

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

KMR's remedial planting offer

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May 2023



Greetings

In Fonzie's words (Happy Days tv sitcom, 1974-1984, actor Henry Winkler's character) 'I was wrorrrrrn!'

OK, I'll say it. I was wrong about Muriwai reopening to the public from April 1.

I was informed by my March 15 deadline for April that Muriwai was expected to reopen, although that was the review date.

Now it's looking more like sometime in May – another review initially planned "after Easter".

"Due to ongoing water supply issues, Muriwai Regional Park including vehicle access on to the beach via Coast Rd will remain closed until after Easter, after which the closure will be reviewed," I was informed by the Auckland Council on April 1.

I've since asked for any further information and was told on April 17 that no further details about Muriwai Regional Park reopening were available at that stage, but I would be immediately notified of any change.

The extreme weather events (floods and Cyclone Gabrielle) continue to impact this area.

Calls come in the issue for more and better rainfall and flood monitoring, along with waterways maintenance, especially as winter approaches.

A successful Allely Estate Muriwai Charity Lunch and Auction raised \$51,760 – with more to come (see inside).

And there's a big thanks to the wider community from the Muriwai Stickered Residents Group formed after the cyclone and Muriwai slips in February.

The weather has impacted food prices with our recent shop costing double what it usually does (although we do have some more to feed these days).

I find eating out helps boost morale, with some restaurants struggling to keep their prices down as a result of freight and food price increases (much of it attributed to the extreme weather) but many generally absorbing a lot of the cost to help keep their customers.

Some of my Kumeu haunts have changed names or vanished, so I recently tried The Hive Bar and Restaurant Kumeu (formerly The Fireplace) and was pleasantly surprised.

The area is well served by cafes, restaurants, food trucks and more (and the coffee's good too), and I note many fast food-type outlets in the Kumeu-Huapai area now.

Good to see the local hospitality industry up and running full steam again.

Geoff Dobson, Editor



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People & Places

KMR's remedial planting offer

Northwest landowners are being encouraged to join the Kaipara Moana Remediation (KMR) programme and take advantage of funding opportunities to fence off waterways and plant them in native trees.

Although the programme has been operational for less than two years, KMR is now working with almost a third of the 1500-odd landowners within the Kaipara Moana catchment.

KMR leader Justine Daw, says her team is keen to collaborate with more landowners to get additional planting underway this winter.

"The impacts of the recent storms are heart-breaking to see, with many areas significantly affected," says Justine.

"Through our investment, KMR helps landowners to retire and plant steep, eroding hillsides and land bordering streams, rivers and the coast itself."

This winter KMR is prioritising planting to increase resilience to future floods and storms.

"This is a unique opportunity to join us in improving the health of the Kaipara Harbour, with KMR funding 50% of the costs," says Justine.

"As a Jobs for Nature investment, our focus is on developing meaningful, local, nature-based employment. We are looking to offer training and development opportunities, building long-term relationships with tangata whenua and upskilling rangatahi. At its heart, KMR is about growing people by growing trees."

Since it began, KMR has successfully invested in local communities by accrediting 24 businesses and 19 nurseries as KMR suppliers,

training 51 Field Advisors - many of whom affiliate to local iwi/hapū - and creating nearly 100,000 hours of new work.

Under a collaborative governance arrangement, Kaipara Moana Remediation is working to halve sediment flows into the Kaipara.

As New Zealand's largest harbour restoration programme, genuine partnership is key to retiring erosion-prone land and planting 20 million trees over a 6000 square kilometre catchment in just 10 years, says KMR.

Strategic partnerships with Fonterra, Environs Holdings and The Forest Bridge Trust help KMR draw on trusted channels to communicate with farmers, iwi/hapū landholders, community groups and other landowners.

Working with the Ministry for Social Development, Trees That Count, the New Zealand Rural Support Trust, and Beef+Lamb NZ, KMR leverages wider networks to engage landowners across the catchment to take action under the KMR umbrella.

KMR also supports local action through community planting days and partnering with EnviroSchools - and Justine says she is proud of KMR's work with schoolchildren.

"Everyone can make a difference - what might look like small actions really does add up when you bring together many heads, many hearts and many hands."

KMR has recently made changes to its funding for local action which can benefit the community even more.

"Through our Whenua Whānui Fund, we can now better support marae trusts, iwi/hapū, catchment groups and other community groups to participate in restoring the Kaipara Moana," says Justine.

"We welcome all expressions of interest online at www.kmr.org.nz."



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People & Places

KMR has also made changes to offer free support to landowners affected by the recent storms.

For completed projects co-funded by KMR, the KMR team will repair or replace damaged fencing and plants.

Where damage is more significant, KMR can also support relocation of fencing and planting to more suitable locations.

Affected landowners should call their KMR Field Advisor or email hono@kmr.org.nz for more information.

Landowners working with KMR to develop projects may also be eligible for extra support if they have suffered storm damage.

"We're also working with other agencies offering support and may be able to help connect people to other sources of funding," says Justine.

More than 475 landowners are taking action through KMR, or scoping sediment reduction projects and nearly 400km of fencing has been completed or contracted for delivery - the equivalent of at least from Whangārei to Auckland and back.

In excess of 525,000 native plants (115 hectares) have been planted or contracted for planting in riparian, wetland and coastal areas of the Kaipara Moana catchment.

Allely Estate Muriwai charity lunch and auction

Kiwi sports heroes contributed to \$51,760 raised at an Allely Estate Muriwai charity lunch and auction for the Muriwai Community Association's Muriwai Relief Fund.

Kane Williamson-signed cricket bats, a Richard Hadlee autographed photo, a Warriors signed and framed rugby league jersey, a round of golf with Greg Turner for three people at Te Arai Links, a Huapai Golf Club pass for four people, and a stack more items meant organisers ran out of time to auction everything.

So that leaves about \$35,000 worth of goodies still to be auctioned on Trade Me.

The Rotary Club of Kumeu and Waimauku Lions also support the fundraiser, with a Givealittle Page now closed but with donors still able to contact the Muriwai Community Association to give to its recovery trust.



Other offerings include beauty treatments from Brow, White Spa & Float Lounge, accommodation on Great Barrier, Castaway & Soul Retreat Cable Bay, a massage chair from iRelax, plenty of local and Kiwi artwork, STIHL items from STIHL Kumeu and much more.

More than 60 items were donated for the auction, delighting organisers, and were mainly auctioned off by Stephen Theobald of Harcourts Kumeu and Waimauku Lions, with Catherine Cooke from Allely Estate pitching in and even trying to raffle a bunch of flowers presented for her work by Kat Corbett who told guests about her family's fight for survival and the loss of two volunteer firefighter friends.

About 220 people attended the event, with 22 tables set up under a marquee - time and equipment donated by Event Styling with flowers from Country Blooms in Riverhead.

Alison Mau of Muriwai was the master of ceremonies, while the band was Crowded Trousers along with Allely Estate's Peter Cooke's musician brother Chris Cooke who came from Sydney for the event.

Lunch featured a buffet accompanied by an array of New Zealand wines, beers, and commemorative personalised French bubbles from Wine Time.

Bidding was hot for a prize from Nick Komornicki (Buccaneer Ltd) for two to visit the set for Hollywood superstar Jason Mamo'a's latest filming.

Mamo'a is reportedly involved in filming "Yenedakine" (Chief of War) based on the true story of a Hawaiian chief caught up in 1700s colonisation.

Peter told the gathering how the event was very aligned with his and Catherine's vision to connect with the community and thanked all involved, while Catherine also thanked Alison Mau and Stephen Theobald.

Allely Estate donated its profits from the event.

Contact catherine@allelyestate.co.nz to make an offer on any item not currently under bid.

Photo: Geoff Salisbury Photography

Fed up with flooding?

People fed up with flooding, a lack of action and maintenance in their area, and worried about their home or business being next can connect with the North/West Waterways Community Collective to help it enact some real and lasting change.

The Waterways Community Collective is driving change and taking action to protect and mitigate further damage to families and their livelihoods from flooding and extreme weather events.



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People & Places

"Many homes, businesses and farms have been in our communities for generations - many have been affected multiple times and the devastation and destruction is increasing," says the collective.

"Our aim is to link up all the communities that have been affected or have concerns of being affected within the surrounding (former) Rodney District waterways, including the surrounding residential zones, farms and Kumeu, Huapai and Waimauku Business District."

People can help the collective raise awareness and share the collective with friends, neighbours and businesses locally.

Join the action group to help with evidence collection, paralegal research, planning, events and communications.

Sign on to the collective's website at www.waterwayscollective.com for news and event updates.

Shirts promote breast cancer awareness

Waimauku-based Smashing Promotions designed and donated 70 polo shirts along with etched glassware to commemorate the union of two sister teams promoting breast cancer awareness internationally.



Mark Adcock of Smashing Promotions, pictured centre, visited the Pink Crusaders (USA and Canada) and Pink Dragons (Auckland) at Lake Karapiro in the Waikato, the two teams in the international waka ama competition represented by their captains Nancy Martin and Liz Horne respectively.

Pink Dragons member Caroline Crann works for local firm HydroVac, an esteemed client of Smashing Promotions for many years.

Mark says he was rapt with the opportunity to contribute to such a positive worthwhile cause.

Meanwhile, another Smashing Promotions initiative gaining popularity, especially with the recent spate of break-ins, is the SAFE. shop.net.nz female self-defence course.

Women can upskill themselves and learn how to escape holds.

The women-only course run by all female instructors has sessions on May 21, June 25, and July 16 for \$10 a ticket for a six-hour course that Mark says could save your life.

"Empower you and your loved ones today," says Mark, adding a big

thanks to Kumeu Cricket and West Coast Rangers for the use of their clubrooms.

Smashing Promotions also thanks its growing local client base that enables it to provide ongoing positive community initiatives.

"We have room for more discerning Smashing customers," says Mark.

"We can possibly find a sponsor who wants to be involved in showcasing their brand alongside yours, growing their goodwill and enabling your initiative."

If you have a worthwhile community initiative email mark@smashingpromotions.nz with your requirements.

Muriwai thanks

The Muriwai Stickered Residents Group which formed after Cyclone Gabrielle hit in February thanks all those who have helped or supported Muriwai residents.



Jeremy Jones from the group posted a thank you on its behalf on the Muriwai and Waimauku Facebook page and is keen to see wider distribution.

He says the cyclone affected large areas of the North Island, leaving many to deal with the disastrous consequences.

"We, the people of Muriwai who have been affected by this, have been overwhelmed by the kindness and generosity, the manaakitanga, that has been shown to us," Jeremy posted.

"This message is to say a huge 'Thank You,' on behalf of those of us affected by the slips, to you, our community.

"In Muriwai Village, we have all experienced some loss. Some of us have lost our homes already. For others our homes appear to be under imminent or future threat, for others there is still much anxiety and post trauma.

"For many of us we have lost our people, our security about the future, our homes, our cars, our routine, our neighbours. Many of us have had to leave Muriwai and have felt that distance deeply at this time. We are physically and emotionally tired, our children just want to go home.

"But what we have gained from this is a strengthening of our community bond, and a security in the knowledge that you, our community, have our backs.

"To Craig (Stevens) and Dave (Van Zwanenberg), our firefighters

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People & Places

who we tragically lost serving our community. Your loss has created cavernous holes in your families and indelibly scarred the community. Words can't express our depth of gratitude, our thanks to you, and your families. We remember you and them. We thank all of the firefighters and other emergency services who helped us on the night of Gabrielle."

In a message to the community for its help, Jeremy says "We have been humbled by your enormous outpouring of generosity and support. You know who you are. You are our whānau, our friends. You are individuals, organisations, schools and businesses. You are local Muriwaians, the people of Waimauku and Huapai/Kumeu, and the people in our wider Auckland and New Zealand community.

"You have taken us into your homes. You have fed us, clothed us, cared for our children. You have supported us emotionally and practically with your generous time and donations. This at a time when we desperately needed help. When some of us literally had nothing but the clothes on our backs.

"Many of you have worked tirelessly. You have listened to our stories and shared our loss. You have been there for us. You have given us time and space to help us get back on our feet. We continue to feel comforted and embraced by your aroha and support.

"I am proud to be part of this community who have given so freely and generously. To all of you, all of us, we owe a huge debt of gratitude. We respectfully acknowledge and thank you from our hearts."

The Facebook post has had more than 600 reactions.

Jeremy sent a photo of the memorial paddle-out for Craig Stevens as a way of emphasising the Muriwai community's thanks.

Route protection important

By Waka Kotahi NZ Transport Agency Regional Manager System Design Randhir Karma



Few events in recent memory have demonstrated how vulnerable infrastructure can be to water than Cyclone Gabrielle and recent rainfall that saw homes, businesses, roads and amenities flooded in the north of the North Island.

Primarily it was our legacy roads that became overwhelmed and suffered damage and we are now working through the complex process to repair them.

Obviously, the safest and most ideal outcome is that a road doesn't

flood in the first place, and we did see examples of how well modern infrastructure coped with such unprecedented rainfall.

Waka Kotahi NZ Transport Agency and Auckland Transport are working together to plan multi modal transport corridors across Tāmaki Makaurau (Auckland), for the next 30 years. That's because Auckland's population is expected to reach 2.4 million by 2048.

This type of long-term planning is something we have not done very well in the past.

Around 30% of this new growth will happen in greenfield areas such as Warkworth, Silverdale, Dairy Flat, Kumeu, Huapai, Whenuapai, Riverhead, Drury, Karaka, Paerata and Pukekohe - many of these areas are on, or adjacent to, flood plains.

