fruiting plants, but granular or slow release fertilisers are a waste of money at colder temperatures.
- **Planting new season's fruit trees?** Some varieties of apples, pears and plums need a pollinator for their flowers. In a small garden it can pay to get 'double grafted' varieties, that have the right pollinator on the same tree. And sometimes your neighbours' trees can help too!

The ornamental garden

- **Ordering on-line** – it's the time to order lilies, gladioli and dahlias. Lilies can be planted now, but keep dahlias and gladioli for planting in October. Dahlias from last year should be lifted and stored in a dry place for the next three months.
- **Polyanthus provide cheerful bursts of colour in winter:** regular dead-heading, plus a side dressing of dried blood will encourage a long-flowering season.
- **Prune and shape deciduous shrubs:** cercis, cotinus, viburnums, roses and philadelphus. They may be looking like sticks now, but they add that extra magic in the summer garden.
- **Planting new trees and shrubs in clay?** Start with a handful of gypsum in the planting hole then add plenty of compost or Garden Mix. Gypsum is known to break up clay soil, but is also an extra calcium burst to help roots establish.
- **Create structure in the garden** by adding plants with defining lines to contrast against more casual plants. Trimmed hedges, pleached trees and evergreen bushes in strong shapes make the garden interesting in winter.
- **Treat moss in the lawn** by watering on iron sulphate or spray with Yates' Surrender. Resowing those areas should be done in September.



Project for July

Lay a drain.

Dealing with muddy lawns and paths can be as simple as draining the water from the area. Our Central Landscapes teams can help you with advice, drainage coil and drainage metal to get you out of the mud this winter.

For all the products you'll need to lay a drain visit www.centrallandscapes.co.nz



Pets

Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.



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

Kanika Park Cat Retreat

How should I get my cat used to travelling in the carrier?

Many people make the mistake of hiding the cat carrier away and only retrieving it when the cat needs to travel. It's a much better idea to leave the carrier in a quiet permanent place in the house that the cat has access to, and to make it as inviting as possible. This will encourage your cat to develop positive associations with the carrier. To make the carrier more inviting, place a soft fleece blanket inside and cover it with another one over the top. Take the front door off the carrier to allow your cat to go in and out when they choose, and sporadically place treats inside for your cat to go in and find. You may even find that your cat starts to use the carrier as a sleeping or hiding place. If you have your cat from a kitten, this is the perfect



opportunity to get them used to the carrier. Always secure your cat carrier on the back seat.

Kanika Park Cat Retreat phone 027 550 1406 or email info@kanikapark.nz.

Dog&Co

Is your dog in their golden years? Then it is definitely time to consider capturing some gorgeous memories to treasure forever, and have some portraits that are worthy of putting in a frame up on the wall. Phone photos just don't cut it. As a professional pet photographer, I meet a lot of



old and unwell dogs and capture special portraits of them solo, as well as photos with the whole family. Something I am particularly passionate about is photographing the bond between dogs and their people. Having that memorialised is priceless. Our pets are our family, and it's certainly not a family photo without them.

I do photo sessions at gorgeous locations around Auckland such as Muriwai Beach, Riverhead Forest, and Auckland Domain. I also have a studio to capture more simple photos, and for dogs who don't do well in public places.

Currently I am taking bookings for spring, so get in touch if you would like to reserve a spot. You can visit my website for more information on packages and pricing, or feel free to email me directly with enquiries. I will look forward to hearing from you and meeting your four-legged family members soon. Website: www.dogandco.nz Email: kirsty@dogandco.nz.

Kennel cough prevalent in dogs

Kennel cough has recently spread throughout New Zealand dogs and almost all of the vets are seeing more dogs with kennel cough symptoms than seen in the previous years. It is upper respiratory infection of dogs caused by bacteria *Bordetella bronchiseptica* and viruses like canine influenza, canine parainfluenza virus and canine adenovirus.

Kennel cough is highly contagious and can easily be spread from one dog to another mostly while socialising. When dogs cough, the bacteria and viruses become airborne and can quickly spread to other animals. It can also be transmitted by sharing food or water bowls or toys. Many dogs get it from being in dog kennels and shelters, which is where the illness gets its name. They become

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infected by being around other dogs who have the cough. Cold temperature, stress, exposure to dust or pollens, poor ventilation or crowded conditions predispose dogs to the infection.

Incubation period can be 2 - 14 days which mean dogs take a few days to show symptoms after contacting the infection.

Symptoms may include honking cough which sounds like something is stuck in their throat (goose honk), partial loss of appetite, lethargy, nasal discharge and coughing up phlegm.

Most of the cases improve on their own in 1-3 weeks but cases showing pronounced symptoms need veterinary intervention and often an antibiotic course to target the bacteria.

Puppy vaccinations and the dog annual booster vaccinations normally provide immunity against the viruses which lead to kennel cough infection.

Vets can also provide a vaccination against the main bacterial cause, Bordetella in the form of oral drops or nasal spray or injections. Many boarding kennels require dogs to have the vaccination before their stay.

