

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

**EVENTS AND UPDATES**  
**SCHOOLS CARRY ON**

National  
Chris Penk MP

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

**ANGER OVER SH 16 UPGRADE DELAYS'**

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Contact Geoff Dobson on 027 757 8251 or [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)

May 2022



## Greetings

We all moved from "red" to "orange" under the COVID-19 traffic light setting just before Easter – so what does that mean?

Judging from what I saw around the local area during the Easter and Anzac holiday periods, many people are still wearing masks when they venture out, although under the "orange" setting they don't have to in many instances, especially outdoors.

Checking the website COVID-19.govt.nz shows only that people are "encouraged" to wear a mask when leaving home and that mask-wearing may still be required in some workplaces, on public transport and in certain other situations listed on the site.

Physical distancing and number limits inside are no longer required, meaning bars and cafes have welcomed back many customers.

Schools are back to near-normal after nearly two years of COVID disruption – see more in this issue.

At least I no longer have to scan in at places or show my vaccination "passport" either.

The big question - when is the country likely to move to "green" where you don't need a face mask anywhere unless an employer has a specific policy in place?

I doubt we'll move to "green" over winter – probably next summer – as we could have complications with the flu and other nasty winter bugs, and possibly more COVID-19 variants such as the Omicron hybrid XE or "Deltacron" are on the horizon – although the latter are not expected to cause many problems even with borders reopening.

Still, I've had my winter flu shot and I'm waiting to see whether I might get another COVID-19 booster shot. And I'll continue to wear a mask, just in case.

Greeting people you haven't seen in a while remains fraught with indecision. Do you handshake, hug or just bump elbows? A welcome kiss seems off the radar completely now!

So even if things get back to normal, there's still that lingering doubt in my head after two years of relearning.

I'm looking forward to catching up with local people at local events too – like the 100th Kumeu Show which was cancelled in March and will now be held March 2023, and Riverhead School's 150th also initially planned for March but postponed until November 5 when hopefully we are in "green".

Geoff Dobson, Editor



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### ENQUIRIES / FEEDBACK:

Geoff Dobson

P 027 757 8251

E geoffdobson2017@gmail.com

W www.kumeucourier.co.nz

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# People & Places

## Anger over SH16 upgrade delays

Traffic on SH16 through the NorthWest appears back to its usual congestion and frustration levels.

But works to improve the highway's situation - including the safety improvements from Brigham Creek to Waimauku - seem to be retreating into the distance.

"It beggars belief that the start date for these works is getting further and further away," National MP for Kaipara ki Mahurangi Chris Penk says.

"This project to improve SH16 is like a carrot being dangled in front of a donkey, which never gets any closer.

"The irony is, of course, that the works have never been so badly needed as they are now."

Chris says the need for this infrastructure investment, "which I've been assured repeatedly is about to take place, is growing exponentially" because the NorthWest is already at saturation point.

"It is beyond tiresome that other parts of the country, and indeed this very city, are the subject of grandiose plans and promises when the relatively modest upgrade to this most crucial transport network has been allowed to languish so long.

"I feel it's particularly ominous that even the latest extended commencement date for the works is subject to heavy caveats and



disclaimers."

Chris says he'll keep pushing the case for SH16 work to start without further delay.

"But at some point we have to face reality, which is that the decisionmakers in central Government appear completely uninterested in our plight.

"I'm genuinely interested to know what ideas people in this area may have, up to and including (peaceful) protest, to get notice taken.

"I feel like I have tried at all reasonable possibilities at this stage - meetings, letters, petitions and even protest action."

Chris's 'shovel ready - stop delaying, start digging' SH16 action featured in the Kumeu Courier in July last year and attracted about 150 participants.

Meanwhile, Kumeu Community Action (aka Huapai-Kumeu Residents and Ratepayers Association) has asked Minister of Transport Michael Wood questions about SH16 and other transport issues in the district.

The questions feature in this issue with Michael's answers due to be published in the June magazine.

Michael earlier responded to a Parliamentary written question posed by National Spokesperson for Transport Simeon Brown MP.

"When will construction begin on the SH16 Brigham Creek to Waimauku safety improvements?" Simeon asked.

Michael replied: "I am advised Stage 1 is currently on hold due to an appeal on the Notice of Requirement. Subject to a decision from the Environment Court and final designation confirmation, construction is expected to begin by mid/late 2022.



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# People & Places

"I am advised that Stage 2 construction is planned to commence in 2024, subject to land acquisition and alteration of designation."

These can be viewed at [www.parliament.nz/en/pb/order-paper-questions/written-questions/document/WQ\\_09646\\_2022/9646-2022-simeon-brown-to-the-minister-of-transport](http://www.parliament.nz/en/pb/order-paper-questions/written-questions/document/WQ_09646_2022/9646-2022-simeon-brown-to-the-minister-of-transport)

Further project information is also available at: <https://www.nzta.govt.nz/projects/sh16-brigham-creek-and-waimauku/> which explains that Stage One runs from Huapai to Waimauku and Stage Two is between the Brigham Creek roundabout and Kumeu.

"We started on the section between Huapai and Waimauku where there are slightly less complexities and where half of the crashes were head-on," Waka Kotahi NZ Transport Agency (NZTA) says.

"Work will start on this section while we continue to confirm aspects of the design for Stage two.

"To make SH16 safer, we're looking at making a number of improvements:

Stage one (Huapai to Waimauku)

1. Installing flexible road safety barriers to catch drivers who leave their lane before hitting something harder like trees, poles, ditches or other vehicles.
2. Widening bridges that are too narrow and making it safer to turn into Foster, Station and Factory Roads.
3. Creating a wider road shoulder so there's more space for people who cycle.

Stage two (Brigham Creek to Kumeu):

1. Between Brigham Creek and Kumeu we are creating a dedicated shared path for people who walk and cycle to provide genuine travel choice.
2. Installing flexible road safety barriers to catch drivers who leave their lane before hitting something harder like trees, poles, ditches or other vehicles, except between Taupaki and Kumeū.
3. Adding extra lanes between Brigham Creek and Taupaki roundabout from two lanes to four (two in each direction) to make travelling along SH16 more efficient in the short-term.
4. Installing a flush median between Taupaki and Kumeu, which is a painted area in the middle of the road to give you more room and a safe place to wait before turning, while traffic can continue to flow.
5. Putting in a roundabout at the SH16/Coatesville Riverhead Highway intersection to help traffic flow better and make it safer to turn."

A ban on right turns from Coatesville Riverhead Highway on to SH16 applies this month to ease the traffic situation there, with drivers wanting to turn right onto the highway instead asked to detour

down Old Railway Rd to use the roundabout at the intersection of SH16 and Old North Road.

## Schools carry on after disruptions

NorthWest schools are seeing light at the end of two years of disruptions when students return from holidays on Monday May 2.

COVID-19 has been the bane of many, and as New Zealand settles into its Orange Traffic Light setting with greater freedoms than under Red our schools, early learning services, playgroups and the like must still follow public health measures such as mask wearing.



During the two years of restrictions many of the local schools have taken the opportunity to upgrade some facilities, and rolls have generally remained stable in spite of a national rise in home schooling.

About 9500 children are being educated at home compared with around 780,000 in schools, according to some reports.

Schools join in the two public holidays this term - Queen's Birthday on Monday June 6 and Matariki on Friday June 24.

So how have local schools been coping?

Huapai District School principal John Petrie says they have endured two years of serious disruption and challenges during the COVID-19 pandemic.

"The character of our school is strong, and we have appreciated the continued high support of our community. We are looking forward to great things in front of us."

During the past two years, Huapai District School has modernised classrooms, and painted and upgraded its facilities.

"Our roll remains stable at just under 500 as we gear up for growth from our neighbouring Huapai Triangle development," John adds.

"Most exciting for our school is our work with what is known as NPDL (New Pedagogies for Deep Learning). This international consortium of schools brings into focus learning that sticks (Deep Learning) and is helping our school shape an exciting curriculum that is future focused."

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# People & Places

John says that above all else, the school's children continue to shine with their attitudes towards school, of having a go and becoming the best version of themselves that they can be.

Waimauku School principal Gary Pasfield says that after a term of COVID and staffing challenges they can look back with pride and reflect on how well students and most of the families have coped with mask-wearing, home isolations and the changing COVID landscape.

"Our school roll (716) is slightly down on this time last year with a few of our families deciding to Home School," Gary adds.

In spite of many of regular sports events and activities having to be cancelled, the school still remains a busy and vibrant place, he says.

"We were not able to celebrate our centenary last year, however we still produced a fantastic centenary book to commemorate our school's history.

"We'll be celebrating the opening of our new school pavilion which was completed at the end of last year and has been a great addition to the facilities at our school.

"We will also be undertaking a large eight space double-storey building project mid-way through this year to accommodate those classes in our small hall and temporary classes. This project has been long in the making and we look forward to breaking ground this year."

Michelle Holly started as the new principal at Matua Ngaru School in May 2021.

Her first few months were spent getting to know the learners, staff and community and then, like everyone else in Auckland, the school was plunged into lockdown.

Michelle is proud of the way the school responded to the challenge of remote learning and was pleased to lead a staff that was already IT literate and able to run exciting home learning programmes for the children.

The focus now is on high expectations of learning, ensuring every child leaves Matua Ngaru as a well-rounded person, with a strong foundation in reading, writing and maths and a love of learning.

Matua Ngaru's roll is 395.

Waitakere Primary School also had to put off its centenary celebrations, planned for April, due to the Omicron outbreak.

It's expected to instead produce a centennial book in May covering the school and surrounding area from 1921 to 2021.

The school says it's been lucky to continue operating with minimal disruption and school events this term should return to normal with a Year 3 and Year 4 camp at Carey Park in Henderson Valley on June 21-23, and the school's cross-country penned for June 23.

Waitakere's roll is put around the 500 mark.

Taupaki School got through the Omicron outbreak "relatively unscathed" as well and avoided closing.

It will maintain safety protocols such as mask wearing and its library has reopened.

The school roll is near 200.

Riverhead School commemorates a delayed 150th anniversary on November 5 and 6.

The oldest NorthWest Auckland school starts the event with an historic celebration at the "Old School" building beside the Riverhead courts on Saturday, November 5, followed by a sesquicentennial dinner and dance.

On Sunday November 6 the school hosts a "Riverhead School Celebration Day".

Principal Kris Hughes is back after a sabbatical with former acting principal and deputy Sophie Hemmington planning to return to the United Kingdom, meaning the new deputy principal will be Chelsea Moncur.

The school also escaped COVID ravages and has its annual Book Week planned this term.

Riverhead's roll is around 470.

Woodhill School has about 60 pupils and expects to have a number of projects running during the next few terms.

## West Auckland bus service changes proposed

Auckland Transport aims to transform West Auckland's bus network so people can use buses to travel to more places more often, intending to create more reliable and frequent bus services.

AT says feedback on proposed changes to West Auckland bus services closes Sunday June 5.

"We're now working with Waka Kotahi NZ Transport Agency to extend and improve bus shoulder lanes along the Northwestern motorway and adding bus priority to the on and off ramps to create the first step towards a





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# People & Places

rapid transit corridor along SH16," AT says.

"When this is complete in mid-2023 it will allow buses to connect at new bus interchanges at Te Atatu, Lincoln Rd and Westgate and enable an all-day, frequent public transport option along the Northwestern Motorway."

Changes proposed include frequent all-day bus services to allow more people to 'turn up and go' rather than planning trips around a timetable, access to more local destinations making public transport more useful for a greater range of travel purposes (an alternative to adding more cars to roads) and requiring some passengers to transfer between buses to get where they want to go.

"The overall objective of these changes is to make public transport simpler and more useful for as many people as possible including those who don't currently use it," AT explains.

The proposals suggest a new Western Express (WX1) bus service to provide more frequent services on the Northwestern Motorway, local routes connecting with motorway services at new bus interchanges at Te Atatu, Lincoln Rd and Westgate, increasing the all-day frequency of route 131 and renumbering it route 13 for easier local trips and connecting to the new bus interchanges at Te Atatu and trains.

Most buses could run more frequently and later in the evenings, the idea being a simpler bus network that is easier to understand.

In 2017, AT launched a new network of bus services for West Auckland which connected more people to more places, took advantage of new electric trains and a new fares system that enabled customers to transfer between buses and trains during their journey without paying multiple fares. "At that time we didn't have the infrastructure in place to allow a fully interconnecting network of frequent bus routes," AT says.

It adds the NorthWest is growing with more houses, more jobs and more people needing to travel. "The current lack of bus interchanges and bus priority lanes means your bus network is not as frequent, efficient and reliable as it could be. These changes are designed to offer a better public transport network by removing duplication and using buses more efficiently. By sharing resources along the common motorway section of their routes, we can run more bus trips on the Northwestern Motorway all day, unhindered by traffic conditions on local roads. This also allows more local bus trips to run unaffected by traffic conditions on the motorway. By having buses working together as a connected network rather than as individual routes it makes it possible to reach more places at more times of the day with the comfort of knowing, in many cases you can simply 'turn up and go'."

AT notes that with these changes almost three times as many people will be in walking distance to a frequent bus route.

"The current direct trips into the City Centre from Don Buck Rd,

Henderson, Te Atatū and Helensville will require passengers to transfer between buses so everyone can share the same bus rather than requiring multiple vehicles.

"Effective public transport can reduce congestion and carbon emissions, reduce the need to take up land to provide car parking spaces, connect communities, improve health outcomes, and provide independent mobility for those who can't or choose not to drive."

The HOP card fare system makes connecting between services easier with fares based on the number of zones travelled through.

"This means you can transfer between AT buses, trains and ferries and pay just one fare for your entire journey with your AT HOP card."

Timing is one of the biggest issues for people traveling by bus.

- The 125 will run every 30 minutes at peak times, hourly throughout the day and will run later into the evening.
- A new 123 for Huapai serves its southern area.
- The 122 will run more often so that for the combined 122, 123 and 125 services there will be a bus every 15 minutes at peak times from Huapai to Westgate and every 30 minutes during the day.
- The 122, 123 and 125 services will use new bus stops at the NorthWest Shopping Centre as well as the Fernhill Drive bus stops.