Consequently, we have an important role to play to ensure that this growth has been carefully planned for well in advance, so that people can live, work, learn, play and travel safely around their neighbourhood, however they choose to do so.

Auckland's roads are already heavily congested and they will struggle to cope with more demand brought on by a growing population.

Providing for viable future transport choices in these high growth areas would not only have the effect of managing our city's congestion levels, it would also bring benefits for the climate by reducing further transport carbon emissions.

The level of required planning and investment is of such magnitude that any ad-hoc, out-of-sequence approach to this development will have major funding and travel implications.

So what is route protection?

This is the planning process that identifies and protects land for future infrastructure development.

It provides economic and social certainty by giving clarity about where transport routes will be located.

This helps communities, developers, utility and infrastructure providers and businesses make informed decisions about the future.

While route protection doesn't guarantee funding for construction, the preplanning work enables good decision-making around prioritising spending and can drive major efficiencies which makes funding more likely.

It also allows flexibility to respond as development occurs, ensures land will be ready when it's required and costs a lot less than ad-hoc acquisition.

When corridors aren't protected in advance, we have to retrospectively make transport interventions fit the existing built environment - and that can be even more invasive for landowners and expensive for taxpayers.

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It's important to note that designations (which are effectively lines on a map showing the extents of future corridors)) may seem vague.

A designation only identifies a corridor of land for a transport project - it doesn't stipulate when it will be used or what it will look like.

However, there's a robust process that informs where the lines are drawn including a detailed assessment of options against engineering, environmental (including flooding), planning, cultural, social, geological and economic considerations.

It is further informed by engagement with the public, mana whenua, subject matter experts and landowners.

Once that process is complete, a Notice of Requirement (NoR) to designate the land needed for each transport corridor is given. If confirmed, an official designation is then placed over the properties that fall within the lines.

Unlike the permanent paper roads that were marked on maps in the 1800s and 1900s, today's designations expire. They are placed over property for 10-30 years and lapse if the land is not acquired.

While we support all impacted landowners through the route protection process, we acknowledge that having a designation placed over private property can be really distressing.

We do, however, know that the earlier a designation is chosen the fewer people are impacted.

While the lack of detailed design in a designation is often difficult for people living under it, the multi-criteria assessment provides reassurance that issues like flooding vulnerability will be designed for, when the corridor is constructed.

It also provides opportunity for the area's future community to be involved in the process of deciding how they will use the corridor in the future.

Flood report critical of Auckland Council response

Auckland Council's emergency management system wasn't prepared for a weather and flood event of the magnitude and speed of January 27-29 (Auckland Anniversary weekend), according to a report from former Police Commissioner Mike Bush (Bush International Consulting) and an independent review panel.

It says a series of problems aligned to create a system failure, particularly in the initial 12 hours.

"The tragic events of January 27 have affected us all deeply. Four people lost their lives, and hundreds have lost their homes,"

says Auckland Mayor Wayne Brown who accepts the review recommendations and says he will work to ensure the panel's recommendations are implemented.

"I have acknowledged that I dropped the ball that night - the communications weren't fast enough, and I was too slow to be seen. I stand by my previous apology to Aucklanders," Brown adds.

The report confirms Brown signed a declaration of local emergency immediately upon being advised of the need for that declaration, and that emergency services did not require or request an earlier declaration.

Other issues included mayoral office staff not receiving timely and accurate information about events as they unfolded.

Brown says he should have been more assertive in demanding information so he could provide public safety advice, practical support, and reassurance.

"I assumed that the systems were better than they were."

Brown adds preparations weren't good enough, saying that's evident from some of the planned Civil Defence Centres flooding on the night, contributing to delays in establishing the sites.

"I want Aucklanders to know that I am focused on making sure that we all do better."

Brown acknowledges Auckland Emergency Management (AEM) and council staff, first responders, councillors, local board members, iwi, community leaders, and other Aucklanders who stepped up, adding the report isn't focused on individual staff, "who did exceptional work in very difficult circumstances".

He explains the council had previously "significantly reduced funding for Auckland Emergency Management and known problems at the time of this flood were still being addressed".

"My proposed budget seeks to address some of that funding shortfall to bolster our response capability.

"I campaigned on a promise to fix Auckland and I am committed to fixing this problem by sponsoring the review of Auckland's Emergency Management prevention preparedness and planning, and ensuring the urgent completion of the Auckland Civil Defence and Emergency Management Group Plan."

Auckland Council Chief Executive Jim Stabback says he, the council's executive leadership, and emergency management staff will consider the report's findings and recommendations and report back on an implementation plan.

"Recommendations that can and should be easily or immediately implemented, will be. In some cases actions are already underway."

The flood review was delayed due to Cyclone Gabrielle and other issues and reportedly cost more than the initial \$100,000.

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People & Places

The review was launched on February 5 with the review team asked to complete their work by March 6, "which is an exceedingly tight timeframe for a review of any kind", the report adds.

"To accommodate this timeframe, and in keeping with the Terms of Reference, the review is purposefully not a forensic investigation."

The report says: "From the time Auckland Council emergency managers stood up an incident team at 4.30pm on that Friday, to the end of that team's first, virtual meeting at 6.15pm, much of the damage was done."

About 17 recommendations are included in the 107-page report, with West Auckland's Swanson and Ranui mentioned in the report, along with a January 27 2.48pm message to AEM from a local board member about "extreme flooding and impassable roads in Rodney".

"The first message from AEM to the public was issued by tweet at 6.11pm advising that the severe weather was causing problems in North, North-West and West Auckland. The tweet advised, '...if it's safe, stay home, call 111 if your life is at risk, don't drive through floodwaters. We will continue to provide updates,'" the report says.

Problems with using Twitter were then reported.

The review comments that: "... recent tornado event and Kumeu floods were handled with business-as-usual resources. This may have created a sense of complacency or optimism bias that Auckland was inherently 'big enough to cope with anything'."

The report also notes: "By the time of [February's] Cyclone Gabrielle (outside these ToR) significant improvements appear to have been made, and a better joined up, data driven narrative was being presented to the public."

Visit https://ourauckland.aucklandcouncil.govt.nz/media/je3potln/auckland-flood-response-review_january-27-29-2023.pdf for the full Auckland Flood Response Review.

Thousands live on Oraha Road

Pat Appleton, as told to Julie Beech from the Norwest Heritage Society True Tales project

The Braine family came to New Zealand from the United Kingdom in 1948 on an aeroplane, landing at Whenuapai airport.



Not many people travelled by plane at that time as it was a rigorous adventure.

In 1952 Walter and Winifred Braine started looking around for somewhere to enjoy the rest of their lives. They travelled through the North Island in a campervan, finishing up at a motor camp in Henderson. They found an older country house in Huapai on Oraha Road (formerly known as Green's Road) and started their chicken farm there.

Walter built chicken sheds which were soon blown down by a tornado.

After rebuilding the sheds, he had to take on labouring work to make ends meet and to convert their house into a home that his family would be proud of.

The years passed as they do when there is plenty of work to be done and you love your life and the freedom that it gives you.

Kumeu was country living and Oraha Road was definitely in the country - you couldn't see your neighbours. Now there are six properties in the area that was once Pat's parents' farm. One of the brooding sheds, which also hosted many parties, has been converted into someone's home.

Pat and Bill moved from Fielding to Kumeu in 1962 and took over the chicken farm from Pat's parents, relishing the chance for something new and exciting.

Not knowing anything about poultry farming was not a problem as you learnt everything on the job. Their two young girls also started to enjoy the freedom their new life offered them. A baby brother soon made the family complete.

Bill started by increasing the shed size and the farm capacity grew from 100 birds to 1000 birds. Eventually finishing with three sheds each housing 1000 birds.

Building and maintaining the flock required bringing in up to 1000-day-old chicks, hand rearing them then releasing them onto a range until they started laying. It was then that they were brought inside into the big sheds.

"They were never in cages", says Pat. This was the early days of colonisation farming of chickens.

Even with the growth of the flock, farming was not a full-time business. Bill worked at the Fletcher Building's particle board manufacturing plant (Fletcher Wood Panels - now the Kumeu Film Studios) on Access Road for many years.

Pat and Bill ran the Oraha Road chicken farm for 25 years from 1962 to 1987.

The Kumeu Courier featured an introduction to True Tales in April.

Email truetaleskumeu@gmail.com for more information.

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Safer Communities



Fire and Emergency attend many different types of incidents in support of our communities.

One that we regularly get called to is Motor vehicle accidents.

With the changing weather conditions our roads are made more dangerous when we are in control of heavy machinery that has the capability to cause life changing events if not handled correctly.

With this in mind, we urge you to check the condition of your vehicle, particularly the tyres as these are the only things connecting you to the road.

The roads can be wet and slippery as we enter the wetter and colder months and with minimal tyre tread or wrong pressures your vehicle handling and stopping can be severely compromised.

We have also seen several speed limit changes in our area and this can cause some frustration and impatience for some drivers wanting to get to the end of the road seconds quicker than what the new speed allows.

Dangerous overtaking, tail gating, excessive speeds and general recklessness is a common reason for a lot of the accidents we are called to.

We are a small community where most (if not all) of the motor vehicle accidents we attend can be avoided with a little care and patience.

Most people think, 'it won't happen to me', or 'I know what I am doing'. I expect that the drivers of the accidents we attend think the same thing.

The gain for speeding and rushing is merely seconds or minutes, yet the loss can be a lifelong impact to a family who lose someone to what could have easily been an avoidable tragedy.

Take care and look out for each other.

Jamie Shaw

Station Officer - Waitakere Fire Brigade

Phone 09 810 9251



Help prevent drowning

Look for clues



In the backyard



- Buckets filled with water
- Pool gate left open
- Uncovered pond
- Spa with no cover

If you spot any of these clues it could spell danger. Visit our website for free online water safety courses to help you and your family stay safer around water this summer.

dpanz.org.nz

Community News

Autumn Book Fair

27th - 28th May 2023 - Helensville A&P Showgrounds.

As the War Memorial Hall is still under repair the Lions Club of Helensville will once again hold their upcoming Autumn Book Fair at the Helensville A&P Association Showgrounds on the weekend of the 27th and 28th of May, opening at 9.00am on Saturday until 4.00pm and again on Sunday 10.00am until 3.00pm.



This is a community event and entry is free - we do not allow traders in before you, our community.

Our last Book Fair held in November raised \$12,527 from the sale of books, for which many thanks. Should this Book Fair be as successful as the last one the Lions may decide to make the A&P Showgrounds their permanent home. All the money raised went towards assisting individuals and organisations in the community that required helping.

All books are priced to sell, with nothing over \$2. There is a large selection of children's books at 50c, plus there are also many jigsaw puzzles, board games, DVDs, CDs, and quality magazines available.

Non-Fiction will be split into twenty separate categories, including one section dedicated to New Zealand subjects, which is still the largest section. Plus, a large General Non-Fiction section which you can spend hours browsing 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 and YA 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 the Helensville Lions.

Please note that the last date we are accepting books for this Book Fair is Friday 19th May.

EFTPOS Available.

The larks are singing

Members of the Kumeū Blend choir, keen to keep singing, have regrouped after the retirement of their longstanding Musical Director, Margaret Lindsay.

We still sing and practise at St Chads, 7.30pm on Monday nights. Members suggest songs and everyone contributes ideas and helps with organisation when needed. There is always much laughter amidst the singing.

We still have our wonderful pianist, Robert Li, who offers guidance as well as accompaniment, and we still have our enthusiasm to sing. We really are a community choir.

If you enjoy singing in harmony, (we are a S-A-T-B choir), and this sounds like something you'd like to be part of, then come along and join us.

Watch out for our upcoming concerts.

Reid Organics

We are a local family from Waimauku - Jordan, Nicole and our 2 year old son Max. We are a family owned and run company producing an all-natural Baby Bum Spray to use as a much easier and more convenient product to your traditional nappy change cream.



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

Baby Bum Spray is handmade by us here in Waimauku with Organic and Wild Harvested Ingredients.

A little tale about how I created Reid Organics - Baby Bum Spray.

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Community News

As a new father 6 months into nappy changes I had a thought, this is stupid, why do I have to turn my attention away from my child to open the nappy cream, smear it on my finger, touch the baby's bum, then spread it all over my fingers? At this point, I either need to wipe my hands or risk getting the cream all over the baby's clothes and legs. Why can't this just be a spray?

That would be safer, simpler, and wouldn't require me to focus away from my child. After looking for a spray nappy cream but finding none, I decided to create my own. The investigation into the ingredients, bottles, correct spray technique, testing on different babies, and the testing and tinkering started. I'm never going back now since it's simpler, cleaner, and safer. And now my eyes are open to many more products that can be part of The Smarter, Simpler Change.

We have a special running at the moment just for locals, use the code KUMEUCOURIER for 10% off your order. We also offer free order pick up for our locals and sometimes even drop off depending on where you live. Check us out on Facebook, Instagram or our website www.reidorganics.co.nz

Flippin' Fun has a class to suit you

With the holidays gone and a long school term ahead, it's time to look after yourself. Flippin' Fun Trampoline Park has a variety of classes for personal improvement, upskilling or just plain fun for you and your little ones.



Of course, it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 2.

Flip Fit Classes - if recent unpredictable weather has kept you from the beach, it's time reclaim that beach bod with the prospect of better weather ahead.

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

Private Flip Class - one-on-one instruction with a qualified instructor accelerates your child's learning skills.

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

Little Flippers - a super fun toddler session for the 5 & unders - without the older kids.

