

kumeu Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

FIREWORKS NIGHT OCTOBER 28



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

**NEW 'FLOOD-PROOF' TOWN CENTRE PROPOSED BY
FUTURE-KUMEU**

Circulation is 10,000 print copies and 3371 opened and read email copies.
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Contact Geoff Dobson on 027 757 8251 or geoffdobson2017@gmail.com

October 2022



Greetings

The Nelson floods in August mean the Tasman region copped the weather bullet dodged by the NorthWest. Flooding remains a key topic in this area, with this issue covering some of the suggestions to avoid a repeat. One is from a group of like-minded business representatives called "Future-Kumeu" which proposes a new "flood-proof" town centre.

Future-Kumeu says the August 2021 flood showed such a need and it has a public information sharing evening planned at St Chads Church in Huapai on Wednesday October 19, 7pm. RSVP via editorial@kumeucourier.co.nz, phone 0800 900 700 and visit www.futurekumeu.nz for more information, submission forms, maps and links.

Meanwhile, the Government has just released a National Policy Statement for Highly Productive Land to preserve New Zealand's main agricultural and horticultural areas – which may be a tad too late for much of the NorthWest.

Minister for the Environment David Parker says it will "greatly improve how we protect highly-productive land from inappropriate subdivision, use and development".

"Our cities and towns need to grow but not at the expense of the land that's best suited to grow our food," David explains.

"Councils will be required to identify, map and manage highly productive land to ensure it's available for growing vegetables, fruit and other primary production, now and into the future."

However, subdivision for housing on highly productive land could still be possible in limited circumstances, especially if less productive land is not available or if certain tests can be met.

The NPS-HPL intends introducing strong restrictions on the use of highly productive land for new rural lifestyle developments.

It will be transitioned into the two Acts replacing the Resource Management Act – the Spatial Planning Act (SPA) and the Natural and Built Environments Act (NBA).

"Our Fit for a Better World roadmap that we developed with the sector will add \$44 billion over 10 years to our primary sector exports but is dependent on maintaining access to our highly productive soils," says Minister of Agriculture Damien O'Connor.

He says the changes "enhance protection for our highly productive land giving farmers, growers, and other food producers certainty into the future".

"Over the last 20 years, about 35,000 hectares of our highly productive land has been carved up for urban or rural residential development, while 170,000 hectares of this land has been converted to lifestyle blocks," Damien points out.

"Once land is built on, it can no longer be used to grow food and fibre," says Damien, adding the new roadmap is intended to protect main food production areas like Auckland, Waikato, Hawke's Bay, Horowhenua and Canterbury.

Check www.environment.govt.nz/publications/national-policy-statement-for-highly-productive-land for information.

Geoff Dobson, Editor



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COVER PHOTO: Future-Kumeu steering group, from left, Guy Wishart, Ben Vallings, Graham McIntyre, Pete Sinton, Craig Walker, John Francis.

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People & Places

New 'flood-proof' town centre proposed by Future-Kumeu

If the August 2021 water inundation event showed us anything it was lost in translation to Auckland Council planners and the committee within Supporting Growth, a team that has been working to plan and future-proof the development of the commercial and retail structure of Kumeu and serviced by a billion-dollar rapid transit corridor (RTC), says Future-Kumeu.

"It would seem common sense that any new transport solution would meet the needs of the commercial and retail town centre of Kumeu," says the steering group of like-minded Kumeu businesspeople.

"However, the recent and extensive flooding within Kumeu highlights that any town centre development would not be located where it is susceptible to flooding.

"Within the Kumeu commercial area, businesses are being refused flood insurance and this is likely to influence any growth/development in the future."

Future-Kumeu proposes a new and improved future plan for adoption by the Auckland Council and Supporting Growth committee.

It says the proposed new plan has major benefits for the Kumeu community, taking flooding out of the picture and introducing significant and timely planning initiatives to make a better and brighter future for Kumeu without the fear of flood damage or loss.

"It's a no-brainer that we develop a town centre that has excellent infrastructure, the best transport solutions and is not flood affected,"

says Future-Kumeu member John Francis.

During the past six months, the group that makes up Supporting Growth has made it clear a budget would not be available for both projects on the table, says Future-Kumeu.

The first project is the widely discussed bypass route that takes transit traffic away from Kumeu and diverts it around the western corridor to re-enter SH16 at Foster Road (\$1 million budget).

The second project is the rapid transit corridor (RTC) that link Riverhead, Kumeu and Red Hills Road with Westgate. This is a multi-use bus, light-rail, cycle and walkway proposal that suggests a wide corridor through Kumeu-Huapai at the expense of some current businesses and greenspace (\$1 million budget).

There is no money for either project, however it is likely that one project will win over the other, Future-Kumeu adds.

"Given this Governments appetite for reducing roads in favour of public transport you know which one is likely to be cut."

Future-Kumeu suggests taking lateral and logical transport mapping and introducing significant and timely planning initiatives without the need to pick one over the other.

"It beggars belief that we develop a bypass that has excellent infrastructure and Supporting Growth wants to put a bulldozer through the main street of Kumeu and Huapai - it's madness," says Future-Kumeu member Craig Walker.

Future-Kumeu suggests a new town-centre out of the flood-affected Kumeu region and with the best possible infrastructure to offer state-of-the-art commerce and retail solutions.

What's the real number behind the Supporting Growth survey?



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People & Places

Supporting Growth achieved 11 email responses and a further 48 survey responses (of mixed content) that was run over three months, says Future-Kumeu.

"Many of us worry that the questions raised in the survey were not independent and swayed the respondent to answer in a way that supported the desired result.

"Further, it clearly highlighted that Kumeu needs a solution today and not in 30 years. It also highlighted in the breakout text that a majority favoured a park and ride solution which allowed bike and vehicle parking options."

The response was: "We are not providing park and ride, we want to encourage people using other modes, to suit the future urban form of Kumeu Town Centre."

Future-Kumeu says it surmises this is a skateboard when it's fine and snorkel and flippers when it's wet.

It says Supporting Growth also suggested: "We have planned for fast, frequent and reliable public transport through a bus-based RTC."

Obviously, buses may improve over the next 30 years, but Future-Kumeu says it would be more impressed with a fleet of Uber drones that moved station-to-station and recharged on landing.

"Certainly a solution that is earmarked for 30 years' time, has no funding in place, is not green based, and has no link to how public access into it, is ill-conceived to the point of being reckless," Future-Kumeu adds.

Future-Kumeu invites you to an information sharing meeting and chat with the local steering group to present how Future-Kumeu's new proposed plan differs from that put forward from the Supporting Growth committee (incorporating Auckland Transport and Waka Kotahi NZ Transport Agency).

The public meeting is on Wednesday October 19, 7pm, at St Chads Church

Please RSVP via editorial@kumeucourier.co.nz, phone 0800 900 700 and visit www.futurekumeu.nz for more information, submission forms, maps and links.

Riverhead School celebrates 150 years

After COVID restrictions prompted delays earlier this year, Riverhead School's 150th anniversary commemorations can now proceed full blast on Saturday November 5 and Sunday November 6.

"it's so exciting," says Principal Kris Hughes, adding a sesquicentennial team has a full programme ready to go.

Celebrations start at the Riverhead Community Courts around the "Old Girl" as the original school building transferred there is known.

The school is donating an oak tree for the Riverhead War Memorial Park site to commemorate five mature oaks planted at the school from acorns and lost to disease.

A plaque commemorating the gift and 150th will be included on a rock from the school's landscaped garden placed near the Old Girl.

The sesquicentennial makes the school the oldest in West Auckland and probably the second oldest in Auckland.

The celebrations provide "all sorts of opportunities for different ages", says Kris, who expects to see oldest pupil Mary Papa, 100 (featured in the June Kumeu Courier) and former board member George Yelavich there.

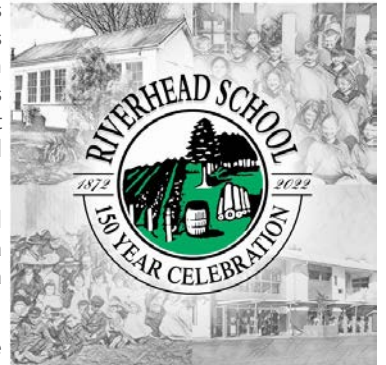
The November 5 programme from 1pm to 2pm starts with a welcome, followed by a performance from the school Kapa Haka group, memories and stories from past pupils and a viewing of the Old Girl building.

A dinner and dance follow that evening at The Riverhead from 5pm to 11.45pm. The ticketed event for those aged 18 and over includes photographs, a "selfie booth" and band The Leonards.

The Riverhead School Celebration Day is on Sunday November 6 from 8.25am to 2.30pm.

It starts with the school bell ringing and a welcome, followed by Kapa Haka, the national anthem and raising the flag, with official speeches at 9am and cake cutting.

A morning tea is available in the hall café (including Devonshire teas) and from food trucks after 10.15am, while stage performances





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and a remake of class photos follow.

At 11am classrooms open for historic displays from 1872 on with QR codes helping provide information on the various eras.

There's a lunch break at 11.45am and then stage performances and on field activities continue, the school bell ringing again at 2.30pm to end the day.

Kris says local identity Jim Hill has provided information for the history walk of the Riverhead community area.

A number of local artists have contributed art pieces towards the Silent Art Auctions which will be held over the weekend. The proceeds from these auctions will go towards the maintenance and repairs of the original 'Old Girl' school building.

Kris expects plenty of people to attend the two days of events, with a giant marquee at the school helping protect participants.

Main sponsors for the sesquicentennial events include the Country Club Huapai and Harcourts Blue Fern Realty.

Contact Mel at the school for more information and to register for The Riverhead event, email pa@riverhead.school.nz or phone 09 412 9105 extension 202.

Go bowling at Riverhead

The Riverhead Bowling Club was established in 1961 as a community facility at Riverhead Memorial Park (across from the new Caltex Station).

It remains a great place to come and play some pool, darts, have a chat, a beverage and unwind as well as play lawn bowls through the summer.



The club is open every weeknight from 4pm to 6pm in the winter and later in the summer, also open on weekends when club events are on.

Riverhead Bowling Club's new season memberships cater for various levels from non-playing membership to social bowling, up to playing for the season in club events.

Bowls lessons for new and developing bowlers start October 5 on Wednesday evenings, 6pm-7.30pm. This is a fun introduction to playing lawn bowls, and all equipment is provided, the club explains.

"You also welcome to bring your own or grandad's bowls out of the closet. The cost of this is \$10 which also provides you with a casual/

social membership for the year."

Twilight business house bowls starts in February for teams of three players and runs for eight weeks, from 6pm.

At \$25 per week per team, this is a great fun competition for new and non-bowlers - plus the club also provides free bread and sausages during the games, says the club, adding that entries are being taken now.

Work Christmas functions are also accommodated at the club, which suggests booking early to avoid missing out.

"So come along, challenge your friends or work colleagues to a game and enjoy the facilities, have a chat and enjoy the friendly banter."

Email riverheadbowls@gmail.com or text 027 490 6572 for more information, or just call in at 1088 Coatesville-Riverhead Highway.

New Masonic Lodge for NorthWest



Lodge Kalahamsa, Ancient Universal Mysteries (AUM), recently built a temple complex at 288 Old North Road in Riverhead - town planner Pete Sinton's former address before moving north.

AUM is an International Order of Masonry with a difference - its membership is open to men and women from all religious backgrounds and beliefs.

It did consider using the former Masonic Lodge building in Kumeu but found it unsuitable.

The allegorical rituals, symbols and numbers embedded in Masonic ceremonies are what remain of a divinely imparted philosophy that flourished in an antiquity so old that it is impossible to find its birth, Lodge Kalahamsa says.

The inner meaning of its rituals, of allegories and symbolism have been largely restored by AUM which is part of a general move forward of the so-called "Mystery Teachings".

"Masonry is a system of personal growth that initiates its members by degrees into a deeper understanding of life's mysteries.

"The creed of a Mason has two basic tenets - the first is that there is but one God within whom we live and move and have our being, the second is that each individual human is a being of light born of

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a divine or spiritual cause."

Modern Masonry holds the essential keys to the future and is described as the Custodian of the Law, the Home of the Mysteries and the Seat of Initiation. In the hands of the Mason lies solutions to the pain, sorrow and confusion in the world today.

A growing spiritual awareness in humanity is prompting a desire to find a spiritual truth that will bring greater understanding, the lodge says.

"Masonry is inclusive and intelligently satisfying, and free of sectarian connotations as we are embodied as one great human family. The raising of humanity will be achieved through group co-operation enabling that which is below to become as that which is already existent, and above."

AUM Masonry has no gurus, nor is it a sect centred around personalities.

"It is a democratically organised hierarchy with graded responsibilities of service in which the Mystery Teachings aid the individual by way of group purpose toward the greater well-being and good for all that lives," the lodge says.

Literature and training are available through the Ancient Mystery Teachings.

Lodge Kalahamsa hold studies each Wednesday at 7.30pm, presently via Zoom.

Students do not need to join Masonry but will need to have an interest in the Ancient Mystery Teachings and purpose of life.

Open ceremonies are held at the solstices and equinoxes.

Email lodge-kalahamsa@grandlodgeaum.org or phone 09 833 8418 for more information.

Need a lead?

Beach goers at Te Henga Bethells Beach who've forgotten their dog lead will be able to borrow one and return it at the end of their walk.

That's thanks to a new initiative by Te Henga Tuturiwhatu, the local dotterel minding group.

Chris Bindon from the Auckland Council has sourced some dog leads and the group is running its "Need a Lead?" campaign all summer, starting in October.



Bethells Beach has endangered dotterels and the group has been working since 2018 to protect them.

Dotterels are rarer than kiwi with only about 2500 left all over New Zealand, the group explains.

Their chicks are tiny and vulnerable. They leave the nest as soon as they hatch to forage for food right up and down the beach from the dunes to the water.

The breeding season runs from October to March, and the determined parents will lay up to five times over a season if their attempts are unsuccessful.

From 2011 to 2017 when no dotterel chicks survived, only two adult birds were seen on the beach on a regular basis.

Since 2018 the group reports four chicks made it through to fledging, and currently six adult birds are regularly seen on the beach.

