

# Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

## Strawberry fields forever

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

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

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

September 2023





## Greetings

Politicians may not be back kissing babies yet but they're certainly dishing out largesse prior to the October general election.

Voters are already seeing promises flying around.

Labour has offered to remove GST from fresh and frozen fruit from April next year (it reckons that will save nearly \$5 on an average \$30 spend but says that needs to be considered with other cost-of-living improvement measures).

More paid parental leave is promised by Labour (adding four weeks Paid Partner's Leave taken concurrently or consecutively with Primary Carer's Leave) from July 1 next year, along with three tunnels under the Waitemata Harbour linking downtown Auckland and the North Shore (two three-lane road tunnels and a light rail tunnel), plus some rejigging of the Auckland Harbour Bridge to include cyclists and pedestrians.

Waka Kotahi NZ Transport Agency will report back to Cabinet next year with a detailed plan for how elements of the cross-harbour plans can be phased and funded.

Then there's a \$2 billion international fund for Kiwi renewable energy projects (with BlackRock) and possibly more pre-election announcements to come.

National, meanwhile, is producing a "pothole policy" to help fix the parlous state of our roads, proposing a cell phone ban in schools to lift achievement, and expects to restore law and order, health, and help "fix the economy".

Polls show some slipping and sliding (unrelated to extreme weather events), with several other parties like ACT, NZ First, the Green Party, and Te Pati Maori expected to figure in the final result.

Voters are being encouraged to get ready for the October general election.

"If you haven't received an enrolment update pack it means you're not enrolled or need to update your details," says New Zealand Electoral Commission Operations Deputy Chief Executive Anusha Guler.

"Every year thousands of voters are removed from the electoral roll because they've changed address but haven't updated their details with the Electoral Commission. To avoid this, you need to make sure you're enrolled at the right address if you've moved house."

I guess that includes those unfortunate people impacted by the flooding and Cyclone Gabrielle earlier this year, including Muriwai residents who expect some action on their properties after waiting six months.

People correctly enrolled by September 10 will be sent an EasyVote card to make voting faster.

Voting starts October 2 and finishes at 7pm on Saturday October 14.

Geoff Dobson, Editor



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# People & Places

## Strawberry fields forever

Get ready for fresh flavoursome summer strawberries.

While the Beatles song "Strawberry Fields Forever" in 1967 refers to a different garden, people could say the same about Phil Greig Strawberry Gardens in Kumeu.

After all, Phil's been growing the delicious summer fruit about 35 years now.

Rain and labour shortages have plagued growers nationally, so even strawberry plants (Phil has mainly the big, flavourful Camarosa variety) have been in short supply.

Phil has reduced his strawberry growing area from about 30 hectares to around 2.5 hectares, now just around his State Highway 16 shop which he expects to open mid-September to sell his fresh locally grown strawberries along with fruit ice-cream.

He says the downsizing has been necessary to help cope with all the issues.

Until this year Phil also had a strawberry plot in Nixon Road, Taupaki.

Expecting an El Nino summer with drier, hotter weather, Phil is busy getting irrigation pipes in place at the Kumeu strawberry farm.

He doesn't yet know what prices strawberries will sell for but expects major supermarkets will again largely dictate that. Prices haven't changed much in nearly 15 years, although costs have soared recently.

Meanwhile, Phil is determined to keep growing strawberries as long as he can, particularly to help provide employment, adding he's got a great group of people to do the work.

That includes wife Lianne, and Phil's youngest daughter who has just graduated from university and plans to help in the shop this summer.

So long as the weather improves as expected, strawberry lovers can expect good supplies of the luscious red fruit this season, especially around Christmas.

## \$50m invested in Auckland assets and regional parks

Regional parks, growth-related community assets, sports fields, cemeteries and public art are among a range of assets for Aucklanders that have had almost \$50 million of funding confirmed through Auckland Council's Capital Investment Work Programme.

Nearly \$7 million has been invested in regional parks' infrastructure, including upgrading



## THE KUMEU DISTRICT AGRICULTURAL & HORTICULTURAL SOCIETY (KAHS)



### ABOUT US

#### WHO WE ARE

The Kumeu Showgrounds is **Privately Owned** by its Members who are the Custodians of the Land for the Benefit of our Local Community.

The **History of the KAHS** can be found on our website: [www.kumeushowgrounds.com](http://www.kumeushowgrounds.com)

### OUR STRUCTURE

#### OUR TEAM

Our Team are all Financial Members and Volunteers of the Society

#### The Executive Team

President, Vice-President, Jnr Vice-President, Treasurer and Past President

#### The Executive Council

The Executive Team including 9 Elected Councillors (who have served more than 2 years on the Show Committee)

#### The Show Committee

Members who would like to be more involved with the planning and smooth running of the Annual Kumeu Show

#### Staff

Society Secretary / Kumeu Show Manager  
Groundsman / Caretaker

#### KAHS CONTACT DETAILS FOR JOINING US

Email: [info@kumeushow.co.nz](mailto:info@kumeushow.co.nz)

Phone: 09-4129322

Mob: 021 040 3218

Website: [www.kumeushowgrounds.com](http://www.kumeushowgrounds.com)



### MISSION STATEMENT

Preserve, Manage, Protect the rural aspect of the Kumeu Showgrounds now and into the future in order to benefit the local and wider community by the work of volunteers, staff and a committed KAHS Membership

### WHY WE NEED INDIVIDUALS LIKE YOU

#### MEMBERSHIP

To assist with preserving the Kumeu Showgrounds for years to come with the aim to give back to the Community.

Opportunities to get involved with the planning and running of our Annual Kumeu Show and Future KAHS organised shows.

### TYPES OF MEMBERSHIP

Annual Membership - \$30 per year

Life Membership - one-off payment of

\$300

### MEMBER BENEFITS

- Tickets to our Annual Kumeu Show
- Meeting Room Hire
- Voting rights at our AGM

### SHOW COMMITTEE BENEFITS

- 30 Tickets to our Annual Kumeu Show with priority Parking
- Help with planning and Volunteering on Kumeu Show Days
- Great Social Committee gatherings

- Free stall at our monthly Kumeu Market (to be booked in advance)
- Private Venue Hire
- Voting rights at our AGM when voting in New members of the Executive Council



# People & Places

community facilities, car parks, walking tracks and public toilets.

A \$10.9 million funding allocation for park upgrades includes Riverhead War Memorial Park and Te Kori Scott Point (Hobsonville).

Meanwhile, \$950,000 will go to slips prevention and remediation which will help areas already affected and build resilience for the future.

The funding for financial year 2023-2024 was approved by councillors in the Planning, Environment and Parks Committee on August 3.

"The funding is a timely and significant capital investment for Tāmaki Makaurau and will help the region continue to regenerate following on from the extreme weather events earlier this year," says Planning, Environment and Parks Committee Chair Richard Hills.

"This funding will have a positive and tangible effect on our public facilities and is necessary to ensure our environmental, cultural and community taonga are protected and enjoyed now and into the future."

The Auckland Botanic Gardens has been allocated \$2.2 million for extensive upgrades including to the irrigation systems and water features, some paths, CCTV, shade house facilities, interpretation signs and car park lighting.

Funding for the gardens is part of close to \$16.4 million of the total Capital Investment Work Programme budget allocated to the Regional Renewals and Development work programme and will also fund regional parks, farming, holiday parks, cemeteries and Pukekawa/Auckland Domain.

## 'Heart of Stone' Waimauku home wins awards

Kumeu's Maddren Homes has won an Auckland/Northland/Coromandel Supreme House of the Year award for an elevated four-bedroom Waimauku home.



The Registered Master Builders regional winners for 2023 were announced on August 21 from among 82 entries at an event in the Cordis Hotel.

Maddren Homes won the Supreme House of the Year - under \$1 million title for the Waimauku home which also won the Altus Window Systems New Home \$750,000-\$1 million category, and a

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Gold Award.

"This stunning home has been designed with family living in mind," says the citation.

"The Oamaru stone entry leads you through to an elegant foyer, and into a spacious open plan living, dining, and kitchen area.

"Vaulted ceilings, timber floors, and beautiful kitchen joinery are just a few of the well thought through details in the home - each one shining a light on the high standard of craftsmanship. "Congratulations to the team at Maddren Homes."

Photo by Melissa Thomas.

## West Coast Surf & Street opens in Kumeu

Paul Cooper (aka "Coops") and wife Jessie have opened West Coast Surf & Street at Shop 1/42 Main Road in Kumeu.



By day, Jessie is a bank manager, and Coops - once knee-deep in a high-stress job decided it was time to ride the waves of family life, cherishing precious moments with their three children as they grow up.

"We're all about family - our kids play soccer, and they've taken up surfing like pros in the past two years," says Jessie.

With a family store legacy of 45 years, Jessie knew the power of a great family venture, and when Coops pitched the idea of a surf store she said: "Brilliant! Let's do it".

"We are on a mission to create a rad store that embraces local community vibes with the help of experienced surf manager, Cath, from Muriwai, on board."

West Coast Surf & Street stocks most major surf brands.

If the shop doesn't have what the customer wants, Jessies suggests asking them and they're happy to see if they can get it in.

Volcom, Hurley, Huffer, Salty Crew, Mad Huey's, Rusty, Havaianas, Vans, Billabong, Quiksilver to name a few, and shortly - their own brand.

"We offer retail clothing, your surfing accessory needs as well as custom boards and board repairs through local Go Hard Surfboard

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# People & Places

Designs," says Jessie.

"Shout out if there's anything you want to see."

Jessie says West Coast Surf & Street has been very privileged with the local support and in particular its fit out by design and build experts Rollercoaster Design of Kumeu.

"We will try to use local when we can as we believe in supporting locals and boy, there is talent," Jessie exclaims.

"Our billboard on the side of our building was a community competition to source a local picture that embraces Muriwai, and Nick Ferner won the spot with his epic shot.

"We will run a competition shortly on who can take the best shot with Nick's epic billboard outside - tag us on Instagram and #westcoastsurfcurl (there will be prizes)."

West Coast Surf & Street is more than just a store, says Jessie.

"it's our passion and we can't wait to meet you all."

West Coast Surf & Street opens Monday to Saturday 9am-5pm, and Sundays 10am-4pm (with extended hours in summer), phone 09 412 2992.

## Muriwai commemorates six months on from Cyclone Gabrielle

A series of events was held in Muriwai for the community to recognise the six-month anniversary of Cyclone Gabrielle's devastation.

Starting with Lesley's sand art, where everyone was welcome to co-create a special piece for the anniversary. Check out the fabulous piece created (pictured).



The community service was well attended, held in front of the Muriwai Deli on Motutara Road.

It was a chance to reflect on the past six months, listen to speakers and for some it was the first time that they had viewed the damage in Motutara Road.

It was incredibly moving, and the Muriwai Stickered Residents

Group (MSRG) is very grateful to the speakers led by Pita Turei, and to Moana Maniapoto for supporting the service with her beautiful singing.

It was then down to the Muriwai surf club for a good old chin wag and shared dinner.

Motutara Road opened to the public on August 21. A blessing was held at 6.30am and the cordons and Waitea Road diversion lifted at 10am.

Residents and the Auckland Council have requested that road users do not stop while travelling down Motutara Road.

Domain Crescent remains closed to all traffic other than residents and there will be continued security in place.

The timeline for initial categorisation of properties within the Muriwai GHD geotechnical study area is now coming to a head.

At the end of August property owners expected to receive their initial property categories, based upon the perceived risk. This will be a mix of results, some red placards could change to white, some homes will be clear category 3, some will sit in the category 1/2 and some will be an initial category 2/3.

Those that sit in category 1/2 or category 2/3 will require further site visits to determine whether these properties can be remediated and what solutions can be undertaken.

MSRG is working continually behind the scenes with not only the Auckland Council but also the current government and opposition to ensure that those property owners who will be confirmed Category 3 are offered not only a speedy resolution but at a price that is fair and equitable.

The next few months continue to look to be incredibly busy still for MSRG and the broader community.

A focus on mental health and resilience is one that MSRG will continue to shine a spotlight on.

Local resident Abe Dew recently wrote an article for the NZ Herald.

It really is a great read and offers the opportunity to have some understanding of just how difficult the past six months have been, Abe articulating so well the feelings of stickered residents.

Visit the MSRG website, [www.msrg.org.nz](http://www.msrg.org.nz), to read not only Abe's article but also what else the group has been up to.