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

Kumeu Arts

To celebrate NZ music month this May we are hosting one of our favourite exhibitions in the Pod gallery. For 'Art on Record' we've asked artists to create artwork in the format of an LP album sleeve. On May the 12th we'll hold an exhibition launch party with projection, DJs and Live Music. You're welcome to come and join us. In the Main Gallery Riverhead-based artist Michelle Reid, will display a series of new drawings, collages, and paintings. For her exhibition, Michelle visited local Kumeu growers to gather visual resources while questioning the weathering effects of the climate and the 'industrious nature of plants'. We also have 'Colour Strategy' workshops with Tanya Blong and 'Tipple and Dabble' evening classes with Amber Emm. Visit us just behind the library or online @ www.kumeuarts.org for more information about all this and more including; our ongoing groups, courses, concerts, and gift shop.



The image is by Michelle Reid.

Hospice Awareness Week 2023

At Hospice West Auckland, we believe that everyone should have access to free specialist palliative care. This Hospice Awareness Week (15th - 21st May), we are highlighting the growing demand for specialist palliative care in our community.

As the West Auckland population increases, so do our patient numbers. In the past six months we've supported 484 patients and their whanau, caring for an average of 240 patients at any one time - and these



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Community News

numbers are growing.

Hospice West Auckland is partly funded by Te Whatu Ora and partly funded by donations and revenue raised through our Hospice Op Shops. Our services are provided free of charge to patients and whanau - and that's only made possible with the support of the West Auckland community.

Through your generosity, our patients are empowered to choose to remain in their homes that they love without compromising their quality of care. Your donation also helps to fund our vital 24-hour, 7 days support line, so that advice and reassurance is only ever a phone call away, and carers and whanau need never feel alone.

To make a donation to support the services we provide to the wider West Auckland community, please visit our website www.hwa.org.nz/donations.

Te Awaroa Helensville Museum revives history project

A fascinating poster from the Te Awaroa Helensville Museum collection.



Do you know the history of your house? Did you know that the second iteration of Saint Matthews church in Te Awaroa Helensville's Garfield Road collapsed in an easterly gale and had to be rebuilt? In great news, a project designed to capture and preserve information and stories about local history, begun a few years ago, has been revived by current volunteers. It's going to be a collaborative community effort, and everyone is invited to join in. The end goal is to have as much information about each building and block of land as possible, and to have all this information available for research.

The folder containing the work done by a group of volunteers so far on the project 'On the Street Where You Lived' was led by the late Natalie Carroll. It is a treasure trove of hand-written information detailing local knowledge and memories of the people and places in the town of Te Awaroa Helensville. Surrounding areas such as Woodhill, Parakai, South Head and Kaukapakapa will be researched in Stage Two of the revitalised project.

Our local history is fascinating, from the first days of Māori settlement to the arrival of immigrants from overseas to the shifts in land use today, such as the Rautawhiri housing development on land that

was formerly a farm. In just one story, Garfield Road was first known as Portage Road, museum President Toni Walmsley says, because in the 1860s it was the route for people, goods, and services to travel to Te Awaroa. The road was later renamed after the 20th American president James Garfield, who was assassinated in 1881 just six months after he took office, and still bears his name. Does anyone know why his name was chosen?

Toni is excited to be leading a team of volunteers to continue this valuable work. "We often have inquiries about land, or streets, or buildings from people who are curious about their home or where they grew up," she says. The answers are all over the place - some can be found in Colleen Sheffield's book 'Men Came Voyaging', others are in people's memories, or filed at the museum - and the goal is to have information centralised and digitised so it is readily accessible.

The project group is very keen to have community engagement. The first event will be at Te Awaroa Helensville Museum on Sunday afternoon, 1pm - 3pm, 28 May. There will be images, written information, and a short talk to kick off proceedings. You are invited to come with your questions, knowledge, and curiosity.

Fascinating Fungi - workshop

Sunday 28th May (9.30am to 11.30am).

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

In this 2hr workshop Matthew Priestley from Brotherwood Tree Care will be giving an introduction to the incredible kingdom of fungi.

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

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

Matthew holds several Arboriculture qualifications gained both in NZ and the UK and also has a BSc in Botany & Microbiology as well as having many years' experience within this field.

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

Afterwards, you will also be able to continue strolling around the beautiful 1Km sculpture trail which has over 40 marvellous pieces created by local and international artists for our 2023 exhibition on

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Community News

display as well as our recently installed 2.5Km nature trail. *

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

* Trail is not suitable for wheelchairs or walking frames.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets \$20 per person. To Book info@kaiparacoast.co.nz or 09 420 5655.

Kumeu Childcare

Kumeu Childcare's mission is to make learning fun, to help children find their passion and to make sure each child feels safe, loved and valued. We respect our children's voice and their rights, and we encourage them to be active participants in their learning. Children are encouraged to learn respect and develop a sense of responsibility through discovery and play. They are encouraged to make sense of their world in their own way, at their own time. We acknowledge and celebrate different cultures, and strive to make our families feel worthy through cultural inclusiveness.



We are taking enrolments and specials going on for new enrolment. Please feel free to call or email us on the details below for any enquiry or a friendly visit. info@kumeuchildcare.co.nz/ manager@kumeuchildcare.co.nz. Alka 021 119 5148 or Anna 021 091 04333.

Gently Loved Markets

Gently Loved Markets is at the Kumeu Community Centre on Sunday 21st of May for your preloved treasure hunt from 10am till 2pm.



With a wide range of stalls indoors selling preloved, vintage, retro and upcycled clothing, accessories and homewares. Grab a coffee from Hero Coffee, a sweet treat from Mamas Donuts and your favourite fabric bag for your preloved fix. All stalls are indoors, with changing rooms at the venue to you can

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try before you buy. The event is cash only. Can't make it in May? Gently Loved Markets is heading to the Greenhithe Village Hall on Saturday 10th June 10am - 2pm.

Gently Loved Markets hold different of styles of market days - from everything preloved, Curvy (size 16+ / XL+), Teens (8-15 year olds) and Just Kids! Keep an eye on their Facebook and Instagram for the market day announcements @gentlylovedmarketsnz. To inquire about a stall contact Donna Buchanan at gentlylovedmarkets@gmail.com.

Kumeu Friendship Club

Looking to make meaningful connections and enjoy engaging conversations? Join us at our next Kumeu Friendship Club meeting. Our club is a vibrant community of seniors who come together to foster lasting friendships and enjoy enriching experiences. At our meetings, you can look forward to a club speaker who shares interesting insights, as well as a main speaker who brings fascinating topics to life. From lively discussions to informative presentations, our meetings are a perfect blend of camaraderie and learning. Don't miss out on the warmth and companionship of our club. We meet on the fourth Thursday of the month at 10am In St Chads Church Hall in Huapai.

SeniorNet

Join Us at SeniorNet: Empowering seniors through technology. Are you looking to boost your tech skills, connect with fellow seniors, and stay updated on the latest digital trends? Look no further. Our next SeniorNet meeting is just around the corner, and you won't want to miss it. From informative workshops on smartphones, tablets, and social media, to engaging discussions on online safety and cyber security, our meetings are designed to empower seniors with the knowledge and confidence to thrive in the digital world. Come along and join our supportive community of tech-savvy seniors. We meet on the first Wednesday of the month at 10am In St Chads Church Hall in Huapai. See you there.

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In Brief

Kaukapakapa Village Market

At the Helensville A&P Showgrounds. Sunday 21 May 8.30am to 1pm. Join us for a great morning at the market with live music from Duo "Take 2" - Gillian and Mike, face painting for the kids and an interesting selection of stalls. Locally grown fruit & vegetables, Lions 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 and bargains galore to be had from our car boot and pre-loved stalls ... and much more. Sorry - no dogs with the exception of assistance dogs.

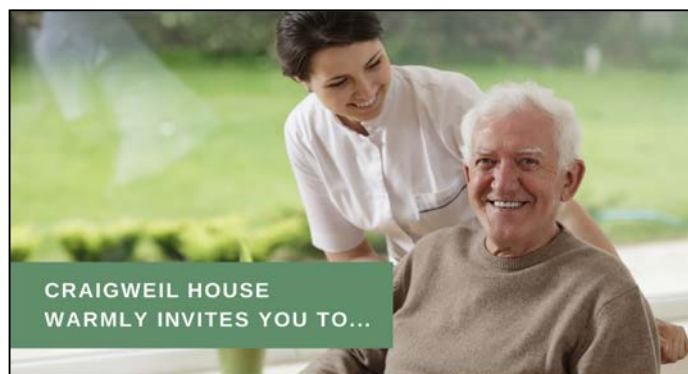
For more information contact Sarah 027 483 1542 or email sarah@riversidecrafts.co.nz.



Craigweil House

The residents at Craigweil House recently enjoyed a lovely day as Rhonda celebrated her birthday last month. Residents and caretakers came together to mark this milestone in Rhonda's life. The celebration was filled with warmth, fun, and lots of delicious cake. We are proud to have her as part of our family and look forward to celebrating another one next year.

With the weather turning nicer, many of our residents are actively following their outdoor hobbies. They enjoy doing their afternoon garden routine and morning walks.



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Craigweil House
Home & Hospital
FEEL AT HOME WITH FAMILY

We organised another fun event on St Patrick's Day. There was a trolley full of goodies, and we gave each other chocolates, which will hopefully bring some good luck. Robin, the winner of the fashion competition in best green dress category was absolutely delighted with her award.

We welcome our new resident Kim Jonson. We wish her an enjoyable life in our facility and hope she soon makes many friends.

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.

Take a life changing journey into your life between lives?

We have many unanswered questions about our lives. Sometimes we have that strange déjà vu feeling when we go to various places, meet someone or just that strange inner feeling. As we go through various changes in our lives, we may sometimes wonder why we are here, what is our purpose or why has this happened to me?



Some of you may have heard of or experienced a Past Life Regression, but have you heard of a Life Between Lives Regression? With over 30 years of research and experience the late Dr Michael Newton of the Michael Newton Institute, pioneered a hypnotherapy regression technique called Life Between Lives. This technique can help answer some of your deepest questions about your purpose in life as we go on a journey into the inter-life and find those hidden memories that have been stored deep in your mind and soul.

A Life Between Lives Regression session has been designed to take you on a very deep soul journey to experience your soul purpose and to connect back with your spirit guides. It is your journey back into the inter-life of your memories of the spiritual realm where we return in between incarnations. You may have the opportunity to learn why you are who you are, what other options you had and why you choose to incarnate as the person you are today, to name a few things you may experience. Each experience is different and can be very healing.

Your life changing LBL session can last between 2- 4 hours, where you will we can find the answers to some of your most inner deep questions. Each session is conducted by Jason Mackenzie an Internationally trained Hypnotist and Life Between Lives Facilitator



Grant Castle



P (09) 412 8239
M 027 299 7054

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

In Brief

who would be honoured to take you on this amazing journey. You will be taken slowly and safely into a very deep state of hypnosis as you are prepared to go onto your journey and as you come back into the present time and place, you should have answers to some of those questions.

Astramana™ Healing Services, was founded by international hypnotist, Past Life Regression and Life Between Lives Facilitator, clairvoyant, tarot reader and Reiki Master-Teacher Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com or call us on 021 027 70836 with any questions or to book a Life Between Lives Regression session or any other service that we offer. Remember we offer a mobile service and we will come to you. We look forward to facilitating your journey back in time.

Show your support for our cyclone hit community

When Cyclone Gabrielle hit New Zealand in February our local community bore the brunt and it caused utter devastation, destruction and left many without homes, possessions, and businesses.

As locals who grew up in Muriwai and own Bowring Print in Kumeu, we were heartbroken and knew we had to do something tangible to help. We partnered with talented local artist Tayla Williams to create 'Waves of Resilience' for Muriwai and 'Shining Through the Storm' for Piha. A stylish, unique brand of merchandise, where all profits are donated to help those directly affected in the respective communities.

The tees become an instant hit, with thousands being purchased all around the world. Local businesses such as New World Kumeu, Sand Dunz Café, Muriwai Golf Club and Waimauku Pharmacy changed their uniforms to the Muriwai tees to show their support and solidarity, which was heart-warming.

Thanks to your incredible support, to date we have raised over



\$21,000. The funds go directly to the people who need it most, those who have lost their homes, their possessions, and their livelihoods. With so much uncertainty and upheaval in their lives, every little bit helps, and we are honoured to be able to make a difference.

Due to the popularity of Muriwai and Piha tees, Bowring Print have extended the 'Waves of Resilience' and 'Shining Through The Storm' range to include jumpers, hoodies, singlets, hats, bags and stubby holders. There's literally something for the whole family.

The good news is that there's still time to show your support for Muriwai and Piha. You can look good and feel great by purchasing a piece of merchandise where 100% of the profits are donated directly to those who have lost everything.

To check out the Muriwai and Piha range head to www.bowring.co.nz or pop in store, we are located at 4D Grivelle Street, Kumeu.

Helloworld Westgate

Carolyn is departing this week to Mexico to experience the ultra-luxury small ship Scenic Eclipse in the Sea of Cortez, Mexico. Then on the 30th May Scenic will be instore for our clients wanting to know more about Scenic, and Carolyn will also be able to talk about her trip. Please let us know if you are wanting to attend and we will try to accommodate you.

We welcome to our store, Tracey Carley who has previous experience in travel working down in Taranaki. Lucky us to have her with us now in Auckland and our clients new to our store are loving dealing with her. Tracey has young children so that makes her a favourite with our young families travelling as she knows what it is like travelling with families.

Our store is located in an area called Westgate Lifestyle Centre, we are in the same area as Harvey Norman, Warehouse Stationery and Briscoes. We are in a courtyard between St Pierre's Sushi and Hollywood Bakery.

