kumeu COUITEI

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES KUMEU RAPID TRANSIT CORRIDOR UPDATE

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

SMILE—YOU'RE ON A POSTER



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Contact Geoff Dobson on 027 757 8251 or geoffdobson 2017 @gmail.com

November 2022



Greetings

The weather should be warming up by now (along with Russian rhetoric, the economy, and more).

I found October rather cold – and grass didn't get cracking for the stock until mid-month.

It's been heating up in other areas though like the talk around the proposed rapid transit corridor (RTC) out here. You can read more in this issue regarding an exclusive presentation for the Kumeu Courier in the issue from Supporting Growth and others.

Future-Kumeu also had a public information sharing meeting planned, covering its proposal for a "flood-proof" town centre on higher ground - a copy of the October Kumeu Courier which featured the initial story left with Supporting Growth presentation attendees to digest.

No-one at the presentation gave me any information around budgets for the RTC, in spite of my asking. I expect it will run into many millions and could include a mix of central and local government funding, and time frames are past mine - nearly 30 years before completion, possibly.

Another "hot" topic is the increasing number of rubbish truck fires, like the recent one in Waimauku

Lithium-ion batteries such as those ditched from power tools are being blamed, with residents urged to dispose of them correctly.

Warmer weather and a hopefully still reducing COVID pandemic - plus a lessening of other winter nasties - means more people out and about.

That's especially true with the likes of the 150th anniversary of Riverhead School on November 5 and 6, Kindred Family Services' fundraising 'Turning the Tide' walk/run along Muriwai Beach on November 20, the Auckland Blues Festival at South Head on November 12, and a lot more.

Congratulations to new Auckland mayor Wayne Brown, Rodney councillor Greg Sayers, Rodney Local Board members (Rodney First's Guy Wishart, Mark Dennis, and Brent Bailey, and anti-pothole proponent Geoff Upson) and other successful candidates in the October local body

Potholes have become a National Party campaign - and along with many other motorists I fell victim to one (\$300 plus repair bill coming) - so it's also

Now let's get on with the job of fixing everything

Geoff Dobson, Editor

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Smile - you're on a poster

A fun new public artwork has gone up at the back of Kumeu Arts which features the smiling faces of 24 community members.

It includes many of the people who use the community Arts Centre such as staff, tutors, committee, artists, the KumeuKnitty group, the Kumeu Children's Art Club, Goodwood Park and Creative Matters.

Kumeu Arts Manager Jago Neal designed 'A Mural for the People' "as a way of highlighting our diverse and unique community".

"It gives everyone a sense of ownership over the space," he says.

Jago worked closely with local companies Creative Matters and Lee Design to develop the mural and bring it to life.

The large artwork (entirely funded by the Creative Communities scheme) aims to spread some happiness through the infectious smiles beaming down on the area.

Inspiration came from Pop and Street Art, the mural also seen as a response to COVID and mask wearing, during which time Jago says there has been: "A lack of smiling and a feeling of disconnectedness to others".

After photographing the various people who attend Kumeu Arts, Jago then edited them to create a stencil effect.

Dylan from Lee Design was extremely helpful in coming up with a solution for then transferring the images onto the panels, Jago says.

He applied decals to individual ply boards so they could be painted.

Creative Matters Chief Executive Mandy Jakich then developed a workshop so that local children could participate in the project.

Twelve children from five different schools came to the painting workshop in August and spent a whole day painting the colour backgrounds.

Jago and Mandy felt that the real highlight was the day spent with the young artists.

"It was a great experience for all involved," says Jago. "There was such a buzz and a real sense of pride in what we were creating together."

Another enjoyable moment was the 'Big Reveal' when everyone was invited along to an unveiling of the mural, with many of the people who participated and their families came along.

"We are absolutely thrilled with the outcome of this project," says Jago. "We would love to work with Creative Matters again on similar projects to enhance and add value to the exterior space around us.

"Part of Kumeu Arts strategic plan is to beautify the area around our building with more outdoor artwork and sculpture. In future, we would like more opportunities to collaborate with other local artists or sculptors."

To see the mural visit Kumeu Arts just behind the Kumeu Library. Post your photos on social media standing with the mural - and don't forget to smile!



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Legal challenge likely over RTC in Kumeu

The rapid transit corridor through the NorthWest could face a legal challenge.

That's the suggestion at a public meeting called by the Future-Kumeu steering group of like-minded businesspeople attended by more than 100 people at St Chads Church in Huapai on October 19.



Property owner and Future-Kumeu member John Francis said a legal challenge to any "Notices of Requirement" for the rapid transit corridor (RTC) is being considered.

This was after the meeting had heard that letters were being sent to affected property owners by the Supporting Growth alliance telling them part or all of their properties would be required for the RTC through Kumeu-Huapai.

One comment from the audience was that it effectively put people "in prison" for the next 10-20 years as the properties involved would be unlikely to be sold and might have difficulty finding tenants, their values also possibly suffering while no money appeared likely to be paid for some time.

Commercial lawyer Peter Smith spoke about a similar action he is considering regarding the proposed bypass for some Access Road and Trigg Road property owners.

He said the legality of Notices of Requirement might be challenged.

The meeting heard that people were becoming fed up with being told their land would be needed for various projects.

Future-Kumeu members explained their concept for a new "floodproof" town centre on a higher greenfields site further west, which would remain central to residents and various facilities.

Auckland Mayor-elect Wayne Brown attended the meeting with Rodney Councillor Greg Sayers.

Wayne is asking Auckland Transport to work with the Auckland Council, Waka Kotahi NZ Transport Agency and all Aucklanders to clarify and communicate rules governing the use of footpaths, cycle lanes, bus lanes and roads by pedestrians, cyclists, e-scooters, skateboarders and other users.

For safety reasons he wants the initiative underway before the new school year and, if possible, prior to Christmas and the summer

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holidays.

Getting rid of "unnecessary road cones and road closures" is also part of a new programme led by Wayne.

He has written to Auckland Transport's Acting Chair Wayne Donnelly seeking "a complete change in approach" in how the council-controlled organisation operates.

He says local boards must be more closely involved in decisions about the design and delivery of smaller-scale capital projects in their area and the provision of on-street and off-street parking.

Wayne also spoke at the Future-Kumeu meeting where he mentioned the letter.

He says some things he aims to institute will have a big impact on Northwest Auckland, adding that it's a growth area.

Wayne indicated he'd like to see more freight on heavy rail, the Northern line running through the Northwest region, possibly linking with an inland port which included a proposed one at Taupaki.

He's already said he wants Ports of Auckland land freed up for public use, perhaps by shifting port operations elsewhere.

Waimauku School to benefit from Lions' garage sale

Waimauku Lions host what's expected to be one of the largest garage sales held in Waimauku.

It will be held at the Waimauku Memorial Hall on Saturday November 26, 7am-3pm, and Sunday November 27, 8am-noon, with proceeds going to Waimauku School.



Saleable items such as kitchenware, furniture, crockery, linen, toys and puzzles, tools, camping gear and more can be dropped off at the hall on Friday November 25, 7am-7pm, but no sales will be made that day.

No fridges, washing machines or lounge suites please.

Contact Grahame Edmonds on $09\,411\,7043$ or $0274\,743\,881$ for more information.

Meanwhile, a Remembrance Day at St Martin's Church in Waimauku planned for Saturday November 12 has been delayed until further notice because of continuing construction work on the historic

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church.

The special day was intended to commemorate both Armistice Day (the end of World War I) on November 11 and the church's history, built in 1921 as a memorial to those from the district who died in the war.

Riverhead Scout Group 70th

Riverhead Scout Group celebrated its 70th anniversary on October 29.

Historian and former group leader Mary Davies researched Riverhead Scout Group's history, saying it was founded in November 1951 by Murray Jones (who died in 1998) and officially registered in April 1952.



The former Rodney District Council bought a large part of Murray's land for reserve, and the Murray Jones Track at the Kerr Taylor Reserve in Waimauku is also named in his honour.

Early meetings were in 'Mr Carroll's fowl house' before the group shifted to the tennis club pavilion at the club's courts on Newton Road below Riverhead School, which celebrates its 150th on November 5 and 6.

In May 1958, the Riverhead War Memorial Park Committee gave the group a relocatable building, formerly used as the local bowling club pavilion, as a Scout Den rent free for three years, but it was considered too small and another building was found between 1962 and 1963.

A prefabricated building was obtained from Huapai District School

By the 1970s the single roomed Den was inadequate for instructing separate groups of boys at one time, and there was nowhere for storage of tents and canoes., so the Riverhead Scout Group added an extension in 1976.

Issues with flooding, drainage, water tanks, plumbing, flooring, and storage followed. Many working bees were held by parents and community supporters.

The Den is now a scouting hub and meeting place for 36 Keas, 38 Cubs, 26 Scouts, five Venturers (boys and girls) and 23 leaders where they base their varied youth programme designed to empower youth through adventurous experiences to lead lives that make a positive difference.

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Don't chuck large lithium-ion batteries in rubbish

A warning not to dispose of batteries in household roadside rubbish collections comes after a spate of rubbish truck fires around Auckland - a large fire in Waimauku on October 11 among the latest.

The cause was a battery, says Auckland Council Waste Contracts and Compliance Team Leader Graeme Young.

"It's concerning that these rubbish truck fires are happening more and more frequently, at the rate of about one every six weeks at the moment."



Rubbish truck drivers are alerted to the fire when they see smoke in the hopper, Graeme explains.

They then have to find a safe place to tip the rubbish out and call the fire brigade to extinguish the fire.

"The fires are a potential hazard to drivers and also their trucks and we ask everyone to dispose of batteries the correct way and not put them in household rubbish to stop any further fires," Graeme says.

The best option is recycling, and a range of batteries can be dropped off for free at Bunnings, Supercheap Auto and Repco stores.

Large lithium-ion (li-ion) batteries are generally the cause of the fires - like those used in cordless power tools and more recently "banks" such as those used in electric vehicles (EVs) - not the smaller disposable AA, AAA type batteries.

A li-ion battery on its own is not considered dangerous, but when



disposed of inappropriately - such as under compaction in a recycling truck or, as is suspected in the case of the Waimauku fire, coming into contact with exposed copper wiring from an electric deep fryer (also inappropriately disposed of in the recycling), they can be the source of ignition, says the council.

Smaller batteries can be stored safely at home and disposed of as "household" batteries, but lithium-ion batteries should be taken to stores that have the capability to safely store and dispose of them (Bunnings, Repco, Supercheap Auto), it adds.

"We can't stress enough the importance of disposing batteries, and other hazardous waste, the correct way."

Shona Oliver - helping the Kaipara Moana programme

Shona Oliver of Taupaki is passionate about her work as a Field Advisor for the Kaipara Moana Remediation (KMR) programme, especially her involvement in fencing and native planting projects.

"It feels like we are contributing to something that is so important to the people and



the planet. It will be inter-generational, but we are starting here," says Shona.

The KMR Programme has been established to plant 20 million native trees in the 6000km2 Kaipara Moana catchment over 10 years. As New Zealand's largest harbour restoration programme, KMR aims to significantly reduce sediment flowing into the Kaipara.

"This is just the first wave," says Shona.

"The first plants in the ground this year are nursery species that will also help stabilise the banks of waterways. There is a lot of thought that goes into the planting."

Shona was on the second KMR Field Advisor training course held at Atiu Creek in March 2022 - KMR has now run several of these four-day training courses, training 51 people to date - and she is loving working with landowners who want to make a positive difference to the environment.

This involves working on sediment reduction plans for whenua in multiple ownership or with community groups working on public land. Both may be eligible for funding via the Whenua Whanui fund. This funding recognises the coordination and communication time

involved with bringing people together as part of the project and gives an opportunity for hands-on and in-kind involvement in the restoration work.

In essence, KMR's Whenua Whanui Fund is aimed at supporting marae and community groups to participate in restoration efforts for Kaipara Moana.

The aim of both the Landowner Grant and Whenua Whanui Fund is to restore the mauri of the whenua and Kaipara Moana through developing plans to fence and exclude stock from wetlands and streams, identifying planting areas, and significant ecological areas which would benefit from stock exclusion, and calculating the cost of the work.

Shona says key to her work is listening to the landowners and hearing their ambitions, while also working out what is reasonable and feasible.

A fortnight after a planting is completed Shona returns to the land and does so again six months later to check on plant survival rates and to see if plants have been successfully established by keeping them free of smothering grasses and weeds.

"It is about working in partnership with people to see what is achievable over the next one to three years," she explains.

"KMR offers a great model that contributes up to 50% towards the costs so why wouldn't landowners take advantage of that? I am finding the landowners coming on board with KMR have a big commitment to protecting their land."

Shona demonstrates the care she gives to nature on her eight hectare Taupaki lifestyle block - land surrounded by streams feeding into the Kumeu River (awa) and out to the Kaipara.

"It keeps me feeling right at home. I like caring for our whenua. I grew up on a dairy farm in Nukuhou - Eastern Bay of Plenty. The Nukuhou awa runs through the farm, out to the Nukuhou Salt Marsh and Ohiwa Moana, awakening my passion for the taiao (natural world)," she says.

Shona also works with communities in Rodney West, engaging in pest free initiatives - featuring in the Pest Free Kumeu inaugural meeting outlined earlier in the Kumeu Courier.

"While a separate kaupapa for now, I believe in the future riparian planting will not only stabilise banks and filter sediment, but they also have potential to become important wildlife corridors and habitat," says Shona.

She says the Kaipara Moana has been clearly impacted by 190 years of land use change across its massive catchment. By clogging up the moana with sediment and changing the natural process within the harbour, the aquatic ecosystem has been destroyed, she observes.