As kennel cough has a wide range of causes and strains, the vaccine cannot guarantee protection for your dog but vaccinated dogs get relatively milder form of kennel cough and seem to recover faster if they get infected.

If you think your dog has the illness, keep it away from other dogs to limit the spread.

Dr Gary Duggal BVSc, Huapai Vet Clinic - phone 09 412 2223.

Hiding from the present in the past

This lovely fella who wanted his person to know there was no need to apologise for what's happened in the past.



Now is all there is - We have all done things that we wish we hadn't, and it can be tempting to ruminate on them. At some level believing that will ensure we don't make another choice we might regret. Unfortunately, the opposite is true. With our thought space filled with the past, we have less 'awareness real estate' for taking in the vast intelligence of the present moment.

This beautiful boy wanted to let his person know that it's not helpful to keep apologising for the past - it keeps it alive and is a hiding

place from what's possible in the present - the only place where connection and communication is possible.

As we chatted a couple of times and he progressively let me into his world, I could feel his gentle, sensitive, intimate and playful nature. He enjoyed touch on certain areas of his body and showed where it is was too intense that gave him the sensation of a static electricity like 'zing'.

Start with the back of your hand & 'push' the air gap - He showed an image of beginning to touch with the back of the hand, as there is less energy radiating from the back compared to the palm. Once 'landed' turn your hand over and continuing exploring touch which is a conversation all of its own.

He also showed that 'pushing' on the air gap between them was a subtle and respectful way of inviting him to move. Such a beautiful, sensitive boy who wanted to share what feels good and helps him stay in the conversation. He also invited his person to 'walk it out' when they felt unsure - movement of the body, helped clarity of ideas and connectedness.

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

Bark in the Park

"Bark in the Park", a social gathering for small dogs and their owners was held in Hobsonville recently. It featured a mini dog-agility challenge with prizes for the best dressed dog, the best dog tricks and the best matching dog and owner. This highly enjoyed event was organised by the Hobsonville Community Trust which hosts a range of connection points for the community from summer fun in the park to barn dances, movie evenings and newcomers' gatherings through to weekly coffee & chat and social indoor bowls. The Trust works closely with a range of partners, Auckland Council, Upper Harbour Board and community groups. It is focused on empowering, supporting, serving and connecting the people of Hobsonville Point and surrounding area. They manage the Headquarters Building and Sunderland Lounge community facilities on behalf of Auckland Council. Visit hobsonville.org.nz for details.



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Food & Beverage

Hallertau

As we head into the winter season we are banking up the fire and enjoying some seasonal food and drink here at Hallertau. Our latest release Double Stout 8.8% is a seriously black stout dominated by intense roasted flavours with solid hop bitterness and warming alcohol on the finish. Sunday nights from 5pm sees the introduction of our traditional Sunday Roast served with a beer or local wine for an inflation busting \$26. Grab rug and wrap your mitts around a mulled cider for some autumnal perfection.



Soljans Estate Winery

Soljans Estate Winery is the perfect place for your next function. Whether it is a birthday, a work celebration, a conference, or anything in between, come and celebrate amongst the vines in our gorgeous venue at the gateway to Kumeu wine country. Only 20 minutes away from Auckland city, but a world away from the hustle and bustle.

From the moment you enter our expertly designed winery, you will be charmed by the lush vineyard setting, and traditional Mediterranean style which reflects our Dalmatian heritage. Hineura stone has been used to mirror the traditional stone buildings of our homeland, while bi-folding cedar doors provide you with the perfect indoor/outdoor dining facilities, tailored to suit your needs.

With beautiful menus created seasonally, we showcase our heritage with delicious Mediterranean inspired dishes created by our head chef, Rob Baxter. With an array of outstanding wines to choose from, you can treat your guests to the best of what Kumeu wine country has to offer.

To chat about your function, email Samara at functions@soljans.co.nz, or call us on 09 412 5858. Come, sip, enjoy!



Nourish Flourish Smoothie Bar

Nourish Flourish Smoothie Bar is located in central Kumeu (250b Main Road, Kumeu- behind the Bakehouse cafe) serving you fresh atomic coffee, healthy but super tasty smoothies, and smoothie bowls 7 days a week.

Making healthy convenient and tasty to help our community get their healthy fix.

Our opening hours are:

Mon-Fri: 6:00am-12:30pm (perfect timing for those leaving early in the morning)

Saturday: 7:30am-1:00pm

Sunday: 8:00am-12:30pm

If you need to be somewhere but still need coffee or a smoothie in the morning then you can always text us to have your goods made in time. Txt or call us to place your order (we recommend at least 15 minutes- 20 minutes notice for txt orders 027 679 7348.

Check out our menu here: www.pwrfitstudios.com/smoothie-bar.



Guidelines for Making Herbal Essences

The easiest way to extract flavour from herbs and spices and to create a shelf-stable product, is to use alcohol. Alcohol is both a very effective a solvent and preserving agent. To create an essence, choose your alcohol from vodka, being the most commonly used, or Bacardi, which has a slight vanilla flavour or another spirit, then select your herb and add it to the alcohol and allow it to steep for anywhere from a few days to weeks or months.