It is still very busy and we like to make sure we can see you when you come in so please make an appointment if you are able so we can ensure someone is available to see you.

Our phone number is 09 416 1799 or email westgate@travel.helloworld.co.nz. We look forward to seeing you instore.

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Property

Property market report

The reported contraction in December 2022 quarterly GDP suggests the economy is buckling a little earlier than expected. Banks expect that in total the economy will contract upwards of 2% by early 2024, more than half the size of the 2008/09 decline. The driver of this slowdown remains the overheating of the economy in response to the pandemic "all-in" stimulus. High inflation and a stretched labour market are the clearest symptoms of this overheating. The Reserve Bank has been talking assertively about excessive spending, including lifting the OCR by 50 basis points in early April. With a further OCR increase expected in May. Given the lagged response to OCR increases, as fixed-rate borrowing progressively gets affected, the restraining impact on the economy will continue to lift over the balance of 2023. We expect the Reserve Bank will be in a position to start pulling interest rates down in the first half of 2024, however due to national and international pressures on money and banks, this could be extended. So how does this translate to the market. Listings volumes are down but those on market are spending longer with a for sale sign out the front. Prices are fluctuating due to value being determined by the banks' lending criteria rather than fair market value, and sales are tracking at 50% what we would have seen 12 months ago. That said, sold signs are still being applied and if you do want to get on and off market, don't delay as the election is not far away, and the market always hibernates within a good election build up. Let's look at the sales:

Coatesville	\$1,650,000 to \$2,470,000
Helensville	\$590,000 to \$2,500,000
Huapai	\$820,000 to \$1,620,000
Kumeu	\$1,050,000
Muriwai	\$1,740,000
Parakai	\$740,000
Riverhead	\$905,000 to \$5,400,000
Swanson	\$815,000 to \$2,220,000

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Waimauku \$940,000 to \$2,735,000

Waitakere \$955,000 to \$1,817,000

Whatever your situation and position, a conversation can always help create clarity and after 17 years of real estate knowledge and application at a top level, I am here to assist you making the very best decision possible. Contact me on 027 632 0421 or email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Maintain to gain

To quote from an excellent book about rental investing, written by Bryan M. Chavis, titled "Buy it, Rent it, PROFIT"- "The number one reason tenants renew leases is because of efficient maintenance responsiveness." If you look at the repairs at your own home. Despite taking good care of your own house, there is always something that needs fixing. This is because no matter how well we maintain our homes, wear and tear is inevitable due to the passage of time, the changing weather and environmental factors.

While your tenants will ensure your investment is bringing you a return, it's important to make sure you're prepared for these costs, it's essential to have a budget for maintenance and repairs that can be easily accessed for any unexpected costs.

When you consider these factors and their impact on your property's bottom line you understand the importance of good maintenance on your property. Issues surrounding maintenance lead to a high proportion of cases at the Tenancy Tribunal.

As a landlord, you are responsible for maintaining and repairing the property to ensure it is safe and habitable for your tenants. Establishing a maintenance fund is a good idea to help cover the costs of routine maintenance and repairs. However, if the damage is caused by the tenant's negligence, intentional actions, or failure to report a problem that led to extensive visible damage, they may be held responsible for the costs of repairs.

At the beginning of every tenancy, we take a bond of four weeks rent, the maximum permitted, from the tenant. This money is put aside in a secure account held by Tenancy Services which we collect as part of our service and forward to the Bond Centre. If a tenant damages your property you are entitled to use this bond money for repairs.

If the extent of the damage goes above and beyond the amount set aside as bond and the tenant is unwilling to pay, we can apply to the Tenancy Tribunal to recoup the costs.

As a general guide, we recommend all our landlords set aside 10 per

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Property

cent of your rental income each year for repairs and maintenance. This will provide you with a maintenance fund to cover major or minor repairs, or any period of time your property may be vacant.

Having a maintenance fund is becoming increasingly important with legislation such as the Healthy Homes Act. This Act requires all landlords to ensure their rental properties meet a minimum liveable standard. This covers five key areas: heating, insulation, ventilation, draught-stopping and moisture/drainage.

At The Rent Shop regular property inspections by a Property Manager can help with identifying potential maintenance issues early on, before they become more significant problems and address them before they turn in to more serious and costly problems. Depending on your arrangement, your property manager will contact you to seek instruction or go ahead and organise the repairs, depending on your maintenance agreement.

At The Rent Shop, our focus is on property management. We take care of your investment as if it was our own and will do whatever it takes to protect your investment. If you would like to know more feel free to contact Mike James on 021 413 660 or mike.james@therentshop.co.nz.

Selling a property when you're splitting up

The end of a relationship is tough emotionally, it's often tough physically, and when it comes to the financials, well it's a whole new level of complexity. After sixteen years of working with couples moving through the process of splitting assets, often the biggest hurdle faced is the decision around the family home. This is in part because it forms a historical and physical bond around so many experiences and so many feelings. Therefore, it's natural to feel a burden of emotion around the decision. It is also natural for one party to entertain buying the other party out, or to consider retaining the property as a rental asset. In my experience couples that can understand the value in the property as early as possible can make better decisions. A registered valuation is highly recommended, but also get two independent property appraisals completed from reputable and AREINZ qualified real estate people. This delivers a complete picture of the property's value range, and a market overview considering the time and the costs to cash-up the property. Having all the facts early helps establish a position for both parties, it allows conversation around one stakeholder buying the other out, or to go to market. You will need representation from your own solicitors, however if you can discuss amicably the best way forward in broad terms the solicitors can mop-up the finer detail. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com.

com and for more information within this series on selling a property when you're splitting up, go to <https://graham-mcintyre.mikepero.com/blog/>. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

In a de facto relationship without knowing it?

- Do you keep spare clothes in your partner's car or flat?
- Do you keep a spare toothbrush at your partner's house?
- Have you become extra cosy with a flatmate?
- Do friends and family think you're "together"?



Some of these might seem like trivial questions, but in the eyes of the law you could be in a de facto relationship, without even realising it. This means if you and your partner go your separate ways, or you pass away, your partner could be entitled to half of your property (or more to the point what you thought was "your" property but has now become "relationship property"). This can have major consequences not only for you, but for your family members, including any children who could lose their inheritance (despite what your Will may say).

Being in a de facto relationship isn't always black and white. You can find yourself in one without knowing it, as it can happen gradually. This makes it hard to determine when "dating" ended and a de facto relationship began. You might think one way, but the court may decide otherwise.

In deciding whether a de facto relationship existed, the Family Court considers each case on an individual basis, taking into account nine factors of the relationship, with a different emphasis on each. This includes:

1. Do you stay over or live together? (you could live apart but often stay the night at each other's house)
2. Is there sharing of money or financial dependency? (ie do you pay some of your partner's bills or groceries?)
3. Is there care/support of children? (which may be from previous relationships)
4. Do you own, use, buy or share property together (eg lending your car, sharing furniture, using or sharing chattels etc)
5. Is there commitment to a shared life? (this can be determined in many ways including booking events/holidays in advance, acquiring pets, financial/time/emotional commitments etc)

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Property

6. Is there a sexual relationship?
7. Are you viewed by others as a couple?
8. Who performs the household duties?
9. How long have you been together?

Not all of these factors need to be happening in order to fall under the definition and to establish relationship property and a sharing of assets.

When a de facto relationship falls within the definition of the Property (Relationships) Act 1976 and lasts for at least three years, if the relationship ends (due to death or a break-up) there is a presumption of 50% sharing of property. Property can include the family home, savings accumulated during the relationship, kiwisaver/superannuation, joint bank accounts, assets/liabilities which were for mutual use and benefit (eg a car, furniture or credit cards) and assets acquired during the relationship etc. This can result in your partner making a claim against you (or your estate - despite what your Will might say).

If you think your relationship could fall into the de facto category (now or in the future) and you want some advice on to protect yourself, have a chat with us at ClearStone Legal. We can help you understand how you may be affected and suggest some options. Call us today on 09 973 5102.

A flood of issues to consider when buying property

Before buying a property, it is essential to conduct thorough research on the area's history of flooding. This can be done by checking with local councils to see if the property is situated in a flood-prone zone or if it has ever been affected by flooding in the past. It is also advisable to check with other residents in the area as to the likelihood and severity of this happening.

It is equally important to consider the type of flooding that may occur in the area. Some regions are more prone to river or coastal flooding, while others may be at risk of flash floods caused by heavy rainfall. Understanding the type of flooding that may affect a property can help in making informed decisions about its suitability.

Potential buyers should also consider the insurance implications of buying a house in a flood-prone area. Insurance premiums for homes in high-risk areas may be significantly higher, and in some cases, insurance may not be available at all.

Overall, being aware of flooding issues is crucial when buying a house. By doing thorough research and seeking professional advice, buyers can make informed decisions about the suitability and potential risks of a property before making a purchase. If you are looking to buy or sell a property and are wanting more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Getting the right lending when you've finished building

If you've recently completed a new build then no doubt you love your new home - but you're also most probably exhausted by the process. I've been in my own new build for ten months, so writing from experience.

The last thing you want to do is sit down and work out whether the lending structure that worked for you during the build is still the best one now you're done. It's tempting to just fix it you're lending and forget about it for a while.

This can be a good strategy for the short term, but when you've got some metal-capacity back I highly recommend you review the structure - maybe a couple of months before your next fixed rate is up.

Some key things to consider are:

- Now you're done, maybe you should be making use of offset facilities - if they are offered by your current bank, to save on interest.
- If your loan is in multiple parts, would it be best to get them aligned with each other to give you more flexibility?
- Now that we are hopefully nearing the peak of the interest rate cycle - have you got the right fixed rate strategy?
- And after all you've been through - are you still happy with your bank? Are they the best one for you?

If you'd like help reviewing your lending, 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 020 4009 8944 www.betterborrowing.co.nz

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Outdoor Radiant Heater
With Wifi 2.4kW

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Meteor

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SKU: 248387

\$229



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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 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	2,425,000	1HA	261M2	2,350,000	SWANSON	1,850,000	571M2	345M2	1,630,000
	1,775,000	1.04HA	199M2	1,650,000		2,025,000	1.76HA	271M2	2,220,000
	2,450,000	2.03HA	140M2	2,470,000		800,000	450M2	83M2	815,000
HELENSVILLE	1,300,000	3.66HA	160M2	1,250,000		720,000	571M2	365M2	1,670,000
	1,500,000	1.98HA	169M2	1,588,000	WAIMAUKU	1,225,000	3011M2	157M2	1,312,000
	2,150,000	5HA	307M2	2,500,000		2,550,000	8857M2	406M2	2,735,000
	970,000	1204M2	170M2	969,000		890,000	2HA	0M2	9740,000
	790,000	460M2	82M2	590,000	WAITAKERE	1,025,000	875M2	150M2	955,000
HUAPAI	920,000	964MN2	130M2	1,165,000		1,150,000	1014M2	198M2	960,000
	1,600,000	2274M2	220M2	1,620,000		1,475,000	1.24HA	153M2	1,817,000
	1,325,000	427M2	202M2	1,250,000	WHENUAPAI	1,370,000	1135M2	123M2	1,200,000
	1,075,000	1012M2	90M2	820,000		1,410,000	365M2	239M2	1,300,000
KUMEU	1,175,000	448M2	135M2	1,050,000		1,155,000	981M2	83M2	1,025,000
MURIWAI	1,500,000	1401M2	195M2	1,740,000		670,000	0M2	60M2	629,000
PARAKAI	665,000	0M2	100M2	740,000		1,345,000	301M2	250M2	1,225,000
RIVERHEAD	3,725,000	1.62HA	460M2	5,400,000		1,200,000	350M2	146M2	1,100,000
	1,025,000	609M2	90M2	905,000					
	1,130,000	693M2	127M2	1,135,000					
	1,600,000	801M2	234M2	1,715,000					

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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3 1 1

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

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4 2 2

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Big home on a large site full of sunshine and the good life. Set in a semi-rural cul-de-sac location, and enjoying a sunny north slope with established trees, and independent pathways to the school, convenience shopping, parks, bowling, tennis and RSA clubs. This single level home with high cathedral ceilings will deliver a peaceful and enjoyable living style that will bring a smile to your lips and a twinkle to your eyes. A home that has three bedrooms and a fourth room that could be used for family, guests, study, office or a second lounge. With open plan kitchen-dining-lounge with uncompromised alfresco to North facing decking. Three bedrooms, laundry and bathroom all off a central corridor with the master enjoying a walk in and ensuite. A separate independent double garage.

www.mikepero.com/RX3627851



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STUNNING KIWIANA BUNGALOW ON 800SQM (APPROX). 3  1  1 

By Negotiation

24 Alice Street, Riverhead
By Negotiation

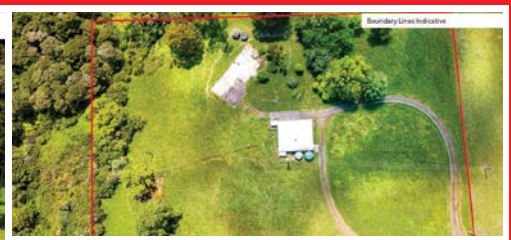
A beautifully presented and well maintained 1970's bungalow offering the very best of traditional Kiwi values and easy living. Created with care and matured with love this three bedroom, single bathroom bungalow offers the best of tradition, with all bedrooms, w/c, bathroom and laundry off a central corridor. North facing lounge and dining areas lead seamlessly onto sun soaked decking, leading onto generous lawn peppered with established trees and perfumed roses. Private deck off the master provides a retreat in the tempered autumn afternoons. A single garage and workshop and transportable sleepout/tiny house adds considerable value to a buyer wanting to create strong family memories in this historic Auckland settlement.