At Te Henga Bethells Beach, dogs are required to be on lead from the car park, on down past the lagoon and anywhere on the main beach from Labour Weekend through to Easter Weekend.

Dog off-lead areas are the grassy reserve behind the car park and Waitakere Bay over the river. Visit www.facebook.com/groups/2703509556590082/ for more information.

Remembrance Day at St Martin's Church

A Remembrance Day to commemorate the history of St Martin's Church in Waimauku and why it was built is planned for Saturday 10am, November 12.

The church was established in 1921 to honour the district's fallen in the Great War - World War One from 1914 to 1918.



But plans to also celebrate the church's 100 years on Armistice Day, November 2021, were cancelled due to restrictions around the COVID pandemic.

Waimauku resident Grahame Edmonds says it's wrong to let such as an occasion pass without some recognition of the pioneers who built the church at a time when many people were living in Waimauku with relatives involved in both the church and the war.

Grahame says the Waimauku RSA is forming a committee to plan



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a special day on November 12 this year to commemorate both Armistice Day (November 11) and the church's history, the event to be called Remembrance Day.

The church's foundation stone was laid on August 17, 1921, and the church was sometimes referred to as "St Martin's Soldiers' Memorial Church".

It didn't have a roll of honour, but the 10 names of those from the district who died in the war were listed at the top of the order of service when the church was officially dedicated on Armistice Day 1921.

Further details will be revealed around Remembrance Day once decisions are made about the occasion.

Contact Grahame Edmonds, email grahame@cloverfields.nz or phone 09 411 7043 for further information.

Kaipara Harbour restoration progressing

Efforts to revitalise the health and mauri of the Kaipara Harbour through a globally significant environmental programme are progressing well, according to Pou Taki Justine Daw.



The Kaipara Moana Remediation Programme is one of the most intensive afforestation efforts globally and one of New Zealand's largest catchment restoration programmes, investing \$4.67 million last year in projects to reduce sediment flowing into the Kaipara Harbour.

The Ministry for the Environment, Nga Maunga Whakahii o Kaipara, Te Runanga o Ngati Whatua, Te Uri o Hau, Northland Regional Council and Auckland Council signed a Memorandum of Understanding to establish Kaipara Moana Remediation (KMR) in October 2020.

Less than two years later, efforts to revitalise the mauri of the Kaipara Moana are scaling up rapidly.

During its first full year of operations (the year ending 30 June 2020), KMR worked with 285 landowners to deliver 205 new Sediment Reduction Plans (SRPs) covering more than 40,000 hectares. In addition, KMR landowners committed to an additional 380,000 plants and 238km of fencing - more than the distance from Whangarei to Auckland.

By 30 June 2022, 253 landowners were actively implementing SRPs, with a focus on fencing land and planting native trees near waterways.

The target for the 2022-2023 financial year is to have more than 500,000 native plants in the ground and a further 250km of fencing completed.

Millions of local native plants are being grown in 17 accredited nurseries across Kaipara in preparation for the 2023 planting season and beyond.

While still early days, a key to KMR's success has been its focus on enhancing environmental and social outcomes, says Justine.

"The KMR kaupapa is to invest in local people to develop and sustain meaningful, nature-based employment, and support people who whakapapa to the Kaipara returning home to work on the project," she says.

"KMR operates on a collaborative governance model to ensure that all of the founding parties' views are understood and factored into decision-making.

"This inclusive approach helps ensure that KMR can effectively support community-led environmental action. Over a 6000km² catchment, genuine partnership is key to achieving our goal of planting 20 million trees in the catchment over 10 years. We now work with, and through, a diverse set of delivery partners.

"By investing in communities, KMR is growing social equity and more sustainable, long-term relationships with the whenua."

The Kaipara Moana is the largest natural harbour in the Southern Hemisphere, and one of global significance. It is the home to rare and threatened species, including migratory birds from the northern hemisphere, and contains some of the rarest ecosystems in New Zealand, including sand dune, sea grass, freshwater and estuarine wetland ecosystems.

Not only is the Kaipara Moana important ecologically, it has deep cultural and economic significance. The harbour is home to several iwi/hapu groups, with local taonga species providing food and medicine, underpinning cultural practices and connecting people to place.

The Kaipara is also the breeding ground for New Zealand's valuable snapper fishery.

However, decades of deforestation and land use intensification have degraded the catchment. Today, less than 10% of original native forest cover and just 5% of wetlands remain, leading to a seven-fold increase in soil erosion and associated sediment washing into rivers and the harbour.

As a Jobs for Nature investment, KMR has a dual focus on growing people into new 'green economy' jobs, says Justine.

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In fact, since November 2021, KMR has developed training courses to upskill more than 50 local 'KMR field advisors', including tangata whenua, to work alongside landowners.

KMR has also accredited 17 nurseries and 22 local contractors, and generated at least 60,000 hours of work, bringing tangible benefits to local communities.

Those involved in rolling out the KMR programme, believe it will continue to have a substantially positive impact on social, environmental and economic change, not just for the Kaipara but for all New Zealanders.

Meantime, 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.

Turning the Tide fundraiser November 20

Kindred Family Services invites NorthWest communities to take to Muriwai Beach on Sunday November 20 and help raise \$30,000 toward the mental health and wellbeing of children and youth.



The Turning the Tide fundraising event is a 17km walk/run or 5km gentle walk on Muriwai Beach.

This year, there is also a 1.5km whanau trail with fun activities for children and families to enjoy. Kindred invites people to choose the walk that most suits them and their family.

It is also encouraging groups of five or more to enter the teams' event and compete for prizes and recognition.

Kindred's clinical manager Kim says Kindred has accepted on

average seven new referrals per month in the past year for children and youth who are facing complex and overwhelming challenges in their lives.

That's 84 young people annually requiring at least 10 counselling sessions for themselves and their families.

This is a significant increase on previous years, and currently, demand is stretching Kindred's funds to support this growing need. In talking to local schools, Kindred knows the referrals for this service could easily be tripled given the growing demand.

"Our work with tamariki and rangatahi in our communities has demonstrated to us that they are brave, intelligent, resourceful, and hopeful for a better future," says Kim.

"We can work together with schools, families and our community to provide the necessary care and support they need to heal, build on their strengths, and grow into thriving, confident citizens."

Kindred Services executive director Ana also highlights how not only are the counsellors in high demand but there is a need for additional spaces for therapeutic sessions to take place both in and out of the school environment.

She hopes the community will get behind this cause and help Kindred to create these spaces so that they can reduce the barriers to support for the children of our community.

"With \$30,000.00, Kindred can deliver an additional 300 therapy sessions for children, youth, and their families. This intervention will work alongside existing programmes and tools that promote a loving, safe, and supportive home environment through these challenging times."

With the help of local organisations, including Generation Homes, Rollercoaster, and Lions Waimauku, Kindred is already part way toward its \$30,000.00 target, and is optimistic the community will show up on November 20 and help get it get all the way there.

Visit the Turning the Tide events page on Facebook and on the Kindred Family Services website to get tickets and for more information.



Turning the tide Fundraising Event

Muriwai - Sunday 20 Nov

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17km or 5km walk/run, 1.5km Whānau Trail.
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children and young people in our
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www.kindredservices.org.nz/events



Safer Communities



Want to make sure your home is fire safe? Here's a quick and easy checklist you can use to spot any risks or hazards that might cause a fire.

Walk through your house and check off each point as you go. If a point doesn't apply to you (for example, if you don't have a fireplace), give it a tick.

This checklist is for people who live in a house or apartment in the city or suburbs.

Kitchen

- The stovetop is clean and free of any spilled fats or burnt foods.
- The rangehood filters have been cleaned recently.
- There's a fire extinguisher near the kitchen and I know how to use it.

Living room and bedrooms

- There are smoke alarms installed in every bedroom, living area and hallway in the house – ideally, long-life photoelectric ones.
- Matches, lighters or other fire-starting tools are stored out of reach of children.
- Powerpoints or multi-boards are not overloaded with appliances that use a lot of power, such as heaters.
- Lights are fitted with the correct bulb size and rating (in watts). • Electric blankets are in good condition, and not more than 5 years old.

- There's a torch near every bed (in case of emergencies).

- The fireplace has a screen with a proper fireguard, and the chimney has been checked and/or swept in the last year.

Outdoors

- BBQ fittings are tight and secure, and there's at least 1 metre of clear space around the BBQ. Make sure there are no leaks by pour soapy water over the valve of the cylinder. If any bubbles are created you may have a gas leak. Turn the valve off and replace the cylinder O-ring.

- Flammable liquids in sheds or garages are stored in appropriate containers.

Laundry

- There's no lint built up in the clothes dryer filter (you should check this after every use).
- The clothes dryer has been checked recently by a professional to ensure there's no dust built up in the back (don't open up the dryer yourself, as this will breach the warranty).
- There's plenty of ventilation and air space around the clothes dryer.

Create an escape plan

Did you know a house fire can kill you in less than three minutes?

In a fire, you'll probably be scared and disorientated. Toxic smoke might make it hard

to breathe and see clearly.

You will only have 1 or 2 minutes from the sounding of the smoke alarm to when your life is seriously threatened by fire or smoke.



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Community News

October at Kumeu Arts

This month we will host two fascinating, personal exhibitions by two celebrated local artists. In the Main Gallery Arwen Flower's exhibition, 'Paper Dolls' explores the "intersections and parallels between the cultures of her European ancestry and those of the South Pacific". While in the smaller Pod gallery Kathy's photographic work is a reflection on nearly three years living with Covid. Kathy says that "Some photos are an irreverent jab at the lighter side of pandemic life, while others ask questions and confront serious issues". Kathy aims to encourage thought, reflection, and discussion on our personal and shared experiences. Then on October the 29th at the Kumeu Arts Awards Ceremony prizes of up to \$1300 (donated by local businesses) are awarded to artists who have entered our annual competition. Also in October, we have the usual classes, groups, concerts and school holiday workshops. Visit us behind the Library or at www.kumeuarts.org.



Do you like board games?

At St Chad's we have a number of people of all ages who love board games. So someone came up with the bright idea of having a board games evening - once a month in the church hall. The plan is that we will have games for everyone to play, or you could bring your own favourite games and share them with others. There is no age limit - neither lower nor upper - and we will hope to organise pizzas to

round off the event. 1st Saturday of the month 4.00-6.00pm starting 1st October at St Chad's Church, corner of Matua and Oraha Roads. Cost - a koha towards the pizzas if you want to stay afterwards, for more info call Ian - 021 974 004 or Jo - 0273 286 284.

Save the date: 5 - 6 November Arts Trail weekend

Art, eat, drink and play. Let's celebrate the arts. More than twenty artists from the local area including Kumeu, Muriwai and Helensville showcasing painting, photography, jewellery, ceramics, illustration, sculpture and textile art. Many inspired by the rugged coastal environment of Muriwai. Venues include Open Studios, Good From Scratch Cookery School, Muriwai Lodge, Kumeu Art Centre and the Muriwai



Golf Club. Visit artists and their open studios, galleries and taste local cuisine at three great Muriwai venues. Plus free sand art experiences for all ages. These artists (many award winning) aim to inspire and nurture creativity through workshops, exhibitions, open studios and unique experiences. Proudly part of the North West Arts charitable trust. For more details visit www.muriwaiartsopenstudios.com.

Dreaming of Christmas back at Westgate

Dreaming of Christmas returns for the 2022 Christmas season to Westgate Shopping Centre, Fred Taylor Drive, Westgate from Friday October 7 at its new site between Kathmandu and Wet & Forget.



"We carry a vast array of Christmas decor at reasonable prices," says Jenny Hobbs who with husband Doug established the company in 2008.

"The quality and pricing of our stock has quickly established

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Community News

Dreaming of Christmas as the place to go for the most incredible collection of Christmas items such as Santas, Christmas trees, nutcrackers, animations, snow globes, nativities, figurines, display items and much more.

Customers are welcome to come in store and join the Dreaming of Christmas database and be in the draw to win a 60cm Santa in time for Christmas.

Dreaming of Christmas is open at Westgate from Friday October 7, Monday-Saturday 9am-6pm and Sunday and public holidays 10am-5pm.

Jenny and the team would like to help you enjoy this most wonderful time of year. Visit www.dreamingofchristmas.co.nz for all online orders.

Muriwai Open Mic

Muriwai Open Mic kicked off again in June this year. We have had some great acts including local performers "Outpatients", "The Revelry", "Shady Brain Farm" and "Blue Honey" with performers travelling from South Auckland and Hibiscus Coast! Just a reminder that we are now on the 2nd Thursday of each month at the Surf Club, 100 Jack Butt Lane inside the Muriwai Regional Park. Next event Thursday October 13th 7-10pm. Contact John King for details 021 476 622



Lions' Book Fair - 5 - 6 November

Huapai-Kumeu Lions has another popular book fair at the Kumeu Community Centre on the weekend of November 5 and 6.

A wide range of books in all genres will be set out in the hall for people to browse through and make choices, with all books selling for \$2.

A proportion of the fair goes to local Scout groups which assist with the Book Fair organisation.



The Lion's fairs have become a popular family event with good quality books on offer to suit all ages and interests.

The fair begins at 9am Saturday November 5 and finishes at 2pm on Sunday November 6.

ARTS in the VILLE

ARTS in the VILLE celebrates local artists who live and work in and around Helensville. During Labour weekend you will have the opportunity to meet artists in their studios and pop-up galleries, talk to them about their work and purchase pieces directly from them.

There will be a visual treasure hunt around the town with various pieces on a theme hidden for visitors to spot. Entry forms for this hunt can be collected from the Helensville Art Centre, which is in the basement of the War Memorial hall.

The prize is a piece created and donated by celebrated artist Jeff Thomson. The winner will be drawn at 4.30pm on the Sunday.

Details and maps will be available prior to the event from the website www.artsintheville.co.nz and on the day from the Festival Hub in the War Memorial Hall.



Nature's Explorers

At Nature's Explorers, we support tamariki to use their initiative to set up their own learning environments. Open-ended resources, such as natural materials, wooden loose parts and recycled materials, are available for tamariki to choose from and engage with. Here in this photo, tamariki were fully involved in their environment, during which some meaningful and thoughtful conversations emerged.