For details and to give feedback go to [AT.govt.nz/about-us/have-your-say/west-auckland-consultations/proposed-changes-to-west-auckland-bus-services/](https://at.govt.nz/about-us/have-your-say/west-auckland-consultations/proposed-changes-to-west-auckland-bus-services/) for more information.

## Anzac Day resumes normal service

Thousands of Northwest residents paid tribute to those who served, and in some cases mentioned Russia's war in the Ukraine, as Anzac Day services resumed near normal duties throughout the area.

Nearly 300 people attended the Riverhead War Memorial Park service, for instance, where some changes are planned next year.

As part of the park's upgrade, the next Anzac Day service will transfer from the park entrance to near the children's playground reached from Princes Street, a steel gate archway



**Geoff Dobson**  
MEDIA

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# People & Places

expected to be resurrected for the occasion, helping remove traffic parked along the Coatesville Riverhead Highway.

It may be bugler Eric Cole's last year of playing the Last Post and Reveille at the service too, the Kumeu Brass member saying he'll probably hand over the duties to another player.

Like Ode of Remembrance reader Malcolm Harvey-Williams from the Hobsonville RSA, both pictured, Eric says he's been attending Riverhead services for many years.

Rodney councillor Greg Sayers and Kumeu Community Action and Labour member Guy Wishart, also both pictured, were among those laying wreaths at Riverhead.

Greg presented a wreath in the form of an Anzac poppy he'd made from recycled records blow-torched and painted, which he also placed at four other services including Waimauku and Helensville.

The New Zealand Defence Force had representatives at Riverhead, along with Riverhead and Coatesville Scouts, Riverhead School (which is celebrating its 150th this year) and others.

Organiser Heather Lundon says Riverhead has been fortunate to host some kind of Anzac tribute during the past two years when many other services were cancelled due to COVID concerns.

She mentioned three Riverhead residents who had died recently, after tributes to fallen service people (1914-1918 and 1939-1945 World Wars) were read.

Service participants adjourned to the nearby Riverhead Bowling Club for morning tea following the 9am event.

Anzac Day services were also held in Waitakere Township, Waimauku and Helensville, while dawn services were restricted in many parts of Auckland as New Zealand had just moved to the Orange Traffic Light COVID setting.

## Muriwai wraps up busy season

The Muriwai Volunteer Lifeguard Service has had a massive patrol and Search and Rescue (SAR) season, as have all patrolled beaches across the nation.



"Our 2021-2022 season proved record numbers across all areas - lifeguard hours, rescues, assistance provided, search and rescue and preventative actions," says Muriwai VLS president Jo Cooper, pictured.

"I wish to acknowledge our volunteers who continue to donate their time to ensure the safety of those living in or visiting the local

area. Your commitment, passion and efforts are recognised and appreciated."

The Muriwai SAR team contributed to a significant number of rescues outside of patrol hours. At times the squad are tasked with extremely challenging situations, Jo says.

"Nationally, SAR squad callouts have seen a 32% increase on last year. The busiest SAR squad has been Raglan, with Muriwai a close second. Their proactive work alongside other support services is recognised and acknowledged."

The Muriwai lifeguard team achieved high standards of health, safety, and wellbeing while maintaining COVID-19 protocols.

"Our volunteers continued to support each other and the community with a professional and empathetic balance to ensure the best interests of all," Jo adds.

"COVID once again impacted our junior surf and sports competitions, however, the team managed to navigate through training, club days and a few competitions to keep the juniors pumped and excited about next season. Thanks to all our junior surf parents and volunteers for keeping the energy alive."

Muriwai's new jet ski is proving its worth on the beach, working in tandem with the club's inflatable rescue boats (IRBs) across all areas of assistance, preventative actions, and rescues. Jo says the team has embraced the new equipment with training numbers high and ongoing.

"We now head into the administrative phase of the year with award events, AGMs, strategic planning, winter training and next season preparation. I recognise our management team (MVLS and trust) and thank you all for your commitment."

New members are welcome to join the club, which also offers a social membership.

"The work we do is all volunteer therefore any donations are gratefully received," Jo adds.

"You can also volunteer a few hours to support the management team. Remember, the club is a fantastic hireage venue too."

"Our volunteer hours, passion for what we do, and sense of purpose will continue to ensure the overall safety of our amazing beach and community."

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# Safer Communities



It's been a strange Anzac Day celebration around the country with mixed messaging and limited turnout of active personnel. It is a privilege to march in uniform in support of the men and women that served for, and continue to serve for our country and our communities. Remember those that have fallen and the sacrifices that have

been made for us to live in a democracy. It also serves as a reminder with the current conflicts and civil unrest around the world how fragile freedom is, and how important it is to protect. Thank you to the families that supported the Anzac Day Parades and placed special messages on their gates and fences.

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.  
Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

Graham McIntyre

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## Advice for Rock Fishers Be smart around rocks

Drowning  
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### Check conditions

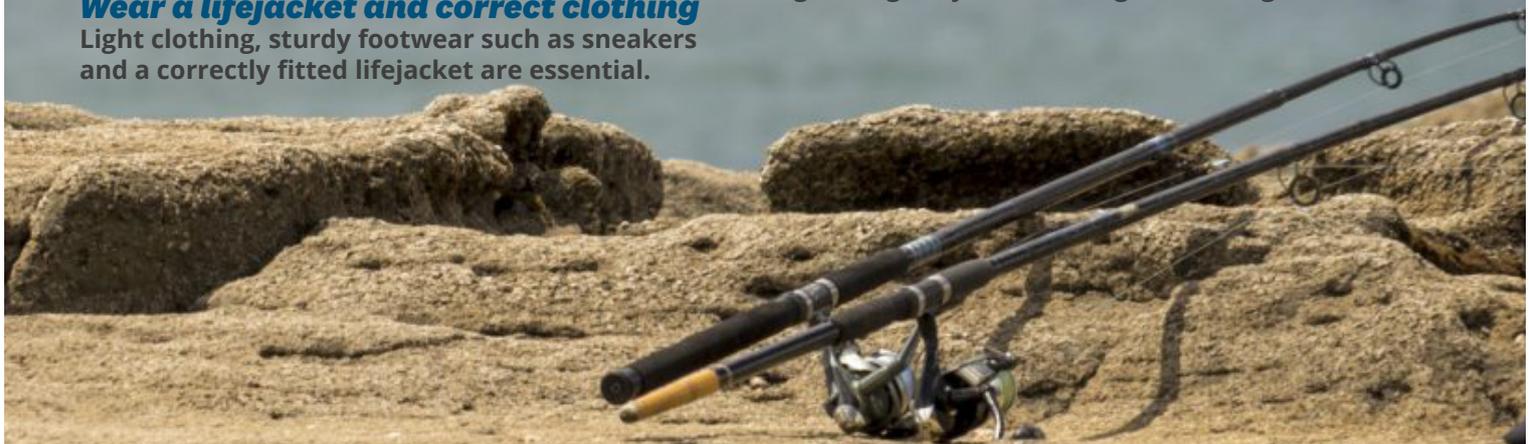
This includes swell, weather, and tide forecasts as well as advice on safety signs.

### Wear a lifejacket and correct clothing

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

### Beware of waves and swells

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



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

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# Community News

## Kindy Kids Huapai

We are boutique early learning centre that is licensed for a maximum of 25 children aged 2 years old and upwards. What people do not realise about our centre unless they have come inside is that we have an enormous playground, which includes a mud kitchen, large sandpit, rope swings, fire pit, monkey bars, bikes with plenty of room to ride them and plenty more.



Our playground supports our learning philosophy of learning through risky adventure play and focusing on developing life skills. Our families choose us as we are a small centre, have a supportive kindy whanau and wonderful community feel.

If you are looking for a centre for your active pre-schoolers, then we are defiantly a centre you want to check out. We welcome new enrolment visits by appointment.

## May at Kumeu Arts

Drawing is often mistakenly overlooked as a means of arriving at a more 'finished' outcome. Our annual drawing exhibition 'Drawn In' aims to celebrate drawing in all its forms. Come and view it now. Over in our smaller Pod gallery you'll also find artworks produced by children



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attending the Kumeu Children's Art Club. Later in May we host local 'creative photographers' Gail Stent and Judy Stokes. Their exhibition 'Natural Collaboration' is part of the Auckland Festival of Photography. The pair, who say they "both connect deeply with nature and their subject matter is often aligned to this connection" will run a coinciding photography workshop here on June 4th. Other exciting upcoming workshops include an Introduction into Cold Wax Medium and a two-day Expressive Drawing workshop. While our regular on-going courses and groups have something for everyone. For more information follow us on Facebook, or visit us behind the library. [www.kumeuarts.org](http://www.kumeuarts.org).

## Kaukapakapa Library

Sunday 15th May, 9am to 1pm.

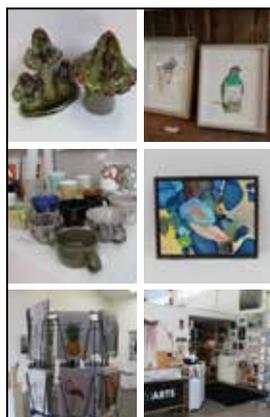
Come along and support the Te Awaroa/Helenville Museum at the historic Kaukapakapa Library. Books are for sale on the local history of the area, including 'Pioneering Women of the South Kaipara', 'Men Came Voyaging' and for the train enthusiasts 'The Kaipara Line'. As well as other great gift ideas, donations to the Museum can be made, subscriptions purchased, volunteer information available and more. View one of the model carriages from the recently donated Van Uden Collection, beautifully handcrafted to scale - the full collection can now be seen at the Museum. The Kaukapakapa Library is open in conjunction with the Kaukapakapa Village Market, something for everyone. For more Information email Megan at [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz) or phone 021 959 017.



## Kaukapakapa Village Market

Sunday 15 May 8.30am to 1pm.

Join us for a great morning at the market with live music from Ralphe and an interesting selection of stalls including fresh, locally grown fruit & vegetables, sausage sizzle, cakes, pies and doughnuts to enjoy with a freshly made coffee. Plus unique locally made hand crafts, winter hand knits, skin care, jewellery, plants, preserves, bargain pre-loved books from the Lions' table, bargains galore to be had from our



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# Community News

car boot area ... and much more - see you there.

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

## Making nests

At Nature's Explorers Kindy we are currently developing our knowledge on New Zealand forest animals through building our own bird nests. To start this complex process we began blowing up a balloon, then we ripped up strips of paper in order to make paper mâché. A kaiako (teacher) demonstrated how to dip the paper in glue then placed it smoothly onto the balloon surface. This experience helped nurture our fine motor skills which are essential for developing early literacy skills. We left our balloons to dry overnight, then we continued the following day with adding more paper mâché. When this process was complete we used our glue gun to stick on a variety of natural materials, which our whanau had previously collected in the weekend. We were all patient and listened carefully to instructions from our kaiako (teacher) thorough out these processes and we strived to try our best with all of these challenging aspects of this experience.

This activity provided opportunities for tamariki to; problem solve, invent and experiment with natural materials that they had collected previously. We also added complexity to this experience with our older tamariki, who experienced how to make a bird's nest through weaving natural materials together.

If you are interested in visiting us at Nature's Explorers family please contact Ange on phone 09 412 8800.



## Lions Vintage Shop open

After a COVID-imposed period of closure, The Vintage Shop in the Pomona Hall adjacent to the Kumeu Community Centre is now open for business Tuesday to Friday, 11am-3pm and on Saturdays when special events are on.

The shop is well-stocked with vintage and non-vintage items including crockery, glassware



and crystal sets, cutlery, mantelpiece ornaments, small furniture items, linen, mirrors and picture-frames, jigsaws and many other one-off surprises. Items are of good quality and tastefully displayed at very reasonable marked prices.

Most of the stock on display has been donated by people downsizing or clearing spaces while some items have been kindly donated by people dealing with a deceased estate.

The Vintage Shop is a Huapai-Kumeu Lions fund-raising project and is managed by a group of volunteer women who work on a rostered basis.

The Huapai-Kumeu Lions Club ensures that all profit from sales goes back to support worthwhile community groups and, most recently, the club has given funding support to a local welfare and food bank.

Whether you are a serious customer or seeking to reflect on earlier times, The Vintage Shop is worth a visit.

Meanwhile, the Kumeu Community Centre AGM is on Wednesday May 18, 7pm, at the centre and residents are encouraged to attend and consider becoming part of the committee which manages the locally-owned community facility.

The centre is financially sound, being well-used during the year by a wide variety of organisations and sports groups.

The Kumeu Community Centre is rather unique in that it is a community-owned and managed facility not connected in any way with the Auckland Council, so continuing interest and support from local people is essential.

Current Chairperson Ian Blackwell is hoping for a good attendance at the AGM and he can be contacted at 0274 379 255.

## Kumeu Childcare

Kumeu Childcare is inspired by Reggio Emilia philosophy where children are active participants in creating their own learning environment with teachers as collaborators that facilitate this learning process. Our mission is to make learning fun, to help children find their passion and to make sure each child is safe and feels loved. We adjust our experiences to suit your child's needs and interest.



We are enriched by the diverse culture, heritage, language and identity within our Kumeu community, together we create a positive atmosphere and environment which is deepened by open communication that feels like home.

Kumeu Huapai

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# In Brief

## Change of seasons gardening at Craigweil House

Craigweil House residents have been making the most of the long, sunny days linger into autumn while enjoying the cooler weather. With the end of daylight savings, we are reminded that winter is on its way. Roy Ayers and Norah Honey have been setting up the gardens for the cooler part of the year. Roy and other residents have been working on the winter veggie garden by preparing the soil and planting seeds, including cabbage, cauliflower, and beetroot. Norah and Deb (Facility Coordinator) also planted five lovely planter boxes of mixed flower seedlings for some potted colour and to attract the important pollinators. Craigweil House residents are looking forward to tending to the veggies - there is nothing like eating fresh from your own garden.



If you would like to enquire about Craigweil House 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.

## Autumn Book Fair

28th - 29th May 2022 - Helensville War Memorial Hall

The Lions Club of Helensville is planning to hold their Autumn Book Fair on the last weekend of May in the Helensville War Memorial Hall. Starting at 9.00am on Saturday until 4.00pm and 10.00am on Sunday until 3.00pm.



The Pop-Up Book Fair, held in March, raised almost \$4,000 from the sale of books, which was a great result considering the restrictions necessitated by the pandemic reducing the number of books on display. A huge thank you to all our patrons on that day. For them we are now able to bring out our entire stock of books, which we have accumulated over the last year.

