

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

Happenings at Brix and Co

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

Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.

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

June 2024



Greetings

A drier spell leading into winter has allowed Northwest roadworks to proceed at pace.

One of the more controversial works is the Matua Road/State Highway 16 intersection closure opposite where Sunnyview Orchards used to be on the road to Waimauku, and within the project area of Stage 1 of the SH16 Brigham Creek to Waimauku safety improvements project.

Last month NZ Transport Agency Waka Kotahi (NZTA) advised this intersection would close from May 6 due to safety concerns and to allow the completion of utilities work required for the project. The closure has been put in place until the project is finished in late 2025.

The detour route, via Tapu Road, will be clearly marked. Road users are asked to allow extra time for their journey and to follow the signs.

“During the works the road will be closed to through-traffic only between:

1. 212 Matua Road and SH16
2. 2 McIndoe Road and Matua Road
3. Matua Road to the end of Meryl Avenue.

Residents will have access to their properties at all times.”

The NZTA says it will be working with other contractors delivering works in the area, including Auckland Transport, during this period. Auckland Transport (AT) expects the Matua Road work to be largely done by October 14 this year.

AT has also been involved with Fulton Hogan in working on Station Road from SH16 to near Schoolside Road, adding a concrete sub-base, six driveways, parking bays, a cycleway linking Huapai District School, kerb and channeling, and topping off the new road section with asphalt.

Sure, some of these works may be an inconvenience while the work is being done, but I’m for any improvements to our roads, especially after all the potholes and subsidence (which have near wrecked our family’s vehicles and cost us a small fortune).

I know many people now use home delivery services (food, goods, etc) since the COVID years and that fuel prices have again risen lately – prompting some to make less journeys out of home.

These may be impacted with the Matua Road situation, so I’d suggest contacting the NZTA and AT, especially via their websites, to learn more.

Geoff Dobson, Editor



What's inside

- 3** People & Places
- 9** Safer Communities
- 10** Community News
- 12** Markets
- 14** In brief: Updates
- 16** Property News
- 18** Green home loan
- 20** Property Statistics
- 22** Hot Property
- 24** G.J. Gardner
- 26** Property Market
- 30** Home & Garden
- 32** Garden to kitchen
- 34** Kumeu Plumbing
- 36** Pets
- 38** Food & Beverage
- 40** Health & Beauty
- 42** 5 physio tips
- 44** Area Columnists
- 46** Sayers Says It

ENQUIRIES / FEEDBACK / ADVERTISING:

Geoff Dobson

P 027 757 8251

E geoffdobson2017@gmail.com

W www.kumeucourier.co.nz

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People & Places

Plenty happening at Brix and Co

Brix and Co is West Auckland's very own beverage hub.

New Zealand owned and operated it was established in July 2016 at the historic Matua Valley vineyard site in Waimauku - renowned for New Zealand's first Sauvignon Blanc vines.



"Our passion for all things beverage drives us to produce an array of products, including wine, non-alcoholic drinks, and ready-to-drink (RTD) beverages in various formats," says Brix and Co.

"Today, we have combined our manufacturing facilities and passion for creating exceptional drinks to expand our portfolio across a wide range of brands and products."

Production lines are capable of handling glass, cans, screwcaps, crown seals, carbonated, and pasteurised beverages "leveraging the expertise of our skilled, fantastic, bubbly team - predominately locals," the company says.

The site also boasts two artesian water bores 500 metres deep, a rare water source mineral-rich and naturally high in alkaline.

The Hunting Lodge is all about the land/site for the award-winning winery and restaurant.

It offers more relaxed dining than the silver service it used to have and is now fit for every occasion - not just celebrations.

The restaurant also has a lawn bar/cellar door, weddings/function events site.

The Hunting Lodge is dedicated to providing exceptional hospitality, food, and beverage experiences.

Brix & Co is the operational side of the business.

"Our umbrella of brands includes The Hunting Lodge wine, Alba

tequila sparkling margarita, Bar307 premium ready-made cocktails, Floridays wine coolers, Reason premium bourbon RTDs and partner brand Grog Japanese sochu vodka RTDs.

Alba Sparkling Margaritas are a great success in New Zealand, experiencing a staggering growth rate of over 300% in its second year. Now the brand's sights are set on international expansion and reaching overseas markets.

"Our products, rooted in a quintessentially New Zealand story, are made for the global stage, embracing innovation and creativity."

"We aim to create products that resonate with a loyal following of customers across multiple countries, segments, demographics, and lifestyles."

"At the heart of our philosophy is the New Zealand spirit of ingenuity and improvisation, driving us to achieve the best possible outcomes without being constrained by old-world conventions."

Brix and Co suggests a perfect day includes driving through the Riverhead Forest and arriving at the picturesque site set above the vines, enjoying a wine tasting and charcuterie board at the lawn bar, watching children running around and exploring the child-friendly site suitable for dogs too, seeing busy production workers coming and going, strolling through the vines, enjoying a seasonally-created menu using the highest quality local produce at the restaurant, and visiting the Cellar door - taking some wine home.

In the vibrant community's heart lies a treasure trove of experiences that cater to every taste and interest.

"We're dedicated to crafting engaging events that not only enrich the lives of our locals but also beckon visitors from the bustling cityscape to savour the charm of the west," says Brix and Co.

Some of the events held on site include the "Hound Hangout" involving local vendors, dog washing, pet portraits, off leash time - free to the public, a drag queen show with set menu, "Grape vs Grain" - a collaboration with other local wineries and breweries to bring a fun interactive showdown with a four-course set menu and a beer and wine match so the audience picks a winner.

The site is also available for larger event companies for concerts and festivals such as the North West festival and British-born house and techno DJ Carl Cox are held at the Brix and Co site, with some awesome ones in the pipeline for the rest of this year and 2025.



floridays

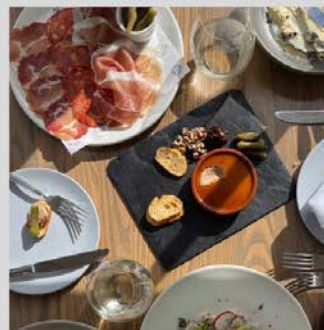
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People & Places

They linked in with George FM to create Wine Down Summer Series, a free monthly event from November to April where visitors can park up on the lawn and enjoy some groovy house tunes.

There are also "Paint & Sip" nights, "Cocktails & Tapas" nights, children's activities such as pizza-making classes, kids' paint and sip classes, colouring competitions and pasta-making classes.

Upcoming events include a selfcare session such "Yoga in the Vines", live music in the restaurant, and a Saturday DJ session while you dine about to be launched.

Explore @drinkalba @sipfloridays @drinkreason for a taste of something new.

Plenty more fun things are coming, so make sure you follow The Hunting Lodge on Instagram @the_hunting_lodge or Facebook and check out the website/what's on page through www.thehuntinglodge.com/whatson, or go to www.thehuntinglodge.com for more information.

Kumeu Friendship Club has events galore

Kumeu Friendship Club President Allan Maclean has been re-elected at the club's well-attended annual general meeting.



He reminded everyone we are never too old to make new friends.

"In fact, friendships are one of the key factors in a happy, healthy, long life," says Allan.

Guest speaker Chairman, Trustee and Mission Co-ordinator of Angel Flight New Zealand John Pringle spoke about the "under-used, charitable organisation" providing complimentary air flights across New Zealand for people requiring non-urgent medical travel.

In addition to its regular meetings, the Kumeu Friendship Club aims to enjoy two or more outings each month.

Recent excursions included morning tea at Blossoms and lunch at the Huapai Tavern. More substantial events are planned.

May guest speaker was Neurological Foundation Chief Executive Officer Rich Easton, with club member Gary Moss speaking about how Kumeu District residents share in the management of a \$6 million asset.

The Kumeu Friendship Club meets on the third Thursday of the month at St Chads Church and Community Centre in Huapai.

New members welcome.

Taupaki School Principal loves its rural atmosphere

Taupaki School Principal Christina Robertson is keen to maintain the school's rural feel.

Helping the school celebrate 125 years, Christina succeeds a long line of principals, including Bruce Warren, Stephen Lethbridge and Pete Hall.

Living in Puhoi, Christina enjoys Taupaki School's rural character.



It wasn't that long ago that some pupils rode horses to the school, grazing them in a nearby field where the Taupaki Kindergarten now stands.

Much of the school's tradition is continued in its annual "Ag Day" (Agricultural Day) in October where students can bring lambs, calves and other farm animals to the school for showing and judging on the day.

Taupaki School has a close association with the Kumeu Showgrounds which hosts the school's annual "Monster Fireworks" gala evening in association with Bad Boy Fireworks in late October.

Pupils past and present are also involved with the Kumeu Show.

Christina trained at the Auckland College of Education, previously known as Auckland Teachers' Training College, has taught in United

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People & Places

Kingdom schools for about five years and held various positions in several Auckland schools, including eight years as Mahurangi College Deputy Principal.

She says the local community is very involved in Taupaki School, which included some proceeds from the "Gather" Taupaki cookbook going to the school.

The school will soon establish refurbished classrooms instead of new premises for its popular technology classes which attract students from seven other West Auckland schools.

The technology department is due an upgrade and the school is excited about what this will mean for the programmes, says Christine.

A strategic plan is in place for the school, although no new buildings are currently planned.

Taupaki School has about 225 pupils and around 26 staff.

Christina says she wants to maintain the interaction between the community and the school and retain the school's heritage and rural qualities.

Garage to workshop for Valk Auto Electrical

Tim Valk started the family business Valk Auto Electrical in 2021 after a long and interesting career in the industry.

"I have a real passion for classic cars, hot rods and race cars of all kinds," says Tim, adding that many of his younger years were spent at the drag races and other car events.

"Specialising in auto electrical engineering has led me to work on some pretty awesome cars over the years and starting a business was a way for me to continue doing what I enjoy."

The Valk family moved to Helensville about eight years ago.

"My wife is a local teacher and I really liked how friendly people were when we would be out and about," says Tim.

Valk Auto Electrical began in their home garage one day a week.

"The wife's car had to move outside," Tim recalls.

Valk Auto Electrical became full-time about two years ago.



Geoff Dobson
MEDIA

P 027 757 8251
E geoffdobson2017@gmail.com

"Getting my own workshop on Mill Road was a massive step and one that has been pretty awesome," he says.

"I love working with the local businesses.

"They have all been really supportive and have made starting a new business less isolating."

The Valk family includes two boys.

"One who wants to figure out robots and how they work - he is nearly seven - and another who loves cars, he is nearly 10 and wants to race in the V8 Supercars; the deal is that I get to be on his pit crew!"

Tim says he has been really lucky in his career to be mentored and supported by a lot of great people.

"Each one has helped me gain a little more experience and knowledge."

Valk Auto Electrical does all things auto electric including diagnostics/fault finding, ABS, SRS, engine checks, light faults and more.

It has up-to-date scan tools, accessories, alarms, trailers, and much more while specialising in classic car wiring restoration, rewires, race cars, and custom wiring looms.

Forty years of service celebrated by the Waitākere Volunteer Fire Brigade

On Saturday 11 May, firefighters past and present gathered to celebrate the 40th anniversary of the Waitākere Volunteer Fire Brigade, and the story of how passionate locals harnessed hard work and a vision of service to create a state-of-the-art emergency response





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People & Places

that today serves communities across west Auckland.

Back in May 1984, a band of brothers and sisters gathered in the Waitākere Hall and committed to build a community-focused rural fire party - not a party in the usual sense, but a group that would gather land and resources to make a difference to the local community that suffered from the delays in urban brigades reaching the small village.

Funded by door-to-door donations and contributions from Waitākere City Council and Henderson Fire Station, the Waitākere Volunteer Fire brigade started with little more than some borrowed and traded bits of gear and an old Bedford van spray painted with a flashing light.

Plagued by the van's batteries going flat and a lack of suitable response clothing, the fire party held fast to their belief that over time things would get better.

And they did, but not without decades of commitment, perseverance, and an unwavering belief in serving and protecting the community no matter what it took.

It is thanks to these twelve founding members that today the Waitākere Volunteer Fire Brigade is a robust force of 24 dedicated volunteer firefighters, serving communities from Waitākere City and Taupaki to Helensville and Huia, at an average of 100 callouts each year.

The Waitākere Fire Station and Civil Defence facility, completed by the brigade with significant community support in 2012, is a state-of-the-art facility capable of self-sufficiency in every aspect for more than 72 hours, making it 100 percent resilient for the community and incident response.

Brigade chief, Graham McIntyre, says today the brigade's values are even more entwined with those of the original cohort of locals that gathered in 1984 with a vision to serve and protect.

"We are a positive, inclusive team, committed to supporting and caring for each other. Upholding high standards and striving to exceed expectations. We serve our communities with courage and passion, always with pride and honesty.