Meanwhile, Auckland Council's Deputy Group Recovery Manager Mace Ward says vehicle access to the beach via Coast Road will reopen on Monday September 4.

Mace says four-wheel drivers will be pleased to return but he reminds permit holders that additional care will be needed.

"There have been significant changes on Muriwai Beach over the

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# People & Places

last seven months, with dunes starting to revegetate and some wildlife returning," he explains.

"Those using the beach may encounter a lot more bird life and a few seals. As a visitor to their environment, please ensure that your actions minimise any disruption to them.

"We would encourage you to take this opportunity to 'reset' how you use the beach - refresh yourself with the skills you need to drive on a beach and please be respectful of the environment and community," Mace adds.

"Make sure your tyre pressure is correct (lower than for general road driving), and that you have the right equipment. Check out the tides and be aware of no-go areas.

"You have to give way to everybody else if you are a vehicle on the beach. Make sure you've sorted your paperwork too - no access without a permit, current registration, and warrant of fitness."

Visit [www.aucklandcouncil.govt.nz/parks-recreation/Pages/park-details.aspx?Location=220](http://www.aucklandcouncil.govt.nz/parks-recreation/Pages/park-details.aspx?Location=220) for information on Muriwai Regional Park, and also check [www.aucklandcouncil.govt.nz/licences-regulations/driving-on-beaches/Pages/rules-driving-beaches.aspx](http://www.aucklandcouncil.govt.nz/licences-regulations/driving-on-beaches/Pages/rules-driving-beaches.aspx) for driving rules on Muriwai and Kariotahi beaches.

## Getting back on our feet: Turning the Tide 2023

All our lives have changed. Extreme weather, isolation, and rising living costs are just some of the challenges families have been facing. Homes have been destroyed, families displaced, and with the rising cost of living many households are struggling to put food on the table. Getting back on our feet will take time.



That's why Kindred Family Services invites you to come to Muriwai Beach on Sunday 8 October to join in some fun outdoor activities and help us raise \$50,000 so we can help families. These funds will be used by Kindred to meet the growing demand on all their services, providing hundreds of additional cost-free counselling sessions, as well as groups, workshops, play therapy sessions, and wrap-around social support.

Turning the Tide is an annual fundraising event that includes a 1.5km kid friendly whānau trail, a 5km gentle beach walk or a 17km

walk or trail run along the ruggedly beautiful Muriwai Beach. Please join Kindred so we can join together, support one another and have a great day out. There will be loads of activities for families to enjoy, music, spot prizes, a sausage sizzle, coffee and kai trucks. Get together with friends, grab the kids or enter as a team and compete to win prizes for the fastest and brightest teams on the day.

"In the months following Cyclone Gabrielle, we received our largest ever number of new referrals" says Kim Wills, Clinical Manager at Kindred Family Services. "Our work with families and communities at that time made us proud to be part of north-west Auckland. There was so much kindness and generosity, and I still believe this is our most valuable local resource."

Barbara Williams, Executive Director at Kindred, emphasises the impact of recent events on children. "Children have already been through so much in recent years. Family stability is crucial for our young people, and this event will go a long way to ensuring that more local children receive support and have safe places to heal and be heard."

[www.turning-the-tide.raisely.com/](http://www.turning-the-tide.raisely.com/) or visit the Kindred Family Services website.

## Kiddywinkles Childcare Centre opens in Huapai

As a parent of a young child, I was always curious as to what makes a good childcare centre.

In looking for a place for my daughter, a quick Google search revealed a long list of childcare centres in my area and all of them on the face of it looked great.



What caught my eye was Kiddywinkles - not because of what it offered to parents, which incidentally was pretty good, but what parents said about the experience their child and they themselves had at this centre.

What people were saying was so important as my daughter means everything to me and her care is paramount.

Scrolling through Kiddywinkles' many five-star reviews, I couldn't help but see a difference from other places.

It was a review like the one below that helped me make the decision as to where to send my daughter.



## Muriwai Beach Walk

Sun 8 Oct, 10am - 3pm

Family friendly fun & activities. Raising funds to strengthen & heal families.

5km or 17km walk/run & 1.5km whānau trail

Tickets at <https://turning-the-tide.raisely.com>



#turningthetidewalk



# People & Places

...My child loves Kiddywinkles. The teachers are very enthusiastic & patient with the children. It's very culturally diverse & the children get to explore and celebrate an array of ethnic groups. I've noticed a huge shift in my son's learning abilities & confidence since enrolling him. I am particularly impressed with the transition to school, as I feel this has equipped him to have a good start without any pressure. Highly recommend Kiddywinkles...KM

I had the feeling that this was the right place and once I enrolled my little girl it became clear to me that what people were saying about Kiddywinkles was not lip service - it was actually real. Kiddywinkles does make a difference by offering a family feel (I love how the owner is involved on a daily basis and knows everyone), but the care is genuine, the culture is so diverse and inclusive and all of this is led by passionate and responsible Teachers in a safe and clean environment. It makes me relaxed when I visit the centre daily and the feel of the place is always calm and orderly, despite being a very busy centre.

When I heard that Kiddywinkles would be opening in Huapai (at 53 Station Road, previously Giraffe Early Learning Centre) I had to share my experience so other families too can have the experience I have had.

I recently had a tour of the Kiddywinkles Huapai Centre and what a beautiful centre it is.

It's practically brand new with a great outdoor playground, excellent resources and very spacious rooms.

I loved the fact that it is not on the very busy highway and its opposite Huapai District School.

My suggestion, as a very happy Kiddywinkles' parent, is for you to visit Kiddywinkles Huapai and have a tour with owner Allen.

Kiddywinkles has an open day on Saturday, September 16, 10am-1pm.

Email [huapai@kiddywinkles.co.nz](mailto:huapai@kiddywinkles.co.nz) to book a tour.

## One millionth KMR tree

The Kaipara Moana Remediation (KMR) programme has reached a milestone of one million native trees planted or contracted to go in the ground this winter.

KMR leader Justine Daw says she is extremely proud of her team and the wider community for achieving such a notable



milestone just 18 months after KMR's programme began.

Work is currently underway to fast track the planting of the next million trees, with KMR now working with more than one third of the estimated 1500 pastoral landowners in the Kaipara Moana catchment.

So far, more than 94,000 hectares of land are now managed under recognised KMR Sediment Reduction Plans, with at least 440 plans contracted with landowners.

In total, KMR has invested in projects worth over \$10.3 million across 200 hectares and more than 480km of fencing has been completed or contracted - the same distance as Poutō Beach to Auckland and back.

KMR invests in projects to reduce sediment run-off into the Kaipara Harbour.

Funded by the Ministry for the Environment, Northland Regional Council and Auckland Council, KMR supports landowners across the 600,000-hectare catchment to protect and restore waterways and retire eroding hillsides.

"The success of this project is far-reaching across the entirety of the Kaipara Moana catchment," says Justine.

"We know when we plant these trees it is not just about sediment reduction in our waterways because there are also benefits from carbon storage, wider water quality improvements and broader environmental benefits from regenerating bush."

Ministry for the Environment Deputy Secretary, Policy Implementation and Delivery, Nadeine Dommissé says the Jobs for Nature programme was an initiative created by the Government as part of the COVID-19 Response Recovery.

"It was an ambitious project and fundamentally it is about investing in sustainable, nature-based jobs for community," she says.

"I am pleased to offer my heartfelt congratulations to the KMR team on the milestone of one million trees over the past 18 months.

"The recent extreme weather events have highlighted again how important nature-based solutions for erosion control and sediment reductions are, and I would like to acknowledge the work that has gone into achieving this milestone.

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# People & Places

"We wish KMR well in their endeavours to amplify programme delivery with the rollout of the soil conservation strategy and thank the team for the work on the ground so far."

Justine says the KMR programme is also about growing people and investing in local communities - to date KMR has accredited 28 local businesses and 21 nurseries as KMR suppliers and trained 57 people as KMR Field Advisors to work with local landowners taking action.

"KMR is designed to support local, nature-based employment, training and accreditation and the success so far is testament to the partnership of all parties involved," she says.

"Last month, through our collaboration with the New Zealand Association of Resource Management (NZARM), KMR piloted a national training course on wetlands and soil erosion risk management, interwoven with mātauranga Māori.

"It is really inspiring to see young people come on board, learn skills and be supported into nature-based career pathways."

The training course was the start of KMR's support for a national programme to develop a formal qualification for freshwater farm plan advisors.

## SH16 first stage safety improvements start

Stage one of State Highway 16 safety improvements were set to start towards the end of August.

Long-awaited safety improvements between Huapai and Waimauku can get underway, following a decision from the Environment Court and a construction contract confirmed for the project.

Waka Kotahi NZ Transport Agency, Te Kawerau a Maki, Ngati Whatua o Kaipara, Beca and Fulton Hogan gathered in Waimauku to bless the site, signalling the start of construction for stage one.

Between 2010 and mid-2022 three people were killed, 33 people seriously injured and several people sustained minor injuries while travelling along SH16 between Brigham Creek and Waimauku.



Almost a third of the crashes since 2020 were caused by drivers losing control and running off the road or crossing the centreline and hitting an oncoming vehicle, says the NZTA, adding half of the head-on crashes occurred between Huapai and Waimauku.

NZTA Regional Manager Transport Services Stephen Collett says that this project will help to prevent people being killed as well as reducing unnecessary harm on our roads.

"To keep everyone safe, we need everyone making safe choices, in safe vehicles, on safe roads and travelling at safe speeds," Stephen explains.

"Too many people are being killed and seriously hurt on New Zealand's roads. Tragically, many of these deaths and serious injuries are the result of simple mistakes, and they can be prevented by creating a system that is more forgiving, where people don't pay with their lives when someone makes a simple mistake."

More than 15,000 vehicles travel between Huapai and Waimauku daily, and to make this key corridor safer stage one of this project will make a number of improvements, the NZTA says.

These include:

1. Installing flexible road safety barriers to catch drivers who leave their lane before hitting something harder like trees, poles, ditches or other vehicles.
2. Installing four turnaround bays to enable safe turning movements along the corridor.
3. Widening bridges that are too narrow.
4. Creating a wider road shoulder so there's more space for people who cycle.

The focus of this project is to improve safety in the area which will improve the wider transport network efficiency, the NZTA adds.

The Auckland Council, Auckland Transport (AT) and NZTA are also investigating plans for the longer-term to address future growth, including in Auckland's northwest.

Stage two of the Brigham Creek to Waimauku project has been temporarily paused for six months to a year in response to a significant increase in forecasted costs.

Material supply issues, labour shortages and rising inflation are contributing to increased project cost estimates, and further work over the following months is necessary prior to being able to confirm decisions about funding and scope, the NZTA explains.

It has a vision of zero deaths and serious injuries on New Zealand roads.

Visit [www.nzta.govt.nz/projects/sh16-brigham-creek-and-waimauku/](http://www.nzta.govt.nz/projects/sh16-brigham-creek-and-waimauku/) for more information about the SH16 project.



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# Safer Communities



September marks the start of Spring where we can expect to see the weather start to dry out and hopefully a little warmer too.

With Spring comes daylight savings on September 24th when we all move our clocks forward an hour and enjoy the additional time of (hopefully) sunshine to go about doing what we all do.

Daylight savings is the time of year when we are all reminded to check our smoke alarms and replace the batteries, to ensure we can all be alerted in our homes in case of a fire.

Why is it important to have working

smoke alarms?

When we are sleeping we lose our sense of smell. We will not wake to the smell of smoke in another room. Smoke will begin to fill your home and you will be inhaling the toxic carcinogens created by burning couches, curtains, carpets, etc. The chemicals in our furniture combust very quickly resulting in less time for us to evacuate than we had many years ago.

By having working smoke alarms placed around your home, a loud audible tone will alert you at the earliest possible moment for you and your family to wake and leave the house safely and call 111 from a safe meeting point away from the house.

Smoke alarms are inexpensive and are available as options for those that are also hearing impaired.

Fire and Emergency also offer free home safety visits to those who require safety advice. This includes advice around the placement of smoke alarms, installing smoke alarms you have purchased, discussing escape plans, and identifying

safe meeting points.

Should you wish to arrange a safety visit, please call 0800 693 473.



Jamie Shaw

Deputy Chief Fire Officer  
Waitakere Volunteer Fire Brigade  
Phone 09 810 9251

## FLOAT first Survival Steps

### 1 Float on your back

Keep your airways (mouth and nose) out of the water and fight your instinct to swim. Tilt your head back and use gentle arm movements. Keeping your airways clear will stop you from breathing in water.