Making vanilla essence using Bacardi is quick and easy. Fill a small jar or bottle with Bacardi, e.g. an old maple syrup bottle is good. For a bottle of that size you will need to add two vanilla pods that you have cut open and scrapped the seeds from. Add the pods and the seeds to the bottle, shake and allow to steep in your pantry for a month or



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Food & Beverage

two before using. Leave the pods in the bottle and as you near the bottom of the bottle, top it up again with Bacardi and add a new pod. I usually have three or four bottles on the go so there is always a spare bottle on hand.

Spearmint Essence Recipe

Ingredients: 2/3 cup of Vodka (any vodka over 30% ABV is ideal), 1 tablespoon of spearmint tea.

Method: Add the ingredients to a clean jar or bottle and allow to steep for 2-3 days. Strain and discard the spearmint tea, then re-bottle the essence into a clean bottle or jar. This will keep indefinitely in your pantry and can be used to flavour icings, marshmallow or coconut ice, or other baked goods. Be sure to label your essence.

Certified organic Spearmint Tea and other herbs are available from our online store: www.NewZealandHerbalBrew.co.nz.

An eye healthy winter warmer with Westgate Optometrists

Courgettes are rich in lutein and zeaxanthin, two antioxidants that were found to help prevent age-related macular degeneration. Not only are these courgette fritters good for your eye health, they're easy to make and absolutely delicious!

Ingredients:

- * 2-3 medium courgettes, roughly 3 cups grated
- * 2 Tbsp chopped parsley
- * 2 eggs, beaten
- * 1/2 cup flour
- * 1 tsp baking powder
- * salt and pepper
- * handful grated cheese
- * olive oil for frying

Method:

1. Place the grated courgette in a sieve and squeeze out as much moisture as possible.



2. Combine with the remaining ingredients in a large bowl. Heat a heavy based frying-pan over a moderate heat.

3. Add the oil and drop spoonfuls of batter into the pan about 5cm diameter. Cook until golden around the edges. Flip over and cook for a further 3-4 minutes until golden brown.

4. Remove onto a plate (keeping warm in the oven if necessary) and repeat until all the mixture is cooked adding a little oil to the pan between batches.

Handy Tip: Serve with yoghurt sauce - combine 1 cup natural yoghurt with 1 teaspoon wholegrain mustard, 1 teaspoon lemon zest and 1 garlic clove, chopped. Season to taste.

Jesters Westgate - vegan pie

Jesters Westgate Vegan Pie offer.

Following positive feedback from our take home frozen Thai Pumpkin Curry Vegan Pie offer in March, we are repeating the offer for the month of July. Please show this voucher at our Westgate Shopping Centre store before 31 July 2022 then buy two frozen Vegan 2 pie packs and get a third free. While stocks last...



Peko Peko

We started a new menu last month. If you haven't tried our food yet, please come along. We also slightly changed our wine list, our white wines are now from Soljans estate winery. We always wanted to work with locals so we are grateful to have this opportunity. We are the only Japanese-owned Japanese restaurant in the neighbourhood. We only use rice bran oil, free range chicken and eggs, homemade sauces and we pride ourselves on serving fresh and honest food. You can find us on 102c Hobsonville Rd, check our FB and Instagram @pekopekonz or visit our website www.pekopekojapanese.nz Fully licensed. Phone 09 416 1197.



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Health & Beauty

Great teeth habits start at a young age

We need to encourage good dental health for kids from a very early age, so that they turn into a lifelong habit.

Children's mouths are more sensitive than adult mouths. It may be helpful to find a toothpaste flavour your child enjoys. Look for ways to make brushing enjoyable, maybe even exciting! Take advantage of your child's playful nature, and put a big smile on your face and keep the mood light.

General Brushing Tips:

- Age-appropriate soft-bristled toothbrush
- Smear toothpaste for under 2yrs, pea-size toothpaste over 2yrs
- Brush twice a day
- Replace toothbrush every 3 to 4 months or after an illness

Regular dental visits should begin as early as your child's first birthday. Come in and visit one of our lovely child oral health therapists Andy & Enass at Kumeu Dental today! Call our friendly reception team on 09 412 9507.



Pure Allies

Suddenly after a long warm summer, it is freezing.

Pure Allies have some lovely natural, affordable products to help keep you comfortable.

We are offering two winter specials, any two chest balms, body butters or massage balms (or mix and match) for \$25.

Or for every \$30 spend a free lip balm with our new organic pineapple flavor. (Wonderful for kids that get those dry winter chapped lips).

Our chest balms are our most popular winter product, helping ease and give relief from coughs and blocked noses etc.

Check us out on Facebook - Pure Allies NZ, email pureallies@gmail.com.



com. All products are handcrafted, by request locally.

PINC & STEEL Cancer Rehab

Do you know someone who is going through Cancer, or has residual symptoms from cancer treatment? We can help.