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5 2 2

By Negotiation

412 Taupaki Road, Kumeu
By Negotiation

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"I found Graham to be very professional and easy to work with. I have rated Graham as 'Excellent' and have no problem in recommending him to anybody looking to sell their home, he has a unique personality."

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Amrita Express Floor Plan © G.J. Gardner Homes 2023



4



2



1



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Waimauku Garden Club

It was quieter on the bus trip home from an awesome, fun day out with the Waimauku Garden Club. We started out early enjoying the lovely autumn colours from the high coach seats as we drove across Coatesville to our first destination at Kings Plant Barn at Silverdale where we had a sumptuous morning tea at the cafe there with great service. The display of plants was top quality, so lush, and healthy would make you green with envy although there was such an array of colour. From there we headed north to the Protea Patch which specialises in the Proteaceae family of plants with such a vast variety to choose from. Attached to the Protea Patch is 'the secret garden' so charming and relaxing to roam around and spot some interesting



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sculptures, especially their new one from Morris & James, which was our next destination not far from there. Wow, what an amazing amount of talent in one place, some familiar designs and new ones too, such vibrant colours it's so hard to choose. Glazed pots of all shapes and sizes. We were ready for lunch, what a treat at the Nectar Cafe to be refuelled and refreshed with tasty nourishment for more adventure. On to Brick Bay, an exhibition of New Zealand contemporary artists. A dynamic exhibition of large-scale, sculptures set in a stunning natural environment of native bush wildlife and ponds bursting with water lilies. A wonderful day was had by all. Monthly events we have lined up for the future include a floral art demo, a visit to Good from Scratch, visiting local gardens, going out to a conservation island and visiting an international garden of significance early next year. If you wish to join our club and join us on our monthly outings, feel free to contact any of us: Ann (021 035 7406), Diana (027 478 8928), Gail (021 344 070), Maree (027 496 3006), Moira (027 498 9154), Sandi (027 318 4514). We are also on Facebook: www.facebook.com/groups/358928941269802. Love to have you join us.

Blackout Electric

Blackout Electric is a local family owned and operated business, run by Sebastian Weaver, a registered Electrician with over 17 years' experience in the industry.

After completing his apprenticeship and spending a number of years working for electrical companies, learning the ins and outs of the industry, Seb decided it was time to go out on his own and build his own business from the ground up - since then, he hasn't looked back.

Nearly 3 years on we have four staff including a new apprentice who we just had start at the beginning of 2023. Aligning with supporting local, two of our staff are out of Kaipara College, which Blackout supports via their Gateway Programme. Seb is incredibly passionate about passing on his knowledge to others who want to be in the trade, and really enjoys seeing them succeed and become successful electricians themselves.

Since starting Blackout Electric, the support and loyalty we have experienced from locals is second to none. Customers who not only continue to use our service, but refer and recommend us to their own family and friends. This is a testament to the service we provide, and the reason we continue to grow as a business. Seb is highly experienced in delivering cost-effective, high quality workmanship - offering solutions, not problems. At Blackout Electric, we pride



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

We specialise in all forms of residential and commercial electrical work. Including new builds and renovations, alarm systems, CCTV and AV, and general maintenance - From something as simple as a new power point, to an entire house rewire, Blackout Electric is happy to help.

Contact Blackout Electric for all your electrical service needs. We can be found at www.blackoutelectric.co.nz or info@blackoutelectric.co.nz.

Three interior home mistakes you don't need to make

As an interior designer, I'm often in people's homes, whether for an entire project or a one-off consultation. I often see the same mistakes made over again. Here are a few...

1. Rugs - If the sofa is barely on the rug or the rug is in front of the sofa, then it's not the



correct size. Another mistake I see is a grouping of furniture with no rug. The furniture looks like it's floating in the space. Rugs are a critical layer and make a massive difference, bringing everything together away from the walls and giving the room structure and balance.

2. Matchy Matchy - In the 1950s and 60s, it was all about being matchy-matchy. Using the same wood finishes and fabrics in each space. Well, that was then. This is now. The last thing you want to do is create something that looks like it's been ordered from a catalogue. Mix the wood finishes up and let each piece showcase its character.

In terms of fabric, have at least four different fabrics in each space. Seek patterns that evoke a fond memory and make you happy. Muster the confidence and try to throw something discoordinate and unexpected into the mix, and you might be surprised just how much it enlivens the space.

3. Not Letting Go - If there is a piece that is not working, it's old fashioned, ugly, tired, it's just not right in that space, and you don't love it. It doesn't matter how much money you throw at or around it by purchasing new things for that room. That object is ALWAYS going to steal your thunder. Be tough, and say goodbye.

If it's a piece that reminds you of someone dear, replace it with something more suited to the space that pays homage to this person or memory. Or keep a small part of that object. You might be able to repurpose the handles, the legs or a portion of the fabric.

I have loads of these goodies to share, so stay tuned and see you soon. Your Local Interior Designer, Hayley Brown BDVA Int. (Hons)



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It is officially the last month of autumn which means winter is almost here...and when it comes to winter, there are certain 'cold weather' preventative measures that will help maintain a healthy home, prevent leaks, avoid excess water loss and excessive bills.



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

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

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

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

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

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Start your new lifestyle with Signature Homes

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



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

Build with confidence - One of the many benefits of building with Signature Homes, is that all the nuts and bolts are taken care of so you can relax and be confident your build is in good hands from start to finish. On-time, on budget, with no nasty surprises, and New Zealand's most comprehensive building guarantees - including our fixed price guarantee.

Considering turnkey homes? In response to a challenging market, Signature Homes West & North-West Auckland are offering two incredible family homes available as turnkey build proposals.

Turnkey homes offer a convenient way to purchase a home with several advantages, including the ability to achieve the new build dream without any progress payments.

Once the deposit is paid, saving can continue with the balance expected upon completion of the home. With a turnkey, the price of the new home is known in advance, without any cost overruns.

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Home & Garden

Interested? Contact Signature Homes West & North-West Auckland to discover our turnkey options.

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

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

Kumeu Community Garden

At Kumeu Community Garden we are preparing for the winter, currently focusing on clearing the beds and planting hearty winter vegetables such as onion, butternut squash and kumara.

We are working in partnership with North West Food Bank and are hopeful we can contribute fresh, organic kai to those in our community who need a little extra support.

There is currently a supply of leafy greens such as kale and spinach, herbs such as basil and mint and lots of chokos, as well as the odd giant marrow. If you volunteer, you are sure to go away with something good to add to the dinner table.



Volunteers at the Garden find a real sense of belonging in their community.

The Mental Health Foundation promotes five ways to wellbeing - Connect, Give, Take Notice, Keep Learning and Be Active - Volunteering at KCG ticks all those boxes. Connect to people and the whenua, give your time and your presence, take notice of the beautiful outdoors, keep learning new things about gardening and sustainability and be active by doing the mahi.

If you wish to join us or learn more contact us at kumeucommunitygarden@gmail.com or follow us on Facebook.

Functional layouts for your kitchen

Did you know Mitre 10 MEGA Westgate can design your kitchen? Finding the best configuration to utilise your space.

The key to a great, workable kitchen is utilising the space you must give you maximum workbench, storage and circulation space.

The kitchen layout is the shape that is made by the arrangement of the benchtop, major appliances and storage areas. It's worth being meticulous, so measure the area you have to work with, draw the space to scale using gridded paper and sketch out the five fundamental layouts for most kitchens - the G, U, L, single and galley.



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Look at how the different layouts affect functionality and provide you with optimal use of space - it should become obvious which layout will work the best. Kitchens are the hardest room in a house to design, so if you are having trouble don't hesitate to ask one of the in-store designers for some expert advice and help.

If you're taking out your old kitchen to renovate the space and install a new kitchen, this is the time to rip off your old plasterboard and install new wiring, pipe work and insulation.

When moving a sink to a new location in the room you will need a building permit, best to talk to your local council to get advice before starting. If you are swapping out a sink with a sink that is in the same position, you will not need a building permit.

Once plasterboard is all removed it is imperative that a bit of time is set aside for straightening the studs and nogs to ensure a straight and flat wall finish.

For walls that are considerably wobbly it's a good idea to use 13mm plasterboard to iron out a few wrinkles.

Tile and grout cleaning and re-colouring

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



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

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

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

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

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

Whenuapai Floral and Garden Circle

We were all pleased to see Margaret back on deck after her recent illness. She reminded us of the importance of ALWAYS wearing a mask and gloves when dealing with potting mix. Two visitors joined us for our April meeting and there were six apologies, three of whom were dealing with Covid. Time for boosters and flu jabs ahead of winter, check with your GP first to get short term or long term coverage as funding has been pulled and most are given the free jab with only 3 months effect. For 9-12 months a cost of \$48 applies.

The trip to the movies is off with nothing appropriate available for viewing however plans go ahead for September to Matakana, October to Helensville & Riverhead and November to Bombay.

Our guest speaker was Mark Struthers from Nga Rakau Nurseries, specialist wholesale growers of seedlings, with production nurseries located in Massey and Taupaki in Auckland. Nga Rakau Nurseries was founded by the Beaumont family in the 1930s, on the block of land at Mudgeways Rd in Massey which is still the home base. It began as an open ground nursery, growing pip and stone fruit, shelter, hedging and some tree species.

Today Nga Rakau is a specialist plug or cell-tray nursery with a diverse product range covering vegetables, flowering annuals, perennials, cut flower lines, herbs, native and revegetation species, and some forestry lines. After Covid complications, Nga Rakau Nurseries are growing more varieties than ever before as people try to make up for lost production time and many new gardeners have come to the fore.

If you would like to know more about our Garden Club, and wish to

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Home & Garden

come along, please phone either Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Entry fee is just \$4 plus another dollar (optional) for the raffle (good prizes). Until next time, Happy Gardening from Mary Anne Clark.

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Autumn leaves landing on your roof? Roof, gutter to tank. Blocked gutters can cause water ingress in your ceiling, roof leaks, and gutter drooping. Decaying organic matter blocking your spouting and downpipes is a breeding ground for bacteria. Speak to our team about UV Filtration.

Does your rainwater collection system have a flush out point for maintenance? Flush out points are great for regular maintenance to clear and flush out debris and other obstructions that might be causing your gutters to block.

Call us today to arrange a gutter clean to ensure you are collecting

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Our dedicated team take care of everything, including permits, resource consents, planning issues, engineering drainage and geotechnical reports.

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Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder.

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Central's Tips

May 2023



CENTRAL
LANDSCAPE SUPPLIES

The fruit and vegetable garden

- **Worms don't tolerate cold in winter** – place an old rug or piece of carpet over the top of the worm farm to insulate them
- **As the weather cools planting seedlings rather than trying to germinate seed is more successful.** Plant brightly coloured chard, cabbages, sprouting broccoli and cauliflower. Successive plantings (a month apart) allow a good supply of the vegetable crops that have become so expensive of late
- **Strawberry plants are coming:** prepare strawberry beds in the garden or pots with plenty of Garden Mix, sheep pellets and keep pea straw handy. If the garden soil has a lot of clay, gypsum will help break it down
- **Calendulas (winter marigolds)** flower in the cool weather and add colour to the vegetable garden. The edible flowers look yummy in winter salads
- Winter stocks, casseroles and soups can be flavoured with **herbs that take you through the cold season** – hardy bay leaves, rosemary, thyme and sage are great to harvest in winter
- **Olive trees** that have been stripped of olives (by the keen gardener or the wily birds) should be given a dressing of garden lime before winter

The rest of the garden

- **Houseplants** – time to reduce the amount of water that you give indoor plants. Most won't need fertilising until September. Keep the leaves free of dust to maintain health
- **Tidy up dying foliage and flowers** from dahlias, geraniums, hostas and other summer flowering perennials. Place small white marker sticks with the plant name in weatherproof ink beside the crowns of plants that die down completely, so they are not disturbed over winter
- **Get hardy annuals in for colourful winter flowers.** Polyanthus, poppies, primulas and cyclamen are all good to plant now
- **Loving the autumn colour on deciduous trees?** Be sure to rake dead leaves off the lawn to allow light to penetrate, otherwise the lawn will die off
- **Housework for NZ plants** – remove spent leaves and old flower stalks from flaxes; rake dead grass out of native grasses to rejuvenate them, apply snail bait to renga renga lilies
- **Remove the coarse, older leaves of winter flowering hellebores** (winter roses). This helps bring light to the crowns where the buds are forming and gives a better display during their peak winter flowering period

Project for May

Concrete adds a contemporary twist

Add concrete sleeper 'steps' in lawns or pebbled areas for access around the garden. For a contemporary look with outside rectangles, use boxing and add reinforcing mesh then lay the concrete. We recommend 5 40kg bags of Cement mixed with 1 cubic metre of Builders Mix.

For everything you need for your concreting project visit centrallandscapes.co.nz





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Pets

Cat lovers we need your help

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



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

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

Kanika Park Cat Retreat

Cat Flu - Feline Upper Respiratory Infection (URI)

Cat flu is like the common cold in people. The severity of cat flu varies. In some cases, it can be life-threatening, particularly in kittens, and adult cats with underlying illnesses



Symptoms of cat flu?

- o Breathing problems
- o Coughing
- o Discharge from the eyes/nose
- o Fatigue
- o Fever
- o Loss of appetite

- o Sneezing
- o Ulcers of the mouth/eyes

How do cats get cat flu? Cat flu is generally spread by direct contact between cats (saliva, tears, discharge from the eyes/nose). It can also be spread indirectly via contaminated food bowls, bedding, litter trays or human hands. After the flu many cats will remain life-long carriers of the virus but will show no, or minimal signs of illness. Treatment - Although antibiotics can help with certain complications, there is currently no single cat flu treatment. Instead, cats with cat flu must be isolated from other cats until they are fully recovered.