### 2 Control your breathing

Get your breathing under control and conserve energy. Your breathing and heart rate will slow down as the cold water shock passes. This takes around 60-90 seconds.

### 3 Call for help

Call out, or signal with your arm to let someone know you are there. If you can phone, ring 111.

### 4 Swim to safety

Look for an exit and only swim if it is safe to do so. If you are unable to get out of the water, look for items that can provide additional buoyancy, take steps to keep warm and continue to float until help arrives. Staying still will preserve body heat.



# Community News

## Kumeu Library

School holidays are coming at the end of the month, and we have some great plans for events around the theme of "Treasure Hunters", including scavenger hunts, a Kahoot! Quiz event and some cool craft activities - full details will be available at the library closer to the time or keep an eye on our Facebook page. And we have an extra special school holiday afternoon event on Wednesday 27 September at 2pm - an hour-long cartooning workshop with the talented Stu Duval.

There's a lot going on all the time at Kumeu Library and we offer such a range of services that you might not even realise everything we do. For a start, general Council services are available at the library now as the old service centre has been integrated into the library. These services are available during Kumeu Library's normal opening hours.

For those who are unable to visit the library due to age or health problems, Kumeu Library offers a free housebound service. You can choose your own books through our online catalogue, or we can select books for you. A family member or friend can pick up for you, or we can arrange to deliver to you. Talk to us in the library, email us at [kumeu.library@aucklandcouncil.govt.nz](mailto:kumeu.library@aucklandcouncil.govt.nz), or phone 09 377 0209 to find out more about this service.

Do you want to learn more about how to download and use our Library App, or how to use the library's collection of eBooks, eAudiobooks, eMagazines and eNewspapers on your device, or get some tips on getting the most out of our new-look online catalogue? You can book one of our friendly, knowledgeable staff for a one-on-one learning session - email us at [kumeu.library@aucklandcouncil.govt.nz](mailto:kumeu.library@aucklandcouncil.govt.nz), or phone 09 377 0209 to book a session at a suitable time.

Kumeu Library has free WiFi and public computers available for use. You can photocopy and print (charges apply) and scan and email documents (free) at the library.

There are a range of free activities for adults at Kumeu Library: Book Club, Book Chat and Crafternoon are held monthly - ask us at the

library for details about any of these activities. They are a great way to meet people in your community and try new things.

Every week we have a range of children's events too: Wriggle & Rhyme for babies, Rhymetime for younger toddlers, Storytimes for pre-schoolers, and Make: Build: Do for homeschoolers and after-school - ask us for details.

And of course there is a Justice of the Peace available at Kumeu Library every Saturday morning from 10am to 12 noon.

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

## What's on at Kumeu Arts

Welcome to Kumeu Arts in September. We're thrilled to invite everyone back after undergoing renovations. The front door has been swapped out with a beautiful Gallery window, and we now welcome visitors through the new entrance opposite the Pod Gallery. Come in and say "Hi".



To celebrate our talented members, join us for the latest exhibitions, 'Get Fired' (ceramics) and 'Inked' (printmaking), showcasing a dynamic range of concepts and processes. Also be sure to check out our upcoming group shows, 'Mauri' in the Pod Gallery and 'Take a Look at Me Now' in the Main Gallery.

For information and updates on exhibitions, workshops and classes, visit our website at [www.kumeuarts.org](http://www.kumeuarts.org) or follow us on social media @kumeuarts.

## A well-oiled venue - St Chad's Huapai

Our premises continue to be well-used by our community, from the very young to the not-so-young, but young and keen at heart.

In particular, rolling through the week, the Pippins, Brownies and Girl Guides continue to enthusiastically learn, interact and gain badges - lovely to hear and see the buzz of youth; the flexible stretch themselves in yoga classes upstairs; Kumeu Blend Choir flex their vocals together; a craft group meets every second Monday to make beautiful cards; seniors discover/extend their digital technology skills at SeniorNet workshops; life-experiences, stories, morning tea and more are shared at the monthly Kumeu Friendship Club (it

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# Community News

must be good, the carpark is always full); and the weekly Selwyn Centre gathering for over 65s offers gentle exercises, magnificent morning teas (home-made of course), games to keep the mind active, laughter, fellowship and more (this also must be good as there is now a waiting list to join). Board Games for all ages are played on the first Saturday of each month between 4-6pm - open to anyone in the community, young or elderly for only the cost of a few laughs, chats and mental stimulation.

And, of course, there's church on Sundays at 10am, attended by children through to our centenarian. This too is followed by a delicious morning tea. While our main priest is convalescing, we have a variety of speakers to challenge and encourage the heart and soul of all.

If any of the above activities are of interest to you, feel free to contact our administrator on 0273 286 284 or [saintchadshuapai@xtra.co.nz](mailto:saintchadshuapai@xtra.co.nz).

## Kumeu Mike Pero Real Estate wins national awards

(Pictured: Graham McIntyre, Aaron Skilton, Gail McIntyre and Stacey Milne pictured with the Best Marketing Campaign Award 2023).



Kumeu/ Hobsonville Mike Pero Real Estate has been recognised at the annual Mike Pero Real Estate Nationwide Conference for representing the Best Marketing Campaign in New Zealand over 2022-2023 and also the Best Practice Franchise in New Zealand 2022-2023.

"This national recognition provides confidence to all our clients that we provide exceptional marketing support and back this up with systems and processes that delivers the very best outcomes" says Graham McIntyre, Franchise Owner of Kumeu and Hobsonville Mike Pero Real Estate. "We invest heavily in ensuring our clients get the very best showcasing of their property and experience a Real Estate Customer Service Programme that is second to none. We also back this up with a gifting programme and an acknowledgement charter that delivers unique and long-lasting satisfaction and memories. For

us it is about how our clients feel through the real estate journey and delivering experiences that make them feel happy, in control and confident in us achieving the best outcomes" says Graham.

In addition to the above two awards, the franchise was recognised as a finalist for Individual and Franchise Community Involvement Award, and finalist for Franchise of the year Award 2022- 2023. Recognition of the investment made by the team in building strong business and community partnerships.

For more information contact Graham McIntyre on 0800 900 700, 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

## Navigating wet roads safely

Wet weather can pose unique challenges for drivers, especially in New Zealand where changing weather conditions are a norm. As the rain pours and roads become slick, ensuring tyre safety becomes paramount for a secure driving experience. Here are some crucial tips to help you navigate wet roads safely, keeping yourself and others out of harm's way.

- **Choose the Right Tyres:** The first line of defense against rainy conditions is selecting the appropriate tyres. Opt for tyres with a good tread pattern that can effectively disperse water and reduce the risk of hydroplaning. All-season or rain-specific tyres are great choices to enhance traction and grip on wet roads.
- **Maintain Proper Tyre Inflation:** Correct tyre pressure is essential for optimal performance, particularly on wet surfaces. Underinflated tyres can reduce grip and increase the likelihood of hydroplaning. Regularly check and maintain your tyre pressure according to the manufacturer's recommendations.
- **Slow Down and Increase Following Distance:** Wet roads demand cautious driving. Reduce your speed to allow more time to react and increase your following distance behind the vehicle in front. This provides ample space to brake safely without skidding.
- **Avoid Sudden Manoeuvres:** Rapid acceleration, sharp turns, and sudden braking should be minimised during rainy conditions. Such manoeuvres can lead to loss of control, especially on slippery roads. Gradual actions ensure a smoother and safer driving experience.
- **Brake Gently and Smoothly:** Apply the brakes with a gentle touch to prevent skidding. If your vehicle has an anti-lock braking system



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# Community News

(ABS), maintain firm and consistent pressure on the brake pedal while steering to avoid obstacles.

- **Use Headlights and Indicators:** Turn on your headlights to enhance visibility for both you and other drivers. New Zealand law requires vehicles to use headlights during rain, so make sure you turn them on. Use indicators early to give other drivers ample notice of your intentions.

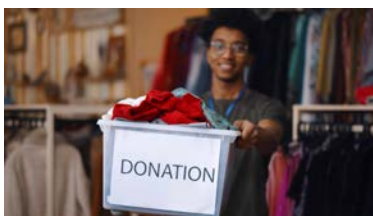
- **Stay Clear of Puddles and Standing Water:** Puddles might seem harmless, but they can hide potholes or deeper water that could damage your tyres or cause hydroplaning. When possible, steer clear of large puddles and reduce your speed when driving through water.

Wet weather need not spell disaster for your driving experience. By adhering to these tyre safety tips and exercising caution on wet roads, you can confidently navigate through inclement weather and arrive at your destination safely. Remember, proper tyre maintenance and smart driving practices are your best allies against the challenges of rainy conditions.

For advice and help on choosing the correct tyre, wheel alignment or for a free tyre check, visit the team at Bridgestone Kumeu or Westgate. You can find us at 1 Cellar Court, Westgate phone 09 833 8555, or 43 Main Road, Kumeu phone 09 412 9111.

## Spring clean for hospice

Now is a great time to clean out your wardrobes, kitchen cupboards, spare rooms and garages. And by donating your quality, preloved goods to West Auckland Hospice Shops, you are helping your community and the



environment by reducing waste into landfills. Drop your goods into one of the six Hospice Op Shops across West Auckland - household goods, appliances, clothing, bric-a-brac, linen, furniture and toys are all gratefully accepted. Hospice also offers a free pick-up service for large items or bulk loads - just phone 0508 4 HOSPICE / 0508 446 7742 and we will arrange a time to collect your goods free of charge.

Hospice Shops generate vital revenue that enables our doctors, nurses and social care teams to provide free specialist palliative care to those in need in West Auckland.

## Kumeu Book Fair

Huapai-Kumeu Lions host a Book Fair at the Kumeu Community Centre on Saturday September 23 and Sunday September 24, 9am-2pm.

A wide range of good quality books will be on offer, with all books selling at \$2 and special prices for bundles of children's books.



Lions will be supported by Riverhead Scouts who will benefit from the profits. The Book Fair provides an opportunity for readers to cull and replenish their bookshelves, and the donation of books in good condition is appreciated.

Donated books may be left on the table at the community centre main entrance from Monday September 11 during the fortnight prior to the Book Fair.

Lions' members will be on hand each day to receive and sort the books. Magazines are not wanted as they do not sell, as is the case with old books with browning pages. Lions' Book Fairs are a popular family outing as there are books on offer for all ages and interests on a wide variety of topics.

## SeniorNet Kumeu

At our last meeting we learned a lot about computers and mobile phones, how they work from the very basics onwards. It is a pleasant learning time for all at our meetings. Whether you are a complete novice or an expert you are always made welcome. During the month we have two or three other courses or help clinics to answer your answers. Whether it is in a one to one or in a group, learning will always be fun in our club. A lot of our members like to sit and learn new technology but if you would like to participate you are welcome to. Recently we have had members tell us about their experiences

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# Community News

and their purchases of technology which is great as a learning tool for all our members. Please feel free to come along and learn and hopefully have fun to. We meet on the first Wednesday of the month at 10am In St Chads Church Hall in Huapai. See you there.

## Party time at Flippin' Fun

Be the coolest parent in town and book your child's party at Flippin' Fun! Flippin' fun parties are customisable. Your creativity is not held back by pre-existing themed rooms or restrictive fixed menus. Simple or extravagant? It's up to you.



'Got a theme? No problem. Make the birthday boy or girl's day extra special by enhancing the decorations - or just keep it simple. Your choice. Flippin' Fun parties are great value too. We don't clip the ticket on food. As a party host, you get to bring what you want for your guests, both children and parents. You get a whopping two and a half hours in your own party space as well. You don't have to send parents away to have them come back at pick-up time. It's your space so have a good catch up with friends and family over a coffee. Our party planners will help you prepare a memorable event so on the day, you can kick back, relax, and let the

party guests have a flipping good time on the tramps.

So, give you child the best gift of all- an awesome Flippin' fun party. It's hassle-free and easy. Call us on 09 833 6880 or visit [www.flippinfun.co.nz/parties](http://www.flippinfun.co.nz/parties) for more information.

## Kumeu childcare

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



of the individual child and the aspirations of parents, whānau and community. We warmly invite all to visit the centre and to meet the teaching team, and ask us how we can best support you with your childcare needs, and whānau aspirations for your child. To book a tour please email or call [info@kumeuchildcare.co.nz](mailto:info@kumeuchildcare.co.nz) or [manager@kumeuchildcare.co.nz](mailto:manager@kumeuchildcare.co.nz). Phone Alka 021 119 5148 or Anna 021 0910 4333.