She is adamant we need to turn this around.





"Yes, it will take decades but every contribution counts. If we all do our bit we can begin to restore the mauri of the Kaipara," Shona adds.

"We all need to listen to understand how to work together to restore the health and the mauri of the Kaipara Moana. That's because we all bring different knowledge, skills and aims. Let's see how we can help and support each other to get the best outcomes for the land and the sea. We have to listen to, and work with whanau and landowners to achieve their aspirations for their whenua."

Shona also sees that impact extending to tamariki and rangitahi in future.

"They will be able to see that kaumatua stood up and fought for the health of the Kaipara and know they can get involved and that there are some great career pathways developing. In the future I hope they can look to the Kaipara and see it returning to health, an environment providing sustainable kai and one we in turn hand to them to care for into the future.

"For me this all starts at home. Practice what you preach, care for the land, the awa that flow to the moana. Talk about the opportunities in the community, at the marae and with whanau because we are all in this together," says Shona.

Landowners in the 640,000ha Kaipara Harbour catchment are encouraged to do their bit.

Farmers, iwi/hapu and community groups who are interested in fencing off riparian and wetland areas and preparing land for planting over spring and summer are invited to complete an expression of interest at www.kmr.org.nz/landowner-expression-of-interest.

US band Jenny Don't and The Spurs at Kumeu

Hot country act Jenny Don't & The Spurs hail from Portland, Oregon and will perform in Kumeu on their first New Zealand tour on Friday November 25.

Since their inception in 2012, the Spurs have kept a relentless schedule of recording, playing



locally, and touring. After nearly 500 live appearances in almost a dozen countries, and with a slew of albums and singles to their name, Jenny Don't and The Spurs are just getting warmed up.

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The Spurs were founded one cold, winter's evening by married couple Jenny and Kelly Halliburton. Jenny had been fronting her own band, DON'T, for some time, as well as playing the occasional solo acoustic set here and there.

Kelly, who had been in many Portland punk bands since the 1980s, wanted to switch gears a bit. After the concept of forming a raw, real, and back-to-the-roots country band had taken hold, it wasn't long before the couple was rehearsing a seminal set of standards by such influential early country crooners and outlaws like Patsy Cline, Loretta Lynn, Ernest Tubb, and Hank Sr., as well as a sprinkling of originals.

Jenny Don't & The Spurs are at Kumeu Live in the Kumeu Arts Centre Tickets available from under The Radar.

'Dunedin size' city for NorthWest within 30 years

The NorthWest (Kumeu district, Whenuapai and Riverhead) is expected to have another 116,000 residents (a total 31,000), 44,000 new houses, and be the size of Dunedin, says Te Tupu Ngatahi Supporting Growth -



an alliance between Auckland Transport (AT) and Waka Kotahi NZ Transport Agency; tasked with planning for the long term transport networks across the growth areas of Auckland.

The plans for the network mean more people using public transport (although at this stage the heavy rail line through the NorthWest is proposed strictly for freight trains which will increase to about four times daily).

Supporting Growth's job is to protect land intended for the RTC - a fast, frequent, high-capacity public transport system separated from general traffic so that it's congestion-free.

Letters are being sent to property owners likely to be affected by a rapid transit corridor (RTC) proposed within 30 years, showing the impact on their properties.

A corridor between Brigham Creek Road and Kumeu-Huapai has been identified, with two new stations proposed at the Kumeu town centre and to the west of Huapai. One station could be near the Huapai Tavern, while a park and ride facility is proposed at the end of the line near where Matua Road accesses State Highway 16, and a transport hub would be developed at Westgate with links to the



city and North Shore.

Rapid transit should also be able to carry electric scooters and cycles (including electric bikes), rather like the present electric trains from Swanson to Newmarket and Britomart.

Widening along Main Road (SH16 through Kumeu and Huapai) will be required, and key intersections with Access Road and Station Road will need to be upgraded, while there will be some impacts on private property, Supporting Growth says.

The RTC is being planned alongside an extension to the North Western motorway (which is also called the "alternative state highway" or "bypass") which will extend between a new interchange at Brigham Creek Road and SH16 to the west of Huapai.

"The existing SH16 corridor will move out of the Kumeu-Huapai town centre, providing an alternative route for heavy vehicles and strategic through traffic," says Supporting Growth at a presentation exclusively for the Kumeu Courier.

The presentation included a video and comments from Waka Kotahi Regional Manager System Design Randhir Karma, Te Tupu Ngatahi Communications and Engagement Manager Jean Cathcart, Te Tupu Ngatahi North West Project Lead Ida Dowling, Auckland Transport Owner Interfaces Aimee Simons and Holly Atkins, and Auckland Transport Group Manager, Strategic Programmes, Jane Small.

The presentation explained implementing rapid transit will take time, with budgets still generally to be determined, mainly when rezoning in the area allows. Currently this is planned to take place in just over twenty years' time and none of these projects are funded for construction.

Existing and future industrial land on Access Road will have a direct connection to the North Western motorway extension via a new interchange at Tawa Road, while traffic through the town centre will reduce, improving amenity opportunities.

"This enables space within the town centre to be dedicated to the Rapid Transit Corridor, local buses (including double deckers),

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Colliers NZ Limited Licensed REAA 2008 walking and cycling," the presentation explained, adding that land between the present Main Road (SH16) and the heavy rail line will be used for the RTC, with separate lanes across the road width for busways, a cycle path, pedestrians, and other traffic.

"There is an opportunity to reconfigure SH16 through the Kumeu-Huapai town centre once the Alternative State Highway is operational," the presentation says.

"This will provide place-making opportunities to support the revitalisation of the town centre - which will no longer be severed by SH16 through traffic," it adds, explaining that the National Policy Statement on Urban Development enables significant intensification (six storeys and higher) within 800m of rapid transit stations.

"Access and Tawa Roads will provide a key connection from the existing and future industrial zones of Kumeu to the Alternative State Highway to the south.

"They will need to be significantly upgraded to cope with increased demand, which will include freight vehicles.

"Access Road will provide a connection to the Kumeu-Huapai town centre and the transport choices available there."

Randhir Karma says "flooding is being taken into account" in the plans for the location of the RTC and stations.

The Te Tupu Ngatahi team is planning to lodge the Notice of Requirement which enables the land to be protected (or designated) for these long-term projects later this year. This process will be managed by Auckland Council who will be in touch with landowners in early 2023 with a formal submissions and hearing around the middle of the year, before a decision on the designation is finally made in late 2023.

The budget for the entire NorthWest pre-lodgment phase (preparation and planning) is about \$5 million.

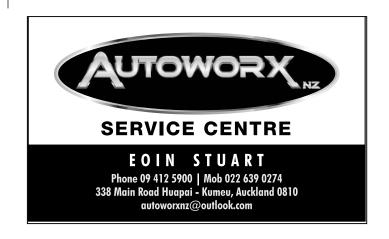
No breakdown is available for individual projects.

Post-lodgment, business case costs, property acquisition, construction costs, professional services fees (detailed design, consenting), operations and maintenance costs, and escalation will be included in overall costs.

Footpaths will be 1.8 metres wide and cycle paths two metres.

A copy of the October Kumeu Courier with Future-Kumeu's suggestion of a new "flood proof" town centre was left with presentation members.

An "information sharing" public meeting was held by Future-Kumeu on October 19 at St Chad's Church.



Safer Communities

If we can't crew - who's coming to you?

Two years of Covid restrictions have hampered our ability to recruit and train new volunteers and we are now desperately short of firefighters.

This means that our existing brigade members are stretched, and the reality is, there may be emergency calls in our community we cannot attend due to being short staffed.

The team at Waitakere Volunteer Fire Brigade aim to make a difference in our community, our neighbourhoods and in turn we grow as people. If this resonates with you please consider joining us.

It takes a bit of time to gain the knowledge and experience needed to be a firefighter. We need to start training new volunteers now so that we can guarantee a response to calls in the future.

If you're thing about joining up and live no more than 5 minutes awa from the station, now's good.

We are hosting recruitment nights in November and December and would love you to attend. Come and get a feel for what we do, how we train, and what it's like to be part of our family of volunteers. Even if you can only spare limited time, it may make the difference.

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Now that the doors have opened again after the last two years of Covid behind us, STS is back in business sending Kiwi high school students overseas on exchange programmes. We offer programmes to a range of countries. Students can either go for a short period like 2-3 months over our



summer period; and experience another country without interfering with domestic studies. Or they can fully immerse themselves into a new culture and language on a half or full year programme. The New Zealand STS office is interested in any students or parents wanting to know more about student exchange programmes for the 2023/24 period. Please contact the STS NZ Country Manager on 02108489150 for more information. Take the next step to an exciting travel exchange programme, helping students open their eyes to the big wide world, become more independent, while having an experience of a lifetime.

St Chad's Church

Over the nearly hundred years of the existence of St Chad's Church in Huapai, various forms of Sunday School have been provided. Some who attended Sunday School in the old wooden building still worship at the revamped St Chads. All are welcome at our regular 10am services - from babies being baptised to our 99 year old stalwart and everyone in between.

Quiet activities for children have been provided within the main Sunday Service since the return to 'normality' after Covid. From 6 November, St Chads will be providing a special KidsZone every

Student Exchange Programmes

Student Exchange Programmes

2023/24

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Sunday. This is a space in which children can interact for about 30 minutes - to hear a story, do craft, sing and dance, think and talk about life. All ages will be catered for in one group. The plan is to start and finish in the main church service and parents are welcome to stay in the morning worship or to join their children in the KidsZone if they prefer.

Everyone is welcome to join us for a weekly hour of power in the form of worship through music, songs, scriptures, thought-provoking messages, prayer and fellowship. Every Sunday service ends with our very popular morning tea or freshly brewed coffee, usually accompanied by home baked goodies - both sweet and savoury. Come and join us - every Sunday at 10am.

Helensville Twilight Christmas Market

Te Awaroa Helensville Museum grounds, Mill Road.

Friday 9th December 4pm to 8pm.

Join us for a festive evening out with market stalls, food, live music, Santa and much

more ... plus the Helensville Museum will be open.

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



26th - 27th November 2022 -Helensville A&P Showgrounds

Despite the closure of the War Memorial Hall for maintenance the Lions Club of Helensville will still be able to hold their Christmas Book Fair thanks to the Helensville A&P Association, who have given



us the use of their facilities for the weekend of the 26th and 27th of November, opening at 9.00am on Saturday until 4.00pm and again on Sunday 10.00am until 3.00pm. Unlike other organisations' book fairs there is no entry fee and we do not allow traders and collectors in before you - our community.

Our last Book Fair held in May raised \$11,500, for which many



thanks. All the money raised went towards assisting individuals and organisations in the community that required helping in these difficult times.

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.

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

Please note that the last date we are accepting books for this Book Fair is Friday 18th November. EFTPOS Available.

What's on at Kumeu Arts

November means it's time for the Kumeu Arts Awards. This annual event recognises and celebrates local artists by awarding prizes of up to \$1,300 in value, generously donated by local businesses. The exhibition, which runs from the 1st until the 26th of November, includes a huge



range of artwork displayed across both our galleries. It's a fantastic opportunity to view and purchase quality artwork right here in Kumeu. Our gallery shop also sells a range of unique art and craft including; ceramics, calendars, cards and jewellery. We always have exciting courses and workshops happening here too. This month a new 6-week portraiture course starts with local artist Tanya Blong and there are workshops in 'Expressive Drawing' and 'Resin Art'. We are also a venue for hearing amazing local and internationally acclaimed musicians so come and visit us behind the library or online www. kumeuarts.org.

Gently Loved Markets

Gently Loved Markets is a monthly sustainable market selling preloved, vintage and upcycled clothing, accessories and homewares sold by a range of individual stall holders.







social, economic and environmental. From discouraging the buying of brand new items by being a mechanism for preloved items to be sold and purchased, as well as allowing upcycled items to be sold at the markets. Therefore, keeping as much waste out of landfill as possible.

All stalls are within the hall, the event goes ahead no matter the weather. Changing rooms available to try before you buy. The event is cash only. Keep an eye on their Facebook page for updates @ gentlylovedmarketsnz

To inquire about a stall contact gentlylovedmarkets@gmail.com

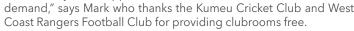
Next Gently Loved Markets, Saturday 19th November, Kumeu Community Centre, 35 Access Road, Kumeu.

Further self-defence courses planned

The self-defence course at the Kumeu Cricket Clubrooms was a smashing success, says sponsor Smashing Promotions' Mark Adcock.

Another self-defence workshop for women is planned on Sunday November 20, with others to follow.

"We will also soon be providing a mixed class in the new year as well, subject to support and



"Also, thank you to all the local businesses that support Smashing





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Promotions, enabling us to keep providing this and other community initiatives."

The workshops and courses are a practical, hands-on experience where participants learn fast, effective and easy to remember selfdefence techniques.

Mark says the courses and workshops are the perfect platform to learn these live skills to enable you to break free and escape potential assailants, you will carry theses skills and be able to act

Lessons include clothing grabs from the front and rear with one or two hands, chokes from the front or rear with one or two hands, bear hugs from the front and rear, wrist locks from front or back - one or two hands captured, and pad work demonstrating how to hit and where to strike.

Visit www./smashingpromotions.nz/self-defense-course/ to book, or for other workshop initiatives, sponsorship and assistance contact mark@smashingpromotions.nz, to offer business support go to www.smashingtrends.nz or www.smashingpromotions.nz for more information, or call Mark for a chat on 09 412 6235.