Tamariki were inspired through play based learning. Younger children were learning how to explore in different ways from older tamariki. Older children were learning to look after younger tamariki and model positive behavior to them. This is also one of our values, 'Ako - reciprocal learning is valued, where kaiako (teachers), tamariki



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Community News

and whanau learn from one another'. We make sure at Nature's Explorers Kindergarten children have opportunities to interact with other children of similar and different ages. Over time with guidance and encouragement, they will become increasingly capable of 'treating others fairly and including them in play' (Te Whāriki - The Early Childhood Curriculum).

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

NW High School site decision imminent

An update from the Ministry of Education land acquisitions unit to Olga Sakey (Kumeu Community Action Education sub-committee) has indicated suitable land for a new NorthWest High School has been identified.



"Work has been ongoing and the Ministry is due to complete its detailed site evaluation process by the end of September," a Ministry of Education representative said.

"Following that process, commercially sensitive and confidential negotiations may be initiated along with specific site due diligence.

"We are aware of the site at Waitakere Rd (the old DSIR block next to the Kumeu Showgrounds up for sale now) but it does not meet our requirements and we do not intend to pursue it as an option."

Kumeu Community Action (KCA) committee members Pete Sinton and Guy Wishart are working with local businesses concerned about the route of the proposed Rapid Transit Corridor (RTC) into Kumeu-Huapai.

An alternative concept plan has been developed for public consultation in the near future. Although KCA is entirely in favour of a RTC to the NorthWest, it is working with local landowners as it shares their concerns regarding the route and its likely effect on existing businesses.

A report by Healthy Waters on the 2021 flooding event in Kumeu has been viewed by the Rodney Local Board which does not have permission to share it as yet.

The report's key points are likely to have been released on Healthy Waters' web page by the time this article is published.

KCA is still keen to see the release of the full report and some public meetings with community members affected by the 2021 flooding.

We will advocate for a sizeable council budget allocation for the clearing and widening of the Kumeu River to reduce the impact of future severe weather events.

Healthy Waters is offering "opportunities to achieve greater community involvement in the maintenance and operation of assets". It is inviting landowners to request grants to undertake drainage works. "Any works not appropriate for community action... will be allocated to council contractors."

To apply, contact rodneydrainagedistricts@aucklandcouncil.govt.nz on the process in applying for funding, or visit www.aucklandcouncil.govt.nz/plans-projects-policies-reports-bylaws/our-projects/projects-north-auckland/Pages/rodney-drainage-districts-maintenance.aspx for more information.

Report by Kumeu Community Action (aka Kumeu-Huapai Residents and Ratepayers Association).

Boardman Transport and Removals

Boardman Transport and Removals is a family owned and operated company. Boardman's wanted to be able to provide a service that was not only cost effective, but trustworthy and stress free.



We undertake large and small moving jobs. Whether it's a large home or office relocation or a Trade Me delivery- we provide a professional service and competitive rates. We have 30 years moving experience and are well able to move all sorts of items and access difficult sites.

We are a small, friendly company offering a personal service to all our clients. When you talk to us you are talking to the guys who will move your goods - you're not a number, you're a person, and we treat all our clients and their possessions with the utmost respect. We love meeting our clients and learning about their move, whether it's a new journey to the South Island or a move just around the corner, each move is unique and has its own story.

Based in Paremoremo, 15 minutes North East of Kumeu, we are a local company that can travel throughout the area and beyond. Contact us and let us know what you need moving, and we can make it happen. We look forward to helping you.

The Boardman Transport and Removals team - phone 027

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Community News

252 8624, email info@boardmanremovals.co.nz or visit www.boardmanremovals.co.nz.

Kindy Kids

Kindy Kids believes learning should not be confined to the classroom and we take every opportunity we can to be outdoors in our playground. These beautiful sunny days of late have been perfect for our tamariki who have really enjoyed playing, exploring and investigating in our playground.



A favourite activity has been exploring the rock garden looking for lizards and discovering that they can walk up fences. How can they do that? Why don't they fall off? Why can't I do that? Lots of questions that needed investigating and answering.

Outside art activities are a great way to draw on inspirations from the natural world around us. The tamariki enjoyed painting group murals without constraints on how much mess they could make and learning to work collaboratively with their friends. Ka pai tamariki.

If you have an adventurous 2 - 5 year old you are most welcome to pay us a visit. Kindy Kids, 10 Oraha Road Huapai or phone 09 412 2624.

Kumeu Library

School holidays are here again, and Kumeu Library is ready with all sorts of fun for school-aged children. Our theme is "Unbelievable", and we are running a different free "unbelievable" activity every day at 10.30am during the holidays - there are special storytimes, optical illusions, holograms, weird animals, paper tricks, a light-up tropical reef, and an unbelievable Kahoot! Quiz day. Pick up a brochure at the library listing all the events, and keep an eye on our Facebook page for details. Plus, there are activities in the library all day, every day and, of course, our famous scavenger hunt - find all the answers and go into the draw to win a fabulous prize.

Kumeu Library is also running a competition to see who can build the best Unbelievable Creature - you can use any materials you like (cardboard, paper, plastic, Lego etc., with the exception of foodstuffs), as long as you include the mystery items in the bag provided in your creation. You can pick up an entry form and the mystery items at Kumeu Library - use your imagination and get

creating, and bring your creature and completed entry form in to be in the running for a great prize.

And if you are wanting to encourage your tamariki to keep reading over the holidays, Auckland Libraries' school holiday reading challenge is here to help you. Tamariki read what they like, for as long as they like, in any format, complete challenges and then log their progress on the Beanstack app to be in to win awesome prizes. Last school holidays, Kumeu Library regular Vivienne (10 years) won \$100 in book vouchers as a Top Reader Prize - could this be you this time? Ask the friendly staff at Kumeu Library how you can get involved.

Please note that Wiggle & Rhyme will not take place during the school holidays, but Rhymetime will continue as usual on Fridays at 9.30am.

If you are an adult who is into reading, why not join the Auckland Libraries' Books & Beyond 2022 online reading challenge? It runs through to the end of April 2023 and gives you twenty challenges to help you grow your reading, along with book lists and recommendations for each of the challenges. Tick off the activities as you do them, then log your reading time to earn milestone badges - plus there are spot prizes and monthly online meet-ups! It's up to you how much you do. Find out more at www.facebook.com/ALBooksandBeyond.

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

Have you received this flyer?

Many residents in Kumeu have received these flyers from Healthy Waters team at Auckland Council, and everyone is concerned about the potential for additional flooding of their properties.

NZ Biosecurity has experience in removing debris from waterways, drains, and keeping streams clear.

We currently operate across Rodney helping maintain these areas to reduce the risk of flooding.

NZ Biosecurity has specialist chemical applicators that are trained to use specific agrichemicals suitable for use in or over water where hand removal of weeds is not possible.

Anyone can contact NZ Biosecurity to get an obligation-free assessment of their stream and how we can help. Simply all 09 447 1998 or email administration@biosecurity.net.nz.




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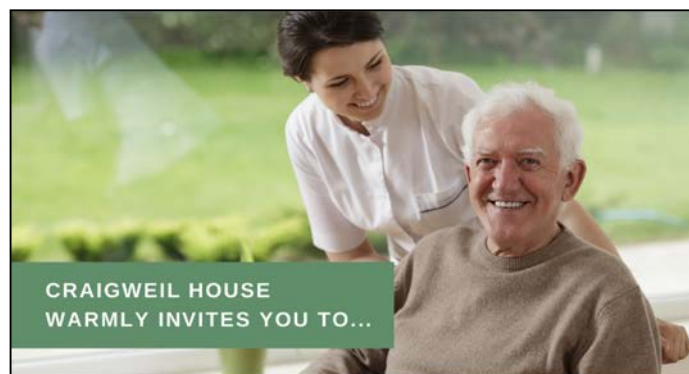
SeniorNet

Our club goes from strength to strength with new members joining us from month to month. Last month we had a very interesting speaker, (Irene O'Neill.) who gave us a talk on "Independent Living" The members were very interested and a lot of questions followed her presentation. We then had a taster session from Brian who explained all about Chromebook and how to convert your old laptop. During the month he ran a successful course which was well attended by our members. The next meeting will take the form of our usual presentations but we will introduce some new features we have been working on. As usual it will be a fun meeting for everyone whether experienced or not. 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

The club has been very busy over the last few months as well as the meetings we have been having outings. Recently we have been to The Auckland war museum, Ryders cinema, morning coffee and drinks meet up. At our last meeting we were in yellow mode where we were asked to dress in yellow to support the Cancer Society, we had two interesting talks, one was from one of our members about Cancer Story; Optical Illusions, Weird Tattoos and Pam Ayres. After our morning break, we had a very interesting talk from Associate Professor Lynda Tyler



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about artist turned architect, Hundertwasser – his early beginnings, his loves, his ideas, and his work. We were taken behind the design of the new Hundertwasser Art Centre in Whangarei. We meet on the fourth Thursday of the month at 10am In St Chads Church Hall in Huapai. All will be made welcome.

Can you claim depreciation on your building?

A major tax difference between commercial and residential buildings is that for commercial you can claim depreciation on your building. Depreciation for commercial buildings was reinstated as part of a 2020 emergency pandemic support package. Your property must qualify as non-residential according to the IRD's criteria, which includes being used mainly for commercial or industrial purposes.

Claiming depreciation can save you a considerable amount. For instance, IRD provides an example of a motel building with a tax book value of \$3 million. The depreciation rate of 2% means the company can claim a \$60,000 deduction, paying \$16,800 less tax. If your building is non-residential, you can also depreciate the fit-out.

If you have questions about how to claim depreciation on your building, your fit-out or various tax deductions on any properties, please get in touch with us. UHY Haines Norton Kumeu: 329a Main Road, Kumeu, phone 09 412 9853, email kumeu@uhyhn.co.nz.

Visit to Kaipara ki Mahurangi

Marja Lubeck MP hosted the Hon Jan Tinetti, Associate Minister Education and Minister for Women, to a series of school visits and meetings to work sites last week.



The Minister had a busy two days visiting eight schools and meeting with young women apprentices as the Government celebrated supporting 50,000 people through the Apprenticeship Boost programme.

The Minister noted that the MSD Work Broker had been proactive in assisting Lauren Peace into an apprenticeship as a spray-painter with Stillwater based WRNZ. (photo).

Lauren was keen to share her story with the Minister and was thankful for the support the Apprenticeship boost and Flexi-wage programmes have given her as she begins her apprenticeship.


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In Brief

The Minister visited Huapai, Parakai and Kaukapakapa Schools. As the ex- School Principal of a Decile 1 school in Tauranga she was impressed with the school lunch programme developed in conjunction with the local Four Square store operating at the Parakai School.

The Principals noted the interest, focus and commitment the Minister had in providing facilities for the children to do well and commented on the authenticity of the Minister's inquiries into how the schools were coping with the challenges they are facing as we recover from the pandemic.

Bad Boy Monster Fireworks display

After a two-year break, the Bad Boy Monster Fireworks display is back, bigger and better than ever.

The event is organised by the Taupaki School PTA, and proudly supported by Bad Boy Fireworks and Mike Pero Real Estate. The Bad Boy Monster Fireworks kicks off with food trucks, entertainment, rides and stalls. As the sun sets, Bad Boy fireworks takes centre stage for a display they say will, "bring the heat big time!"

The Bad Boy Monster Fireworks display has been running for an incredible 35 years. It began as a fundraiser for Taupaki School, but grew into a key event on the community calendar. More than just a fun night out, it's a special opportunity to gather with friends and neighbours. That opportunity has taken on more significance as we come out of nearly three years of Covid restrictions. Come along for a fun and family-focused evening to watch fireworks and be together.

The night comes together thanks to incredible work from the local community.

Every stall, gate and stand is run by community members and parents from Taupaki School, with some support from professionals. Local businesses have donated thousands of dollars' worth of products and vouchers to raffle off: including a three-night Queenstown holiday worth over \$1500. An amazing food truck selection will roll in to keep the crowds happy, with a huge range of cuisines and treats.

The 2022 event is sure to be a fantastic evening. It's a chance to enjoy some time with family and friends and watch a stunning fireworks display - while helping raise funds for Taupaki School.

Details:

- Pre-sale family pass (two adults and up to four children): \$38 (Available on Eventbrite)

- Gate sales: Family pass \$40, Adults \$15, Children and Seniors \$5.
- Gates open at 5pm, fireworks display begins approx. 8.30pm. Evening ends at 10pm.

Kaukapakapa Village Market

Sunday 16 October 8.30am to 1pm. Well known for the relaxed atmosphere and friendly people this market is an excellent choice for a Sunday morning excursion. There's live music from Jessica on the piano and a great selection of stalls selling fresh local produce and plants, artisan food and preserves, coffee and ice cream, handmade crafts, soaps, jewellery, gifts, second hand and collectibles plus free face painting for the kids and much more. For more information contact Sarah 027 483 1542 or email sarah@riversidecrafts.co.nz.



Craigweil House

Busy busy busy, is how Craigweil House has been operating over the last few weeks. Recently celebrating Father's Day in style, this year the activities team decided because of the great weather to hold the annual Father's Day festival outside. Chairs and tables were decorated alike.



Residents Arnold and Ivan were proud to recall their time being fathers and enjoyed their goodie bags of the day. In other news the team held a happy hour in the memory unit to celebrate Independence Day of Indi, staff member Herman received a token for best dressed award.

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.

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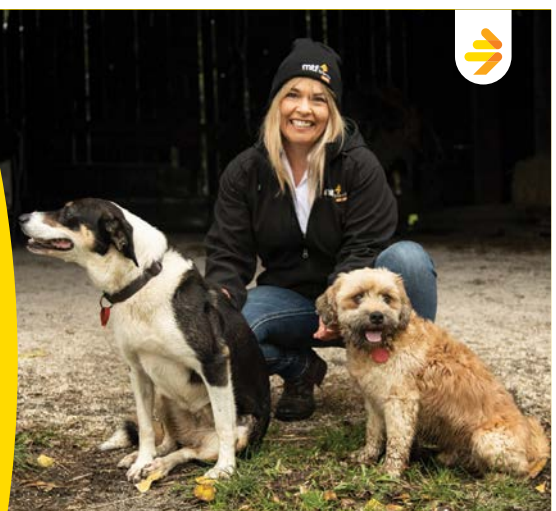
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Make your move stress free

Moving home is stressful and if you are downsizing, there can be some big decisions to make. Here's some advice from the moving experts.