Books are priced to sell, with nothing over \$2. There is a good selection of children's books at 50c, plus there are also jigsaw

puzzles, board games, DVDs, CDs and quality magazines available.

Non-Fiction will be split into twenty separate categories, including one dedicated to New Zealand subjects and a large General Non-Fiction section to browse through.

Fiction is arranged alphabetically by authors, with six special interest groups, the largest of which is the Fantasy/Science Fiction section. There are also many Children & Adolescent books.

Small donations of books can be left at Burmester Realty, Helensville, or for larger lots, call Chris on 09 420 8527, or any other member of Helensville Lions.

Please note that the last date we are accepting books for this Book Fair is Friday 20th May. EFTPOS Available.

## Kumeu Friendship Club

Our friendship club is back and up and running once a month in Huapai. We have two speakers at the meetings, one a member and the second one from the region who give us a variety of talks. In the last two months we have heard from



David Rice who gave us a very interesting talk on recent advances in our understanding of pain and its treatment. Also, we heard from one of our members who gave us a talk about a business called SMART retirement which she has started with her daughter. We also heard from Kristin Sutherland who is current President of the Auckland Property Investors' Association and she gave us a very interesting talk on Property - the path less travelled. We also had a club outing for Westbrook Winery Lunch which was well attended and much enjoyed. If you would like to join, we would love to meet you. We meet on the 4th Thursday of the month 10am in St. Chads Church, 7 Matua Road, Huapai.

## iKidz Go

Connecting parents to family friendly events and children activities across Auckland.



The iKidz Go mobile app was launched in February 2022 by parents, for parents, to connect families to providers of child friendly events and activities.

Whether you are looking for an art, dance, sports, physical or educational class or activity for your children, look no further. The



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Managing Director

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# In Brief

iKidz Go app will list relevant activities in your area for you to book or find out more.

If you are a provider of children activities or have a family friendly event planned, please get in touch to ensure we have you listed on our app. [www.ikidz.co.nz](http://www.ikidz.co.nz).

## It's long sleeved t-shirts weather

When it's too cold to wear a tee and too warm to wear a sweater, doodlewear long sleeve t-shirts are the perfect solution. They are stylish, super comfortable and are also great to layer under jackets and cardigans.

doodlewear is a New Zealand based online clothing store that specialises in bringing curated New Zealand art straight from the gallery to your wardrobe. We work with New Zealand artists to create amazing and unique art prints you can wear to look flawlessly stylish no matter where you go.

You can choose from more than 40 art print long sleeve t-shirts. Discover our Women's and Men's collections today at [doodlewear.co.nz](http://doodlewear.co.nz).

Support local - Hobsonville owned and based business, every purchase pays a New Zealand based artist, printed with love in the Bay of Plenty.

Let's be social: Instagram & Facebook @doodlewear.nz



## Join the Adventure

Adventure Plus has been part of the Scouts Aotearoa branding for many years.

Scouting is not just an adventure but a way we learn, grow and interact with each other.

The adventure takes Scouts to many places around Aotearoa, Internationally and even into outer space (the first person to stand on the moon (Neil Armstrong) was a Scout when he was younger.)



Scouts Aotearoa have seen a lot more interest from youth and parents wanting to know more about the Scouting adventure over the last term, especially in the Waitoru Zone.

This month our newest Scout Group officially opens. Hobsonville Point Scout Group is the 9th group in our zone.

Currently Hobsonville Point Scout Group only has a Kea section (5-8 year olds) with several groups close by that have spaces for Cubs and Scouts.

I'd like to wish the new leaders, youth and caregivers from Hobsonville Point Scout Group all the very best as their new adventure begins.

If you want to know where your closest group is, then please visit <https://scouts.nz/join/>

If you have any questions about how Scouting could benefit your youth, or simply want to ask a few questions, please get in touch. I can be contacted via email: [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz)

Craig Patridge. Waitoru Zone Leader.

## Shop at NorthWest and win

You could WIN\* a share of \$5,000 in prizes for Mum! Just spend \$50 or more in one day at NorthWest Shopping Centre from April 23 - May 8, 2022, have your receipt/s validated at the NorthWest Customer Service Kiosk, and fill in your details on the entry form to go in the draw.

\*T&Cs apply, see [northwestshoppingcentre.co.nz](http://northwestshoppingcentre.co.nz) for full details.



## Kumeu SeniorNet

Now we are up and running again it was great to see so many members back to the meeting at St. Chads Church in Huapai in the last couple of months. We have been going back to basics with courses on mobile phones and Windows files and folders. We meet once a month and have speakers who try to enlighten you with their knowledge and have fun on the many new electronic gadgets out there. We have members who know virtually nothing to the knowledgeable. If you would like to see what we are about we meet in St. Chads Church, 7 Matua Road, Huapai on the first Wednesday of the month at 10am.






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# Property

## Property market report

Less property on market, less money available but banks still making billions.

New Zealand banks are unlikely to enjoy the same strong loan growth as they have during the Covid pandemic so far, but tougher economic times may see loans staying on their books for longer. Banks have increased net profit after tax almost 7% from the September quarter to \$1.614 billion, getting close to the bonanza \$1.643 billion recorded in the March quarter of last year. The banks grew gross loans by 1.63% to \$487.620 billion in the December quarter, and by 7.2% in the year to December. Against the backdrop of the ongoing Covid-19 pandemic, high inflation, Russia's invasion of Ukraine and businesses operating below capacity due to staff shortages, banks are unlikely to experience the same level of loan growth as they have enjoyed.

When you get inflation, and you get rising interest rates, I think loans might be a bit stickier. I think they might stay on the books longer so that the banks might not have the same growth. Whilst low unemployment, at just 3.2% in the December quarter, reduces the risk of a significant number of borrowers not being able to meet their loan repayments, businesses are operating below capacity which helps those in employment. Businesses struggling to get staff will have to pay more which will not improve the balance sheet.

Banks reduced loan provisioning another 5.3% in the December quarter to \$2.44 billion. It was the fifth consecutive quarter of net impairment write backs as provisions raised early in the pandemic continued to be unwound. Banks' combined cost-to-income ratio came in at 39.7% in the December quarter, down from 43.1% in the September quarter. Net interest income increased 3% to \$2.9 billion.

So, what does this mean to buying and selling today? The main factor at play today is funding, and whilst we wait for Central Government to Revamp and recycle the CCCFA bill that was ill prepared and ill delivered, the reserve bank continues to wave the interest rate

wand, exposing the market to increasing cost of money use.

Don't expect house prices to rise any time soon, we have a stabilised price environment at play, which may be a relief to property valuers and a problem to spec builders.

Let's look at the sales from last month:

Coatesville	\$2,780,000 to \$6,850,000
Helensville	\$635,000 to \$2,145,000
Huapai	\$855,000 to \$3,600,000
Kumeu	\$900,000 to \$1,470,000
Muriwai	\$1,250,000 to \$2,190,000
Riverhead	\$1,340,000 to \$2,110,000
Swanson	\$1,035,000 to \$2,350,000
Waitakere	\$1,485,000 to \$1,645,000
Whenuapai	\$1,555,000

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

## Getting a home loan: Is your income a bit complicated?

When it comes to getting a home loan the journey can be different for everyone; however, at the very least you will always need to show:

- 1) That you have an adequate deposit (or security/equity)
- 2) That you have the income needed to service the loan (i.e. make payments).



If you're employed in a fulltime job - then showing your income tends to be pretty straightforward. But when you have other income things can become a bit tricky. Lenders are able to look at a wide range of income types, but what is acceptable to one lender may not be considered by another.

If you have any of the following income types, if one lender says no it's worth looking around as another may well say yes.

- Contractor income
- Overseas income

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# Property

- Commission or bonuses
- Seasonal earnings
- Self-employed income
- Boarders / flatmates / tenants
- Child support
- Superannuation/ACC/Benefits

Sometimes a lender will only take a proportion of this income into account - but that might just be enough to get your loan approved.

If you'd like to discuss your income and how to put together a strong lending application, I'm available free of charge; and if you want to meet in person the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing, phone 020 4009 8944 or scott@betterborrowing.co.nz.

## Instruments registered on a Record of Title

By Tina White, ClearStone Legal

Among other checks that your lawyer can carry out for you as a home buyer, they will look over the Record of Title to the property. There are a number of instruments which may appear on the Title and here are just a few:

- Easements: There are many different types of easements and they can often relate to a right of way, a right to convey services like electricity or convey water between neighbouring properties. The easements can be for the benefit of your property or a neighbouring property. There are certain rules and restrictions which all parties must follow and your lawyer will provide these to you.
- Consent Notices: These are usually registered by the Council and record restrictions against the land. These can relate to a number of things like stormwater maintenance, future development restrictions, planting requirements, pest control.
- Encumbrances: An encumbrance sits like a charge on the Title and must be disclosed to your Bank. These types of instruments can relate to a number of things and often relate to a resident's society, whereby you become a member of the society and pay an annual levy. You must follow the rules of the society, much like a body corporate. The society will be responsible for maintenance



of common property like shared lanes. These are becoming more popular and we see these a lot, for example, at Hobsonville Point.

- Building Line Restrictions: These instruments impose a limitation on how close you may build a house, garage, carport in relation to the street. This may affect any future development you wish to carry out in the future.
- Bond: These are usually registered by the Council to secure money held by the Council until such time as an outstanding resource consent condition has been met. Once the work has been completed, the Bond is then repaid to the Owner (often the developer) of the property and the instrument may be removed from the Title with the Council's permission. It is in your best interests for your lawyer to enquire about the Bond with the Owner's Solicitors and request that the Bond instrument be removed from the Title prior to settlement. If this is not removed, the obligations of the Owner referred to in the instrument, then fall on you as the purchaser, and were the Council to undertake the works resulting in costs more than the amount of the Bond, then you would be responsible for any additional payments required.

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

## Autumn is here

Even though most of New Zealand enjoyed a long and hot warm summer, autumn is most definitely here. It is season of the year between summer and winter during which temperatures gradually decrease and the duration of daylight becomes noticeably shorter.



Tackling a few simple jobs now, while the weather is still suitable

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# Property

for working outside, will help get your property ready for the cold weather that is coming towards winter, and in some cases prevent problems from occurring later.

We all love a warm and comfy home during the winter months. So, before the worst of the weather arrives, go through our checklist to make sure that you are protecting your home and your family, as well as heating your home efficiently.

Many of these things you can do yourself or you can speak with your Property Manager to organise this work through our reliable list of vetted contractors.

Your autumn to winter checklist

- Clear your spouting of leaves, debris and plant material.
- Clean out drainage channels and ensure storm drains are clear.
- Weather-strip any windows or doors that are draughty.
- Check that ceiling insulation is in place and close access holes.
- Trim trees with overhanging branches near windows and spouting
- Cover outdoor furniture that is not in regular use.
- Secure outdoor furniture and the trampoline in case of high winds.
- Check your emergency supplies including replacing any out-of-date food items, refreshing water supplies and ensuring torches are working.
- Have your heating system serviced.
- Ensure that the torches are working (and that you know where your candles and matches are) for when there is power cuts.
- It is good to have some extra meals or easy meals in case you get winter bugs as well.
- Make sure door locks are working properly and that adequate security lights are in place. Make sure safety latches are on all your windows too so you can feel safe opening them to assist with ventilation.
- Stop accidents and falls before they happen by cleaning paths, decks, and driveways, especially any on the shady side of the house. Mould loves to cling to dirt, so if you neglect this task, you run the

risk, they will become slippery and treacherous over the winter months.

- Check the flue and chimney that both are working and free of creosote before you light a fire. Even if your fireplace is gas, never operate it without a proper screen in place, especially if you have children. If you are burning wood, a fireproof rug immediately outside of the doors will prevent embers from landing on the floor or carpets that can cause damage.

Here at The Rent Shop, we are experienced in guiding our landlords through the process of preparing your properties for letting so that you can maximise the rental return. We can provide a no-obligation rental appraisal and offer feedback on compliance and where improvements can be made, if necessary. For more information, please contact The Rent Shop 021 413 660.

## Think your trust will protect you from your ex?

People who believe putting their assets into a trust before a relationship begins will stop them having to share assets with their spouse will have a timely wake-up call from a recent decision of the Supreme Court in Preston v Preston [2021] NZSC 154.



Mr and Mrs Preston had a 7 year relationship (and were married for 5 ½ of those). They each had children from previous relationships (his were grown up). Mr Preston had transferred his home and most of the shares in his business into a trust set up before the relationship. However the parties used those assets for family purposes during the relationship, living in the house, and living off the income from the business. Mr Preston appointed Mrs Preston a beneficiary of the trust, on the advice of his accountant.

It was a loving relationship and both parties were committed to it. Mrs Preston made the usual non-financial contributions to support Mr Preston and the family, she used her own money (from before the relationship) to make loans to support his business, to pay for family holidays and to help his kids to buy their first cars.

Over time the home and business increased in value.

Around the 7 year mark things fell apart, and the parties separated. Mr Preston was adamant that Mrs Preston would get nothing from the trust, and there was very little relationship property to share out.

Mrs Preston was left without a home or sufficient capital to set herself and her daughter up in a home. Mr Preston was enjoying all of the significant assets of the trust.

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# Property

Mrs Preston went to Court for a share of what the trust had built up with her support. She lost in both the High Court and the Court of Appeal. Others would certainly have given up - she was ordered to pay substantial costs, she had a gruelling time being cross examined by expensive lawyers about how little of any real value (meaning, monetary value) she had contributed in the course of the 7 ½ year relationship.

QC Vanessa Bruton had been following the case, and knew it didn't uphold the principles of equality - of the sexes and of their differing contributions - that are built into relationship property law, and section 182 of the Family Proceedings Act 1980.

She took Mrs Preston's s182 claim matter right to the Supreme Court and won, arguing that bringing a trust into a relationship creates obligations, and if the relationship ends, and one person is worse off, the Court will step in to remedy that under s182. What Mrs Preston was claiming (and what she received) was \$243,000 or 15% of the trust assets - and the ability to rehome herself and her daughter. Pretty modest compared to what was left in the trust and the 100s of 1000s he would have spent fighting her claim through the Courts.