Here at NorthWest Physio + we have three fully qualified cancer rehab physiotherapists who are here to support, guide and rehabilitate people through every stage of their treatment and recovery. Hannah Fordyce, Sean Berg & Cody Langford have all completed their training in PINC (Womens rehab) and STEEL (Mens rehab).

The PINC and STEEL rehabilitation programs are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

Various sources of funding are available for those with different cancer types. Head over to the PINC & STEEL website to register or apply for funding. www.pincandsteel.com/

For information on applying for funding or to find out more about physiotherapy and cancer please contact us on: info@nwphysioplus.co.nz or 09 412 2945.

Driving Eco Eyewear: Land Rover Specs

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

For Eyes in the Kumeu Shopping Village are proud to introduce Land Rover frames made from sustainable materials derived from castor seed oil; non-GMO, BPA free, and sustainably farmed in arid areas to combat deforestation. The material supplier is an active member of the ground-breaking PRAGATI initiative in India which works to improve working conditions, create awareness for sustainable farming and increase yields due to more efficient farming practices.

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Hormones and our gut - an intricate relationship

We know there is a link between gut health and our hormones - particularly in regards to insulin (glucose control and diabetes) cortisol (stress) and thyroid hormones. But did you know there is also a fascinating 2-way relationship between our reproductive hormones specifically oestrogen and testosterone and our gut?

Let's first look at the role of these hormones on our gut:

Oestrogen plays an important role in the health of the gut and prevention of various gut conditions including gastroesophageal reflux, esophageal cancer, peptic ulcers, gastric cancer, inflammatory bowel disease, irritable bowel syndrome and colon cancer.

We also know that testosterone is also important for gut health and digestion because it maintains mobility in your colon (moves food through), decreases pain and inflammation in the digestive tract, reduces the negative effect of cortisol on the gut and also may protect the gut from inflammatory bowel diseases, IBS and SIBO.

As I said, not only do these hormones affect our gut but this is a 2-way street and our gut also affects our hormones and their balance.

Specific gut microbes secrete an enzyme called beta-glucuronidase which puts oestrogen back together after it has been pulled apart in the liver (detoxification) (think back to Mr. Potato head) ready to be removed from the body. Once it has been put back together again it returns to the bloodstream. This effectively means the gut is a key regulator of circulating oestrogen.

When we have a healthy gut with a good balance of gut bacteria then oestrogen levels are at that sweet spot - not too much, not too little. Any disruption to the gut microbiome can create too much oestrogen or not enough oestrogen.

Too much circulating estrogen has been associated with endometriosis, endometrial hyperplasia, breast and endometrial cancer. Too little oestrogen has been associated with polycystic



ovarian syndrome (PCOS).

The same is true about testosterone, our gut bacteria also mediate the amount of testosterone produced. Inflammation in the gut and an imbalance in gut bacteria has been associated with both increased testosterone, decreased testosterone and sperm production.

The imbalance in gut bacteria itself causes inflammation in the gut and that drives most chronic diseases including cardiovascular disease, obesity, diabetes, reproduction disorders, cancers and brain function.

If you have any hormonal imbalances or symptoms always look to the gut first.

The number 1 thing you can do (apart from call me) is increase your plant foods. The greater the variety of plants in your diet the happier, the more diverse and more balanced your gut bacteria.

www.sarahbrenchleynaturopathy.com/links/ to find out all the ways to get to know me.

On target to achieve your new year's resolutions?

We are now over half way through 2022 ... how are your goals or New Year's resolutions coming along?

A lot of us have set various goals or resolutions that we wish to achieve in 2022, and now is a good time to look at these and reevaluate them if we need to.

The usual goals or resolution are: weight loss, new career, stop smoking etc. How are you getting along with these? Are you



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managing to work towards your goal? Have you achieved your goal yet? Have you yet to start your goal or resolution?

Let's recap on what a goal should be, to help us, we can use the SMART Goal Setting Guide:

S - Specific M - Measurable A - Attainable R - Realistic/Relevant T - Time- Based

It is important to have a specific goal, identify specific targets you want to achieve at different stages, make sure your goal is achievable, otherwise you may struggle with success. Make sure the goal is realistic and relevant to you and put a time frame on it, as this will help you to continue towards success.

If you are already on your journey to achieve your goal or resolution, give yourself a pat on the back. If you haven't started, you still have time, don't feel bad or negative about it, and remember you can do it. You can start today. One step at a time.

Astramana™ Healing Services can help you achieve your goals or resolutions. We can't do it for you, as only you can, but we can help you through the various services we offer. We offer hypnosis, energy healing workshops or just one on one motivational support or tarot reading.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher and 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. Let us help you and motivate you with achieving success.

Replacing missing teeth

Missing teeth can affect your appearance as well as your ability to eat and speak properly. Luckily, today's advanced dental technology means that there are great options for replacing one tooth, several teeth or all your teeth with solutions to fit your lifestyle and budget.

