

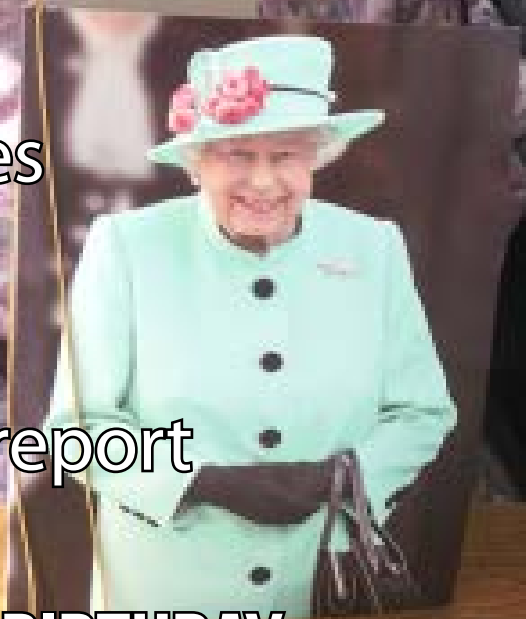
kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES TRANSPORT STILL AN ISSUE

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



MARY PAPA MARKS 100TH BIRTHDAY



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

June 2022



Greetings

You can tell the world's starting to get back to near-normal.

That's when you learn about all the other bugs you can get apart from COVID (which hasn't gone away yet).

I got a gastro one for the first time in years – probably due to youngsters returning to classes and unshielded living.

Now I'm just hoping the winter flu stays away. I went to the doctor for a flu jab and came away with two other shots (shingles and tetanus booster) as well. So instead of one sore arm I had two.

And who ever heard of Monkeypox before?

Don't know if some of this could be due to border reopenings or what!

Yes, I still wear a mask when going out – and wash my hands.

More events are starting to happen, or delayed ones getting back on track.

I was told about a guy "demystifying" Islam at a Kumeu Showgrounds market day but I missed the chance to find out more. I think he goes to different places each week.

You can read more about some local events in this issue.

One thing that hasn't gone away is the Northwest's traffic woes.

State Highway 16 congestion is back to its nightmarish best – and it doesn't look like any improvement is coming soon.

We check out a few possibilities in this edition (see Guy Wishart's story and Phelan Pirrie's column), while a Rapid Transit Network (RTN) is now proposed to link this area with Westgate and the central city.

To me that could spell the end of any 'trains to Huapai' or other suggestions as local and central governments throw their eggs in the RTN basket – which could be 10 years away (see story this issue).

A few make-good fixes might happen in the meantime, but with budgets tight, interest rates and the general cost of living up I'm not holding my breath.

The general talk seems a bit doom and gloom at times (including climate change conversations and supply issues) but I'm ever the optimist and doubt we'll descend into nuclear war, more pestilence and famine, or need a new planet (how is Mars looking?).

So long as the economy stays fairly solid, jobs continue and I can still meet many people and go to a good café then the world's right by me.

Geoff Dobson, Editor



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COVER PHOTO: Mary Papa with sons David left and Dennis

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People & Places

Mary Papa marks 100th birthday

The matriarch of the Northwest's Papa orcharding and wine making family is still 'fit as a fiddle' after turning 100 recently.

Mary Papa got a message from Queen Elizabeth II for her birthday - the Queen is just four years behind Mary with her own birthday (April 21, 1926) officially celebrated with a New Zealand public holiday on Monday, June 6.

Quick with a quip, when asked the secret to her longevity Mary says: "And it shall remain secret", although going on to attribute her robust health to good living.

She lives in a family home, which she helps keep tidy and contributes to household chores.

So what did Mary do for her 100th birthday?

Celebrate, of course. She had about 50 friends and family round to lunch at Soljans Estate Winery and blew out well under the official number of candles on her cake.

Along with best wishes from Prime Minister Jacinda Ardern, Governor-General Dame Cindy Kiro, local MP Chris Penk and many more - including a huge variety of cards and flowers, Mary received a new iPad from family to keep her up with the news and other



events.

Now her centenary celebrations are over, Mary is looking forward to another big milestone - attending Riverhead School's 150th anniversary event on November 5 and 6 as the school's oldest living ex-pupil.

She recalls quite a lot about her school days, where she developed her ambidexterity as being left-handed was frowned on in those years.

And Mary's sure to have a few stories to tell at the Riverhead sesquicentenary event, delayed because of COVID-19 restrictions.

She recalls walking to school a short distance from her then Riverhead home, and says the area has changed much over time, becoming far more developed and its many gravel roads long since sealed.

A boat ride between Riverhead and Auckland was a much-anticipated affair in earlier days when Mary could catch up on some shopping.

The family was largely self-sufficient - Mary says they had a cow (Daisy), a pig, sheep and grew their own vegetables, sometimes selling the surplus.

Marija 'Mary' Jelas was born in Zivogosce in Dalmatia (Croatia) in 1922 and travelled to New Zealand with her parents at the tender age of two.

Her story is related in the Jelas family history from 1839 to 2006, "From the Old Stone House", which refers to Frane and Matija Jelas' home in Zivogosce, not lived in since 1956 and in ruins after a 1962 earthquake.

Settling in Riverhead after several years in the northern gumfields,



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People & Places

Mary attended Riverhead School when it had just the one classroom with a curtain dividing primers (juniors) from standards (seniors), and she left in Standard 6 (Year 6) in 1936 to work at home on the family's orchard and help her mum.

Many children in those days did not continue on to high school for similar reasons.

Mary went to work on agricultural contractor brothers Mate and Bob Papa's Huapai orchard, helping Bob's wife Ivy and working in the packing shed, living with them at the Station Road property.

She and Mate married on May 17, 1939, in St Patrick's Cathedral, and had three sons - Nick, born in 1940 who died in December 2009, Dennis - born in 1941, and David - born 1944.

Mate and Bob bought an orchard in Trigg Road in 1941 with Mary and Mate there for four years before selling and moving to Station Road - the family land now part of a housing development which includes many streets with Croatian names in recognition of the family's history.

Bob died aged 48 in 1948 and Mate died in 1958 aged 55.

Mary and Mate's three sons bought nearly five hectares in Riverhead for an orchard which became the well-known Kiwi Orchard, run mainly by Nick and to where Mary later moved.

In 1969 Dennis married Carol Tidy and David married Nellie Borich.

The Papa families carried on a long tradition of winemaking and orcharding,

Mary now has five grandchildren and 12 great-grandchildren, and the families used to gather at her place for dinner for many years, the event known as "Nana's Night".

With brother Steve, Mary returned to Croatia for a visit in 1979, seeing the house where she was born and also calling on Mate's family in Podgora. She went back there again with David in 1994, visiting Rome and the Vatican on the return journey.

She remains surrounded by family throughout Riverhead and the wider Northwest.

Rapid transit corridor to Kumeu Huapai could have big impact

A future rapid transit corridor between Redhills North and Kumeu-Huapai is planned for development of fast, frequent and high-capacity public transport, with drop-in sessions held at Westgate in May.

The rapid transit corridor, planned after the State Highway 16

bypass (alternative route) is opened, could be at least 10 years away but will have a major impact on the Kumeu area, affecting about 120 businesses as the Main Road will need widening to about 40 metres to accommodate rapid transit lanes, walkways and cycleways.

The corridor linking the city centre is expected to deviate down Access Road, cross Boord Crescent at the far eastern end to link with the bypass, cross Taupaki Road and then extend past Fred Taylor Park (Fred Taylor Drive) to reconnect with SH16 at Brigham Creek.

It's now at the stage where technical assessments for the proposed routes are being prepared by Supporting Growth New Zealand to protect the proposed routes.

A Detailed Business Case was approved by Auckland Transport and Waka Kotahi NZ Transport Agency in December 2021 that endorsed the preferred Northwest network.

The Detailed Business Case recommended some of the local roads be progressed by Auckland Transport at a later stage, rather than through the Notice of Requirement (designation) process. This means upgrades to Nixon Road, Riverhead Road, Station Road and Northside Drive will be considered as part of Auckland Transport's regular Regional Land Transport Plan process.

Supporting Growth, a collaboration between Auckland Transport and Waka Kotahi NZ Transport Agency (NZTA), is leading the planning and consultation to protect the land for these future strategic transport networks.

NZTA Auckland Regional Relationships Director Steve Mutton says with population growth projections of another million people living in Auckland by 2050, protecting this land now for future growth is critical.

"Doing this 'route protection' and planning now means that Auckland Transport and Waka Kotahi can identify and protect the land needed for important transport infrastructure that will help shape the quality of the city's future urban form and support sustainable growth and liveable communities."

Auckland's long-term transport network contains more than 70 well-designed transport connections that are safe, accessible, and sustainable, including walking, cycling, reliable public transport, safety upgrades and new and upgraded roads.

Most of the proposed projects are yet to be funded and will be considered as part of the rezoning and release of land by the Auckland Council over the next 10-30 years.

Auckland Transport Chief Executive Shane Ellison says that community feedback has helped in developing business cases and identifying route options and the preferred routes.

"The projects are at different stages in the planning process and COVID-19 has impacted the pace at which the programme has progressed. We are now ready to go back to the community in the

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People & Places

Northwest.

Route protection in the Northwest saw preferred routes presented to the community and landowners in May. A Notice of Requirement is planned to be lodged later this year.

Rodney Local Board Chair Phelan Pirrie says Northwest areas such as Riverhead, Kumeu and Huapai have been growing rapidly and that having access to a wide range of sustainable travel choices is essential.

"The community has asked for greater transport choices with good walking and cycling facilities and frequent, reliable public transport."

Some projects are further advanced and have been developed with input from previous community consultation - these include proposals to upgrade local roads to accommodate new walking and cycling networks and improve safety and connections in Whenuapai, Redhills, Kumeu-Huapai and Riverhead.

The Detailed Business Case also endorsed the bypass (Alternative State Highway) route, including new interchanges at Brigham Creek Road and Tawa Road which will create important strategic connections for the Northwest.

Specific feedback was sought on the preferred future Rapid Transit Corridor route and associated station locations to finalise them, the supporting facilities at each station and the types of connections needed to allow people to access it easily.

Then the Notice of Requirement (NoR) documentation to protect the land needed will be finalised and lodged with either the NZTA or Auckland Transport as the requiring authorities.

More than 650 pieces of feedback have been received, along with 153 comments on the digital interactive platform Social Pinpoint, and 261 completed surveys.

Key themes include the wish for things to happen faster than planned, strong support for creating new and improved public transport options, strong support for an alternative route to SH16, a positive response to new, safe walking and cycling paths, and agreement that key existing routes need improving - Coatesville-Riverhead Highway, Access Road, Station Road and Brigham Creek Road.

The Kumeu town centre will eventually no longer be severed by SH16 through traffic impacts, and better cycling and walking facilities along the main street area will connect to other paths as well as to potential rapid transit network stations.

Supporting Growth says an extra 100,000 people are expected to live in the Northwest area during the next 30 years, along with 40,000 new houses and 20,000 new jobs.

Parts of the Northwest, including Kumeu-Huapai, Riverhead, and Redhills North future urban zoned areas will not start structure

planning until later in the decade, and are not expected to be development ready for at least a further 8-12 years.

The Auckland Council has a high-level Spatial Land Use Strategy - North West, which identifies locations for future centres and business land that the transport network will support and impact upon.

However, it is not a structure plan and is only intended as a high-level guide. Exact future land use and zoning will be confirmed through future structure planning and associated plan changes, Supporting Growth says.

Contact the Engagement Team on 0800 Grow Auckland (0800 4769 255), email info@supportinggrowth.nz or visit www.supportinggrowth.govt.nz/ for more information.

You can also check the site: [Connecting North West Auckland's future communities | Have Your Say Supporting Growth NZ](http://ConnectingNorthWestAuckland.com) (haveyoursay-supportinggrowth.nz) for extra details.

Pink Ribbon Lunch

Waimauku Lions will host a Pink Ribbon Lunch on Sunday June 12 with all proceeds going to the Breast Cancer Foundation NZ. The community fundraising event is at the Waimauku War Memorial Hall from 11am to 2.30pm.



Lions will be baking, and will also ask others to contribute, so that a nice selection of lunch items will be available. A muffin or slice of cake with a cup of coffee or tea will be \$5 per person, or \$10 per family (children under 14 are free).

A mini book fair will also be held. Waimauku Lions haven't hosted this event since 2019 due to the COVID-19 pandemic.

Back then, about 250-300 people called in throughout the day. "At one point, all the seats were taken, and there was a real buzz in the place," Lions say. "The Waimauku Hall is a lovely venue for such community events."

About \$500 was raised in 2019, so Lions are hoping for much more this time with inflation and cost increases biting. No books are sought for the mini book fair as Helensville Lions members will help, bringing along boxes of books.

May marks the start of Pink Ribbon Breakfast, Breast Cancer Foundation NZ's biggest fundraising campaign of the year. Thousands of Kiwis raise vital funds for breast cancer education, research and patient support, but registrations are down about half from last year - mainly due to COVID.



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People & Places

That will have a huge impact on the foundation's ability to provide services and support for women with breast cancer.

"We know this is a tough time for everyone, but it's an even tougher time for the 3500 women who will be diagnosed with breast cancer this year," the foundation says. "We're asking for your help to raise \$2 million - which is the amount required for us to continue delivering life-saving work to the women who need us during such a difficult time."

The Pink Ribbon event doesn't have to be a breakfast, the foundation listing other possible alternatives on www.pinkribbonbreakfast.co.nz/ for people to follow.

Bird Show at Kumeu

The Auckland Metropolitan Bird Club has its 111th Bird Show on June 11 at the Kumeu Showgrounds from 1pm-4pm.

As many as 500 birds of all types from throughout the country will be entered for the best bird from more than the 17 species.

A range of birds will be displayed, from the biggest parrots to canaries, budgies and the tiniest finches.



Judging starts early Saturday morning and the public can then enter from 1pm.