The resounding moral of this story is this: if you want the benefits of a trust arrangement AND to avoid sharing, you need to declare that openly to your spouse, ask for a 'pre-nup' type agreement, and let your spouse decide whether that makes you someone they want to marry or not.

If you need relationship property advice before, during or after a relationship, have a chat with one of our relationship property experts at Henderson Reeves Lawyers. You can find out more about us on our website, or ring and speak to Taina Henderson or one of the team on 09 281 3723.

## The escalating problem with escalation clauses

Buying a newbuild off the plan could protect you from future increases in the property market. This is because you agree on a purchase price with the developer at the current market prices but only have to pay when the property is ready for you to move into - which in some cases could be a year away. However, it has become common for build contracts to have escalation clauses that allow a developer to increase the price due to say supply chain issues or increases in the cost of building supplies. This could result in you having to pay tens of thousands of dollars more for the property. Although you may have the right to get out of the contract, you may find that the property market has increased so much that it does not justify you buying another property. Also, some build contracts are independent to the land contract and if you cancel the build

contract you are still stuck with the land - and you will have to find yourself another builder. For these reasons it is always important to consult with your lawyer before entering into a contract to buy a newbuild. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## Co-ownership may be the answer

Falling house prices might sound like good news, but for many Kiwis who are struggling to buy a home it's devastating, increasingly resorting to pooling their resources.

Nationwide, house prices have experienced their biggest quarterly drop in a decade, raising some hopes of a cooling market for those who have long been locked out by sky-high property prices. But the same forces that are pushing prices down - inflation, high cost of living, and rising interest rates - are also hitting prospective buyers, especially those at the bottom end of the market.

High cost of housing does not have to exclude people from stepping on to the property ladder - if they can find a way to pool resources.

A median-income household would currently take 11 years to save for a standard deposit if they were able to put aside 15 percent of their income. But for people who are single it could take double that time.

I am seeing more and more people are open to co-ownership with someone other than a partner, spouse or parent because it brings the possibility of meeting the deposit cost within reach by dividing the cost - as well as the cost for paying the mortgage.

But it is important for people considering co-owning to know their rights from the outset. It is essential they get good legal advice, including setting out what will happen if circumstances change within the partnership.

What's really important about co-owners is people have an open and honest conversation with each other and get some good legal advice to set things up.

With the National Policy Statement on Urban Development (NPS-UD), we will see more intense housing, more stock on the market and hopefully some reduction on house prices for home buyers. Co-ownership is also a way for people to investigate buying property later in life. Buying later on than Kiwis had traditionally had become increasingly common as lifestyles and economic circumstances have changed widely.

Sunil Kaushal is a Registered Financial Advisor based in West Auckland. This article should not be taken as an advice. Phone: 021 280 4189, email: [sunil@everbright.co.nz](mailto:sunil@everbright.co.nz).

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# Area Property Stats

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

To receive the full summary simply email the word "full statistics" to kumeu@mikepero.com.

This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	2,900,000	1.97HA	196M2	3,200,000	MURIWAI	1,700,000	825M2	230M2	2,399,000
	2,900,000	1.6HA	283M2	3,800,000		985,000	801M2	103M2	1,000,000
HELENSVILLE	830,000	591M2	112M2	885,000		1,325,000	809M2	150M2	1,950,000
	1,250,000	1.14HA	96M2	1,225,000	PARAKAI	710,000	495M2	100M2	820,000
	870,000	685M2	126M2	1,048,000		810,000	0M2	85M2	790,000
	960,000	604M2	140M2	880,000	RIVERHEAD	1,600,000	605M2	253M2	2,300,000
	910,000	466M2	102M2	930,000		1,275,000	813M2	180M2	1,450,000
	950,000	0M2	180M2	970,000		1,425,000	664M2	209M2	1,870,000
	830,000	0M2	100M2	855,000		1,105,000	809M2	88M2	1,325,000
HUAPAI	760,000	624M2	218M2	1,506,000		1,775,000	819M2	231M2	1,910,000
	1,250,000	1897M2	120M2	1,600,000		1,020,000	812M2	100M2	1,270,000
	1,225,000	1060M2	230M2	1,350,000		1,600,000	800M2	275M2	2,085,000
	1,525,000	761M2	236M2	1,650,000		1,725,000	2.12HA	104M2	1,200,000
	1,475,000	664M2	224M2	1,465,000	TAUPAKI	2,025,000	1.72HA	320M2	3,900,000
	1,425,000	1012M2	130M2	1,500,000	WAIMAUKU	1,200,000	3202M2	190M2	1,250,000
	1,200,000	1389M2	88M2	1,251,750		970,000	1126M2	188M2	1,268,000
	1,425,000	759M2	220M2	1,450,000		2,975,000	1.17HA	286M2	3,650,000
	1,550,000	1017M2	236M2	1,625,000		1,700,000	1549M2	305M2	2,035,000
KUMEU	1,175,000	375M2	1589M2	1,283,000	WAITAKERE	1,025,000	1014M2	106M2	1,200,000
	1,075,000	300M2	148M2	1,225,500		1,900,000	4.43HA	303M2	2,420,000
	1,600,000	690M2	267M2	1,635,000		640,000	0M2	70M2	775,000
	990,000	1108M2	127M2	1,200,000		1,400,000	2.85HA	180M2	1,640,000
	1,225,000	400M2	160M2	1,300,000	WHENUAPAI	1,415,000	373M2	239M2	1,675,000
	1,725,000	6936M2	180M2	2,770,000		1,305,000	404M2	180M2	1,360,000

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

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



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**WESTGATE &**  
**HENDERSON**



**FLAT, SINGLE LEVEL LIVING - AS NEW REFIT**

3 1 1

**By Negotiation**

**1 / 2 Wiseley Road, Hobsonville**  
By Negotiation

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

[www.mikepero.com/RX3269521](http://www.mikepero.com/RX3269521)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**EXTENDED FAMILY OR BLENDED FAMILY - ROYAL HEIGHTS**

5 2 2

**By Negotiation**

**3 Bangla Place, Massey**  
By Negotiation

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

[www.mikepero.com/RX3269528](http://www.mikepero.com/RX3269528)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**GARAGE AND OUTDOOR LIVING - CUL-DE-SAC STREET** 3 1 2

**Asking Price \$1,269,000**

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

A spectacular 2018, modern, townhouse, impeccably finished with simple white and grey tones providing the best of lock-up-and leave and easy care, with schools, restaurants and transport around the corner. With an eye for clean lines and simple colour palette, this 168sqm three bedroom attached townhouse offers the very best of modern living with the extras that come with a home that has been invested in, meticulously cared for and made for living. Over three levels the home offers garaging and laundry leading to outside courtyard downstairs, with open plan living/dining, guest w/c on the first level and three generous bedrooms, bathroom and ensuite upstairs. Heat pumps and upgrades make this home stand out. Located on a fee-simple freehold 131sqm (more or less) site in a cul-de-sac.

[www.mikepero.com/RX3070268](http://www.mikepero.com/RX3070268)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



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

**By Negotiation**

**8 Orah Road, Huapai**  
By Negotiation

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

[www.mikepero.com/RX3226379](http://www.mikepero.com/RX3226379)



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027 632 0421  
09 412 9602

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AS NEW - WITH DEVELOPMENT OPTIONS - MIXED URBAN

4 1 1

By Negotiation

**29 Hewlett Road, Massey**  
By Negotiation

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

[www.mikepero.com/RX3074419](http://www.mikepero.com/RX3074419)



**Graham McIntyre**  
027 632 0421  
09 412 9602

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LOVED FOR 50 YEARS - KIWIANA IN MASSEY

3 1 1

By Negotiation

**60 Glenbervie Crescent, Massey**  
By Negotiation

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

[www.mikepero.com/RX3273585](http://www.mikepero.com/RX3273585)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## READY FOR SUMMER BBQ'S - WEST HARBOUR

3 1 1

By Negotiation

### 100 Moire Road, West Harbour By Negotiation

A sizzling hot option for you to have a great BBQ area, and a relaxed option to buy and move right in, no fuss, no bother. If you've been searching for a smart and simple three bedroom home in West Harbour this property may top your list. A genuine standalone home on 354 square meters of land (approx) with established gardens and secure fencing. The landscaping is contrasting and modern which integrates with the home through north facing decking and generous slider. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Downstairs has storage, double garage and laundry. Built to last with Palisade weatherboard system and decromastic tile roofing.

[www.mikepero.com/RX3136972](http://www.mikepero.com/RX3136972)



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09 412 9602

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## IDYLIC PARK LIKE SETTING - CHARACTER ESTATE

4 2 2

Asking Price \$1,795,000

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

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

[www.mikepero.com/RX3160359](http://www.mikepero.com/RX3160359)



**Graham McIntyre**  
027 632 0421  
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# Hot Property



## Lifestyle living at its best – Neighbour-less

A wave of Auckland buyers are migrating North from the in-fill suburbs of Avondale, Glen Eden, Te Atatu, Massey and West Harbour looking for a blade of grass and a home that is not looked over by four townhouses, twelve cats and a three dogs. It is a phenomenon called the in-fill housing boom and as this encroaches in home owners slice of heaven it does create a natural migration to a better

life. This allows for purchasers to overlook bush and pasture, have space for all the cars and toys and tools. It also allows space for the fruit trees and the bush walks,

On offer is an exceptional blend of easy care lifestyle living mixed with mature fruit trees and the privacy extended with native regeneration bush delivering peace, tranquillity, Tui's and Kereru.

Gentle sloping and terraced to support sunshine and wind-less outdoor living, this pocket of paradise is very special indeed.

A four bedroom, two lounge home with extensive open plan living leading to North West decking to pull the beautiful environment in. Garaging, workshop and office within additional buildings on site

# Hot Property



with extensive off-street parking. Best of all, you'll struggle to see another house.

If you are looking for something very special, and priced at a lifestyle living entry point this is a must see.

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).



# Central's Tips

May 2022



Prepare beds for winter planting of garlic and strawberries, protect young seedlings against slugs and snails. Time to plant the winter herbs and get clever about sourcing a cold frame to help vegetables along in winter



Plant now for winter flowers and scent, identify your favourite autumn trees. Use gypsum on areas that get boggy and use Lawnganics ROOTS on the lawn and around plants to build strong roots. A clean-up copper and oil spray is beneficial.

## The fruit and vegetable garden

- **Prepare beds for traditional mid-winter crops** such as garlic, onions, asparagus, and strawberries. Compost, blood and bone and Aquaticus Soil Conditioner (ground mussel shell) are all ideal.
- **Chinese Snow Peas can be sown from now on**, but ensure you have a wall or a frame for them to reach their mature height of 1.8metres.
- **New winter vegetable seedlings such as cabbage and broccoli** need to be protected from late season attacks by caterpillars, slugs and snails. Spray for caterpillars or use slug bait around seedlings
- **Check lemon and other citrus trees for scale infestations** on the backs of the leaves in the form of hard brown lumps. Spray with mineral oil
- **Place pots of winter herbs by the kitchen door** - thyme, rosemary and bay leaves are staples for infusing flavour in cold weather food
- If your **maturing feijoa and citrus fruit have been attacked by guava moth**, make a note for the coming spring season when traps can be used to control them
- **Need a cold frame to grow vegetables?** A cheap and easy solution is a demolition window frame that can be lent against the house or shed in a sunny spot

## The rest of the Garden

- **Get hardy cold season annuals in for winter flowers.** Plant polyanthus, poppies, primulas, pansies wallflowers, stock, sweet william and cyclamen
- **Loving the autumn colour?** Take photos of the trees and shrubs you like then take them to your local garden centre. They'll be able to identify them and let you know what they'll need to grow well
- **Plan for some winter scent** - wonderful, scented flowers in winter include daphne, wintersweet, boronia and the Burkwood viburnum.
- **Organic product Lawnganics ROOTS should be applied now** to give some extra nutrition to build winter resilience in the lawn
- **Mulching helps:** a layer around prized plants neatens the look for winter and has benefits such as protecting exposed roots from cold, limiting weed growth and evenly dispersing heavy rainfall
- **Boggy areas developed in winter?** Apply a layer of gypsum to those areas, to open up the clay and aid drainage
- Once leaf fall is finished, **a copper and oil spray over deciduous fruit trees** helps strengthen against disease and stops scale developing

## Project for May

### Nature's Planting Time

With more time at home these days, take the opportunity to get new plants established. Late autumn is a great time for this because shrubs and trees have time to settle into their surroundings before winter hits in earnest. Plant into weed-free Living Earth Garden Mix which has plenty of fertilizer included to nurture everything.

For all the products you'll need to get new plants established visit [www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)





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# Home & Garden

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Call us today on 027 260 8225 for a free no-obligation quote.



## Laser Plumbing and Roofing Whenuapai

Your Plumbing, Roofing & Drainage Experts in West Auckland

When it comes to plumbing and drainage, DIY repairs can result in health and safety risks, not to mention potentially expensive mistakes.

If you are experiencing sewerage smells, overflowing drains, no or extremely hot water, ceiling leaks, overflowing guttering or gas smells, then it is definitely



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a good idea to call a plumbing professional.

Laser Whenuapai is your local plumbing professional that can help with any of these issues and more. Dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal or backflow issues. We have a talented team of maintenance plumbers who can easily remedy any plumbing issues, on time and hassle free.

We are also excited to share that we now offer a Supergold card discount. Just let us know you have a Supergold card when you book in your plumbing job, and we will give you 20% off your first hour of plumbing labour.

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

Does your roof leak? Or does it need replacing? We find and fix roof leaks and offer full roof replacements. Your one stop shop for all your plumbing, drainage, and roofing needs. And best of all, we offer free, no obligation quotes.

Contact Laser Whenuapai today on 09 417 0110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz) or visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## Top tips for saving power

1. Appliances - Not using it? Switch it off at the wall. If the wall switch is on, you're still using a bit of power.

2. Lighting - LED lights are slightly more expensive to buy, but they last 10 to 20 years - and use far less electricity.

3. Hot water - Make sure your hot water cylinder is the right

temperature. Too high and it'll cost you more to heat, too low and bacteria may breed. We recommend a temperature of 60 degrees Celsius or higher to prevent the growth of Legionella bacteria

4. Washing Machines - Put your washing on a cold setting. It cleans just as well, and the Energy Efficiency and Conservation Authority (EECA) says it saves up to 10 times the power.