- Dental implants replace one or several missing teeth by inserting a small titanium post into the missing tooth's bone socket. Considered to be a permanent solution, they help to preserve the jawbone and improve your bite. Full-arch dental implants are an ideal alternative to dentures and function just like natural teeth.
- Dental bridges are fixed to adjacent healthy teeth to 'bridge' the gap caused by a missing tooth or teeth. They typically have a shorter life span than dental implants.
- Traditional dentures, including implant-supported dentures, are now made with advanced materials to look as realistic as possible. They are a good option for people whose gums and jaws are too weak or unhealthy to support dental implants.

If you have one or more missing teeth, talk to the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville about our teeth

replacement options on 09 416 5050 or email info@fraserdental.co.nz.

Hobsonville Optometrists - Glasses and Gifts

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We now have a delightful range of toys and puzzles with a Kiwi theme, tea towels, aprons, hand towels, tote bags and an extensive selection of scarves.

Look in our window at Hobsonville Optometrists - Glasses and Gifts then come in and browse any day except Sunday.



Old cars

Ever had an old car? If you looked after it well, it could still have problems needing costly repairs, non-existent spare parts taken from other old cars and lots of heartache matched to a large hole in your wallet.

Well getting old is just like having an old car.

You've got to look at the weather before you go out - old car tyres don't grip so well, there's no ABS or power steering so you need to take care around the bend before you end up in a ditch (Advice: walk slowly and carry an umbrella)

You need to drive slowly lest you scrape the precious wheels or the hub-cap flies off - don't rush around (Advice: take your time lest you fall on a wintry pavement and break something that's hard to fix)

You have to give it premium fuel - none of the cheap 91 stuff as it would sputter on you (Advice: eat healthy, eat well and watch the alcohol)

You need to bring it in for regular servicing and preventative maintenance - (Advice: see your doctor regularly for checkups and blood tests)

Bring the old beauty in if you hear an unfamiliar clunking, before the engine breaks on you - (Advice - seek medical help early if you



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feel unwell)

Most old cars don't last 20 years - if you are 50 years old or more like me, consider yourself a precious vintage car so take care of your car (body) well before it's headed early for the scrapheap.

Drive on. Live Well.

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

Simple health tip saves you time and money

I often hear people say they don't have time to do their stretches, go for a walk, do a little exercise or simply be PROACTIVE about their health.

The truth is, if you don't make the time to be proactive about your health, at some stage you are going to have to be REACTIVE.



And when you are being reactive, it often takes a lot longer, costs a lot more, and is just not as nice (who wants to be sick or sore?).

The simple tip to help save you some time, money and discomfort is to start being more proactive about your health.

This could be as simple as adding some stretches or a short walk into your day. It all helps. If you need some extra help, please call 09 413 5312 or visit www.elevatechiropractic.co.nz.

Berberine: A Multi-Talented Herb

I have written about berberine previously, but it is such a sensational supplement I thought I would write about it again. I continually get great feedback from my patients about its benefits.

Gut Health: Many of my patients with Irritable Bowel Syndrome who are doing really well on berberine. Just recently, a customer called out to me in my pharmacy and said that she had tried many things for many years, but it wasn't until she tried berberine that her diarrhoea improved. No surprises there for me because berberine is perhaps best known for its ability to kill weird bugs in the gut. I personally used berberine after an encounter with food poisoning a

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few years ago. It caused a flare in my arthritis that my specialist said I might never recover from. However, 6 months later I was back to full fitness.

Heart Health: Berberine is very powerful in improving cholesterol levels. I have had patients who have had their bad cholesterol levels drop by 50%. It has also shown promise in improving high blood pressure, and may have benefits in preventing heart attacks and abnormal heart rhythms.

Cancer: Jane McLelland has written extensively about new ways to treat cancer. Her view is that we need to hit cancer hard with many drugs (both cancer drugs and others) as well as supplements, diet, and exercise. She mentioned that berberine was in her favourite supplements list. This really peaked my interest, so now my ears are tuned in to any mention of berberine in the health world.

Diabetes and others:

Berberine may also have benefits in helping to manage blood sugar and reducing insulin resistance (pre-diabetes). In fact, the list goes on.

Other potential uses for berberine include anxiety, depression, alcohol withdrawal, gingivitis, and psoriasis. If by now you are thinking "this is too good to be true" then I don't blame you. I can't tell you exactly why berberine has so many benefits on so many body systems. But it does. It seems to act at a base level of metabolism which underlies so many diseases.

No Magic Pill: I personally don't believe in magic pills. Instead, I believe that radiant wellness is achieved with a good diet, exercise, and mind-balancing practices such as meditation. However, sometimes we need a little friend to give us a helping hand. Maybe berberine is the little friend you need. Feel free to pop into Massey Unichem Pharmacy to chat to our team about whether berberine might be helpful for you. Martin Harris, Massey Unichem Pharmacy, 396 Don Buck Road, Massey. 09 833 7235.

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Area Columnists

Talks on proposed Rapid Transit Corridor

Property owners have been meeting with Supporting Growth (NZTA/AT) to determine the impact of the new Rapid Transport Corridor (RTC) planned to run to the east of the existing heavy rail track.