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# In Brief

## Volunteer accolades

Recognition for Citizens Advice Bureau Helensville volunteers was one of the highlights at the CAB North Shore's AGM.

Local legend Marama Stead was awarded her 20-year certificate while Oliver Glen gained a certificate of appreciation.

Manager Rani Timoti says the pair have both gone the extra mile in their own areas of skills and expertise.

Born and bred in Helensville, Marama is renowned for her community networks which includes being a long-time Justice of the Peace.

"From cleaning our office with another steadfast volunteer Janet Heron to covering for other volunteers, Marama is here so often her whanau pops in if she's not home," says Rani. "She is always keen to represent us at community gatherings and is a reliable stalwart for all things CAB despite her own busy life."

Oliver was the last chairman for Helensville when the office merged with CAB North Shore in December 2022. "His dedication in ensuring everything was officially sorted out included staff changes, volunteer meetings and dealing with all the administrative paperwork," says Rani.

Oliver is currently on the board for CAB North Shore and brings the Helensville voice and identity to the six other branches.

Meanwhile, Saturday openings have started for CAB Helensville from 10am to noon with a trained CAB volunteer and JP always available.

The office is at 16 Commercial Rd and open Monday to Friday, 10am to 1pm.



## Craigweil House

It's hard to believe we are over halfway through the year - time just goes by so fast.

We had four birthdays during July. It was a particularly special occasion for Lee McDonald who turned 100 on July 31, and a party was held at Craigweil House with a two-tier birthday cake and cupcakes. We wish Lee, Douglas, George and Suzanne many happy returns of the day.



Craigweil House's in-house events and entertainment have also been at the heart. This month we have had regular games of Beer Pong with Question and Answer, Match the Picture and more. A high tea was held in honour of Matariki celebrations with the performance of our new entertainer, Trevor.

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

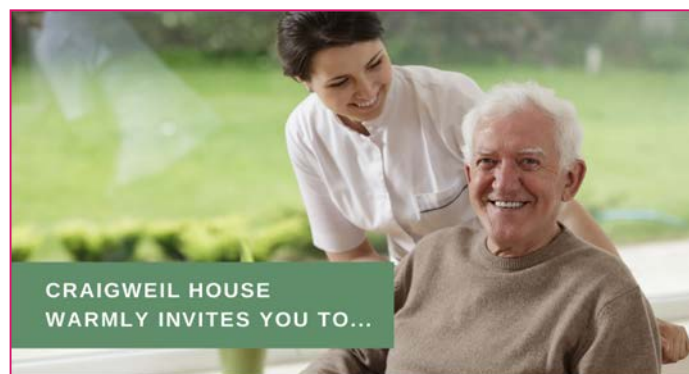
## The Big Haul - loaded trailer giveaway

Mitre 10 MEGA Westgate & Henderson would like to congratulate local Mitre 10 MEGA Henderson shoppers Ryan & Tania on winning The Big Haul - loaded trailer giveaway worth over \$10,000.



The promotion ran through July and early August 2023, upon spending over \$50 per transaction customers received and entry to win The Big Haul - loaded trailer giveaway which was a JOBMATE 8 x4 caged trailer full of fabulous prizes including a lawn mower, power tools, hand tools, garden supplies and much more. The end total including everything was approximately \$13,500.

In order to be into win customers needed to register their entries online and had to be in-store during the time of the draw, in total nearly 3000 entries were received and over 1500 turned up to witness the draw. Whilst instore you could enjoy a sausage cooked up by The Rock FM, visit our many valuable suppliers exhibiting their



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# In Brief

products and brands, you could paint a pot with Resene and the kids could get their faces painted with the talented Rainbow Rascals.

We would like to make a HUGE THANK YOU to the major sponsors that helped made the giveaway possible and all our valued suppliers that supported The Big Haul - loaded trailer giveaway Once again congratulations to Ryan & Tania and their family.

## Kaukapakapa Village Market @ the Helensville Showgrounds

Sunday 17th September 8.30am to 1pm.

Live music from Foster on the tenor sax, free face painting and plenty of stalls to browse - come and spend a relaxing Sunday morning with us. Coffee, food, art, crafts, gifts, preserves, fresh fruit and veg, pre-loved bargains and much more.

No dogs please with the exception of assistance dogs. Gold coin donation for parking - proceeds to the Helensville/Kaukapakapa scouts jamboree fund raiser.

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



## Most Kiwi families struggling financially

More than half (55%) of Kiwis are feeling squeezed financially.

That's up 17% compared with February 2021, according to Te Ara Ahunga Ora Retirement Commission research, adding 51% are "starting to sink" or are "treading water" while 3.5% are "sinking badly" in the survey of about 4000 New Zealanders.

Tackling debt, budgeting, saving, and retirement were the main

areas considered with some of the positives including money management, and considering purchases prior to buying.

Inflation has also been high - at 6% during the year ended June 30, 2023.

Retiree households spend an average \$55,700 annually - most going on discretionary spending (54%), housing (19%), utilities like power, insurance and communications (broadband, phones, etc) at 14% and groceries at 13%.

Meanwhile, petrol prices are continuing to rise, generally going above \$3 a litre, after the Government's 25 cent fuel tax subsidy finished on June 30 this year.

The New Zealand Automobile Association reckons fuel pump prices have risen about 55 cents a litre, mainly because of increasing international crude oil prices.

The cost of living rose for the average household increased by 7.2% in the year to June 2023, with food prices rising about 12.7% - mainly due to weather issues, labour difficulties and increased freight costs.

Winter can also be an expensive time of year, with power costs for heating often high.

## Love Tennis Event

Sunday 10th September from 10am to 4pm.

The West Harbour Tennis Club in Picasso Drive is participating in the Annual "Love Tennis" event.

This is a day for anyone to come and give tennis a go, or just have a look and something to eat and drink. There will be fun games for the kids, prizes, giveaways, BBQ. and more, There will a number of coaches

to chat to, and discount memberships on the day. West Harbour Tennis Club has 7 Tennis Courts plus now also 8 Pickleball courts.



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# Property

## Property market report

If there was one word to describe the Auckland Property Market it would be - resilient.

We are not seeing a mad panic, nor desperation fire sales, but we are having plenty of intelligent conversation about values, the lack of listings in our area and the stability that that has delivered to our property price balance sheet.

The last two properties I have sold under multiple offers of four and six respectively. So, is it a good time to sell? Let's not beat out a long winded answer... Yes it is. And why? Because buyers are feeling more confident, the market has some stability, the Official Cash Rate seems to be at its peak, and Banks are seemingly more customer service orientated. Prices are likely to remain stable over the next 12 months, so it's a good time to get your property goals onto paper and let's get together and work out how we can make the goal a reality.

The economy is likely to be fairly flat overall into early 2024, potentially dipping and peaking at times. Domestic demand is soft on most fronts, compounded by export and import volumes tapering off. Strong migration flows have made some difference in holding up headline GDP. So far though, the more noticeable impacts of the migration boom are in boosting labour supply, with demand-related inflation pressures soft. More important, most people have a job which certainly keeps money circulating.

So is it a good time to buy and sell...the answer is yes, indeed it is. Let's look at the sales:



Helensville	\$502,250 to \$870,000
Kumeu	\$1,750,000
Riverhead	\$1,785,000
Swanson	\$845,000 to \$2,133,000
Taupaki	\$1,800,000
Waimauku	\$1,585,000
Whenuapai	\$1,491,000 to \$2,570,000

If you want to have a chat about value, progressing to another home, or renovation, give me a call today on 027 632 0421. A small investment in time can pay healthy dividends in this confused market. Contact me on 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Building the dream ... or a disaster waiting to happen?

Many of us dream of building our own home, however this dream can quickly become a nightmare with escalating costs, delays, disputes with builders and a complex dispute resolution process. There are ways to minimize the risks involved, so that the experience you have worked hard to achieve, doesn't leave a bad taste in your mouth.

The three most common risks are:

- Defective work and materials
- Excessive delays
- Unjustified overcharging

Firstly, do your research, not all builders are created equal. Ask for references and speak to some of their current and past clients.

Secondly, engage a project manager and a quantity surveyor if you can afford it. We've all watched reality TV shows where the budget blows out! Spending a little more here can help keep the budget under control and save you money (and stress) in the long run.

And finally - do not sign an agreement without first getting legal advice! There are different types of agreements, fixed price, or cost-reimbursement, and each has their own risks associated with them. There can also be clauses in what appears to be a fixed price agreement, which can allow a builder to increase the costs on you. It is important that you understand these before you embark on the build process.

Once you have an agreement in place, good communication with your builder is the key and if things start to go wrong, make sure you



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Managing Director

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Te Atatu Peninsula

# Property

get legal advice early – don't try to manage the process on your own or on a hand shake.

This is one of the biggest investments you will ever make. Taking a little time at the beginning to get it right can make a big difference. We are happy to provide advice before you sign an agreement, so give us a call on 09 973 5102 and make a time to come and see us at either our Kumeu or Te Atatu Peninsula offices.

## The crucial role of property manager-tenant relationships

In property management, the relationship between a property manager and a tenant is more than just a business transaction. It forms the foundation of a successful and harmonious rental experience for both parties involved. This symbiotic partnership goes beyond the exchange of rent for a living space; it shapes the quality of life, satisfaction, and overall well-being of tenants. In this blog post, we'll delve into the importance of fostering a positive and productive relationship between property managers and tenants.



Clear Communication is the cornerstone of any healthy relationship, and the property manager-tenant dynamic is no exception. From the initial property viewing to day-to-day interactions, open and transparent communication sets the stage for mutual respect and understanding. Regular updates, whether about maintenance schedules, rent payment procedures, or policy changes, help tenants feel informed and valued. Conversely, tenants are encouraged to communicate their concerns, feedback, and repair requests promptly to ensure that their needs are met. This communication loop enhances trust and avoids misunderstandings, fostering a cooperative environment.

Tenant Satisfaction. A strong relationship between a property manager and a tenant directly influences tenant satisfaction. When tenants feel heard and respected, their overall living experience improves. Responsive property managers who address issues promptly, maintain the property effectively, and enforce policies fairly contribute to a positive living environment. Happy tenants are more likely to renew their leases, which reduces turnover costs and keeps the property's revenue stream steady.

Timely Maintenance and Repairs. A positive property manager-tenant relationship streamlines the maintenance and repair processes. Regular property inspections, prompt responses to repair requests, and scheduled maintenance not only enhance

the property's condition but also demonstrate the landlord's commitment to the tenant's well-being. A well-maintained property fosters a sense of security and comfort, encouraging tenants to take better care of their living space.

Trust and Transparency. Trust is the cornerstone of a successful relationship between property managers and tenants. When tenants believe that their concerns are being addressed fairly and that their privacy is respected, a strong sense of trust is established. This trust encourages tenants to adhere to lease agreements, report issues promptly, and communicate openly. On the other hand, landlords/property managers can trust responsible tenants to care for the property and adhere to rules, creating a more harmonious environment for all.

Conflict Resolution Disagreements and conflicts are inevitable in any relationship, but a positive property manager-tenant relationship provides a framework for effective conflict resolution. By maintaining open lines of communication and a willingness to find mutually beneficial solutions, conflicts can be addressed in a constructive manner. Swift resolution helps prevent minor issues from escalating into major problems that could damage the relationship or the property itself.

The relationship between a property manager and a tenant is far more profound than a mere financial transaction. It's a partnership that shapes the quality of life for tenants and impacts the overall success of the property investment. By fostering open communication, prioritising tenant satisfaction, ensuring timely maintenance, building trust, and addressing conflicts constructively, both parties can create a harmonious living environment that benefits everyone involved. Investing in this relationship pays off in the long run, as it contributes to higher tenant retention rates, improved property conditions, and a positive reputation within the rental market. If you're wanting a property management company that has great relationships with their tenants and owners, then feel free to drop us a line. [mike.james@therentshop.co.nz](mailto:mike.james@therentshop.co.nz).

## Sorting out your relationship property

The Property (Relationships) Act 1976 ("PRA") applies to couples who are married, in a civil union partnership, a de facto relationship, as well as same-sex couples. The PRA presumes an equal contribution by each partner and aims to achieve a just division of relationship property when the relationship ends. A partner's contribution is not limited to financial contributions but also other things such as looking after the children, the household or property belonging to the couple.