1. Declutter or gift - Sorting through all your possessions will take time and you don't want to rush. Decide what to take, gift or donate well before your move date. If you are unsure of what to keep, you can always place items in storage.

2. Choose a moving company you trust - Ask friends and family for recommendations or look online. You could also ask the village you are moving to for suggestions. Have a look at recent customer reviews online. It is also a good idea to get a couple of quotes. Many companies do free in-home surveys where you will walk the consultant through your home and show them what you want to move.

3. Quoted price vs hourly rate: Typically, you will have the option of a quoted job which will be a fixed price for the job, or an hourly rate where you will be billed for the hours the job takes. If the removal company is packing your effects up for you into their cartons, they will generally offer a fixed price based on their assessment of what



you have to pack rather than an hourly rate price. If you opt for the hourly rate, get a rough estimate of how long they expect the job to take. Most companies will be quoting depot to depot so the clock is running from when they leave their depot until the truck drives back in the depots gates.

4. On moving day things can get a little messy and muddled. Make sure you have a priority box or boxes for the things you might need straight away: Medications, keys, or a good book.

Gulf Rise Care Centre

Metlifecare has set ambitious targets to reduce its environmental impact across all parts of the business, including new development sites like Gulf Rise in Red Beach.

When the Gulf Rise care centre opens in 2023 it aims to be the first of several Metlifecare care centres being built to the NZ Green Building Council's (NZGBC) 6 Green Star certification rating, currently the highest building rating provided by the NZGBC for commercial buildings.

Metlifecare's Head of Delivery, Michael Lisowski, says reducing



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its environmental footprint through village developments is a fundamental part of Metlifecare's sustainability focus.

"Achieving this rating means we are reducing our environmental impact during construction, and once complete, the facility will use less energy.

"In addition to the 6 Green Star care centre, our villas and apartments are built to a Home Star 7 certification rating, and the village will incorporate some fantastic sustainable features like solar power generation, water efficient fixtures and rainwater harvesting."

Once fully complete, Gulf Rise will have a mix of 235 independent living apartments and villas, 40 care suites and a dementia community.

Supporting elderly Kiwis at home

By Laurel Winwood, Facility Manager, Radius Taupaki Gables

As people age, they require extra support for day-to-day activities. Elderly become more prone to falls, slips and burns, which lead to injury and illness. Because of this,



it is important that their home environment is safe and risks are mitigated. If you're caring for an elderly parent, family member or friend, there are measures you can take to improve home safety.

Reduce tripping hazards: Clear floors of hazards, Tape down cords and rugs, Install non-slip mats in bathrooms and doorways.

Reduce burn and fire hazards: Check smoke alarms, Check heating and cooking elements are in good working condition, Ensure furniture is kept at a 3m distance from fires, Use appliance safety tools like kettle pourers.

An elderly person at home may have periods where they need a bit more daily support -perhaps their main caregiver is unavailable or they are battling an illness. A great option is accessing temporary care at a local care home, such as Radius Taupaki Gables.

Often referred to as respite care, temporary care is a short-term stay at a residential care home. There is something to suit everyone: carer support (part-funded), respite (fully funded), primary options for acute care (POAC), which is a stay following a hospital procedure, and day stays, which is a great option to ensure your loved one gets a warm, nutritious meal and enjoys the company of others. All services offer a professional-level of support, with Registered Nurses on site. Respite care can be part or fully Government funded.

Deciding to come into care is very hard and can be stressful for all involved. Respite is a good way for families to become used to residential care - and even try a few - before making the decision to enter permanent care. For more information on options available to you, reach out to Radius Taupaki Gables on 09 412 6800.

Caring is our calling.

Care means different things to different people. For the team at Radius Taupaki Gables, it means everything.

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Property

Property market report

First Home Buyers - start your engines.

The government has released its first move in relaxing the shackles on First Home Buyers wanting to enter the property market.

The income caps for the "First Home Loan" Kaianga Ora scheme have been removed. This represents an acknowledgement that the capping rules put in place to limit spending actually precluded First Home Buyers actually entering the market. The latest changes are:

- House price caps removed altogether (income caps and lender requirements still apply), to provide applicants with a greater choice of properties.
- New income cap category introduced for 'individual buyers with dependents', with an income cap of \$150,000.

Some of the non-banks have come to the party and used cheap Government funding (given during Covid) to come out with some amazing deals that are arguably better than the main banks offerings. Therefore First Home Buyers need to seek advice from a mortgage advisor to get the latest advice, the best options and a clear pathway. Call me for an advisor today on 0800 900 700.

If you're selling or thinking about selling we have a number of fantastic products and packages that tailor to your specific needs and wants. These include:

- Pre-Market offers, allowing you to test market your property on Social Media and Databases for absolutely no advertising cost.
- On-Market VIP and Launch activity including double page magazine spread, TV exposure and excellent Social Media coverage
- Post-Market activity which Re-launches your property on market with a new look, feel and approach to the market

Let's look at the sales:

Coatesville	\$2530,000 to \$5,500,000
Helensville	\$585,000 to \$1,950,000
Huapai	\$1,290,000 to \$1,461,000

Kumeu	\$813,000 to \$2,200,000
Parakai	\$870,000 to \$1,000,000
Riverhead	\$1,400,000 to \$2,710,000
Swanson	\$807,250 to \$1,605,000
Waimauku	\$1,580,000
Waitakere	\$1,060,000 to \$2,900,000
Whenuapai	\$1,400,000

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).

What happens when the receivers come in?

You have likely seen some stories recently where developers are going into receivership. If you have purchased off-the plans and are waiting for titles and code compliance certificates to issue for your new property this can be scary. So what does it mean? If a developer goes into receivership your position remains the same, you still have a valid contact for the property and are required to meet your obligations under the same. Firstly, you will want to know that your deposit is safe, under the contact this will be held by a stakeholder until settlement and if the receiver validly cancels the agreement then this will be returned to you.



Each agreement will be different but most off the plan agreements have a sunset clause. The sunset clauses can be for the purchasers benefit only, or it might be for the benefit of both parties. If it is for the benefit of both parties then the receiver may validly cancel the agreement when the sunset date comes up or may use this to push for a higher purchase price to meet the rising construction costs. If it is for your benefit only then when the sunset date comes around you can choose to validly cancel the agreement and receive your deposit back - or continue the contract should you wish (it is your choice alone).

The best thing to do is seek legal advice, your lawyer can check the agreement and advise you on the sunset date, any clauses relating

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**Mike
James**

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

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Property

to receivership, novation of the agreement (i.e. the sale of the project to another developer to complete) and let you know what your position is.

ClearStone Legal with offices in Te Atatu and Huapai can assist you with any questions you have about buying or selling property. Phone 09 973 5102.

New builds

In this month's blog, we wanted to share some insights into what you should be considering when buying a new build as an investment property. There are some good incentives to buy new with the tax advantages the government has announced but what else should you be thinking about?



Here is a list of things we feel should also be considered before purchasing:

Location and position – What school zone is the property in zone for? How is the property positioned in the development? Will it get good sunshine which helps keep the home healthy?

How many bedrooms does it have? – The most favourable rental is and always has been a 3-bedroom home. It caters for a wider range of tenants. Do your due diligence and understand the demographic of people who live in the area you are buying in to know what size home will be most desirable.

Living area size is important when you think about how they are expected to live in the home. A lot of new builds have smaller bedrooms so if they are all in the living room will it be adequate for the size of the family expected to live in it. Does this extend to an outdoor living space as we know kiwis love to enjoy indoor/outdoor living?

Does it have a garage? A garage adds value and \$\$ and is an extra storage space for families to utilise. So many new builds are being developed without a garage and very limited parking. Think about how your tenants can live in a property without car parking facilities. How close is the public transport?

Storage– as mentioned above without a garage what storage is there for them to use? Is there enough cupboard space and wardrobe space built into the design? Have you provided a garden shed? Think as if you were to live in the space – where would everything go?

Did you know that 64% of kiwi families own at least 1 pet? Based on those statistics is your property suitable to allow for a pet. We are seeing more and more landlords open to allowing pets as they are an important part of the family unit. This is a positive to consider for any rental property.

What covenants apply to tenants – we see some places stipulating no washing can be hung on patios or balconies. Are the covenants going to appeal to a tenanted property?

Lastly what warranty does the new build come with? Make sure you ask the developer to supply the Healthy Homes Certificate of compliance, as they should be built to comply if they are being sold to investors, however this isn't always the case. We love new builds for rental properties, as do our tenants, so we just wanted to share a few of our learnings from the last 12 months since new builds have become more popular. Feel free to take advantage of our free appraisal service so you know what your new build can expect to achieve in market rent. Mike James 021 413 660 or email mike.james@therentshop.co.nz.

Does your home loan still work for you?

When people apply for a home loan there is normally a lot going on in their lives.

The last time I applied for a loan to build our new home in Huapai. I was focused on getting the lending right, but I was equally focused on the build contract, selling my previous home, organising a rental, thinking about what kind of tap did we need for the laundry sink... and a hundred other details.



Likewise, my recent clients have been moving into their first home, buying their first investment, pulling apart their kitchen, moving

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Property

into something bigger before the baby arrives, or combining their finances with a partner.

That's a lot of life going on. In a lot of cases, they just want the lending approved so they can focus on everything else. As a mortgage broker, I ensure they get the best loan structure to minimise cost and achieve their goals whilst freeing them up to focus on other priorities.

If you've been through a big life event - it can be a great idea to review your lending once the dust settles. Often what was the best structure, product, or lender at the time, isn't the best solution for you now.

Before your next fixed rate is up, I'd suggest sitting down and thinking through your financial goals. Do you want to pay off your loan faster, increase cashflow, minimise interest, finally get onto that landscaping, or prepare for your next purchase?

Once you know what you want to achieve, you can make a smart decision on your next renewal. Rather than just selecting the cheapest rate on the day, which may actually cost you more in the long term.

If you'd like help reviewing your lending, I'm available free of charge; and if you want to meet in person the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 | www.betterborrowing.co.nz.

Core trust documents

Since coming into effect on 30 January 2021, the Trusts Act 2019 has impacted trustees and beneficiaries. The Act has provided for greater accessibility and offers trustees improved guidance to achieve this. Moreover, beneficiaries now have a better ability to hold trustees to account by ensuring that beneficiaries have enough information to enforce the terms of the trust. One way the Act does this is by creating an obligation for trustees to retain core trust documents. Core trust documents are identified in the Act as:

- the trust deed and any other document that contains terms of the trust;
- any variations made to the terms of the trust;
- records of the trust property that identify assets, liabilities, income and expenses of the trust;
- records of trustee decisions;
- written contracts;
- accounting records and financial statements;
- documents of appointment, removal and discharge of trustees;
- memorandum of wishes; and
- any other documents necessary for the administration of the trust.

Every trustee must keep a copy of the trust deed and any variations made to the terms of the trust. The other core documents may be kept by one of the trustees, provided that the trustee will make each document available to other trustees upon request.

A trustee must keep core trust documents for the duration of their trusteeship. When they cease to be a trustee, they must give any core trust documents they hold to the new or continuing trustee of the trust. Trustees should take stock of what core documents they currently hold and take steps to fill in any gaps. Trustees may also wish to take this opportunity to re-familiarise themselves with the trust deed and terms of the trust.

For further advice and assistance with your trusts feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Can your property be developed further?

The unitary plan for Auckland has allowed rezoning to enhance the development opportunity in New Zealand's largest city. Depending on the size of your section, zoning rules may now give you an opportunity to build on your property and in some instances subdivide.

Keith Hay Homes have two, three and four bedroom plans available which can give you the option of achieving a high return income from an otherwise spare piece of land. Adding a minor or secondary dwelling to your section can provide you the ability to house a parent, grandparent or family member on your own site.

Whether your goal is to create another income, retire early, house your family or pay off the mortgage quicker, an additional dwelling is a great way to achieve your goals.

For further information on the development potential of your property contact Alex today - 028 415 7562 or alex.lishman@khh.co.nz.

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Country Club

HUAPAI



Bacchus Apartments - 3 Bedroom

Luxury Living in Country Club Apartments

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 as well as entertain friends and family if you wish, 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.

Apartments have warm and welcoming contemporary finishes - our two and three bedroom residences give you both room to move and room to put your own personal stamp on your décor, decorations and furnishings.

Three bedroom apartments have been designed with a scullery for all your extra kitchen and laundry needs.

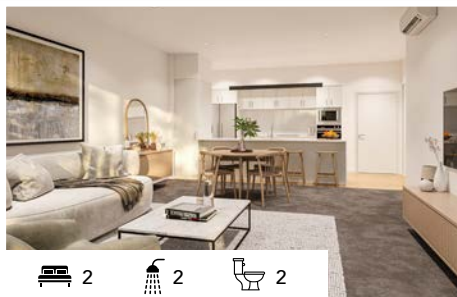
Country Club's founding building, the Nobile Apartments, is apartment living at its best with easy access to on-site facilities and entertainment. Members are spoilt for choice! Get in touch for Nobile's current availability.