If you need a lift after all the COVID blues, check out these beautiful feathered friends which are sure to put a smile on your whole family's face, the club says.

A sales table will allow visitors to buy a bird or two, or other bird products.

No EFTPOS is available, so visitors should bring cash. A small entry fee (\$5 adult, \$15 family) will help the club put on another show next year.

The Auckland club has been around for more than 100 years and has a friendly group of members that can assist you with all your questions about keeping birds.

Not all members show birds, often there to learn more or to give advice to fellow bird keepers. Meetings are very informal and usually accompanied by aviary visits where you can see how other fanciers keep their birds in perfect condition.

Come along to the Auckland Bird Show at the Kumeu Showgrounds

on June 11 and bring a few friends as it's probably the first time the show has been held out this way. Contact club President Adrian on 021 916 407 for further information.

Teen's 'Tiny Light Candles' business grows

Sophie Barrack of Kumeu is 13 and already has a business head on her young shoulders.

The high school student runs Tiny Light Candles making and selling jar candles, crystal candles and body candles, initially calling it Peach & Plum before rebranding to get a more sophisticated appeal.

Mum Victoria and Sophie went to a candle-making class where Sophie fell in love with the process and therapeutic nature of their creations.



"I could do this, create my own designs and start a little business for pocket money," Sophie told her mum a few days after the class.

She wanted her first iPhone so Victoria and Sophie's dad Chris invested in the business to help get her started.

Sophie's first customers were mainly family and friends, but then Tiny Lights spread "like wildfire" and now has more than 600 followers on Instagram, growing by the day.

Victoria helps Sophie with the accounting, administration and design side of the business when she has time from her day job.

The candles are 100% pure soy wax with fragrance oil for scent.

Flourish in Kumeu picked up some of her candles, Zubu the women's clothing store also in Kumeu ordered a small amount, and Collins Plumbing and Gas (West Auckland) ordered 14 for their client Christmas giftboxes.

Sophie also did a selection of breast cancer body candles and donated a dollar to the Breast Cancer Foundation for every purchase.

She had a successful stall at January's 2022 Kumeu Classic Car and Hot Rod Festival in Kumeu too.

Sophie wanted a MacBook for high school, her parents promising to match her savings - but they didn't have to contribute as she sold enough candles and saved sufficient to buy the MacBook herself, together with paying back her parents for their investment.

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An average 20 candles are sold monthly - more at Christmas, and now Sophie plans to have her candles at markets around the area.

So what advice does she have for other youngsters starting a business?

Have a strong plan, set goals, spend time building your brand, develop an online presence, embrace feedback and learn from your mistakes.

"Don't stop," Sophie adds.

"Also get parents that support you in all your weird ideas, like mine."

Sophie's parents believe in teaching a work ethic for the young.

By the way, sage green is Sophie's favourite colour, although her candles are made in a variety of colours and she is selling her old Peach & Plum labels before her rebranding takes effect with a Tiny Light website under development.

Sophie's new range due out in June includes 'Coromandel Nights', 'Wild Best Coast', 'Bi*ch, don't kill my vibe', 'I'm just living life' (Kourtney Kardashian quote), 'Golden Hour' (West Auckland sunsets), 'Sunday Sesh', 'Fresh Linen', 'Stressed, but blessed', 'Sunday Morning' and 'Bonfire'. Check out @tinylightnz on Instagram for more information.

A mural for the people

A fun new mural project is being developed by Kumeu Arts working alongside Creative Matters and Lee Design. The mural, to be installed on the back of the Kumeu Arts building in late August, has been entirely funded by the Creative Communities Scheme.

It will feature a large grid of 24 smiling faces using portraits to reflect the varied groups who use the community facility, such as the KumeuKnitty group, Goodwood Park, the Kumeu Children's Art Club, Kumeu Live musicians, as well as some of the Kumeu Arts and Creative Matters team themselves.

A prototype, pictured in black and white, will be printed among the decals and local school children will paint the colour aspects on for the mural. Kumeu Arts Manager Jago Neal sees the project partly as a response to COVID and mask-wearing and says he wants "to brighten up Kumeu with infectious smiles".

Jago was thrilled to receive the funding and goes on to say: "Kumeu has experienced some difficult times lately, including flooding, and like everywhere else lockdowns and economic challenges. But, it is

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an amazingly supportive community and I wanted to highlight this spirit."

He believes the mural will become a local feature which will help attract walkers and families to the Kumeu Arts Centre and the Huapai Hub. For Kumeu Arts, this is part of a longer-term strategy to install more public art and sculpture, creating more connectivity to the wider area.

"We want to give people a sense of ownership over our building and the exterior space, add value and interest," Jago says.

He is working closely with Mandy Jakich, the founder and Chief Executive Officer of Creative Matters, on the project.

"Mandy's knowledge and expertise is integral to this plan," Jago says.

This will be the third time Mandy has created a mural at Kumeu Arts. In 2020 she worked on the beautiful 'Abstract Garden' mural on the park side of the Kumeu Arts building, and in 2018 worked with local teenagers on a striking geometric wall design.

It's important to both Jago and Mandy to use a local company for the printing phase of this project. They found Dylan Lee at Lee Design fantastic at advising them on how to convert the photographic images onto large ply panels.

Stage 2 involves local school children who will be invited to participate in a free workshop to help paint the colour sections.

During the workshop, they will learn about Pop and Street art as well as various painting techniques. A community event is then planned for Friday September 16 when the mural will be officially launched. Some individual panels will also be placed around Kumeu to help generate more interest.

The project, aptly named 'A Mural for the People', will also have a surprise, interactive element to it allowing others to come along and take their own photos in front of it. A hashtag campaign is also planned.

Jago says: "We believe this project will be a positive experience for everyone involved. It will create conversations, bring joy to viewers and participants, strengthen community bonds and liven up our area."

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The Dance Shed Kumeu



The Dance Shed was started in 2006 by dancer and teacher Sophie Murton.

It was created to provide a local facility for children of all ages to start dance classes for fun.

In October 2011, The Dance Shed moved into its own renovated space in the centre of Kumeu, with sprung floors, mirrors and lighting, providing a safe environment for dancers to learn.

The studio continued to grow and in December 2012 an upstairs studio was added. Owned for the past four years by Pip Toman (although she has been involved with the studio since 2007) The Dance Shed is going from strength to strength.

The studio offers dance classes for all ages and abilities both syllabus with examination opportunities and recreational dancing.

Ballet, Lyrical, Hip Hop, Jazz, Contemporary, Musical Theatre, Acrobatics, Preschool Classes (starting from two years of age), Competition Solos, Crew, Troupes and Open Classes for Adults are featured.

The first class of each style is always a free trial. Classes are Monday to Friday after school hours and Saturday mornings.

Parents and caregivers are allowed to watch classes as the studio is very family orientated.

"We do not have large classes like some of the bigger studios and we pride ourselves on outstanding results, including top Australasian examination results," says Pip.

"Our philosophy at The Dance Shed is to offer the best dance education and achieve the best results possible, all while having fun. Dancers create lifelong friendships and we love to watch

their confidence grow.

"We continue to navigate our way through this pandemic with a can do attitude and even had an end of year in-person show in 2021, always the highlight of the year for our families."

The Dance Shed is centrally located in Kumeu at 3/4 Grivelle Street.

You can check The Dance Shed out and book a free trial at www.thedanceshed.co.nz, Facebook page "The Dance Shed", email tdskumeu@gmail.com or contact Pip Toman on 0272 890 370.

Liquorland Kumeu



Liquorland Kumeu at Unit 5/6, 1 Putaki Drive in the Kumeu Central business complex has regular fantastic promotions, a friendly and welcoming environment, and a passionate and knowledgeable team on hand to help with buying decisions.

Run by brothers Jayesh and Rajesh Topiwala, Liquorland Kumeu is a franchised Kiwi-owned business which has been open since November 5 last year.

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Another big plus for customers is the opportunity to earn Flybuys or Airpoints Dollars on all purchases. And with Liquorland being a participant in the Flybuys rewards programme, customers can also enjoy redeeming points for a large range of rewards, including your favourite drinks. Seniors can also get discounts.

Check out Liquorland Kumeu, open seven days from 10am, phone 09 308 1820, or visit www.liquorland.co.nz

for more information.

Girls' self-defence courses planned

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

The courses are 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 courses are on Sunday June 26 and 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.com community and check out what Smashing Promotions can offer your business.

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Safer Communities

Winter brings a unique set of fire dangers that you need to be aware of. Follow these fire safety tips to help keep yourself and your family safe, no matter the season.

Heaters and clothes dryers

- Remember the 'heater metre' rule: keep flammable materials at least one metre away from any heat sources. And it's one heater or larger appliance per plug - no more.
- Never cover heating appliances or store objects on top of them.
- Don't overload clothes dryers and clean the lint filter after each load cycle.

Fireplaces and chimneys

- Clean chimneys and flues before you light the first fire of the season.
- Always use a fireguard or spark-guard when using an open fire.
- Never throw rubbish into the fireplace - particularly batteries and aerosol cans.
- Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to 5 days to cool.

- Keep matches, lighters and anything else that can create fire out of reach of children.

Electric blankets

- Replace your electric blanket every 5 years with newer heat-protected models, which are safer.
- Worn and old electric blankets can cause an electric shock, fire and possibly even death.
- At the first sign of wear have your electric blanket checked by a qualified electrician.
- Don't place heavy objects on the bed while the blanket is on.
- Make sure the blanket is always flat on the bed and that controls or cords are not twisted or caught between the mattress and the base of the bed. Twisted cords are a common cause of electric blanket fires.
- Roll your blanket when you store it for the summer, don't fold it.
- Check your electric blanket is in good working order before you use it and turn it off before you go to sleep.

Fire moves fast, keep your smoke alarms in working order by pressing the button to check, this is also a good opportunity to



familiarise your children with the sound. Make sure your family has a house hold escape plan and designated outside meeting place in the event of a fire. It is important to practise your plan with your family at night in order to memorise escape routes in the dark.



Tom Kearney
Senior Fire Fighter
Waitakere Fire Brigade
Phone 09 810 9251

Advice for Rock Fishers Be smart around rocks

Check conditions

This includes swell, weather, and tide forecasts as well as advice on safety signs.

Wear a lifejacket and correct clothing

Light clothing, sturdy footwear such as sneakers and a correctly fitted lifejacket are essential.

Beware of waves and swells

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

Drowning
Prevention
Auckland 

For 17 years, Drowning Prevention Auckland has provided a rock fishing advisor initiative with Auckland Council and Surf Life Saving Northern Region which seeks to reduce rock-based fishing fatalities and promote a safe culture among this high-risk group. The implementation of safety advisors who educate fishers through face-to-face contact has largely succeeded in reducing fisher drownings in West Coast beaches. To find out more about the West Coast Rock-based Fisher Safety Project and review the 2021 Rock Fishing report, visit <https://www.dpanz.org.nz/research/rock-fishing/>

DPANZ.ORG.NZ | info@dpanz.org.nz

Community News

Kumeu Brass is back

Kumeu Brass returns to the practice room after being away because of COVID and has its sights on the New Zealand Brass Band Championships in Wellington, July 13-16.

It is busy fundraising for airfares and accommodation for 30 players, including hosting a fundraising event at the Kumeu Showgrounds Market Day on Sunday June 19.

Any help to get Kumeu Brass to the national championships will be appreciated, as it has a few soloists taking part in different categories as well as band pieces, a test piece, own choice and stage march.

Wellington's Michael Fowler Centre will host the A and B grade band events while Wellington College sees all the solo and ensemble events and C, D and Youth grade events.

The national brass band champs are one of the world's oldest musical events after starting in Christchurch in 1880.

Now the national contest is held annually in July over five days and includes Junior and Open solo and ensemble competitions, a Sacred Item/Hymn, Test selection and Own Choice selection for bands in each grade (A, B, C, D, and Youth), plus a Street March.

The contest often finishes with a gala concert.

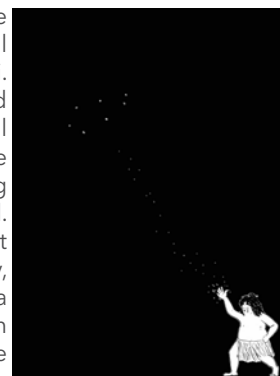
Contact Jean Natapu at mjnatapu@gmail.com for more details.



phones, and the internet, and one of our members gave us an interesting talk about how she plays at jigsaws on her computer during lockdown. As usual we had a news round up from around the globe. This month we had courses on Smart phones and a beginner's guide to Files and Folders. We will be running more courses and our help day as usual next month. If you would like to join our friendly club, please feel free to come along on the first Wednesday of the month at 10 am at St Chads Church 7 Matua Road, Huapai.

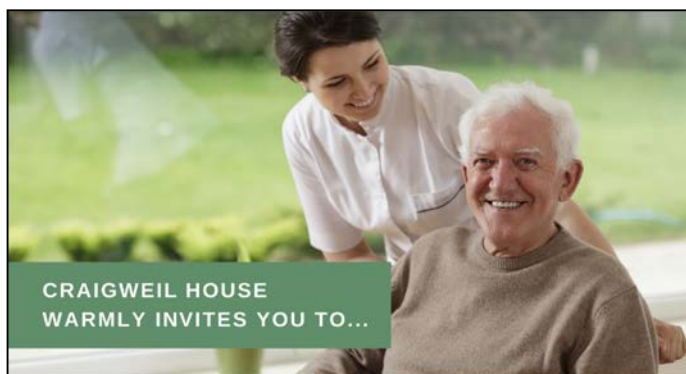
June at Kumeu Arts

We celebrate two big events in June with exhibitions for the Auckland Festival of Photography as well as Matariki. Local photographers Judy Stokes and Gail Stent have their exhibition 'Natural Collaboration' in the main gallery while the Kumeu Photo Group are displaying a collection of images in the pod. Both exhibitions are sure to delight anyone who enjoys photography, nature or art. Judy and Gail will run a coinciding workshop on June 4th which is a great way you can participate in the photography festival. Matariki is another event we invite you to take part in, with a 'community installation' starting on June 22nd. Come along and make your own artwork using materials in the Pod and contribute to the display. While the usual array of concerts, workshops and groups provide lots more opportunities to get involved. Visit us behind the library or online at www.kumeuarts.com.