At a meeting with the Northwest community's steering committee on June 20, six Supporting Growth (SG) staff attended to clarify a range of issues.

The planning is at the stage where a business case has been developed and route protection is imminent.

The steering group and Kumeu Community Action (aka Kumeu-Huapai Residents and Ratepayers Association) wholeheartedly support the concept of a RTC.

Deep concerns about the existing plan arose when the steering committee counted up the large number of businesses and homes that would be affected by the planned route.

Property owners will see a more refined version of the plan in the next few months where they will meet individually with SG to determine the exact impact on their properties. The plan is still able to accommodate minor adjustments after consultation, but it appears at this stage that moving the railway or shifting the route to the western side of the rail track are not up for negotiation.

Locals will be interested to know that the RTC will become an overpass as it crosses over Access Rd and other major roads.

Kumeu Community Action was surprised to find that SG believed that the transport corridor would likely be funded before the alternative route (bypass) as it was more in line with the Government's plans to

reduce carbon emissions by reducing the number of trips made in petrol/diesel powered vehicles.

The RTC was likely to be funded in the next 10-20 years, whereas the alternate route may be 20-30 years away unless a change in political thinking triggers a return to more highway building.

Submissions on the RTC route will occur at public hearings in mid-2023 after independent commissioners are appointed. Following this stage, a legal challenge may be considered.

Meanwhile, the public meeting with Healthy Waters (CCO) and Auckland Emergency Management to report on the August 2021 flooding event and trigger the start of an emergency plan for the Kumeu Huapai area has not yet been set, but we hope it will be notified soon.

Healthy Waters is developing a flood warning system that they will speak about at this meeting and hopefully enlighten our community on the long-term public works needed to reduce the chances of future damage.

Please consider supporting Kumeu Community Action by becoming a financial member. Visit www.kumeucommunityaction.org.nz for more information.

By Guy Wishart, Kumeu Community Action Chair.

Public Trust opens first of its kind centre in NorthWest Plaza

Public Trust officially opened their brand new and first of its kind customer centre in NorthWest Plaza to the public on Tuesday 14 June, which will provide greater ease and accessibility for those in the West Auckland area wanting to tick a will off their long-standing to do list.

The customer centre team was joined by Public Trust CEO, Glenys Talivai, local businesspeople from the Henderson area, and members of the Public Trust Board, including Board chair Ian Fitzgerald who unveiled the centre's plaque.



Blessed by local kaumatua, Albie Tepania, and passionate about serving local communities, the NorthWest centre and its team are delighted to be part of the West Auckland community and supporting Public Trust's vision of increasing the percentage of adult New Zealanders with a will from 50% to 70% by 2025.

Public Trust is a self-funded autonomous Crown Entity employing over 400 people across our corporate offices and network of customer centres.



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Authorised by Marja Lubeck, Parliament Buildings, Wellington



Area Columnists

Our purpose is to empower all New Zealanders to build and protect their legacies. We do this through our work as New Zealand's largest provider of estate planning and management services. We are also one of the country's largest charitable trust administrators and advisers, helping more than 420 charities to set up trusts and distribute funds back to our communities.

Photo: Robin Haupt, Principal Trustee, and Glenys Talavai, CEO.

Looking after our wildlife during winter

Country Bears philosophy emphasises nature as a vast and wonderful classroom, encouraging empathy and respect to all living things through relationships and connections to Papatūānuku (Mother Earth).

As the seasons change, our tamariki (children) are noticing differences in flora and fauna, and the absence of wildlife, particularly native birds, in our forest. Through conversations and an interest in finding out more, teachers and children embarked on a collaborative learning journey. We discovered that for



some wildlife, natural food sources are limited. Birds must maintain a specific body temperature and need extra energy to get them through the winter. To help our wildlife access the energy they need during these winter months, the provision of food and sugar water stations helps supplement food supply.

One of the childrens' (nga tamariki) favourite activities is to make bird feeders, using pinecones collected from our forest, coating them with peanut butter and then rolling them in a specialised bird seed. We use the Topflite Birdseed, which contains energy-rich seed, fruit and nectar, and is balanced with vitamins that are tailored to meet the nutrition requirements of different bird species. After securing the pinecones with twine, children hang them from trees and wait for the birds to come! Children get an added bonus by getting to lick the peanut butter off their fingers and hands! Yum!

Learning is a lifelong journey for everyone, and we were reminded of this as we gathered further information on appropriate nutritional supplements for birds. Forest & Bird recommend using nectar and fruit as a supplement for native birds and explain that seeds and grain are attractants for introduced birds, who out-compete our native feathered friends. Having instant access to reliable resources and information is advantageous, as it brings learning to life, and life to learning.

Learning is a lifelong endeavour, and as teachers, we are constantly learning from others - some who may have expert knowledge about subjects, and also those who have a different perspective of the world, like children. They naturally invite us into their awesome world as they question, explain, and describe 'how and what things are'.