For a more detailed price guide please phone or email
Chris Brittenden
Phone: 021 982 583 Email: sales@countryclubhuapai.co.nz



1 1 1

Nobile Apartments
1 Bedrooms starting from \$620,000



2 2 2

Bacchus Apartments
2 Bedrooms starting from \$900,000



3 2 2

Bacchus Apartments
3 Bedrooms starting from \$1,180,000

Area Property Stats

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

To receive the full summary simply email the word "full statistics" to kumeu@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	2,375,000	2HA	224M2	2,530,000		1,400,000	615M2	212M2	1,471,000
	4,475,000	10860M2	440M2	5,500,000	PARAKAI	940,000	1135M2	151M2	1,000,000
HELENSVILLE	630,000	0M2	67M2	585,000		765,000	1012M2	95M2	870,000
	810,000	712M2	108M2	805,000	RIVERHEAD	1,385,000	1012M2	148M2	1,400,000
	880,000	458M2	130M2	773,000		2,075,000	2HA	182M2	2,710,000
	1,200,000	2.54HA	274M2	1,150,000		3,000,000	1.3HA	230M2	2,251,000
	760,000	674M2	90M2	710,000	SWANSON	810,000	350M2	89M2	807,250
	1,300,000	7123M2	291M2	1,425,000		1,100,000	1611M2	140M2	1,260,000
	870,000	618M2	120M2	860,000		1,000,000	809M2	182M2	1,210,000
	1,650,000	1.8HA	249M2	1,950,000		710,000	354M2	100M2	880,000
HUAPAI	1,250,000	427M2	190M2	1,350,000		1,550,000	2909M2	280M2	1,605,000
	1,225,000	852M2	160M2	1,461,000		1,325,000	569M2	242M2	1,450,000
	1,200,000	429M2	152M2	1,290,000	WAIMAUKU	1,400,000	1500M2	214M2	1,580,000
	1,600,000	671M2	261M2	1,455,555	WAITAKERE	2,000,000	4HA	320M2	2,900,000
	1,350,000	793M2	192M2	1,300,000		1,900,000	4.1HA	277M2	2,200,000
KUMEU	2,150,000	9845M2	290M2	2,200,000		1,175,000	1311M2	158M2	1,060,000
	850,000	1296M2	106M2	813,000	WHENUAPAI	1,555,000	1442M2	182M2	1,400,000
	1,350,000	409M2	195M2	1,370,000					
	1,300,000	472M2	187M2	1,480,000					

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

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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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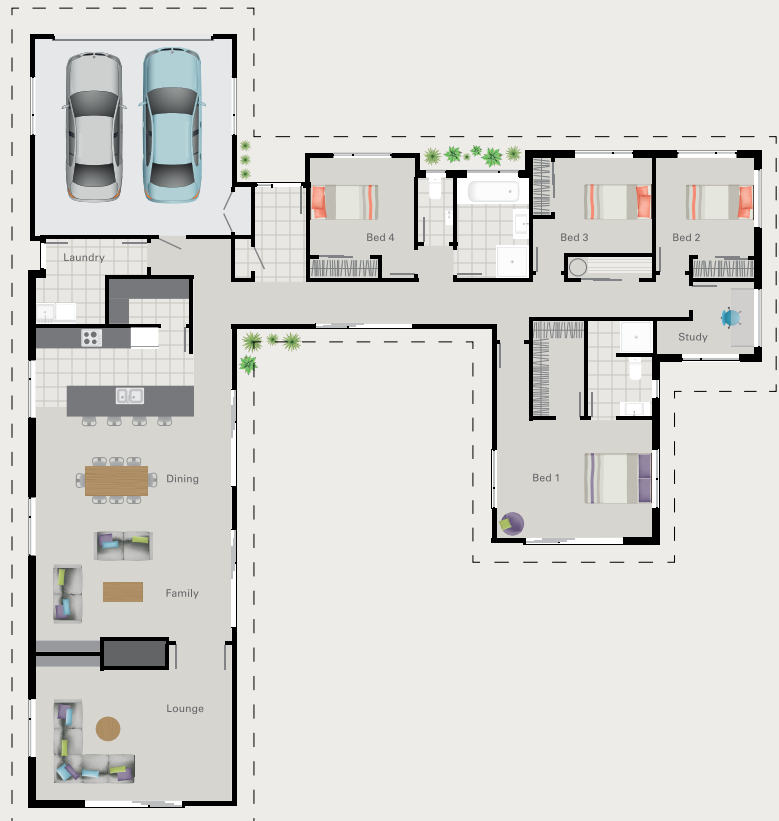
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from \$636,000*



***Price is an indication of the build cost only and excludes land and site specific costs.**

Some conditions may apply.

Images are artist's impression only.

Delamere Floor Plan

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4



2



2



1

276.7m²

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Hot Property



High end build – loads of extras – corner site

17 Moemoea Avenue, Huapai

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.

The extras on offer may seem extravagant but they simply make life

so much more enjoyable. From underfloor heating, full bathroom tiling, security system through to professional irrigation system this house has it all.

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 entertainer's kitchen integrates seamlessly with lounge, dining area and alfresco

Hot Property



decking and yard.

Manicured lawns and hedging to provide the best bare-foot grass walking experience and all day sunshine.

A short drive to Huapai Primary School, convenience shopping, bars, restaurants and public transport.

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com.

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Home & Garden

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



Is your build well covered?

You've probably heard of Registered Master Builders through advertising on TV, a logo on a builder's van or through their sponsorship of the Registered Master Builders House of the Year Awards, but what exactly are Registered Master Builders?



Registered Master Builders (RMB) are builders backed by the Registered Master Builders Association, a body that works with the government and the building sector to develop and uphold high standards in the industry. There are certain criteria that builders need to be assessed on before they can become a member, such

as their experience, qualifications, workmanship and their financial health.

Using a builder with an RMB accreditation can give home owners some peace of mind, however, it is worth noting that using an RMB does not mean their work automatically comes with a master build guarantee. The builder needs to apply for the guarantee for each new build, so always check with your builder prior to work commencing to ensure they will arrange a guarantee for your project. There is an application form detailing all the information related to your build that you will need to sign before your builder submits it to the Master Builder Association.

So, what does the guarantee cover? It provides protection for two different stages of your project: during the build and after the build. Areas of cover include loss of deposit, non-completion, structural defects, material and workmanship, but the guarantee can be tailor made so it's important to discuss it with your builder and make sure you are aware of exactly what is and isn't covered in your specific guarantee.

In addition to the master build guarantee, sometimes a builder will provide further cover to give their clients extra peace of mind. Maddren Homes have been providing their own 10-year weathertight warranty for some time. It assures that Maddren will maintain a high standard of service and workmanship, be smart when choosing materials and meticulous with product installations. The extra cover is a big responsibility, but living up to these assurances helps Maddren maintain the exceptionally high standard that gives them such a good reputation in the industry.

For clients, that good reputation means better resale value. You've probably seen real estate agents listing quality builders as a key selling point, because good quality houses attract good buyers. So everyone benefits.

Note: Information from masterbuilder.org.nz included in this article.

Rhododendrons at Awa Nursery

Awa Nursery currently has an abundance of Rhododendrons and the variety of colours is fantastic. There are many an avid Rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some of these to their garden. A Rhododendron bush is very attractive, especially when in full bloom and hard not to miss in in the landscape. We have large and small varieties in stock to suit any garden situation.



IS YOUR BUILD WELL COVERED?

MADDREN
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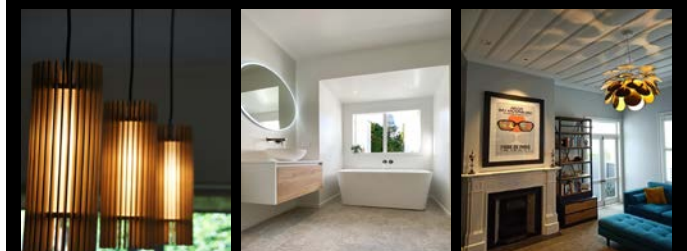
We know building a new home is a big deal - you need a builder you can trust, and you need to make sure your investment is protected. As an accredited master builder, all Maddren Homes come with a master build guarantee providing protection during and after the build.

In addition Maddren provide a 10-year weathertight warranty for extra peace of mind, assuring that Maddren will maintain a high standard of service and workmanship, be smart when choosing materials and be meticulous with product installations. The extra cover is a big responsibility, but the team at Maddren are proud to stand by their reputation for quality you can trust for years to come.



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Home & Garden

Rhododendrons do well with direct light for at least part of the day and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The Rhododendron has shallow root systems and needs moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provide nourishment, and limit weed growth. Prune your Rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the many varieties or call in and see us at Awa Nursery and pick up your favourite coloured Rhododendron.

Light up your lifestyle

We Kiwis are known for our laid-back lifestyles. Spending summer nights enjoying a BBQ with friends, and winter evenings huddled around firepits and pizza ovens, we make the most of our outdoor spaces. Which is why it's so important to ensure that lighting around the exterior of your home does exactly what you need it to do.



Garden Lighting: Transform your garden and entertaining area with lighting that highlights details and shows your property off at night. Landscape lighting can really help to bridge the gap between an indoor living room and an outdoor living room, and it's a great way to not only extend the hours you can utilise your outdoor living space, but it also enhances the ambiance and safety of your backyard.

Security and Driveway Lighting: Security lighting helps to add an extra layer of defence to your home. It provides enough illumination to clearly see and identify people or objects outside your home. Not only is it a deterrent to criminals, it also ensures safety for your loved

ones when coming and going from your home at night.

Whether you're looking to light up your outdoor living area, or boost the level of security around your home, there are plenty of outdoor lighting options to suit every house and every budget.

If you'd like to discuss outdoor lighting options for your property, give the team at Blackout Electric a call on 022 500 5856 or email us at info@blackoutelectric.co.nz.

Mitre 10 MEGA Westgate

Mitre 10 MEGA Westgate, is now the largest hardware store in New Zealand.

Our undercover trade department is a one stop shop for all your project needs, drive in and speak to one of our specialist staff. Every department in the store has grown, with a particular emphasis on our outdoor living section in the middle of the store. We are the biggest supplier of Weber BBQ's in West Auckland. Come and see our extended range of garden supplies and indoor/outdoor plants. Add in the fact that we are 100% NZ owned and operated, what more do you need! Dave & Elaine Hargreaves and all the team look forward to seeing you.



Join us in the garden

Just add water, some soil, seeds and sun and there you have a garden. A bit of effort also goes a long way - and before you know it you have fresh greens and pretty flowers.

That's what's happening at Kumeu Community Gardens on Oraha Rd. The gardens are under the regular stewardship of our gardener Rebecca, who attends every



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Home & Garden

Sunday. Come visit to buy a vege bunch of fresh organic greens, or come and weed or plant and take some veges home.

We also need people to join the committee and help our mahi. We need more people to get involved running the garden, helping with gardening and could do with some fundraising support. There's always plenty to do. You can also donate to us at our Givealittle page 'Give what you can, take what you need', but please consider joining the team to keep things growing.

Find and contact us on Facebook: Kumeu Community Garden and at 45 Oraha Rd. Eat well, do good with us.

Laser Plumbing and Roofing Whenuapai

Your Plumbing, Roofing & Drainage Experts in West Auckland.

Spring has sprung. Time to look forward to more sunshine and warmer weather. It is also an ideal time to sort out some of those post-winter plumbing jobs around the house.



Gutters & downpipes- after a long rainy, windy winter, your gutters and downpipes may be full of leaves and other debris. This is a perfect time to clean out your gutters and downpipes. This will help prevent leaks in your home.

Exterior taps - as the weather gets warmer, we will be outside more, watering the garden and cleaning the cars. A dripping hose often goes unnoticed, but it can cause a lot of damage to your water bill. It's a good idea to check the taps outside your home for any drips, leaks, or signs of corrosion.

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Hot-water cylinders - Hot-water cylinders get some serious use during winter, so spring is the ideal time to check all connections and valves to ensure your hot-water unit is running as it should.

When you book any job with us before the end of September, mention 'SPRING' and you'll go into the draw to win a \$100 petrol voucher. Easy!

Our skilled team of plumbers and roofers at Laser Whenuapai are ready to help remedy any issues for you.

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

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

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

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

Western ITM

Our annual Toolbox Top-Up Sale Day and Builders Breakfast event is fast approaching.

Join the team at Western ITM in Whenuapai on Tuesday 11th October from 6.30am to score some exclusive savings on a quality range of power tools from Makita - including outdoor power equipment, Milwaukee, Hikoki, Ecko and Paslode, as well as some great deals on our quality ranges of hand tools and accessories.

All are welcome... call in and meet the Western ITM team over a BBQ breakfast and complimentary hot beverages with several key suppliers onsite, while grabbing yourself a great deal. Plus, all purchases on the day over \$50 get to Spin the Winning Wheel which is loaded with great prizes - every spin wins!

Event details:

Where: Western ITM, 2 Airport Road, Whenuapai, Auckland

When: Tuesday 11th October from 6.30am

For any further information please contact: info@westernitm.co.nz or visit our website:

www.westernitm.co.nz

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Building together for a better future

Dean and Amanda Pritchard are the proud owners of Signature Homes West & North-West Auckland and have been personally involved in the creation of beautiful homes for New Zealanders for over 20 years.

Whether you have an idea of your dream home planned out or you're just starting your build journey, our team can help you create a space that's perfectly in tune with the way you like to live. On-time, on budget, with no nasty surprises, and New Zealand's most comprehensive building guarantees - including our fixed price guarantee.

Building together for a better future - Signature Homes' journey to building better homes for Kiwis starts with a focus on reducing our greenhouse gas emissions (GHG).



Committed to building together for a better future and positively contributing to New Zealand's goal to be carbon neutral by 2050, Signature Homes has partnered with Trees That Count.

For every Signature Homes home built, greenhouse gas (GHG) emissions created from the home's construction will be counteracted by planting native trees with Trees That Count.

Signature Homes are also protecting our unique biodiversity by partnering with Save the Kiwi, a programme focused on protecting the native Kiwi bird. The relationship was a natural fit for Signature Homes, being a Kiwi-owned and operated company.

Together, through innovative partnerships with Trees that Count and Save the Kiwi, and improved construction and supply processes, Signature Homes will hone in on three defined areas of work - protecting our environment, caring for our people and building better homes for Kiwis.

Contact Signature Homes West & North-West Auckland on 0800 020 600 for more information.

Quality Water Supplies

We have made it through another wet winter and it looks like spring has arrived.

But have you checked your water tank (if you have one) to make sure you have collected all that winter rain?

Now is a great time to get out there and check your water tank levels. If they are not nearly full then you may have an issue with

Maximise the value of your land



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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**

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Home & Garden

your collection system. Check and clean your spouting, make sure your downpipes are getting the water to your tank.

It is better to go into the dry summer period with a full tank.

If you need water give us a call at Quality Water Supplies on 09 411 8116 or flick us a Text on 027 345 3805.

We have been delivering Quality Water sourced from our bore locally for over 20 years.