Kumeu SeniorNet

We are back in full swing now with meetings resuming in Huapai to a packed hall. Last month we had interesting talks about computers,



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Kumeu Library

We are delighted to be able to hold in-person children's programmes at Kumeu Library again (although subject to change due to Covid-19 requirements). These programmes will be run a little differently from pre-Omicron times while we still have to comply with social distancing and mask-wearing requirements under the Covid-19 regulations, and numbers will be limited due to the size of the children's area at Kumeu Library. We will be offering these programmes on a first-come-gets-the-space basis. Participants will be seated in armchairs 1m apart with their child(ren)/baby on their laps to comply with social distancing requirements. The content of the programmes will be the same mix of stories, songs and rhymes we know you love. Our regular Wednesday morning Make-Build-Do for Homeschoolers programme is back in swing, meeting through an online Zoom session. Every week we make, build or do



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Community News

something quite different - from quizzes and games to art and crafts to science and technology.

Armchair Storytime - stories, songs, rhymes and a fun activity for children aged 3 to 8 years. Two sessions: Preschool Storytime 10.30am on Mondays and Family Storytime 10.30am on Saturdays.

Armchair Rhymetime - songs and rhymes for preschoolers aged 18 months to three years. 9.30am on Fridays.

Armchair Wiggle & Rhyme - active movement for babies 0 to 18 months, 10.30am on Fridays.

Zoom Make-Build-Do for Homeschoolers - for children aged 8 to 13 years, 10.30am on Wednesdays (email gillian.qualtrough@aucklandcouncil.govt.nz) to register for this weekly session.

Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with when other activities start up, and other library news.

Pest Free Kumeu-Huapai

So we've made it into winter and all the rats and mice that like living warm and dry are now somewhere inside your house, garage or shed. Unless you knocked them off over autumn with traps and bait.

It's been a busy few months for Pest Free Kumeu-Huapai and we're starting to make some real progress. With help from Shona Oliver and the Council we've built and distributed over 65 rat tunnel traps (shout out to the good people of Boord Crescent who purchased 20 traps across 7 properties). We held the kick-off meeting in March that generated a whole lot of interest and ideas. The Facebook site has over 130 members, and Tracey Watts was crowned inaugural 'Pest Free Kumeu-Huapai Trapper of The Month'.

We have a fledgling 'weed walkers' group that is already removing weeds along the river near Atlas Concrete and we now have 7 traps running at the Kumeu Community Garden to prevent pests from stealing their crops.

We also have a variety of traps on display and information about trapping at the Kumeu Garden Hub.

One of the most important concepts of Predator Free 2050 is backyard trapping. Since the majority of NZ is made up of private land, the action you take as property owner is crucial to control predators and pest plants on your property. The idea of Pest Free Kumeu-Huapai is to help you with that. To that end we have available for you:

- \$5,000 of funding from Predator Free 2050 Ltd. for backyard trapping



- A 20% discount with the good people from Envirottools traps (use the code PFKumeu at www.envirottools.co.nz)

- A 1:1 deal with www.Goodnature.co.nz on their A24 traps (for each self-resetting A24 rat trap purchased by the group, Goodnature will give 1 trap to the community).

Goodbye Rats, Possums & Stoats | Automatic Non-Toxic Traps

We want to see New Zealand's critically endangered species flourish again. This means getting on top of a bunch of pests - rats, stoats, possums and mice for starters. That's why we develop pest traps that reset themselves, are toxin free and humane which can be used in living spaces through to wild places.

www.goodnature.co.nz

All this activity is to help reduce or eliminate pests in our community and bring those gorgeous birds back. Eliminating predators and weeds is not something 'The Government' or 'The Council' is going to do for you - this is your community, it's your property and it's up to you to act. Pest Free Kumeu-Huapai is simply a network of people who want to make a difference in whatever way we can - and if that means checking a rat trap in your backyard every couple of days, that's perfect!

Next up we'd really like to get a 'trap line' going along the Kumeu river - if that sounds like something you'd like to help with, get in touch.

If you'd like to get involved or want to find out how to get one of those trap deals, email jeremy@jeremydean.com or search for the 'Pest Free Kumeu-Huapai' Facebook page.

Pest Free Kumeu-Huapai

Kiārearea haepapa Kumeū-Huapai This is a community group with a goal to rid the Kumeu-Huapai area of introduced predators (rats, possums, mustelids) and... www.facebook.com.

Star attraction - whetū harakeke

Sunday 19th June 2022, 9am to 1pm.

Matariki is both the name of the Pleiades star cluster and the celebration of its first rising in late June or early July. Of the nine stars of Matariki visible

to us, each of the Whetū are associated with an aspect of wellbeing and the environment in te ao Māori.

2022 marks the first year that Matariki has been celebrated as a national holiday. To mark the occasion join us in the historic Kaukapakapa Library to learn about the ways of working with



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Community News

Harakeke (flax) to create a Whetū (star) for Matariki.

Library open in conjunction with the Kaukapakapa Village Market, something for everyone. For more info contact Megan, threehorses@xtra.co.nz, phone 021 959 017.

Scouts

Last month I attended a Scout conference in Wellington. This was the first time in several years that all the zone leaders around the country and National teams had been together since before the pandemic. The newly appointed National Commissioner opened the conference by stating the time she had spent in Scouts had given her the confidence to stand up in front of the 80 attendees to give her speech, and reminded us about the personal development aspect of Scouting. Scouts Aotearoa a few years ago adapted the S.P.I.C.E.S method (Social development, Physical and mental development, Intellectual development, Character development, Emotional development and Spiritual development)

The SCOUT Method enables us to use SPICES as an easy way to identify those areas of personal growth for young people as they progress through Scouts and the various scouting activities that will all have an element of SPICES within them i.e. working in a small team and dealing with various challenges, each of the participants may have different learnings from different SPICES such as Social and Character development. As an example, the organisation has a dedicated team that focuses on improving Diversity, Inclusion and Cultural aspects of Scouting for our youth and adult leaders.

Anyone, no matter their age can join Scouts at any stage, you don't



need to join as a 5 year old, but can join at any age. The oldest member at the conference had 70 years of scouting service and still managed to dress up as Po Teletubby and laugh the whole way through the experience. He said Scouts keeps him young.

The programme planning team also gave us a sneak peek at the new award modules coming out soon that will cover Civil Defence and Wheels learning pathways.

Would you like to know more how Scouts can help your youth develop and grow, or interested in helping the organisation by being an adult volunteer. Then please visit www.scouts.nz, or email me. Zl.waitoru@zone.scouts.nz Craig Paltridge Waitoru Zone Leader.

Kumeu Friendship Club

Our club has been busy in the last few months. At our last meeting we had a very interesting talk from one of our members entitled A cruise through the Norwegian Fjords on the Queen Mary 2. On Thursday May 5th we had a Pink Ribbon Breakfast at the Beekeeper's Wife Bar and Eatery which was very well attended and raised a lot for the charity. We meet on the third Thursday of the month at St Chads Church 7 Matua Road, Huapai at 10am, all will be made welcome.

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Coaching is available for students 12-18years with parent/guardian consent. Book a free Discovery call with Terri <https://calendly.com/terrinenwmancoaching> to discuss your teen's needs and to see if RTT Coaching is a good fit for them.



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www.northwestcountry.co.nz

In Brief

Kaukapakapa Village Market

Sunday 19 June 8.30am to 1pm. Guaranteed to put a smile on your face on a winter's morning with plenty of quality stalls to enjoy and a fun and relaxing atmosphere. Great food, great coffee, handmade crafts, preserves, art, plants, books, bric-a-brac and collectibles, jewellery, natural skin care, gifts, knitting, fresh fruit & vegetables and much more. Plus enjoy live music from Foster playing a selection of easy listening classics on the tenor sax. For more information contact Sarah 027 483 1542 or email sarah@riversidecrafts.co.nz.



News from St Chad's

Services are now back to normal at St Chad's at 10am every Sunday.

We have some exciting music coming up over the next few months.

After their very successful Christmas Carol concert the Pohutukawa Singers, like most other choirs in Auckland, found that the red traffic light setting meant they were unable to meet or to rehearse for nearly four months. Fortunately with the change to orange in April they were able to restart and are coming to St Chad's on Sunday 26th June at 4.00pm. The choir will be bringing their usual eclectic mix of music, from Mozart and Leonard Bernstein to Queen and Adele.

They are very excited to welcome local jazz saxophonist Iggy Palmero Epstein as their guest artist. Iggy is a music student at Massey High School. He

primarily studies jazz in his spare time and plays in a few jazz and fusion bands. He says "I try to take every opportunity I get to play as playing makes me joyful."

Tickets, are \$15 in advance, \$20 on the door including refreshments.

Later in the year Cantorum, the Auckland based Chamber Choir, are returning to St Chad's to sing Choral Evensong on Sunday 4th September at 5.00pm. This was originally scheduled for 5th September 2021 but Covid restrictions forced the postponement.



We look forward to welcoming them back.

See www.saintchadshuapai.com for more details.

Gently Loved Markets - Just Kids!

Gently Loved Markets was born of Event Manager Donna Buchanan's passion for preloved, retro and vintage gems. She couldn't stand the thought of amazing items going to landfill, so created a monthly preloved market at the Kumeu Community Centre.

Now Gently Loved Markets is expanding to include its own preloved market Just Kids! On Sunday 3rd July at the Waimauku War Memorial Hall from 9am - 12pm.

With a range of stalls selling preloved baby to kids' clothes, toys, accessories, nursery items and more. Grab a coffee and a sweet treat from Little M Mobile Coffee, bring cash, your favourite fabric bag and come on a preloved treasure hunt with us.

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

Gently Loved Markets Just Kids! Sunday 3rd July, 9am - 12pm, Waimauku War Memorial Hall, 24 Waimauku Station Rd, Waimauku. FB & IG @gentlylovedmarketsnz.



Kumeu Childcare

Here at Kumeu Childcare we create a sense of inclusiveness amongst our community and whānau. As a teaching team we have a strong focus of Whanaungatanga. Whanaungatanga means having a focus on togetherness and relationships to enhance a sense of belonging.

Together as a teaching team we have focus on four values that support and guide our teaching practices. They values are ako, manaakitanga, aroha, and whanaungatanga, these values are the core essence of how we build







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In Brief

cross-cultural partnership with children and whānau. We create an environment that carefully considers how our setting can appropriately acknowledge and reflect children's culture.

We are currently accepting enrollments for children of all ages and would welcome you to come and meet with us.

Kumeu Childcare - 7 Wookey Lane, Kumeu, phone 09 412 8081.

Celebrating Mother's Day

At Nature's Explorers Kindergarten, it is important for us to develop meaningful relationships with whānau. This month to celebrate Mother's day, we invited our mums, nanas and grandmas to come along to our Mother's Day morning tea. Tamariki were so excited and keen to show their whānau our beautiful Kindy environment.

"Mum, look, I can do the monkey bars!"

"Mum, we are making a volcano!"

Before our morning tea, tamariki performed two action songs for them, 'Te Aroha' and the 'I Love You Song', which were practised prior to this special day. Mums also received a beautifully crafted



Mother's Day card.

At Nature's we believe that these experiences help us develop a strong relationship with our whānau. Parents are provided with opportunities to acknowledge their child's learning and development at Kindy. They are also welcome to share their aspirations, beliefs and values. We will continue to maintain a reciprocal relationship with all whānau and respect their voices and aspirations.

If you are interested in joining our Nature's Explorers family please contact us: Ange on phone 09 412 8800 or email: office.kindergarten@gmail.com.

Kumeu Floral Art

We are the Kumeu Floral Art group. We meet on the first Tuesday of each month, from 9am to 12.30pm at the Waimauku Hall on Station Road. Our next club day is June 7th 9am to 3pm. The time has been extended as we are having an in-house competition.

Come in and join us for morning tea or just to view and meet a great bunch of ladies.

Our President is Lois Gerrard phone 09 411 7125 or Secretary Sue Derbyshire 021 041 5633.



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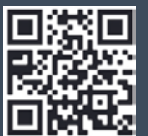
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Property

Property market report

This is a buyers' market with banks still grid-locking buyer sentiment and causing despair in the housing market for Owners and Developers alike.

If you need a sign, here is a very accurate picture. In the Rodney and Waitakere areas there were 18 properties taken to auction by Barfoots last week and 2 sold representing an underwhelming 11% result.

The latest REINZ statistics showcasing the Auckland Region price index declined by 5.4% between January and April with the declines within the region ranging from 1.5% in South Auckland to 6.9% in the central suburbs.

In a recent Tony Alexander - First Mortgage Trust Survey it highlighted open home traffic was down between 70% and 80% and price expectation down by over 50% of those buyers in the market.

With all that said, we have some things to be positive about. The CCCFA (that ugly legislation that Grant Robinson rushed through Parliament) is in for review and due to be released in June 2022 with signals that it will be partially repealed to exclude the mortgage market.

There is also widespread discussion that New Zealand is still under-supplied with houses. And although there is an affordability crisis we need homes to satisfy our present population.

A report by Westpac Senior Economist Satish Ranchhod says New Zealand's population increased by about 11% between 2015 and 2020, but over the same period housing stock increased by just 7%. "That left us with around 75,000 too few homes," Ranchhod says. While the shortage of homes was felt most intensely in Auckland, it became increasingly widespread throughout the rest of the country as well, with the average number of people per dwelling rising strongly in all regions over the last decade. But a lot has changed over the last couple of years due to the Covid-19 pandemic. Border

closures mean net migration gains, which had averaged around 60,000 people a year, turned into a net loss of 7600 in the year to February, while the number of new homes being built increased to record levels. The report estimates the housing shortfall has been reduced by around 30,000 homes over that period, from 75,000 pre-pandemic to about 45,000 today.