"We extend and solidify the work we undertake in areas of Reduction,

Readiness, Response and Recovery for our community, in a way that is resilient, resourceful, and respectful. A culture that those before us demonstrated wholeheartedly."

Clearstone Legal commemorates 10 years

Debra Barron is the Principal of Clearstone Legal which started in June 2014 and is holding an invitation-only party to celebrate.



"We will also be having specials and giveaways throughout the month of June," says Debra, inviting people to check out Clearstone Legal's Facebook page for further details.

She says Clearstone Legal began after many years of working in the legal sector, when an opportunity was seen in the market for a fresh, modern approach.

"We pride ourselves on the ability to explain to our clients in everyday language, rather than legal jargon," says Debra.

"We also prefer to offer our clients options rather than telling them what they should do and empowering with the reasons why one option might be better.

"Like most small businesses, we worked from home offices before securing premises in Te Atatu Peninsula.

"With the residential and commercial expansion in the NorthWest of Auckland, we took the opportunity in 2018 to incorporate the Kumeu Huapai Law Centre into our practice.

"In 2020 we relocated to our current office at 1A Tapu Road, Huapai."

Clearstone Legal general law practice has a team of nine "amazing" women, says Debra.

"While much of our business involves conveyancing (buying, selling, refinancing and subdividing property) we offer full estate planning services such as formation and administration of trusts, wills, enduring powers of attorney and look after deceased estates.

"In addition, we have expertise in relationship property matters and commercial transactions such as buying or selling a business, commercial leases, shareholder agreements, etc.

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People & Places

Debra says Clearstone Legal has "really enjoyed becoming a part of the community in both the Te Atatu and Kumeu areas, sponsoring local sports clubs at the Te Atatu Roosters and the West Coast Rangers".

Paris-bound Olympian at Taupaki School 125th

Former Taupaki School student Cameron Gray spoke at the school's 125th anniversary celebrations on May 23.

Cameron is competing in the 100-metre Freestyle swimming at the 2024 Olympic Games in Paris, July 26 to August 11.

He got a bronze medal in the 50-metre Freestyle event at the 2022 Birmingham Commonwealth Games and has also competed in 100-metre and 200-metre Freestyle, 50-metre Backstroke and 50-metre Butterfly events.



An anniversary cake was cut and classes opened in the afternoon displaying historical themes.

Games, a sausage sizzle and other events were held, the open

afternoon attended by scores of people including past pupils and staff along with many from the local community.

Kumeu Brass Band celebrates 75 years

Kumeu Brass celebrates its 75th anniversary with a free concert at the Kumeu Community Centre on Sunday June 30 at 1pm.

Everyone is welcome to attend.

Kumeu Brass will present its test pieces to be performed at the free-to-attend New Zealand Brass Band Championships (aka Pacific Festival of Brass) in Manukau, July 10-13.

The Kumeu Vintage Band will also play a selection of music at the June 30 event.

Both musical directors will be performing solos on the euphonium and flugel horn.

An afternoon tea for past and current members follows.

Community support has always been crucial to the success of the band with founder Jack Faulder noting in his diary in 1950 that "chap



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People & Places

left horse here for the band to sell at Gala Day".

The Kumeu Vintage Band's oldest member Jean Ngatapu recently celebrated her 90th birthday and is the 75-year-old band's percussionist and instrumental in ensuring that each band member has the right music.

The vintage band also has an average age of 75.

What is the secret to the band and its members' longevity?

Cornet player Brenda Rosamond, 77, suggests the secret is weekly practices in the band room at the Kumeu Showgrounds.

"It gets you out, gets you amongst others," says Brenda.

"It exercises your brain."

It seems the Kumeu Vintage Band is just as much about the music as the socialising and cups of tea afterwards.

Longest serving member Eric Cole has been with the band since its inception in 1948 when Jack Faulder, father of current Huapai resident Derry Faulder, was approached by Bill Trevena about starting a local brass band in Kumeu.

Bill was able to obtain some old brass brand instruments from the Helensville Borough Council; three cornets, two bass and two baritones, which became the first instruments for the new Kumeu Brass band.

Their first practice was held in a packing shed in Station Road.

Before long the Kumeu Districts and Citizen's Band was playing its first dance recital at the Kumeu Hall under the baton of band master Bill Trevena.

In 2007, the band split into two entities - the Kumeu Brass Band and the Kumeu Vintage Band.

The Kumeu Brass Band focuses on competing in band contests and the Kumeu Vintage Band on community performances whether it's adding to the festive spirit with caroling at Christmas or bringing entertainment and joy to local retirement homes.

Kumeu Brass plays at Swanson and Helensville Anzac services, caroling in Kumeu and the Christmas parade.

The Kumeu Vintage Band plays Christmas carols in Kumeu and on the Hibiscus Coast.

Both bands play at the Kumeu Show on separate days.

All those who have witnessed the two bands' performances can attest both are of high calibre and testament to band members' musical skills.

And that is an important part of belonging to the band - the opportunity to practise and improve.

As one band member says: "It challenges me to play harder and harder tunes, to hit higher and higher notes."

Kumeu Volunteer Fire Brigade - Employer Recognition Evening

Jon and Wendi Williamson from Williamson Water and Land Advisory recently attended a recognition evening for Employers and Supporters of the Kumeu Volunteer Fire Brigade.

Kumeu local employee Laila Alkamil, who has worked at WWLA for nearly 3 years as a Planner has been a member of the Kumeu Volunteer Fire Brigade for the last 7 years.

She is often seen running from her desk mid-conversation to attend a Fire call in the local community.

The Recognition Evening was for the brigade to show their appreciation of employers like WWLA who support volunteers like Laila and enable them to provide this invaluable service.

It was a fun and informative evening and was topped off by an emergency call/car wreck simulation, where the supporters could try out their skills at using the rescue gear.

WWLA is proud to be associated with such a great organisation and will continue to support the Kumeu Volunteer Fire Brigade.

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Safer Communities



In emergency situations, accurate property identification is crucial for efficient response by Fire (and other) Emergency response vehicles. While the common advice is to “head towards the smoke,” this approach doesn’t always work due to various factors. Whether it’s a lack of visible smoke, challenging terrain, or properties set far back from the road, there are obstacles that responders face. To ensure a swift and effective emergency response, consider the following measures:

Improved Property Identification

Designate a Spotter: Have someone stand at the entrance to your driveway and wave down emergency responders. If it’s dark, use a flashlight to capture their attention. A visible presence helps guide us to the correct location.

Clearly Display Street Numbers: Ensure that your street number is prominently displayed and visible from both directions. Reflective numbers are preferable, especially at night. Avoid relying solely on painted numbers, which may be hard to see in low-light conditions.

Shared Driveways: If you share a driveway with neighbours, extend your numbering system beyond the road. Clear signage and directions within the driveway will guide responders to your specific property. Ensure there’s enough space (at least 4 meters tall and 4 meters wide) for fire appliances to manoeuvre.

By proactively implementing these measures, you contribute to a more efficient emergency response. Quick and accurate property identification allows

responders to provide timely assistance, minimizing delays and assisting with the safety of you and your property.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

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Community News

Flippin' Fun Trampoline Park

Groups-Schools-Sports Clubs & Teams

Flippin'Fun provides an endless amount of fun for any kind of group. Great for all ages, sports teams, Scout groups, church groups, youth organisations, corporate team building, stag or hens' nights or just a group of friends looking for something awesome to do.



Discounted group rates are available for both weekday and weekend jump times for groups with a minimum of 12 jumpers (general admissions). Contact us to answer all of your questions, provide pricing and book your event to ensure it's a great experience.

Looking for a more stimulating environment for your group function or corporate event? Flippin'Fun's huge mezzanine area is an ideal separate space featuring a large screen TV, ample seating and exclusive toilet facilities makes it perfect for team bonding sessions or sports team party/awards. Launch your team onto the Park for free-jumping mayhem or organised team-building events. After an exhilarating time on the tramps they can return for food and refreshments.

Call us on 09 833 6880 or visit www.flippinfun.co.nz/groups for more information.

Kumeu Childcare

Kumeu childcare strongly believes that children's sense of belonging and their self-esteem is promoted in an environment where on-going and harmonious parent-teacher partnership exists and where their cultural heritage is recognised and valued. Our teachers take into account the interests, strengths and needs



of the individual child and the aspirations of parents, whanau and community. We ensure children have the best care, their needs are met and that they have a memorable experience every day while in the centre

We warmly invite all to visit the centre and to meet the teaching team, and ask us how we can best support you with your childcare needs, and whānau aspirations for your child. To find out more

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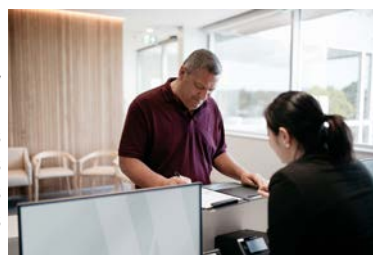
What's on at Kumeu Arts

This June we're taking part in the Auckland Festival of Photography. Our galleries will be filled with a range of stunning images. Local photographer and chef Charlie Yang says... "I am fascinated by stairs. They seem to reflect my journey and my past. Various designs, they hide stories containing the twists and turns of life". Printed in his home country of Korea on handmade paper, Charlie's dramatic series will be displayed in our Pod. While in our Main Gallery Kumeu Arts members will showcase a wide variety of approaches and subject matter alongside the Kumeu Photography group. After that we're celebrating Matariki with more exhibitions and a community gathering on the eve of the public holiday (June 27th). We welcome you along to this free, family friendly event. Visit our website or social media for more details on this and our classes and workshops. www.kumeuarts.org.



Waitemata Endoscopy is right behind Bowel Cancer Awareness Month

June in NZ marks Bowel Cancer Awareness Month and Waitemata Endoscopy is right behind supporting Bowel Cancer NZ to spread its biggest symptom awareness campaign. Bowel cancer is preventable, and yet NZ has one of the highest rates of bowel cancer. So the goal is to reach as many Kiwis as possible, so they know the symptoms and to get checked if they have concerns.



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Community News

Bowel cancer is 90% curable if caught early, and yet it kills the same number of people as breast and prostate cancer combined. No one ever died of embarrassment, but they do die of bowel cancer.

At Waitemata Endoscopy, we have worked hard to solve the problem of timely access to a Colonoscopy for the early screening, detection and diagnosis of bowel cancer, at ideally its pre-cancerous stage.

Now with 17 Gastroenterologists and Surgeons, we are able to offer reduced waiting times for most standard Colonoscopy (and Gastroscopy) appointments within 7 working days of a GP or self-referral, when you let us match you with the availability of our experienced Specialists across the Waitemata Endoscopy Group.

What is a Colonoscopy? A Colonoscopy is where a thin tube with a camera is used to look inside the gut to get a good look at the colon or large intestine. This is a day procedure where you can go home the same day. During a Colonoscopy, the doctor or Endoscopist may take biopsies and photos, remove polyps/growths and check for other bowel health conditions.

To find out what symptoms to look out for, an online symptom checker is available at www.bowelcancernz.org.nz/awareness-month

If you have ever had any anxiety about having a Colonoscopy, let our compassionate team put your mind at ease and provide you with excellent endoscopy care. With increased capacity at both clinics across the Waitemata area, wait times are significantly reduced, easing the burden on the public health system.

So don't sit on your symptoms, take action for you and/or your whanau this June for Bowel Cancer Awareness Month.

To take a video tour of our Clinics and the patient journey, head to

our website at www.waitemataendoscopy.co.nz/locations

Kumeu Book Fair July 6 and 7

Huapai-Kumeu Lions will be running another Book Fair at the Kumeu Community Centre on Saturday July 6 and Sunday July 7, 9am to 1.30pm.

Lions will be assisted by people from Waimauku Scouts for this fair.

The new Scout hall in Waimauku is a fine building and the Lions Club is pleased to have supported its construction over several years by sharing profits from its book fairs.

The usual range of good quality books will be on offer for \$2.

A wide range of genres will be displayed, both hard back and soft cover novels, books on gardening, cooking, sports and travel and a range of other subjects and interests. Children's books with special prices for a bundle of them will be on the hall stage.

A section for vinyl records, CDs and videos is featured.

Payment by eftpos will be available.

Lions are grateful for book donations of good saleable quality.

Magazines, encyclopaedia and tatty books are not wanted as the



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URGENT APPOINTMENTS AVAILABLE

Community News

cost of dumping books impacts profits.

Donated books can be left on the table beside the Lions Room at the Kumeu Community Centre during the fortnight prior to the fair, from Monday June 24 to Friday July 5.

People wanting to dispose of old spectacles may put them in a donation box at the fair. After being tested the glasses are given to visually impaired people living in the Pacific Islands.

Huapai-Kumeu Lions and Waimauku Scouts will run this book fair on the first weekend in July.

Gently Loved Markets

Gently Loved Markets is back at the Kumeu Community Centre on Sunday 16th June for your preloved treasure hunt at the new time of 10am till 1pm.