Dan Taylor Plumbing and Gas

Dan Taylor Plumbing and Gas is a family run business that services the local and wider community. Dan grew up in West Auckland and attended the local Waimauku Primary School and then went on to Kaipara College for a few years before realising he wanted to get into a trade.

In 2002, he started his apprenticeship with well-known company, Heron Plumbing, where he became registered in Plumbing and Gasfitting. After spending a number of years working for other companies. Dan started his own business venture as a one-man-band in 2016 with 'behind the scenes' help from his wife, Emma.

"I have created great relationships while running a business, from our loyal clients to the contractors we use they all bring a lot of purpose to the business." Dan says. After a couple of years and an increasing workload he decided it was time to grow and came across the opportunity to employ Vincent and Joshua who have both been a great addition to the company. "We realise the importance in training young future plumbers which is why we brought on our first apprentice at the start of this year, Andre who we are excited



to see grow and learn within the trade". Dan and his team cover all aspects of Plumbing and Gasfitting work. "We mainly work on new builds, renovations and residential maintenance. Which gives us the opportunity to get to know the customers we are working for and focus on delivering high quality plumbing."

Renovating your home? Contact them today and they will handle your plumbing renovation no matter how big or how small.

Give the friendly team at Dan Taylor Plumbing and Gas a call on 021 254 3899 or email us at dantaylorplumbing@gmail.com.

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a detailed step by step report with basic steps on how to balance your pool or spa water. We sell Bioguard Pool & Spa products in store for your convenience. With the warmer weather just on the horizon, there is no better time to get your pool and spa sorted. Pop into our store with a sample of your spa or pool water and we will sort the rest for you. KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building www.kpl.co.nz or send us an email info@kpl.co.nz.

KPL - we are a well-established plumbing business, owned and operated for over 48 years servicing Auckland North to South, East to West. Pop in and see one of our friendly team members at our showroom based in the heart of Kumeu.

Waimauku Garden Club

After a winter of indoor trips for the Waimauku Garden Club, it was with relief that we got outdoors in some spring sunshine with a visit to Cornwall Park. Although the daffodils were nearing the end of flowering, we were given a lovely tour by Jo Alder, the Horticultural Manager. She took us through the organisation and upkeep of the park's extensive gardens, showing us new additions as well as the old established trees and hidden surprises. Her team also runs a nursery and is responsible for designing different seasonal gardens as well maintaining established and mature plants. The park showcases the best of what grows well in Auckland and has impressive native shrubs and trees. Our thanks to Jo and her team for an interesting and enjoyable morning in Cornwall Park, a real Auckland treasure.

Following a lovely lunch at the Bistro, we then moved on the Stardome Observatory and enjoyed a session reintroducing us to



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Home & Garden

our Night Sky.

Next month we are exploring a couple of private gardens in Waimauku and in the following months will visit Parnell Rose Gardens, historic houses and finish the year with a Christmas lunch.

The Garden Club welcomes new members and we encourage you to join us on our outings. We have a Facebook page which you can 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.

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We project manage everything every step of the way and give you written assurances, regarding costs, workmanship, material guarantees, completion dates and other key issues.

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

So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

Springing away

The sound of mowers and trimmers is echoing around most suburbs these days as homeowners and mowing & gardening contactors are busy tidying up the lawns and gardens to have them looking great over the months ahead. I've noticed many people busy in their gardens, tidying, trimming and re-planting, with many piles of

trimmings ready to go to green waste. There is a lot of enjoyment to be had from this activity and hopefully you have been able to get your seeds and seedlings planted to make the most of the warm and wet conditions. There is some talk from forecasters of a warmer summer ahead so it may pay to think about irrigating your garden - a simple system typically available from the local hardware or garden centre on a timer is a pretty inexpensive way of getting the best out of your garden and limiting the amount of water you use.

It's time to get ready for the flush of growth of your lawns too. Keep mowing regularly and the keep the mower nice and high for a while yet so you maintain the grass at its best health with strong roots. With all the extra spring growth comes a need for extra nutrition for the grass, so feed it. You'll help get it in the best condition possible by giving it a good boost of slow release fertiliser right now. This'll support that rapid growth and help you to have a lush, healthy, green lawn bursting through and ready for summer.

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

Whenuapai Garden Club

Our meeting was held at the Whenuapai Village Hall on the eighth day of September, a date that has since gone down in history as the end of the Elizabethan era. Farewell to our gracious Queen who always chose the brightest of colours for the outfits she wore for her public appearances, as pretty as the flowers in any garden. Florists throughout the United Kingdom have been busy providing floral tributes for mourners to place outside several palaces in honour and respect for Her Majesty. The same has happened here at significant places including beside a large pohutukawa tree planted at Waitangi by Queen Elizabeth nearly seventy years ago.

The pretty soft pink freesias in a vase on the Committee table were grown in Margaret's own garden with the bulbs having been given to her by a friend. The large blooms had a delicate fragrance so were an aromatic as well as visual delight.

With apologies for the absence of any Guest Speaker for this meeting, members were reminded that they are entitled to 10% discount on any purchases from Kings Garden Centre in Henderson.

Due to the ever-increasing charges for fuel, the costs of bus trips inevitably continue to soar. Members were assured that although the quantity of outings has been reduced, the quality and value for money is still there. Details were announced of some exciting planned trips.

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.



Pete Sinton
Managing Director

09 412 2016 | 021 637 772

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Central's Tips

October 2022



Tomatoes and other summer vegetables can be planted. Add companion flowers around them for the bees and the salads. Fruit trees require fertilising and install traps to control Guava and codling moths.

Weed the garden so the plants can flourish, do a pest check on the roses and spread sheep pellets and mulch. Trim proteas, leucadendons but avoid fertilising them. Great time for sowing or repairing lawns.



In the veggie patch

- **All the summer vegetables can go in now.** Remember to stake tomatoes well, as they can grow to 2 metres high! But summer beans need heat, so sowing in November would be better
- **Summer herbs** such as dill, French tarragon and coriander are good to plant now, but we recommend planting basil towards the end of the month because it is temperamental in cooler weather
- Plant **edible flowers** to make salads interesting and to use as garnishes. Flowers to eat include nasturtiums, carnations, daylilies, rose petals and violas. They attract the bees too
- **Hang sticky traps** in apple and pear trees to stop an infestation of codling moth in young apples and pears. A reliable alternative to this is to spray with Yates' Success Ultra four times over the spring season
- Guava moth is an established pest in Auckland gardens. It ruins ripening citrus fruit and feijoas, so gardens centres have a newly developed **pheromone pest trap** to go on the attack and save the fruit
- **Fertilise fruit trees** with Morganics, an organic fertiliser, to promote developing fruit and enhance the health of the trees

The rest of the garden

- **Wage war on the weeds** – by actively removing or spraying them early in the season, there's plenty of room for the desirable plants to flourish
- **Organic rose care:** Spray aphids with an organic insecticide or, if your water pressure is good, loosen them with a heavy squirt of water. An excellent means of controlling black spot is to mix 1 tsp of baking soda, 1 cup milk to 1 litre of water and spray the foliage
- **It's fertilise time in the garden** – apply Prolawn's All Purpose Fertiliser around trees and shrubs and gather up fallen flowers of camellias and azaleas, which helps to avoid spreading petal blight
- **Cut any last flower bracts** from leucadendons and proteas as their season ends – this is the typical way of pruning them and the flowers last well indoors. Do not apply fertiliser around the bushes – they do not require it and it can kill them
- **Apply sheep pellets and mulch** around the garden, to nourish the soil, conserve moisture at the roots of plants and limit invasive weed growth
- Perfect time to **patch existing or sow new lawns** – choose from Central Landscapes' wide range of lawn seed varieties and add Prolawn Lawn Starter when you sow

Project for October

Get raised vegetable beds off to a great start

Fill the beds with Garden or Veggie Mix and plant seedlings in the cool of the day, then apply Aquaticus Organic Booster over the plants. Water deeply, then carefully place Somerset Pea Straw and Lucerne around the seedlings to help keep moisture in. Deal to slugs and snails with pellets or collect and dispose of them when they emerge at night.

For all the products you'll need for successful vegetable growing visit www.centrallandscapes.co.nz





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Pets

Cat lovers we need your help

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



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

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

Urinary problems in cats

Urinary tract problems in cats are becoming more common as the cats have more of a sedentary lifestyle leading to obesity and they eat food rich in salts. If your cat has urinary tract disease, the most common symptoms are -

- Straining to urinate
- Blood in the urine
- Increased frequency of urination
- Urinating at unusual places or inside the house
- Inability to pass urine - you must contact your veterinarian immediately if your cats is unable to pass urine as urinary blockage is an emergency condition

Consumption of foods rich in magnesium or phosphorus (most of the supermarket dry foods or raw meat) over time can lead to build up of crystals or stones in the urinary bladder or urethra. These cats mostly have high urine pH and pass alkaline urine. Alkaline urine also favours urinary tract infections.

In clinical practice we see these cats with history of sitting in the litter tray for prolonged periods of time or straining to urinate. Most of the time they have crystals building up in their urinary bladder or urethra causing cystitis (inflammation of the bladder), urinary tract infections or urethral blockage in more extreme cases. Cats can die if their bladder is blocked for prolonged periods, so we normally recommend immediate veterinary examination if a cat is unable to urinate.

Stress is another factor that plays a role in feline urinary tract disease. A lot of the cats stress out due to territorial fighting or change of territory or if the owners have adopted a new cat or puppy. Stressed out or anxious cats are more likely to get cystitis. It normally settles with time as the cats get used to the change in conditions at home.

To prevent it from happening, it is recommended to feed the cats foods low in Magnesium and Phosphorus and foods that make the urine pH slightly acidic (Hill's c/d urinary care food or Royal Canin Urinary s/o). In general, for urinary tract problems in cats; any good quality wet foods are better than dry foods. More water in the diet helps in flushing the urinary tract.

Preventing obesity by feeding the cats the right amount helps. Obese cats are more likely to get urinary tract problems along with many other issues. If your cat is gaining weight rapidly, it means you need to cut down on the amount you are feeding the cat.

If your cat is persistently showing the urinary tract signs or you notice any discomfort associated with urination, you should consult your veterinarian.

Dr Gary Duggal BVSc, Huapai Vet Clinic phone 09 412 2223.

Kanika Park Cat Retreat

DIY Cat Toys

Knotted T-Shirt - Speaking of old shirts, I'm yet to meet a cat that doesn't love smacking these DIY knotted t-shirt cat toys around. They were an immediate hit with my kitty and are a great way to reuse fabric scraps

Because they're so simple to make, be careful not to go overboard while making them, lol. But then again, you could gift the excess toys to friends and families with kitties.



Treat-Filled Toilet Rolls - Our cat seemed to quickly get bored with his existing toys. We recently made him a few toilet paper roll toys, filled with some of his favourite treats. These DIY toys are bound to keep your cat busy for a while once they realized they are treat-filled

Just make sure you leave one end open enough for the treats to fall

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Pets

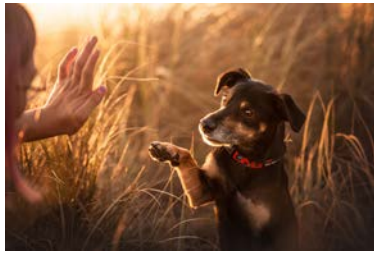
out while your kitty whacks the toy around. We mistakenly closed off both ends too tightly, and he got a little frustrated! Whoops
Kanika Park Cat Retreat phone 027 550 1406 or email info@kanikapark.nz.

Is your dog in their golden years?

Then it is definitely time to consider capturing some gorgeous memories to treasure forever, and have some portraits that are worthy of putting in a frame up on the wall. Phone photos just don't cut it. As a professional pet photographer, I meet a lot of old and unwell dogs and capture special portraits of them solo, as well as photos with the whole family. Something I am particularly passionate about is photographing the bond between dogs and their people. Having that memorialised is priceless. Our pets are our family, and it's certainly not a family photo without them.

I do photo sessions at gorgeous locations around Auckland such as Muriwai Beach, Riverhead Forest, and Auckland Domain. I also have a studio to capture more simple photos, and for dogs who don't do well in public places.

Currently I am taking bookings for spring, so get in touch if you would like to reserve a spot. You can visit my website for more information on packages and pricing, or feel free to email me directly with and enquiries. I will look forward to hearing from you and meeting your four-legged family members soon. Website: www.dogandco.nz



Email: kirsty@dogandco.nz.

Raw Food Direct

Gary Withers has been buying raw meat mixes to feed his dogs for many years and has watched his dogs thrive on the quality products he sources from the Waikato. "To find a supplier that produces meat products for dogs that are free of hormones, preservatives and antibiotics that also understands the correct



balance dogs need between muscle meat, organ meat, bone and tripe is a great find here in New Zealand", he goes on to say his dogs are prized for their great condition and shiny coats which he attributes to the quality raw food he feeds them.

When he and his partner's interior business was closed due to the problems caused by Covid, Gary saw this as an opportunity to offer these same meat products to the general public, so he started Raw Food Direct. There are many suppliers currently offering raw food for dogs and cats but he has found them either too expensive, the mixes incorrectly balanced or the quality compromised through the processing. Also many are not medicine free, something Gary feels very strongly about.

He supplies only to the 'local' market and isn't interested in growing the business so big he can no longer offer a personal service to his fast growing list of customers. Check out his website for a full list of products and prices on www.rawfooddirect.nz.

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Food & Beverage

Westbrook Winery

Spring has to be one of the most exciting seasons - what's not to love about longer days, new-born lambs, and daffodils? For those of us lucky enough to work at a vineyard, it is the greatest thrill to see the vines burst to life again - a new vintage is being born, right before our eyes. At this stage, the vines are still quite fragile and require plenty of attention to get them safely through the sometimes unsettled spring weather.

We are enjoying welcoming international visitors and returning Kiwis to the Cellar Door. As more locals discover this 'hidden gem', a lot of our weekend bookings are for family groups re-connecting after many months apart. The current wine list features all of Westbrook's classic hits' including our delicious Crackling Rose. Our gourmet pizzas and tasty platters are as popular as ever. Haven't been to see us for a while? Come on over... we are 'just up the road' at 215 Ararimu Valley Road, Waimauku. Bookings are highly recommended for weekends and public holidays. Book online at www.westbrook.co.nz/book-now or call the friendly Cellar Door team on 09 411 9924 for assistance.