Let's look at the sales from last month:

Coatesville	\$2,140,000 to \$3,775,000
Helensville	\$923,000 to \$1,600,000
Huapai	\$740,000 to \$1,760,000
Kumeu	\$1,300,000 to \$2,625,000
Muriwai	\$1,350,000 to \$2,190,000
Riverhead	\$1,051,000 to \$2,725,000
Taupaki	\$2,420,000 to \$3,000,000
Waitakere	\$1,485,000 to \$3,375,000
Waimauku	\$850,000 to \$2,695,000
Whenuapai	\$1,125,000 to \$3,300,000

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Factors affecting rent levels

As a landlord, you want to get the highest rent possible for your investment property. However, it is important to price your property to meet the market to avoid extended vacant periods which will impact on your return.

Do your research and consider the following to get top dollar for your property:

Time of Year - Some local markets are affected by seasonal changes in the work force more than others. Do your research to identify times of the year with maximum demand when premium rent levels can be commanded.

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

Size/Age/Condition - The majority of demand for rental properties



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Property

in most regions is for 2-4 bedroom homes suitable for families. Properties with too few, or too many bedrooms will have lower demand.

Tenants are attracted to well-maintained, well-kept properties that are warm and dry. Consider redecoration or modernising to maximise the rent level.

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

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

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

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

School zones - Being located in a desirable school zone will appeal to families and may present an opportunity to command a premium rent.

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

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

Section size and safety - Properties that have a safe, fenced, easy care section appeal to families with children and pet owners. Something with reasonable size for play and entertainment and also offering privacy is ideal.

Local Market/Economic Conditions - What things are impacting the local rental market/economy? Whilst these cannot be controlled, it is important to price in line with current market conditions.

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

Test the market - Set the rent level and market accordingly but

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

To discuss your property's rental attractiveness in more detail, or to request an up to date market rental appraisal, please contact managing director Mike James 021 413 660 or email mike.james@therentshop.co.nz

Unit Titles

By Tina White, ClearStone Legal

There are different types of Titles in New Zealand and one these is Strata or Unit Title. These types of titles are for apartments or town houses. You own the apartment or unit and any ancillary building like a garage or shed and share the common areas such as driveways and lifts.

When you buy property with a Unit Title you become a member of the Body Corporate. The Body Corporate's responsibilities include maintaining common property, arranging insurance and collecting membership fees known as Body Corporate levies.

Typically, the Body Corporate levies cover insurance, cleaning, gardening and might also include maintenance.

Members are invited to attend regular meetings to talk about issues, maintenance and vote on decisions. Members must also follow the Body Corporate rules which may include damage to common property, rubbish, noise, parking, interference of other unit owners' enjoyment of their property or restrictions on owning a pet.

Each Body Corporate is required to have a Long Term Maintenance



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4a Shamrock Drive Kumeu, Auckland

Property

Plan for maintenance required over the next ten years and forecast. For example budgeting for when the carparking might need to be resurfaced and then funding to cover all of the maintenance is set aside over ten years to avoid a big lump sum to be paid by the owners on that one expensive year.

It is important to review the Title and any related documents before buying a Unit Title Property.

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

Mortgages and home purchases

I've been having a lot of discussions recently with clients about timing. Should I wait for the regulation changes to come in before I try and borrow? Should I buy now or wait for the market to dip more? Should I wait for the next OCR announcement before making any decisions?

The answer to all these questions is almost always 'well it depends...'

If you're an investor these things can be very important - and I'm happy to give you my 2cents worth.

If you're looking at buying your own home, your own personal circumstances matter more than timing. Timing the market is hard, and you'll never know if you got it right until long after your decision. And, waiting on changes from the Government can take much longer than you expect...

When you're buying your own home, it's a big decision, its impacts on your life go way beyond the financial. If you're planning to live in your home for a long time, odds are whatever is happening in the market right now won't matter by the time you're ready for you next move.

So, if you're looking at borrowing for you home - I always think now is the best time to look at what's possible in the current market - so you can make the right choices around what matters to you. To be prepared for when that dream home appears in your property

search.

If you're keen to see what your lending options might be - or get my 2cents on the market, let's talk. Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 | www.betterborrowing.co.nz.

Protect your children's inheritance after your death

Split families are becoming more common in current times. You may have children from a previous relationship who have now become part of your family unit with your current partner or spouse. It is common in such a scenario to leave your estate to your partner or spouse on the assumption that they will then leave your assets to your children when your partner or spouse passes away after you. In these circumstances it is important to contract with your current partner or spouse not to change their will after your death excluding your children. This can be done using a section 21 agreement under the Property (Relationships) Act 1976. To do so you will need to consult your lawyer to prepare the appropriate agreement and for each of you to obtain independent legal advice before signing. 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.

Should you sell your rental property?

With the government's changes to the tax system for property investors, many landlords are wondering if this is the right time to cash up and sell. Compelling reasons to sell include the Healthy Homes Standards, phasing out of interest payment deductibility, and the likelihood of weak capital gains for the next few years due to flat/low price growth. On the other hand, property is traditionally seen as a good hedge against inflation. Plus consider where you would put the money gained from selling your rental: where would you get a return that outperforms inflation? The biggest factor in making the decision to sell your rental property should be your long-term financial goals. Does your rental fit into these? Is it moving you in the right direction? If so, you should keep it. And if not, it could be time to rethink your investments. We can help you with analysing your rental property's affordability, the potential returns on alternatives, and your long-term financial goals. Contact the friendly UHY Haines Norton Kumeu team at 329a Main Road, Kumeu on 09 412 9853 or email kumeu@uhyhn.co.nz.

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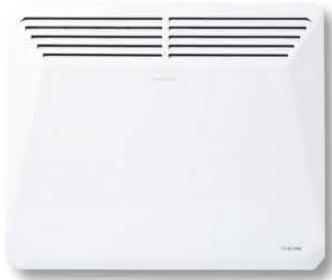
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Area Property Stats

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	3,250,000	10000M2	302M2	3,775,000	PARAKAI	710,000	495M2	100M2	820,000
	2,150,000	13945M2	225M2	2,140,000		810,000	0M2	85M2	790,000
HELENSVILLE	1,150,000	1.15HA	196M2	1,600,000	RIVERHEAD	1,430,000	1365M2	120M2	1,051,000
	950,000	713M2	173M2	1,075,000		1,930,000	855M2	210M2	2,725,000
	790,000	674M2	102M2	923,000		1,330,000	938M2	200M2	1,595,000
	870,000	930M2	125M2	1,030,000		1,875,000	907M2	317M2	2,580,000
HUAPAI	1,450,000	601M2	208M2	1,411,000		1,350,000	602M2	183M2	1,600,000
	1,750,000	4130M2	229M2	1,760,000	TAUPAKI	1,900,000	1.07HA	270M2	2,420,000
	920,000	635M2	108M2	1,072,000		2,150,000	3.92HA	296M2	3,000,000
	560,000	0M2	61M2	740,000	WAIMAUKU	1,450,000	4.22HA	110M2	1,690,000
KUMEU	1,375,000	525M2	214M2	1,525,000		1,400,000	890M2	240M2	1,586,000
	1,775,000	4HA	154M2	1,780,000		2,650,000	7HA	338M2	2,695,000
	1,700,000	1506M2	234M2	1,720,000	WAITAKERE	2,475,000	9HA	265M2	3,375,000
	1,300,000	525M2	159M2	1,300,000	WHENUAPAI	1,145,000	959M2	72M2	1,125,000
	2,005,000	4.6HA	270M2	2,625,000		3,435,000	4054M2	380M2	3,200,000
	1,225,000	490M2	166M2	1,385,000		3,180,000	3824M2	210M2	3,300,000
MURIWAI	1,165,000	809M2	150M2	1,800,000					
	930,000	857M2	114M2	1,350,000					

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

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

*Available for a limited time. Conditions apply.

Mike Pero | REAL ESTATE

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Graham McIntyre
Brand & Territory Owner
027 632 0421



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



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



IDYLIC PARK LIKE SETTING - CHARACTER ESTATE 4 2 2

Asking Price \$1,795,000

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

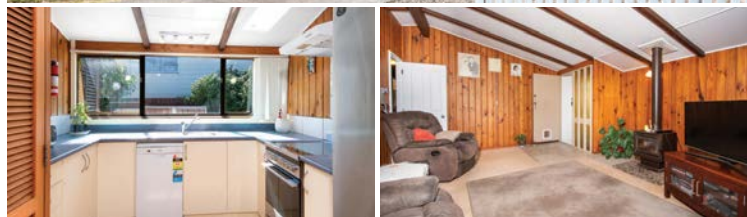
Often sort, but seldom found, this is an absolutely private glade, offering uncompromised peace, an abundance of tranquillity and a home that delivers unequalled character. A short drive from Parakai and Helensville, this is a park-like setting offering an established grassy outlook framed by mature 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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LOVED FOR 50 YEARS - KIWIANA 3 1 1 **By Negotiation**

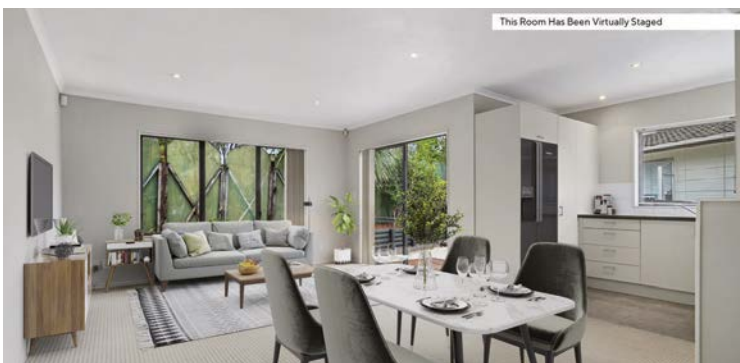
60 Glenbervie Crescent, Massey
By Negotiation

Seldom found, a genuine, and much loved lockwood offering true craftsmanship and an honest slice of Kiwiana in the heart of Massey. 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.



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www.mikepero.com/RX3273585



DOUBLE GARAGE, VACANT, VALUE 3 2 1 **By Negotiation**

100 Moire Road, West Harbour
By Negotiation

If you've been searching for a smart and simple three bedroom home in West Harbour this property should top your list. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Downstairs has storage, double garage and laundry.



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027 632 0421

www.mikepero.com/RX3136972



UNIQUE OFFERING FOR THE BIG FAMILY 10 3 4 **By Negotiation**

131 Colwill Road, Massey
By Negotiation

On offer is three houses on one site spanning over 1/2 an acre and an idyllic waterfront and bush accented paradise. If you have an extended blended family or a group of like minded first home buyers this is an opportunity not to be missed. A very unique offering for the big family that wants a collective haven but individual sanctuaries. A short walk to the water, convenience shopping primary school, parks and transport.



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www.mikepero.com/RX3136994



BIG ON VALUE - SMALL ON PRICE 3 1 1 **By Negotiation**

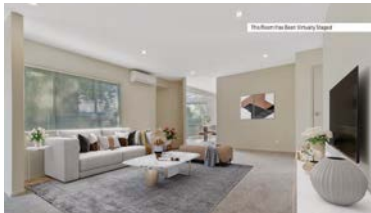
369A Hobsonville Road, Hobsonville
By Negotiation

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. Presented to a good standard, and with tenants in situ that are happy to stay on.



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027 632 0421

www.mikepero.com/RX3197566



FLAT, SINGLE LEVEL LIVING 3 1 1 **By Negotiation**

1 / 2 Wiseley Road, Hobsonville
By Negotiation

A full refit and extensive builders report completed on this three bedroom freestanding home in the heart of Hobsonville. So much on offer here with a spacious lounge area that leads onto a large open plan kitchen-dining giving you access to the outdoor deck area. Three generous bedrooms (1 Master and 2 Doubles) with a family sized bathroom, separate toilet and laundry.

www.mikepero.com/RX3269521



Graham McIntyre
027 632 0421

EXTENDED FAMILY OR BLENDED FAMILY 5 2 2 **By Negotiation**

3 Bangla Place, Massey
By Negotiation

A near new, multi-level home, 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. Two bedrooms and bathroom and guest w/c on this level and up-stairs three more generous bedrooms, separate lounge and bathroom.

www.mikepero.com/RX3269528



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027 632 0421



OUTDOOR LIVING IN CUL-DE-SAC 3 1 2 **\$1,269,000**

5 Eyton Kay Road, Hobsonville
Asking Price \$1,269,000

A spectacular 2018, modern, townhouse, impeccably finished, over three levels the home offers garaging and laundry leading to outside courtyard downstairs, with open plan living/dining, guest w/c on the first level and three generous bedrooms, bathroom and ensuite upstairs. With an eye for clean lines and simple colour palette, this 168sqm offers the very best of modern living.

www.mikepero.com/RX3070268



Graham McIntyre
027 632 0421

DOUBLE GLAZED, FULL AIRCON, AS NEW 4 1 1 **By Negotiation**

29 Hewlett Road, Massey
By Negotiation

Beautifully presented to a high (as new) standard offering exceptional buying with four rooms and large open plan entertainment living, linking to expansive private decking ensuring you have the best of indoor and outdoor living. Double glazing and central air-con this is a warm home, with full security fencing.

www.mikepero.com/RX3074419



Graham McIntyre
027 632 0421

Hot Property



As New – with Development Options Mixed Urban

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.

Significant add-ons and entertainment upgrades on this home which ensures you'll never miss the cricket or the rugby on TV regardless of being inside or outside. Fully fenced with electric, sensor gate.

Sunshine rich and privacy a-plenty, make your next move the one that captures the best of home and future development in one easy

Hot Property



purchase.

Close to convenience shopping, Massey Schools and transport links, while Henderson and North West Shopping Centre is only a short drive away.

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 Ltd Licensed REAA (2008).



Central's Tips

June 2022



Use strawberry runners for new plants this season, grow hardy rocket for winter salads, protect citrus and other trees from frost. Cover the worm farm over winter.



Plant some fiery winter reds, get spring flowering bulbs in now and check out flowering camellia varieties. Rake the leaves up and check out NZ's smallest kowhai.