Armistice Day 2022

The Kaipara Memorial RSA will be commemorating Armistice Day at the Helensville War Memorial Hall Cenotaph this year. It goes without saying that it will be held at 1100 hours on Friday the 11th of November, 104 years after the Armistice was signed to "End the war of all wars", World War One.

Veterans, RSA members and the public are encouraged to attend. Medals should be worn, if wearing relative's medals, wear them on your right chest and wear them with pride.

Light refreshments and drinks will be served in the RSA clubrooms at the conclusion of the service, the clubrooms will be open for



e kumeu@uhyhn.co.nz w www.uhyhn.co.nz

meals on Friday evening, our last night.

If any Veterans have received their NZ Operational Service medal "in the mail" recently, please contact the Kaipara Memorial RSA with

Nature's Bike Day

Kindergarten during Spring and Summer periods, we hold a 'Bike Day' once a month and we invite our tamariki to bring in a bike or scooter and helmet. We have found that our tamariki love this monthly experience, it also links to Te Whariki, The New Zealand Early Childhood Curriculum.



tamariki are learning to gain confidence and control of their bodies, through moving confidently and challenging themselves physically. Developing confidence on their chosen vehicles also supports them with co-ordination, balance, responsibility, risk taking, communication and problem solving skills. It also encourages them to be patient with their peers, listen to kaiako (teacher) instructions and develop perseverance and control.

To extend their learning today, once they had finished their bike ride we invited tamariki to wash their bikes. They were eager to get busy working on their bikes with the warm soapy water provided in our water troughs. We look forward to our next planned Bike Day in November.

If you are interested in contacting/visiting us at Nature's Explorers Kindergarten, please contact Angela on phone 09 412 8800.

Spring is a busy time for most of us, especially as the days get warmer and longer.

Scouts is no exception to this, as we have had one of the busiest October's we had seen in the past few years. Some of the groups headed away on camps, others took part in JOTA-JOTI.

JOTA (Jamboree On The Airwaves) and JOTI (Jamboree On The Internet) is the world's largest digital Scout event taking place online and over the air. The educational event brings together more than 2 million Scouts every year in October for a weekend of Scouting and friendship. Young people can learn about communications



Paul Miller

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technology and connect with fellow Scouts from over 172 countries.

Also in October, Riverhead Scout Group held there 70th Birthday celebration. (See their article in this month's Courier) like most Scout groups, Riverhead is very community focused and it's awesome to see the community share in the celebration.

Several of the zone team travelled to Wellington to take part in a national conference. The conference was a chance to help plan the future of Scouting, as well as see the amazing work that's going into a new and exciting programme that as an example, sees the youth learn about Antarctica and what we can do to look after the environment.

We also run a zone wide first aid course. The course is a specific NZQA Outdoor Course, where the leaders cover the basic first aid requirements, but also learn how to look after injuries etc. in an outdoor setting.

There's still a lot more to come over the next few months, as more camps take place and the Sea Scouts get out on the water.

Do you want to know more about Scouting? Or can you perhaps help us and volunteer (there are many ways you can help other than being a leader) if so, please get in touch as we'd love you to be part of Aotearoa's largest youth organisation

You can find us at www.scouts.nz or email me zl.waitoru@zone. scouts.nz Craig Paltridge. Waitoru Zone Leader.

'These Hands' homage to senior men

Radius Taupaki Gables staff created a photo montage of each man's hands to honour the rich lives and wisdom of its elderly men.

Titled 'These Hands', the montage represents the many lives and careers across the globe that the elderly men have cultivated in their lifetimes.



The photo montage comprises 14 stories and pictures from residents, displayed in the dining hall at Taupaki Gables.

The stories reflect a diverse set of experiences and interests. From bankers and businessmen to international hockey stars, jewellery makers, and musicians, the montage shows all the different career



paths the men have taken throughout their lives.

It also tells the stories of their favourite pastimes including keen sports players, music fans, green thumbs, and seasoned travellers. One story details an ex-businessman enjoying cabaret shows in his spare time.

In their older age, many of the men are proud and devoted grandfathers and great-grandfathers who cherish time with their families.

The Taupaki Gables staff understand the importance of recognising the contributions these residents have made throughout their lives.

Kumeu Childcare

Kumeu Childcare provides children with a range of experiences and opportunities to enhance and extend their learning and development. Educators support children to choose their play and direct their own learning as a result confidence, independence and self-help skills are fostered. Teachers demonstrate an understanding of children's learning and development, knowledge and implementation of relevant theories in early childhood education are visible in their teaching practice.



Teachers value, respect and acknowledge the aspirations held by parents and whānau for their children. Children display a sense of belonging and experience meaningful interactions and connections with adults who treat them with dignity and respect.

Kumeu Childcare, 7 Wookey Lane, Kumeu. Phone 09 412 8081, email info@kumeuchildcare.co.nz.



Is your workplace wellbeing and culture strategy in place for 2023?

We would love to help.

Reference 'Kumeu Courier' for a 10% discount



SeniorNet

Last month we tried a new idea at the club meeting which worked out well. Members asked questions to do with their devices and then people answered them. This was successful so we will try it again at the next meeting. Also, at our next meeting we will have a presentation on making



picture books by one of our members. Then we are going back to basics with a "revision" presentation, reminding us of some of the basic elements of computing, which we may have forgotten. Later in the month there will be a course on backing up your data, which I am sure everyone needs to know. So why not come along and give us a try. We meet on the first Wednesday of the month at 10am In St Chads Church Hall in Huapai.

Kumeu Friendship Club

Last month we had a very interesting speaker from Motat. His topic was Infant Sparks - The story behind the arrival of electric trams in Auckland - the trials, tribulations, tragedies, battles, and successes of



bringing what was then "space-age" technology to NZ's largest city. The story was brought to life with a large number of digital images, many rare and not seen previously, of this revolutionary form of street transport - this large vehicle that could propel itself along as if by magic, without horses or a steam engine in front. We meet on



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the fourth Thursday of the month at 10am In St Chads Church Hall in Huapai. All will be made welcome.

Kaukapakapa Village Market

Sunday 20 November 8.30am to 1pm. This lively village market located in the heart of Kaukapakapa is held on the 3rd Sunday of the month all year round. You'll find a tempting selection of quality stalls, fresh



locally grown produce, artisan food, handmade crafts, gifts, plants, books and much more plus secondhand goods and collectibles and plenty of tasty treats to enjoy with a freshly made coffee or take home for Sunday brunch. The relaxed atmosphere and friendly people make it an excellent choice for a Sunday morning excursion plus there's free hair plaiting for the kids and live music from duo Take 2.

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

Helensville Museum Te Awaroa News

Because the RSA occupies the building currently closed for renovations, Helensville Museum Te Awaroa has added RSA material to its Armistice Day display which commemorates the armistice signed on 11 November 1918 between World War 1 Allies and Germany. The exhibit includes photos of people from the area who served.



Meanwhile, museum committee member Megan Paterson has been on a fruitful journey of discovery in her efforts to find local soldiers' names needing to be added to the list of those recorded on the Parakai Cenotaph as fallen in World War I. Her exhaustive research has uncovered information about John Irvine O'Neill, born to John Henry O'Neill and Hoana (Joanna) Te Waaka, daughter of Ngati Whatua Chief Te Waaka Reu, who married at Rewiti in 1892. John (known as Jack), who spent his first years at Rewiti and attended Woodhill School, was killed in action in 1916 in the first Battle of the



Somme, when he was 24. He was a Second Lieutenant in the Māori Battalion.

Megan was thrilled to find a full account of Jack O'Neill's contribution in Sandra Coney's 2017 book 'Gone West', which features him on the cover. The job of adding Jack O'Neill's name to the Cenotaph is now in the hands of Auckland Council and the Domain Board. In the meantime, information about him is available at the museum.

Visitors to the museum are encouraged to come and see the excellent Armistice Day display. We're open from Monday to Wednesday from 10.30am - 12pm, and at other times on request,

Strong field assembles for Trueform Spa Pools Pro-Am

Josh Geary headlines a strong field for the upcoming Trueform Spa Pools Pro Am at Huapai Golf Club on November 9 and the 13-time professional winner will arrive at Huapai in great form.

Geary has wins on the Canadian, Chinese, Australasia and Charles Tour (NZ) circuits, most recently taking out the honours at the DVS Open at



Clearwater in Christchurch in mid-October, the latest stop on the Charles Tour.

Geary returns for another crack at the Trueform Spa Pools sponsored event after finishing tied 14th with an even par 72 back in March 2021, when the tournament was held as a one-tee start during COVID lockdown conditions.

Huapai Golf Club President Michelle Dee is thrilled at the quality of the field coming to join a sold-out field of amateur golfers

"Securing Josh is a coup for the tournament, for our sponsors and for locals that might be keen to come along and enjoy watching, he brings a wealth of experience from around the world, including 4 appearances and 3 top 50 finishes on the European Tour in 2022," said Dee.

"But Josh will have a fight on his hands with a great field of New Zealand and Asian Tour based professionals also lining up, with many of them capable of shooting low. We are delighted to have 6 of the current top 10 on the NZ Order of Merit in what promises to be a fantastic day of golf."

Geary is in good form on the back of his win at Clearwater,

The 37-year-old will not have it all his own way however, with an exciting field chasing their share of the \$15,000 prizemoney on offer, with six of the top-10 on the NZ Order of Merit teeing it up on Wednesday November 9.

Richard Lee knows his way around a Pro-Am or two and tied 4th in 2021 with a 3 under 69. Lee is a former winner on the Asian Tour and is a serious contender at Huapai despite his dialed back tournament schedule these days.

Of the young guns, look for former Eisenhower rep Kerry Mountcastle (Queenstown), 2022 Kaikoura Pro Am winner Tyler Hodge, two-time winner in 2022 James Tauriki, Jordan Loof and 2022 Korean Tour Winner Sung Jin Yeo to lead the challenge to the 'old guard'.

The tournament features a chance to win an Executive Spa Pool package (including a Cover Cradle and free delivery in the Auckland region) valued at \$19,000 for a hole in one on the 10th hole, and a second Executive Spa Pool package of the same value going under the hammer to raise funds for the club new Cart Shed project.

"This is a huge day for the club, one we cannot host without the involvement and support of our partners and sponsors," said Dee.

"Trueform Spa Pools are superb naming rights partners; they are New Zealand owned and operated with their factory close by in Helensville and produce a beautiful product - one that has obvious appeal for golfers looking to relax after a round!"

Members of the public are invited to bid on the auction of the Spa Pool Package, and with a friendly reserve set on the day meaning someone may well go home with the bargain of the year. Further information is available by emailing General Manager Andrew Dewhurst on gm@huapaigolf.co.nz

2022 Trueform Spa Pools Huapai Golf Club Pro-Am - Wednesday 9 November, 11am Shotgun - free entry for public.

Josh Geary - Originally from Invercargill, Bay of Plenty based 37-year-old Geary has 13 professional wins to his name, including victories on the Canadian, Australasian, Chinese and Jennian Homes Charles Tours. Geary has split his time between the European Challenge Tour and the DP World Tour (Europe) in 2022. Geary is 2nd on the NZ Order of Merit on the back of victory at Clearwater last week.

Richard Lee - R Lee is a former Asian tour winner and beat Michael Campbell to win the NZ amateur in 1992 at Otago Golf Club. Brings extensive experience and great shot making to the event, will be one to watch.

Kerry Mountcastle - Two-time winner as an amateur on the Jennian Homes Charles Tour and former Eisenhower Rep. Mountcastle is 6th on the Order of Merit and has enjoyed a superb season.

Tyler Hodge - Recent winner of the Kaikoura Pro Am, former winner

TRUEFORM SPA POOLS & HUAPAI GOLF CLUB PRO-AM | Wed 9th Nov 2022 | 11am Tee-off



See the best take on Huapai Golf Course at its finest, including the chance to win an Executive Spa Pool on the 10th hole and bid on a \$19,000 Executive Spa Pool package at the prize giving auction, where all bidders are welcome.

For more information email gm@huapaigolf.co.nz









of the New Zealand and Australian Age Group Championships. Hodge is 7th on the Order of Merit.

James Tauariki - In his first year as a professional is a recent winner of the Nelson and Clearwater Pro-Ams, James is making quite the impact and sits 8th on the Order of Merit.

Jordy Loof - A talented and long hitting young tour professional who represented Auckland and Wellington as an amateur. Loof is 9th on the current NZ Order of Merit after a consistent season.

Sung Jin Yeo - Former New Zealand Age Group Champion. Australian Tour Card Holder who recently won on the Korean PGA Tour. Currently 10th on the Order of Merit.

Matt McLean - Long-serving Canterbury Rep making the plunge into full time professional golf. 15th on the Order of Merit and due a breakthrough win in his first season as a Pro.

Johnny Tynan - Long-time Auckland representative, recently spent three months playing professionally in the UK, looking for the first break through win as a pro, 16th on the Order of Merit.

Fraser MacLachlan - Recent winner of the Whitehaven Wines Marlborough pro-am and a form player on the Jennian Homes Charles Tour, 19th on the Order of Merit.

Stacey McCartney (nee Tait) - Former ALGP and LET tour member Stacey has played all around the world. Stacey is a former member at Huapai and adds a wonderful element to Trueform Spa Pools Pro Am day playing back on her old course.

Cameron Jones - Former New Zealand Stroke Play Champion and current teaching professional at the Kiwi Golf Club, based out of Gulf Harbour Country Club.

Benson Chen - From the North Shore, Benson is an employee at the Golf Warehouse in Takapuna.