Spearmint Marshmallow Slice

If you are a vegetarian or even vegan, the marshmallow part of this recipe is amazing. I used aquafaba (chickpea liquid) but you can also use egg white instead. Using agar- agar to set the marshmallow creates a velvet-smooth marshmallow that holds well and can be used on its own and cut into pieces, then rolled in coconut to create marshmallow sweets or used as shown below with a biscuit base, bringing back childhood memories.



Base Ingredients: (base recipe is based on Allyson Gofton's Creative Biscuits & Slices cookbook) 125g butter, 1 cup sugar, 1 egg, 1 tsp vanilla essence, 1 cup flour, 1 tsp baking powder.

Base Method: Cream butter and sugar then add egg and beat until incorporated. Sift flour and baking powder and add to mixture along with vanilla. Mix well and press into a lined 20cm x 30cm tray.

Bake at 180C for approximately 18-20 minutes. Cool completely before adding the marshmallow.

Marshmallow Ingredients: ½ cup aquafaba or equivalent egg white, ½ tsp cream of tartar, ½ cup water, 1 T agar-agar powder, 1 cup white sugar, 2 T spearmint essence (see our website for essence recipe using spearmint tea), green food colouring, 1/3 cup desiccated coconut approx.

Marshmallow Method: Mix the aquafaba with the cream of tartar and beat until soft peaks form. While this is beating, add the water and agar-agar to a pot and bring to the boil, stirring continuously. Next add the sugar to the pot and continue stirring until the mixture clears and begins to thicken - it needs to still be pourable. Remove from heat and while the mixer is on, slowly add the liquid to the aquafaba mixture. Next add the spearmint essence and food colouring. Beat until incorporated. Pour the marshmallow onto the cooled base and use a spatula to smooth the top. Sprinkle the coconut over the marshmallow.

Allow to set firmly (30 minutes or so), then cut into squares and store in the refrigerator. Any of your favourite essences can be used in place of the spearmint essence.

To purchase Certified Organic Spearmint tea and other teas or to find more herbal recipes, visit our website www.NewZealandHerbalBrew.co.nz.

Jesters Pies Westgate

Bookings for Christmas shouts being taken now. This month is a great time to book in your company Christmas lunch shout, contact our team to find out how easy it is to have one of our pie vans deliver freshly cooked hot pies to your workplace today. Phone: 09 832 6060 or email: amljesters@gmail.com.



Hallertau's new number

This beer is rather neat, we use a bunch of Canterbury wheat with some barley too. A luscious fruit salad of NZ hops makes for 100% local unfiltered deliciousness. Would you look at the time, it's quaff o'clock! No.10 Hazy Pale Ale now pouring at Hallertau Riverhead.



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Eye emergency

"I reached into my medicine cabinet for my small, white bottle of lubricating eye drops. I tilted my head back and applied drops into one eye and instantly knew I'd made a terrible mistake. My eye felt like it was burning; the pain was intense. I panicked when I looked at the bottle and saw that I had just put ear wax remover in my eye by mistake. The bottles were identical. I went to the Emergency Department of my local hospital where I was treated with an eye rinse. It was such a relief. Fortunately, only minimal damage was done to my eye, and it healed quickly and completely, but I will never make that same mistake again"



Matthew and Molly Whittington say:

Chemical eye burns are an emergency but you don't need to go to Emergency to have an eye rinse. The best first aid is fast first aid. Use the closest water source (even trough-water) to rinse the eye as quickly as possible.

Spray or pour water across the eye, from the nasal side to the outer corner. Keep rinsing for 15 minutes plus - this is more important than rushing to the hospital.

If treating a child, quell struggles by rolling them up in a blanket and rinse, rinse, rinse. Hold the eye open to be sure the rinse is effective.

Check the other eye in case some of the bad stuff got in there, too.

Then: See an ophthalmologist or local Emergency Centre. Have an accurate record of what damaging substance went into the eye, eg the container or a photo of the label. We hope you never need this advice but do be prepared ... and be careful of your peepers.

Matthew and Molly are optometrists at For Eyes in the Kumeu Shopping Village. For appointments phone 09 412 8172.

PINC & STEEL Cancer Rehab

At NorthWest Physio + we have fully qualified cancer rehab physiotherapists who are here to support, guide and rehabilitate people through every stage of their treatment and recovery.

The PINC and STEEL rehabilitation programmes are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

Various sources of funding are available for those with different cancer types. Bowel Cancer Foundation Trust are now providing all bowel cancer patients with 4 free sessions of physio. There is a welfare grant available from Prostate Cancer Foundation for up to

\$500 and we have strong links with the Breast Cancer Foundation. For information on applying for funding or to find out more about physiotherapy and cancer please contact NorthWest Physio +: info@nwphysioplus.co.nz or 09 412 2945.

Think mouth-healthy this Halloween

With Halloween fast approaching, there will be lots of chocolate and lollies filled with sugar all around us. Everybody knows sugar can damage your teeth but here are a few helpful tips from Kumeu Dental to help your teeth survive the spooky season.



Drink lots of water after eating lollies to help dilute the active sugars, slowing down the acid build-up and tooth decay process. Avoid brushing teeth for at least 30 mins after eating. Avoid adding extra stress to your teeth with carbonated drinks. Eat all the chocolate & lollies in one sitting rather than slowly over a few hours. Finish with some cheese to balance the PH in the mouth.

This year, we thought we'd share our favourite Halloween costumes that are all about teeth: Tooth Fairy, Dentist, Teeth, Vampire

The oral health family - toothpaste, a toothbrush, a tooth, and floss, or a combination of those four.

Remember to keep up with your regular dental exams, to catch any dental problems as soon as they develop to keep costs lower & teeth happier & healthier. To book in now call our friendly team at Kumeu Dental on 09 412 9507.

A simple approach for better balance

We often assume that balance is one of those things that just gets worse as we age and there is nothing we can do about it. One reason this happens is because we don't train it.

In a recent blog post, I shared a simple way to test your balance and then some simple exercises (with progressions) you can use to try and improve it.

Here is how to test your balance. In bare feet, stand with your feet

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together and then raise one leg so the hip is at 90 degrees and see how long you can stand in this position without excessive wobble. Repeat with the opposite leg.

Ideally you should be able to balance like this for at least 30 seconds. If you can't, it will be worthwhile training it.

For videos of the test and all the exercises visit; www.elevatechiropractic.co.nz/blog.

Your mouth: Driver of both health and disease

There is a huge connection between our oral health and the health of the rest of the body including the gut and of course a connection between our gut health and our oral health - no one way streets here.

The mouth is home to about 700 species of bacteria and numerous other microorganisms such as fungi, viruses and protozoa. It's the second largest home to a diverse group of microbes, the gut being the first. Something like 22% is found in the oral cavity. We have a core microbiome (predominant species) and then we have variable microbiome (individual to us and our environment).

Research has started to show that some of the bacteria that are in the mouth are specifically linked to specific health conditions such as: Alzheimers, atherosclerosis, pancreatic cancer, SIBO/IBS, Lupus, oral cancer & colorectal cancer amongst others.

Vicious cycle driven by what we eat: When we eat, our mouth microbes eat before us. Our beneficial microbes 'metabolise' the sugar from carbohydrates, then produce by-products which support the growth of bad bacteria, who also produce by-products which support growth of bad bacteria etc. you then end up with dysbiosis, plaque development, inflammation and a vicious cycle,

Gut dysbiosis and leaky gut cause oral dysbiosis and leaky gums

When you have a 'leaky gut', certain compounds such as LPS will pass through the gut barrier and end up in your bloodstream, circulate and they can end up going into the soft tissues in the mouth, causing inflammation in the mouth which then causes dysbiosis - another vicious cycle. So it's paramount that we work on fixing the gut imbalance at the same time as any mouth imbalances.




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Top Tips

1. Fix the gut - whole food Mediterranean diet rich in fibre rich and prebiotic foods, fermented foods and beverages, lots of plants - 30+ plants a week (the more variety in your diet the more variety in your gut), healthy fats.
2. Reduce smoking, alcohol use and alcohol based mouthwashes
3. Reduce sugar based beverages and sugar rich 'foods'.
4. Brush teeth after eating
5. See your dentist regularly - don't ignore any oral infections, inflammation or pain.

If you want to know more or need help with your health then please go to sarah-brenchley.com/links. I will be running a free Webinar on managing perimenopause on 13th October. Details in link above.

Lisa's tips for hearing aid care

When wearing facemasks, use a neck strap. Either purchase one or be creative with buttons or the like to make one. Neck straps do not interfere with your ears so putting facemasks on and off will not risk your hearing aids falling off.

Have a drying system for your hearing aids to minimise moisture damage. This can be simply an airtight container with a desiccant capsule, or an electronic drying chamber for hearing aids.

Clean your hearing aids regularly by using tissues, dry cloths, small brushes and/or tools supplied with your hearing aids. Often hearing aids are not functioning because the sound port is blocked. All hearing aid styles have a port for delivering sound into your ear. This port can easily get blocked if not regularly cleaned.



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Unfortunately cleaning hearing aids can be fiddly and requires good vision. If you need help with maintenance, please feel free to contact me for advice or a visit.

"Since I have had Lisa, I just don't worry any more" Miriam from New Lynn. Email Lisa at lisa@hear4u.co.nz, or Phone 0800 119 510.

Holistic eye care for every member of the family

Here at Westgate Optometrists we know that how we manage your vision today has a big impact on how well you'll see the world tomorrow. The key is spotting potential eye health issues before they become major or irreversible. To achieve this our practice utilises the latest technology, such as our OCT-A machine, which allows us to see changes in the blood vessels beneath the retina and macular, a warning sign for Glaucoma or Macular Degeneration. By picking up on these problems at the earliest possible stage we can advise you on the best options to manage your condition going forward. But along with caring for your vision, we want you to look great too. That's why we offer a wide range of contemporary frames, with something guaranteed to suit everyone in your family. Protect your future eye health by visiting us in-store or booking an appointment either by phoning our friendly team or visiting our website: www.westopt.nz Located at 4/46 Maki Street, opposite the Kiwibank and NorthWest Shopping Centre and just around the corner from Goode Brothers Restaurant.



Changing the course of Osteoarthritis is now possible

Sore joints are more than just a pain in the knee. It can stop you doing the fun things that bring meaning to your life. Plus, it can reduce the amount of exercise you do, which we know is good for your heart health, your metabolic health and your mental well-being. If you are over the age of 50, then you likely have osteoarthritis in your joints. Biomaterials to the rescue:

Biomaterials naturally switch on the production of tissues within joints such as cartilage, synovial membranes, and osteoblasts (bone

building cells). They also switch off osteoclasts (bone destroying cells), reduce inflammation, and act on cells in the immune system. The combination of all these actions results in improved joint function and comfort. So you can enjoy your active leisure activities and exercise for better health and well-being. So what are these biomaterials?

Glucosamine, glycosaminoglycans (like Chondroitin), and collagen are now known to be biomaterials and therefore to improve joint function. However, there are tricks to the successful use of these biomaterials.

Glucosamine needs to be in a sulfate form. The cheaper hydrochloride form is not as effective. It also needs to be taken on an empty stomach because the presence of other big molecules will compete for absorption. This also means that you should not take a combined glucosamine and chondroitin formula, as the combination will reduce the absorption of glucosamine by 58%. Glucosamine sulfate is also best taken at nighttime.

Collagen is best taken in a hydrolysed supplement form. Dietary sources of collagen tend to be unhealthy foods. Plus, natural collagen is broken down by the digestive tract and is not as effective as supplemental collagen.

We once thought collagen and glucosamine were simple building blocks the body could use to build key tissues like cartilage. However, we now understand that they are biomaterials which means they signal other cells to improve joint health, reduce the expression of enzymes such as MMP and CTX which break down connective tissue, modify the immune system, and reduce inflammation.

The sooner you start the better, but it's never too late to modify osteoarthritis. Want to continue tap dancing well into your 90s? Then call in to Massey Unichem Pharmacy for a chat about joint health.

Repression of emotion causes physical issues

I never knew my physical ailments were due to the repression of emotions. Who knew the mind considers the greater evil is the conscious expression of emotional pain and physical symptoms are the lesser evil. Better to suffer physical pain and illness than have your life ruined by an explosion of rage or intensely painful feelings.

I was aware that in my life I have suppressed emotions with alcohol, drugs, cigarettes, food, books, tv, exercise, and sheer willpower. Now I am learning and seeing in myself (and my clients) that the mind will repress feelings it believes are more dangerous or painful than the pain experienced with health issues.

I have had my tonsils removed, conjunctivitis, warts on my hands, hay fever & allergies, Coeliac disease, irritable bowel syndrome,

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anxiety & panic attacks, pain in my tailbone, lower & mid-back, left shoulder, right foot and even my left index finger.

The purpose of these issues? To keep my mind distracted from painful emotions literally raging within me. As Snoopy (created by Charles M. Schulz) once said; "There's nothing like a little physical pain to keep your mind off emotional problems."

Now I know that to heal, I must feel. Not always comfortable but healthier than my history. If you need help with physical or emotional pain, please get in touch. Lorraine Maguire - Rapid Transformational Therapist www.lorrainemaguire.com.

Cosmetic injectables

Brought to you by the experts at Caci Kumeu. At Caci, we know that for many people Cosmetic Injectables can be new and seem a bit unknown. You may have tons of questions leaving you overwhelmed and not knowing where to start. That's why for you, we've answered the questions most of our customers are curious to know.

What is the difference between Dermal Filler and Antiwrinkle?

Dermal filler is an injectable gel that provides volume and contouring. Anti-wrinkle is not a filler, antiwrinkle relaxes muscle activity and is used to treat moderate to severe lines caused by repeated facial expressions.

How does Antiwrinkle work? Antiwrinkle treatments use a purified protein that is injected into the muscle, temporarily reducing the action of those targeted muscles and preventing them from moving. As a result, lines and wrinkles in the skin are softened, giving you a younger, fresher-looking appearance. Customers at Caci often treat the frown, forehead lines and crow's feet. At Caci we currently offer both Botox® and Xeomin® and our Registered Nurse will discuss which will address your concerns best!