The fruit and vegetable garden

- **Lift strawberry runners and trim away from the parent plant** – these can be planted in fresh Garden Mix to produce delicious strawberries in the summer season. Spread sheep pellets around the new plants.
- **Rocket and parsley easy food staples to grow now** – they don't mind cooler temperatures, and both add flavour and nutrition to winter cooking.
- **Stake or build supports around broad bean crops** as they grow, because single plants can reach 1.5 – 1.7m high.
- **Frost coming to the garden?** Make shelters for young citrus, tamarillo plants and passionfruit vines. Frost cloth from the local garden centre is also a cheap and easy option, as is newspaper if you're caught short one evening.
- **Lift and trim the roots of mint plants, replanting with compost.** Mint roots tend to take over garden beds and limit the growth of other plants and herbs. Mint can be planted in an open-ended pot buried in the soil, away from other desirables.
- **Cover worm farms for the winter as worms are sensitive to cold.** Old carpet, blankets etc can add that extra layer of warmth.
- Time to **clean out summer crops in the glasshouse** and replace the soil.

The rest of the Garden

- **Camellias are a wonderful winter shrub**, producing flowers with shades from white and soft pink though to deep rose and red. Sasanqua varieties make excellent hedges are the type that flower now, earlier than other varieties.
- **Frost cover for exposed plants:** renga renga lilies, coastal astelias, citrus trees and subtropicals.
- **Small but rewarding: the dwarf Kowhai 'Dragon's Gold' flowers now.** It's easily clipped as a shrub, hedge or topiary and it adds colour in winter. Similarly, the pacific Metrosideros 'Tahiti' is a shrub to 1.5m and its red flowers are spectacular.
- **Showy winter red shades** include red stemmed dogwoods and the coral bark maple. Early flowering Magnolia 'Vulcan' is a stunner and Camellia 'Takanini' has a long flowering period. At ground level plum coloured hellebore flowers and Azalea 'Ward's Ruby' are stunning.
- **In Auckland it's not too late to plant any winter bulbs** such as tulips, daffodils, and hyacinths. Our warm climate means the soil is only just beginning to cool down now. If growing them in pots, plant in Garden Mix.
- **Rake fallen leaves off the lawn.** Leaving them kills off grass creating muddy areas.

Project for June

Deal to the mud!

Get rid of muddy driveways and paths before winter really hits. Using our NZ made Jakmat, create a beautiful pebbled area around the house. NZ made Jakmat is strong and durable and provides the perfect solution for parking the boat or campervan.

For all the products you'll need to get rid of the mud at your place visit www.centrallandscapes.co.nz





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Spec or bespoke?

When it comes to choosing between spec (speculative) and bespoke for your building project there is no right or wrong answer: both have their pros and cons.

Spec plan homes are like buying a jacket at the shops - you pick one you like that suits you from a range of available options. A bespoke home is more akin to having a jacket tailor-made to perfectly fit your shape in a style and fabric of your own choosing.

Spec plans are the easiest and most straightforward option. These can work well for investors who are not too worried about the



specifics of design and may prefer generic designs and colour schemes that suit most people. Spec plans can also suit people with tight time frames and those without any specific preferences.

For those who do have specific needs and preferences, spec plans can be too restrictive due to the finite number of plans available and limited flexibility for altering any aspects of the build. Often you can't just add an extra bedroom, for example, because the plans are not designed to allow for this or the site doesn't have enough room. It can even be difficult to request variations to fixtures such as taps or tiles. This means with spec plans you may have to compromise and alter your new lifestyle to work in with the house rather than the house being made to work for you. Also, if you have any difficulties on your site a spec plan may not be able to adapt and provide work-around solutions for you.

Building a bespoke home is a more complex process but gives you the freedom to create a house that maximises the potential of your site, ticks off all your 'must haves' and gives you decent chunk of your wish list too.

Designing a home from scratch gives you the chance to discuss your ideas with the architect and the freedom to explore an extensive range of styles, features and products. You're involved with every decision, some you may never have thought about, creating a home that meets all your needs and reflects your personality, taste and lifestyle.

It is a longer journey with more uncertainties, but it's also a magical one. With a trustworthy builder such as Maddren to guide you, it can be one of life's great experiences.

Get in touch now with Maddren to discuss all you need to know about building a bespoke home.

Camellias for your garden

It is hard not to notice the flowering camellias in gardens at the moment. These are the early blooming camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter. Camellias are remarkably tolerant and adaptable. Fantastic for hedging,



screening, background planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November.

Awa Nursery currently has a huge range of camellias in many different colours. We have camellia sasanquas, an early flowering variety from March onwards, camellia japonica and camellia reticulata hybrids, which flower from May through to October.

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Home & Garden

Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it is best to feed them when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface, so it is important to keep them cool in the heat of summer with a layer of mulch. If possible, plant with protection from the afternoon sun. You can buy a specialised acid fertiliser to feed your camellias which will assist them to stay healthy and keep the foliage the deep glossy green that we all love.

Autumn lawns

It's autumn and we are feeling a bit of a chill in the air - winter is getting closer. Are your lawns ready?

We've been very lucky with the extended warm conditions bringing long periods of unusually high temperatures and settled conditions. There's been so little rain NIWA reports autumn was in a soil moisture deficit - for the third year in a row. Even some of the plants are confused with some daffodil bulbs already about to flower in some areas.

Our lawns are getting confused too - the higher temperatures and lower amounts of rain have seen them continue to grow, some quite vigorously, and some kikuyu lawns have become very thatch as the mowing hasn't coped with the excessive growth. It's as if the kikuyu has decided to grow it's stolons (the long vine-like runners above the ground) rather than the leaves on top, and this after an extended period of strong growth. You end up with a thick, tangled matt of runners and clippings underneath and the green grass blades growing just on the top.



How can you tell if your regularly mown Kikuyu lawn has become thatchy? Walk over it and even though it is regularly mown it feels spongy underfoot and your foot sinks in = thatchy. While mowing does your mower sink in, lift up chunks of Kikuyu and maybe clog? That's got thatchy. Or does the mower leave lots of brown areas where it has cut off the green grass and exposed the brown underlying thatch but the mower is already set very high? That's thatchy. Have a good close look under the green grass blades.

What to do? There is only one thing to do - remove the thatch and lower your Kikuyu grasses growth level back to close to the ground. That is called dethatching. You can hire a specialist dethatching mower which is quite expensive, or you can mow your lawn very slowly and on a very low setting with a side throw mower and then rake up and remove or mulch in those clippings. There will be a lot of clippings from this (way too much for your catcher mower to handle) and your lawn will look terrible till it grows back. We've been doing a few recently and the growth back has been startlingly quick - looking great again in just a couple of weeks. Do it when there is some growth and a bit of rain so it recovers as quickly as possible, best is autumn and spring. If you do it in winter you can create a muddy, messy lawn which stays this way for months.

Lowering the level of your thatchy kikuyu lawn (and then frequent mowing) is the key to a great looking kikuyu lawn.

Gary Turton - Jim's Mowing, phone 0800 454 654.

Whenuapai Floral and Garden Circle

Our May meeting was attended by fewer members than usual presumably due to our ongoing fear of Covid. Unfortunately, as a senior you are well aware of the time Covid is taking from you, planned trips and visits being cancelled without any guarantee that you can do these in a few years' time. However we must be grateful as others have fared worse.

Our trading table presented beautifully with lovely fragrant stock plants for sale which had been reared by one of our long-standing

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Home & Garden

members, this along with preserves also the product of members.

Our April outing to Alberton was graced with beautiful weather and the visit along with a delicious Devonshire tea was enjoyed by all. We then had a visit to Touch of the Tropics in Trig Road a huge step up from what you would call a Garden Centre it is set out as a magnificent garden except all the Plants are for sale, a truly beautiful place to visit.

The movies followed by lunch will be our May outing and in June we will celebrate our birthday with a luncheon at the Huapai Golf Club. July and August the club is in recess reopening in September.

We welcome new members, our meetings are held at 1pm at The Whenuapai Village Hall, Waimarie Rd, Whenuapai Village. Please come join us.

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Contact Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz or visit our website whenuapai.laserplumbing.co.nz for more information.

5 important things to consider before building your own home

So you are thinking about building new? Not sure where to begin? The secret to designing a home you love is knowing what you want to get out of it. Once you figure out what's important to you and your family, the design will fall into place. Signature Homes



has round up some practical and stylish steps to help get you started on your exciting journey.

1. Family and flow - The best part about building a new house is knowing the space is tailored to fit you and your family. Your social habits and family size should play a big role in the design of your home. Your layout should be intuitive to how you live and entertain. Think about your family life what would make it easier in your new home. Do you want to be near the kids or at the other end of the house? Do you need more than one bathroom?

Invest in getting the flow right and try to find a mix between large multi-functional rooms and smaller, intimate spaces. You want your home to still work for you over time, so future-proofing your design is also important. To help you get started take a look at the hundreds of plans Signature Homes has available to get inspiration for what could work for you.

2. How do you live? Your home should reflect you and make it easy

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to do the things you love. Starting with a blank canvas means you can build a home that matches your interests. Once you've figured out your core needs like your kitchen layout and the number of bedrooms and bathrooms make sure you consider your lifestyle. Think about your hobbies and the things that make you happy - will you need extra room in the garage for bikes or a boat? Can you have a covered deck if you like having dinner parties and BBQs? Is a connection to nature important to you? Asking yourself questions like these will highlight your needs and will help you focus your floorplan and final design.

3. Where do you want to live? You can't build a home without the land so this point is an important one. Whether you decide to find an empty plot, subdivide your current section, or knock-down and build new, there are a few ways you can get creative when building your dream home. If you've got a piece of land in mind check what type of building it is zoned for with your council, either online or in person. In Auckland under the Auckland Unitary Plan, some areas actually allow you to use more of your section.

4. Nail your style - This is the fun bit! From external cladding and window treatments to fixtures and finishes, start collecting images of home exteriors and interiors you love on Pinterest or in a scrapbook and organise your images into categories - you will notice themes start to appear. Remember to stay practical and keep your budget in mind. Showhomes are a fantastic way to get real-life inspiration, they can offer ideas you may have not even considered and give you a sense of what you can get for your budget.

5. Figure out your budget - While sparks of inspiration will keep you motivated throughout your build, it's your budget that is really going to drive the direction of your project. Start by getting a clear

idea of your finances and make a wants and needs list. This will help you determine what your non-negotiables are and it will help you to weigh your options if you end up having to make tough decisions. It's important to note that finance details for building a home are different than a standard mortgage and there are lots of different ways you can structure it to work for you. Do some research and talk to our Construction Finance specialists about what options would work in your price bracket - you could be pleasantly surprised.

Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600.

Kumeu Community Garden

As we prepare for winter, we have some exciting projects underway at Kumeu Community Garden.

We have recently been granted approval to build a fence structure across the front of the garden.

Once again we are humbled by the kindness of local businesses who are supporting us to realise this project. ITM Kumeu have donated posts and NJC Hire have offered free equipment hire to help with installation. The post and wire structure will support an attractive wall of vines that will add to the aesthetic of



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Home & Garden

the garden whilst creating a barrier to the busy Oraha Rd. Making the garden space safer for families with younger children to enjoy.

Last year Craig Walker Buildings Ltd. donated a shed which has become a vital structure in the garden. The shed has been prepared for a refurb and we will be welcoming Waimauku Scouts to paint this with the paint donated by Dulux. The colours chosen are from their recessive colour palate which will blend in with the surroundings whilst giving the shed a new clean look.

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

Kitchen upgrades on a budget

Kitchens are the heart of the home and it's not a secret that they can be one of the most expensive rooms in your house to renovate. If a full renovation is out of the budget at the moment, there are a number of electrical upgrades you can make to your kitchen that will modernize it, without the huge price-tag.



Switches - Probably one of the most used electrical features of any room, light switches and power point switches have come a long way over the years. With a huge range of colours and finishes available, upgrading your switches is an affordable option to give your kitchen a modern lift.

Invisible Outlets - The number of appliances that people use in their kitchens has increased hugely, and many older kitchens do not have a sufficient number of power points to meet the demands of busy kiwi lives. Invisible outlets or side bench power points are a fantastic option to increase the number of outlets, without making them an unsightly feature of your kitchen. Have all of your benchtop

appliances plugged in at once without having to unplug and shuffle things around every time you want a cup of tea.

Data Ports - Kitchens are the heart of the home, so it makes sense to have data ports available to charge your phone or device while you're busy in the kitchen. No more messing around finding chargers or leaving your phone on charge in another room.

Extra Lighting - Kiwis spend a huge amount of time in their kitchens, so an adequate amount of lighting can make all the difference. The addition of pantry, baseboard or feature lighting can add both a wow factor and practicality to your kitchen, whether you're cooking a meal or grabbing a late night snack.

If an electrical kitchen makeover sounds like something your home is calling out for, contact the team at Blackout Electric on 022 500 5856 or email us at info@blackoutelectric.co.nz.

Native tree planting workshop

Saturday 25th June (9.30am to 11.30am). Because of an increasing focus in recent years on retaining and increasing the prevalence of NZ native flora and fauna, many households have started to plant native trees in preference to the large number of imported species which have prevailed over many decades.



However to ensure as rapid a growth as possible as well as the ongoing health of these wonderful plants it's important to understand best locations and soil types for each variant as well as how to plant and care for them.

David Bayly, our resident expert, will be presenting a "walking" workshop where he will guide you along our nature trail highlighting recent and older plantings of various species. Thus giving a "real world" indication of what can be achieved plus offering tips to help ensure success as well as answer any questions you have.

Please note that sturdy footwear and a suitable jacket are definitely recommended. Also places are limited so booking via our email address (info@kaiparacoast.co.nz) is also definitely recommended.

After the workshop you can stroll through our beautiful, recently extended 3.5Km nature trail which contains over 40 marvelous sculptures created for our 2022 exhibition by local and international artists on display. *

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 garden related questions.