Couples may prefer that the PRA does not apply to all or some of

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# Property

their relationship property. This could either be in anticipation of or during a relationship, or at the end of a relationship. A contracting-out agreement would then be necessary to achieve this. The PRA sets out certain formalities which are required for a valid contracting-out agreement. These requirements include that:

- each party must have independent legal advice before signing the agreement;
- the signature of each party must be witnessed by a lawyer;
- the lawyer witnessing the signature must certify that he or she explained the effect and implication of the agreement to that party.

It is important that these requirements are met to have a valid agreement. Otherwise, you may have to approach a court to validate the agreement (which can be expensive). It can also result in assets being exposed to creditors which you may have thought were taken out of their reach.

For any advice on PRA or any other legal matters you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## Selling a property when you're splitting up

I appreciate the end of a relationship is tough on you and those around you. Many find it hard to divide their assets, big and small. If you are struggling to find common ground it's a good idea to get legal, accounting and banking advice so you clearly understand your position, your rights and your responsibilities. Often the real cost is in how you feel and express yourself, so having a strong network around you is a priority. Your team should involve the following a) Level headed friend or confident, b) Solicitor, c) Accountant, d) Banker or Mortgage Broker, e) AREINZ qualified Real Estate Agent. These are the individuals that can provide accurate and measured

advice and provide structure around you when things don't look right. Many of these people and services look sensible but many may ask why an AREINZ qualified Real Estate Agent. The point is this, you need the best experience and the best advice when you're in a time of change. You may be selling and buying property, you may be renting, and having someone alongside you that can assist in the decision making provides clarity and peace-of-mind. It may be the assurance you need to move ahead. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) and for more information within this series on selling a property when you're splitting up, go to [www.graham-mcintyre.mikepero.com/blog/](http://www.graham-mcintyre.mikepero.com/blog/). Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008)

## The 4 must-do things when selling

After 17 years in real estate selling it is fair to say that I have seen it all. However, if you are on market or about to go to market you may seek solace in understanding the most important things that will influence and motivate Purchasers and pricing.

1. Remove your personal effects - Purchasers are buying your property not your things. The more you have in your house or on your section the less a purchaser will see. Their perception will be clouded by your things, the clutter and how much will be left behind for them to deal with. Often a house filled with personal effects will look a lot smaller and feel cramped. When buying a car from a dealer you'll see the inside and outside is groomed, tires black, interior smells good, and is clear of distraction. Consider this as being the clean and minimalistic standard your house should be presented in.
2. Remove any damaged chattels - Any curtains, drapes, rugs, furniture, personal effects that are worn, old, dirty or tired need to go. Simply remove, transfer to your garage or skip bin, but start moving things out of the home. If it is past its best Purchasers will feel that about your house, therefore get rid of it.
3. Fix or repair any damage or unfinished projects - Typically Purchaser will over exaggerate the cost in time and money to fix any broken items or unfinished projects. This exaggeration is often three fold the actual cost of remedy. Further it will reduce the number of purchasers and the value of the house. Make a plan to remedy defects as it will affect the sale time and the sale price directly.
4. Paint and plaster where necessary - It does not cost a lot to identify blemishes, cracks, bangs and knocks and plaster them up and paint them but it will make a big difference. It will make the house feel and

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# Property

look fresh and attractive. Further it makes the Purchaser appreciate the house has been looked after and maintained. The small investment in paint and plaster can make a difference in thousands of dollars and a quicker sale.

It doesn't cost a lot of time or money to do the simple things in preparing a house for sale. Simply start at one door and move room by room, likewise outside, start at the drive and move around the property doing a little bit at a time gets the job done, but do start now. For a free and independent pre-sale inspection report or for our pre-market check-list please call Graham on 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

## The 3 reasons that a property sells

It is not a mystery, and it is certainly not shrouded in secrecy, however it is sometimes confronting that even Sales People do not have the clearest grasp on what has to be right in order for a property to sell at the best price and in a timely manner.



After 17 years operating at the highest level in residential property sales in the Auckland market, these are the key things you need to get right in order to sell well.

1. Marketing - The marketing of a property is not words on paper and seldom is it the 45 second video but it is a careful mix and understanding of the audience, the competing houses in market and the advertising mediums that best convey the messages to a Purchaser. Sometimes the simplicity of the message gets lost in marketing mumbo-jumbo and the agent ignores key search words and localised interest. A clear understanding of audience and competition defines who is going to buy the property and highlights the mediums that will deliver the best message to the Buyers.

2. Energy of the Real Estate Sales Person - If your Sales Agent lacks engagement, motivation, energy and charisma there is a good chance that the Buyers will have the same opinion. Your agent must be positive, communicate well, be upbeat and thorough. They need to deliver a buying experience that provides information and also listens for key pieces of information. High energy agents tune into a Buyers and discuss value, motivation and emotion. Energy is a result of drive, and motivation and results in greater satisfaction to both the property Owner and the Purchaser.

3. Price - This is the least important of the three and is confused by many Real Estate Agents as the main reason a property sells

or does not sell, this is not so. The price afforded a property is a direct result to a range of factors being affordability, desirability, and competition for ownership. Any combination of these elements can deliver an increased sale price but failure to generate any or all will see the sale price of a property continue to reduce.

You may have had experience in the past that resonates with these reasons and likewise the information here may have provided some timely in-put into historical non-performances. The reason that Mike Pero Real Estate exceeds our customer expectations is our low fee structure and our excellent and customised marketing. We focus on the Purchaser audience and the words that motivate action. We are aware of competing properties and focus our messages to highlight the unique advantages/ perceived advantages that will resonate. In addition, we can use the complete suite of marketing mediums including television, glossy magazines, High traffic web sites, premium social media content, signage, database targeting, community flyers including but not limited to editorial, photography or videography.

All the sales team within Mike Pero Real Estate are high performers from other brands that understand great process, high energy and uncompromised motivation. We work with most agents from all brands and promote your property to the public directly and via buyers' agents within other brands. We engage other agents by sharing our commission which ensures the Property Owner gets the lowest commission available but the biggest pool of potential Buyers regardless of who they are working with. If a sale is not concluded, we don't get paid and the rest is history. Our motivation, energy and drive is uncompromised.

Mike Pero Group enjoys a wide spectrum of independent Mortgage Brokers that provided first tier and second tier lending to Purchasers wanting to own a home. This relationship between Mike Pero Real Estate and Mike Pero Mortgages ensures that Purchasers get the very best mortgage advice to increase the ability to access funds, the right banks and financiers who are doing the business and the professionalism to bring all the elements together.

Once all is said and done, if you are on the market and seeking to sell and find this information helpful, it might be time to call me directly, Graham on 027 632 0421, or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com). It will provide clarity to a sometimes uncertain and uncomfortable situation.

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

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# Hot Property



## Pool, stables, elevated entertainer's paradise

Taupaki's past was the fruit bowl of Auckland at the turn of the century. An area that produced generous crops and fruits with fertile alluvial soils, warm climate and access to streams. Today it is largely countryside living, offering small acreage with easy commute to Auckland CBD and Airport.

Set high atop the northern rolling hills that frame the Taupaki Valley

in this family friendly lifestyle oasis.

A generous parcel of 1.5 hectares with extensive shedding/storage and stables offering options to equine buyers.

The home has been crafted to make the very most of northern indoor out-door flow into pool area and stylish BBQ saloon leading onto grassed lawn promenade and easy-care garden edging, suitable for marquees and grass-court games.

Large five-bedroom house including master suite, office/study and bedrooms with three bathrooms, media room and entertainers kitchen/dining and lounge. Multiple garages/ stables in place with separate entrances and easy drainage.



# Hot Property



A short distance from Northwest Mall, Kumeu, motorway access, Taupaki School, parks, cafes and restaurants.

For more information on this property call Graham McIntyre on 027 632 0421 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).





# 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 \$
HELENSVILLE	640,000	463M2	70M2	645,000		1,400,000	726M2	150M2	1,005,000
	660,000	465M2	80M2	502,250		850,000	353M2	114M2	801,000
	860,000	629M2	117M2	870,000		1,200,000	812M2	110M2	810,000
HOBSONVILLE	1,275,000	225M2	174M2	1,240,000		900,000	587M2	90M2	864,000
	1,150,000	206M2	185M2	1,120,000		1,400,000	300M2	193M2	1,140,000
	1,010,000	141M2	138M2	960,000	RIVERHEAD	1,600,000	806M2	230M2	1,785,000
	985,000	136M2	119M2	903,000	SWANSON	970,000	809M2	128M2	845,000
	1,130,000	179M2	167M2	1,140,000		720,000	571M2	344M2	1,643,000
	1,275,000	158M2	191M2	1,165,000		1,775,000	1.82HA	210M2	2,133,000
	1,170,000	154M2	161M2	1,140,000		1,125,000	1202M2	163M2	1,100,000
KUMEU	2,525,000	2.13HA	150M2	1,750,000	TAUPAKI	2,325,000	4.2HA	208M2	1,800,000
MASSEY	1,100,000	470M2	137M2	978,000	WAIMAUKU	1,800,000	1500M2	282M2	1,585,000
	1,250,000	1004M2	189M2	1,065,000	WEST HARBOUR	1,515,000	500M2	238M2	1,250,000
	420,000	1436M2	107M2	830,000		1,375,000	703M2	269M2	1,270,000
	1,600,000	809M2	90M2	950,000		1,705,000	965M2	238M2	1,550,000
	980,000	475M2	158M2	1,047,000		1,430,000	762M2	192M2	1,362,000
	1,150,000	4581M2	158M2	935,000		860,000	203M2	147M2	990,000
	740,000	86M2	78M2	660,000	WESTGATE	1,205,000	423M2	160M2	650,000
	980,000	555M2	152M2	860,000	WHENUAPAI	2,145,000	2061M2	167M2	2,570,000

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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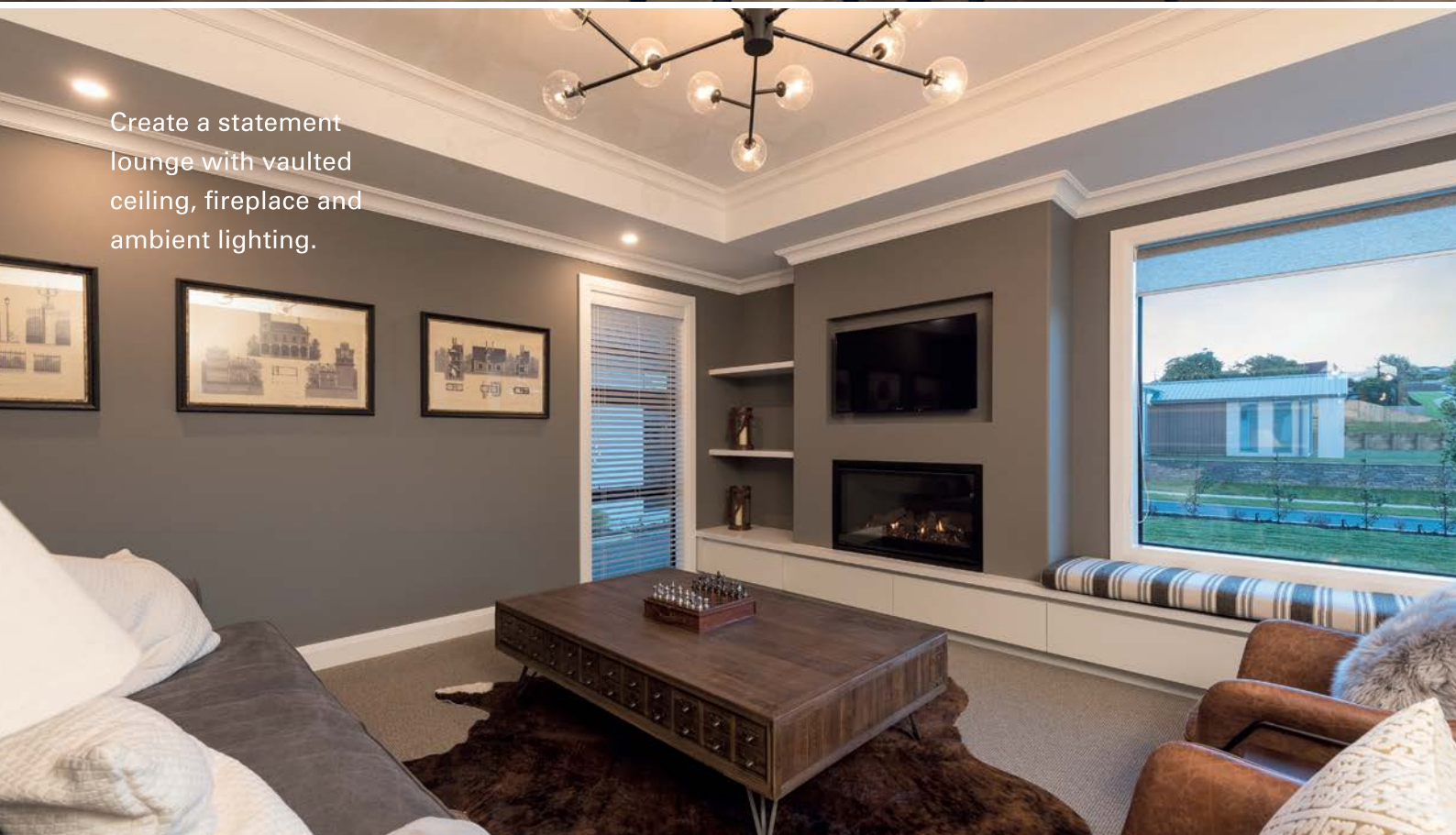