With over 30 stalls selling preloved, modern, vintage, retro and upcycled clothing, accessories and homewares.

Grab a friend and your favourite fabric bag for your preloved fix. All stalls are indoors, with changing rooms at the venue to you can try before you buy. The event is mainly cash, some stall holders accept bank transfers.

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

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



The Village Market Helensville Showgrounds

Sunday 16th June 8.30am to 1pm.

A monthly event that takes place on the third Sunday of every month (except for February) at the Helensville A&P Showgrounds. A lively and friendly market that offers a variety of stalls. This month we have live music from Foster on the tenor sax and free hair plaiting for the kids and you can find fresh local produce and plants, artisan food and preserves, handmade crafts, gifts, collectibles, pre-loved items and more plus delicious food and coffee. If you are looking for a fun and relaxing way to spend your Sunday morning, you might want to check out this Village Market.

No dogs please with the exception of assistance dogs. Gold coin donation for parking - proceeds to the Helensville/Kaukapakapa scouts and St John youth.

For more information contact sarah@riversidecrafts.co.nz.



Permanent jewellery is now in Huapai

Sentimental, creating connections, matching, making memories, practical, fun... just a few words to describe the permanent jewellery experience.

What is permanent jewellery? It's jewellery - bracelets, anklet and necklaces which are clasp free and custom fit to you, creating a seamless look to your piece.

Your chosen chain is micro-welded together to achieve this look.

Meaning you never have to worry again about forgetting to put your jewellery on before you leave the house.

But don't worry, your piece can easily be snipped off if you ever need to remove it and is also designed to break under a certain load if caught, to avoid injury.








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Community News

Share an experience, match with your bestie, bond with family members or jump on the trend and have some fun.

You'll find us once a fortnight at Fresh & Flawless in Huapai. Bookings are recommended - booked through www.picktime.com/ConnectedbyPreciousImprints or follow us on Instagram www.instagram.com/connected_bypreciousimprints.

Meet Stacey Milne: Your trusted real estate expert in Kumeu

Stacey was born and raised in Kumeu/Riverhead, where she has spent time connecting and forming local relationships with the community and area, gaining local knowledge. With 10 years' experience behind the scene as a licensed PA, she has packed together her knowledge and experience and is now ready to sell your home or help you purchase your new home.



Stacey Milne is not just a real estate agent; she's a dedicated professional who has become an integral part of the Kumeu

community's journey to finding their dream homes.

Stacey's journey in the world of real estate began with a deep appreciation for the beauty and potential of the Kumeu region. Her in-depth knowledge of the local market trends, neighborhoods, and hidden gems is unmatched. She combines this local expertise with a global perspective, ensuring her clients receive the best of both worlds when it comes to buying or selling property in Kumeu.

Stacey's approach to real estate is rooted in her belief that each client's journey is unique. She takes the time to understand their goals, preferences, and aspirations, ensuring that every real estate transaction is a tailored experience. Her professionalism, attention to detail, and dedication to client satisfaction have resulted in numerous successful real estate transactions and satisfied homeowners.

Stacey understands that finding the perfect home is about more than just bricks and mortar; it's about finding the right place to build your life.

Whether you're a first-time buyer, a seasoned investor, or looking to sell your property in Kumeu, Stacey Milne is the trusted partner you need by your side. Her passion for real estate, local expertise, commitment to personalised service, and strong ties to the community make her the ideal choice for all your real estate needs in Kumeu. Discover the difference of working with Stacey Milne and embark on a real estate journey like no other.

Call Stacey today on 021 058 5692 or email stacey.milne@mikepero.com, scan the QR code below.

Thinking of **selling?**

Try a fresh but experienced perspective.

I'm leveraging 10 years of behind the scene real estate experience to help you sell your home.



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In Brief

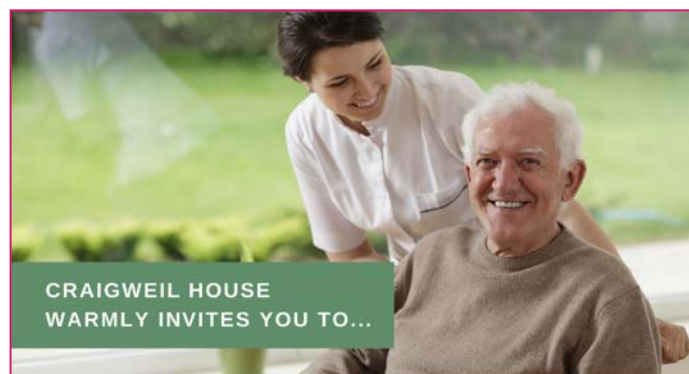
How much do you know about technology?

Your local Seniornet club might be able to help you. The club is run by local people who have a passion about teaching about new technology. Last month we heard about the latest new developments in the way it is going, favourite websites, money mules, mobile phones and a lot more. If you are frightened of technology, why don't you come along and learn, at the same time having fun. Whatever the level you are at you can enjoy our friendly club. There are other advantages as we run courses and hold one to one help for members. We meet the first Wednesday of the month at St Chads Church hall, Kumeu at 10am. All will be very welcome.

Craigweil House Home and Hospital

ANZAC Day holds a special place in the hearts of many, and within the walls of Craigweil House Home and Hospital, it is commemorated with utmost respect and dignity.

The rest home comes alive with a sense of anticipation and reverence, from spirited games of bowling and mini-golf to ANZAC-themed craft making. Residents and staff gather in the cosy confines of the indoor facility, where makeshift mini golf courses and bowling lanes have been set up for a



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143 Parkhurst Rd, Parakai
info@craigweil.co.nz



Craigweil House
Home & Hospital
FEEL AT HOME WITH FAMILY

day of commemorative activities. In commemorating ANZAC Day, the rest home reaffirms its commitment to preserving the values of unity, camaraderie, and remembrance for generations to come. For in honoring the past, we ensure that the sacrifices of the ANZACs are never forgotten, and their legacy continues to inspire and unite us all.

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

Kumeu Library

There's a change to the way you collect your requested items from Kumeu Library (and all other Auckland Libraries). Starting from Tuesday 28 May, when you visit the library to collect an item you have requested, it will not be arranged alphabetically based on your last name any more. The items will also not have your full name on a paper slip. Instead, your requested library items will be on numbered shelves on the library's holds pick-up area. When you receive the email or phone call to let you know your library item is ready to be picked up, it will give you all the information you will need to find your hold at the library, including:

- The name of the library item
- The library your item is ready to be picked up from
- The numbered shelf it is on
- The date your item needs to be picked up by.

If you have more than one library item to collect, you may need to find and collect your library items from more than one numbered shelf in the holds pick-up area. You can either bring your device to the library with the email, or write down the details from the email or phone call to bring with you.

To help you collect your holds at the library, we encourage you to download the Auckland Libraries app to your Apple or Android device - the Auckland Libraries app will have all the information about your holds in one place. The app also allows you to link and manage multiple accounts, making it easier for families that have multiple items to collect from different library accounts. Once each family member's library accounts have been linked on the app, all the information to help you find your holds can be seen by tapping the holds section and selecting each person's name. The Auckland Libraries app can be downloaded from the Apple App Store or Google Play store. If you don't have access to a device when you're at the library, and you need help to know where your holds are, feel free to chat with our friendly staff at the desk, who can look this up







Grant Castle

P (09) 412 8239
M 027 299 7054

106 Main Road, Kumeu
E castlepanelbeating@orcon.net.nz

In Brief

for you.

We are making this change as Auckland Libraries is changing the way we handle our collections with the introduction of an innovative new software system that will automate and reduce some of the manual handling tasks involved in moving and managing our collections around our network of libraries.

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

Normandy Brittany Tour

29 August to 11 September 2024.

Discover the enchanting beauty of Normandy and Brittany with our boutique-style guided tour, designed for a maximum of 8 travellers.

This tour offers history, culture, and breathtaking landscapes and iconic destinations.

Join us on this unforgettable journey from the historic D-Day beaches of Normandy to the rugged coast of Brittany, where history, culture, and natural wonders come together in a delightful and



exclusive tour.

Highlights of the "From Normandy to Brittany" Tour; St Malo: Explore the fortified city of St Malo, known for its impressive city walls, stunning beaches, and maritime heritage. Wander through its historic streets and soak in the coastal ambiance. Perros Guirec: Immerse yourself in the breathtaking landscapes of Perros Guirec, a coastal town known for its pink granite rocks and stunning seascapes. Concarneau: Discover the fortified town of Concarneau, where medieval charm meets seaside allure. Explore the Ville Close, a walled town within the larger city, and experience the maritime atmosphere. Pont Aven: Be inspired by the artistic heritage of Pont Aven, a town renowned for its association with the post-impressionist painter Paul Gauguin. Stroll through the charming streets that once inspired masterpieces. La Gacilly: Experience the enchanting village of La Gacilly, known for its vibrant floral displays and connection to photography.

Why Choose our Tours: Small group size: Enjoy an intimate and personalised experience with a maximum of 8 people in the group, fostering a sense of camaraderie and exclusivity. Unforgettable experiences: Discover hidden gems, indulge in local flavours, and create memories that will last a lifetime. Expert Guides: Passionate and knowledgeable guides bring the destinations to life, sharing local insights and ensuring an immersive experience. Boutique Style: Immerse yourself in the charm and authenticity of each region with carefully curated itineraries that highlight the best in Normandy and Brittany.

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Property

Property market report

Auckland Council fees and charges continue to rise unchecked and is a major contributor to a continued fall in building consent numbers across greater Auckland.

Fewer new homes are being built and the cost of building them keeps rising.

The number of new homes being consented has nose-dived by more than 30% over the last two years, and the cost of building them is still increasing, according to interest.co.nz's latest analysis of Statistics NZ's residential building consents data.

This shows 7717 new dwellings were consented throughout the country in the first quarter (Q1) this year, down from 9720 (-20.6%) in Q1 last year, and down from 12,333 (-37.4%) in Q1 2022.

At the same time the average estimated cost of building those homes has continued to rise.

The average estimated build cost (excluding land) of new dwellings consented in Q1 this year was \$462,654, up \$21,978 (+5.0%) compared to Q1 last year, and up \$68,100 (+17.3%) compared to Q1 2022.

The increase in building costs is a reflection of all costs including Auckland council charges that could make up 20% of the build cost. In Q1 2010, the average size of new homes consented was 202 square metres, and had steadily declined to 141 square metres in Q1 2024. That means the average size of new homes has declined by 61 square metres (-30%) over the last 14 years.

In the last two years, from Q1 2022 to Q1 2024, the average build cost has increased from \$2695 per square metre to \$3276 per square metre, up by 21.6%

We would hope that Chris Penk, Minister for Building and Construction can place some heat on Councils to reduce charges and increase transparency of compliance costs.

It is an issue that has plagued the construction sector previously as the market goes through a boom to bust cycle leaving the public unsettled and creditors out of pocket. If you are considering building we suggest you talk with a number of credible building companies and lock in a fixed price to reduce surprises.

Let's look at market sales:

Coatesville	\$3,370,000 to \$4,150,000
Helensville	\$700,000 to \$1,750,000



Huapai	\$1,020,000 to \$1,950,000
Kumeu	\$683,000 to \$1,305,000
Muriwai	\$1,100,000 to \$1,865,000
Parakai	\$580,000 to \$950,000
Riverhead	\$1,250,000 to \$1,775,000
Swanson	\$670,000 to \$2,020,000
Waimauku	\$990,000 to \$3,365,000
Waitakere	\$1,275,000 to \$1,800,000
Whenuapai	\$735,000 to \$1,290,000

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

Understanding landlord responsibilities

Renting out a property can be a rewarding endeavour, providing a steady income stream and potentially long-term financial security. However, being a landlord also comes with a set of responsibilities that must be taken seriously to ensure a positive and compliant rental experience for both parties involved. In this guide, we'll explore the key responsibilities that landlords have when renting out their properties.



Property Maintenance and Condition - One of the primary responsibilities of landlords is to maintain the property in a reasonable condition. This includes ensuring that the property is structurally sound, addressing any maintenance issues promptly, and providing essential amenities such as heating, plumbing, and electricity. Regular inspections can help identify potential problems early on, allowing landlords to take proactive measures to maintain the property's condition.

Ensuring Quiet Enjoyment - Tenants have the right to "quiet enjoyment" of the property they are renting, which means landlords

Graham McIntyre
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must refrain from interfering with their tenants' peace and quiet unless necessary. This includes respecting their privacy, not intruding on their living space without valid reasons, and addressing noise complaints promptly and effectively.

Compliance with Building and Safety Standards - Landlords are responsible for ensuring that the rental property meets all relevant building, health, and safety standards. This includes providing adequate ventilation, ensuring that smoke alarms are installed and functional, and addressing any potential hazards such as mold or asbestos. By maintaining a safe and healthy living environment, landlords can protect the well-being of their tenants and avoid potential legal issues.