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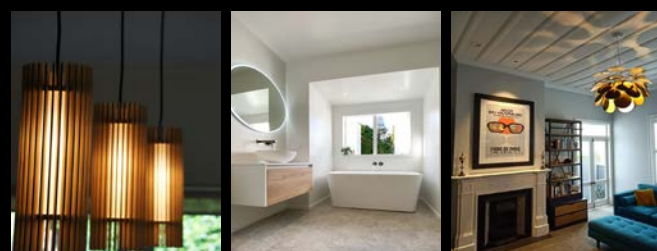
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Possums and rats

Now that the days are getting shorter and colder our possums and rats are finding there is less food to eat and they will come out of the bush and closer to our homes. You might hear rats in your roof cavity, or see possums starting to eat the peel off your citrus fruit. Winter is a great time to control pest animals while



they are hungry and there is less food around, and before native birds start nesting. You can install traps suited to each pest around your property and use lures that are attractive to each specific pest animal, and this will involve regular monitoring and clearing of traps while allowing you to see the number of animals caught. If time is not available to you it is possible to install bait stations and use a scented bait that the animals will eat and later die from. This method is cheaper and requires less time but you can't see the number of animals affected and you need to make sure dogs are safe. It is best to speak to a specialist so come and talk to NZ Biosecurity Services and our team can help control your pest animals. Reach out on administration@biosecurity.net.nz.

Waimauku Garden Club

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

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

Botanic Gardens 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, Judy 027 272 9994, Moira 027 498 9154.

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Pets

Cat lovers - we need your help

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



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

Shorthair Cat Show

Sunday 19 June 2022 -
10.00am to 3.00pm.

Kumeu Community Centre,
Access Road

TOSCA Cat Club is running a show in June featuring all Shorthair Breeds of cats and kittens, along with our specialist breeds of Siamese and Oriental Shorthair (the tall slinky ones).

Our annual show features beautiful champions strutting their stuff (and yelling about it) as well as divine kittens. Our judges come from all over New Zealand and will be giving a commentary on the cats as they are judged.

Come in the morning to watch judging, or come in the afternoon to see the winners with their ribbons and our prizegiving.

All welcome to come and view for a small door charge of \$4 per adult and \$2 for children (sorry, we don't have Eftpos, please bring cash).



If you have any queries, please call our club secretary Sue Starrs on 09 833 5200.

(Here are local kittens, some of them will be entered in the show - come and meet them at the show along with many friends and cousins.)

Huapai Vet Clinic

We are new to the area and open for business at Huapai Vet Clinic. Our vet Dr Gary Duggal has 18 years of experience practising small animal medicine and surgery in West Auckland.

We are well equipped modern small animal practice offering vaccinations, consultations for medical cases, x-rays, blood tests, dental treatment and all routine Surgery.

Our opening hours are Monday to Friday 9am to 5pm. Please call 09 412 2223 for any questions or bookings, Or email us at huapaivet@gmail.com.



Raw Food Direct

Gary Withers has been involved with the breeding, exhibiting and welfare of dogs for over 50 years. He is currently President of a number of canine associations, breeder of Great Danes and an international judge. Canine nutrition and welfare has always been a subject he is very close to and believes should be important to everyone that owns a dog.

A correctly balanced diet is important to any dog whether feeding dry, processed food or a fresh, raw diet. The ease of feeding dry food is understandable and is often cheaper than feeding raw, so Gary who has fed his dogs raw all their lives was determined to look for a solution that would include bringing a balanced raw diet to dog owners that is easy to feed and also affordable.

Gary provides a variety of raw dog food that makes balancing the correct amount of muscle meat, organ meat/tripe and bone as simple as making an order. The food provided comes frozen, cubed





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Pets

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Kanika Park Cat Retreat

Travelling With Cats - Part I

From going to the vet or to a cattery, it's important that your cat calm and as stress-free

What type of carrier is best for travelling with my cat?

It's important that your cat is both safe and comfortable when travelling in their carrier.

Some good features to consider:

Made of a sturdy material - Plastic is the safest type of carrier for your cat to travel in over a material or cardboard and more comfortable than wire mesh. Plastic carriers are also easier to clean

The right size - The carrier needs to be tall enough to allow your cat to sit, stand, move around, and be long enough for your cat to be able to lie down comfortably. If you have a large breed such as a Maine Coon, you may need an extra-large carrier

Both front and roof opening doors - Both options mean you can be flexible and choose the best method to suit your cat. A front door is also good for cats that will happily go in of their own accord

Removable top half - This is particularly useful at the vets if your cat is nervous and doesn't want to come out of the carrier

Sides that offer privacy and concealment - A carrier that has a solid back and sides gives the cat privacy, and has slits to allow ventilation

Space for a blanket at the bottom - Ideally this blanket should smell of your cat and your home so that it is familiar and reassuring

Part II next month

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



“There is no hurry, rest.” says Gizmo

“There is no hurry, rest, watch lift together with no demands.” says

Gizmo.

Our 'Personal Development Coach Animal' for this edition is Gizmo. In his previous place people had big plans for him, but now Sheri is planning with him, not for him and his life is feeling very different.

Beauty + Breeding = Boot Camp

Gizmo's breeding and looks got him into a high-pressure, boot camp style training situation very young. This left a deep impression that Sheri, his new person and an experienced horsewoman, is often reminded of. They had hit a plateau in their progress towards harmony and she was looking to deeply understand how life felt for Gizmo.

I connected in short bit-sized sessions, inviting him to orchestrate how long we chatted and the topics of conversation. Being able to engage on his terms was very important to him. At the end of the last session, he felt calmer, with an expanded energy - more empowered, yet peaceful.

Sheri echoed this in her feedback: "Gizmo's demeanor improved almost immediately after you started communicating with him. He became much more relaxed and approachable in the stall. For the first time ever, I have been able to groom Gizmo without dodging his teeth. And, I am now able to pet his face, which is a huge step. Even running loose in the arena, he has been cantering lovely circles around me, instead of racing up and down one wall like a maniac. The changes have been quite noticeable."

Know the real me - He showed his gentle and curious true nature in the first session and explained how it felt when his mind and body are hijacked, PTSD style, by reflexive survival flight patterns. Patterns he developed to cope with unmanageable pressure in his earlier days. He also shared how much he enjoys his explosive physicality with a mind movie of Sheri laughing and kicking a ball in the arena with Gizmo in hot pursuit. Play. Natural relationship building in play.

Gizmo wanted Sheri to know that there is no hurry, and that the times they 'hang out' feel so good to him. The power of companionship is immense - he shared a moment as his exhale caressed Sheri's arm - both of them peaceful, nothing to be done, all is well. Togetherness borne of no expectations or agenda. This peace is our baseline and in our busy, goal driven lives, we can lose sight of this.

As I witnessed healing for him, he revealed his vibrant soul - shining so brightly that it illuminated all around him. He has wisdom and tenderness to share - and is so much more than his beautiful body. Shine bright dear boy, you are in loving hands. x

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

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Food & Beverage

Sweet Bells Cakes

Sweet Bells Cakes Limited is a registered home-based company located in Kumeu, Auckland. We do all occasions cakes which include weddings, milestones/celebrations, Polynesian themed and children's cakes. We specialise



in creating high-quality delicious custom-made modern cakes which are uniquely designed and handcrafted to their finest details.

Our cakes are not just stunning centrepieces but are delicious to taste, that's something everyone can experience as part of the celebration. Our motivation is to go above and beyond not only to meet customers' desires and satisfactions but to make their occasion unforgettable which brings great fulfillment to our company.

For booking, please send a direct message to us through: email sweetbells@gmail.com or www.facebook.com/sweetbells.co.nz.

Elderberry Jellies Recipe

This is a delicious recipe using elderberries and roses in their dried form. Any kind of your favourite herbs or fruits could be used instead and you can change up the liquid component to plain water or even wine. The amount of agar agar used, creates a firm-textured jelly. If you prefer something a little softer to serve as a dessert rather than as sweets, try using a lesser amount.



Ingredients: ½ cup dried elderberries, ¼ cup dried roses, 1 ½ cups of sweetened fruit juice (I used feijoa syrup leftover from bottling feijoas which was a 1:2 ratio of sugar to water. You can also use water and add 2/3 to ¾ cup of sugar or honey), 2 whole cloves, 2 teaspoons of fresh lime juice (or any citrus), 1 tablespoon of agar agar.

Method: Place the fruit juice, elderberries, dried roses, lime juice and whole cloves into a saucepan and bring to the boil. Simmer for 10 minutes, then remove from heat and strain. Use the back of a spoon to press out all of the liquid. Place the liquid back into a saucepan and bring back to a simmer. Mix the agar agar to a runny paste with cold water and add to the liquid, whisking all of the time.

Allow the mixture to simmer whilst whisking for about 5 minutes or until the mixture thickens and becomes quite clear. Next, remove from the heat and pour into silicon moulds and allow to cool and set. Enjoy as a treat or served with ice cream as a dessert.

Certified organic elderberries and dried rose buds can be purchased via our online store: www.NewZealandHerbalBrew.co.nz.

Salash Delicatessen

We are new in the Kumeu/Huapai area, we have just opened our production and retail store at 2/326 Main Road, Huapai and would love for you to come and check it out.

We are team Salash Delicatessen. New Zealand artisan producers of 100% natural preservative free dry cured meats, salamis and chorizos.



We make all our products the old fashioned way, as my great grandfather did back in Serbia. We use original recipes since 1930's.

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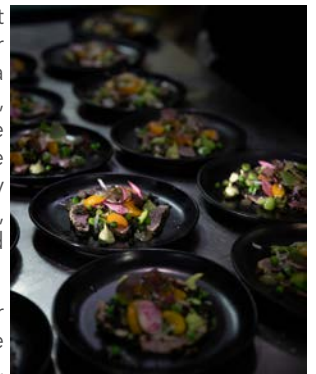
Feel free to contact us with any questions you may have 021 0220 9041 www.salash.co.nz.

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

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Food & Beverage

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!

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.



Eye healthy winter-warmer with Westgate Optometrists

A classic in a kiwi winter cookbook, apple crumble truly is the greatest dessert around for many of us. As well as being a good source of vitamin C, apples are also packed full of bioflavonoid, which lower your risk of developing cataracts or age-related macular degeneration. Which is just another reason why you should whip up a crumble next time you fancy something sweet.



What you'll need: 300g plain flour, a pinch of salt, 200g unsalted butter, 225g unrefined, brown sugar, knob of butter for greasing,

450g peeled and cored apples - cut into 1cm pieces, Tbsp of flour, 1 pinch of ground cinnamon.

Instructions: 1) Preheat the oven to 180C. 2) Mix the flour and 175g of the sugar together in a large mixing bowl, adding a pinch of salt. 3) A few at a time, rub cubes of the butter into the flour mixture until it resembles breadcrumbs. 4) Add the apples into a separate large bowl, before adding the remaining 50g sugar, a tablespoon of flour and cinnamon. Stir well, but gently to avoid breaking up the fruit. 5) Butter an ovenproof dish, then spoon the fruit mixture into the bottom. 6) Sprinkle the crumble mixture over the top of the fruit. 7) Allow to bake in the oven for 40-45 minutes, until the crumble mixture has been browned, and the fruit mixture is bubbling. 8) Serve with custard or ice cream. Enjoy!

Westgate Optometrists, 4/46 Maki Street, NorthWest Shopping Centre. Around the corner from Goode Brothers Restaurant and opposite the Kiwibank. Phone 09 831 0202 or E: info@westopt.nz.

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Don Buck Honey is a small one-man beekeeping operation that sells honey from hives in West Auckland and the Far North. I sell a range of honeys with different tastes, colors, and textures. Wholesale rate for boxfuls of honey - great idea for sharing or for gifts. The Don Buck Honey Summer Harvest Four Pack is a great way to try a range of different honey tastes! \$45



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Health & Beauty

Glaucoma...a message from your optometrist

Did you know people with 20/20 vision can still have glaucoma?

The NZAO (NZ Association of Optometrists) states that more than 70,000 New Zealanders aged 40 years and older have glaucoma, but at least half do not know they have it. Glaucoma is one of leading causes of blindness in Kiwis. However, the good news is that glaucoma is also one of the most easily treated eye diseases... if picked up early.

So even if you have 20/20 vision, your peepers still need a regular check. At For Eyes, we have state of the art scanning equipment to monitor the nerve fibre layer deep inside your eyes and we can often pick up glaucoma (and other damaging eye diseases) even before they begin to affect your eyesight.

Don't just hope for the best; come to For Eyes and see the best. Make your appointment online via our Facebook page or website or <https://for-eyes-optometrists-nz.au1.cliniko.com/booking>

Caption for picture: Every man and his dog come to For Eyes in the Kumeu Shopping Village.



Pinc and 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 (Women's rehab) and STEEL (Men's rehab).

The PINC and STEEL rehabilitation programmes 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.

Dental savings plan

An employer in Timaru made headlines recently with news of their proactive stance on their employees' dental care. To encourage good oral health, the company has implemented an innovative plan that involves staff opting into a scheme to put aside \$15 per week for dental work, boosted by a one-off employer contribution.



Dental bills can be tough on your budget, particularly when unexpected problems are discovered that require additional treatment. Fraser Dental has designed a dental savings plan called Smilesaver that works similarly to the Timaru employer's scheme. You can choose a plan where you make small weekly payments that fit in with your budget. The savings accumulate and can be used towards any dental treatment or products. For example, our \$9 per week plan is popular with young adults who have turned 18 and no longer receive government-funded dental care. All patients new to Smilesaver also receive a \$50 credit to their account to help get started.

Talk to the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville about applying for Smilesaver today and avoid those unexpected dental bills. Phone 09 416 5050 or email info@fraserdental.co.nz.

Don't be a victim of the winter blues

It was only few weeks ago that we put our clocks back an hour and we all know what this means, it gets dark earlier, some like it, some don't. By changing the clocks, we know we are moving closer towards winter, the weather is going to change, we may find ourselves staying inside more, becoming less social and less energetic and some of us may start feeling depressed. We can call this the Winter Blues.