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## BUSINESS - TOWN CENTRE ZONE - HUAPAI

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By Negotiation

### 8 Oraha Road, Huapai By Negotiation

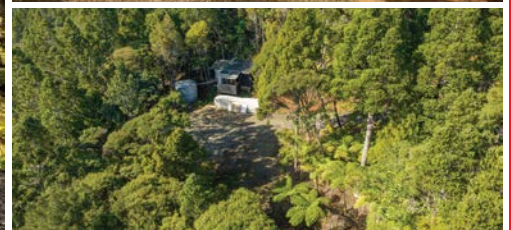
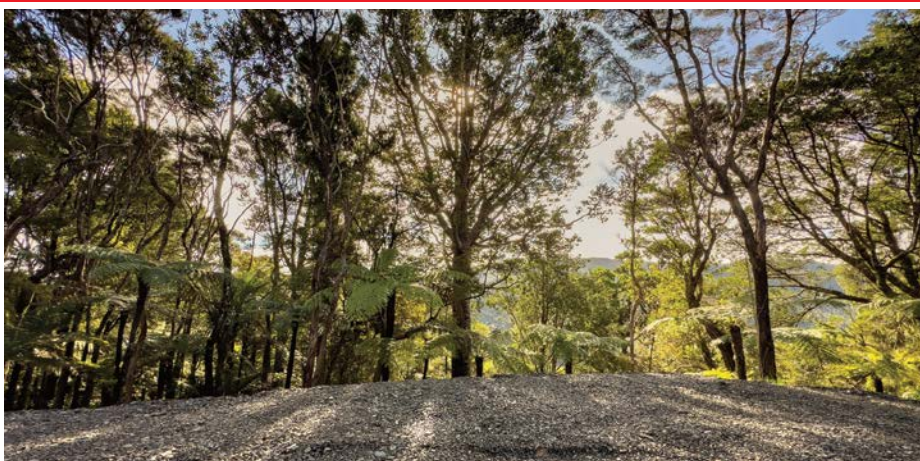
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**LIFESTYLE, MIXED GRAZING/ REGENERATING BUSH**

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By Negotiation

4.3 hectares (approx.), a short distance from Shelly Beach, West Coast Beaches, Golf Club and fabulous Waioneke School. An interesting and undulating parcel of land offering grazing and regenerating native bush providing the perfect backdrop to a simple but adorable two bedroom, board and baton home. Open plan living, dining, entertainers kitchen with central hallway accessing two north-east facing bedrooms, separate bathroom and laundry with storage options. Follow the farm track to the hill-top to enjoy an elevated potential house site and views through the valley to the mighty Kaipara Harbour, framed by rolling farms.

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# Home & Garden

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and choccy fingers. Again, it warmed our hearts and reminded us that some of our most precious ones are these little future stars out there in those conditions helping get our families to and from school safely.

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Get in touch today. Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz for all your service needs. We are open five days a week from 7:30am-4:30pm and conveniently located at Unit 4, 3 Northside Drive, Westgate. Visit our website whenuapai.laserplumbing.co.nz for more information.

## Time to rewire your home?

If you're worried about your home's electrical and wonder if it's time to rewire, here are some signs that can help determine whether you should be calling us in.

If a home is more than 30-40 years old, and the wiring has never been replaced during that time, then it's probably time to plan this project. Even if there are no obvious issues, it's likely a matter of time before problems occur. So, it is worthwhile to get on top of any issues.

Lights that flicker and dim unexpectedly could be among the first signs a home might need rewiring. A faulty lightbulb may be the cause of this issue, but it's important to check. If it continues happening, regardless of which light bulbs are in use, then the problem may be loose wiring or perhaps faulty circuits, and it's time to call an electrician.

Blown fuses are another problem that may not be a significant issue if it happens only once in a while. However, if the fuses blow regularly, they may be older style fuses that can't support all the home's electrical appliances. Old fuses could be a sign that a home needs a circuit upgrade.

If a mild burning smell can be detected in a home, especially around the switches, that might mean the wiring is shorting out. These shorts can be small sparks behind the walls and floors and can eventually cause major damage. If you can detect this faint smell, it's crucial to



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# Home & Garden

call an electrician to check it out.

An obvious sign that a home needs rewiring is a need for more and more extension cords. As the number of appliances in the home increases, there may not be enough PowerPoints in rooms, so the family relies on extension cords. The uneven distribution of electricity can lead to fluctuations in power when one point becomes overloaded.

If a home is in the process of home renovating, it's a perfect time to check the wiring. If the project includes adding large appliances, then there's a good time to rewire the home first. If the wiring system is not brand new, adding new electrical appliances could significantly strain the existing system.

If you think your home is due a rewire, give us a call and we can offer you a free no obligation quote for the job.

Contact Blackout Electric for all your electrical service needs. We can be found at 021 708 097 [www.blackoutelectric.co.nz](http://www.blackoutelectric.co.nz) or [info@blackoutelectric.co.nz](mailto:info@blackoutelectric.co.nz).

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KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building [www.kumeuplumbing.co.nz](http://www.kumeuplumbing.co.nz) or send us an email [info@kpl.co.nz](mailto:info@kpl.co.nz).

## Waimauku Garden Club

The Garden Club had a beautiful early spring-like day for its August visit to Couldrey House and gardens and then out to Puhoi. Couldrey House is a Victorian-Edwardian family home and garden, dating back to 1857. The family home is located in the beautiful surrounds of Wenderholm Regional Park and the attractions include old colonial furniture and china, paintings and pictures of early New Zealand, displays of kauri gum, shells and private collections of newspapers, old maps and historic documents. Volunteers from the Friends of Couldrey House trust gave us a wonderful morning tea, talk and guided tour. We then went onto historic Puhoi. Puhoi was settled on June 29th, 1863 by people from villages near Pilsen in Bohemia. They came for gifts of promised land and endured extreme hardship before the land became productive and schools, stores and the Roman Catholic Church of Sts Peter and John were established. We were again given talks and guided tours by



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# Home & Garden

extremely knowledgeable local volunteers of the museum and church, before we all lunched in the local Pub, enjoying a huge variety of food from the menu. Our thanks go out to the volunteers at both Coudrey House and at Puhoi. Our thoughts also go out to the local Puhoi community, where due to the recent floods and Cyclone, many villagers had to seek alternative accommodation and they have lost their library with over 6,000 books DVDs, records, diaries, maps plus much documented history being lost.

If you wish to join our club and join us on our monthly outings, feel free to contact any of us: Ann (021 035 7406), Diana (027 478 8928), Gail (021 344 070), Maree (027 496 3006), Moira (027 498 9154), Sandi (027 318 4514). We are also on Facebook: [www.facebook.com/groups/358928941269802](http://www.facebook.com/groups/358928941269802). Love to have you join us.

## Tile and grout cleaning and re-colouring

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



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

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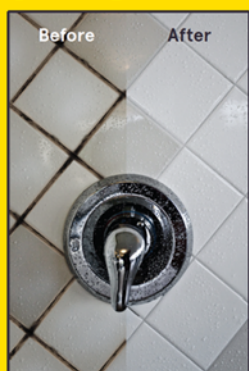
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restoration and apply a durable protective coating afterwards.

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

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

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# Home & Garden

create a plan to make your dream home a reality.

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

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

## Create a kitchen garden - Workshop

Sunday 24th September (9.30am to 11.30am)

If you would like to offset some of the impact of the dramatic increases in food prices, particularly fresh fruit and vegetables and whether you have a large garden or more limited space, it's definitely worthwhile considering growing your own.

This workshop, presented by our in-house expert David Bayly will give you all the basics of the "what, when and where" to create your own kitchen garden and derive optimum value from it.

It's also a very rewarding experience to see your plantings grow and to know that what you and the family are eating is derived from your own efforts. As well as being assured of its origins and purity.

In this relaxed and interactive 2-hour workshop David will be discussing: Tools required, pros & cons of various varieties, site selection and preparation, planting methodologies/techniques,

general plant care and when to plant and harvest.

Our workshops are generally very popular and numbers are limited so booking is recommended (see below for booking details).

Afterwards you will also be able to stroll around the beautiful Sculpture Gardens which have around 40 marvellous pieces created for our 2023 exhibition by local and international artists on display; as well as the extended nature trail (approximately 3.5km in total).\*

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

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

\* The gardens and nature trail are unfortunately not suitable for wheelchairs or walking frames.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets \$25 per person. To Book: [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz) or 09 420 5655.

## Kumeu Community Gardens

Eating healthily is what we all strive for, and from our own garden to table must be the apex of eating well.

When planning your garden, it is wise to consider plant "nutrient dense" foods, which generally consist of the following key nutrients: Vitamins A,B6, B12, C, D, E and K, plus protein, potassium, calcium, iron, thiamine, riboflavin, niacin, folate, zinc and fibre. Vegetables containing these properties are defined as "powerhouse vegetables"

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# Home & Garden

by the US CDC.

Below is a list of the top vegetables, the first, watercress is generally too hard to consider growing at home, but opportunities abound where you can find unpolluted meandering creeks and streams, so best save for a Sunday drive with the whanau.

1. Watercress
2. Bok Choy (a cool season crop, great in many dishes).
3. Swiss chard (this can be a substitute for spinach in many recipe's)
4. Beet Greens (once your beetroot a 10cm tall the leafy tops can be harvested but leave some leaves so the beets can continue growing).
5. Spinach (there's a reason why Popeye had muscular arms!).
6. Leaf lettuce (of the four basic types of lettuce, leaf lettuce is the easiest to bring to harvest).
7. Parsley (I'd eat parsley in everything if I could, as a guide let your plants flower in the 2nd year, and you'll have a permanent patch in the garden).
8. Romaine Lettuce (yum, a Caesar salad with anchovies and parmesan or even pecorino cheese is my summer favourite, especially with homemade croutons).
9. Turnip Greens (like beet greens you get the benefit of the root, but the best stuff is in the greens).
10. Endive (that bitter tasting leafy green that adds pucker value to any summer salad).

These are the top nutritionally dense vegetables that you can grow yourself at home for a healthier life, and at the community garden I

know of at least six of these vegetables growing amongst the myriad of other species.

Dirty hands and brimming baskets!

## Whenuapai Floral and Garden Circle

We will be back in September after our winter recess. There are trips planned to beautiful gardens and there are some interesting speakers lined up. We are waiting to see your best blooms and best garden produce and hear about your successes and failures. Do come along and share a couple of hours with fellow enthusiastic gardeners.

Daffodils have been showing their bright heads for a few weeks now and magnolias are already in bloom so while the nights are still cold, warm days are ahead as spring shows off with all its frills and fragrant floral power.

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.