Nicholas Davey - Former New Zealand Junior Representative, Nicholas was part of the successful Rotorua Boys High School's golf programme.



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Ben Guilford - Former Taupo professional, Ben now resides in Queenstown after a stint at the Pupuke Golf Club.

Sam Hale - Certified PGA Professional, recently graduated and working at Golf HQ in Takapuna.

Darrel Knight - Photography enthusiast and currently undertaking his PGA Traineeship.

Brett Peacock - Qualified professional having previously worked at Titirangi and now the Huapai head professional, looking to lead a team safely around his home course.

Jerry Ren - Former north harbour rep combining a fulltime accountancy career in his first year as a professional.

Joshua Rookes - From a golfing family son of long time PGA professional Robert Rookes, Trainee Professional at the Huapai Golf Club and again looking to impress using that home knowledge.

Daniel Ruttley - Current Head Professional at the Howick Golf Club.

Grant Stockman - One of New Zealand's top skiing instructors and a popular golf coach at Whitford Park.

Rhys Thomas - Have a famous golfing coach as a father in Simon Thomas. A first pro showing some real consistent for on the Jennian Homes Charles Tour.

Steven Watkinson - Watkinson is a third-year trainee professional, based in a unique role at Western Springs College as the athletics director. Steve has a passion for Rugby League, Maōri involvement in sport and coaches his daughter's softball team in his spare time.

Rewarding local schools

Eleven West Auckland schools and almost 7,000 children took part in a NorthWest Shopping Centre initiative, "NorthWest Rewards Schools". The school community fundraising scheme meant every dollar spent at NorthWest Shopping Centre was equivalent to one voting point for the participating school of choice.



Customers simply validated their receipt at the Customer Service Kiosk to place a vote.

At the end of the promotion, the school with the highest average spend per student was Scott Point Primary, who received \$3,000 cash donation recently from NorthWest Shopping Centre. Second place for the second year in a row, Whenuapai School, received \$2,000 and Huapai District School received \$1,000. It's a great way



for NorthWest Shopping Centre to support local schools, providing potential opportunities for much needed resources. We thank all customers who participated.

Kumeu Library

Now that spring is well and truly here, Kumeu Library is holding our popular Spring Book Sale throughout November. This is your opportunity to stock up of all sorts of reading material at bargain prices. Going on a relaxing holiday over the summer? Grab a pile of great books you can read and enjoy, then leave behind or pass on to someone else when you've finished with them. We have a wide range of withdrawn library books, both fiction and non-fiction, available at a great price, and they won't last - come on in to the library and check out what we've got.

With summer nearly here, Kumeu Library is hosting a free Water Safety workshop on Thursday 3 November at 1:30pm, where you can learn how to keep yourself and your family safe near the water this summer. This workshop is aimed at anyone who isn't comfortable around water and beaches, such as tourists and migrants.

Learn something new at Kumeu Library. Attend a free Bokashi and Composting talk with the Compost Collective, and learn how to turn your food scraps and garden waste into nutrient-rich compost. You'll learn how to dispose of food scraps usefully, and you'll also get a \$40 voucher towards a home composting system that is just right for you. The talk takes place at Kumeu Library on Friday 11

November from 2.00 to 3.30pm - sign up at compostcollective.org.

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

Craigweil House has celebrated birthdays recently. Resident Rosemary received a cheerful surprise with her favorite songs of the past, colorful decorations and a lovely cake also in her favorite colours being presented. Other residents joined to sing her for her birthday and enjoyed a morning tea.

IN other news residents enjoyed welcoming in Spring with a Garden Walk. Residents went

for a walking exercise to the park near the facility and enjoyed the sunshine while watching the kids having fun.

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





Luxury Living

Bacchus apartments are Country Club's latest in luxury retirement living. The efficient design allows for floor-to-ceiling glass along the entire living area to maximise the outlook, natural light, and air flow.

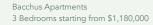
A place to feel safe and comfortable, entertain friends and family if you wish, giving you the ability to have an active lifestyle with access to on-site facilities.

The ground level enjoys an outdoor patio and garden area while the upper apartments have generous balconies with expansive views.

For a more detailed price guide please phone or email Chris Brittenden Phone: 021 982 583

Email: sales@countryclubhuapai.co.nz









Nobilo Apartments 1 Bedrooms starting from \$620,000



Bacchus Apartments 2 Bedrooms starting from \$910,000



3 Bedrooms starting from \$1,550,000



Property

Property market report

The fact that the median price rose while the REINZ House Price Index declined suggests there was a change in the mix of properties being sold, with properties in the upper price brackets selling more readily than those at the lower end.

This is clearly the case in Auckland's North West where the lack of lifestyle properties coming to market is forcing values to remain higher than predicted.

If you have a lifestyle block or section for sale, now is a good time to be on market.

According to the Real Estate Institute of NZ, 4943 residential properties were sold throughout the country in September, down 10.9% compared to September last year.

In Auckland sales were down 15.8% compared to a year ago and in the rest of the country excluding Auckland sales were down 20.0%. The last time sales were below 5000 in the month of September was 2010. Prices also continue to slide.

The REINZ House Price Index (HPI), which adjusts for differences in the mix of properties sold each month, was down 0.7% nationally in September compared to August and is now down 12.6% from its peak.

In Auckland the HPI declined 1.3% in September and is now down 17.3% from its peak in September 2021.

The HPI for the Wellington Region was down 0.9% in September and -19.8% from its peak, while the Canterbury HPI was down 1.3% for the month and is now down 7.0% from its peak.

However the national median house price rose slightly in September, to \$811,000 from \$800,000 in August (+1.4%).

Generally, properties are also staying on the market for longer, with the median days to sell rising to 47 in September which was 10 days more than in September last year.

Following an exceptional period of growth last year, spurred by

government stimulus and closed borders seeing Kiwis invest locally, the property market is moderating.

Owner-occupiers remain a strong buyer pool and agents in some areas report seeing more first home buyers, enticed by easing prices and less competition.

However property prices are still unaffordable to many trying to enter the market, particularly in larger hubs such as Auckland.

Auckland Agents are report seeing an increase in open home and auction attendance, which we would expect to see as we move into the summer.

However, the September data, and reports from agents, indicates that the expected spring uplift is not strong.

Let's look at the sales:

Helensville \$880.000 to \$1.699.000 Huapai \$915,000 to \$1,010,000 \$889,000 to \$3,850,000 Kumeu Muriwai \$2,000,000 to \$2,300,000 Parakai \$680,000 to \$1,075,000 Riverhead \$1,195,000 to \$1,780,000 Swanson \$755,000 to \$1,580,000 Waimauku \$1,150,000 to \$2,000,000

Waitakere \$1,400,000

Whenuapai \$760,000 to \$1,410,000

Why do I need a will?

If you have wondered if you need to have a will, then I think the answer lies in whether or not you wish to have a say in how your estate is distributed to your family and loved ones + getting a say about who is charged with the responsibility of the task

or caring for your infant children in your

If you do not have a will then the

Administration Act 1969 establishes that the first \$155,000 of your assets and

The buyer enquiry through email, text and phone calls is steadily increasing and I would encourage anyone that is considering selling a property to give me a call today on 0800 900 700 or email me graham.mcintyre@mikepero.com. After 17 years in real estate you will engage with a very professional and experienced agent that will highlight the best options to get you on and off market in a timely manner - Mike Pero Real Estate Ltd Licensed REAA (2008).

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Property

chattels will be given to your partner. What's left will go 1/3 to your partner and 2/3 to your children. If you do not have children then 2/3 to your partner and 1/3 to your parents.

If you have a will in place then it will be possible to apply for Probate at the High Court. The alternative is to apply for Letters of Administration which requires more steps/legal costs and can also result in distress for family members.

ClearStone Legal can assist putting a will in place for you. Telephone 09 973 5102 to make an appointment or email admin@cslegal.co.nz to ask for an e-form.

You buy - they lie!

Cybersecurity incidents take place by various means every day. From virtual banking breaches to semi-open attacks, 2021- 2022 has been rough on IT security.

Remember LinkedIn's massive data breach earlier this year? On June 22, a user on a famous hacker site announced that



nearly 700 million people's data is up for sale. The hacker shared a sample of 1 million LinkedIn members' email addresses, full names, phone numbers, addresses and geolocations

In mid-May 2021 hospital computer systems and phone lines run by the Waikato District Health Board (DHB) in were affected by a ransomware attack. An unidentified group claimed responsibility for the hack and issued an ultimatum to the Waikato DHB, having obtained sensitive data about patients, staff and finances. The Waikato DHB and New Zealand Government ruled out paying the ransom.

By now, the list of data breach victims is filled with major corporations, government agencies, social media sites, restaurant chains, and every other industry you can think of. Property Management is no exception or immune to these attacks.

Our priority is our customers -and in the event of recent Cyberattacks across all industries we wanted you to be aware of so that you can be extra vigilant at this time. We encourage all our customers to have heightened awareness around the following:

- If people call you posing as a credible organisation and request access to your computer, always say no. If you have any concerns about the legitimacy of an email or request from our company, please contact your Property Manager directly.
- We will never send an email or text with links to online banking. We would never send you an email about redirection of accounts or rent payments to be made or changed to a different account.

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- Never click on any links that look suspicious and never provide your passwords, or any personal or financial information. Use strong and unique passwords
- Never give money, credit card details or online account details to anyone you don't know and trust.
- Don't give your personal or financial information in response to a request that you didn't expect. Resist the pressure to act immediately. Always check first
- Always apply online for a property
- The Personal Information that we collect therefore differs from person to person depending on the type of identity documentation verified. If you provide us with Personal Information or about someone other than yourself, you agree that you are authorised to do so and agree to inform that person who we are, that we will use and disclose that information for the Service and they can access the Personal Information we have about them.
- Never leave keys at a property unattended or give keys to any other representative than your Property Manager or authorised agent from The Rent Shop
- If you suspect deceit, hit delete

We work very closely with our IT software providers to ensure we remain up to date with the latest cyber security preventions to prevent this happening and protect integrity of data and our systems are reviewed regularly. Mike James 021413660 mike. james@therentshop.co.nz.

\$100 = Exposure for a month

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



Area Property Stats

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

SUBURB	CV\$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV\$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	790,000	915M2	78M2	880,000	1	710,000	0M2	77M2	730,000
	810,000	612M2	107M2	886,000		720,000	0M2	136M2	720,000
	1,425,000	3.8HA	153M2	1,150,000		1,000,000	1263M2	244M2	975,000
	900,000	1573M2	99M2	950,000	RIVERHEAD	1,375,000	838M2	185M2	1,350,000
	1,450,000	4.25HA	160M2	1,699,000		980,000	0M2	98M2	1,230,000
	1,550,000	3.31HA	190M2	1,575,000		1,500,000	801M2	203M2	1,635,000
	990,000	1HA	226M2	965,000		1,130,000	810M2	92M2	1,195,000
HUAPAI	1,150,000	809M2	153M2	1,010,000		1,545,000	1619M2	147M2	1,720,000
	1,025,000	809M2	101M2	915,000		1,475,000	800M2	200M2	1,710,000
KUMEU	1,225,000	433M2	174M2	1,215,678		1,450,000	646M2	227M2	1,640,100
	1,550,000	730M2	222M2	1,450,000		1,175,000	451M2	156M2	1,449,000
	1,350,000	717M2	212M2	1,500,000		1,600,000	801M2	250M2	1,780,000
	1,150,000	525M2	172M2	1,170,000	SWANSON	880,000	1548M2	62M2	860,000
	700,000	0M2	82M2	760,000		1,045,000	343M2	152M2	1,126,000
	2,550,000	1.14HA	466M2	3,850,000		760,000	109M2	84M2	755,000
	1,450,000	615M2	212M2	1,460,000		790,000	350M2	66M2	833,000
	1,850,000	3000M2	180M2	1,850,000		1,425,000	450M2	265M2	1,580,000
	1,150,000	0M2	186M2	1,100,000	WAIMAUKU	1,300,000	1501M2	158M2	1,320,000
	930,000	239M2	102M2	889,000		1,875,000	1.05HA	306M2	2,000,000
MURIWAI	1,300,000	2846M2	190M2	2,000,000		870,000	1012M2	95M2	1,150,000
	2,125,000	2.3HA	340M2	2,300,000	WAITAKERE	1,275,000	ЗНА	100M2	1,400,000
PARAKAI	1,000,000	1208M2	336M2	1,075,000	WHENUAPAI	1,545,000	1012M2	180M2	1,410,000
	745,000	562M2	86M2	680,000		1,100,000	162M2	211M2	1,136,000

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

Mike Pero's OW commission rate:

2.95% up to \$490,000

(Not 4% that others may charge!)

1.95% on the balance

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

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



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SEA VIEWS - MORNING HUES - BRICK







2 Parkside Road, West Harbour By Negotiation

An outstanding example of fine craftsmanship and the views and the sun rises to make your heart sing. This is a genuine home and income over two levels offering a very clever opportunity for a big family, an extended family, a blended family or an income for the family to spend. An impeccably planned North East facing home that has been proudly cared for and maintained with first time to market. The home offers two bedroom upstairs and three downstairs with bathrooms up and down and a modern walk through wardrobe and ensuite off the upstairs master. Three lounges and an extensive garage and workshop offering options for toys and tools. Set on over 740sqm of land and close to Marina View School, Shops, Marina, Restaurants and Parks. So much on offer, and so much to take in.



graham.mcintyre@mikepero.com

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By Negotiation

2 / 10 Wickstead Place, Massey By Negotiation

I seldom find a home that offers so much and is so affordable. This home offer exceptional value for money with options for lounges/ study, office and relaxing. A simple two bedroom home with a large open plan lounge-dining integrating into a very useful and expansive conservatory, offering stunning sunshine and options for office/study or 2nd lounge. Off street parking and a single garage for treasures, which the lawn area and plantings are low maintenance and park-like. A short stroll to the inner harbour, convenience shopping, schools and parks. Make your move to home ownership call me today.