5. Timers and sensors - Timers and sensors are a cheap and cheerful way of turning off things that aren't being used.

Group your appliances (for example the TV, gaming console and decoder), with one timer. It'll sense when the primary load, such as the television, is switched off - and turn off all the rest. Clever, and cheaper.



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# Home & Garden

6. Heating - Good insulation and efficient heating make it easier and cheaper to heat your home to healthy and comfortable temperatures.

If you'd like to discuss some of these tips further and hear about how we can help you save money get in touch with Blackout Electric today. Phone: 022 500 5856, Email: [info@blackoutelectric.co.nz](mailto:info@blackoutelectric.co.nz).

## Property value optimisation

Sunday 12th June (9.30am to 11.30)

Whether you live in a town house, on a traditional quarter acre or lifestyle block your home is likely to be your most significant financial asset. Consequently maintaining or enhancing its utility to achieve optimal resell value is of course very important.



We ran a similar presentation, which proved to be extremely popular, 2 years ago and given the prevailing property environment thought it worth repeating as a useful alternative to our usual Sunday workshop topics.

Our presenters this time will be Jane Burmester and Brendon Smith. Jane is owner of Burmester Realty, a local independent agency specialising in the Auckland, Rodney and Waikato areas. Brendon is co-owner of Parallax Consulting in Warkworth who specialise in most aspects of surveying, project management and civil engineering.

As a business owners with high levels of experience within the property space Jane and Brendon will be able to offer relevant and knowledgeable information.

Whilst Jane and Brendon will be making a brief presentation this is a great opportunity to question them about areas of personal interest regarding your home and the current market and thus gain some independent insight into both opportunities as well as potential property strategies to avoid.

After the workshop you can stroll through our beautiful, recently

extended 3.5Km nature trail which contains over 40 marvellous sculptures created for our 2022 exhibition by local and international artists on display. \*

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

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

\* Trail not suitable for wheelchairs or walking frames; additional entry charge applies.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Entry: \$20 per person. Booking essential: [www.kaiparacoastplantcentre.com/events](http://www.kaiparacoastplantcentre.com/events).

## Ferns for your garden

Autumn is here and so are our ferns at Awa Nursery. Often ferns are overlooked when designing a native garden, but the lush green fronds can add texture and interest to your garden - not to mention the iconic nature of the silver fern.



Most gardeners will associate ferns with shade, and certainly, if you have a spot in your garden which is shady or semi shaded, ferns are an excellent choice. The biggest consideration when planting a fern, is adequate moisture and a sheltered spot with little to no wind. Your fern will not tolerate waterlogged soil, so make sure your soil is free draining and compost enriched. Put mulch around the roots to keep the soil cool and help retain moisture. In summer and during any dry period, water roots and trunk at least 3 times per week, other times twice per week in the absence of good rainfall, and remember a good deep water is required rather than a light sprinkle. Do not drench your ferns from the top, just a light top watering is recommended to avoid crown rot. Fertilise your ferns once a year with a slow-release fertiliser. If fronds on your tree ferns brown off suddenly it can be due to wind burn, so it will require for more protection from the wind and adequate moisture. Awa



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# Home & Garden

Nursery currently has tree ferns and ground ferns, and autumn is the ideal time to plant. Pop along and pick up your iconic fern and give your garden design a distinctive New Zealand feel.

## Inspections for new fences, pools or subdivisions

Wanting to build a fence, subdivide or put a pool in your yard? You may be required to apply for a Works Over Approval which we call a Pre-Build Inspection.

Typically, before proceeding with any of these three projects, an engineer or Watercare representative will ensure compliance is met and that the process won't put Watercare assets at risk of getting damaged.

HydroVac's CCTV division will visit your site and ensure that the condition of any public sewer system is investigated before or after any work takes place. This inspection procedure is carried out with CCTV equipment and still images that you can keep on record.

Most people who build pools or fences etc. usually use contractors who are aware of following these procedures but say Joe Blog down the road builds a fence and hits a line because he didn't get consent, he would be in trouble and liable for repair costs to the pipe. Doing a Pre-Build Inspection helps you to mitigate this risk, plus it gives you a record of the pipe's condition before you start work so you have something to fall back on if necessary.

The process involves inserting a sophisticated camera into the pipes for inspection. For larger pipes, like those used in sewerage systems, a CCTV tractor is used. The operator pushes the camera inside the pipes and checks for possible problems such as clogs,



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cracks and leaks.

Some key things you can check via a CCTV pipe inspection:

- Hairline cracks which affect the integrity and stability of the pipes
- Bigger cracks which can affect water pressure and bring sand and silt inside the pipes
- Tree roots and other organic debris stuck inside the pipes
- Punctures on the pipe due to previous renovation work
- Corroded or severely damaged pipes and assembly joints
- Location of other pipe joints and how to access them

At HydroVac we also provide an As-Built Inspection which is an overview of the property, with the pipes that have been located and their depths. This gives you a good idea of what is below the ground on your property before you start any kind of construction, hopefully helping you to avoid any expensive mistakes. Please reach out if you are thinking of adding a new fence, pool or subdivision - we're local and we'd be happy to help. [www.hydrovac.co.nz](http://www.hydrovac.co.nz) or 0800 493 768.

## Western ITM

The annual Mighty ITM Hardware Sale is on now at all Western ITM Stores and runs till 31st May. They've got roaring great deals on hardware, power tools and accessories plus bonus buys galore.

Trade Breakfast Event:

Calling all Tradies and serious DIYers...

Join the team at Western ITM in Whenuapai, Wednesday 11 May, from 6:30am till 9am for their annual Mighty Hardware Sale Day. Stop in and check out their roaring great deals on tools, hardware and much more. A BBQ breakfast is provided with complementary beverages and several key suppliers onsite plus giveaways on the day.

Western ITM. Locals Supporting Locals. 3 Auckland Stores - 2 Airport Road, Whenuapai, 154 Main Road, Kumeu and 2 O'Neill's, Swanson. [www.westernitm.co.nz](http://www.westernitm.co.nz).

## Waimauku Garden Club

The seasons roll on and we are well and truly into autumn. It was a long, hot summer and our gardens are thirsty for more rain and cooler weather.

Waimauku Garden Club continue our monthly visits, whilst remaining prudent in our activities under Covid settings. Planning is more difficult, so we are taking it month by month for future visits.

In April we are remaining relatively local and visiting the Kaipara Coast Sculpture Gardens. Here we can kill two birds with one stone, touring through their gardens with 3.5kms of garden, sculpture and

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# Home & Garden

forest trails and also having morning tea and lunch in their Coffee Shop. To make things even better the Plant Centre has a great range of plants to purchase and I am sure many of our members will be tempted and make purchases.

Future visits, although yet to be confirmed, include a trip to Matakana and another to Whangarei, a visit to gardens in Clevedon and a spring day out to Cornwall Park and environs. During winter we plan visits with an indoor setting including a movie and a mid-year lunch.

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

Ann 021 035 7406, Diana 027 478 8928, Donna 021 233 0974, Judy 027 272 9994, Moira 027 498 9154.

## Kumeu community garden

At your local garden this month, we've been preparing for autumn by rotating our garden beds to make ways for hardy cooler month crops; those of the brassica family and other hearty root vegetables. Soon enough plates will be filled again, this



time it'll be broccoli, cauliflower, cabbages, kale, bok choy, Brussel sprouts, beetroot, carrot and radish. With the changing seasons heading towards the cooler months, it is a great time to take note of what has grown well this summer season and plan ahead for the spring— in doing so we reflect on how lucky we are to have ready access to winter food stocks. Unlike us, many pollinator species are not so fortunate and will have to work hard to find food throughout the winter during rain, shine or storm. Now is a great time to plant wildflowers which are easy to grow, add beauty to any garden and provide precious food for the essential workers of our ecosystems. Visit Kumeu Community Gardens to see what wildflowers we're planting or join us for a Working Bee on the first Sunday of every month. All welcome, no experience required. See you there!

## Unlock the value of your property

Do you love where you live, but not the house you're living in? Or perhaps your home is on a larger site and you've been thinking of subdividing and building a new home – whether it's to sell or rent out for extra income. Signature Homes makes it easy with their



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# Home & Garden

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Right from your initial site appraisal to the handing over of your keys on settlement day, you'll have your own Signature team beside you to guide you through your journey and ensure your home is exactly what you envisioned. There's plenty of pre-designed plans to choose from, or the team can work with you to design something bespoke to your needs and lifestyle.

A range of minor dwelling plans are also available, all below 65m<sup>2</sup>. These plans allow you to bypass the council's subdividing process and are great if you have a smaller site or just need some extra room for the kids or extended family.

For an obligation-free consultation and site appraisal, contact Signature Homes West & North-West Auckland on 0800 020 600 or visit [signature.co.nz](http://signature.co.nz).

## Obsidian Glass

Did you know that up to 50% of heating is lost through windows? Double-glazed windows are an excellent way to reduce heat loss, and energy transference, and add comfort to your home. Double-glazing became compulsory for all new builds in 2008, which means you are likely already benefiting from lower power bills throughout the year.

However, over time the seal in double-glazed units will break down.



This allows moisture into the unit, resulting in foggy windows, which will continue to worsen. It is impossible to wash this condensation off and can look quite unsightly. This also means the insulation effect of double-glazed units can also be lost.

Double-glazed units typically carry a 10-year manufacturer's warranty in New Zealand and the only fix for this kind of condensation is to replace the double-glazed unit with a new one.

If you have any concerns about your double-glazed units, contact Owen from Obsidian Glass. Owen has 15 years of experience as a glazier and sees more and more foggy double-glazed units in West Auckland homes, especially as we enter the cooler months. Email: [sales@obsidianglass.co.nz](mailto:sales@obsidianglass.co.nz) or Website: [www.obsidianglass.co.nz](http://www.obsidianglass.co.nz).

## Tile and grout cleaning and re-colouring

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



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

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## Autumn for your lawn

I do bang on a bit about it but autumn is the perfect time to begin increasing the mowing height of your lawn, especially in sheltered



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# Home & Garden

and shaded regions of your garden. You ought to be leaving at least 50mm (5cm) of leaf on your lawn, even up to 60 - 70mm (6-7cm) in substantial shade. To be specific this offers a greater leaf surface zone for your lawns for photosynthesis, allowing the grass to create essential sugars which are key for its general wellbeing. Keeping that additional length will also be valuable when winter arrives, as the grass leaves have a tendency to end up less frost affected with just the very tips dying off, leaving green growth underneath and a stronger spring recovery.

Getting the soil pH correct

And to be a bit more technical, pre-winter is a good time to check your soil pH. Out of balance pH levels not only affect the way your lawn looks, but will also reduce the impact of fertilising your lawns. The ideal lawn pH level is 6.5, which is a bit acidic. If you do need to adjust a low soil pH, you can use Sulfate of Ammonia, which will work to correct alkaline soils.

Improve your lawn before winter

You should always apply a decent fertiliser to your lawn before winter arrives. This is probably the most important feed you will give your grass all year, and Easter Weekend is usually a good time to schedule it. Give your grass a decent feed with a NPK fertiliser, so that your grass has the capacity to create that sound matt of leaf development I often talk about, it'll help keep out those winter weeds, and build the solid roots to battle the winter coolness.

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

## Wash Rite

Philip and his team are based in Te Atatu Peninsula and service from Blockhouse to the west coast beaches and north through to Helensville. Philip and his team are experts in all aspects of exterior cleaning and there is no job too big or too small for this expert team.

Wash Rite gives a 100% satisfaction guarantee to our work and has numerous customer reviews with 5-star ratings all around.

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Wash Rite West Auckland is your local family business run by Philip & Mel and their amazing team offering services to commercial, rural and residential buildings.

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## Whenuapai Floral and Garden Circle

Thirty-three members attended the recent meeting in Whenuapai, our first since May last year. The volume of conversation may have given the impression of many more but simply expressed the happiness of friends meeting once more. It is thought we are the only Garden Club in the Auckland area to meet during the daytime.

Welfare of members was discussed and the death of Doreen Dodge last month was acknowledged with her being the last of our foundation members from the club's beginning in 1986.

Upcoming outings planned include High Tea at Alberton Hall, a trip to the movies at the Lido in Epsom in May and a luncheon at Huapai in June.

Refreshments were served after the meeting with an opportunity to share gardening experiences, or just catch up socially before heading home or away to celebrate Easter.

Meetings are held at the Village Hall in Waimarie Road at one o'clock on the second Thursday of the month. New members are most welcome. We look forward to meeting you.

Entry fee is \$4 with an extra dollar per raffle ticket. Pretty good prizes too.

Until next time, Happy Gardening from Mary Anne Clark.

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# Pets

## Tips on moving house with a cat

Cats moved to a new home sometimes want to return to their old surroundings. If you are going to allow your cat to be outdoors, contain your cat indoors for at least two weeks, feeding as usual and providing a litter tray. During this period introduce the cat to the new home. Once the cat has been introduced to the whole house, let the cat roam the house to get his/her bearings, keeping doors and windows closed

keep other aspects of your cat's life as consistent as possible around a move (for example, maintaining the same routine, feeding the same, and keeping familiar objects with the cat, like favourite beds or toys) and to spend lots of time keeping your cat company in the new house and helping him/her to feel secure and at home.

It is essential to update your cat's the microchip details up-to-date if you move house. Update your microchip details at: [www.animalregister.co.nz](http://www.animalregister.co.nz)

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Kanika Park Cat Retreat - Phone 027 550 1406, email [info@kanikapark.nz](mailto:info@kanikapark.nz), or visit [www.kanikapark.nz](http://www.kanikapark.nz).



## Dog&Co.

With winter just around the corner, an outdoor pet photography session may not exactly sound appealing (although winter sunsets are stunning). With this in mind, it is the perfect time to consider studio photographs. I have an indoor photo studio specialising in the photographing of dogs both by themselves and with their families (if you want to hop in front of my camera too). Sometimes it is the simplest of images which can be the most striking and that is why I love studio shoots. It allows the personality of the subject to shine through as they take centre stage against a plain black backdrop. No distracting props, no fancy editing. Just your



dog being your dog. What more could you want from a photo?