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# Central's Tips

## September 2023



### The fruit and vegetable garden

- **Great time to add the goodies** in the vegetable bed for great summer harvest: we love our organic 'Dave's' pelletised fertilisers, Aquaticus soil conditioner (mussel shells) and Revital Grow-all (compost and worm castings)
- **Fancy an interesting tomato this season?** Seek out heritage tomato seedlings with fabulous names like Mortgage Lifter, Aunt Ruby's green and Mr Stripey
- **Mound soil around potato tops as they grow.** Potatoes continue to form up the stem as soil gets added. Keep watered
- **Eggplants can go in now** – growing them in raised beds helps the bees find their rather insipid flowers. Pollination can be tricky, so planting nasturtiums nearby will bring more bees
- **Throw a pack of mesclun mix** through the vegetable bed to ensure there are always some salad greens for picking
- **Summer herbs** that grow well from early spring include parsley, coriander, dill, chervil, oregano and the culinary thymes – lemon, pizza and chicken are popular
- **Feed all the fruit producers** – pip and stone fruit, citrus, berries etc

### The ornamental garden

- **Trim topiaries and hedges** and feed with Prolawn All Purpose Fertiliser, then add mulch around them. These are investment plants – a structured garden relies on their performance
- **Fertilise roses and check for aphids.** Squashing them by hand is easy with small colonies, otherwise you may need to spray
- **Free plants** – Take a look for seedlings around the 'mother' plants in the garden – NZ grasses, native trees and shrubs, and perennials such as hellebores produce 'babies' that you can transplant now
- **Pretty spring-flowering shrubs** that mark the new season: plant Californian lilac (ceanothus), Mexican orange blossom (choisyas), lavender, plus there are a host of showy viburnum options
- **Mow the lawn once it's dried out.** We're very excited by the organic Lawnganics range and recommend ROOTS to promote healthy turf growing conditions
- **Waterblast the outdoor furniture** and rake the gravel – outdoor living is on its way after a challenging winter!

## Project for September

### Tree and shrub planting season

Dig holes at least the depth of the pot or planter bag and twice as wide. If there's clay in the soil, place a handful of gypsum in the hole then fill with a mixture of existing soil and compost or Nutra Soil. Mulch around the plants

For gypsum, compost, and Nutra Soil and a great range of landscaping products visit [centrallandscapes.co.nz](http://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](http://www.thenzcatfoundation.org.nz). You can also email - volunteers: [volunteer@thenzcatfoundation.org.nz](mailto:volunteer@thenzcatfoundation.org.nz) donations: [info@thenzcatfoundation.org.nz](mailto:info@thenzcatfoundation.org.nz).

## Why does my dog put its paw on my arm?

As a dog owner, when your furry companion puts their paw on your arm, it's likely their way of communicating and expressing their emotions. Dogs have a rich repertoire of body language, and this behaviour can convey a variety of meanings:

1. Seeking Attention - Dogs often use their paws to get your attention, especially if they want to be petted, played with, or simply acknowledged. It can be a gentle and non-verbal request for you to engage with



them.

2. Affection and Bonding - Dogs are social animals, and they form strong emotional attachments to their human caregivers. Touch is an essential way for dogs to show affection towards their owners. By placing their paw on your arm, they are trying to connect with you and express their love.

3. Comfort-Seeking - Dogs may put their paw on your arm when they are feeling anxious or seeking reassurance. The touch provides them with a sense of security and comfort.

4. Requesting Something - Dogs are clever communicators and can use their paws to ask for something they want, such as food, water, or to go outside for a walk.

5. A sign of Trust and Submission - In a canine social context, submissive dogs may offer their paw to more dominant ones as a gesture of respect and acknowledgment of their higher status. Similarly, when your dog does this to you, they might be displaying trust and acknowledging you as their pack leader.

It's essential to pay attention to your dog's body language and context to better understand what they might be trying to communicate.

If your dog seems distressed or is excessively pawing at you, it could be a sign of discomfort or a medical issue. In such cases, it's best to consult with a veterinarian to rule out any underlying health problems.

Otherwise, enjoy the affection and connection your dog is trying to share with you. From all the team at K9 Heaven. [www.k9heaven.co.nz](http://www.k9heaven.co.nz).

## Fun activities to enjoy with your furry friend

As the snow melts away and flowers begin to bloom, it's the perfect time to embrace the outdoors with your canine companion. At Pet Patch Pet Store, we believe that spring is all about bonding and creating wonderful memories with your furry friend. Here are some exciting activities to make the most of this vibrant season together:



1. Trail Treks: Explore local hiking trails or parks with your dog. The milder weather and blossoming landscapes provide a picturesque backdrop for your adventures and pictures.

2. Picnic Playdates: Pack a pet-friendly picnic and head to a pet-friendly park like the Huapai Domain. Bask in the sunshine, play

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# PET PATCH

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# Pets

fetch, and enjoy a delightful meal together.

3. Splash and Swim: If your pup loves water, spring is the ideal time to introduce them to a nearby dog-friendly beach. Remember to prioritise safety and bring along a doggy life vest.

4. Agility Amusement: Set up a mini agility course in your backyard. It's a fantastic way to stimulate your dog's mind and body.

5. Outdoor Training: Spring offers a refreshing environment for training sessions. Teach your dog new tricks or reinforce obedience commands amidst the rejuvenating surroundings.

6. Blooming Bonding: Engage in calming activities like a serene stroll through botanical gardens.

7. Doggy Playdates: Organise playdates with fellow dog owners to let your pup socialise and burn off some energy with their furry pals. or go to the local dog park at Hobsonville Point.

Embrace the season of renewal by embarking on these heartwarming adventures with your four-legged friend. Remember to prioritise your dog's safety, pack essentials like water, treats, and waste bags, and cherish every moment of springtime bliss. At Pet Patch, we're here to support your pet's happiness and well-being all year round.

Pet Patch - 320 Main Road, Huapai - phone 09 412 2009, email info@petpatch.co.nz or visit www.pwtpatch.co.nz.

Photo by Mitchell Orr on Unsplash.

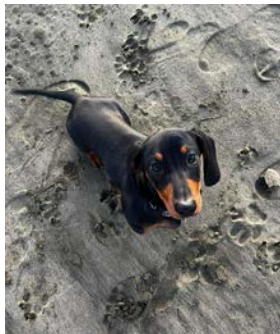
## Pet Patch pet of the month

Meet Fang.

Fang is a lovely wee dachshund puppy.

He is a big Warriors and Football Ferns supporter. He also loves visiting The Food Vault and going for walks at the local parks and beaches.

If you would like to be featured as next month's pet patch pet of the month send your entries to info@petpatch.co.nz and if you get featured you get a \$20 store voucher.



## \$100 = Exposure for a month

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

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# Food & Beverage

## Home baker to professional cake artist

I'll never forget the excruciatingly long wait, baking cake layers one by one in a pizza oven, 30 minutes on each layer. Now, I bake an average of 30 layers per week, but thankfully, not one by one.

Baking cakes for fun began from my small little house with a newborn baby. After becoming a mum I knew I wanted to work for myself and run my own business, giving me flexibility around my kids. I used to bake during my baby's nap time, until she grew and was in a front pack while I decorated.

Two years and two kids later, I discovered myself launching a proper cake business, Sweet Retreat New Zealand. I registered my home kitchen with the council, gained my A grading and started navigating life as a mother of three under the age of three, as well as a business owner.

Starting a business is no easy feat and can be quite daunting for any entrepreneur. However, the rewards that come with it are absolutely worth the effort.

Being self-taught, I've gained several skills and techniques through trial and error. Amidst all the chaos of life, I've discovered a talent that I'm absolutely proud of.

Despite numerous obstacles and setbacks, my business has continued to grow for the past three years. I have persevered through it all. When I'm not busy working my full-time job as a chef or taking care of my children, I spend my nights in the kitchen bringing everyone's buttercream dreams to life.

One of my biggest achievements in 2022 was to be nominated for the North West Business Association Awards. Additionally, in 2023 at the Kumeu A&P show, I won the Champion Cake Decorating award, as well as the Overall Champion Adults Cakes and Breads Category award (all cakes made with my signature recipes too). This was a truly unforgettable moment that I will always treasure.

Most recently, when I was named a finalist in the Cake Artist category at the Wedding Industry Awards NZ for 2023, I was in shock. Who



me? How did I achieve this? Does this mean my work is enough to be recognised on a larger scale? All of the blood, sweat, tears and late nights are finally becoming worth it. It's natural to feel disheartened when you've put in a lot of effort and the results don't seem to match after a long period of time. However, it's important to remember that everyone has to start somewhere. Don't give up, keep pushing and success will come.

It's an honour to be recognised as one of the top five in New Zealand, and I'm grateful for the opportunity to participate in such a prestigious event. On August 18th, 2023, at the Linden Estate winery in Hawkes Bay, I will get to network with some of the top wedding industry businesses and connect with likeminded people.

I'm incredibly proud of my accomplishments and eagerly anticipate what the future holds. If there's one lesson I've learned that I can impart, it's that no matter how daunting the obstacles may seem, with determination and focus, you can accomplish anything you set your mind to. Even from a little pizza oven.

Sharna Griffiths - Sweet Retreat New Zealand, email [info@sweetretreatnz.com](mailto:info@sweetretreatnz.com).

## The Boat House at The Riverhead

Nestled on the banks of the upper Waitemata Harbour, and adjacent to the historic Riverhead Tavern is The Boat House Wedding and Function centre.

This architecturally designed space flows out to expansive decks and extensive lawns.

It's a versatile space that can be arranged to suit most gatherings. Weddings are a specialty, plus big birthdays, corporate functions and community events.

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# Food & Beverage

Boat House - get in touch to for more information. [functions@theriverhead.co.nz](mailto:functions@theriverhead.co.nz).

## Champagne breakfast at Soljans

Enjoy a classic Champagne breakfast at The Bistro at Soljans this October. Indulge in style with a shared fruit platter and a choice of main paired with a glass of our brand new 2020 Legacy Méthode Traditionnelle (available in our cellar door now) for just \$49 per person.



For those who like the bubbles more than the breakfast, book for a table of 4 and get your glasses upgraded to a bottle for the table to share.

Available from 9:00am every Sunday in October, bookings are essential and can be booked online or by calling 09 412 5858.

We look forward to seeing you again soon.

## An eye-healthy tasty treat

Carrots are an amazing source of beta-carotene, so adding carrots to your meals regularly means that the cells of your eyes will be well guarded. Apart from using them to make delicious cakes, you can also include carrots when making salads and soups.

You will need: 3 eggs, 2 cups Chelsea Soft Brown Sugar, 1 cup Olivani Olive Oil Pure, 3 cups grated carrots, 2 1/4 cups Edmonds Standard Grade Flour, 1/2 cup Meadow Fresh Original Milk (warmed), 1 tsp salt, 2 tsp cinnamon, 2 tsp Edmonds Baking Soda, 1/2 cup walnuts. Cream Cheese Icing: 50g Tararua Butter, softened 1/2 cup cream cheese, 2 cups Chelsea Icing Sugar, 1 tsp vanilla, 2-3 Tbsp Meadow Fresh Milk Method:



-Preheat oven to 160°C bake.

-Line a 23cm cake tin with baking paper and grease the sides and bottom.

-Beat eggs and Chelsea Soft Brown Sugar together. Add oil then all

other ingredients - mix well. Pour into cake tin.

-Bake for 45 - 55 minutes, until a skewer inserted comes out clean. Stand in the tin for 20 mins then turn out and cool on a cake rack. Spread with cream cheese icing when cold. For the icing:

-Beat butter and cream cheese together. Add Chelsea Icing Sugar, vanilla and sufficient milk to make a light fluffy icing consistency. Spread over cake and decorate with chopped nuts if desired. ENJOY! For more information on your eye health, or to make an appointment contact the friendly team at Westgate Optometrists. Phone: 09 831 0202 Website: [www.westopt.nz](http://www.westopt.nz) Facebook: [www.facebook.com/westgateoptometrists](http://www.facebook.com/westgateoptometrists).

## Spring garden party

Join us for our celebration of spring here at the Good from Scratch cookery school on Sunday the 1st October. With tours of our blooming kitchen gardens, a beautiful high tea, bubbles and a talk by guest speaker and editor of the NZ Gardener magazine Jo McCarroll - it is sure to be a great morning. There are limited spots so head over to our What's On page to book your tickets. [www.goodfromscratch.co.nz/whats-on/](http://www.goodfromscratch.co.nz/whats-on/) or get in touch 09 411 8808 or [info@goodfromscratch.co.nz](mailto:info@goodfromscratch.co.nz).



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# Health & Beauty

## ALLOR Cosmetic Medicine

For the locals that like to stroll down the serene Waimarie Road in Whenuapai, some may have noticed a new clinic pop up at Number 72. ALLOR Cosmetic Medicine is a boutique clinic, a labour of love for Dr. Heather Anderson, Aesthetic Doctor and Urgent Care Doctor. Dr. Heather has lived on Waimarie Road since moving to the area in 2021 with her husband and two young boys. Passionate about Cosmetic Medicine she decided to open up her new clinic, offering bespoke treatments to the community with personalised care. The name ALLOR stems from the phrase "all-or-nothing", as a reflection of her ethos as a clinician where she takes great care with every client.