Graham McIntyre 027 632 0421 09 412 9602

graham.mcintyre@mikepero.com

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EXTENDED FAMILY OR BLENDED FAMILY - ROYAL HEIGHTS

5 🦰

2 🚖



By Negotiation

3 Bangla Place, Massey By Negotiation

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



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HIGH END BUILD - LOADS OF EXTRAS - CORNER SITE







By Negotiation

17 Moemoea Avenue, Huapai By Negotiation

Near new, and built to a high standard with excellent attention to detail, high 2.7m internal roof height throughout and a significant list of upgrades that will delight and inspire you to secure this sun filled home. This seldom listed corner site delivers fewer neighbours, more sunshine and open aspect, so you feel you have space and an ambience that is hard to match. A beautifully presented four room brick and weatherboard blend with robust coloured steel roofing, while the layout provides excellent separation between the master bedroom and the family rooms. Two bathrooms and a guest w/c while the entertainers kitchen integrates seamlessly with lounge, dining area and alfresco decking and yard. A short drive to Huapai Primary School, convenience shopping, bars, restaurants and public transport.



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YOUR NEW HOME & MINOR DWELLING

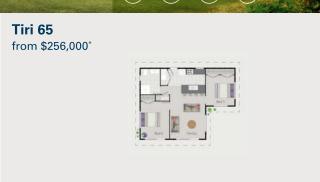
G.J. Gardner has an extensive range of customisable plans. Including options for minor dwellings or we can also design a new home for you from scratch.

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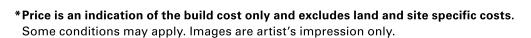






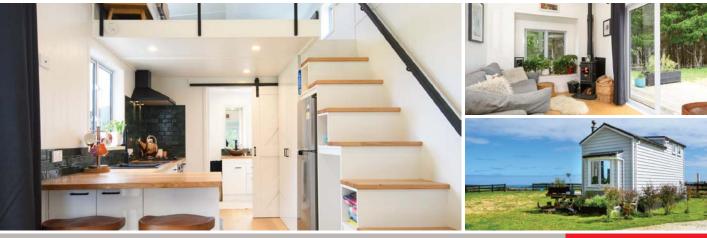






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mike Pero



TINY HOUSE - \$149,000

1 🚝



\$149,000

Asking Price \$149,000

Seldom can you find a tiny house (approx 30sqm) that is so well constructed and presents an option to truck away or you may seek to negotiate with the land owner to stay in place with a license to occupy. Options are plenty. Answers to common questions: Gross weight is around 4-5 tonne. Dimensions are 3m wide x 8m long (floor area), x 4.2m high (built so it was legal width to tow, but now over weight). Constructed by a Licenced builder in Kerikeri. Plumbing and guttering was done on site by a licenced plumber/gasfitter. Certificates Available. Fully insulated, double glazed, steel framed. Trailer is galvanised and triple axle, with a remote braking system. Deck is Kwila.



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BIG, BRICK, FAMILY HOME - HENDERSON







By Negotiation

27A Swanson Road, Henderson By Negotiation

Set off a quiet and private drive, resides a well presented two level 4 bedroom, brick home set on over 500sqm. The property enjoys generous garaging and off-drive parking with flat lawn and peppered established trees. Spread over two levels with three bedrooms upstairs, one down stairs with two bathrooms and additional guest w/c. Offering open kitchen and dining with separate lounge and options for a second lounge/ office/ study or day room. Alfresco to decking attracting great sunshine. Certainly a home that is convenient to transport links, a short walk to Henderson, Waitakere Hospital and Waitakere College.



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graham.mcintyre@mikepero.com









BIG ON VALUE - SMALL ON PRICE





By Negotiation

369A Hobsonville Road, Hobsonville By Negotiation

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



09 412 9602 graham.mcintyre@mikepero.com

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BRICK AND TILE ON 817SQM - DON BUCK ROAD





By Negotiation

417 Don Buck Road, Massey By Negotiation

Set in Terrace Housing and Apartment Buildings Zone this is a fantastic land banking option offering brick and tile low maintenance construction and easy access to services in the future. Offering three bedrooms plus office and extensive upstairs downstairs living and storage options including workshop and internal access garage. You can enjoy the property as a solid and well constructed home with the zoning potential for future investment making this property a very attractive buy for today with an eye to the future. Close to Massey shops, Westgate shopping precinct, motorway access, Massey Primary and Secondary Schools. Let nothing hold you back. Finance options available through Mike Pero Mortgages today.



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Tile Wright

We are now carrying out free noobligation quotes for your tiling needs; kitchens, splash backs, bathrooms and laundries. We specialise in all things tiling; we provide high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

With over 6 years' experience in the industry, we pride ourselves on high quality workmanship. We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all.

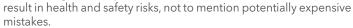


Call us today on 027 260 8225 for a free no-obligation quote.

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If you are experiencing sewerage smells, overflowing drains, no or extremely hot water, roof leaks or overflowing gutters, then it is definitely a good idea to call a plumbing professional.

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Ever had mess left behind?



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

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

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

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

Searching for the ideal house plan? We've got you covered

Building a new home starts with choosing the right floorplan, one that aligns with your lifestyle and future plans, as well as fitting into your budget. With all the design choices and trends in the market, building a new home can be an exciting, yet overwhelming process for many - but it doesn't have to be.



Whether you're planning for your first home, forever home or investment home - Signature Homes West & North-West Auckland have got you covered. To take the stress out of your building journey, Signature Homes offer a range of pre-designed floorplans to suit your family, lifestyle and budget.

Interested in making it your own? Signature Homes pre-designed plans come in a range of different shapes, sizes and styles - there's certainly something for everybody. They also provide a great starting point for creating a home that's uniquely yours, they can be as luxurious or as simple as you want.

Enjoy cleverly designed spaces, that allow for versatile living. Signature Homes West & North-West Auckland expert team will be with you every step of the way, to help you add in your own personal touches from colour, material and textures to complete your new home

Endless opportunities - Whether you're looking to build your home from scratch with our Design & Build service, subdivide your



property, or choose from our impressive library of pre-designed plans, we've got something to suit.

Ready to start? If you've been thinking about building but are unsure where to start a New Home Consultation could be ideal for you.

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

Caring for your Japanese Maple

stunning specimen size Acer Palmatums (Japanese Maples) in stock. Beautiful stunning reds and greens are such an eye catcher in the garden, and these are no exception. The Japanese Maples are very versatile and adaptable trees. They thrive in most soils and



climatic conditions. Care and attention at planting time is key to a healthy maple. Japanese Maples have a shallow fibrous root system. Be sure to apply a mulch around the tree to help retain moisture. Your planting site must be reasonably well-drained to avoid waterlogging. Your maple will thrive if they are planted in a location where they get sunlight during the day, a small amount of shade in the afternoon, and are sheltered from the wind. Sunlight enables the deep rich colours in the foliage. Major pruning should

be done in the dormant season after all the leaves have fallen off. Corrective pruning can be done at any time of the year except between late winter and early spring when the tree is devoting all of its energy into the development of new foliage. Many Japanese Maples are well suited to growing in containers. It is important the tree is planted in a mix that drains well to prevent waterlogging of the roots. Looking after a maple is surprisingly easy. Some care and attention at planting time will result in a low maintenance tree for years to come - Japanese Maples can live for up to 150 years. Come and visit us at Awa Nursery and see for yourself these beautiful specimen Japanese Maples.

Want a great lawn over Christmas? It starts now

The grass has taken off - it's thick and lush. But have a closer look. Do you have any thistles? What about Onehunga weed, were there any prickles last summer? Is the grass actually looking good or do you have dandelions, daisies and other weeds popping up? What about the grass itself? Have you let it go a bit over the last few months - maybe it needs a bit of a pick-me-up.

Now's the time to take action for a beautiful summer lawn. Start now and those annoying thistles and weeds can be gone and your lawn look and feel lush and beautiful when you want to be out and about





Designed to improve housing supply in New Zealand's five largest cities, the new legislation will allow landowners to build up to three dwellings on a single section, up to three storeys high - without the need for resource consent from the council. Talk to Signature Homes West & North-West Auckland today about maximising the value of your land. 0800 020 600 | 09 412 9010 | signature.co.nz

Showroom/Office: 80 Main Road, Kumeu, Auckland,









Start with a targeted flat weed spray to kill those weeds (but not the grass), and then maybe a de-thatch, add a little grass seed in any holes where the weeds were and then fertilise the whole lawn with a slow release fertiliser to promote healthy regrowth. Then arm yourself with some Onehunga weed spray and you'll be ready to spray out that annoying pest before the little yellow flowers and then prickles start to appear.

If the lawn has got away on you and is looking ready for the hay baler. It'll take several good mows to get it back under control don't cut too much off the first time as you will remove all the green leaf and the plant will suffer due to a limited ability to feed itself, and it'll look brown and stalky. Use 3 or 4 mows in a short period of time to progressively lower the height and the grass will adjust to the new height. Then remember the lawn golden rule - little and often.

If you or your kids love BBQ's, games of badminton or cricket, a bit of back-lawn camping, or just general running around on the grass, then these straightforward treatments and mowing tips will see your lawn thrive and be ready for you to enjoy through your summer.

Gary Turton, Franchisor - Jim's Mowing (NZ North).

SmartVent system

In addition to good insulation it is vital for homes to be well ventilated. This prevents excess moisture from building up. Showers, cooking and even breathing create moisture and

The Kiwi climate makes it impractical to open doors and windows all year long. This is



where a residential ventilation system can help. Home ventilation systems use fans to move air into the house, providing continuous ventilation regardless of the weather. This helps to maintain air quality and remove moisture from everyday living activities.

Keeping your home warm during the chilly NZ winters can feel like an ongoing battle. Since dry air is easier to heat, the first step is to reduce any sources of dampness and ensure you have good insulation in place. Still noticing issues with condensation and ventilation? Then it might be time to install a SmartVent. Without proper ventilation, the damp air can lead to condensation, mould, hazardous airborne particles and health complications for your

There are two types of residential ventilation system to consider:

Positive pressure ventilation systems - These systems (which are most commonly used in New Zealand) draw fresher, drier air into the home from either the roof cavity or outside. This air is then passed through a high efficiency filter and introduced into the home. This introduced air forces out the moist, stale air that causes condensation, mould and mildew.

Balanced pressure heat/energy exchanger ventilation systems -These systems use the energy the household has paid for, say to heat from the lounge, and pass it through an advanced heat or energy recovery converter. It then tempers the fresh, dry air from outside before moving it to rooms that need it most. Balanced pressure systems (also known as heat recovery systems) are especially suited to modern airtight homes or those homes in the colder parts of New Zealand, assuming the property already has adequate heating, insulation and is built to modern building standards. Since this system works via an air-to-air heat exchanger that transfers heat from the inside air to the air coming in from outside, it is most effective for airtight homes, as more of the heat can be recovered and utilised.

You can learn more about SmartVent here: www.smartvent.co.nz/ whv-smartvent/

If you'd like to know more about SmartVent and get a quote for an installation, please contact us at info@blackoutelectric.co.nz.

Do you like fresh organic

Want to grow your own food?

At Kumeu Community Gardens, we're passionate about growing healthy organic Kai that's good for you and our local ecosystem.

Come and pick your own local organic veggies for free or have a hearty seasonal box of at least 8 different veggies picked for you, for an abundance discount of \$10!! Limited spaces available!

We are always looking for more people to join in and gain experience organic growing, developing our social media, and being on our



0800 DAN TAYLOR

021 254 3899 admin@dtplumb.co.nz www.dtplumb.co.nz

committee. If you would like to be a part of a local charity that supports food security and community resilience and any of these roles sound exciting for you, we would love to hear from you! Your Community Garden depends on it!

Rain or shine, you'll find us every Sunday at 45 Oraha Road. Check out our Facebook page for more info and updates.

2023 Sculpture Exhibition grand opening

Sunday 27th November 3.00pm to 5.00pm.

A key attraction of the Kaipara Coast Plant Centre is our beautiful Sculpture Gardens. Each year the 40 sculptures, created by local and overseas artists, are replaced and remain on continual display for the following 12 months.

Gather up your friends and family and come along for this

year's grand opening of the new exhibition and be amongst the first to see these wonderful artworks which are located along the 1km gardens trail. There will also be opportunities to mingle with the artists as well as drinks & nibbles to enjoy.

This year we have encouraged artists to create pieces around the theme of connection. On display are artworks that inspire connection, works which explore physical connection, or by creating opportunities for our audience to connect with each other or our environment.

There is also our recently created nature trail, which covers an additional 2.4Km, for you to explore. This is set in the lovely Kaipara countryside and placed so as to blend sympathetically with the surrounding environment.

This is a great way for all the family to spend a fun and relaxing

afternoon as we also have an extensive kids play area plus BBQ area within the gardens.

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

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

* Please note: Trails not suitable for wheelchairs or walking frames. 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa.

Tickets: Adults \$15, Gold Card \$12, Children (5-13) \$7.50 (under 5's free), Families (2A + 3C) \$35. To Book: info@kaiparacoast.co.nz or 09 420 5655.