However, you don't need to become a victim to the winter blues, you have the ability to take control and use this time to look forward

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to the future and know that summer is only a few months away. During the winter months, we can do a few things to help ourselves to keep positive:

1. Do some exercise: ie walk around the park
2. Look at taking some vitamin supplements
3. Set yourself a personal goal: eg weight loss, becoming fitter
4. Start a new hobby such as painting
5. Catch up on projects around the house that you have put off
6. Take a holiday somewhere: ie Fiji, Queenstown

By doing these various things will help bring you joy into your life and will help create a sense of wellness that will help prevent you falling to the Winter Blues.

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

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

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

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

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).



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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. All products are handcrafted, by request locally.

Quick but healthy fix for diarrhoea

No-one likes getting "the runs". Which is why people generally whisper quietly to me: "can you give me something to bung it up?" Of course I can, but what I prefer to offer is suggestions to make the person reasonably comfortable now, and super healthy later. You see, binging-up someone's bowel when they have a bad bug will make them more comfortable (and confident!) now, but potentially prolong the problem, or cause a swing to constipation.

So what is my strategy for "the runs"? I prefer to restore gut balance and let the body clear itself of any bad bugs, all while reducing the discomfort and embarrassing symptoms. A total "bung-up" can lead to a prolonged illness or problems later on.

Quick fix also restores health

The number one strategy I use for restoring bowel function is a type of probiotic called *Saccharomyces boulardii* (or SB for short). SB immediately improves diarrhoea without binging you up. SB has extra benefits too. It beats up on any nasty bacteria or fungi that might be living in the gut and restores good balance of your microbiome (the good bacteria).

SB will relieve diarrhoea symptoms quickly. I have seen it work wonders in people with traveller's diarrhoea (or Delhi belly), quickly getting them back on the tourist circuit.

SB is becoming used in conventional medicine too. Conditions like *Clostridium difficile* infections are resistant to most antibiotics and can lead to a life of misery. Specialists are now prescribing SB for



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these difficult Clostridium infections.

The long-term consequences of a tummy bug can include damage to the gut lining. SB has shown ability to reduce inflammation here and restore the levels of sIgA (a key part of the gut immune system).

I recommend keeping a bottle of SB in your home or taking it with you on your travels. The dosage should be varied depending on the severity of the diarrhoea. People should take between 1 and 10 capsules per day. Ask the health coaches at Massey Unichem Pharmacy about SB.

Navigating the transition of menopause

Menopause can be a turbulent experience, it can also be transformative. Hormones fluctuate naturally and symptoms can be signs that there are imbalances elsewhere in our lives. Here are some tips to help:



1. Eating a balanced diet of fats, proteins and carbohydrates ensures you feel full so less likely to snack, have stable blood sugar and have better energy and mood. It's vital that you eat carbohydrates, fats and proteins at every meal.

2. Eat 5 - 7 servings of fruit and vegetables to ensure you are getting enough vitamins, minerals and plant nutrients that are important for hormone balance. Numerous studies show that menopausal women eating lots of vegetables, fruit and soy experience fewer hot flushes and reduce the risk of post-menopausal health conditions such as cardiovascular disorders and certain cancers.

3. Calcium is important for post-menopausal women as deficiency increases the risk of osteoporosis. Oestrogen is important for strong bones. When bone density decreases with age, declining oestrogen and reduced calcium can exacerbate bone loss. Dairy products contain a good amount of calcium and other bone boosting nutrients. Green vegetables such as broccoli and pak choy, small bony fish such as sardines, and soy also contain easily absorbable calcium.

4. Phytoestrogens are specific compounds found in plants that help to modulate oestrogen. Several studies show they may reduce incidences of hot flushes. Phytoestrogen rich foods include flaxseeds, lentils, soy beans, chickpeas, peanuts, barley, grapes, plums, pears, apples, grape berries, beans, sprouts, cabbage,

spinach, grains, garlic, onion, wine and tea.

5. Gut health is extremely important. Hormones such as oestrogen, progesterone and testosterone are influenced by the health of the gut and vice versa. Eating fibre and prebiotic foods are key. Fibre helps ensure excess oestrogen and other wastes are removed and prebiotic foods fuel the 'good bacteria' which create the short chain fatty acids crucial to a healthy gut and body. Fibre and prebiotic rich foods include legumes, oats, berries, bananas, asparagus, onions, leeks and garlic.

6. Love your liver - alcohol affects oestrogen's detoxification and removal. This can cause symptoms including migraines and hot flushes. Be cautious with how much alcohol you drink - try other options such as kombucha or kefir in a wine glass instead. Eating a wholefood rich diet ensures your liver has the nutrients required to carry out its roles including detoxification of oestrogen and cholesterol.

7. Getting a good sleep is critical for our body to repair and recover. Melatonin, serotonin and oestrogen are related when one is low it affects the others. Sleeping well improves your mood and oestrogen balance.

8. Keep calm and de-stress. Stress causes havoc with our hormones. Cortisol can be made at the expense of reproductive hormones.

9. Movement is vital in maintaining weight, balancing stress hormones, strengthening our bones, increasing testosterone (important for motivation and energy) and helps with sleep and mood.

10. Watch out for foreign oestrogens in your environment - chemicals like BPA mimic oestrogen causing unpleasant symptoms such as hot flushes.

I encourage you to be curious about the symptoms you experience and reflect on the possible reasons - are there areas of your life that need some attention? Your diet? Your lifestyle? Your mindset? This is your opportunity to make the changes to ensure a happier and healthier future. Find me at www.facebook.com/sarah.brenchley.5/ and reach out if you need any support or have questions.

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?).



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Health & Beauty

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.

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Change of season: Keep your immune system strong

that as soon as the winter weather ends and the temperature starts rising you come down with a cold. In spring, seasonal allergies can increase a person's vulnerability to infections and low immunity. Thankfully, Erin O'Hara, well-known Naturopath and owner of Golden Yogi has some simple tips to boost your immune system as the weather shifts.

Get plenty of sunshine - Vitamin D is important in keeping your immune system ready to fight infections. When possible, get outside and soak up the sun. The best source of Vitamin D is from sunlight directly on your skin. Alternatively, eat food that contains high doses of Vitamin D such as oily fish, and eggs.

Eat the colours of the rainbow - All fruits and vegetables offer different vitamins and minerals, so it is important that you and your family get a good variety. Aim to serve yourself and your family at least five portions of fruit and vegetables a day. Vitamin and mineral-rich foods that nourish your immune system include fruits, vegetables, nuts, seeds, leafy greens, green vegetable juices, quinoa, and pulses.



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Sleep for at least seven hours a night - Getting enough sleep is one of the main ingredients to keeping strong and healthy. Rest is important to keep your heart and other organs functioning correctly. If you are not getting enough sleep at night you can top up your sleep by taking naps after lunch. Aim to get seven to eight hours of sleep each night for optimal health.

Exercise regularly - Regular exercise promotes good cell circulation, improves mood, energy levels, heart health and prevents weight gain. Try to squeeze exercise into your week wherever possible. This could be a simple 15-minute walk, a short yoga routine, bike ride, or swimming. Try to be consistent and set yourself some goals for the week. Aim for 20-30 minutes of exercise four to five times per week.

Drink more water - Drink plenty of water in the cooler months and during a change of season. Drinking water can help maintain regularity and flushes out toxins in the body. If you don't love drinking water then add lemon, lime, orange, mint, or cucumber to your water for flavour. Alternatively, herbal tea that is caffeine free counts towards your water intake.

Lay off the sugar - Refined sugars negatively impact the body's defence structure. Sugar has been shown to alter the microbiome in some pretty extreme ways, feeding the more pathogenic sugar-loving bacteria, which can crowd out beneficial, immune-boosting bacteria. To curb a sweet craving, eat more foods with protein and fats to stabilize your sugar levels, and try not to skip meals.

Try to minimize stress - When we're stressed, the immune system's ability to fight off antigens is reduced to make us more susceptible to infections. The stress hormone cortisol can suppress the effectiveness of the immune system. Manage your stress levels by practicing relaxation techniques such as yoga, deep breathing, massage, meditation, or journaling.

Erin O'Hara combines her knowledge of Naturopathy and Science to provide an integrative and evidence-based approach to wellbeing. She has been involved in the Health and Wellbeing Industry for about 20 years through extensive University study (BSc and BNatMed), scientific research, and an intrinsic passion for health & wellbeing. www.erinohara.co.nz.

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Area Columnists

Two years down the track with Covid

Yes it has gone fast, two years gone already. Where did that go! What have we achieved in that time? For some it will have been a complete career change, others may have had time stand still. I don't think there's one person it hasn't affected or forced change in some way. And for the children and young people, a new era and a new world! It might sound new and exciting but is it?

For businesses it's been a huge learning curve. Some of us getting through the hoops with ease and others still jumping theirs. For us it's also been challenging to say the least. But it has forced us to think about the future and how we are going to feed ourselves. Ukraine is one of the largest wheat producers of the world and now that they are in a war zone, no amount of growing is happening. You take this with crop failures in the US and similar problems in NZ you can only imagine what might be coming in the next two years. We are not out of this by any stretch of the imagination.

One thing with growing is that it takes time, and sometimes, more often than not, time is not what we have much of. So when you decide you want to grow plants for food you need to allow yourself time to understand how to grow first. Most people tend to think plants grow themselves on their own. Well that's sort of true, but not. To be able to grow successfully (and have something that's edible at the end of it) in NZ, and Auckland in particular, you need to combat the 5 seasons in one day, plus the humidity, mange poor soils, plan for lack of water or too much of it, ensure you have good nutrition for your plants and then protect them from the bugs, the pests, the diseases and maybe the rats and stoats who are also going hungry. Oh and not to mention the chickens that might decide to dig the seedlings up. Sounds like fun doesn't it? Well it can be, but you just



got to be prepared.

At Kumeu Flower Farm we have started to grow alongside our cut flowers, some edible crops, some successful, others not. We are not aiming to grow all the food we need, that's a tad unrealistic, but we are aiming to supplement our food supply as well as offering it to the local community. We have also started to raise a number of chickens. My son has been in charge of that project and its certainly brought about a few tears when we found about stoats and rats. Despite the challenges we finally have a healthy number of laying hens and can now say we are in full egg production. Yay! You can pop on down to the farm to pick up some fresh eggs or order them on our website. www.flowerfarm.co.nz. Workshops for growing crops are on the horizon and will also be offering "Meet the Chickens" days for children during the school holidays so do keep an eye on the website. In the meantime keep safe, and be Kind to one another and my Team and I look forward to seeing you. Angelique.

More support for families in Budget 2022

We've just released this year's Budget, which sets out the next steps in our plan to build a secure future for New Zealand. This includes a cost of living package which will help ease the pressure for people in Kumeu.

Right now, our economy is in a strong position. Our strong health response protected our economy through COVID-19, and we've pulled through better than almost anywhere else in the world. But we know that, despite these positive indicators, things are tough right now for many families, as global inflation impacts prices here at home.

That's why in this year's Budget, we've included a comprehensive cost of living package. This package includes a new temporary payment to help Kiwis earning up to \$70,000 a year with higher food and power bills. It also includes an extension to our fuel tax cut, reduced road user charges and half price public transport for further two months, and we're permanently halving public transport fares for people on low incomes. Alongside these measures, we're taking action on supermarkets to make sure Kiwis are paying a fair price at the checkout.

It is important we do what we can to take the hard edges off the global factors that are affecting us here in New Zealand, and these practical measures will help families in Kumeu and across the country.

There's a lot more in the Budget that will benefit people in Kumeu and if you'd like to more, I'd encourage you to check out labour.org.nz/budget2022. Marja Lubeck MP.



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Authorised by Marja Lubeck, Parliament Buildings, Wellington

Area Columnists

Does your child find it hard to sit still?

Within the grounds at Country Bears, children get to experience undulated ground beneath bare feet, and all the different textures that come with being outside in nature. We understand the importance of children being outside, being able to move with space and freedom, in a safe and stimulating environment.

When Country Bears first opened our doors to the community IN 1993, a child with a development or neurological problem was very rare. Now there appears to be a very large increase with more and more children being diagnosed with poor attention skills, unable to self-regulate or manage their own emotions, a poor sense of balance, a decrease in strength and endurance, increased aggression and a weakened immune system. More and more children are heading off to school with these and adults are asking why?

There has also been a massive rise in children being diagnosed with ADHD and ADD. According to a study published in the Journal of the American Academy of Child and Adolescent Psychiatry (Visser et al.



2013), an astonishing 2 million children in the USA were diagnosed with ADHD over the eight-year period of 2003 to 2011, with this number rising yearly. ADHD New Zealand states "an estimated one in 20 New Zealanders have ADHD" and that ADHD affects 2%-5% of all children. Between 1997 and 2008 there was a 17% increase in the number of diagnoses, even at preschool level, who needed early intervention (Szabo 2011). The estimated number of children ever diagnosed with ADHD (according to a national 2016 parent survey), is 6.1 million, including 388,000 children aged 2-5 years. While these statistics are many years old, I only wonder how much higher they could be now.

So what's the answer? Get the children outside! According to Angela Hanscom, a pediatric occupational therapist, unrestricted outdoor play makes for strong, confident and capable children. Being outside, the children are able to move their bodies in all sorts of directions, use all their muscles to build strength, use all of their 7 senses (yes, 7!) which helps children to then cope with being in a formal environment that requires focus and stillness. She believes that children need to spin, roll, be upside down, move, move and move to make sure that each child's cognitive and physical development is developed fully.

With all the research telling us that children need to be outside, we know that Country Bears offers children all these skills to ensure children are moving off to school with the best possible start.