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Area Columnists

Our Elements of Life Programme enhances learning by inviting children to experience the rich diversity and wonder of an authentic outdoor environment. This is Country Bears Nature Learning. Our inquiry-based, emergent curriculum incorporates environmental practices and exploration through nature within the daily programme, which supports our vision of children becoming confident and competent by learning in and through nature.

Through our nature-based curriculum, we provide daily educational experiences for tamariki to develop awareness and understanding of the natural world around them. As they engage in meaningful contexts, they form 'working theories' - knowledge of the world according to previous understandings and experiences. What better way to learn about the world, than to be immersed in its grandeur!

We provide daily educational experiences for children to be deep in hands-on activities that foster meaningful connections to a nature based curriculum, which helps to build the foundation for a love of learning; developing an understanding and awareness of the connections between people, places and things in their world (te waihangā hononga).

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 or our facebook page: www.facebook.com/cbearsecc

Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu, phone 09 412 8055.

Taking action to ease the pressure on Kiwis

It's hard to believe that we're halfway through the year already. It's been a busy first half of 2022, and so I wanted to take a moment to

highlight some of the key initiatives we've rolled out to support people in Kaipara ki Mahurangi and to back our local businesses.

One of the biggest pieces of work has been Budget 2022, which has provided support for households facing cost of living pressures, and set out the next steps in our economic plan.

At the heart of this is a new temporary payment for more than two million people to help Kiwis to help with the increasing cost of living. This sits alongside our existing Winter Energy Payment, which helps more households keep warm, with less financial stress.

We're tackling transport costs, by extending our fuel tax cut, reduced road user charges and half price public transport for further two months, and making half price public transport permanent for Community Service Card holders. We've also taken action to increase competition in our supermarkets, and ensure Kiwis are paying a fair price at the checkout.

This year has seen countries around the world facing rising inflation and increased fuel costs, and New Zealand has felt that too. Because of our Government's strong economic management, we've been able to provide even further support to help Kiwis through this tough period. We know it won't solve everything, but the steps we are taking are helping to ease the pressure.

As we focus on driving a strong economy, we will continue to support people here at home through this tough period. I'm looking forward to continuing to work for the community, and making the most of the opportunities the next six months will bring.

Marja Lubeck MP.

Sayers says it

By Rodney Councillor Greg Sayers

Beware. Most of Main Road in the heart of the Kumeu-Huapai business area is proposed to be destroyed.



Last month, property owners along this stretch of SH16 received surprise letters outlining plans for new roads for buses and cycling.

Astonishingly, the route for the new roading cuts through most of the existing private properties and buildings. These letters were sent by a co-operative department of Auckland Council and Auckland Transport called "Supporting Growth".

Spearheaded by commercial property owners with support from members of the Kumeu Community Action (aka Kumeu-Huapai Residents and Ratepayers Association), an emergency meeting was promptly called inviting affected property owners.

This open meeting wanted to discover who had and who had not received letters, what people knew about the plans, and what to do next. What was particularly concerning was most people had



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Area Columnists

not received letters and had absolutely no idea of what is planned for Kumeu-Huapai. Naturally, the audience was gravely concerned about the township's future.

Called the Rapid Transit Corridor (RTC), roading is planned to be widened to at least 32 metres, doubling existing widths. Its objective is to create dedicated lanes for buses, cycles and walkways. Surprisingly, the objective is not to create more capacity for cars.

There are helpful maps on my website www.gregsayers.co.nz/news which provide further information.

If these maps are accurate, then on the southern side of SH16 the new bus routes would destroy Barry Auto Electrical, Bridgestone Tyres, Eurobake and the other shops in that block including the SPCA Op Shop, liquor wholesalers, the Gull Station, Kumeu Tyres and Cottle Motors.

The RTC would take all the fire station backyard and the backyards of all the houses and businesses from 335 to 375 Main Road, and would run through the Kumeu Mowers & Chainsaws building.

The grim picture continues.

Entering Kumeu from the east, the likely destruction to the properties on the northern side is harder to define. From the Route 16 Café to opposite Access Road all the front yards and access-ways would be reduced or compromised. Artisan Bakery, Mrs Sushi and Harcourts would need to have their buildings demolished. The next block of shops would have their access and parking compromised.

The yards and access for Castle Panel beaters and Burger King are compromised.

New World Kumeu appears to lose the front of its building. The real estate agent and the old Wrightson building as proposed lose their front yards.

The Z Station would lose its front yards and possibly the building.

Atlas Concrete and the properties just before Atlas are likely lose their front yards.

The buildings between Matua Road and Oraha Road are compromised or could even require demolition. The Kumeu Cricket Club and Norwest United Football Club buildings would be destroyed.

The timeframe for building the RTC is the same as for building the new "Alternative Highway" or bypass around Kumeu - 30 years away. However, the interim problem is all the identified properties are likely to be devalued and harder to sell or lease.

The property owners meeting voted to form a steering committee which has already begun engaging directly with the Supporting Growth department to clarify all of the above.