Handling Abandoned Goods - In the event that a tenant leaves behind abandoned goods upon vacating the property, landlords must handle them appropriately. This may involve storing the items for a specified period, attempting to contact the former tenant to retrieve them, or disposing of them in accordance with local regulations. It's crucial to follow the correct procedures to avoid liability and ensure that tenants' belongings are handled with care.

Notification of Property Sale - If the rental property is put up for sale, landlords are required to inform their tenants of the impending sale. This allows tenants to make informed decisions about their living situation and prepares them for potential changes in ownership. Open communication between landlords and tenants is essential to maintaining trust and transparency throughout the process.

Agent Representation - Landlords who are planning to be out of the country for more than a specified period must appoint an agent to manage the property in their absence. This ensures that tenants have a point of contact for any issues or concerns that may arise during the landlord's absence, providing peace of mind for both parties.

Prohibited Actions - While landlords have certain rights, there are also actions that they are prohibited from taking. For example, seizing a tenant's goods for any reason is strictly prohibited, as is interfering with the supply of essential services to the premises without a valid reason.

Shared Responsibilities - In addition to the landlord's responsibilities, tenants also have obligations that they must fulfil. Both parties are responsible for ensuring that the tenancy agreement is in writing, keeping their contact details up to date, and not changing the locks without permission.

In conclusion, being a landlord requires a commitment to fulfilling various responsibilities to maintain a safe, habitable, and legally compliant rental property. By understanding and adhering to these responsibilities, landlords can foster positive relationships with their tenants, protect their investment, and ensure a smooth and successful rental experience for all parties involved.

If you're wanting to discuss further or have a property you would like to rent, feel free to get in touch with us. The Rent Shop Hobsonville 021 RENT4U (736 848) mike.james@therentshop.co.nz.

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What is a green home loan?

When it comes to Green Home Loans, most of the major banks can offer these as a "Top-up" to your existing home loan.

These Top-ups allow you to borrow additional funds on top of your existing mortgage for the purpose of making sustainable improvements to your home (subject to the banks credit criteria).

Here's a brief introduction:

ASB's "Better Homes" Home Loan - Up to \$80,000 at 1% interest over 3 years.

ASB offers the "Better Homes" top-up home loan, featuring a low-interest rate of 1% for loans of up to \$80,000 over three years.

This loan can be used for various sustainability improvements, including heating, insulation, solar panels, double glazing, and electric vehicles.

ANZ's "Good Energy" Home Loan - Up to \$80,000 at 1% interest over 3 years.

ANZ provides the "Good Energy" home loan, offering a low-interest rate of 1% for up to \$80,000 over three years.

This loan is specifically designed to finance energy-efficient upgrades under 4 different categories, energy efficient upgrades, clean transportation upgrades, solar panels, solar batteries and rainwater tanks.

BNZ's "Green Home Loan" Top Up - Up to \$80,000 at 1% interest over 3 years.

BNZ offers "Green Home" top-up loans, allowing homeowners to borrow up to \$80,000 at a low-interest rate of 1% for the first three years. The loan can be used for sustainability improvements, including insulation, solar panels, rainwater tanks, and financing electric or hybrid vehicles, electric bikes and electric chargers.

Kiwibank's "Sustainable Energy" Home Loan - Up to 10 years PLUS cash contribution on floating rate.



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Kiwibank provides a "Sustainable Energy" home loan. The maximum will be determined by their affordability criteria and is on the floating interest rate.

For loans over \$5,000, they offer a cash contribution of up to \$2,000 towards your sustainable energy system's cost over four years: \$800 after the first year and \$400 annually for the subsequent three years. It covers a slightly broader range of sustainable energy systems such as solar power, small-scale hydro, wind energy and geothermal resources.

Westpac's "Greater Choices" Home Loan - Up to \$50,000 at 0% interest over 5 years.

Westpac offers the "Greater Choices" home loan, which allows borrowers to access up to \$50,000 with no interest for up to five years.

The loan can be used for a range of sustainable enhancements to your home, and also available to be used for energy efficient transport like an EV, hybrid vehicle or electric vehicle charger.

Plan Repayments and Avoid Debt Traps

While a Green Home Loan may offer attractive terms initially, it's important to understand the long-term cost implications. As with all loans any application will be subject to the banks credit criteria.

By working with a Mortgage Adviser you can evaluate the total cost of financing, including the interest rates that will apply once the interest-free period or low rate ends. This will help you make an informed decision and avoid any surprises down the line.

By making it easier to borrow to invest in energy-efficient and sustainable enhancements for your home, you can reduce your carbon footprint, lower your energy bills, increase your property's value and create a more comfortable and healthier living environment for you and your family.

To learn more about Green Home Loans call Stephen Massey - Loan Market 021 711 444 or check out my website loanmarket.co.nz/stephen-massey.

Does your will do what you want?

If a person dies leaving behind a valid will but it does not properly dispose of all their assets, then the remaining assets will be distributed intestate under the Administration Act 1969 ("Act"). This could happen if the deceased forgets to deal with an asset in his or her will or if a beneficiary no longer exists when the deceased dies. The estate will then be divided among the surviving spouse, children, parents, and other next of kin, depending on the circumstances.

For example, Mr A decides to leave his assets to his family trust to look after the next generation. A few years after signing his will Mr A and the other trustees of the family trust decide to wind up the trust. Unfortunately, Mr A forgets to update his will which still has the family trust as the beneficiary of his estate - but it no longer exists. Mr A's estate will now be distributed pursuant to the intestacy laws under the Act.

In many situations this may not be a problem as the people who end up inheriting under the Act may be the same as if the family trust inherited the estate. However, sometimes this may not be the case and the estate is distributed in a way that the deceased never intended.

This is why it is good practice to regularly check your will to make sure it properly disposes of your assets. If you are uncertain about the distribution of your assets upon your death or need to update your will, you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Mature Movers – Free Guide

With over 18 years of experience, knowledge and history, Graham McIntyre has created a step-by-step guide to the progress of selling when you are a mature seller wanting to fully understand the process and the decisions that accompany this change. A range of handy links, proven suppliers and helpful checklists are all available for you today, without cost and without obligation. "I feel that mature sellers are wanting to read more, understand the process and gather information to gain confidence in the steps and the agent they wish to work with" says Graham. "After 18 years in real estate and 22 years involved in Fire and Emergency responding to people in their golden years with trips, falls and breathing issues, I understand the need to slow down, take time, be gentle, and kind. It gets the very best out of all of us". For your free step by step guide text 027 632 0421 or email graham.mcintyre@mikepero.com.

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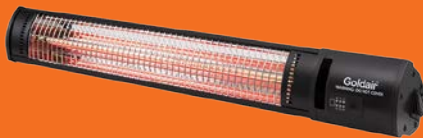


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Buschbeck

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Woodsman

Serene ULEB Wood
Fire with Woodbox

SKU: 354305

\$ 3,199



Metrofires

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Masport

Wanaka Freestanding
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SKU: 280591

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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	1,505,000	1HA	434M2	3,370,000	MURIWAI	1,425,000	875M2	212M2	1,562,000
	3,900,000	8050M2	436M2	4,150,000		1,350,000	845M2	191M2	1,585,000
HELENSVILLE	820,000	471M2	118M2	700,000		2,225,000	1.19HA	360M2	1,865,000
	1,200,000	1.27HA	150M2	1,240,000		950,000	921M2	117M2	1,100,000
	1,450,000	4.09HA	110M2	1,585,000	PARAKAI	765,000	1012M2	90M2	690,000
	870,000	1038M2	146M2	770,000		950,000	600M2	185M2	950,000
	1,750,000	3.55HA	260M2	1,750,000		865,000	0M2	107M2	580,000
	1,475,000	1.07HA	259M2	1,550,000		920,000	546M2	153M2	700,000
HUAPAI	1,125,000	600M2	180M23	1,050,000	RIVERHEAD	1,205,000	809M2	160M2	1,250,000
	1,075,000	640M2	170M2	1,085,000		1,050,000	5HA	65M2	1,650,000
	2,075,000	785M2	350M2	1,950,000		1,700,000	800M2	326M2	1,775,000
	1,325,000	451M2	208M2	1,238,888		1,550,000	614M2	274M2	1,515,000
	1,475,000	671M2	222M2	1,355,000	WAIMAUKU	2,200,000	5.54HA	204M2	3,365,000
	1,350,000	798M2	220M2	1,230,000		1,350,000	5.41HA	80M2	990,000
	1,150,000	857M2	94M2	1,020,000		2,400,000	5.92HA	190M2	1,885,000
	1,125,000	809M2	145M2	1,175,000		1,250,000	801M2	198M2	1,268,000
	1,450,000	620M2	218M2	1,275,000		2,575,000	20.86HA	139M2	1,900,000
KUMEU	1,375,000	655M2	193M2	1,270,000		840,000	8006M2	0M2	995,000
	1,450,000	620M2	217M2	1,235,000		1,475,000	1570M2	163M2	1,508,000
	830,000	156M2	99M2	850,000	WAITAKERE	1,825,000	2.05HA	290M2	1,800,000
	1,300,000	415M2	195M2	1,175,000		1,350,000	19982HA	202M2	1,275,000
	700,000	0M2	82M2	683,000	WHENUAPAI	1,245,000	318M2	174M2	1,131,000
	1,225,000	374M2	177M2	1,145,000		1,205,000	345M2	155M2	1,193,000
	790,000	108M2	80M2	735,000		1,385,000	345M2	220M2	1,290,000
	790,000	109M2	80M2	748,000		805,000	0M2	96M2	735,000
	830,000	152M2	99M2	870,000	WESTGATE	1,075,000	169M2	134M2	978,000
	1,350,000	433M2	214M2	1,255,000		970,000	554M2	151M2	1,210,000
	790,000	111M2	80M2	740,000		1,650,000	725M2	287M2	1,380,000
	1,425,000	600M2	206M2	1,305,000		1,155,000	289M2	181M2	1,080,000
	790,000	110M2	80M2	720,000		1,280,000	165M2	312M2	800,000

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.

Mike Pero's **low** commission rate:

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(Not 4% that others may charge!)

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Graham McIntyre
Brand & Territory Owner
027 632 0421

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OCEAN AND KAIPARA VIEWS, BUSH AND GRAZING

3 2 3 3

By Negotiation

429 Kiwitahi Road, Helensville

By Negotiation
Viewing by appointment

Indulge in the splendour of country living with this extraordinary home boasting unparalleled views to the Tasman Ocean and northward to the enchanting Kaipara Harbour. Nestled on a sprawling 1.6 HA (approx.) of land, the property features meticulously designed formal and informal gardens, meandering pathways, an amphitheatre, and unique micro-glade gardens seamlessly blending into native bush. This restyled and refurbished home offers spacious living areas, bedrooms, ensuites and with studio options, as outlined in the provided floor plan. Tailored for the discerning mature buyer who appreciates the value of active relaxation amidst a sun-soaked glade with breath taking panoramic views, this property is truly special. Barns, implement sheds, chicken and hobby garden, raised growing beds, deep water bore and established orchard, the list goes on.

www.mikepero.com/RX3870348



Graham McIntyre
027 632 0421
graham.mcintyre@
mikepero.com

Hot Property



Beautifully appointed - motivated owners relocating

An elegant and tranquil suburban living environment, off a quiet road and lane-way, offering the very best of modern, lockup-and-leave living over two levels.

A delightful and simple entertainers' kitchen, dining and living environment with laundry, guest w/c tucked away.

Alfresco access to fully fenced patio and all weather turf area.

All bedrooms and bathroom upstairs ensuring a quiet zone for sleeping. Beautifully presented and ready for its new owners.

Dedicated off street parking, patio, peace and quiet all on offer here and so close to North West Mall, transport hub, schools and walking reserves.

Make 2024 your year and get into this spectacular entry level real estate offering.