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



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Area Columnists

to provide this Country Bears quality for another generation. Please feel free to come and have a look at our beautifully placed Centre with our professional and caring team of teachers. Check us out on our Facebook page: www.facebook.com/cbearsecc

Craigweil House

With winter approaching fast, the residents at Craigweil House have been keeping active and busy with the various activities that happen weekly at Craigweil House. Recently Four Square Parakai ran a colouring in competition over the Easter Break. Residents Norah Honey and Rose Oud were proud to be a part of the judging, stating that it was such a hard choice in selecting the winners as they noted that "all entries were very good and colourful"

With the start of May, local author Janice McMurdo hand delivered two of her new novels for Craigweil House Residents to read and enjoy. The House down the hill and Wait for the tide (A birds nesting story) Thank you Jan.



Travel to France 2023

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

Catherine and Patsy are both French and take you to those special places. They are so excited to be able to travel again and can't wait to take you there.

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Sayers says it

By Rodney Councillor Greg Sayers.

Trains to Huapai have become imperative.

Traffic issues on State Highway 16 through Kumeu have become intolerable due to the rapid housing development in the area.

There is only one obvious immediate fix - to use the existing railway line to get passenger commuters to Swanson where they can then bus or train to their places of work.

Overwhelming support has come from the Kumeu-Huapai community wanting this train service and it needs to be trialed without further delay.

The alternatives of upgrading SH16 between Kumeu and Westgate/Redhills to allow more buses, and a bypass road around Kumeu are decades away with no immediate solutions being offered by Waka Kotahi NZ Transport Agency to fix the diabolical traffic congestion.

There is a real feeling of inequality within the local community. We are watching billions going into rail services across Auckland, yet we have an existing freight rail line for which adaption into a much needed passenger service has been rejected.

Auckland Transport spokesman Mark Hannan has previously said rapid transit via the SH16 corridor would better serve the "projected demand" for the area so priority work is underway to improve bus services infrastructure.

He told me investing into two modes of transport by including a rail service is not affordable nor good value for money, stating the single track would need to become a double track, the Waitakere tunnel would need further work, and potential electrification would cost around \$300 million.

However, the Public Transport Users Association disagrees, saying a diesel shuttle service could run from either Swanson or Henderson to Huapai.

Public Transport Users Association coordinator and Trains to Huapai partner Jon Reeves says the proposal has regional benefits.

Reeves believes this project would complement any longer-term light rail proposal to Westgate and create a closed loop rail/light rail network, while addressing the immediate needs to the far-North-West communities, for transport to all points on the western line and



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beyond.

He says it would integrate with the regional cycle network, and provide quicker journeys to key western work, study, health care and shopping destinations than any other mode.

I agree that the train service is the only way to relieve traffic congestion in the short term.

The Travel Brokers

Finally, after 2 years, I have been able to drop my part time jobs, and get back to doing what I love full time. However, things have changed



so much, in January 2019 there were 5000+ TAANZ Bonded Agents & Brokers, and in January of 2022, there are just 1500+ of us left, so we are in high demand. Reduced airlines servicing NZ to choose from, means reduced capacity, making it difficult to find available flights for a reasonable price, and we have to navigate our way through the minefield of Covid-19 regulations. Then the airlines in their 'wisdom' have removed commission entirely for travel from 01 June, talk about kicking us while we are down & still struggling to get up.... so for a 'flights only' booking, Agents & Brokers are now having to charge service fees.

Travel is now on everyone's agenda it seems, the flood gates are open, and I am struggling to keep up and am working long hours, but what a fantastic complaint to say that I am busy doing what I love - booking peoples long awaited holidays, connecting people with families they haven't seen for 3 years, and helping people to realise their dreams & to make memories that will last forever.

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As a self-employed local business owner, I support Waimauku School, our Scouts, and the Lions club, and I just love being a part of our fantastic community.

Tanya Franklin - The Travel Brokers - Waimauku & Kumeu, phone 09 411 9105 or 021 254 9169, email tanya@ttb.co.nz. www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

Chris Penk MP

It's likely that many of you reading this column fall into what we call the "squeezed middle" of New Zealand. This essentially represents a total household income of around \$110,000, made up of middle income earners with a family of two-and-a-bit children(!) on average.

At a time when we're seeing record high rents, escalating petrol prices and eye-watering costs at the supermarket, Kiwis are now being told to brace ourselves for more pain to come with the average household expected to be \$150 per week worse off by the end of the year. Inflation is also pushing everyone into higher tax brackets. Despite this, at time of writing we're expecting a big Beehive splash out with a record new spend of \$6 billion in this year's Budget.

Unfortunately, there isn't any much relief for the squeezed middle in prospect. Recent increases to the minimum wage and benefit

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payments don't generally apply to this group, so changes like these tend not to make life much better for them. The uber-wealthy are still smooth-sailing, of course, typically being able to structure their affairs in the most tax-efficient way. They possibly won't even have noticed that we have a cost of living crisis. But for those of you in the squeezed middle it's all too real and the message from Wellington seems to be that you'll simply have to struggle on.

On my side of the aisle, we're saying that's not good enough. National would adjust the tax brackets for inflation so that Kiwis can keep more of what they earn and receive some desperately needed relief in their pockets. Our initial tax response would put \$1,600 back into the average household budget per year and superannuitants would benefit too, with a retired couple receiving around an additional \$520. In case you're wondering, we wouldn't cut essential services like health, education or the police to deliver these tax cuts, but rather ensure the funding we do invest actually delivers real outcomes for New Zealanders, including the long-suffering and oft-forgotten squeezed middle.

Phelan's Local Board update

Is traffic on SH16 about to get a whole lot worse for everyone from Helensville to Riverhead?

You might be thinking it couldn't get much worse on SH16 but if Fletcher Living gets its way traffic along the highway could be about to grind to a complete halt. Those in Kumeu, Huapai, Waimauku, Muriwai and Helensville will be affected.

The land zoned for future urban development in Riverhead, Kumeu and Huapai is likely to provide over 7,000 dwellings, that translates to roughly 20,000 new residents. This future urban land is supposed to be developed over the decade following 2028 according to Auckland Council's Future Urban Land Supply Strategy.

Fletcher Living, who has purchased future urban land in Riverhead, is not prepared to wait for council planning, and is lodging a what is called a 'Private Plan Change'. This allows developers to change council District Plans, in our case the Auckland Unitary Plan. Private Plan Changes need to be approved by the Auckland Council Planning Committee which made up of councillors. They can be declined if there is insufficient evidence that developers have addressed key issues such as infrastructure provision.

The purpose of timing development is to allow council to engage with the community and agencies in preparing a Structure Plan in 2024, which would then provide sufficient time for preparation of planning and budgets to provide infrastructure to meet the growing community from 2028.

An example of this early planning is the work the Supporting Growth Agency is currently consulting on across the district, this work includes planning and protecting the land required for the \$1 billion alternative route around Kumeu to the future urban land, and the

Rapid Transport / Mass Transit Route to Huapai, trains/trams/light-rail along SH16 from the central city looping out through Taupaki and terminating in Huapai. None of this work is based on house building starting in the next few years.

There is a glaring hole in the proposal that Fletcher Living have presented to the community. How will the thousands of new residents in the area they wish to develop will get out of Riverhead, along the Coatesville Riverhead Highway, onto SH16, and then onwards from there?

It is estimated that around \$300 million worth of transport infrastructure will be required for the 2000-3000 houses that can be built in Riverhead. To be clear, neither Auckland Transport nor NZTA have done any planning, business case preparation, and as a result there are no budgets proposed for this work in their 10 year plans. This is because council is working to its own publicly consulted timeline for development.

Council is not keeping up with the investment required for current development and is in a dire financial situation because of the pandemic and there is no room for borrowing the additional money needed to invest in new infrastructure beyond what is budgeted. Central government appears to be dialing back on spending to achieve a Budget Surplus, and in the last few weeks the Budget discussions have seen commentators noting the \$100 billion plus of unfunded infrastructure requirements across NZ. The opposition National Party has said it will cut taxes and spending, so it doesn't seem like there is the sort of funding required to address the billions of dollars needed to allow any early development of urban land in our district. Even if these agencies started planning for this today and the money was available, in the most optimistic estimation construction wouldn't be possible until 2028.

Fletcher Living planning staff claim that the long overdue SH16 Safety Improvements, which include a two-lane roundabout at the intersection of SH16 and Coatesville Riverhead Highway, will somehow solve this issue. I cannot work out if that is naively optimistic or deeply cynical, as this is a safety project not one to deal with thousands of new houses. This work may start in 2024 but could be held up for another few years if just one property owner objects, meanwhile Fletcher Living plan to start earthworks next year.

If Fletcher Living won't pay for everything that is needed, council doesn't have the money, and central government doesn't either, if the Plan Change is approved anyone who uses SH16 for business, work or other travel should expect there to be total gridlock within three years. Either way it seems that the costs of a private development are going to be externalised onto the community either through more traffic misery and costs to businesses who need to transport goods and services, or via higher taxes and rates to cover the costs of infrastructure.

Perhaps government should be considering an urgent change to the RMA to put a hold on large scale Private Plan Changes until a national system of infrastructure funding arrangements can be developed.

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In the meantime, the Auckland Council Planning Committee should seriously consider declining any Private Plan Changes for the North West until comprehensive transport infrastructure planning and budgets have been prepared.

Watch this space: We will be looking for opportunities for the public to let their views be known to decision makers.

Phelan Pirrie, Chair, Rodney Local Board. phelan.pirrie@aucklandcouncil.govt.nz

The NW risks becoming another Lincoln Road

A lot is going on in the Northwest that will affect the way our region looks, functions and feels in the future.

A plan change is being lodged that will rezone land earlier than expected in the Riverhead area. Auckland Transport is proposing major changes to increase the functionality of the bus service in the Northwest. Independent reports are surfacing alleging negligence by Auckland Council's CCO Healthy Waters in the maintenance of waterways in the lead-up to the August 2021 flood.

As much as it is fair to be angry at the lack of infrastructure such as widened roads, public transport, high schools, internet and public facilities, these are issues that will slowly resolve themselves over time. There is, however, a larger issue that is staring us in the face, one which we don't appear to be acknowledging.

The Northwest risks becoming just like the area surrounding Lincoln Road. This West Auckland area was covered in grapevines, orchards and market gardens until the 1970s.

Waitakere College is built on land that was previously an orchard.

If we do not determine as a community the character we would like the Northwest to have, and fight for it, we will lose it.

For instance, will we value the role of orchards, vineyards, wineries and strawberry gardens in defining the character of the future Northwest? The land is becoming too expensive to make commercial production viable, but is it important enough for us to keep these elements as part of the region's future?

Kumeu-Huapai, Riverhead, Taupaki and Waimauku are on a river plain that is largely flat. To many it makes it an ideal cycling area, especially with the introduction of e-bikes.

Is this an element we would like to see as part of the future



Northwest? Would we like a range of public transport options in and out of the area?

If so we need to push for an updated business case for the commuter train service to return to Kumeu and Helensville.

Transport Minister Michael Wood met with Kumeu Community Action recently and indicated that he was "open minded" to the idea of using the train track for commuters, but there is no current case to support it. We have asked him to consider getting a new report done given the significant population changes and congestion in the region.

At present, townships like Whenuapai, Riverhead, Kumeu-Huapai and Waimauku are looked at by planners individually with the primary future view planning being done by council-government transport agencies like Supporting Growth.

If the community doesn't step up and demand a place at the planning table, the decision-making on the future character of the Northwest will be done for them by a group of people that don't live in the area and may see no problem riding roughshod over the remaining character and the ideas the community have for the area.

To this end, Kumeu Community Action would encourage our local MPs, Chris Penk and Marja Lubeck, our councillor Greg Sayers and the Rodney Local Board, to work with the community to develop a vision for the future Northwest that can guide key decisions to be made in our near future.

Without this regional planning, developers will ask for more planning changes on huge chunks of land.

The random nature of these plan changes may see the Taupaki river valley become a housing area, supported by a government desperate for more houses and a council with no means to challenge the plan change.

The downstream effects of this would see an increased potential for serious flooding, even more than was experienced in the 2021 event. No one in our community wants that.

Please consider joining the local community groups working on your behalf in the areas of infrastructure and planning for the Northwest.

They are Kumeu Community Action (aka the Kumeu-Huapai Residents and Ratepayers Association), Riverhead Community Association, Taupaki Residents and Ratepayers Association, and the Muriwai Community Association. By Guy Wishart, Chairman, Kumeu Community Action.

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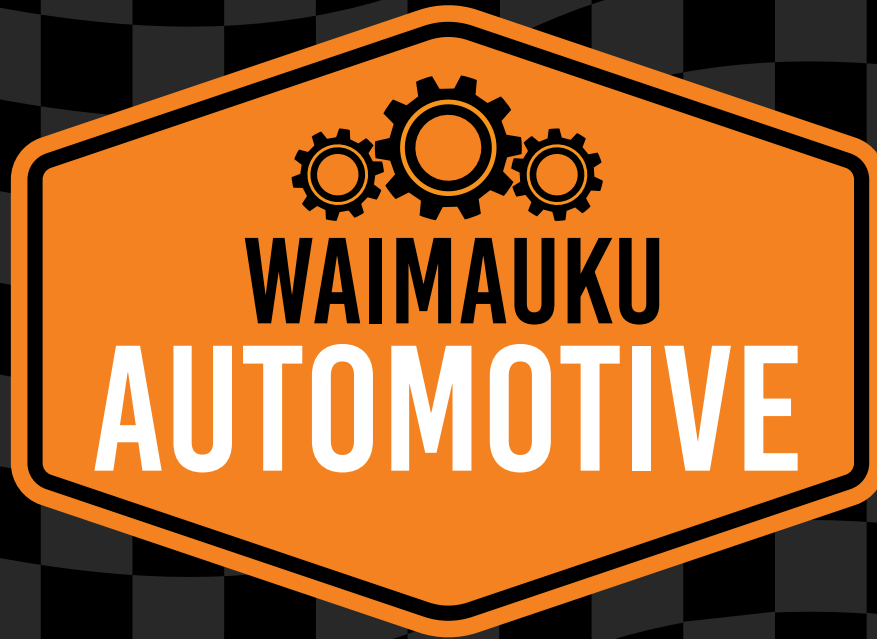
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