Waimauku Garden Club

It was a change, after the last few years of restrictions, for the Waimauku Garden Club to visit and enjoy private gardens belonging to three of our members in Waimauku and Riverhead. With larger numbers participating, the group split up to enjoy the beautiful gardens, meeting up in Riverhead at an urban garden over the lunch break. Members were able to wander and socialise at their leisure through the gardens. The first garden I visited was Dharamkot, which has been slowly established with much love and hard work by the owners over the last 15 years. A water feature, shady gardens, topiary, hidden spots to relax, and lookouts to rural views framed by archways were some of the delightful features. We could also choose a farm walk down to the river. Our second garden in Riverhead, was urban and recently created in the last 2.5 years. From a site with no fences, and a wilderness of wattle, gorse and weeds, the owners have transformed the site in to a riot of colour, textures, sculptures and native plants. The goal of this garden is to provide a seasonal change in a mass of colours, attract both bees and birds and be low maintenance, whilst retaining the views across the inlet. The third garden, featuring mixed summer hardy plants, well established olive trees on over a hectare of hill land, wound its way down to a pond, looking out to the view of fields on the far side. The garden had been established by the previous owner, another club member, has now been in existence for about 9 years and is lovingly maintained by the current owners. It was a delightful day in



the sunshine, enjoyed by all.

Next month we plan to visit the Parnell Rose Gardens, Historic Houses and finish the year with a Christmas lunch with guest speaker.

Next year in February we are visiting several gardens in Hunua, followed by Matakana Gardens in March and some newly opened gardens in Clevedon in April.

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

Ann 021 035 7406, Diana 027 478 8928, Gail 021 344 070, Maree 027 496 3006, Moira 027 498 9154 Sandi 027 318 4541.

Western ITM

At Western ITM we welcome do-it-yourselfers, whether you are about to build a new deck, a new fence or even a whole house... It's all possible at Western ITM. As your local timber, hardware and building materials suppliers, Western ITM is here to assist. You can call into any one of our 3 West Auckland stores and check out our selection of quality products and range of services.

Do you have a project or plans you would like priced? Then contact our experienced Sales Team today! Email: kumeu@westernitm.co.nz or phone 09 412 8148. You can also visit westernitm.co.nz for a free online quotation or call instore and speak to one of the experienced Western ITM team. 3 Auckland Stores - Open Mon-Sat. Whenuapai | Kumeu | Swanson. www.westernitm.co.nz.

NZ Biosecurity

Do you have a large farm and want to capture aerial imagery of the place to track how paddocks are progressing over time? Maybe you have a covenanted bush block and need to keep track of growth for council compliance. Preparing aerial imagery is helpful in making management decisions about your land,



especially tracking slips over time, how crops are looking, or how your forestry plantation is progressing.

At NZ Biosecurity we combine drone aerial imagery with mapping to create land information relevant to your needs. We can take video footage of your property, take still imagery while the drone is flying, set up photo points to track changes over time, and create maps of

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your choosing to hold data. Combined with our land management skills we can help you understand your property. Give us a call on 09 447 1998 to know more or email us on administration@biosecurity. net.nz for more information.

Kumeu Plumbing

With summer just around the corner, there is no better time to install extra water storage. Choose from 11 different colours and sizes ranging from 300L garden tanks to 31,000L there are options for everyone!



Use free rainwater - garden, car, boat, home washing, W/C and hose taps. Tank level indicators sold in store to keep on top of water levels all summer long.

Free quotes for water tank supply and installs.

Drop in a sample of your pool and/or spa water and we will test it for free

A computerised analysis will provide you with a print-out of a simple to follow, step by step plan to balance your pool/spa water. We sell Bioguard Pool & Spa products in store for your convenience.

Water Treatment - KPL specialises in water treatment systems.

Rainwater supply, bore water systems, commercial water testing and water treatment. Recommendations provided.

Pop in and see one of our friendly team at our showroom based in the heart of Kumeu for all your plumbing, water pumps, water filtration, drainage, roofing, woodfires and pool & spa needs.

KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building www. kpl.co.nz or send us an email info@kpl.co.nz.

Tile and grout cleaning and recolouring

Book now the Christmas and the New Year rush.

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.

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

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.b@theprogroup.co.nz.

Mitre 10 MEGA Westgate – Ladies' Night 2022

Get the girls together for a fabulous Ladies' Night out at Mite 10 MEGA Westgate.

This is the first time in three years since we have been able to run this event and we expect a large crowd on the night, having received feedback from our previous events the



Ladies have told us how useful it is to learn practical DIY skills, this year we have many suppliers showcasing their products along with demonstrations and engaging activities.

Build your own tool box or planter box. Go in the draw to win one of eight fabulous prizes. Plus, the MoreFM push activation button & WIN great prizes. Pick up expert tips from our huge range of supplies, complimentary beverages & nibbles, 15% Storewide discount (T's and C's apply) plus giveaways galore.

Entry \$10 per person with proceeds going to Kindred Family Services. Wednesday 16 Nov 2022 from 7pm to 9:30, Mitre 10 Mega Westgate. Register in store or online for Ladies' Night at megawestgate.co.nz.

Whenuapai Garden Club

Our Guest Speaker was Graham Milne, Begonia Specialist, who has developed and bred one of the largest collections of Tuberous Begonias in New Zealand. He showed us video of Capitola's last Begonia Festival and the blooms looked magnificent on the big screen. So many, so colourful and everybody appeared so happy.

When locals learned in 1952 that begonia blossoms grown by Brown Bulb Ranch in Marina would go to waste as the bulbs were prepared for market, they added the flowers (millions of them) to crowdpleasing floats that traveled down Soquel Creek to the lagoon at Capitola Beach. Since then, begonia flowers, decorated floats, and the early fall festival have been some of Capitola's main attractions. This continued for 65 years until the finale in 2017. Begonias enjoy abundant light but not full sun.

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

Until next time, Happy Gardening from Mary Anne Clark.





The fruit and vegetable garden

- Sow sweetcorn and popcorn. Plant out melons and pumpkins in well composted soil
- Plant basil beneath tomato plants it's a gardening marriage made in heaven. Putting in a few marigolds alongside helps keep pests at bay
- · Keep a regime of liquid feeding and watering going during this growth period. Placing pea straw around plants in the vegetable garden helps limit moisture evaporation
- Stake, tie up or train climbing plants along wires. Tomatoes, cucumbers, beans and zucchini can be grown vertically aiding production in limited spaces
- Fruit developing hang codling moth traps in pip fruit trees. For feijoa and citrus trees, there are also natural pheromone traps to beat guava moth
- Kumara tubers are available now to grow in clay soil, add a handful of gypsum with lots of compost and sheep pellets
- Sow sunflower seeds the 'happy face' flowers brighten the vegetable patch, and bring the bees

The ornamental garden

- Hanging baskets are easy: place a plastic saucer in the base of the basket to help hold water, fill with good potting mix and plant lots of summer flowering plants. Liquid feed after planting and hang in a sunny spot, watering and feeding regularly
- Plant hostas, astilbes and pulmonarias in shady areas of the garden, but remember to lay some snail bait around them
- After flowering keep an eye on the foliage of kowhai trees - this is the time when the voracious kowhai caterpillar starts munching. Spraying with an organic pesticide helps
- Best plants for pots that won't get much water over summer? Geraniums, pelargoniums and succulents
- Mulch the garden: water rates keep rising and water restrictions have become a norm in Auckland, so layer mulch over the garden to keep moisture in the soil
- Plant rhododendrons now. They flower in November, so there's an opportunity to choose the right colour and growth habit for the space in the garden



Project for November

Drought-proofing the garden with mulch.

Central Landscapes has a wide range of great mulches (all from recycled products or by-products of timber processing) to lock in moisture at the roots of plants. Give it a boost: Apply blood and bone before spreading mulch to add some nitrogen for the plants.

To choose the right mulch for your garden visit www.centrallandscapes.co.nz





We dig plants. Plants dig mulch.

Save precious water with a layer of mulch from Central Landscape Supplies. Mulch helps the soil retain moisture and it limits weeds, while helping your plants to grow.

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www.centrallandscapes.co.nz



Pets

Cat lovers - we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and unhomeable 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.

JDC Group and Animology

JDC Group is a family owned & operated business, located on a 10 acre lifestyle block in Waimauku, Auckland.

- Exclusive distributor of Animology since 2014
- Opened a purpose built 144m2 luxury Cat Retreat in 2017

animology®



Group 55 UK is a world leading private label manufacturer of pet & personal care products, based in a 2000 sqm manufacturing facility in Chorley, UK

• Est. in 1999, Group 55 supplies over 50 countries around the world including retailers like of Pets at Home (370) and Fressnapf (1400)

We supply a number of stockists, vets and groomers, you can find them in your local PETstock, Indepet stores, Pet Central (South Island) and independently owned retailers

Animology is a pet care range. We have dog shampoos from every day use to sensitive to puppy. No-rinse shampoos, refreshing sprays, vitamins, clean sheets, fragrances and a feline range of a shampoo and a no-rinse shampoo

For more information contact Debby - sales@jdcgroup.co.nz.

Kanika Park Cat Retreat

Aotearoa New Zealand has the highest rate of cat ownership in the world. Cats are unusual in that they are a predator of our native species, as well as being popular pets and companions. It is increasingly common for owners to keep their cats at home to keep them safe and protect local wildlife.



Responsibly owned domestic cats have a place in our society, but feral or unowned cats do not.

How did cats get here?

Cats were one of the first introduced species to thrive in New Zealand. They arrived with European ships in 1769 because cats were carried onboard to keep rat numbers down. Fifty years later, there was an established feral cat population. Cats were then deliberately released in the 1870s in an attempt to control rabbit numbers.

Cats were introduced to 30 of New Zealand's offshore islands but they have now been removed from over half of them.

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

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Food & Beverage

Soljans Estate Winery

We're open in our bistro 6 days a week. With longer and warmer days in full swing our bistro is now open from Wednesday - Monday for all to enjoy.

Come and try our new summer menu while you unwind in the vines with a cold beverage (or two).

Wine tastings are also available in our cellar door 7 days a week. Whether you're a novice or a pro, there's something for everyone to enjoy.

For more information or to book, head to our website www.soljans.co.nz or call 09 412 5858.



Sweet Bells Cakes

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



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

Our cakes are not just stunning centrepieces but are delicious to taste, that's something everyone can experience as part of the celebration. Our motivation is to go above and beyond not only to



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meet customers' desires and satisfactions but to make their occasion unforgettable which brings great fulfillment to our company.

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

Momma Bear Bakes

Momma Bear Bakes is an A grade Auckland council registered home baker located in Kumeu. Roshi aka Momma Bear is a self-taught cake decorator who found her true passion later and now obsessed with creating sweet masterpieces.

We love being able to design and bring to life something that tastes and looks magnificent and delicious, leaving you to want more.

If you want to make your wedding, birthday or any other milestone

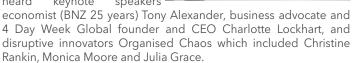
beautiful and memorable with a stunning cake contact momma bear through www.mommabearbakes.co.nz or her Facebook or Instagram accounts.



Allely Estate creates memorable moments

Allely Estate hosted and sponsored a business forum on Workplace Wellness for one of its group of companies - The Engine Limited (www. theengine.biz) - a leading business advisory firm.

More than 100 business owners heard keynote speakers



Attendees also heard from three other business owners about their business journey from former MasterChef finalist Kelly Young who owns 9Rounds Fitness Albany, Curtis Stowers of Conference in a



Food & Beverage

Box and Sarah Donaldson of Fitworks Health.

Speaking of businesses, Allely Estate has been a sought-after venue for years - not just for weddings but for many businesses wanting to put on a product launch, conferences, celebrations or even an early Christmas dinner.

Many businesses have their Christmas gatherings from June to October at Allely Estate so that they get to appreciate their team without trying to battle dates which can be hard with your staff's busy calendars in the lead-up to Christmas, coupled with a busy time to get booked in.

The Workplace Wellness Forum was sponsored also by another sister company of the group, WineTime (www.winetime.co.nz).

WineTime has incredible NZ wines and bubbles that are delivered cleanskin and then personalised. Imagine gifting your client or staff member with a bottle that is personalised with your message - from staff appreciation, retirement, get well soon, birthday ... there are so many reasons to send a gift and one that is in the moment and tastes amazing too.

Rounding back to Allely Estate, the owners have adopted the WineTime personalisation into their service. Those booking are now purchasing personalised wines and bubbles and Allely Estate also gift their clients with a personalised bottle to remember the day.

Contact info@allelyestate.co.nz to get the conversation started to book your event or sales@winetime.co.nz to find out more about personalised wine.

Rose and Lemon Finishing Salt

These herb salts are quick and easy to make and are a great way to add interesting flavours and a little colour to just about any meal or even baking. This rose and lemon version is delicious sprinkled over double chocolate chip cookies, caramel slice or pork dishes.

Rose & Lemon Finishing Salt

Ingredients: 1 tablespoon dried rose buds or a heaped tablespoon of dried rose petals, 1 tablespoon of fresh lemon zest, 2 tablespoons sea salt.



Method: Begin by drying the lemon zest in an oven at 50C for 20 minutes or until dry. Cut the rose petals from the buds, taking only the coloured petals and discarding the rest. Using scissors or a sharp knife, cut the petals very finely. Mix all of the ingredients

together and store in an airtight container.

The flavour options are endless. Create a larger batch and use as Christmas gifts.

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

Hallertau

The hazy beer craze shows no sign of going away.

Hallertau's latest offering Tropic Haze 6.5% evokes scenes of palm trees, hammocks, beach walks with just a touch of heat rash.