The CV on this property is \$890,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

For more information on this property call Graham McIntyre on 027

Hot Property

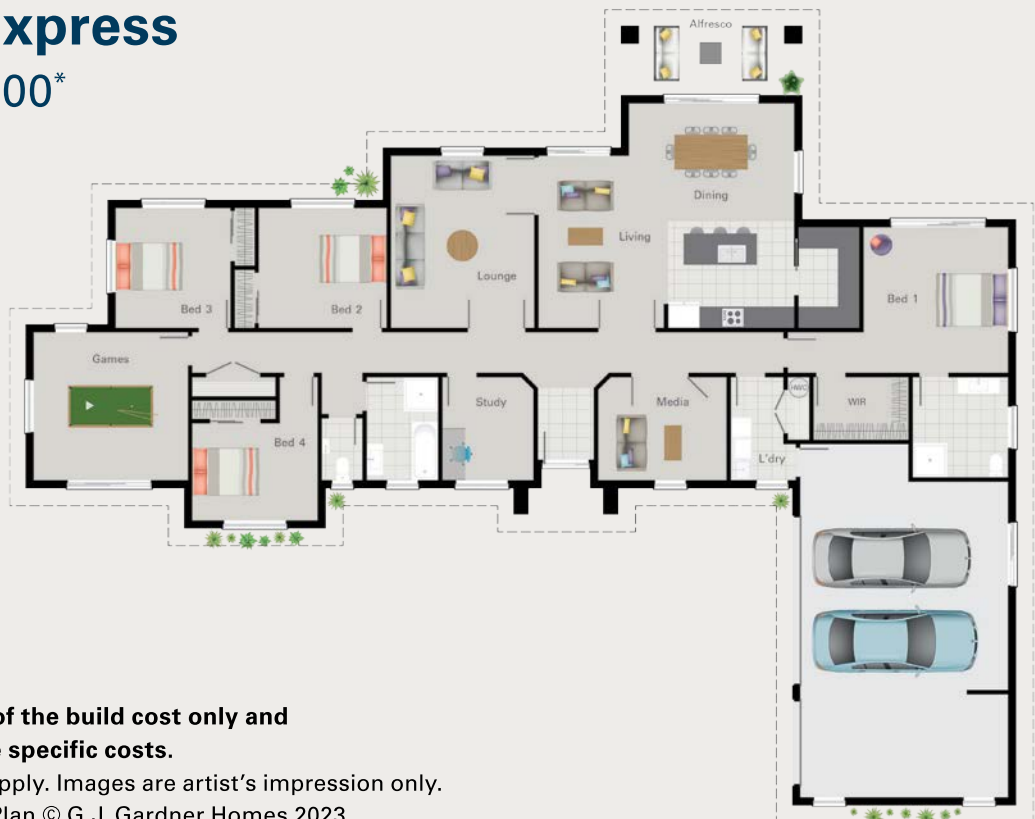


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Atlantic Express

from \$649,900*



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



4



2



4



1



312.0m²



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G.J. Gardner. HOMES



TAUPAKI'S HOME - CHARACTER PLUS ON THREE LOTS

3 1 1

By Negotiation

9 Taupaki Road, Taupaki

By Negotiation
Viewing by appointment

Taupaki, a village of families and a community rich in history offering excellent primary school, reserve and playground, rural aspect and community hall. Being sold with three lots being Lot 24, Lot 25 and Lot 26 the property delivers an enviable 4816 sqm footprint with grassy glades, outbuildings, carport, sheds that all compliment the homestead. Built through the 1980's this character bungalow is a fabulous mix of blended history and kiwi ingenuity all seamlessly merged to deliver a home where every part of the whole is interesting, thought provoking and unique. It is a home that lives well, with closed woodburner and open plan kitchen dining which opens to North facing decking and covered porch area. All bedrooms off the central hallway. Two loo's and laundry compliments this offering.



Graham McIntyre
027 632 0421
graham.mcintyre@
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LIFESTYLE-URBAN BLEND - GOOD LIFE ON ALMOST ½ ACRE 4 2 2 2 By Negotiation

29 Sunny Crescent, Huapai

By Negotiation
Viewing by appointment

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

www.mikepero.com/RX3977654



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

4 2 2 2

By Negotiation

130 Matua Road, Huapai

By Negotiation
Viewing by appointment

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



Graham McIntyre
027 632 0421
graham.mcintyre@
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ELEVATED FAMILY BUNGALOW, VIEWS AND SUNSHINE

3  1  1  1 

By Negotiation

193 Wairere Road, Waitakere

By Negotiation
Viewing by appointment

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



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Laser Plumbing and Roofing Whenuapai

With a recent dip in the temperature, it certainly feels like winter is on the way. When it comes to winter, there are certain 'cold weather' preventative measures that will help maintain a healthy home, prevent leaks, avoid



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

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

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

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

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

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

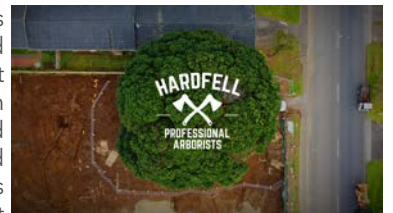
We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website www.whenuapai.laserplumbing.co.nz.

Experience the difference an expert makes

It is well understood that trees contribute to the health and beauty of our environment and our properties; they can enhance property value and our sense of place. Well-placed trees reduce energy-use costs by shading during the hot months, while also improving air and water quality. But not all trees are created equal, some are faster growing, some are shorter lived, some may be strong while others are brittle.

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even the most difficult tree pruning and removals. Working safely around your landscaping, house, power lines, and other valuable features to get the job done quickly and safely. Make sure you have a highly trained, skilled, qualified and insured arborist to carry out your work so the job is done right.

Shaun Hardman Mob - 0210720739, www.hardfell.co.nz.

Fascinating Fungi - workshop

Sunday 16th June (9.30am to 11.30am)

We've all seen Fungi growing either in the garden or when out walking but most of us generally pass by without giving them a second thought. In reality fungi are key players in many aspects of our lives and the environment.

In this 2hr workshop Peter Buchanan from Landcare Research will be giving an introduction to the incredible kingdom of fungi.

Learn more about this fascinating subject and how you can harness the power of fungi in the garden or on the farm; including how to start growing your own gourmet mushrooms.

Autumn is a fantastic time to see many fungi producing mushrooms, so come along to this informative workshop followed by a walk around the Sculpture Gardens to see what fungi can be found.



These relaxed and interactive events are very popular so booking is definitely recommended as spaces are limited (see below for booking details).

Afterwards, you will also be able to continue strolling around the beautiful 1Km sculpture trail which has over 40 marvellous pieces created by local and international artists for our 2023 exhibition on display as well as our recently installed 2.5Km nature trail. *

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions and refreshments can be purchased from our cute little coffee shop.

* Trail is not suitable for wheelchairs or walking frames.

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

Tickets: \$20 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

Kumeu Community Gardens

I first encountered Kumeu Community Gardens when they offered to supply veges for Norwest food bank and after retiring from foodbank, I stayed on. I knew nothing about gardening. I couldn't identify a weed from a vegetable plant, but I have since learnt from experienced gardeners who patiently answered my questions and have passed on their knowledge to me. Apart from having a fresh supply of produce, there are other benefits. I've met new people in our community who have become friends, and the garden space is a place you can be quiet and reflective if you want to be alone. I encourage you to come and experience the Garden for yourself.



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'Give what you can and take what you need'. Give what time you can and take home what you need. If you would like to join us, check our Facebook for Gardening days. You are welcome to harvest at other times but please make sure that you read the labels and take only produce that is ready.

Thanks to Auckland Pea Straw for their recent donation.

June kitchen garden

Winter is officially here, but there is still plenty to do, prep for spring crops, fruit trees to be planted and get winter crops in the ground.

If you haven't already planted garlic, get onto it this month. June is the best time to do this. It is traditionally best to plant before the shortest day of the year and then harvest by the longest day.

Sow green crops of lupin and mustard in any empty spaces in the vegetable garden for digging into the soil for green manure. Refresh soil for crops by adding new compost and sheep pellets.

Plant seedlings: broccoli, cabbage, cauliflower, lettuce, Brussels sprouts, silverbeet, spinach, onions and garlic can still be planted. Protect from the cold while they are young.

Sow seeds: spinach, cabbage, cauliflower, broccoli, Brussels sprouts, lettuce, onions, and peas. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Broad beans can be planted directly into the soil, stagger your sowing for a continuous harvest and feed all vegetables with a liquid general fertiliser.

Plant new rhubarb then lift and divide old crowns.



Tidy up old strawberry beds and prepare/plant new strawberries, they will show new leaves in the spring. Feed with blood and bone as you plant.

Sprout new potatoes, stand upright in a light dry place for them to sprout ready for planting. Prepare the beds for when they are ready. Feed all winter vegetables every two weeks.

Protect your cauliflower, broccoli and Brussels sprouts by dusting them with derris dust to protect them from the white butterfly and the diamond back moth. Remember to get to the undersides of the leaves where the eggs are laid.

Protect seedlings from slug and snails.

Mitre 10 MEGA Westgate & Henderson

Do you need a switchboard upgrade?

Is it time to upgrade your Electrical Switchboard?

Electrical Switchboards. While they're usually out of sight, out of mind, hidden in a cupboard or tucked away in your laundry, they play an important role in your home - Switchboards are the 'Control Panel' for your home's electrical system.

Our homes are now running more appliances than ever before, and older switchboards are not designed to handle the high-wattage loads of homes today. This can cause problems like overheating and the danger of fires or electrical accidents.

From computers, air conditioning units, and home theatre systems, to kitchen appliances, spa pools, and stereos, it's essential that your switchboard can handle the amount of electricity required by your household.

Here is a simple list of common signs that indicate you need a switchboard upgrade:

1. Appliances short-circuiting: Older switchboards have a tendency to 'trip' or short-circuit when they are overloaded. This is a mechanism designed to protect the circuit from overheating and resulting in an electrical fire.
2. Flickering Lights: While flickering lights may be caused by loose lightbulbs that need to be tightened, they can also be due to loose wiring in an old or damaged switchboard.
3. An overcrowded appearance: If your switchboard's wiring looks overcrowded, it probably needs upgrading. This is particularly important if you plan on introducing additional devices to your home such as spa pools or air conditioning units. These require dedicated circuits to power them and prevent your switchboard from overloading.
4. Your Switchboard still has Fuses: Ceramic fuses are outdated and



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are a sign that your electrical system is at risk. While they function the same as a modern-type circuit breaker (shutting power off in the event of short circuit or overload), they cannot do it at the same speed - And the faster the power is terminated, the less damage will be done.

An upgrade of your switchboard is not a big investment for the sake of your family's safety.

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

Mitre 10 turns 50 in June

Mitre 10 has been a part of New Zealand's home improvement culture since 1974 and is New Zealand owned and operated with 84 stores nationwide. We are New Zealand's largest home improvement and garden retailer and continue to grow through both share of market and number of stores. Our trade business is also steadily growing with more and more trade professionals seeking to partner with us.

Mitre 10 is also a business built on community involvement. From Helping Hands and Project Playground initiatives to Nelson's Helicopter Houses and Southland Charity Hospital, as well as walking and cycle tracks, wildlife preservation projects, and historical partnerships like the Takahē Recovery Programme, Mitre 10 stores have been lending a helping hand in their communities for decades and will continue that legacy in helping hundreds of schools, sports teams, charities, events, and not-for-profit organisations for years to

come.

Come into Mitre 10 MEGA Westgate & Henderson and help us celebrate in June.

To commemorate turning 50 we want to celebrate with you. We will have exclusive birthday deals throughout the month and will be running a Spin to Win activation every Saturday in June between 11am and 2pm (5 weekends in total), spinning a wheel and winning a prize is always fun, no matter your age or where you're from, every customer that comes into Mitre 10 MEGA Westgate or Henderson can spin the wheel to win a great prize. Prizes consist of Columbus Coffee vouchers, Nestle Chocolate bars, BBQ aprons, Mitre 10 branded merchandise, Mitre 10 toolboxes and Mitre 10 gift cards.

We are all excited about turning 50 and we hope you will be too.

Whenuapai Floral and Garden Circle

We were all pleased to see Margaret T back and she warmly thanked Margaret B for filling in during her absence. The Club Birthday lunch scheduled for later this month is to be members own transport while the April trip was with a new coach company aptly named Out & About and proved to be very satisfactory. The successful shopping stop at Rogers was rewarded by a large Daphne bush which was

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raffled and won by one of the guest speakers, however due to his having flown in, he was unable to take it so donated it back.

Welfare of absent members was front of mind then birthdays acknowledged, raffles drawn, blooms admired and autumn leaves also judged.

John & Nikki from See More Tours, which has been operating for five years, outlined their door-to-door service and attention to detail when arranging trips for groups throughout our beautiful country. The group guided travel company provides local knowledge and personalised experiences for mature tourists and takes care of all the logistics, including guides, transport, entrance fees, and activities. Details of upcoming tours were available and some members were keen to sign up. A book entitled Gardens to Visit was presented to one delighted member. Refreshments followed the Meeting.

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

Until next time, Happy Gardening from Mary Anne Clark.

Kumeu Plumbing

Did you know we are not just a plumbing service business? We also have a retail shop where you can purchase all your drinking water, tank and town filtration, water pumps, pool & spa needs, plumbing fittings, wood burners, galv or Coloursteel flashings made to order plus so much more. Pop into our retail store located at 156 Main Road, Kumeu (the big blue building) and meet with one of our friendly team.

A message to all drinking water suppliers - cafes, camps, pubs,

activity centres and businesses

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Kumeu Plumbing - 09 412 9180 - info@kpl.co.nz - 156 Main Rd, Kumeu.