Supporting Growth have given reassurances the devastation will not be as dramatic as the initial maps show. The next step is for detailed drawings to be compiled, in consultation with individual landowners, over the next three months to find ways to minimise the demolition required.

Although the basic route of the new RTC is established, there is flexibility to build the new roads, busways and cycleways so the least number of businesses will be affected. Some, however, are still likely to be purchased under the Public Works Act over the next 10 to 20 years.

Moving your business to Xero

Many small businesses start off using bank statements, Microsoft Word templates and Excel spreadsheets for their GST returns, invoices and other general accounting tasks. But not only are these inefficient and time-consuming, they can also lead to mistakes. Moving to an accounting software package like Xero is a game-changer for your accounting functions. We regularly help small businesses to convert, get up to speed and get the most out of Xero software for their business. Converting is a quick and straightforward process and includes system training to get you confident in finding your way around Xero's standard functions. From there we can customise it to your business. This could include any number of software add-ins ranging from quoting and job management to inventory management and CRM. The result is vastly improved efficiencies and accuracy, as well as visibility of your financials so you can monitor your cashflow and profitability in 'real time'.

If you are interested in Xero for your business, contact the friendly UHY Haines Norton Kumeu team at 329a Main Road, Kumeu on 09 412 9853 or email kumeu@uhyhn.co.nz.

Chris Penk - MP

New Zealand has officially reached a truancy crisis and its only getting worse. The Ministry of Education has confirmed a total of 67,000 students were chronically absent from school in Term Four 2021, compared to 57,621 in Term Three 2021. Rewind to 2017 and the number was 37,900. That's a 76 percent increase in chronically absent students since Labour - an incredibly disturbing statistic.

I acknowledge that Covid-19 restrictions and lockdowns has caused significant disruption to our children's education and that many students will have become disengaged from school during this time. However, the government hasn't done anything to address truancy, despite stating that "school attendance has to improve". They have

**Public Meeting
Education**

Chris Penk MP for Kaipara Ki Mahurangi is hosting a public meeting with Erica Stanford, MP for East Coast Bays and National's Spokesperson for Education.

Monday 4 July, 6 - 8pm
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National NZ
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Area Columnists

however spent an additional \$5 billion each year for education but without any plans or targets for children to be attending school more regularly. We're left wondering as to what this spending has achieved because today, children not only are regularly absent from school but worse yet are being caught up in juvenile crime, including stolen cars, ram raids and thefts by children as young as nine.

And it's not just our truancy rates either. Our 2021 NCEA results confirm that literacy and numeracy achievement is also declining under Labour. It was found that literacy attainment for Year 11 students at decile 1-3 schools have taken a significant plunge, falling from 78.5 per cent to 74.8 per cent in just one year. Numeracy attainments have also taken a dive, falling from 76.9 per cent to 73.8 per cent.

Despite an extra \$5 billion a year being poured into education, achievement and attendance is going backwards. It really is a mystery as to where all this money is going. The one thing that is clear, however, is this government is utterly failing to deliver in education and our children are sadly suffering the consequences.

Attendance at school is critical to our children's future, which buys them an opportunity to be successful. Literacy is an essential skill needed for a lifetime and sets our children up for their future. National has consistently voiced the importance of school attendance and last year we released a comprehensive plan to get our schools back on track.

I'll be holding a public meeting on education with Erica Stanford MP for East Coast Bays and National spokesperson for Education on Monday 4 July, 6-8pm at Te Manawa, Kokiri Auditorium, 11 Kohuhu Lane, North West Shopping Mall. I encourage you to get along to this discussion.

Girls' self-defence course planned

A self-defence course for girls aged 13 and over will be held this month at the Kumeu Cricket Club in Huapai.

The course is sponsored by Smashing Promotions whose Mark Adcock says it developed from a casual conversation with Kumeu Cricket Club manager Charlotte Bolton around the club wanting to capitalise on the fantastic performance of the NZ women's cricket team - the White Ferns, and the desire to attract more girls to cricket and also showcasing the clubrooms as a local community resource for hire.

The self-defence course is on Sunday July 10, 10am-4.30pm, costing \$10 a person.

Mark previously provided a similar course for his two daughters 10 years ago.

He says they still remember the chant "nose, throat, nuts, guts" and afterwards were well prepared and empowered for a worst case scenario.

Mark now wants to offer the same opportunity to young females in the local community.

"With the support of more and more local businesses utilising our services, it means Smashing Promotions can almost fully fund this initiative," he says.

"So a big thank-you to our supporting local businesses, and hopefully more initiatives are on the way, including a self-defence course for males."

Mark says the more local businesses support Smashing Promotions the more the local community can be supported with these and similar initiatives

Free online web shops help raise funds and attention for various organisations.

Mark says making a positive difference to someone's day and having a part in empowering young females within the local community is a real buzz, and those that trade with Smashing Promotions can also walk a little taller knowing that they have contributed as well.

Register at www.smashingpromotions/community and check out what Smashing Promotions can offer your business.

Kip McGrath Education Centres

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and is now a global institution with over 40,000 students in 20 countries. New Zealand centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with school programmes.

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