This IPA is the free tropical breakfast at the resort, Pawpaw, mango, watermelon and some crusty coconut.

Best enjoyed in the shade, watch for falling coconuts. Grab a pint of from Hallertau or fill your KEEPER bottle for home tippling.



Jesters Westgate company shouts

We want to help you reward your team this holiday season with a Jesters Pies shout. Our pie vans are equipped to deliver delicious, freshly made hot pies to your workplace, any time of the day. We have something for everyone – gluten free, dairy free, vegan or classics, they are all available to order for your company shout. Pre-book with us now to avoid missing out.



To find out more, please email Tony at amljesters@gmail.com or call 09 832 6060.





Working with cancer survivors

NorthWest Physio + is a physiotherapy clinic in Kumeu, they now have two fully qualified cancer rehabilitation physiotherapists servicing the NorthWest.

Cody Langford and Hannah Fordyce, pictured, have both completed their training through the cancer rehab charity PINC & STEEL so they



can work with cancer survivors to support, guide, and rehabilitate people through every stage of their treatment and recovery.

The PINC & STEEL Cancer Rehabilitation Foundation is a registered charitable trust that raises funds to actively support New Zealanders with cancer. Every year, PINC & STEEL helps fund more than 2000 cancer patients (men and women) through certified oncology physiotherapy and rehabilitation programmes including PINC (for women) and STEEL (for men).

Its mission is to inspire and allow anyone with cancer the opportunity to rehabilitate and regain their strength and confidence following their diagnosis, and to incorporate exercise into their lifestyle.

Cancer treatments are tough, and survivors can face an increased risk of extended health problems, premature mortality, and harsh side effects from their treatment. But there are now more people surviving a cancer diagnosis and treatments are more manageable when people know what to expect and are given good advice on everything they can do to maximise their own recovery and help them take positive steps for their future health and wellbeing.

This is where PINC & STEEL cancer physiotherapists can work alongside their patients to help minimise the side effects of the

treatments and improve their quality of life.

Cody and Hannah are available every day at NorthWest Physio + and are experienced working with cancer patients. The physios will assess each patient individually for physical impairments and effects of their treatment. They will then collaborate with each patient to create a rehabilitation programme to suit their stage in recovery. The sessions can include a combination of services including manual physiotherapy, graduated resistance training, fatigue management, and exercise prescription.

PINC & STEEL is a charity and can offer to fund this service for those that qualify.

For more information contact NorthWest Physio +, email info@nwphysioplus.co.nz, phone 09 412 2945 or visit www. northwestphysioplus.co.nz or www.pincandsteel.com for more information

Body shaping with Caci

Target unwanted and stubborn body fat with ChillSculpt®- a non-invasive, non-surgical body shaping treatment

ChillSculpt® targets stubborn bulges that won't go away despite a diet and regular exercise. With ChillSculpt, you can say goodbye to stubborn fat and hello to skin confidence!

How does Chillsculpt® work? Chillsculpt® uses cryolipolysis technology - controlled cooling that freezes and reduces fat cells. The targeted fat cells gradually disappear naturally through the body's normal metabolic process.

It is not a weight loss solution; but it is ideal for reducing fat that cannot be easily removed through diet and exercise. Chillsculpt® is the perfect treatment for those wanting to tone and shape their bodies. It offers a non-surgical alternative to liposuction but has the benefit of no down time.

What happens during a fat freezing treatment? Before the treatment starts the area to be treated is marked out and photos are taken. The treatment applicators are then positioned on your body and a vacuum effect and controlled cooling occurs.

During the treatment you can relax. Each session normally takes an hour to complete. Afterwards, the treatment provider will massage the area for a couple of minutes. Then you should be able to return to your normal routine. A check in will occur three months after the first treatment.

Does cryolipolysis hurt? Initially the cooling may feel uncomfortable, you will feel pressure and intense cold. This subsides within minutes





and becomes more comfortable.

What results can I expect? For most people results will be apparent after three months. A minimum of four sessions per area is required. Your treatment plan will be prescribed based on your individual needs at your consultation.

Can the Chillsculpt® procedure be used to reduce fat anywhere on my body? At Caci we can use Chillsculpt® to target the following areas:

Stomach - lower abdomen, Hips - 'muffin tops', Waist, Back, Thighs, Saddle bags

What are the benefits of treatment?

- Reduction of unwanted fat that cannot be easily removed through diet and exercise
- Non-invasive treatment with no downtime
- Long term solution for fat reduction

What are our clients saying about Chillsculpt®?

"I cannot even convey to you how overwhelmingly happy I am with the results! They have surpassed all of my expectations. I saw visible results after the first treatment, and it's only improved from there. If you have been looking for a treatment to move those stubborn little pockets of fat then you just must go and see Hannah. You will not be disappointed" – Lisa, Chillsculpt® client at Caci Kumeu

Have we caught your interest? Visit our team at Caci Kumeu; one of our highly trained therapists can provide to a free consultation to discuss how we can get you started on your ChillSculpt® journey.

Plus sign up to our Chillsculpt® programme for 5 sessions and get 1 free.

1a Tapu Road, Huapai, phone 09 412 2579, email kumeu@caci.co.nz or visit www.caci.co.nz.

Sunglasses for summer

Looking after your eyes is a stylish must-do this summer. Protect your peepers from UV and glare and look amazing with the new sunglass ranges at For Eyes in the Kumeu Shopping Village. All sunglass models meet safety standards for UV blocking and many are polarised for added glare



protection. We can make them in your prescription too.

Moscot Optical has a strong fan club and Moscot sunglasses in retro chunky round or square styles won't disappoint. And did you know you can have any Moscot Optical frame customised into prescription

Take Your Eyes to For Eyes!

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- Specialty assessment of child and adult reading difficulties
- Specific-tint lenses for Irlen Syndrome
- · Lenses to correct red-green colour-blindness



Phone: 09 412 8172 email: foreyes@foreyes.nz website: www.foreyes.net.nz

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993 Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu sunglasses?

William Morris offer stylish elegant sunglasses in great tortoiseshell or transparent pastel tints and classic black. Men's models include a classic metal aviator.

Vera Wang is not for shrinking violets! These are striking and beautiful sunglasses to treasure.

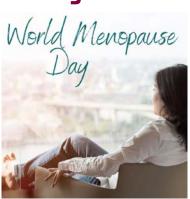
Anne Klein continues to offer classic wearable sunglass models that suit so many faces and are always popular.

Maui Jim are tops for amazing lens technology. Bi-mirror coatings reduce reflected light from sky, sea or wet roads, and the tints let through colour but stop glare. Best-quality polarised lenses and anti-reflection coatings complete the package and the frames fit well and look great. Test-drive a pair and see for yourself. Prescription Maui Jim sunglasses in distance or progressive designs are our specialty ... or ask about our Hidden Bifocal.

For Eyes: 90b Main Rd, Kumeu. Phone 09 412 8172.

World Menopause Day

The 18th of October was World Menopause Day. The purpose is to raise awareness about menopause and what support is out there. Let's face it for a lot of women around the world there really isn't much. Whilst young girls are starting to get much better education around their menstrual cycle and puberty, there is little education around menopause and not all GPs are trained in



Menopause is misunderstood. It's not a medically diagnosed condition, it's a natural transition, it shouldn't be horrendous but it was never meant to be easy (transitions never are). Studies show that women have very little support and some are forced to give up work altogether as a result of their symptoms.

I passionately believe that whilst we need to acknowledge that for some menopause is terrible, it is so, so important that we don't automatically fear it, that women should be educated on it and what to expect.

All transitions in nature are challenging. The journey from perimenopause to menopause is unsettling, a shakeup, a chance to evaluate our lives and decide on what we really want, who we really are and what we are here to do or be.

I also believe that symptoms are messages that things are not right - hormones only become imbalanced when other things in our lives



COMPLETE HEARING CARE AT HOME FIRST VISITS ARE **FREE**

are imbalanced - our thoughts, nutrition, exercise, lifestyle, stress, work, relationships etc. Address those and the hormones usually sort themselves out.

I would like to live in a world where women were educated, prepared and supported and excited about menopause...excited about coming out the other side...excited about moving into the next phase of woman's life...to be the wise women, to be the leader, to be the mentor. In most traditional societies a post-menopausal woman is a leader, a kuia, only in western societies are these women invisible. It's time that stopped too.

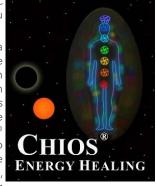
Take a moment to just marvel at how amazing we are - what our bodies have gone through...we are definitely not the weaker sex. We carry into menopause a life of hard work, service, feats of incredible strength, illness, injury, birth and loss. These are the scars that make us who we are. That's why we need to celebrate.

I have been running a series of free webinars on perimenopause. Please go to www.sarah-brenchley.com/links/ to access these webinars and other resources or contact me at admin@sarah-brenchley.com if you would like to learn more.

Chios® Energy Healing

You have heard about Reiki, Magnetic Healing, Theta® Healing, but have you heard about Chios® Energy Healing?

Chios® pronounced 'chee ohss'. Is a relatively new but at the same time is a complex energy healing system that was given to its founder Stephen H Barrett, together with over 20 years of research, Stephen realised the importance and benefit of the Chios® energy and wanted to get out into the world for others to share and see the benefits of it. Jason Mackenzie, Founder of Astramana TM Healing



Services saw its benefits and after several conversations with Stephen Barret decided to learn this form of Energy Healing. Jason is a Register Chios® Master-Teacher and was taught by Stephen Barrett.

Chios® Energy Healing is described as perhaps the most innovative, comprehensive, and powerful aura and chakra-based healing system in the world.

A Chios® Energy Healing session usually last about an hour and can help to: Unblock Chakras, Aura Clearing, Chakra charging using colour and Chakra rebalancing to name a few things.

For those already involved in energy healing, Chios® Energy Healing is very easy to learn, in fact Astramana™ Healing Services offers a self-study program. There are 3 levels to the Chios® Energy Healing System and can only be taught by a Certified Chios® Energy Master-Teacher, who will provide an attunement at each level. You will also learn the powerful Chios® Meditation. Upon successful completion of the study programme and attunement process you will be registered with Stephen Barrett and be able to teach this incredible energy healing and you will be able to perform treatments on yourself and others.

Astramana™ Healing Services offers various Energy Healing Workshops including Chios®, Reiki and Seichem. We want to help you to help and heal yourself.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher and Clairvoyant & Tarot Reader Jason Mackenzie. Please visit our website: www.astramana.com or email astramana@gmail.com, phone/ text us on 021 0277 0836 with any questions or to book a session, workshop or a Tarot reading. We offer a mobile service to those out West Auckland.

Please Note: Chios ® is the Registered Trade Mark of Stephen H Barrett and can only be used with his permission.

Change the beliefs and the body changes

All my life my weight was up and down. I have weighed between 62 - 104kg and worn size 8 to 18 clothes. I used to keep my 'fat' clothes in case I needed them. The cabbage soup diet and dukan diet didn't work. I tried to be 100% sugar free. I would go to the gym, lose the weight, get fit, and then start binge eating again and put it all back on and



I didn't know that I had created beliefs as a child that kept taking me back to being overweight, that whenever I got slim part of my mind didn't feel safe. Using hypnosis, I have freed myself of those old beliefs and choose to be slim, fit and healthy today. I exercise regularly and actually love it. I eat healthy (most of the time) and my body feels so much better. So many benefits including knee pain gone, indigestion gone and back pain better. Most importantly the

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health and fitness to run, swim, dance, hike and bounce. If you need help with weight loss, please get in touch. Lorraine Maguire - Rapid Transformational Therapist. www.lorrainemaguire.com.

Spring is here

New stock has finally arrived.

Colour, sunshine, sunglasses, hats, caps, wine glasses, scarves, bags, cards, vases, art pieces, Secret Santa gifts, men's gifts, trinkets, candles, placemats, tea towels, toys, Kiwiana, photo frames, aprons, garden goodies, leather bags, wallets, cosmetic bags, jewellery, hair accessories ...

Our sunglasses are very, very good quality.

Come and browse any day but Sunday

Hobsonville Optometrists - Glasses and Gifts 413A Hobsonville Rd, Hobsonville.

ROYAL HEIGHTS DOCTORS

The right time

Ever wondered why that instant noodle doesn't taste as good as it looks on the packet?

Turn the packet around, set a timer and follow the exact time it says to cook it for.

Not one second more or less.

The time exists for a reason - the many food experts that

developed it had already tested it and that particular time gives the best results (of course some nice toppings help as well...)

Try it next time and you'll be standing there stirring and waiting for the longest 4 minutes of your life, especially if you are really hungry. Time slows when you are waiting.

Notice how the years slip by and you've "suddenly" grown white hair and a pot belly? Or how that much anticipated long weekend is over?

Time speeds up when you are living life.

There is a right time for everything - even the Good Book says so. When is the right time to get a handle on your health?

Not yesterday because you can't change the past.

Not tomorrow because it may be too late.

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If you want your future health to look good, see your GP today and invest in your health. Get screened. Do that mammogram, PAP smear and prostate check. Get regular bloods especially if you have a family history of poor health. If you smoke ask for a chest X Ray especially if you are still coughing after a cold. Take your medications regularly.

The right time for health is NOW.

Dr Frederick Goh - www.rhdoctors.nz.

Get set for summer with Westgate Optometrists

Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays.

Westgate Optometrists have a wide range of contemporary sunglasses with brands inclusive of Kate Sylvester, Nina



Ricci, Furla, O'Neill, William Morris, Barkers and more - all can be paired with our polarised prescription lenses for single vision and progressive lens wearers. Purchase any complete pair of glasses and receive 50% off your second frame.