Waimaku Garden Club

We had another great adventure today as we headed off on our luxurious couch with our character or a bus driver Bob. We arrived at 10ish at the Chelsea Sugar Refinery at Birkenhead in time for morning tea or tour depending on which group you were in A or B. The section of sweets and savories was decadent the Lamingtons were a sight to behold. Chelsea Sugar has been in Kiwi homes for over a century Established in 1884 130 years ago. The site was ideal for a refinery, the Waitamta offered deep water close to the shore where ships arrive every six weeks with raw sugar to be processed. The name Chelsea was given by the first customs officer after his hometown in England. We explored the interactive zone before boarding the mini-train to view the spectacular sugar mountain and hear about the process of producing different types of sugar. The smell was intense. After boarding the bus we carried on to the Devonport Naval Museum. The Museum showcases the story of the New Zealand Navy taking us on a journey through the memories, perils loss and triumphs. A vast array of fascinating objects. We also enjoyed a delicious lunch at their onsite cafe.

Feel free to contact any of us: Ann (021 035 7406), Diana (027 478 8928), Gail (021 344 070), Maree (027 496 3006), Sandi (027 318 4514).



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As showcased:

New Stihl Shop To Open In Westgate

Attention all outdoor and garden enthusiasts! A brand new STIHL SHOP is about to open its doors in Westgate, offering a wide range of outdoor power tools and accessories to help you tackle all your property maintenance needs.

Established by the award-winning team at STIHL SHOP Kumeu, the plan for their new Westgate store is simple – to provide the same high level of service and quality products, with a strong focus and commitment to supporting the local community, just like they do at Kumeu. For 8 years Craig and Margaret Walker have owned and operated the STIHL SHOP at Kumeu and thoroughly enjoy and embrace being part of a close-knit and supportive community. STIHL SHOP Kumeu prides itself on its involvement and connections with its surrounding community. They actively support the local Fire and Emergency Services in the district, donating product, advice and services as often as they can. As proud sponsors of local sports clubs, schools and early learning centres and active members of the NorthWest Business Association, the team are always looking for new ways to show their support to organisations and other local business operators.

While the STIHL SHOP Kumeu team hasn't been shy in supporting their local causes, they've still been overwhelmed by the very unexpected recent show of support to them from the community while setting up their new venture at STIHL SHOP Westgate. "We've been amazed by the kind offers and actions of many of our local business colleagues and customers", said Ben and Rae Deakin, who manage the marketing and business development for both stores. "Assistance with security measures, fit out and shop set up have been really helpful, and the genuine encouragement and support from our Kumeu community has been very humbling. We've loved having visits from our Kumeu customers and business colleagues during our setup phase, and having the team from Fire and Emergency call in to check our progress certainly stamped our mark with the neighbours!"

The new STIHL SHOP is conveniently located in the heart of Westgate at 15 Kakano Road, just 250m from Costco. Whether you are a professional landscaper or a weekend warrior, you will find everything you need to keep your backyard looking its best. From chainsaws and trimmers to blowers and mowers, STIHL SHOP Westgate has it all. Their knowledgeable staff is always on hand to help you choose the right tool for the job and provide expert advice on how to use it safely and efficiently, with the added bonus of all equipment leaving the store fully assembled, run-up and ready to operate.

In addition to their extensive selection of power tools, STIHL SHOP Westgate also offers a wide range of accessories, including safety gear, lubricants, and replacement parts. They even offer servicing and repairs for all STIHL products, ensuring that your tools are always in top condition.

The team at STIHL SHOP Westgate are looking forward to meeting their new community and customers when they open in September. Head on in to meet the team and discover everything they have to offer. With their unbeatable selection, expert advice, and top-notch customer service, you are sure to find everything you need to tackle all your outdoor projects with ease. STIHL SHOP Westgate will be opening in September, with trading hours Mon-Fri 8.30-5pm, Sat 9-3 and Sun 10-3.



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.

Auckland Animal Chiropractic

At AAC, I'm on a mission to save animal lives. There are often solutions for common dog and horse health problems, but due to an uncertain economy, owners are having to face tough choices when it comes to choosing a course of care. Working closely with vets, I often hear the heartbreaking reality when financial constraints force owners to put their animals down.



My vision is a city where animal chiropractic care is the norm. It's a natural form of healthcare that can prevent the progression of musculoskeletal diseases and help with many other conditions. It's also an incredibly effective pain reliever.

Whether your dog, horse, or cat is a companion or an athlete, they deserve to be healthy. Having an animal chiropractor on their team is a great start. Our animals bring us joy and are a beautiful responsibility. I love working with owners because we all share the same goal: keeping our animals happy and thriving.

I am currently mobile for horses, and see small animals (dog/cat/rabbit etc) at several locations across Auckland. Message me on facebook or Instagram to schedule a time and place to get your animal happy and healthy. Dr Savannah Mahoney, DC, IVCA

Any dog can bite

Auckland Council launches campaign to drive down dog attacks on children.

A dog is a man's best friend, or so the saying goes.

Yes, dogs can be sweet and loving, but they're still animals which means they have natural instincts and can bite; the sweetest dog on the planet can be provoked into biting.

Already this year in Auckland, 12 attacks on children have been reported to the council; this is likely to be a fraction of injuries that occur as many incidents go unreported. In 2023 there were 783 claims made to ACC for dog-related injuries in children up to 14 years old requiring hospital treatment in Auckland alone; add another 300 for the 15-19-year-olds and that number rises to 1083.

Dogs are not just pets, they are beloved members of our families providing joy and companionship in our lives. But the reality is that any dog can bite and most such incidents are preventable. Statistics, including data from Starship Hospital, highlight that children under nine years old of Māori and Pasifika communities are more likely to be seriously injured in dog attacks. Auckland Council is launching a campaign, to draw attention to the problem in the hope people will become more vigilant with dogs around children.

We all love having pets, but dogs can bite in a variety of situations, even playful or protective ways. Dog owners need to consider child safety, the protection of children and the risks of having dogs around children in both private and public spaces. Babies and children should never be left alone with a dog and should always be closely supervised within arms-reach of an adult. Dogs can harm children through chasing (predatory) behaviour; if they're jumped on or knock over a bassinet; by sitting on an infant; when guarding a bone, food or property; when they are startled, overstimulated or when children get over excited.

Dog owners can also take proactive steps to protect little ones by always supervising them around dogs, particularly when they are playing or in a large group, providing separate child and dog spaces in the home for non-supervised times, desexing dogs, and ensuring their property is fenced and gated to prevent the dog escaping.

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Food & Beverage

Winter menu now available at The Riverhead

Pop in to The Landing Restaurant and try our winter menu - featuring new dishes such as our 12 hour braised Beef Cheek, Prawn Linguini and Forest Mushroom Risotto. We've also teamed up with local Zaknich Farms for our Apple & Fig Crumble.

The Landing is family-friendly (kids eat free Monday-Thursday) and casual attire is most welcome (including jeans and jandals, although we think you are pretty brave wearing jandals at this time of year).

We're open every day from 11am-Late, located at 33 York Terrace, Riverhead.



Looking for manuka honey?

Don Buck Honey has several batches available with different grades and different tastes, including one from West Auckland's own Waitakere Ranges. Batches include Far North Manuka Blend, Far North Monofloral Manuka, Avocado-Manuka Honey from the Kaikohe Region, and Manuka-Rewarewa Honey from our Waitakere Ranges. These pots can be purchased individually or as a Manuka four-pack combo for \$80. You can also mix & match your own combos and get discounted prices for 4+ pots.

Order through my website online or get in touch. Pickups are from Massey, or orders can be couriered to you with Post Haste.



www.DonBuckHoney.co.nz || DonBuckHoney@gmail.com

Hallertau

Breakfast in the Biergarten? Hallertau Riverhead is now open for breakfast on Saturday and Sunday between 9 and 11am.

A neat selection of breakfast favourites including waffles, sandwiches and granola.

Why not start festivities early with a Bloody Mary or a breakfast beer.

Visit their website for the full menu.

Hallertau Brewery - 171 Coatesville-Riverhead Hwy, Auckland.

www.hallertau.co.nz.



Making the most of seasonal produce

Winter is a time for fires, stews and hunkering down. It is also the perfect time to learn how to store your food so that it lasts longer. From hearty root vegetables to citrus, winter in New Zealand offers a diverse range of produce that when stored correctly can last many weeks, if not months, in our homes.

Looking at what is in season, Juno Scott-Kelly from Love Food Hate Waste NZ explores how to make the most of winter produce along with storage tips to extend the freshness and quality of what we or buy in-store.

Root Vegetables, like carrots, parsnips, and potatoes are perfect for



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www.theriverhead.co.nz

Food & Beverage

mashing as a side or adding to stews to bulk out a meal. Make sure you keep your carrots and parsnip in the fridge, stored in a container with a paper towel to suck up any extra moisture. Potatoes need to be kept separate to all other vegetables in a cool dark place, such as a cellar or pantry. Winter Greens such as kale, spinach, and silverbeet are nutrient-rich and perfect for salads, stir-fries, and hearty winter soups. To ensure they last as long as possible, wrap leafy greens in paper towels and place them in a perforated plastic bag in the refrigerator's crisper drawer. This helps maintain freshness and crispness.

Citrus Fruits like oranges, lemons, and grapefruits are a great way to brighten up dishes or use in beverages for extra Vitamin C. Store citrus fruits in the refrigerator to prolong their shelf life. They can last for several weeks when refrigerated properly.

Broccoli, cauliflower, and Brussels sprouts are delicious sautéed, roasted or added into casseroles or gratins for a burst of flavour and essential nutrients (often hidden for tamariki). Store brassicas in the refrigerator's crisper drawer. Keep them unwashed and dry to prevent moisture build-up. Winter Squash can be used in soups, risottos, and baked dishes for a taste of seasonal comfort. Store in a cool, dry place such as a pantry or cellar. Avoid storing them near heat sources or in direct sunlight.

By making the most of what is in season during winter in New Zealand and following these storage tips, you can enjoy fresh, flavourful produce for longer periods, reduce food waste, and savour the bounty that each new season brings.

For more tips, tricks or food-waste fighting recipes visit www.lovefoodhatewaste.co.nz.

Photo credit Nick Fewings

Peko Peko Japanese Restaurant

In the heart of Hobsonville, our little Japanese restaurant is owned by a local Japanese family.

We have been open for four and a half years now and it's been 10 years since we started the tiny food truck business that some of you may remember.

We have never changed the recipe of our popular Katsu chicken and we have added a lot more authentic Japanese tastes for our local customers to enjoy.

Our teriyaki salmon has been also very popular recently with our original house-made teriyaki sauce.

Please visit our website on www.pekopekojapanese.nz to check what we have onsite.



We are fully licensed and serve Japanese beer and sake, as well as beautiful local Soljans wines.

Located at 102c Hobsonville Rd, Hobsonville just next to Hobsonville Primary school.

We look forward to seeing you soon. 09 416 1197.

Private events at Good from Scratch

Did you know we host private events, weddings, functions and parties, perfect for the food lover here at Good from Scratch?

From sit down dinners to hands on classes, we do it all. So whether you're looking to host a mid-winter dinner for your team, celebrate a birthday or say 'I do' - the Good from Scratch farm and cookery school could be the perfect venue.

If you'd like to know more drop us an email at info@goodfromscratch.co.nz.



Jesters Pies Westgate

June Promotion

Add a William Tell to any purchase for \$4.00

You'll live apple-y ever after with our William Tell pie.

This pie is made with freshly sliced apples with a touch of cinnamon, topped with creamy vanilla custard.

Available from our Westgate store at Westgate Shopping Centre during June.



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



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Health & Beauty

Ask Dr Heather

I think about doing cosmetic treatments but feel guilty. I always put my family first, but my husband keeps telling me not to feel bad for wanting to put myself first for a change. How do people get around feeling guilty?

Anon, Riverhead.

Parental guilt is real for parents, so it is entirely understandable you feel this way. We always put our family first and so naturally feel as if we don't deserve the same. Interestingly this concept often stems from us suffering low self-worth. Taught to us by generations above, it is surprisingly common to feel as if we don't deserve certain things because we feel we aren't worthy.

Self-worth is a core belief we possess similarly to any other core belief such as religion. It is different from low self-esteem as it does not fluctuate easily (think good hair day versus bad hair day). It is instead a static mental space where one is so secure within themselves; they know they will be okay if they lost everything (a scary but very powerful space to be).

The seeds of low self-worth are often planted when we are children and continue to grow with dysfunctional adult relationships, where we suffer emotional abuse ranging from not feeling heard, through to being yelled at, severely criticised, or even physically abused. Identifying this is not to necessarily lay blame on our parents, partners, or friends, as they are a product of their own experience, but instead allows us to identify patterns of intergenerational and interpersonal trauma that lay the foundations of low self-worth, so toxic cycles can be broken.