Phone 027 550 1406, email info@kanikapark.nz, www.kanikapark.nz

Five things you might not know about your dog

Dogs are fascinating creatures with a lot of hidden quirks and abilities. While most dog owners know the basics of their pet's behaviour, there are many surprising things that you may not know about your furry friend. Here are five things that may surprise you about your dog.



1. Dogs have a sense of time

While they may not understand the concept of hours and minutes, dogs have a remarkable sense of time. They can anticipate when it's time for a walk, feeding, or other activities, and often get anxious or excited in anticipation.

2. They can see in the dark

Dogs have better night vision than humans and are able to see much better in low light conditions. This is due to a special layer in their eyes that reflects light and enhances their vision.

3. Dogs can sense emotions

Dogs are highly attuned to human emotions, and can often sense when we're feeling happy, sad, or anxious. They're also able to pick up on subtle changes in our behaviour, such as changes in body language or tone of voice.

4. They dream just like we do

Dogs have a sleep cycle that includes periods of rapid eye movement (REM) sleep, which is when most dreaming occurs. If you've ever noticed your dog twitching or making noise while sleeping, it's likely

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Pets

that they're dreaming.

5. Dogs have a unique "thumbprint"

Just like humans have unique fingerprints, dogs have a unique nose print. This can be used to identify individual dogs in the same way that fingerprints are used to identify humans.

Your dog is an incredible creature with many surprising abilities and behaviours. Understanding these quirks can help deepen the bond between you and your best friend, and make you appreciate them even more.

K9 Heaven. Check them out on Facebook or Instagram - K9 Heaven.

Introducing Pet Patch

Your new go-to pet store for all your furry friend's needs! Our store is dedicated to providing high-quality pet products and personalized services to the local community.

At Pet Patch, we understand that every pet has unique needs and preferences. That's why we offer a wide range of premium pet food, toys, accessories, and grooming supplies to cater to the individual needs of your pets. We also stock a variety of products for different pets, including dogs, cats, birds, fish, and small animals.

Our team of experienced and knowledgeable staff is always on hand to offer expert advice and recommendations, ensuring that you find the perfect products for your pet. We pride ourselves on providing excellent customer service and building lasting relationships with our customers and their pets.

Visit our store today and discover our extensive range of high-quality pet products. We look forward to welcoming you and your furry friends to Pet Patch!

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Featured Product - Hip, Joint & Flex Supplements

Animology Hip, Joint & Flex dog supplements have been developed to improve the overall condition, health and flexibility of your dog

- Ideal for joint health support
- Hip mobility maintenance
- Helps support flexibility



Hip, Joint & Flex supplements have been specifically developed to provide targeted support to the joints, hip mobility and connective tissue.

In addition to the two key ingredients commonly used in joint supplements; Glucosamine and Chondroitin, the capsules also include MSM and Natural Vitamin E for superior joint care.

Hip, Joint & Flex supplements are suitable for dogs from 2 months old. Each supplement comes in an easy-to-use capsule which can be given to you dog whole, or pulled apart, emptied and mixed into your dog's food or water. Contains 60 capsules.

You can find them in your local PETstock, Indepet stores, Pet Central (South Island) and independently owned retailers or contact us directly at sales@jdcgroup.co.nz

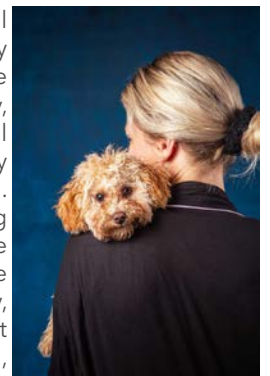
To receive a 25% discount contact us directly and quote "Animology Hip, Joint & Flex" in the subject.

A passion for people, pets and portraits

Picaboo Pictures is the place to be for all your professional portrait photography wants and needs. We offer a wide range of high-end photo shoots including family, newborn, baby, pet and commercial portraits, both in our home studio in Massey or on location in the wider Auckland region. We love sharing our passion for crafting beautiful imagery and are willing to go the extra-mile for our clients to offer a creative professional touch to business imagery, personal portraits or family memories. At Picaboo Pictures we strive to make you, your family or your pet feel comfortable by working closely with you to ensure we capture the very best moments and the perfect shots to cherish forever.

Our head photographer has years of experience in both the photography and graphic design industry and we offer a range of affordable packages to suit all budgets. We love nothing more than capturing everyday people in a way they have never seen themselves before. We don't just TAKE pictures at Picaboo Pictures, we CREATE them.

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Food & Beverage

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Available until 11:00am, 14th May 2023.

We look forward to having you with us.



Mother's Day special - 14th May

We are running a special, one off Mother's Day 'Taste of the Farm' this Sunday the 14th May. Bring your mum for a morning of demonstrations with Mike, tours of our beautiful gardens and all finished off with a glass of bubbly and a light lunch.

Head over to our website to learn more and buy tickets.

<https://www.goodfromscratch.co.nz>



Sweet Bells Cakes Limited

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



We specialise in creating high quality delicious custom-made modern cakes which are uniquely designed and handcrafted into its finest details. Our cakes are not just stunning centrepieces but

are delicious to taste that something everyone can experience as part of the celebration.

Finally, Sweet Bells motivation is to go above and beyond not only meeting customers desires and satisfactions but to make their occasion unforgettable which brings great fulfilment to our company.

Snifter Macarons (Spearmint and Spirulina)

With hints of the old time favourite lolly, the snifter, these have a crunchy spearmint outer, a chewy spearmint inner and a solid spearmint infused chocolate centre - delicious! The spirulina was used as a colourant, although you can taste a hint of its flavour too.



Macarons are easy to make but are time-consuming and they can also be easy to mess up. Don't try to make them on a humid day. Freeze-dried fruit powder and ground and sifted herbal teas make the flavour combinations endless. They can be filled with any kind of chocolate that is also flavoured with fruit or tea powder or essence or can be filled with butter cream icing. Macarons keep well and make great gifts plus they can also be frozen.

As the method of this recipe is very long and detailed, you can find it on our website under our recipes section. This recipe is from Will Torrent's 2013 book entitled 'Patisserie at Home' and uses the Italian meringue method. The ingredients listed below are for a full batch and I divided the batch in half to make two different flavours.

Other flavour combinations tested were: raspberry, blackcurrant and rose water, coffee with ground hazelnuts added to the macaron mixture in place of some of the ground almond, passionfruit, mango, chocolate, and raspberry on its own. The two most stunning were the raspberry and the passionfruit both filled with dark chocolate.

Macaron Ingredients: 175g ground almonds, 175g icing sugar, 60g egg whites plus 100g egg whites, 200g caster sugar, 1 tablespoon plus 1 teaspoon spearmint tea ground and sifted, 1 teaspoon spirulina, 1 teaspoon spearmint essence, plus flavouring for the other half of the mixture e.g.: 2 tablespoons freeze dried raspberry powder plus ½ teaspoon vanilla essence.

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Food & Beverage

Ganache Ingredients: To fill both flavours you will need two bowls each containing 100g dark chocolate, 30ml cream, 1 tablespoon butter. Once incorporated into a ganache then add 1 teaspoon spearmint essence to one bowl and 1 tablespoon freeze dried raspberry powder to the other bowl.

See the recipes section of our website for the full recipe along with the detailed method.

To purchase Certified Organic Spearmint Tea, visit our website www.NewZealandHerbalBrew.co.nz.

Westbrook Winery

Summer time at Westbrook Winery is simply stunning.

The grapevines are covered in intensely-green leaves and the small-but-perfectly-formed bunches of grapes hint at the delicious wine to come.

The vines and their precious cargo are safely tucked up under the netting so now we just need the sunshine to work its magic and ripen the fruit. Lots of sunshine equals a spectacular vintage.

There are many great places to sit and enjoy the view of the vineyard, from beside the pond under a big brolly, or on a leafy terrace, open deck or covered patio.

The Cellar Door has been busier than ever, and the team is enjoying

hosting groups of all sizes for family gatherings, celebrations and catch-ups with friends.

Planning a visit? Bookings are highly recommended for weekends and public holidays. Book online www.westbrook.co.nz/book-now or call the friendly Cellar Door team on 09 411 9924.

Don Buck Honey

Don Buck Honey has new season local honey from the summer 2022-23 harvest season. Waitakere Forest Blend 500g pots for \$12 (can be purchased with other potted honeys with the usual mix-and-match discounts). There are also 2.5kg mini-buckets: Rural West Auckland Blend for \$35, and Waitakere Kanuka Honey for \$40. Orders can be collected from my home address in Massey or couriered to you with Post Haste. Order online at www.DonBuckHoney.co.nz or email Donbuckhoney@gmail.com. Get them while the honey is runny.



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5. We choose the lens treatments: Photochromic darken in the sun, multicoated are virtually reflection-free (and some additionally blue-blocking) and high-index lenses are extra slim and extra tough.

Look good, see better with Rx spectacles from For Eyes in the Kumeu Village: 90 Main Rd Kumeu, phone 09 412 8172.



Best autumn/winter hair care tips from Zash Hair

Our best hair care tips for keeping hair healthy, shiny and looking fabulous despite the cold weather.

Healthy hair is not only a beauty basic - it's a must in our beauty books. From soft, unadorned ringlets to pretty ponytails, to flowing beachy



waves, simple fuss-free styles and natural-looking locks are back, which means your hair needs to be in great shape. The problem: It's cold out there (thanks a lot Mother Nature), which can lead to dry hair. If you're starting to get frustrated by how the dropping temperature is affecting your hair, we have some expert tips for maintaining moisture and shine in spite of the elements.

The winter season affects hair negatively in several ways. So now is the time to take control of that hair and prep it for the cooler months ahead.

The change of temperature from warm to cold will affect the dryness in the hair, which makes hair look flatter and lifeless. When it snows or rains the moisture will cause the hair to change texture, which can lead to frizz and result in additional dryness.

Despite all this trauma, there are several simple ways to keep hair healthy and looking great all season. Here are our best tips...

Autumn/Winter hair care tip #1: Cut back on heat styling

It is important to cut back on heat styling in the winter because there is already excess dryness in the hair from the cold air and artificial heat. Using heated styling tools will only increase hair damage and dryness if you don't protect yourself properly. People tend to use less protection on their hair in the winter, so make sure to use a thermal heat styling product

to seal the cuticle and prevent further dryness or breakage. This will help prevent you from burning, overheating and damaging your hair.

Autumn/Winter hair care tip #2: Wash hair less often

Give your hair a break this winter by washing less. It's important to avoid washing hair every day because the PH level in the water is high, which causes your scalp to become dryer and can possibly cause dandruff flakes. Using a product where the main ingredient is water can also be very drying for your scalp. We recommend using a dry shampoo in between washings and rinsing with cooler water to further protect hair and boost shine.

Autumn/Winter hair care tip #3: Maintain a healthy lifestyle

Diet is extremely important when it comes to keeping hair healthy, especially in the winter. Vitamins, greens and whole grains are some of the things that can help ensure hair stays healthy and strong. Proteins and vitamins like A, C, and B are huge factors in maintaining shiny, beautiful hair. Drinking plenty of water (aim for eight glasses per day) is also extremely important. When your body lacks water your hair will lack moisture, rendering it dull and lifeless. Exercise also plays a role in healthy hair. It keeps blood flowing through your body and scalp, which increases hair growth.

Autumn/Winter hair care tip #4: Get your hair trimmed

It can be difficult to find time for regular trims but doing so in the winter can greatly improve the look of your hair. Visiting your stylist every five to six weeks for a quick trim will maintain clean fresh ends with improved ability to grow. Depending on your style and hair

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Health & Beauty

type you might be able to get away with visiting the salon less often in warmer months, but the dry winter air can make it even more important to keep your strands in shape.

Autumn/Winter hair tip #5: Deep condition

Combat dryness with extra conditioning during the colder months. Weekly conditioning treatments at home help stimulate and promote blood circulation to the scalp, helping hair growth and creating shine. Weekly conditioning treatments can also replenish and rejuvenate winter-ravaged hair. A leave-in conditioner can restore moisture and manageability, especially on windy days.

Autumn/Winter hair tip #6: Protect your tresses

Harsh winter wind and outdoor activities can cause excess dryness, whether you're hitting the slopes or heading overseas to escape the cold. Being on the ski slopes, in the sun and lying on the beach can have the same effects on your hair. Look for SPF protection in your hair care products and humectants that will lock and keep the moisture in.

You might like to book a Hair Mask Service today at Zash Hair then you can sit back and relax. Your hair will thank you for it!

Kumeu Dental

Dreaming of a flawless smile? Look no further than Kumeu Dental. We offer free consultations for Digital Smile Design (DSD), a cutting-edge approach to cosmetic dentistry that combines art, science, and technology to create beautiful smiles.



With DSD, our experienced dentists use advanced digital imaging software to analyse and optimise various components of your smile, including the size, shape, colour, and position of your teeth. During your free consultation, we will create a digital mock-up of your proposed smile makeover, allowing you to see the potential outcome and make any desired adjustments.

One of the key advantages of DSD is its predictability. We use CAD/CAM technology to create precise 3D models of your teeth and fabricate temporary restorations for you to try on. This ensures that your final results will meet your expectations both aesthetically and functionally.

At Kumeu Dental, we believe that every smile is unique, and we are committed to providing personalised care. Our dentists will assess your oral health, bite, jaw alignment, and gum health to ensure that your new smile not only looks stunning but also functions properly.