So if you have been thinking that it would be nice to have a photo of your beloved dog up on your wall then I highly recommend booking in a studio shoot. I have everything we need to get those special photos...endless treats, squeakers, toys, and a repertoire of silly noises to encourage those irresistible head tilt moments.

Get in touch anytime via my website or email to book, as I would love to hear from you. Website: [www.dogandco.nz](http://www.dogandco.nz) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz)

## 98% Reduction in Dog Bites with Education

The Dog Safe Workplace was established in 2016 when it created an Online Training Platform for industries where the staff are required to enter properties where dogs are present. Prior to 2016 they offered only Face-2-Face training.



Moving forward 6 years and they now offer Face-2-Face, Online, Video Conference via Microsoft Teams and they can now create a SCORM file to sit on your companies Learning Management System.

In the latest report from ACC - the highest industry for reported dog bites in 2021 was in the Health & Community Services Sector. This includes nurses, midwives, Plunket, Ambulance Officers, in home care and many more.

Each year in NZ we see an increase in dog bites, even with lockdowns and restrictions on travel. 2021 reported over 13,500 (we know that less than 40% are reported) at the cost of over \$6 million.

So, who uses this service? Meter readers, Delivery Personal, Real Estate Agents, Statistics NZ, Dept of Corrections, security firms, food delivery personal and the list goes on.

Does it work? YES!!! One client has reported a decrease of over 98% since instigating the training.

The Dog Safe Workplace also has a program called Dog Safe 4 Kids which is available for families, community programs and schools.

If you or someone you know comes into regular contact with dogs and they would like more information on how to stay safe. Contact Jo on 0508 DOG SAFE or email her on [jo@dogsafeworkplace.com](mailto:jo@dogsafeworkplace.com).

Also remember if you see the Dog Safe Workplace car turning into Juicy Coffee stop in the morning, jump in behind her and Jo will shout you a coffee to get your day started properly. Helping Support



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# Pets

Local Business.

## Cat lovers we need your help

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



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

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

## I don't need you. I choose to enjoy time with you.

Animal communication is all about relationships - you wouldn't ask if you didn't care. This week's 'Human Development Coach via Animal Wisdom' is a diminutive young cat named Luna. Her wisdom invites us to ponder the foundation of all our relationships - Control/Transactional/Fear vs Freedom/Unconditional/Love.

Our nervous system tells us we are safest in relationship - not that long ago, in nervous system evolution terms at least,



social exclusion meant we were vulnerable to predators. Humans thrive in connection and Brené Brown says 'love and belonging' are irreducible human needs.

Things can get messy, because we simply can't control the feelings of another. We can control some of their behaviours, through fair and foul means, but not their attitude to us. Yet we all know that love can only be given freely and we can feel the energy of genuine caring verses manipulation - so can our animal family. Luna is giving her love freely to Jane and vice versa - it's delightful for both to feel reciprocally chosen.

Luna shared that the most important thing to her is freedom. She doesn't need Jane to survive, but she chooses to spend time with her because she enjoys it. Resourceful, proud, a survivor and vigilant - all useful traits when she lived on the street. Jane asked why she bites to which she showed she wasn't keen on hands - to her they felt 'grabby and pokey' which she communicated with a mind-movie of them coming at her that I found myself ducking and weaving to get away from. Her biting was useful to keep hands at a distance. She showed that if she were able to choreograph the connection she liked to snuggle in by Jane's thigh and be stroked by her elbow and forearm. I have heard, that since our session, she has jumped up into Jane's lap. Wishing you time with your animal family, of choosing and feeling worthy of being chosen.

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

## K9 Heaven

If you own a dog and you're wondering where to send your best friend for daycare, boarding or grooming, K9 Heaven (The Country Club for Dogs) may just be what you're looking for. Their 10 acre fully fenced property with farmland and pond for your dog is conveniently located just 6 minutes from the Massey off-ramp on the North-western motorway, or 7 minutes from Westgate. The



focus of new owners, Tanya Arnesen and Ollie Such, and their dogs Merc and Cleo, is to bring love, care, and fun to your dogs and a great experience for you. Tanya, Ollie, and the K9 Heaven team run a "trial-day" so you and your dog can see and experience what K9 Heaven (The Country Club for Dogs) has to offer. - K9 Heaven.

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# Food & Beverage

## Westbrook

From the team at Westbrook, lots of aroha to all the mums this Mother's Day! Where would you be if it weren't for yours? Show her some love and bring her to Westbrook Winery to enjoy our delicious wine and a gourmet platter or pizza. Not only will you be the favourite child, but Mum will also go in the draw to win a Westbrook voucher and goody basket worth \$150. Visit us with your Mum throughout the month of May and place her name in the draw. The winner's name will be announced on June 1st on Facebook, so make sure you're following us.



May is also an exciting month in the wine space because the whole world celebrates one of the mightiest grape varieties, Chardonnay. We are very proud of our two multi-award-winning 5-star Chardonnays; our stunning Waimauku Chardonnay boasts citrus and stone fruit aromas with toasty nutty notes, while the fabulous Barrique-Fermented Marlborough Chardonnay is rich and creamy, with butterscotch, citrus, and spicy notes.

So this May, celebrate Mum and Chardonnay Day at our beautiful vineyard. Try our delicious Chardonnay platter, matched with a star-studded tasting flight. Book online here [www.westbrook.co.nz/bookings](http://www.westbrook.co.nz/bookings) or give our friendly team a call.

## Hallertau

When our new Chef, Logan Coath, joined the Hallertau family in August 2021, he wasn't expecting his first task to be all about creating people-pleasing takeaways during a lockdown. Based on the number of Haloumi Burgers and Fish 'n' Chips you guys got your sandwich grabbers on during that time, it's safe to say he nailed the brief and pleased the people.



A longtime Westie, Logan shares our passion for this community. When Logan first sat down with Hayley and Steve, the thing they

chatted most about was the abundance of delicious, local produce accessible to each Hallertau venue. It was then we knew we'd found a kindred spirit for the kitchen and our next Hallertau hero.

Logan is determined to create menus that harmonise with the Hallertau beer list and feels familiar.

He states that "Putting a menu together is a bit like a journey. It's about looking at your surroundings and letting those surroundings inspire you. I'd like to get the team to visit the farms where our produce comes from too. Those relationships are good to develop. After all, our local farmers are also our local beer drinkers."

## Soljans Estate

Our themed dinners are back! Join us on the 27th of May to celebrate the tastes of the South Pacific. With a gorgeous 5 course degustation designed by our team of chefs, and a stunning range of wines to match, you won't want to miss this one! Tickets are \$89 per person, with wine pairings available at \$45 per person.



## Elderberry Syrup recipe

Elderberry syrup is an ancient and traditional remedy, most commonly used to assist with coughs and colds. Elderberries are tiny, dark burgundy-coloured berries that are sour in taste and contain many nutrients, in particular, high levels of antioxidants. Elder trees grow well in Auckland and can be propagated from cuttings. The flowers are often used to make cordial or wine and are typically ready in early-mid summer, with the berries being ripe in mid-late summer. Trees will often contain both flowers and berries at the same time.



Elderberry syrup can be taken by the teaspoonful daily as a tonic or at the onset of a cough or cold several times a day, or mixed with chilled carbonated water to make a soda drink.

Ingredients: ½ cup elderberries (dried), 2 cups water, approximately

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# Food & Beverage

1 cup of honey, ½ teaspoon cinnamon, ½ teaspoon ginger, 2 cloves.

Method: Place the elderberries in a saucepan with the water and spices and bring to a simmer. Cook until the liquid has reduced by half. Remove from the element and strain. Use the back of a spoon to squeeze out any juice. Measure the juice and add back to the saucepan. Add the equivalent amount of honey to the saucepan and return to the heat. Simmer until the syrup coats the spoon and leaves a light, toffee-like effect. Remove from the heat and cool a little before bottling into a sterilized bottle. Once opened, store in the refrigerator for up to one year.

Certified organic elderberries and other herbs can be purchased from our online store at: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## Peko Peko

After the long 2 years since we had a first lockdown, finally we are looking for more freedom. We have been in ups and downs, but we really appreciate your ongoing support. Takeaway has always been pretty busy and we are happy to open the dining area again. If you haven't tried our food yet, please come along. We are the only Japanese-owned Japanese restaurant in the neighbourhood. We only use rice bran oil, free range chicken and eggs, homemade sauces and we pride ourselves on serving fresh and honest food. You can find us on 102c Hobsonville Rd, check our FB and Instagram @pekopekonz or visit our website [www.pekopekojapanese.nz](http://www.pekopekojapanese.nz) Fully licensed. Phone 09 416 1197.



## Don Buck Honey

For Don Buck Honey and residents of Henderson-Massey, this is as local as honey can get.

This wee batch was made by bees that live in my back yard in Massey. Everything else my bees produce comes from forests or the farms, but this batch was foraged from the parks, gardens and gullies of our



neighbourhood. I call it Neighbourhood Honey.

It is a very runny, bright, and clear honey compared with what my other hives produce, and likely contains nectar from at least a few of the following: Clover, lotus, pohutukawa, bottlebrush, penny royal, tea tree, borage, lavender, dandelion, cosmos, mint, rosemary, and anything else growing within a few kilometres of my back garden.

\$12.00 - 370g Limit of one per order. Very limited reserve - get one quick. Discounts for mix-and-match purchases. Order via online store - pickup option available at checkout for Auckland-based customers. Chris Northcott. [www.donbuckhoney.co.nz](http://www.donbuckhoney.co.nz).

## A bit of Deliciousness

Specialising in Gluten free, vegan, keto, dairy free, refined sugar free and low carb sweet treats and espresso to go, Deliciousness is a fun and funky little caravan located in Massey.

After working in the hospitality industry for 20+ years as a chef, Carly noticed that it was sometimes difficult to find cakes/slices that catered for multiple dietary requirements and that also tasted amazing.

We also have a selection of regular slices as well and our cabinet selection is often changing. We source our coffee beans and hot chocolate from Velvet Espresso, a small boutique roastery based in Henderson. Our hot chocolate is gluten free and vegan certified and we offer a wide range of alternative milks.

We also offer catering and no order is too big or too small.

Follow us to keep updated with new products. Facebook - Deliciousness. Insta Deliciousnessnz

Located at the Massey Birdwood Settlers Hall Cnr Don Duck Rd and Redhills Road.

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# Health & Beauty

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Take time for you, relax with a warm nourishing foot soak in our stunning copper bowl to start. Pure Fiji Bath soak infuses into the skin to hydrate and nourish while added cane sugar and exotic oils hydrate to bring back a glow to tired feet.

Mango Pure Fiji lotion is finally applied for soft supple feet that smell delicious.

Then - Shoulder and lower back tension is eased in our warm treatment bed as warm exotic Mango Pure Fiji Oil is slowly applied to your back, neck and shoulders. Relaxing Swedish massage techniques will leave you drifting away for a beautiful peaceful moment in your day.

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## Smile is a full-face event

Do you know that muscle relaxants such as Botox and Dysport have been used in dentistry for years primarily to treat gummy smiles and muscle pain resulting from grinding or clenching teeth? You no longer need to suffer. Next time you visit your dentist, ask about how they can help you.

With the goal to respect your natural look and enhance it not change it, dentists can now support you beyond rejuvenating your smile by holistically looking at the entire face (forehead lines, frown lines, crow's feet, bunny nose line, chin lines, lip contours to name a few using dermal needling, Dysport and Dermal fillers technology); dentists look at improving



the health and quality of the facial skin as well as the teeth and gums. Smile is a full face event, who better to complete your smile than the dentist.

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## Rife Frequency sessions

Not a lot of people have heard about the Rife Frequency Machine or Rife Treatments. Have you ever heard of this?

In the 1920- 30's, the Rife machine or as it was known as Rife frequency generator was developed by an American scientist and inventor Dr Royal Raymond Rife.

Dr Rife, went out to prove that each microbe has its own frequency that it resonates with and with the right light frequency that any virus or bacteria could be killed. How Dr Rife saw it was that when the light frequency travelled to the virus or bacteria at an intense rate it would explode or shrivel up and thus be destroyed. A simple explanation of this, I recently came across is that it's similar to that of an opera singing and by reaching the right tone, it could make a glass break. Due to every microbe having its own unique frequency, it would not affect any healthy cells or microbes.

There had been a number of reports during the 1930's of the significance of his discoveries and the great success it had in curing various diseases, however it was met with opposition from the American Medical Association from the 1930's onwards and during the 1960's his research was banned and his equipment was



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# Health & Beauty

destroyed. However, around the mid 1980's, after the book "The Cancer Cure that Worked! - Fifty Years of Suppression" by Barry Lynes was published, interest in the Rife started back up.

Today, Astramana™ Healing Services uses the Alixxor Rife Machine for treatments. This is a New Zealand made product. The Alixxor Rife machine has about 1 million frequencies (0-10,000 Hz). It delivers the frequencies in a safe steady or pulse mode. Generally, a treatment can last from about 20 minutes up to an hour. Each condition treated uses different frequencies, which may mean several different ones occur during the treatment. The client will either hold 2 prongs or a foot plate. The frequencies can be used for balancing chakras, various day to day conditions, wellness etc. I currently use mine for balance, onset of colds, flu symptoms, asthma etc.

It is important to remember any treatment including Rife sessions provided by Astramana™ Healing Services does not replace any treatments provided by your licensed medical provider, nor do we claim to cure any illness or disease. We are happy to work with your medical provider or specialist.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher and Hypnotist Jason Mackenzie. Mobile Rife sessions are now available. Anyone interested in purchasing an Alixxor Rife machine, we are able to assist you please contact us via email to book an appointment or for purchasing information. Visit our website: [www.astramana.com](http://www.astramana.com) or email [astramana@gmail.com](mailto:astramana@gmail.com) with any questions.

## Eight A's for emotions

Feelings are important. They matter. We all have them. I have spent most of my life trying to avoid them with drink, drugs, smoking, food, tv and books. I developed a process to help me with my feelings from my own life experiences, 21 years in 12 step programmes, online research, as well as input from teachings or books.