Low self-worth is often developed alongside an inner critic who negates our decisions and tells us we shouldn't do things because we aren't worthy. It can also develop as a reflex of receiving criticism from influential figures in our lives and can be hard to turn off. One of the most liberating things we can do to counteract our inner critic is to say DELETE every time it rears its ugly head. Saying it aloud, with conviction is an extremely effective way to diminish its power and allows us to instead turn up the volume on compliments. Sometimes naming our inner critic can further help disconnect from its influence.

When we shift our thinking in this way, we become more positive and allow ourselves to internalise positive feedback. We then start to really respect and love ourselves. We get to know ourselves. We become our own best friend. It then becomes okay to put ourselves first just as we are always told in flights to put our oxygen mask



on first. This also allows us to build stronger boundaries and we become happier with more capacity for acts of kindness, as we are no longer stomped on by negativity.

Whether it be cosmetic treatments, going out for that lunch with a friend or eating that piece of cake, being kind to ourselves by silencing our inner critic and welcoming in positivity can be a life changing experience. The warm hug of grace we give ourselves can be just what the Doctor ordered.

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

Help! I can't see

Sudden vision loss can occur over a few seconds, minutes or even days. Vision may become blurry or cloudy, completely absent, or affected by flashing lights or specks in the visual field called floaters. All or just a part of the field of vision may be affected. It is helpful to cover one eye and then the other to determine whether one eye or both eyes are affected. Sudden vision loss is most often painless but may be associated with eye pain, redness, and headache. Any sudden change in vision is potentially serious, even if it involves only part of the visual field or resolves on its own.



Causes; Eye trauma, Blockage of blood flow to or from the retina (retinal artery occlusion or retinal vein occlusion), Retinal detachment, Inflammation of the blood vessels that supply the eye and the optic nerve or inflammation of the optic nerve itself, A sudden blockage of blood flow to the occipital lobe of the brain (e.g. due to a stroke), Neurological changes (eg multiple sclerosis affects the protective sheath around the optic nerve, causing vision loss).

Evaluation - Sudden vision loss is a medical emergency. Seek medical attention quickly. Evaluation may include an eye examination and a neurological examination to test the function of the eyes and brain. Blood tests and brain imaging tests may also be ordered, either to look for specific eye problems or investigate generalised medical conditions that may be related to the vision loss.

Treatment - Vision loss due to problems with the eye may be treated with eye drops, medications, or surgery. If inflammation is the cause of the vision loss, steroids may be used. If the vision loss is caused by a sudden blockage of a blood vessel, treatment is directed at improving blood flow as soon as possible. Depending on the cause,

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Health & Beauty

vision loss can be minimised or reversed if treatment occurs quickly. Vision loss can be life-saving if it leads to the diagnosis of an associated generalised medical condition. For Eyes in the Kumeu Shopping Village has sophisticated imaging equipment for early detection of eye and general health problems. For an appointment phone 09 412 8172.

FREE Health talk on raising healthy Kids!

7pm Wednesday 19th June, Live Chiropractic 306a Main Road, Huapai

Have you ever wondered why some kids seem to be so healthy whereas others seem to always be sick? Sometimes, even inside of the same family. How could this be?

What really determines whether a kid thrives or struggles? Is it bad genes? Bad germs? Bad luck?

Join us for this month's Free Workshop on Raising Healthy Kids and find out more... The first step to getting the results that you are looking for is starting with the right information.

Come to this month's compelling workshop and give your kids the advantage that could make all the difference for them. Information is power - and what you learn at this event could change the trajectory of your kid's health - and life forever.

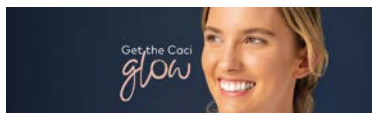
Register by scanning the QR code or by emailing reception@livechiropractic.co.nz and take the first step to healthier Kids.

P.S. If you know another parent who has a child that struggles with their health, please share this event with them.



Skin 101: Advanced treatments at Caci

For many skin types, a personalised mix of skin conditioning treatments on our Reformaskin treatment plan is perfect. However, for those with more specific concerns, whether it be pigmentation or advanced signs of ageing, a membership upgrade with advanced



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treatments can help make a big difference.

Keep reading as we discuss the advanced treatments that we offer at Caci, and the specific concerns they cater to.

Microneedling (Collagen Induction Therapy)

If you are wanting improved skin texture, restored elasticity, softer lines, increased skin tightness, or reduced appearance of scarring (including acne scarring), then we'd recommend Microneedling.

How does it work?

Microneedling uses micro needles at varying lengths to penetrate skin, triggering our body's own wound healing response. Doing this boosts the production of collagen tissue, which is stronger, and firmer than before. Over a course of treatments collagen fibers are strengthened and the skin becomes stronger, smoother, and firmer, with improved texture.

Plus, during the treatment, a combination of Hyaluronic acid, multi-vitamins and amino acids are infused to boost further collagen production for firmer, healthier looking skin.

Photo Rejuvenation

If you are looking to reduce pigmentation, age spots, sunspots or redness, or if you're wanting to improve skin texture and tone while stimulating collagen production, then we'd recommend Photo Rejuvenation.

How does it work?

Photo Rejuvenation uses a Variable Pulsed Light (VPL) system which safely pulses high energy light beams through the skin surface, targeting skin pigmentation in underlying tissue and minor surface blood vessels whilst improving skin texture and overall complexion and encouraging the production of collagen. Once the pigment has been targeted with VPL, it comes to the surface of the skin, which then flakes away.

Fractional CO2 Laser

If you're considering a treatment that helps to reduce fine lines and wrinkles, promote smoother more even skin texture, reduce the appearance of pigmentation and scarring, or correct the signs of

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advanced ageing, then we'd recommend Fractional CO2 Laser. How does it work?

Our Fractional CO2 Laser treatment uses a laser that passes pulses of light down through to the deeper layers of the skin, causing controlled damage to the cells below and triggering the skin's natural healing process.

This process allows the cells in the basal (deeper) layer to be trained to grow back stronger, firmer, and faster, so skin becomes smoother, tighter, and more even in tone.

At Caci we recommend a series of treatments to get the best result, our team can package together a personalised treatment schedule as well as a payment plan option to suit you - this becomes part of your membership at Caci. Being on a membership can give you over a 30% discount on your advanced treatments.

The best place to start is with a consultation at your local Caci clinic. Meet with one of our skin experts and they'll be able to recommend the best treatments based on your concerns. Oh, and did we mention - our consultations are free.

Book your complementary consultation at Caci Kumeu at www.caci.co.nz/pages/kumeu or contact us in clinic 09 412 2579 or kumeu@caci.co.nz.

Move more, sit less – Top 5 physio tips

We believe that incorporating more movement into your daily routine can significantly enhance your overall well-being. Whether it's for mental clarity, physical health, or workplace productivity, movement is key. Our physiotherapists emphasise that a lack of physical activity can contribute to pain and injury. But fear not. We've compiled some simple yet effective tips to help you infuse more motion into your day.

1. Embrace the Pomodoro Technique at work or while studying

The Pomodoro Technique, developed in the late 1980s, advocates breaking work into manageable intervals, typically 25 minutes long, followed by short breaks. Studies show that this method enhances focus and productivity. Use these breaks as opportunities for a brief walk, squats, or stretches. By doing so, not only will you boost your productivity, but you'll also incorporate movement seamlessly into your day.

2. Step Up Your Step Game

Challenge a friend to a step competition. Setting daily, weekly, or monthly step goals and comparing progress can be a fun and motivating way to increase your activity levels.

3. Take the Scenic Route

Instead of searching for the closest parking spot, opt to park further away. Walking to your destination, taking the stairs, and incorporating movement during phone calls are simple yet effective ways to add more activity to your day.

4. Kettle Boiling Exercise Routine

Waiting for the kettle to boil? Make the most of this time by squeezing in a quick exercise routine. Try sets of squats, lunges, heel raises, or balance exercises to keep your body moving.

5. Stretch for Better Sleep

Wind down your day with gentle stretches before bed. Not only will this help you relax, but it also promotes better joint mobility, leading to improved sleep and overall health.

Our team of physiotherapists is here to support you on your journey to a more active lifestyle. Drop by for a chat to explore personalised strategies for incorporating movement into your daily routine. Let's make movement a natural part of your day for a healthier, happier you! Call us at 09 416 4455 (Hobsonville) or 027 313 6036 (Riverhead), or book online now. Let us help you find freedom in your movement.


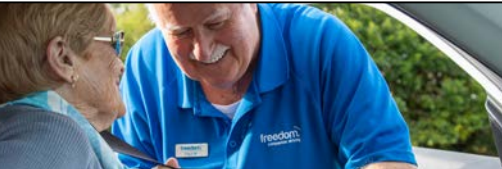
Get to Know David Paek: Your trusted acupuncturist

When it comes to your health journey, having the right acupuncturist by your side can make all the difference. At NorthWest Physio +, we're thrilled to introduce you to David Paek, a dedicated professional committed to helping you achieve your health goals. With David's expertise and compassionate care, you can expect top-notch treatment tailored to your individual needs.



David brings a wealth of experience and expertise to his practice. Trained in acupuncture with a focus on musculoskeletal and sports injuries, he has a deep understanding of the human body and how it functions. Whether you're recovering from an injury, managing chronic pain, or seeking to optimise your overall well-being, David has the skills and knowledge to guide you every step of the way.

What sets David apart is his personalised approach to treatment. He takes the time to listen to your concerns, thoroughly assess your condition, and develop a customised treatment plan that addresses your unique needs and goals. Whether it's through acupuncture,

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herbal medicine, or lifestyle advice, David empowers you to take an active role in your healing journey.

David is available to see patients on Mondays and Thursdays at NorthWest Physio +. His dedication to providing high-quality care means that you can trust you're in good hands whenever you visit our clinic. Whether you're dealing with a nagging injury or simply want to optimise your physical health, David is here to help you reach your full potential.

If you're ready to experience the benefits of expert acupuncture care, don't hesitate to schedule an appointment with David Paek at NorthWest Physio + on 09 412 2945.

Pure Allies

Locally natural handcrafted skin care.

We will work closely with our customers to custom blend a perfect product.

However for the upcoming winter months from May until August we are offering a promotion on our standard chest balm.

We will pop in a free lip balm, with every pot of chest balm.

Our chest balm provides relief from typical winter ailments, such as coughs, sore throats, congestion and blocked noses.

Check us out and order through Facebook Pure allies NZ or pureallies@gmail.com.



What do you need to do to stay well this winter?

Moving to a sunny tropical island would be a fun way to stay well this winter. But it is not possible for most. Nourishing your immune system to protect you against bad bugs is my specialty. And the best way to nourish your immune system is to nourish your microbiome, which includes all the good bacteria in your body and the environment that they live in.

Microbiome (Gut Bacteria): The good bugs are like your neighbourhood watch. They monitor for signs of troublemakers like winter viruses. In a healthy person, there are about 40 trillion microbial cells, so that is a large neighbourhood watch. When they sense trouble, they signal the immune cells (police) to spring into



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action.

In addition to a neighbourhood watch function, the microbial cells also have the ability to directly protect you from viruses. For example, during an influenza infection, microbes in the lungs release inflammasomes which protect you from the influenza virus. The microbes in the lungs also signal the microbes in the gut to recruit more protective immune cells. Plus, when the infection is gone, these gut microbes send out anti-inflammatory cells like IL-10 to help calm down the battlefield and clean up the mess.

Every surface of the body has a mucosal lining. This includes the gut, skin, eyes, lungs, and urogenital tract. Fun fact: you have 400sqm of mucosal lining (compared with 2sqm of skin). This mucosal lining is the largest site of immune sampling, which gives a fantastic early warning system against potential threats. It is no coincidence that this mucosal lining is covered in microbes.

In a nutshell, the fitness of your immune system is dictated by your microbiome, which I define as the good bacteria and the mucosal lining they live in.

Sporebiotics: The best way I know to improve gut function is through the use of specialised probiotics called sporebiotics. This is especially effective if you combine the sporebiotics with appropriate prebiotics to feed the good bacteria, as well as polyphenols and immunoglobulins to help nourish the environment that the microbes live in.

Nutrients: I'm a big fan of key nutrients to support the immune system. This includes vitamins A, C, and D, plus minerals like zinc and selenium, and herbs like echinacea. However, supplementing with these nutrients is much less effective if you don't have a healthy microbiome.

If you would like to know more about how to naturally support and strengthen your immune system with Sporebiotics, pop in and chat to the team at Massey Unichem Pharmacy. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.



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Area Columnists

Are you expected to know everything?

This is one of the questions potential volunteers ask or consider with caution when becoming a volunteer for Citizens Advice Bureau.

After all, there are so many issues which people need help or support with to get them through their current situation.