Ready to transform your smile and boost your self-confidence? Book a free DSD consultation at Kumeu Dental today with Dr Paul, Nash



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Pregnancy Massage at NorthWest Physio + with Nicky

Pregnancy is an exciting and transformative time in a woman's life, but it can also come with a lot of physical discomfort and stress. That's where pregnancy massage comes in - a specialised form of massage that can help alleviate many of the common discomforts of pregnancy, such as back pain, swelling, and fatigue. And if you're in the Kumeu area, one great place to experience the benefits of pregnancy massage is at NorthWest Physio +, with experienced massage therapist Nicky Spence.

One of the biggest benefits of pregnancy massage is its ability to ease back pain, a common complaint among pregnant women due to the extra weight they're carrying and the changes in their posture. Nicky is skilled at using various massage techniques to relieve tension and pressure in the back muscles, providing much-needed relief for her clients.

Another common issue during pregnancy is swelling, particularly in the feet and ankles. Pregnancy massage can help improve circulation and reduce fluid buildup in these areas, promoting overall comfort and wellness. Nicky is adept at using gentle, rhythmic strokes and light pressure to encourage lymphatic drainage and reduce swelling.

Fatigue is also a common symptom of pregnancy, especially in the first and third trimesters. Massage can help combat this by promoting relaxation and improving sleep quality. Nicky is mindful of her clients' comfort and uses a variety of positions and pillows to ensure they feel completely at ease during their massage.

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Health & Beauty

Of course, pregnancy massage isn't just about physical benefits - it can also be a great way to relax and connect with your growing baby. Nicky creates a soothing atmosphere and takes the time to listen to her clients' needs and concerns, providing a safe and nurturing space for them to unwind and feel supported.

Overall, if you're pregnant and looking for a way to alleviate discomfort and promote relaxation and wellness, pregnancy massage with Nicky Spence at NorthWest Physio + in Kumeu is a great option. With her expertise and compassionate approach, you'll leave feeling refreshed, rejuvenated, and ready to tackle whatever comes your way during this exciting time in your life. Call 09 412 2945 or book online at www.northwestphysioplus.co.nz.

Why you need to start looking after your heart now

According to the Ministry of Health one of the leading causes of death in women in NZ is heart disease. Apparently more than 50 women a week will die from some form of heart disease.

Oestrogen helps to keep our blood vessels flexible and healthy, decreases inflammation, helps to control cholesterol and fat levels in our blood and reduces fatty plaques building up and blocking our blood vessels. When oestrogen drops then the risk of cholesterol rising and those plaques developing increase which in turn increases blood pressure and the risk of heart disease and strokes. When the blood vessels harden and narrow then not enough blood and



oxygen can get to our organs and brain. After menopause, women are at a much higher risk of heart disease and stroke because of this.

One in 100 women experience premature menopause (before the age of 40). It puts them at a much higher risk of premature heart and circulatory diseases, as well as osteoporosis (a condition that weakens bones) so assessment and treatment is really important. The general view is that this is when Menopausal Hormone Therapy may be crucial.

What is clear is that focusing on diet and lifestyle prior to menopause during the perimenopausal years is a huge window of opportunity to prevent the blood vessels from becoming unhealthy. In my blog on my website I have listed about 13 things that you can do including exercising, managing stress, eating a Mediterranean style diet with lots of colourful plants, fish, herbs and spices, cutting back on alcohol and ultra-processed foods and getting regular dentist checks. I am running 7 Day challenges on managing menopause - go to <https://sarah-brenchley.com/links> to find out more information or follow me on Facebook.

Mummy issues

We hear the term Daddy issues but what about Mummy issues? When Mother's Day comes around it's not always a pleasant day for people due to the relationship they had with their mother as a child or as they grew up.

If Mum was unkind, critical, judgmental, controlling or overly protective, pampering and loving this can cause issues that will show up in our close relationships.

Some ways Mummy issues can show up in your relationships include:

- Being clingy, demanding and needy - worried your partner won't be there when you need them
- Find it hard to connect and become distant and detached - you're afraid of getting hurt so close off to protect yourself
- Avoid romantic relationships - they seem too difficult to cope with and you lack belief in your ability to maintain a relationship
- High expectations - expecting to be pampered and looked after by your partner like Mummy did
- Lack of trust - your primary caregiver let you down so you expect others to let you down too

To overcome Mummy issues you can accept that you might never



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get what you want and need from your mother, build emotional support networks in your friends and especially women around you, find mentors to guide you, address your past through therapy or self-development and be gentle, loving and patient with yourself as you heal.

Lorraine Maguire - Rapid Transformational Therapist - www.lorrainemaguire.com

The Menopause!

Excuse the exclamation mark after "The Menopause!" but it seems to be a very big issue to an important section of our population. The menopause commonly affects women in their early 50s (but can be earlier or later), causing a variety of symptoms that rob women of some of the joy of life. Symptoms like brain fog also rob society of the full benefits these wise matriarchs could be providing.

My approach to a smooth menopause involves a stepwise approach. First, I like to suggest optimising diet and lifestyle to reduce any underlying inflammation and stress on the body. The next step is to use some supplements to assist with specific disruptive symptoms. For example, sage can help immensely with hot flushes. Magnesium can help generally with tension that may disrupt mood or sleep. There are many products on the market now that contain a variety of nutrients to support a range of symptoms that are common during menopause. For example, Harmony or Clinicians Menopause balance can be a nice place to start.

The liver is important in hormone balance. So, some liver support would make sense. I wrote specifically about liver a few months ago. If these steps don't give sufficient relief, then it is time to look to support estrogen levels. This is because most menopausal symptoms are related to the decline of natural estrogen levels. Black cohosh is a herb that can support estrogen levels.

If you have exhausted all these steps, then the next step is to ask your doctor to prescribe hormone replacement therapy. Your doctor will discuss all the benefits and risks. For most women the benefits far outweigh the risks. But to minimise the risks, oestrogen should be bio-identical and taken through the skin. Oestrogen patches are a great way to do this. Oestrogen should be supported with natural progesterone. We now have a great fully-funded natural progesterone capsule that your doctor can prescribe called Utrogestan. Getting the balance of the dosage right takes a bit of trial and error for some women but the benefits are usually felt straight away.

Getting our wise women back to feeling their best will have huge benefits for all of us (even a mere male like me).

In recent years we have seen a world-wide shortage in the availability of hormone-replacement therapy. But bear with us as we do our best to keep our supplies flowing.

CALYSSA KELLY

Health and Fitness Professional



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If you want to have a chat about natural hormone support for the menopause, then call in and chat to our health coaches at Massey Unichem Pharmacy. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

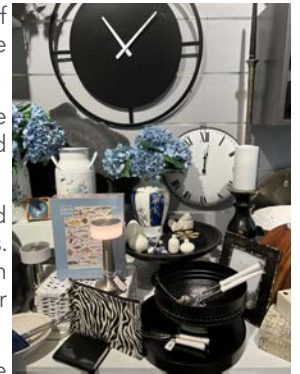
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Area Columnists

New light industrial units still available at Riverhead

Some high spec commercial-industrial warehouses at 15 Timber Place in Riverhead are offered for lease.

The units provide about 227 square metres of floor space in the high stud warehouses which include about 70 square metres of office and amenities, three-phase power, four or five car parks and good highway and motorway access.



About two of the six units are available in the secure, gated yard.

The development is another successful one delivered by Gibson O'Connor Construction, a New Zealand owned and operated business with more than 70 years of experience delivering quality building projects.

The company says its consistent track record is attributed to good management practices and financial stability that have kept it in business for so long.

This latest development showcases Gibson O'Connor Construction's commitment to meeting the market and innovative building practices, adding to its reputation for reliability and trustworthiness, delivering high quality results on time.

It features a built-to-last modern precast design, intended to meet the needs of today's tenants.

The remaining lease units are marketed by Caroline Cornish from Colliers West Auckland, on 021 390 759.

Kumeu Library

Kumeu Library is getting a bit of a makeover. Most of the work is on the staff areas of the Library, but there will be a refresh of the paint, changes to the lighting and a bit of carpet repair in the main Library area. To enable the works to be carried out Kumeu Library will close at 5pm on Saturday 13 May and re-open at 9am on Monday 3 July - a total of seven weeks. There will be no Council Services available at Kumeu Library during this period, and the only Library services will be the collection of hold items for those who are unable to go to other libraries to collect holds. We will be open in the Local Board meeting room (the old Council office) on Tuesdays and Thursdays between 10am and 2pm for this.

If you're worried about running out of reading material while we are closed, any books checked out from Saturday 6 May onwards from Kumeu Library will not be due back until after we re-open, so you can come in before we close and get all the books you might need over the closure period at once. You can also use our eCollections - Auckland Libraries has a large collection of eBooks, eAudiobooks, eMagazines and eNewspapers, both fiction and non-fiction, available through our website (www.aucklandlibraries.govt.nz) anytime, anywhere. And you can use any of Auckland Libraries' 55 other libraries. The nearest Libraries to Kumeu Library are Te Manawa at Northwest, and Helensville Library. You can collect holds, browse collections, attend programmes and use the computers at both these locations, and both locations also offer in-person Council services if you are unable to use the online services available through Auckland Council's website. If you are looking for Justice of the Peace services, there are regular JP Service Desks at Norwest Mall on Thursdays between 6 and 8pm and on Saturdays from 10am to 12 noon, or at Te Manawa every Monday to Friday between 1 and 3pm.

To our regular customers, if you are unable to pick up holds on Tuesdays and Thursdays between 10am and 2pm, please check your holds list and change the pick-up location for any items that are likely to arrive during the seven-week closure - come and see us at Kumeu Library before we close, or phone Library Connect 09 377 0209 if you need any assistance with this. You can also choose to freeze your holds until after Kumeu Library has re-opened.

To keep up with all Kumeu Library's news and events, follow us on Facebook (www.facebook.com/kumeulibrary).

South Kaipara Good Food going from strength to strength

South Kaipara Good Food (SKGF), a non-profit organisation based in Te Awaroa Helensville and focused on community food security, is going from strength to strength with its four programmes, which have evolved from the results of careful research - Kai Assist, Kai Grow, Kai Learn, and Kai Rescue - running very smoothly. In September 2022, SKGF was honoured to win big at the local Business Awards, coming out on top in the categories



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Not for Profit/ Social Enterprise, Best New Business (under 1 year of formal operations), Environmental Excellence, and, gratifyingly, the Supreme Award.

Through the Kai Assist programme volunteers deliver parcels of food and household items to people in immediate need. The aim of the Kai Grow programme is to promote locally grown healthy food to increase health and well-being through community, urban and school gardens. Kai Learn aims to increase self-sufficiency and community resilience through food sharing and gardening knowledge, and through the Kai Rescue Programme SKGF acts as intermediary between suppliers and the community, collecting and distributing to those in need food that would otherwise end up in landfill.

Importantly, SKGF works alongside agencies like Te Ha Oranga, Parent Aid NorthWest, Outwest Youth, the Mental Health Team at the Helensville WDHB, South Kaipara Men's Centre, the Angel Fund, Guardians of Our Children, local schools, and Kindred Family Services, all of whom contribute to supporting the community's most vulnerable.

Since April 2020, volunteers have packed more than 35,560 bags and worked more than 9,118 hours. While funding provides some paid workers, volunteer engagement is one of the most important parts of SKGF, as without this group of dedicated individuals the preparation of kai packs, the community gardens and upkeep of the Kai Hub would be incredibly difficult. The need now is for more volunteers. If you would like to give some time to this worthwhile organisation please contact Gina Bones, Programme Support Administrator: admin@skgf.org.nz.

Chris Penk, MP Kaipara ki Mahurangi

"While much of NZ has moved on, the aftermath of flooding and other storm events remains bleak in areas such as northwest Auckland. We must not allow the continually changing clamour of the news cycle to drown out the very real need that still exists here.

Authorities have two key responsibilities in this regard.

The first is supporting locals whose lives are still in limbo. It seems to me that official answers are coming much too slowly from local and central government. I've been urging various government ministers to help flood-stricken residents in a number of different ways. And certainty is needed for those with "red-sticker" status. But that's not the focus of this column.

Instead I want to focus on the second area of official responsibility, which is to learn every lesson needed to reduce the risk of a further

flooding event causing such damage. Some of my constituents have already been flooded out no fewer than four times in the past year and a half. Enough is enough.

A highly practical, relatively easy win can be installing a flood warning system for the Kumeu River.

In fact, it will be a matter of reinstating such a system: a river gauge at Kumeū was decommissioned in 2016 according to the Review of the Kumeū Flood Event of August 2021 carried out by WSP New Zealand Ltd.

The "Healthy Waters" section of Auckland Council have recently told me that they're working on a flood forecasting and warning system for Auckland. Information obtained from rising rivers must be passed in real time between the agencies and, even more importantly, to the residents themselves.

It can't come soon enough, as we're now in a race against time with the rains that months ahead of worsening weather will surely bring.

I hope that promptly reinstating Kumeu River's gauge will also enhance the accuracy of the hydraulic modelling for Auckland's northwest, being an area with a large population centre situated next to a flood-prone river.

I've asked Healthy Waters to be kept informed on the progress of these initiatives and have urged that they be prioritised.

And another lesson learnt must be the end of ad hoc development. My view is that we simply cannot indulge "private plan change" applications in flood-prone environments, allowing one-off developments outside the existing envelope of infrastructure.

This particular change will be achievable by the stroke of a pen in the Beehive, which is where I'm directing many of these questions.