1. address any myths you might have around feelings such as 'feelings are a burden'

2. Become aware of feelings and words to describe them

3. Allow yourself to feel the emotion as close to it occurring as possible

4. Accept your feelings without distraction or attempts to change them

5. Acknowledge any thoughts that go along with the feelings (or are creating the feelings)

6. Articulate your feelings out loud to yourself



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7. Once feelings have subsided analyse and examine your thinking  
8. Decide what appropriate action to take

I have a detailed 7-page pdf of this 8As process; request it by emailing me [lorraine.maguire@xtra.co.nz](mailto:lorraine.maguire@xtra.co.nz)

Or if you need help with your emotions. Get in touch. Lorraine Maguire - Rapid Transformational Therapist, [www.lorrainemaguire.com](http://www.lorrainemaguire.com).

## Fast-feast-fast: Is fasting good for us?

Fasting has been around for millennia. Early humans fasted due to their nomadic and seasonal living - food wasn't always available when you wanted it. Fasting has also been an important part of traditional religious practice - Lent is observed by fasting for 40 days before Easter.

Now of course, fasting has become a health trend.

Research shows that those living in the Blue Zones (areas of population who have the greatest percentage of healthy people over 100 years old) all fast in some way.

There are many different ways to fast but the one that is gaining the most interest (and research is intermittent fasting) - this is where you cycle between eating and fasting (fast- feast-fast)

Some of the benefits that have been shown include:

- Fat loss (not muscle loss)



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- Reduced Insulin resistance
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- Possible protection from cancer, dementia and Alzheimer's (although more research is needed to confirm this)
- Increased energy and productivity
- Longevity

One of my favourite forms of intermittent fasting is known as time restricted eating. This is when your night time fast is longer than your daytime eating. For example, you eat breakfast at 10am and eat at 6pm (8 hour window). The window of eating can be anywhere between 8 and 11 hours.

Fasting is considered safe but if you are underweight, pregnant, breastfeeding, trying to conceive or have a history of eating disorders then fasting is not a good idea. If you have any medical conditions, hormone imbalances, are on medications or an athlete then you must speak to a health professional before you fast as it might not be a safe idea.

One of the problems with fasting is not eating enough energy or nutrients so it's important to check that you are doing it correctly.

If you want to know more about fasting then go to [www.sarahbrenchleynaturopathy.com/links/](http://www.sarahbrenchleynaturopathy.com/links/) where I have a blog and a YouTube video on this topic with examples and tips on my website.

Have a lovely Easter and after you have enjoyed all that chocolate let me know if you need any help getting your health back on track.

## Not catching enough zzz's?

This can affect your eyes.

We are sure you all know that the amount of sleep you get every night has a huge impact on how you feel, your body's health and your ability to perform at your best during the day. Something you may not know, is that your eye health is also greatly affected by the amount of sleep you get.

If you aren't getting a full night of sleep, you can eventually develop issues with your eyes, which may result in symptoms such as pain, light sensitivity, redness or blurred vision. Involuntary eye spasms (known as myokymia) are a common indicator of lack of sleep. Over time, lack of sleep can lead to red bloodshot eyes due to eye strain or dry eye, which is when your eyes aren't getting the lubrication they need to stay healthy.



Furthermore, if you already suffer from dry eyes, a lack of sleep can often amplify the symptoms of dry eye syndrome, causing redness, discomfort and irritation.

In order to keep your eyes healthy and fight against the symptoms of dry eye, it's vital that you get adequate sleep. Making sure you get between 6 - 8 hours of sleep each night will help your eyes to replenish and recover from a long day's work.

If you are still suffering from dry eye symptoms, even after a good night's sleep, our Dry Eye Treatments here at Westgate Optometrists may be just what you need. For more information phone us on 09 831 0202 or make an appointment to see one of our therapeutically endorsed optometrists via our website: [www.westopt.nz](http://www.westopt.nz).

## Fish for health

Good fats are critical to good health. The omega-3 fatty acids are essential nutrients. They are vital to preventing many common diseases. Let's dive (excuse the pun) into how fish oils do that.

Omega-3 fatty acids (like fish oils) decrease LPS (lipopolysaccharide) levels in the body. This is a good thing because LPS can trigger the immune system to go into an alarm mode, resulting in inflammation. This inflammation is a key driver of pain, obesity, heart disease, type 2 diabetes, non-alcoholic fatty liver disease, and Alzheimer's disease. In fact, the accumulation of LPS in the blood is known as endotoxaemia (which sounds as serious as it is!).

Fish oils contain great levels of two good fats (EPA and DHA). Plants contain omega-3 fatty acids in the form of ALA (alpha linolenic acid) which the body can convert into the active good fats, namely EPA and DHA. However, this conversion is quite poor. The conversion is enhanced with estrogen, which means that men and postmenopausal women really need to get their good fats from fish.

Salmon and sardines contain the highest levels of EPA and DHA of all the fish species. They contain more than 1500mg per 100g of fish. Compare that to snapper and hoki which have about 200mg of EPA and DHA per 100g of fish.

Two slices of wholemeal bread contains 70mg of ALA (which may convert to about 7mg of EPA + DHA) compared with soy and linseed bread which contains 200mg of ALA (converting to 20mg of EPA + DHA). So switching from wholemeal bread to soy and linseed bread can boost your good fats and reduce your risk of disease. Put a few sardines on top and you've got a much greater boost in your omega-3s.



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# Health & Beauty

I recommend taking a fish oil supplement for most people. The quality of fish oils is important because they can be quite temperamental. So, while good fish oil is good for you, bad fish oil can be detrimental to your health. If you want to know what fish oil I take, pop into Massey Unichem Pharmacy and ask me or our team. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

## Ingrown toenails

A gradual, building feeling of pressure to the sides of the nail followed by progressing redness around the nail edges are two signs you may have an ingrown toenail.

Often an ingrown toenail occurs in the big toe, with the second toe being the next most common.

Ingrown toenails frequently get infected and an infection can come on quickly after the feeling of pressure to the nail fold (skin adjacent to the nail). Learning to understand when your nail needs to be treated will often prevent infection, save a lot of sleepless nights and prevent the "only wearing open jandals" phase of managing an ingrown toenail.

Here at Hobsonville Podiatry we can assist in reducing the immediate pain associated with ingrown toenails using our specialised equipment and years of experience.

We offer 6 weekly conservative/preventative management, to enable you to be free of pain associated with ingrown toenails. We will also advise how to manage ingrown toenails with helpful cutting techniques and identifying factors which may be contributing to ingrown nail growth, e.g. shoes, foot posture, gait and biomechanics

We also offer nail surgery for ingrown nails where conservative measures are ineffective.

If you have had or are currently experiencing the discomfort of an ingrown toenail please do not hesitate to contact us for an appointment.

Hobsonville Podiatry, Level 1 124 Hobsonville Road, Hobsonville 09 390 4184.

## Understanding anxiety

By Dr PaoLin Chi, New Growth Therapy ([www.facebook.com/NewGrowthNZ](http://www.facebook.com/NewGrowthNZ))

Right now, many children are struggling with anxiety. But what is anxiety? Anxiety is an uncomfortable emotion, a feeling of being tense or nervous. It may be accompanied by physical symptoms like fast breathing or sweating. Thoughts may be muddled and focus can be difficult. However, anxiety CAN be a useful emotion, designed to protect us. It's like an alarm signal, telling us when our "inner security

system" has been triggered. The key is to be able to choose a level that both protects AND allows for function. In essence, anxiety is like a barking guard dog. What kind of guard dog would you prefer - one that barks at everything? or one specifically trained to bark at certain threats? As a medical hypnotherapist, I work with children and their whanau to adjust their level of anxiety, so they can thrive at school, sports, and more. [www.MedicalHypnosisNZ.com](http://www.MedicalHypnosisNZ.com).

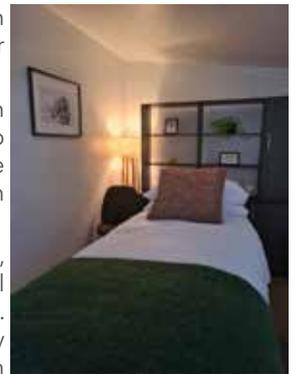
## Do you suffer from anxiety, depression or exhaustion?

Are you recovering from an operation or illness, living in constant pain or suffering from a debilitating disease?

Reiki can help you regain balance in your life and promote a great sleep pattern. It can also help speed up the recovery process and assist with pain management.

Whether you just need an energy boost, wish to feel relaxed or need help to heal an illness or disease, Reiki is perfect. Reiki is non-invasive and can be used by anyone from babies to the elderly, on animals and even around situations or events. Reiki has been known to work for people with many different ailments such as Mental Health, Cancer patients, ME/Chronic Fatigue and Pain and Stress Management.

Now open at Muriwai Lodge in Cabin 3, UnlockWithin is your local Reiki practice in an unparalleled natural environment. To book a beautiful treatment to help relax, melt the stress away and unwind, email me at [unlockwithin@gmail.com](mailto:unlockwithin@gmail.com), use the Book Now button on my Facebook page, or DM me on Instagram.



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# Area Columnists

## CAPE\* and its health benefits

\*Caffeic Acid Phenethyl Ester

CAPE is a natural bioactive compound. It naturally occurs in some plants and can be acquired from New Zealand bee propolis.

Most people know honeybees spend their summers gathering nectar to make honey. But nectar isn't all bees gather up: while they're out and about, the bees collect natural resins from tree bark and sticky plant buds.

The bees then mix the natural resins with beeswax and their own enzymes to make propolis, a powerful substance rich in bioactive compounds with powerful antimicrobial properties. Propolis is then used by bees to seal every hole, block every crack in the beehive and cover all the foreign objects to protect the hive from infections and viruses.

There have been more than 180 different bioactive compounds identified in propolis.

Also, the composition of propolis varies considerably from region to region along with vegetation and climatic conditions.

Studies and lab results demonstrate New Zealand propolis contains exceptionally high levels of five major beneficial flavonoids in comparison to other countries.

In particular, caffeic acid phenethyl ester (CAPE) is found at high levels compared to propolis from other countries.

So why is New Zealand propolis rich in CAPE?

80% of the plants and trees in New Zealand are native and not found elsewhere. They are also exposed to high ultraviolet concentration. In 23 million years they have evolved their own defense systems to survive by producing elevated concentrations of bioactive compounds in their resin, nectar, buds and leaves to encourage symbiotic relationships to benefit both: them the host and other species.

Bees collect the resin, mix it with their own enzymes and produce propolis.

Since 1988 numerous scientific papers have been published showing the health benefits of CAPE in propolis. It shows numerous activity such as anti-inflammatory, neuro-protective, cyto-protective, anti-oxidant and immune-modulating activities.

"We researched these extensively with scientific groups in New Zealand, Australia, Japan and USA and closely with professor Hiroshi Maruta to shown CAPE to be one of the key compounds responsible for propolis's health properties" - says Kerry Paul from Helena Health, an inventor for two worldwide patents focused on New Zealand propolis.

Propolis have been known to humans since ancient times and has been traditionally used for colds and flus, oral and dental health, topically for acne, burns, eczema, mouth ulcers and sores.

It is amazing how modern research is re-discovering propolis' properties and exploring how it works from scientific perspective.

Sources: Caffeic acid phenethyl ester protects against oxidative stress and dampens inflammation via heme oxygenase 1 | International Journal of Oral Science (nature.com)

[www.helenahealth.com/new-zealand-propolis](http://www.helenahealth.com/new-zealand-propolis)

[www.helenahealth.com/science-behind-new-zealand-cape-rich-propolis](http://www.helenahealth.com/science-behind-new-zealand-cape-rich-propolis)

Immune's-boosting agent: Immunomodulation potentials of propolis Al-Hariri M - J Fam Community Med (jfcmonline.com).

## Matariki hunga nui - Matariki brings us together

Our Government is proud to have delivered on Labour's election commitment to establish a public holiday to celebrate Matariki - the start of the Māori New Year. It's a chance for all Kiwis to share in this special time, and enjoy a mid-winter holiday with family and friends.

As New Zealand's first public holiday to specifically recognise and celebrate mātauranga Māori this is a historic moment for us all. Matariki has become a time of celebration not just for tangata whenua, but for many people across the country, with communities coming together to pause, reflect and look to the future.

Research shows there are many benefits to public holidays, with business representatives noting Matariki will give a much-needed mid-year boost to the hospitality and tourism sectors. As we begin welcoming back international tourists, Matariki is another chance for us to share Aotearoa's unique offerings with the world.

Our work to make Matariki a public holiday was built around genuine respect for Matariki mātauranga, te ao Māori, and a strong commitment to the Māori / Crown relationship. To ensure we got this milestone correct, we were guided by our expert Matariki Advisory Group.



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**For appointments and  
assistance please phone:**  
0800 582 325 (0800 LUBECK)  
[marja.lubeck@parliament.govt.nz](mailto:marja.lubeck@parliament.govt.nz)  
5/62-64 Queen Street, Warkworth

 **Labour** 

Authorised by Marja Lubeck, Parliament Buildings, Wellington

# Area Columnists

Informed by iwi and hapū, there will be a range of events around the country. I look forward to seeing how Kaipara ki Mahurangi celebrates Matariki.

This is a step forward many whānau thought they'd never see, and one I'm proud this Government has taken as New Zealand continues to weave together different cultures to create our unique national identity.

Marja Lubeck MP.

## The 'Nature' of Learning - learning in nature!

At Country Bears we respect reciprocal learning. Simply put, this means the role of the learner and teacher is interchangeable - the child learns from the teacher and the environment, and the teachers learn from the child and the environment. The environment in which learning takes place is central to what parents and whānau hope for their child. We believe learning is holistic; it embraces what we learn through being curious, questioning, observing, reflecting and collaborating.



It incorporates what we see, feel, hear, smell and experience.

As teachers we understand the responsibility we have to parents and whānau to provide a safe, caring, nurturing and responsive environment for their most precious gift - their child. We have an obligation to ensure they are offered optimum learning opportunities to support their growth and development, so we too, must commit to ongoing self-directed and professional learning.

Our teachers embrace professional learning and research as the motivation for improvement in education. We are committed to the children in our care, and have their best interests at heart, so professional development is a significant aspect of our practice. A quote by Loris Malauzzi observes quite poetically, "Indeed, education without research or innovation is education without interest".

Education discourse is always evolving, in response to societal demands, new research findings, scientific discoveries and cultural awareness. This is another reason why we value the teachers-in-training who are part of our team. They bring and share knowledge of the latest in educational research, which becomes part of the collective team teaching narrative.