"But "knowing things off the top of one's head" is a no-no at CAB," says Helensville manager Rani Timoti. "To provide quality information we must do the research using our CAB website as our first port of call. And clients need that reassurance in knowing the information they're given is accurate and relevant, even if they're under stress or time-pressured."

One of Rani's "go to" examples is if a tourist pops into the office wanting to see if he can visit the gannet colony at Muriwai. "As an avid boogie-boarder there I may say sure as I was only there yesterday. However, as a CAB volunteer, I would check our website and contact the local rangers to see if the colony would be open for visitors in the timeframe the tourist would be there."

Taking the time to get it right and having a client-centred mantra are priorities for all volunteers. "Imagine if the tourist took my "off the top of my head local knowledge" and went there and it wasn't open? CAB's name would be dragged through the sand."

Thankfully a thorough and comprehensive on-going learning and development training is available and expected for all volunteers from the newbies to the experienced ones.

"Complacency, a "know-it-all" attitude and comfort zones don't work in our organisation because this life is unpredictable and so are the changes and challenges which come with it. Information changes constantly so we have to be onto it as far as our research delivery. Sometimes knowing nothing is better because you have to do the research and you also have the support of work colleagues."

The saying "Variety is the spice of life" definitely applies to a day-in-the-life of a CAB volunteer.

At Helensville, client inquiries over the last few months range from relationship problems, elder abuse struggles and animals needing adoption or rescue to insurance difficulties after vehicle accidents, financial issues including providing advice about No Asset Procedures and employment contract and tenancy and lease negotiations.



However, the delivery of service also has to come with the right attitudes of active listening, being non-judgmental and confidentiality.

"Once again these are covered in our training which so often align with our personal values and ethics, along with the lived experiences and skills we bring to CAB too," says Rani.

Potential volunteers are welcome. Contact details: Email: manager.helensville@cab.org.nz or phone 09 420-7162 or pop in to ask for an application form from our friendly volunteers at our office at 16 Commercial Rd, Helensville, open Monday to Friday, 10am to 1pm or Saturday, 10am to noon.

"Happy Budget Month" isn't a phrase you hear that often

Wishing loved ones a happy Mother's Day is much more common, for example, and I hope all the mums and grandmas had a very special Sunday recently.

But back to the fact that it's the month of the government's annual budget process. Before I lose readers' attention completely, it's worth pointing out that this exercise tends to be pretty important in setting the country's direction for the following 12 months.

In a couple of weeks you'll hear more about how we plan to protect - and actually extend - key public services such as health and education. Recently we announced that we would be introducing lunches in some early childhood education centres, in addition to retaining the existing programme of lunches in schools where this is already provided.

Clearly investment is needed in NZ's hospitals and schools infrastructure, along with other areas in which government has an important role, like social housing and defence.

And I'd suggest there are also a couple of other particular areas to look out for in the first Budget of Christopher Luxon and Nicola Willis (as PM and Finance Minister respectively), based on what people in this electorate have been telling me.

The first is tax relief. Given pressures faced by hardworking Kiwis in the cost of living crisis, it makes sense for you to be allowed to keep more of what you earn. And it needn't be inflationary, at least at the level that we will be able to offer such relief this year. Much of the income retained by households will inevitably go into repaying



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Area Columnists

home mortgage loans, which will certainly be less inflationary than some of the big-money, low-quality pet projects dreamed up in Wellington in recent years.

The second area to watch is budget measures that help grow our economy. Enabling investment so that Kiwis can run their own businesses - free of unjustified red tape - and create revenue for the Crown is crucial. Again, watch this space.

Hopefully you'll agree that such matters can be interesting or, at the very least, affect our shared prospects in rebuilding the economy. So, on that note, Happy Budget Month everyone.

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

NorthWest Liaison Group proposed

By Guy Wishart of Kumeu Community Action - opinion piece.

There is a well-known saying: "You can have good, fast or cheap, but you can pick only two."

Good and cheap won't be fast.
Good and fast won't be cheap.
Fast and cheap won't be good, either.

It illustrates the tension that exists with Auckland's infrastructure right now.

We want good and fast infrastructural development, which won't be cheap, but if we opt for good and cheap that won't be fast. If we wait too long, we might find that the increased cost means we would have been better to opt for the "good and fast" option.

This simple idea is true in many ways but does not account for the red tape that large projects need to work through or the availability of the contractors and materials to do the work.

The private-public partnership model for large projects we need urgently, like the Alternate State Highway 16 (bypass), would hopefully get the project funded faster and delivered earlier, but it usually ends up being much more expensive in the long run. (Good and fast won't be cheap).

Finance ministers tend to like private-public partnerships as they keep the debt for the projects off their accounts in the medium-term, with taxes paying them off over a longer period of time.



We certainly need a mechanism to finance the "Kumeu Bypass" and the Brigham Creek to Kumeu highway upgrade asap. The alternate highway is one of the National Party's "Roads of National Significance" (RoNS) which is a good start and we hope our local MP Chris Penk will be advocating tirelessly for it to be delivered earlier rather than later.

This brings us to the other related but seriously pressing issue that could detrimentally affect the NorthWest (NW).

The number of out of sequence plan changes is increasing in the NW. We have recently made submissions on the Riverhead plan change (PC100).

It constitutes a significant plan change that, if approved, would result in a departure from the Auckland Council's own Future Development Strategy.

Riverhead and its surrounding areas have been subject to considerable residential development over the last 10 years. However, infrastructure has not kept up with demand.

When the Special Housing Area at Huapai was introduced by the John Key Government in 2016, it was a variation to the proposed Auckland Unitary Plan and promises were made by ministers at the time to upgrade and increase the capacity of the transport system. This never happened, but plan changes have kept happening.

With the new fast track bill progressing through its stages and likely becoming law in some form, the NW may well have more government endorsed out-of-sequence plan changes, allowing thousands of houses to be built while we wait for the bypass and SH16 upgrade.

This is a sobering prospect as many of us are finding the present roading congestion intolerable already.

Another well-known saying is: "If you want to go fast go alone. If you want to go far, go together."

Given this trend of out-of-sequence developments, there is an increasing need for the NW community to band together and create a large group than is currently present, with greater clout when opposing developments such as the Riverhead one.

Warkworth already has a larger "Liaison Group" that includes council representatives, Business Improvement District (BID) representatives, community groups and others that meet to share developments and inform the community about the broad range of issues affecting the community.

Kumeu Community Action has approached community groups, NW Country and the elected member on the council and had received a positive response to the idea of forming a NW "Liaison Group" with a similar make-up.

We will therefore continue to work with others on the group's formation and will let the community know when the first meetings are to be held.

We hope that this alliance group will allow the local community

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Authorised by Chris Penk, 134 Main Road, Huapai.



Area Columnists

to become conversant with the key issues affecting the NW and increase the region's collective voice.

Sayers Says It

By Rodney Councillor Greg Sayers.

Mayor Wayne Brown's long awaited 10-Year Budget which sets the future direction for Auckland has been passed - and it includes a number of major wins for Rodney's residents and ratepayers.

More than 70% of Auckland is rural. Rural ratepayers do not receive the same level of council services as their urban counterparts. However, they faithfully pay their rate bills.



For most people living rurally the only substantial council service they receive is a public unsealed gravel road.

Many of these gravel roads have been crudely maintained due to local rates not being channeled back into keeping them, and the associated road-side drains, up to standard.

Instead, these rates have been syphoned off to bolster up urban focused council spending. This is wrong and unjust. There needs to be a fair share spent back for local rural needs.

Some rural roads need sealing, others need potholes fixed, dust suppressed, cambers and cross-falls reinstated, culverts cleaned out, regular grading, ample running-surface gravel applied, widths widened and slip hazards stabilised and made safe.

The good news is there has been a massive win to support rural ratepayers. Approved in the budget is \$124.6 million for the unsealed roads to have the above improvements implemented. This money is for capital long-term fixes which are long overdue for the rural roads, including sealing.

As well as this, additional money has been allocated by Auckland Transport to greatly improve the ongoing maintenance service levels. Instead of just one grading crew to cover the entire Rodney area, there are now five grading crews.

This means there will be a dramatic boost to the quality and safety of unsealed roads.

Such a win has been a long time coming - in fact, ever since the establishment of the Super City. This fight has now been won.

I have been pushing hard to have more of our rates spent locally. In addition to the increase in the spending of rates back into improving

local roading, the Rodney Local Board has received a massive funding increase to \$48.5 million for the next three years to further support important community programmes. And, on top of that, an additional increase to \$102.7 million for building new, and restoring old, council facilities such as toilets and community centres.

This is good news for our townships right across the NorWest.

No other local board received such a dramatic increase in funding. These significant wins go a long way towards closing the inequality funding gap Rodney has unfairly experienced since the formation of the Super City.

Plus, there is good news for commuters who use bus services. Public transport costs have been capped to a maximum of \$50 per week. That means the cost for people regularly travelling long distances to work, or to school, on Auckland Transport buses will be reduced. This scheme will be in place before Christmas.

These positive outcomes have been achieved by the Rodney Councillor and the Rodney Local Board working constructively with the Mayor to represent the needs of the Rodney ratepayers.

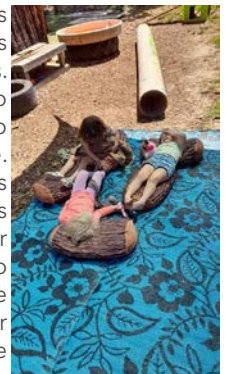
The only part of the budget I voted against was increasing the fees and other levies Auckland Council can charge.

My argument was cost savings and efficiency gains should be made in this cost-of-living crisis.

This was in line with public feedback.

Country Bears - Tantrums or a cry for help?

The teaching team at Country Bears are always willing and wanting to better themselves as individuals, teachers and team members. Therefore we jumped at the chance to implement the ENAGAGE programme to support social and emotional competence. Tantrums or melt downs are not a child's way of annoying us - they are trying to tell us that something in their world is confusing or upsetting and they just do not know what to do about it. It is our role as adults to help guide them through these experiences, validate their feelings, and help them to problem solve. We are not fixing it for them, we are showing them that through empathetic communication, we understand them, and that their feelings are valid and okay. All human beings have feelings and emotions, and each one is okay to have, it is how we





Pete Sinton
Managing Director

09 412 2016 | 021 637 772
49 Beach Street, RD 2, Sandspit, Auckland 0982

petesinton@townplanner.co.nz



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learn to deal with those emotions that are important - no matter how old we are.

By narrating the child's feelings "you look very sad / angry that your toy got taken from you?" tells the child that you noticed what happened. You are also helping them to label a feeling that they might not have a name for yet.

Depending on their age, you can follow that up with "I would be upset if someone took my toy as well, what can we do about it?". This helps the child realise that they are not alone with their feelings, and helps them to solve their own issue. If they are not at that stage yet, we can offer suggestions "would you like to try and find another one", but more times than not, just through validation alone, they have gotten over the fact that their toy has been taken, and are feeling connected and validated through such simple communication.

It is also important we equip children with strategies, and it is best to do this when they are not feeling overwhelmed. ENGAGE have provided us with practical and fun games which aim to help develop skills such as deep breathing, turn taking and slowing down. When we practice these skills while it is easy (fun play time) we then see children use them when it gets hard (feeling overwhelmed).

Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With over 28 years of experience, Country Bears is the name in childcare that you can trust. We are proud of who we are and how we got here, and we are committed to continue to provide this Country Bears quality for another generation.

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

The Helensville Railway Station Museum

One of the West's secrets is the Helensville Railway Station Museum 2 Railway Street Helensville.

If you have visited the Ginger Crunch café located in the old Station building you will have seen the Railway Museum located at the southern entrance of the complex.

Now in our 11th year of operation, we are pleased to announce that we will be open every Sunday from 10.30am to 3pm.

Our expert modelers have completed a facelift on our 40ft model railway layout of Helensville in the 1930-40s and the model NZR locomotives are running better than ever.

The history of the railway in Kaipara is a fascinating story beginning with the first turning of the sod (soil) at Harkins Point Riverhead in August 1871 - the start of the Riverhead - Helensville link which opened on October 29th 1875. Up to this time Steamers bought passengers up the upper reaches of the Waitemata Harbour. It was said the roads were 'impassable'. Pressure from the farming settlers on the Government of the day eventually led to rail finally being bought to the north-west.

The route of this early rail track can still be seen next to the Huapai Golf Club, through Old Railway Road to the present site of the BP garage on State highway 16.

The D170 Locomotive engine outside the Railway Museum is an example of the first Locomotive used for the opening of the Riverhead-Helensville line.

Our museum has collections of early Railway life in Helensville and welcome the families of past staff who would like to share their family stories with us.

Come and see what secrets we hold.

Our entry charges are: Adults \$5.00
Children \$2.00
Family: \$10.00 (2 Adults + 2 Children)

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For further Information please look in our website: www.helensvillerrail.org.nz

In our Station you will find:

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