How does Dermal Filler work? Dermal filler is an injectable gel made from hyaluronic acid - a naturally occurring substance in your body. Once injected, the filler instantly plumps up the skin, smoothing away deep lines, folds and wrinkles in the face and adding volume to the cheeks and lips. Dermal filler can be used to contour the face and the most popular treatment areas at Caci are the cheeks, lips, lines between the nose and outer corners of the mouth (Nasolabial folds), the jawline and those lines from the corners of the mouth to either side of your chin (Marionette lines).

How long do Cosmetic Injectables last for? For Antiwrinkle results can take a few days to visibly take effect, and the effects of the anti-



wrinkle treatment generally last up to three or four months.

For Dermal Filler, results vary from person to person, but typically last between 12-24 months and are noticeable immediately after the treatment.

We'll check in with you after treatment with a follow-up appointment to review the treatment and ensure you're still satisfied with the results.

Does it hurt? The injection process is quick and the needles are small and fine, so the treatment hardly hurts at all. You'll likely feel a pinprick, but most customers describe the treatment as being a bit uncomfortable rather than painful. The dermal filler we use at Caci also contains Lidocaine; a local anaesthetic that provides more comfort both during and after injection.

Will it look natural? At Caci we are aiming to enhance your natural look.

Who performs the treatments? Our cosmetic medicine treatments are only performed by qualified and highly trained Registered Nurses, so you can rest assured you're in safe hands.

How much does it cost? Costs vary depending on the area being treated and these will be discussed at a free consultation.

We aim to make Cosmetic Injectables affordable, so we've developed a treatment plan called Amerase, with affordable payment plan options to suit your budget, so you can pay off your treatments weekly, fortnightly or monthly!

We also accept Laybuy and Afterpay payments; meaning you can receive your treatment now and spread the total cost over weekly automatic payments.

Have we caught your interest? Visit our team at Caci Kumeu; our highly trained Registered Nurse can provide to a free consultation to discuss how we can help you on your cosmetic injectables journey.

Plus sign up to our Amerase plan or receive a Dermal filler treatment in October or November and enjoy a skin treatment on us!

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



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Growing a skilled workforce

As we move forward with our recovery, we're creating jobs, supporting people into work, and making sure that more Kiwis can get the skills they need to prosper. We're also supporting businesses, including here in Kaipara ki Mahurangi to access the skilled workers they need.



The Minister for Women, Hon Jan Tinetti and I were especially pleased to see that local businesses were fostering young women into apprenticeships as builders, electricians and spray-painters, when we met with them earlier this month while the Minister was visiting our local schools.

Minister Tinetti noted that the MSD Work Broker had assisted Lauren Peace into an apprenticeship as a spray-painter and had supported her through Flexi-wage and provided assistance for tools and work boots which was a great example of how the government departments are working together to support people into jobs or pathways into training or education.

The latest figures show that unemployment has remained at near record lows thanks to our economic approach that supports families and businesses, resulting in more people in work and rising wages.

We're also making good progress on our plan to grow the skilled workforce we need for the jobs of tomorrow. Across the country, we've supported more than 200,000 Kiwis through our free apprenticeships and trades training programmes, and we're seeing more people move into jobs through successful initiatives like Flexi-wage and He Poutama Rangatahi.

The Apprenticeship Boost programme has supported over 50,000 apprentices to move into or retain their trade.

Our Government is committed to playing our part to make sure that all Kiwis have the opportunity to thrive. We recently saw our Mana in Mahi programme - which works with businesses to get young people at risk of long-term unemployment into work and training - surpass its target, and overwhelmingly keep participants in work.

50,000

APPRENTICES HAVE BEEN SUPPORTED BY THE GOVERNMENT'S

APPRENTICESHIP BOOST

Marja Lubeck

Labour List MP based in Kaipara ki Mahurangi

0800 582 325

marja.lubeck@parliament.govt.nz

5/62 Queen Street, Warkworth



Authorised by Marja Lubeck MP, Parliament Buildings, Wellington



On top of this, we're well underway with our work to create jobs in Rodney and around the country, including through investment in vital infrastructure - which also serves to boost economic growth and prepares us for the future.

We've also rebalanced our immigration settings so that the system is simpler for businesses to attract workers with the skills they need.

Marja Lubeck MP.

Rescue of the Year for lifeguards' flood help

The national Surf Life Saving New Zealand Rescue of the Year award went to the Muriwai Volunteer Lifeguard Service Search and Rescue team for its work in rescuing 11 people and assisting 47 others during floods in the NorthWest on August 31, 2021.



Dodging submerged letterboxes and fences along with floating fridges and shipping containers, the squad led by Glenn Gowthorpe worked alongside police, fire, Civil Defence Emergency Management and Auckland Council personnel in the Kumeu, Huapai and Waimauku area.

The Muriwai search and rescue team's efforts have been widely recognised, including one personally for Glenn.

Others in the squad include Neil Reid - who accepted the award in Wellington on behalf of the team - Nick Thompson, Mark Goodhew, Carlin O'Neill, Craig Smith, Nigel Sorenson, Darrell Watt, Wayne Sutton and Nick Fryer.

Grief- you can work through it

Some people in our lives touch our hearts from the moment we first met them or it could be someone who has been in our lives from the day we were born or they are a well-known person such as a member of the Royal Family, a celebrity or another famous person.



With the recent passing of Her Majesty Queen Elizabeth II, many people around the globe have felt the sadness and loss of such a strong and powerful woman, the way she touched many people's

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hearts. One may feel some mixed emotion over her passing and may even create a sadness for a loved one who has also passed.

When we lose someone such as a family member, friend or even a pet, the sadness and loss we feel is called grief. According the Mayo Clinic, "Grief is the natural reaction to loss. It is both a personal and universal experience."

When someone we love or know passes, how should we feel? Is there a correct way to feel? There is no right answer to this question, everyone feels loss in a different manner. It may also depend upon your belief system. Most will feel a sense of loss, sadness, sorrow, a deep pain or even a sense of relief. Whatever you feel, is completely normal and is right for you.

Some things you can do to help you with grief:

1. Surround yourself with family and friends who can support you.
2. Allow your feelings to come out, if you need to cry, then cry.
3. Don't be hard on yourself. Be kind to yourself.
4. Keep a journal/diary to record your feelings and thoughts.
5. Try to keep to a regular routine: meal times, exercising etc.
6. If you need to seek help, do so, speak to your family doctor or another professional.
7. Speak to others who have been through similar grief, know you are not alone.

Astramana™ Healing Services is available to help you through your grief period. We can teach you various healing technique to help you with the grieving process, we also can help you through hypnosis. Astramana™ Healing Services founder Jason Mackenzie is an internationally trained healer and hypnotist, a clairvoyant, tarot reader. Jason has taught healing classes internationally.

Visit our website: www.astramana.com or email us at astramana@gmail.com or call us on 021 0277 0836 with any questions or to book yourself an appointment.

New Zealand Biosecurity Services

New Zealand Biosecurity Services are commencing a new service offering from October for export fruit and vegetable inspections. For anyone wanting to export fresh fruit, fresh vegetables, cut flowers or plant material we can undertake the export phytosanitary inspections.



When exporting horticultural products overseas each country has its own requirements on the pest free status of the consignment. Our trained inspectors will visit your depot or your freight forwarder and undertake inspections to ensure the consignment is pest free and meets the requirements of the importing country.

Our inspectors will complete all biosecurity inspections required by the importing government, prepare the export phytosanitary certificate, and seal the container ready for shipping.

We offer a great deal on inspection fees for everyone that comes on board in November and December, and our team is flexible and able to respond quickly. Ask for New Zealand Biosecurity Services when booking in your next export inspection. Email us at IVainsepct@biosecurity.net.nz.

Ages & stages of development

At Country Bears we have five specialised rooms that meet the needs of each child, with ratios that exceed government requirements. When the time comes for a child to move onto new and extended learning, we look at each child individually and where they are at developmentally, socially and emotionally. Each child will reach these stages of development in their own time. Sometimes these are called milestones; an acknowledgment that a child has reached or achieved a developmental stage, like rolling, crawling, and walking.



There is no set time or age in which a child should reach a milestone, however a child's age can provide clues as to which stage they could be reaching.

As a new skill is developed, the newly acquired ability gets built upon one that has already been established, like building a tower from the lower floor to the top floor. For a child, they will learn to walk, run and then ride a two wheeled bike. Each stage is crucial for the next stage, so here at Country Bears we see each child's individual potential and structure our learning environment to allow the child to achieve these stages successfully, without pressure.

When a child shows an interest in toileting, this can be a very intense period for both children and parents alike, but it doesn't need to be. When a child has the cognitive ability to recognise that their body is telling them it is time to go to the bathroom, that should be when this developmental stage can be supported.

If we were to look at child development from the theorist Urie Bronfenbrenner's perspective, he believes that a child's development is a result of the child's environment, including schooling, parents, culture, mass media etc. and the child's relationships between these



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environments. Within Country Bears philosophy we feel that each child will learn to communicate and explore in an environment in which the child will learn to respond to change and challenge, knowing that their individual needs will be met. These are done through responsive, respectful and reciprocal relationships built on a foundation of kindness.

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

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- 1 x Dinner @ Shoal Bay Estate included
- Good Heaven Night Sky tour.

Costing does not include: Lunches for 2 days & 1 x Dinner, these will be at guests own cost.

This itinerary is subject to last minute changes dependent on weather, but we have sent a couple of groups there already and they have loved it because it is very informal.

If you would like to be included on one of the above dates then let us know - email Lesley.johns@helloworld.co.nz or phone 09 416 1799. Above is the group we took early this year.

Helensville Te Awaroa Museum News

Helensville and District Historical Society was established in 1968 to gather and preserve material pertaining to the area's colourful history, and the Helensville Pioneer Museum was set up as the recipient of that material.



Protecting the museum's contents from the pests, mould and rot found to be attacking it in 2019 has been a long, arduous task, but now those volunteering their time to do this are able to turn their attention to the original purpose, which is to house the archival material, display the artefacts that tell the stories of the district's history and make them accessible to the public.

Archival material is still in the process of being scanned, digitised, and cross-referenced by President Toni Walmsley and other volunteers while, as the courthouse is the oldest building in Helensville and the first of its kind in Aotearoa, rejuvenating it has been a priority. The two displays now on show there are Kees van Uden's models of historic transport and the district's pre-digital Post Office, which has a timeline detailing many fascinating stories from the past. Both have been mounted by designer Megan Paterson, with assistance from curator/Vice President Leigh Bosch. Plans are afoot to add more detail in the shape of things like a hologram, a soundtrack, and a copy of the original Kaipara Land Court minute books.

Helensville Te Awaroa Museum will be open during Labour weekend's Arts in the Ville, with a display of Jeff Thomson's sculptures. There will also be the chance to be photographed in period costume by the

Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@kumeucourier.co.nz * Distribution average is 300 magazines in your local neighborhood every four weeks.

Area Columnists

museum's resident artist Adrian Cook, who will capture and process images using the tin-type methods of the 1800s. You can provide your own costumes and props or hire a museum period costume for \$5. The cost per photograph is \$125 and a booking system for this is available on www.helensvillemuseum.org.nz. Alternatively, you can take your own photographs in the museum's settings.

While there is one paid employee (Carol the administrator is doing a great job) and other wonderful volunteers with a range of expertise (Jeremie for example, has been doing sterling work sorting out the technology issues), the museum would love to have the voluntary services of someone with expertise in building (construction work, gib installation etc). If that sounds like you, please email Toni at helensvillemuseum@xtra.co.nz

The museum is now open to the public 9.30 to 12.30 Monday, Tuesday, and Wednesday and at other times by arrangement.

Chris Penk MP

I'd like to start this column by acknowledging the passing of the Queen Elizabeth II. As monarch for some 70 years she's been a constant presence in New Zealand public life all that time.

I had the opportunity to speak in Parliament when a motion was passed recently, thanking the late Queen for her service. I was pleased to note that she had visited the Kaipara ki Mahurangi electorate (as it is now called) very early in her reign, including to Warkworth and Puhoi.

More recently, her son and successor - Prince Charles at the time but now King Charles III - visited Whenupai in late 2019 to participate in an Airforce-led "Queens Colour" ceremony.

It's been a time to reflect on the meaning of service, with such an exemplary standard having been set at the very top of the constitutional tree.

An illustration of the commitment of Queen Elizabeth can be seen in her connection to defence forces of the Commonwealth. As a young woman, she served as a motor mechanic during the Second World War. A few short years later, as the sovereign she assumed the ceremonial title of Head of the Armed Forces. Elizabeth's service was both symbolic and highly practical in nature.

I also reflected in Parliament on the fact that "the Crown" is a rather high level, impersonal concept in our system of government. That's not a bad thing, incidentally, as it means that the King or Queen isn't involved in the day-to-day hurly burly of domestic political affairs.

At the same time, the service given by this remarkable woman was deeply personal, involving as it did practically every waking moment of her long life, committing her family, highlighting her personal faith and so on.

Delivering her traditional Christmas Message from the other side of the world, in a strange way the Queen was invited to share in

the festivities (cold ham, crackers and all) of many a family in New Zealand.

I realise this message has been rather different from my usual fare as local MP but I think that - as a member of His Majesty's loyal opposition - it's appropriate for all elected representatives to mark this moment. Thank you for your service, Ma'am.

House of Travel

Exciting news as our team expands from 3 experienced consultant to 5. We've been search for some awesome likeminded people to join our team and welcome Sunny and Namrata who have over 15 years of experience between them



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Chris Penk

MP for Kaipara ki Mahurangi

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\$ 39.99 EACH

KUMEU CELLARS



Deals expire October 31, 2022
No Service if indicated or without ID



Jim Beam Black 1L Jim Beam 1.125L

\$ 49.99 EACH



Canadian Club 1L Absolut Vodka 1L

\$ 44.99 EACH



Seagers Gins 1L Ivanov Vodka 1L

\$ 39.99 EACH

Super LOW Prices || OPEN till 10PM || Kumeu Village Shops, 88A Main Road, Kumeu