When we think about children, teaching and learning, we sometimes overlook the powerful influence of the learning environment. The environment may be considered another teacher, as how the child interacts within it, with others, alone, in play or during rest, all offer the teacher insights into the learning that is taking place. Thus, observation becomes a vital tool for understanding and supporting children's development. Teachers require trust of their own learning within the responsive practices, including the environment and



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# Area Columnists

materials. Through observation and conversation, we become clear of the exploration and play which then leads into collaborative inquiry with the teaching team.

Collaborative Inquiry is a wonderful way for a team of teachers to come together and discuss their observations of a child. Each teacher could observe the exact same experience, and all come away with different understandings. It's a great way to gain a holistic view of the child, placing the emphasis on the child as a unique human who comes with their own view on their world.

If teachers adopt an image of their own learning as continuous, collaborative and reflective, they are able to embrace change. When teachers become stagnant in their learning, they lose the art of being dynamic thinkers who are able to adapt the environment for optimal learning for everyone - and this change can happen on a daily basis!

If you would like to visit our wonderful Centre, exclusively designed with children in mind, to provide freedom to safely explore and discover in an authentic natural and native environment, please send your homing pigeon or give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out either our Facebook page: [www.facebook.com/cbearsecc](https://www.facebook.com/cbearsecc) or our Website: [www.countrybears.co.nz](http://www.countrybears.co.nz)

Country Bears Nature Childcare, 79 Oraha Road, Kumeu, phone 09 412 8055.

## Business budgets and cashflow forecasts

Business budgets and cashflow forecasts are valuable tools for small business owners. Creating a budget at the beginning of a financial year can show you where reductions can be made in your business expenses, what level of revenue you require for the year to cover your outgoings and ensure you, as the business owner, have

enough remaining profit to compensate for all your hard work and the stress that goes with running a business.

Budgets and cashflow forecasts can be even more valuable in times of COVID lockdowns and restrictions, as you can track lost sales that need to be made up over the rest of the year, and easily see the breakdown of your monthly expenses to make any necessary cutbacks. This information can help you to successfully navigate unexpected challenges and play a key role in helping your business to survive.

For more information on budgets and cashflow forecasts for your business, contact the friendly UHY Haines Norton Kumeu team at 329a Main Road, Kumeu on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## Phelan's Local Board update

Empty buses seem to make great 'letter to the editor' or talkback fodder. For some people there's nothing more irritating and wasteful than seeing an empty bus that they're paying for. So, what is going on? is it something we should be worried about, and why don't we just run buses that are full?

Normally Local Boards have nothing to do with public transport provision. However, in Rodney the introduction of the Rodney Transport Targeted Rate which has been used to give more areas of Rodney, including rural areas, access to public transport, has given us insight into how public transport works and why, sometimes, buses are empty.

The first thing to tackle is subsidising public transport, because the empty bus issue is usually directly linked to subsidies. All public transport services are subsidised, and that's the same across the world with a very few exceptions, Tokyo and Hong Kong being examples of subway services where fare box collections exceed 100%, meaning they make more money than they cost to run. It's important to note that there's debate about whether you could describe these making a profit as the costs of building the network aren't included. It's also worth pointing out that both these cities top 50 for population density, whereas Auckland sits around 115th.

Road building and maintenance are also highly subsidised, and up to 2021 these activities accounted for 62% of National Land Transport Plan spending, compared with just 21% on public transport. Healthcare, schools etc can all be argued to be subsidised by taxpayers, that's just how things work. So public transport is subsidised, like other public-good services, and that's the same across almost every other city around the world.

So why are there empty buses? If the company running the service for Auckland Transport has bought the bus and is paying a driver, it makes sense to keep it running on a loop all day. The best analogy I can think of is walking into a café at 11am and thinking it's about to go bust because there are no customers, an hour later the place



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**National**   
 Authorised by Chris Penk, 365 Main Road, Huapai.



# Area Columnists

will be packed. You don't close the café and send the staff home unpaid and run the café only over the busy two hours of lunch. This is also why the "just give people taxi vouchers" response to empty buses doesn't work, taxi companies, particularly those in suburban areas don't have the capacity to deal with the peaks of commuter or school demand.

The most important thing is that good public transport systems are frequent and reliable. We've seen this the three services we put in place. The frequent ones have quickly met Auckland Transports standards for a sustainable service, the other one that ran a 90-minute loop service, didn't, until we increased frequency and patronage quickly rose, even during Covid19. People who use buses may need to use them during the day for shift work or appointments, simply not running the buses during those time for fear of running an empty bus means the service isn't available. And finally, just because someone sees an empty bus on one point of the route doesn't mean it isn't being used. Some of our routes are busy at different times of the day in different areas depending on demand. A convenient, i.e. frequent, service is essential and that does mean that sometimes the bus will be empty.

Bus services in Rodney provide a range of benefits to both rural and urban residents both young and old, the new routes have restored public transport to people who cannot drive and previously had no other option apart from taxis. Public transport is going to be an important part of the response to climate change and providing a frequent service to our growing towns should be just as important as providing roads, water, sewerage and recreational spaces, even if it means sometimes those roads will be empty and there will be no one using the parks.

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

## Will Minister Wood help the NorthWest?

Kumeu Community Action members put their questions about this area to the Minister of Transport, Michael Wood, in late April.

These are the questions - the answers will be given in the next issue.



- Overview of NW Transport - Guy Wishart
- Community empowerment and co-governance on transport - Graeme Hammonds

- Integrating land use and transport - Pete Sinton
  - NZTA intransigence/delays - Laila Alkamil
  - Trains to Huapai - Christine Rose
- Guy Wishart, Overview.

The NW community is an area with huge potential for intensive housing and is only 20 minutes from the city centre off-peak. If you travelled to the South, the same distance from the centre would see you in Manurewa and to the North, just past Albany.

The promises of infrastructure to deal with the growth we already have, or the developments in the pipeline, have remained just that...promises.

Detailed drawings sit on managerial desks, regularly reviewed and sometimes added to, as new strategic priorities change and the plans are again redrawn, but never enacted.

The reasons for the delays are many. COVID-19, financial constraints, legal issues, priorities changing, material shortages - the list goes on. Meanwhile new houses continue to be built and the infrastructural plans to meet the needs of those hopeful new homeowners are always, and at any time, two-10 years away.

Supporting Growth is working hard to develop the plans that will revolutionise our area, thinking 20-30 years into the future. No one is denying that planning isn't essential, but when the plans we have are not enacted at a reasonable pace, there are serious consequences to communities living with infrastructural deficit.

Graeme Hammond, Community empowerment and co-design on transport.

We, like Nania Mahuta, strongly believe in local effective participation and decision-making as this is one of the two purpose statements in the Local Government Act.

Unfortunately, the organisations we deal with, Waka Kotahi NZTA and Auckland Transport, seem to be averse to entering into a co-design process with the community and prefer to only undertake post design consultation.

Essentially, they are just ticking off consultation requirements and making all the decisions, bypassing local knowledge and solutions.

If the argument is that co-design would slow the process, the speed to date has been glacial for the key NW transport projects.

Co-design means active participation in the decision process, power-sharing between the experts and the community, similar to the relationship with Mana Whenua. This shift in emphasis would result in community supported and evidenced decisions and allow the community to see that they have a real voice. Presently Waka Kotahi NZTA and Auckland Transport are held in low esteem in our community - we feel you should be concerned about this.

We hope you will be able to support us by using your power as a Minister to ask questions and support our attempts to work in a co-design process. The previous Transport Minister (Phil Twyford) expressed his support for such a group process as he understood



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# Area Columnists

our communities' problems.

Would you support co-design between communities and government transport agencies?

We also would like you to inquire of NZTA /AT as to why we have been unable to obtain the traffic modelling calculations for the traffic on SH16 and the feeding roads for the next 10 years, even though Waka Kotahi NZTA indicated they would do this.

These figures would quickly show the inadequacies of SH16 to handle both present and future traffic volumes. It would be great if you could encourage them to provide us with the figures.

Would you help us to get access to the most recent traffic modelling for the NW?

Pete Sinton, Integrating land use and transport.

Over the last decade the district of Kumeu-Huapai has had growth both in residential and commercial, some of which was planned under the former Rodney District Council.

With the Auckland Council and the Unitary Plan in 2016, the residential growth has been brought forward with the previous Government's two SHA developments.

Infrastructure was promised at the same time as housing growth. That did not happen. Now, with development completed, the community is faced with and paying for the cost of poor or no infrastructure.

There are future urban areas being forward planned without infrastructure, making the transport function of the district extremely difficult for the general public.

Would you support a ban on future residential development in the NW until the transport infrastructure is developed to cope with the projected growth?

Laila Alkamil, NZTA intransigence/delays.

We have experienced significant and on-going delays with NZTA projects, with completion dates constantly being pushed back. Examples of this include:

- The SH16 safety improvements - expected construction dates have shifted numerous times.
- Kumeu bypass - although we understand landowners have been notified, there is no clear timeline or funding for this project in the National Land Transport Plan.

Does the rate at which Waka Kotahi NZTA is progressing the SH16 safety upgrades meet your expectations as Minister of Transport?

Christine Rose, Trains to Huapai

There are so many delays to incremental improvements to existing infrastructure, and no money for larger projects it doesn't appear there will be rapid passenger transit on existing roads, nor a new 'busway' any time in the next 15 years.

But we do have an existing congestion-free, recently upgraded railway line that runs straight through Huapai that could carry

passenger trains tomorrow.

This could take people to the western suburbs and employment centres, through to the city centre destinations.

It could provide a link and ease at least some of the congestion pressure and could link up with any eventual SH16 passenger transport services and use existing infrastructure wisely.

Government has the power to unlock the service and economically provide community transport connectivity and resilience, which is overdue.

To give the NorthWest a viable alternative transport route, will you support the extension of the Western Rail Line to Huapai using diesel or other trains?

## Sayers says it

By Rodney Ward Councillor Greg Sayers

Ratepayers care deeply about the Auckland Council reducing its overspending and waste.

The council now has an income of more than \$5.3 billion a year - so how can it make the savings and efficiency improvements ratepayers desire?

At the original setup of the Super City the Royal Commission made a recommendation that the role of an Independent Service and Performance Auditor should be established. Their primary job would be to protect the interests of ratepayers independently of any political spin doctoring, political pressure or self-interest from Auckland Council staff.

This job included finding and eliminating council wastage and overspending and protecting residents and ratepayers' interests by advocating for them in respect of the reliability and affordability of council services. He or she was to have the power to independently report publicly on any issue at any time.

The idea was to have a public watchdog holding both elected members and council staff to account around being financially prudent while ensuring the delivery of core public services.

Neither Len Brown nor Phil Goff sought to appoint an Independent Service and Performance Auditor.

Accordingly, I have asked each new Mayoral candidate to promise to appoint the position. It will be interesting to see if any follow through on this during their electioneering.

As an example, it may be possible for an Independent Service and Performance Auditor to identify 20% savings and efficiency gains



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# Area Columnists

within the council. This could possibly include reducing middle or senior management numbers, but also using those savings to bolster up front-line staff, compliance officers and customer service levels.

Particularly now, with Auckland Council's finances being under pressure due to the impact of COVID, increasing inflation, and the increasing cost for the council to service its debt due to interest rate increases. An independent auditor would help challenge if the council is managing its finances prudently and sustainability.

Related to this is getting the council back to core business, local rates spent locally, reducing the red tape along with the cost of regulation, and fixing the traffic congestion.

The Royal Commission also outlined an Independent Service and Performance Auditor would have the power to ensure that any monopoly service such as water, wastewater services or public transport services is being managed and provided efficiently and effectively. They could question ideas such as the council's current wish to raise more income for itself by charging all households a new tax to have their rubbish collected (regardless if they put out any rubbish or not) by the council becoming a monopoly supplier, thus fully destroying the current user-pays option provided to ratepayers by private enterprise.

The Auckland Council will always try to maximise its income, seeking the majority of politicians to vote that way, while the role of an Independent Service and Performance Auditor would be there to help safeguard the ratepayers of Auckland.

The reality is the promised deliverables of a more cost effective and efficient Auckland by it becoming a Super City have never materialised - so maybe the Royal Commission has it right.

## Choosing to be a business owner?

There are many reasons why people choose to run a business rather than being an employee. Some of the most common reasons are:

- To be the boss. You might think that you can do the job better than existing employees, choosing your own standards and methods of working.
- To earn a better income. You get to keep the profits made from the business.
- More flexibility or better work life balance. You get to choose when to take a day off to go fishing or to attend a school camp.
- To provide a job for themselves.
- For the excitement and challenge.

The reality of being in business can be very different from the dream when the business was started.

Too often businesses are underfunded, and business owners lack the knowledge to run a successful business. The result is a business that has cashflow problems, the owner is working more hours than they would if they were employed, and is often being paid less than a full-time job. On top of that the owner carries the risks associated with running a business and is liable for the losses made.

What can you do to improve your chances of achieving what you set out to get by being a business owner?

Plan before you take the leap of faith

The benefits of a business plan cannot be underestimated. It allows you to define your vision, your target market, your point of difference, and your strategy. It allows you to define what you need to get started, how much money you are going to need to fund it, and the next steps in your growth plan.

Have enough funding

There are two parts to this. The first part is having enough money in the business to fund the day to day running costs (working capital), and to allow for investment to grow the business. Too often business owners expect to use the profits from the business to grow the business without sufficient investment. The second part is having enough savings to live on while you grow the business to a size that it can sustain your income. If you don't, you will be borrowing from your creditors to pay your mortgage or rent.

Define the tipping point for when it is best not to be in business

At what point do you pull the plug before your debts spiral out of control? If the business is not growing, if you are unable to differentiate yourself from your competitors, if you are unable to attract and retain staff, and your debt is getting out of control, you need to have serious look at your business model and make some changes. This may mean getting out of business.

Get external advice

This can come from many places, such as a business consultant, coach or mentor, other successful business owners or accountants. A friend or a sister-in-law is probably not going to give the best advice unless they have built successful businesses themselves. There is no need to do this on your own, but you need to find the right person you can trust with the knowledge to give you good advice.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with growing your business or improving its profitability, preparing your business for sale, or for a free Business Diagnostic, contact Ann at [ann@oxygen8.co.nz](mailto:ann@oxygen8.co.nz) or 021 682 014.



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