Stop by to check out our range and have a chat to our friendly team. Opposite NorthWest Shopping Centre and the Kiwibank, just around the corner from Goode Brothers Restaurant.

Phone: 09 831 0202 Website: www.westopt.nz.



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Walking for sexual abuse victims

Sisters Kate Hattaway and Libby Taylor held a support walk for the NorthWest community on October 10, raising awareness around the negative impact of sexual abuse as part of their initiative 'REOSA', an acronym for Ripple Effects of Sexual Abuse.

Huapai resident Kate says the turnout was "awesome" with walkers managing to escape passing showers, and the school holidays allowing plenty of children to attend.



This walk is part of 30 support walks that Kate and Libby are doing across New Zealand during October and November.

The two are currently walking and biking the length of New Zealand to create hope and dispel loneliness for survivors of sexual abuse.

"For me, REOSA is about education, empowerment and awareness right across the board," says Kate. "My sister Libby and I start the 2100km walk/cycle in Cape Reinga, Te Rerenga Wairua, on October 1, 2022 and end in Bluff mid-November."

They will be stopping in many towns along the way to get communities involved and spread awareness through their support walks

Anyone can join in these walks, with survivors, advocates, support people, friends and family of survivors, local organisations and action groups, and people that want to see change all welcome.

One in three girls may be sexually abused before the age of 16. Most of this abuse (90%) will be committed by someone the girl knows.

One in six boys may be sexually abused by adulthood. One in five women in New Zealand will experience some sort of sexual assault in their lifetime.

LABOUR'S GROWING
A STRONG ECONOMY WITH
MORE PEOPLE IN WORK

4.8%

4.8%

4.5%

4%

4%

4%

4.8%

Asymptotic and the street of the

Sexual abuse can have long-term psychological, emotional and physical effects on survivors (ripple effects), that are far reaching and sometimes catastrophic.

The REOSA team has created a handbook with support from HELP Auckland called Keeping Our Tamariki Safe from Sexual Harm.

This is a resource to educate, empower and support all parents, grandparents and caregivers.

A copy of the handbook is on the website, while REOSA is also working with Michelle Derrig, the author of Only for Me to distribute copies of her book too. Only For Me teaches children about their right to privacy and how to protect their own bodies in a gentle and age-appropriate manner.

Visit www.reosa.co.nz/reosa-walk for more information, to donate to the Education Give A Little Fund go to https://givealittle.co.nz/cause/the-reosa-walk-education-and-support or search Facebook @reosa.newzealand, and Instagram @reosa_nz to follow the New Zealand walk.

Growing a strong economy for New Zealanders

There is a definite spring in the air throughout Kaipara ki Mahurangi as we emerge from the pandemic and a long, wet winter. I'm looking forward to dropping into the local markets, Arts Trails, school fairs and Agricultural Days over the next few weeks. The Muriwai Arts and Art in the Ville Trails, school fairs and Agricultural Days are a great way for families to meet up and share in the community fun that makes living in Kaipara ki Mahurangi a pleasure.

I'm enjoying being out and about and dropping into businesses, and meeting up with constituents in different communities - that sometimes takes me all over NZ; from visiting the Dutch with the new Ambassador of the Kingdom of the Netherlands to attending the diplomatic reception of the Indonesian Independence Day to local events such as the Muriwai and Helensville Arts in the Ville Trails. I am always amazed and take pleasure in the creativity that is on display.

On the political front the Prime Minister recently returned from a trip to the United States where she met with a number of world leaders. From their discussions it was clear that while things have been tough everywhere, New Zealand continues to do better than most.

So I wanted to share a bit of an update on the steps that we're taking to support Kiwis through this period, and to report back on some of the economic indicators that you may have missed. These give real reason to feel optimistic about the future, and the opportunities before us.

Our economy is 5% larger than before the pandemic, unemployment is at a near record low, exports are up and incomes are growing



at the highest rates since records began. We have more people in work, with higher wages, making both New Zealanders and the New Zealand economy stronger.

Local businesses have every reason to be positive. The latest tourism numbers show that more than 100,000 tourists visited New Zealand in July alone. This demand will continue to ramp up as we look forward to a summer of big events, kicking off with the Women's Rugby World Cup in Auckland and will be seen here, in Rodney, with tourists taking the time to experience our great wines and local restaurants along with enjoying our fascinating local history. We'll also see more holidaymakers and skilled migrants fill workforce

While this is really good news for the economy overall, I know things still feel tough for many New Zealanders in the face of global pressures. That's why we've rolled out a number of measures to help ease this pressure, including with our Cost of Living Payment, action on supermarkets, fuel tax cut and more.

Targeting cost of living support towards those New Zealanders who need it most is not only the right thing to do, it's also the smart thing to do. There's simply no room for unaffordable and untargeted tax cuts to those who need them the least. As we've seen overseas, tax cuts with no plan for how to pay for them are economically reckless.

There are big challenges ahead, as the world continues to grapple with high inflation, the war in Ukraine, supply chain issues and ongoing geopolitical tensions. However, there's a lot for to be optimistic about too. The latest figures show that New Zealand is in a strong position to navigate through the uncertainty, and seize the opportunities in front of us.

Marja Lubeck: Labour List MP based in Kaipara ki Mahurangi.

Change in the air for Citizens Advice Bureau Helensville

A new venue, manager and coming merger make up a clean sweep.

Volunteers are settling into their new home sweet home- just up the road at Citizens Advice Bureau 16 Commercial Rd.

The office was previously based at 27 Commercial Rd for 14 years and originally opened its doors in Helensville in 1991. While still located in the main street, it is away from the main hub, providing a more discreet entry for





providing sound proof rooms for clients, meeting spaces and greatly improved kitchen and toilet facilities. Increased visibility and easier access to visitor parking are also benefits.

"The latest shift has got to be the biggest and best location ever," says Dawn Bayliss, long-time volunteer icon who has been with the bureau's three moves.

Another change is new manager Rani Timoti replacing Karen Rutherford who has re-located with husband Chris to the South

Rani juggles her part-time CAB position while being an adult literacy and numeracy, English as a Second or Other Language and communication workplace trainer.

Rani acknowledges Karen's training and encouragement. "Karen led the helm for seven years and was very much a pillar of support in so many ways, especially helping volunteers and board members behind-the-scenes, never looking for the limelight, but serving us as the best leaders do. Her consistent hard work and networking with our community continues to be her invaluable legacy for our

Ma mua ka kite a muri, ma muri ka ora a mua: Those who lead give sight to those who follow, those who follow give life to those who

Rani has built up an understanding of CAB work, values and policies as a volunteer and board member since 2016 and looks forward to her adventurous learning curve.

"There's so much potential for growing our community connection in Helensville and surrounding districts," says the Muriwai resident. "However, empowering clients and collecting evidence to address issues at a systemic level is our first priority and why we exist."

E hara taku toa i te toa takitahi, engari he toa taki tini: My strength is not mine alone, but is the strength of many

Volunteers are also supporting a merger with CAB North Shore which currently has six branches. Benefits include tapping into specialist teams and resources while maintaining its strong Helensville identity.



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Come visit our friendly volunteers Monday to Friday, 10am to 1pm. Other options include by phone 09 420 7162 or email: helensville@ cab.org.nz or go to www.cab.org.nz/ for our national website.

*Meanwhile, we are always keen to hear from people interested in volunteering with our long-standing community organisation. If you have good listening skills, empathy, the ability to ask guestions and research the answers, pop into the CAB to ask and/or pick up a form to register your interest.

Sayers Says It

In a landslide victory, Greg Sayers has been announced the councillor for the Rodney ward of the Auckland Council.

Sayers received 13,539 votes, which was a staggering 7689 votes ahead of nearest rival Beth Houlbrooke receiving 5850 votes. Other candidates were Rob Ryan with 1447 votes, Anne Perratt 1109 and Hannah North 1048.

Sayers thanks the voters of Rodney for their continued support and faith in electing him for a third term.

"It's a privilege to continue to represent Rodney," he says.

Sayers was the first councillor to be called to meet with the new Mayor Wayne Brown.

After the meeting he said he was optimistic that with a new Mayor he will be able to get some traction with his efforts to put an end to council's wasteful and unnecessary spending, streamline processes, cut red tape and get the council back to core business. In turn this would help keep rate increases down, deliver better results while hopefully improving the customer experience when dealing with the council, says Sayers.



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"Our discussion included the inferior state of the unsealed and sealed road roads within Rodney," says Sayers. "The Mayor was very keen to see this rectified."

Sayers said the Mayor indicated he would be announcing the deputy mayor position and council committee structures once he had met with all the elected councillors and considered their viewpoints.

"My overall impression is Brown is going to make a number of disruptive changes to Auckland Council for the better," says Sayers.

During the meeting Mayor Brown was keen to see changes made at the Board of Directors level of Council Controlled Organisations (CCOs).

Replacing professional directors with qualified roading engineers at Auckland Transport, so directors had knowledge about roading, was high on his agenda. Sayers is in support on this approach with Brown.

Trains to Huapai were also discussed and the Mayor wanted to better understand from Auckland Transport and KiwiRail what opportunities were available for the electrification of the rail line through the Waitakere tunnel to Kumeu, and further north.

Sayers suggested the Mayor ask central Government's NZTA to bring forward the construction of the bypass road around Kumeu, citing the need to deal with SH16's traffic congestion, along with avoiding the escalating cost of land, as reasons to act quickly.

"I asked the Mayor to reconsider the Rapid Transport Corridor idea through Huapai along SH16. I explained building this to support a future town centre located in the worst part of the flood plain is madness," says Sayers, who believes he and the Mayor have got off to a positive start.

Co-operation is important

I've been thinking about the importance of co-operation lately. In the context of being a local MP, it is always wonderful to see when local groups connect strongly with each other to maximise the outcomes that they can gain for our people. This means that together they are able



to be together, like the Beatles were once famously described, "greater than the sum of their parts".

There can surely be no better example of co-operation at work then a network of community organisations based in Helensville that I visited recently, along with my boss Christopher Luxon.

The degree of connectedness was made obvious to us when we visited these three outstanding organisations, namely South



Kaipara Good Food, the Helensville District Health Trust (including its renowned Birthing Centre) and Parent Aid Northwest. I happen to know that these groups also work even more widely in the community than that.

It was obvious to Christopher and me that these groups are getting great results not only because of the strong sense of purpose that each holds in its own right but also the degree of cross-pollination

Where a family in NorthWest Auckland has needs spanning across these services, referring between them just makes sense. Think about a young family welcoming a new arrival at the Helensville Birthing Centre, for example; they might need assistance back at home to cope with the changes and then have ongoing needs in relation to food security. That's when all three organisations come together so strongly.

A key aspect of the discussions that Christopher and I had with these groups was the value of investment. More particularly, it was so helpful to understand where these NGOs are able to demonstrate that for every dollar invested in scaling up their operation they can produce \$X worth of value back to the community. This can be a really worthwhile basis for any government's funding decisions and an approach we are keen to take.

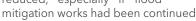
Where young families are concerned, helping with food or other basic necessities can mean better outcomes in education and health, which in turn will save money elsewhere in the system ... in addition to better social outcomes, obviously.

At the end of the day, though, the most important factor will remain the quality of the people involved on the ground, not in the degree of government assistance. We are so well served in this area in that way. We just need these amazing workers to be well supported and taxpayer funds prioritised to that end. Kaipara ki Mahurangi MP Chris Penk.

Flood worse than needed to be

Key points from the WSP report to the Auckland Council "Review of the Kumeu Flood Event of 30-31 August 2021", indicates flooding was worse than it needed to be.

He says the report shows the impact could have been reduced, especially if flood







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issued at 9.10am on Monday 30 August," the report says.

A peak rainfall of 208mm was recorded at the NIWA gauge site at Taupaki, with a peak hourly rainfall of 52.2mm. The longer-duration intensities (about two hours) exceeded 1% AEP1 (ie, 100-year return period), and were possibly as much as 0.4% AEP (ie, 250-year return period). Severe flooding was experienced in the Kumeu area, where the main commercial area and numerous dwellings were flooded.

At the time of the event a major floodway through the town was partly completed, so the report considers to what extent flood effects might have differed if the flood mitigation works had been completed.

It's unclear how much of the damage that occurred in the August 2021 storm event could have been avoided by a completed floodway, but flood effects would have been reduced. In 2005 a high-level cost estimate showed the floodway had a base cost of \$11.9m or \$22.4m including risk contingency. In 2021-dollar terms this equates to \$24.7m base cost and \$46.6m including risk.

Council should actively maintain the constructed portion of floodway to ensure the target Manning's roughness is achieved. That is, the floodway should be maintained as a grassed channel with sporadic planting. Ideally, dense vegetation should be confined to branches high above flood level (as distinct from low, bushy shrubs).

The former Rodney District Council (RDC) engaged an officer to liaise with property owners to coordinate periodic rural stream maintenance. The maintenance that occurred was still relatively lowlevel and restricted to critical areas, but this is a model that may be worth re-establishing. Any future flood warning system would need to be accompanied by a community resilience plan, informing the community about what to do in the event of a rain alert.

The August storm resulted in 2677 insurance claims, with a total value of \$62 million, making it the second-worst natural event of the year in New Zealand in terms of insured loss value (behind the July West Coast floods). Guy Wishart, Chairman Kumeu Community Action (KHRRA).

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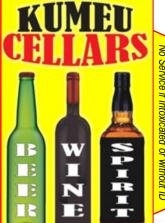


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