I'll keep you posted on the answers. Winter is coming."

Chris Penk - MP for Kaipara ki Mahurangi electorate

chris.penk@parliament.govt.nz

Chris Penk

MP for Kaipara ki Mahurangi

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Brent Bailey, Chair Rodney Local Board

On Wednesday 19 April at our Business Meeting, held for the first time in our new meeting space in Huapai, we had a presentation for Clare Bradley of the Muriwai Community Association. This timely presentation was well received, and some very important points were made that I feel will be of interest to the wider community.

Naturally, after what seems like a long time closed, many in the wider community are wondering when the Muriwai Regional Park will reopen. Auckland Council Recovery Management has been working with the Muriwai community to develop a pathway for recovery that will ultimately see public access to Muriwai possible. That said there are several matters that the residents feel need to be addressed as part of this pathway to recovery.

1. Many properties are presently unoccupied either permanently (red) or awaiting remediation of issues (yellow) post Cyclone Gabrielle. Security of these properties requires development of an operational plan for managing access to these properties. Otherwise looting will be an issue.

2. The Regional Park facilities need to be restored and operational. This must include the toilet blocks and carparks. Presently the septic systems are not operational, and facilities have no potable water supply. Additionally, the carparks presently flood whenever it rains bringing in septic overflows that take some days to subside and even longer to be sanitary.

3. At present only Waitea Road is open for access as Motutara Road remains blocked by landslides. Removal of these remains problematic as removing the slipped material may cause the uphill section of these slips to come down. Until Motutara Road is reopened and the water tankers, construction traffic and service vehicles can return to this preferred route, the cordons must remain, and the park remain closed.

4. Vehicle access to the beach via Coast Road must continue to be restricted while the community recovers from the devastation post Gabrielle.

Further there needs to be a shared understanding of what each of these issues require in a formally agreed programme of works and operational plan. Longer term an Emergency Management Plan like the one developed for Kumeu needs to be in place as the potentially unstable nature of the area requires greater responsiveness and preparedness in the immediate future.

For those outside the immediate Muriwai community these matters may not seem significant but our responsibility to this community must be to afford them the support and importantly the time to adjust to the effects of this devastating and deadly event. There are other Regional parks and beaches we can enjoy.

Lastly, I want to confirm that Rodney Local Board Business Meetings will alternate between Huapai and Warkworth in future as this ensures interested locals can attend these public meetings and participate. Deputations and Public Forum items are encouraged.

Getting back to basics – growing vegetables

At Country Bears we are very fortunate to have space, so gardening and growing of vegetables, flowers and herbs are a very popular activity for our children. Ask an older child where potatoes come from, and their response might possibly be “the supermarket”. As each generation passes by, it appears that life is getting busier, so convenient, quick access to food becomes the norm.



Part of our outdoor programme is our garden; this plays an important part within our curriculum. The children learn many things from this experience, including what work is involved in keeping a garden; different types of plants and seedlings and how to care for these so we have fruit and vegetables to eat; working in a natural environment and understanding the impact the weather has on the growth of our garden; the language and words that they may not have heard before, such as generic plant names and processes such as composting and worm farming; it is an activity that can be both solitary and group based. Gardening is a very sensory experience incorporating some, if not all, of the senses at different times, creating a holistic and rewarding experience for children.



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Using our numerous gardens around the centre, we are teaching the children how to grow, maintain and watch the growth of our produce. A variety of vegetable and flower seedlings were recently planted, giving the children opportunities to learn that from a seed, produce or beauty begins to grow. Throughout this experience, the children will use mathematics, science and physical skills, along with communication, information gathering, problem-solving & social, co-operative skills.

We will be watching in anticipation for the sprouts of our seeds to appear and for the vegetables to grow, waiting patiently until the time is right for us to harvest. Then we shall reap the rewards; natures healthy, vibrant, beautiful bounty.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our website: www.countrybears.co.nz

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

'Parenting Through Challenging Times' free workshops

Being a parent in the Northwest during the past few years has been tough for a lot of families. COVID, the cost of living, rapid development, and natural disasters have left many parents and their children feeling overwhelmed.

This is why Kindred Family Services is offering free workshops for all parents and caregivers, introducing parenting strategies and concepts to support tamariki through times of change, uncertainty, heightened anxiety and trauma.

There are six workshops throughout May at various locations and times, including in Kumeu, Waimauku, and Helensville, with both evening and day sessions available.

A Kaipara College session on Monday May 22 will cater specifically to parents of teens, while all other sessions are more suited to parents of primary-aged tamariki and/or younger.

"Change and uncertainty are normal parts of life," says Kindred Family Services Clinical Manager Kim Wills.

"But over the last few years the sheer scale and frequency of changes have outpaced our normal resilience factors."

Kim says that this has led to a huge jump in the number of families accessing Kindred support, with a lot of these parents seeking support for their children as well.

With these pressures in mind, Kindred Family Services teamed up with Parenting Place to create something specifically tailored to the needs of Northwest parents.

The result is a 90-minute workshop named 'Parenting Through Challenging Times', that draws extensively on research, and is delivered in the entertaining and practical approach that Parent Place is well-known for.

"We're all really looking forward to it", says Kindred's Family Centre Team Lead Gemma Rose-Peacock.

She explains that "for kids who have been through uncertain times, a strong relationship with a parent or caregiver is by far the most important thing".

Gemma hopes the workshops will reinforce what parents are already doing well and provide a few new tools and strategies for supporting children in these uncertain times.

Visit www.events.humanitix.com/parenting-through-challenging-times to register free online.

Come chase us with questions

Volunteers from Citizens Advice Bureau Helensville help clients with all sorts of information, referrals and issues.

These range from family and personal; housing and land; employment and business to finance and benefits; legal and Government; consumer, education and health categories.

In addition, a free budget clinic is available every Wednesday by appointment, JPs are here most days and volunteers photocopy, email and scan information for clients.

"There's no rhyme nor reason or even a pattern to the questions we're asked, but it certainly shows the diversity of need and want," CAB Helensville manager Rani Timoti says. "I remember in my previous work at a local community newspaper I'd advise people to call the CAB as I knew the organisation delivered a fountain of knowledge. Since working here, it's true. The CAB database is definitely our first port of call for everything we're asked."

The following is a range of client enquiry examples, upholding confidentiality principles:

*Calling Auckland Council to check if Muriwai Beach was open to near residents.

*Providing options when goods ordered online arrived but didn't match the description and condition advertised.

*Writing a skills-based CV for a client for his prospective new employer.



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*Advising about a neighbour's drainage causing flooding on their property.

*Going through legal rights for casual employees and helping with their employment relationship problem.

*Providing a bus timetable to go to Hibiscus Coast.

*Referring a family to a South Kaipara counselling service and South Kaipara Men's Trust.

*Warning about an online scam which relates to a victim of identity theft and the necessity of contacting the bank about money laundering.

"Such a list goes on and I'm astounded by the depth of some of these issues which our volunteers go into with active listening, open-ended questions and empowering clients so they have more options than what they originally came in for," says Rani.

All are welcome to pop into our office at 16 Commercial Rd, Monday to Friday from 10am to 1pm. Or phone us on 09 420 7162 and leave a message, email helensville@cab.org.nz or visit our website: www.cab.org.nz for more information, especially out of hours.

Sayers Says It

By Greg Sayers, Rodney ward Councillor. What is happening about the maintenance of our sealed and unsealed roads?

Roads are utilised by buses, cyclists, commercial and private vehicles. Everyone wants to use safe, good quality roads.

Yet the number of potholes, uncleared drains and blocked culverts are more abundant now than ever before. Repair costs to vehicles and safety for people are being compromised. Why?

The issue of roads "potholing" and poor road side drainage is being reported all across New Zealand and is not just isolated to Rodney's roads.

So why isn't Auckland Transport able to get on top of properly maintaining our roads?

The answer is relatively simple. For every dollar of ratepayer's money Auckland Transport gets it is subsidised another dollar from NZTA. That is how Auckland Transport is funded.

Those Government subsidies are being weighted more heavily towards providing public transport than towards improving the maintenance standards of the roads. This government directive is clearly outlined in the Government Policy Statement for Land Transport, which is set by the Minister of Transport. A balanced amount of funding is not being allocated for road maintenance.

This explains why the roads are in such a poor state.

The Government, through the Minister of Transport and Waka Kotahi NZTA, has intentionally set spending this way. This policy in turn cascades down and sets Auckland Transport's spending priorities because NZTA matches Auckland Transport's ratepayer provided funding, on the proviso the money is spent on the Minister's priorities.

Are any of the parliamentary candidates electioneering to change this Policy? If not, write to them to ask why.

Locally, ratepayers are extremely frustrated, they pay their rates in good faith, assuming their money will go into their local needs, which for rural Rodney is maintaining the unsealed roads, including keeping the drains and culverts clear.

Until the priority on transport spending changes at a central Government level, Auckland Transport has one hand tied behind its back in its ability to maintain Auckland's roads to the acceptable and safe standards that rural ratepayers expect.

Without a change in NZTA's directive for funding Auckland Transport, we will not see any significant improvements to the maintenance standards of our roads.

It is an election year and only when the government changes the funding formula to include a fair portion of funding for maintaining the unsealed and sealed roading networks will we see the state of our roads to improve.

Catastrophe continues for some

The effects of the January and February cyclones and resulting floods, slips and road damage continue to affect us all as we move through autumn and into winter.

The insurance companies have been dealing with a huge number of claims and pay-outs.

The owners of homes and properties damaged, repeatedly in some cases, have wondered about the merits of reinstating their properties in the same way they were before.

Many of us affected in the 2021 floods have significantly lower contents claims for the 2023 deluges as we had raised pumps, heating units, tools and household goods in preparation for a similar event.

We are learning to be adaptable and resilient, but the emotional strain on many of us is clear, present and ongoing.

Every time it rains heavily many of us now experience a level of anxiety we had previously not known. Mine started when I managed

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an 80-acre (32.3 hectare) orchard in Ramarama, South Auckland in the 1980s. The rainfall was post-Christmas and the effects were devastating in terms of loss of mature vines and the cost of replacement. Since then I find it hard to feel any comfort from any persistent rainfall.

Some of us are still waiting for the process that will allow us to leave our properties - to be paid enough to allow the purchase of another property elsewhere, out of harm's way.

The trauma of many makes it hard for them to think of returning to their once loved homes. They are caught in limbo, unable to go forward or back, but knowing a decision must be made. Families in red stickered houses wait for others to make decisions about their futures.

It is a hard and frustrating wait. The lives of so many turned upside down and communities doing everything they can to support those affected in meaningful, compassionate ways.

In Muriwai's case, the community needs time to heal and time is needed to deal with the complex issues that relate to the community.

Those non-residents demanding entry to Muriwai as a right need to appreciate the suffering the community has been through and the feeling of vulnerability that having all of Auckland descending on you would feel like. It's just too soon.

The cordons should stay in place for the meantime.

For those reinstating their homes after flood damage, we are looking at every option we can think of. Lifting the floor height of our homes, sleep-outs and barns if we can, using liftable rugs instead of carpets, using water repelling wall boards instead of plasterboard, clearing our drains and culverts, building bunds where possible to divert the force of the overland flow and finding higher ground to move tractors, vehicles and animals to.

Healthy Waters, a division of Auckland Council that is responsible for the safety of our waterways, will probably have to change its maps to take into account the likely increased frequency of flooding events across Auckland.

These will go on a properties land information memorandum (LIM), making buyers more wary.

It is therefore imperative that we do everything we can to advocate for meaningful planning and work to be done to protect us from an escalating situation. It may mean the introduction of a targeted drainage rate that will be ring fenced for use in the Kumeu Subdivision of Rodney. This would allow ongoing maintenance of our waterways in terms of removing obstructions and silt build up.

Auckland Transport will still be responsible for clearing roadside drains and we should use the council's online reporting system frequently to advise them when roadside drains are full of weeds or silt, stopping culverts from working.

By Guy Wishart, Chairman, Kumeu Community Action (KHRA)

More action to tackle climate change

Climate change is one of the biggest challenges facing us all and recent extreme weather events up and down the country have only emphasised the importance of taking action now.

Meeting the climate challenge has always been a priority for our Government and we've taken a range of steps to reduce New Zealand's greenhouse gas emissions - from passing the landmark Zero Carbon Act to investing in low-carbon technology, and it's making a real difference.

The most recent data, released earlier this month, shows that the country's emissions are starting to decline. While it's encouraging to see that our actions are paying off, we need to keep going.

If New Zealand is to meet our climate goals we need meaningful action to increase renewable energy, such as wind and solar generation. That's why we're making changes to RMA decision-making to expand New Zealand's renewable electricity infrastructure more rapidly, by cutting red tape.

As we prepare for the future, we also need to back Kiwi businesses to run on, and make products with, renewable sources of energy. Moving away from fossil fuels is good for our environment and helps local businesses maintain their competitive advantage in a world that's increasingly demanding higher levels of sustainability in the products they buy.

We know that businesses have a lot of competing pressures right now. That's why our Government has stepped up to help businesses move away from fossil fuels and slash emissions faster.

We recently announced the next round of funding support for businesses across New Zealand. This latest round of projects will reduce carbon emissions by 38,354 tonnes each year, which is equal to taking 14,200 cars off the road - that's more than the total number of cars in Wanaka.

So far we've co-funded 66 major industrial decarbonisation projects in total. These projects are anticipated to reduce carbon emissions by 391,017 t of CO2 per year, the equivalent of taking approximately 144,700 cars off the road - more than all the petrol vehicles in Hamilton.

Marja Lubeck MP - based in Kaipara ki Mahurangi



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