Dr. Heather is offering free initial consultations to discuss treatment options and is happy to be contacted on 022 262 6762 or at enquiries@allor.co.nz. Her new website is launching soon at www.allor.co.nz.



## The incredible benefits of Cezanne Keratin Treatment

Cezanne Keratin Treatment is a revolutionary hair-smoothing solution that offers a myriad of benefits to those seeking luscious, manageable, and frizz-free locks. Unlike traditional keratin treatments, Cezanne employs a unique blend of naturally derived ingredients and cutting-edge technology to achieve stunning results without compromising hair health.

The primary advantage of Cezanne Keratin Treatment lies in its ability to tame unruly hair and eliminate frizz, making it an excellent option for individuals with coarse, curly, or damaged hair. The treatment works to repair and rejuvenate each strand, leaving the hair with a glossy and silky finish.

Furthermore, Cezanne Keratin Treatment is formaldehyde-free, making it safe and non-toxic for both clients and hairstylists. This



means there are no harmful fumes or side effects associated with the process, allowing for a more comfortable salon experience.

Another significant benefit is its long-lasting effects. The treatment can last up to three months, making it a cost-effective and low-maintenance solution for maintaining smooth and manageable hair.

In summary, Cezanne Keratin Treatment offers a host of advantages, from frizz control and hair repair to being formaldehyde-free and long-lasting. Embrace the transformation and enjoy the benefits of Cezanne Keratin Treatment for truly stunning and healthy hair available at Zash Hair today. Phone 021 814 663.

## Why sleep is important

We all know sleep is important. We are also starting to realise that sleep isn't just about rest. It has a role in physical and mental health. In fact, decreased sleep has been linked to obesity, inflammation, inability to manage stress, imbalanced hormones, blood sugar dysregulation, depression and so much more...



Its relationship with menopause is also a challenging one - if we don't sleep properly then our symptoms can be exacerbated and yet our symptoms can keep us awake at night.

There are lots of reasons for this including a drop in oestrogen which affects melatonin, our sleep hormone, our sleep-wake cycle (known as our circadian rhythm), temperature changes, mood changes alongside increased pain and inflammation and medications.

We sleep in 90 minute cycles and in each cycle we go through the 5 stages of sleep. When we are alert and awake, our brain waves are known as beta waves. When we are preparing for sleep or when we are doing a meditation or mindfulness activity we move into alpha waves (or the alpha state). It's important that we enter this state in order to get to sleep - you can't go from beta to sleep. Between 11pm - 2am we go into those deep sleep stages and from 2am - 7am we tend to have much lighter sleep. At the end of every cycle we wake naturally for a brief period of time to move and to check for danger in our environment. Most of us fall back to sleep easily but some, especially between 2am and 7am, when sleep is lighter, we can awaken and not get back to sleep so easily. Waking and not getting back to sleep can easily become a habit.

There are so many things that you can do to help get you to sleep, stay asleep and get back to sleep when you wake including:

1. Create a brand new sleep routine and stick to it - your brain loves

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# Health & Beauty

routines and this can be a clean slate if you have sleep problems. Make sure you eat at least 3 hours before bed, stop all work 2 hours before bed and turn off those devices (yes even the kindle) 1 hour before bed. If you experience hot flushes or get hot at night then eat 5 hours before bed. Digestion increases heat in the body so the later you eat the more likely you are to get hot during the night. Choose an essential oil that is your sleep essential oil and you only ever use for sleep - before or during if you wake.

2. Avoid caffeine, alcohol and sugary foods before bed as they affect our sleep and increase our temperature. I know alcohol always gives me night sweats...so that's a choice.

3. Go to bed at the same time and get up at the same time - this way you won't stuff up your circadian rhythm. Trust me it does make a difference.

I recently did a sleep challenge in my free Facebook group, the Women's Wellbeing Circle with lots of tips and resources. I also run a free 7 day challenge, cooking workshop and talks specifically on managing menopause and beyond. Go to [sarah-brenchley.com/](http://sarah-brenchley.com/) links for info and resources.

## Spring is coming. Are you ready with a bright white smile?

Is whitening for you?

If your teeth are darkened from age, coffee, smoking etc, whitening is successful in at least 90% of patients. No one can predict how much lighter your teeth will become, every case is different.



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Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993  
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Call Kumeu Dental on 09 412 9507 to have all your questions answered. Follow us on Instagram @kumeudentalsurgery & Facebook to see our SPRING SPECIALS.

## Frame your eyes with art

Ronit Furst Eyewear is an innovative brand that has taken the world by storm with its unique and artistic approach to eyewear design. Matthew and Molly Whittington at For Eyes Optometrists in the Kumeu Shopping Village have ordered the range - and a pair each for themselves as well.



The brand has quickly gained recognition for its hand-painted frames that showcase a perfect blend of fashion and art. With each pair of glasses meticulously hand finished, Ronit Furst Eyewear stands out from the crowd by offering customers a truly personalised and one-of-a-kind accessory.

This attention to detail allows customers to express their own unique style and personality through their eyewear. Whether it's a bold, vibrant design or a subtle and sophisticated pattern, Ronit Furst Eyewear has something to suit every taste and occasion.

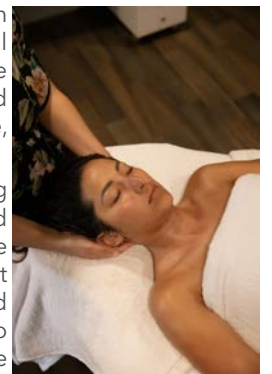
Comfort and functionality are not forgotten, with the frame styles selected for their flattering, wearable shapes.

Call into For Eyes to see what sets Ronit Furst Eyewear apart, or phone 09 412 8172 to book an eye examination.

## lovesoul Beauty & Spa

lovesoul Beauty & Spa offers sanctuary in Waimauku, Auckland, NZ, where your soul is loved and nurtured. Our therapists infuse love and intention into every visit and treatment; indulge in spa facials, massage, and beauty treatments.

Your skin is a reflection of your life, mirroring the quality of your diet, lifestyle and wellbeing. We believe that your skin care products should feed, nourish and support your skin. It is vital that we understand and work with the skin rather than against it. No quick-fixes, no harsh chemicals or invasive treatments. Just plant-therapy, touch and wellness wisdom. That's the Slow Beauty way.





# Health & Beauty

What you put on your skin is only half the story... true skin transformation is only possible when we also work from within with skin nutrition. Our wellbeing is influenced by the actions we take and the way we think, every single day. At lovesoul, we treat skin as part of the body, created and nourished from within.

Visit our website to find out more and book online: [lovesoul.co.nz](http://lovesoul.co.nz)  
Upstairs, Waimauku Doctors Building, 8 Waimauku Station Road.  
09 411 5226 / [hello@lovesoul.co.nz](mailto:hello@lovesoul.co.nz).

## The benefits of massage and acupuncture

Pregnancy is a beautiful journey, but it can also bring along physical discomfort and emotional stress. Fortunately, expectant mothers can find solace in the healing powers of massage and acupuncture. These complementary therapies offer a range of benefits, promoting relaxation, alleviating common discomforts, and enhancing overall well-being during pregnancy. Let's explore the benefits of massage and acupuncture for pregnant women.



**Massage for Pregnancy:** Massage therapy tailored for expectant mothers can be a game-changer. It not only provides a nurturing and calming experience but also helps relieve muscle tension, reduce swelling, and improve circulation. A study published in the Journal of Psychosomatic Obstetrics & Gynecology found that regular massage during pregnancy led to reduced anxiety and depression levels, as well as decreased leg pain and improved sleep quality. Massage also enhances the release of endorphins, which not only

lift mood but also help manage pregnancy-related discomforts such as back pain and joint stiffness.

**Acupuncture for Pregnancy:** Acupuncture, an ancient Chinese practice, is another valuable modality for pregnant women. It involves the insertion of fine needles at specific points on the body to restore balance and promote optimal health. Research has shown that acupuncture can effectively relieve pregnancy-related nausea, fatigue, and musculoskeletal pain. A study published in Obstetrics & Gynecology demonstrated that acupuncture reduced the severity and frequency of pelvic girdle pain in pregnant women, improving their quality of life. Acupuncture also assists in turning breech babies, reducing the need for invasive procedures.

Massage and acupuncture offer pregnant women safe and natural ways to enhance their well-being during this transformative phase of life. From easing physical discomforts to promoting relaxation and reducing stress, these therapies provide holistic support for expectant mothers. However, it is crucial to consult with a qualified massage therapist or acupuncturist who specialises in prenatal care to ensure a personalised and safe experience. Embrace the benefits of massage and acupuncture, and let them nurture you throughout your incredible pregnancy journey.

NorthWest Physio + have a Neuromuscular massage therapist and acupuncturist with specialised skills in looking after pregnant women. Visit our clinic to meet Nicky and May to help you with your journey.

## Always tired?

Want to have abundant energy and zest for life? Believe it or not, some people do achieve this. I don't want to skite, but this is me (most of the time).

We all have times when we feel tired. But if you always feel tired, something is not right with your lifestyle, nutrition, medicines, or health. The tricky thing is finding the cause. It could be as simple as a lack of quality sleep due to having a young child, or a stressful job. Or it could be as complicated as multiple nutrient deficiencies, caused by a medicine side effect impairing your energy production pathways.

To produce energy in your body, you need lots of mitochondria, and lots of fuel to drive them. If you have low energy then the most likely nutrient culprits would include iron, vitamin B12, folic acid, nitric oxide, vitamins B2 and B3, protein, magnesium, CoQ10, ribose, and the essential fatty acid EPA. I warned you it could be complicated.

Exercise increases the number and the efficiency of mitochondria. So the more you exercise, the more energy you have. But that only works if you are well rested and well fueled. Otherwise, exercise may just make you more tired.

Some medicines can make you tired directly (like some anxiety and

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# Health & Beauty

pain medicines). Others can make you tired by causing nutrient deficiencies (like omeprazole or antacids).

Some medical conditions can make you tired. An example of this is heart disease or thyroid disease.

My recommendations: Get checked out for serious causes of tiredness (like heart disease).

Check your diet for optimal protein levels. Too much sugar or carbohydrate can make you tired.

Remove stress in your life. Easy I know.

Get a blood test for iron and B12 levels (these tests aren't always accurate), and take supplements of iron only if needed.

Take a nutrient supplement designed to support your mitochondrial function. One of my favourites is Myomax which has been shown to increase energy (ATP) production in mitochondria by 40%, and increase cardiac output by 12%.

Talk to the health coaches at Massey Unichem Pharmacy about what nutrient support would be best for you, and compatible with your medicines. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

## It can happen to anyone...

On 22 June 2023, after a year of being busy with COVID and work, I had a headache. My blood pressure was up despite me taking BP and cholesterol medications. I spoke to my GP and had blood tests done.

My HbA1C was up into the diabetic range of 54. My liver function and ferritin was elevated as well.

As a GP I know that medications are the answer. I also knew I had to revisit and restart the diet and lifestyle changes I wrote about in my book in 2005.

Will my Liberty Diet still work? I spent time re-reading my book and doing all the changes I devised. I reduced my carbohydrates and started eating more vegetables. I parked my car far from the supermarket door just to get the extra steps. I stopped snacking chips while watching television and ate fruits instead.

I also took the acarbose diabetic tablets my GP gave me, once a day after my largest meal.

In the last 6 weeks, I have lost 6 kilograms. My BP has come down. I had repeat blood test and my HbA1c is now 46 and below the diabetic range. My ferritin, liver enzyme and lipid profile has improved as well.

So I proved to myself (again) that my Liberty Diet still worked. And I just reminded myself that I wrote the book for me.

It's not a miracle cure. I am still taking my blood pressure, cholesterol and diabetes medications.

But diet and lifestyle change is a great add on to the management

of any chronic health condition like diabetes, hypertension and high cholesterol.

If you eat well and live well, you will be well.

If you would like a free copy of my book, The Metabolic Apocalypse and The Liberty Diet, you can collect it from Royal Heights Pharmacy ([www.airportoaksparmacy.co.nz/contact/royal-heights](http://www.airportoaksparmacy.co.nz/contact/royal-heights)) or from our clinic ([www.rhdoctors.nz](http://www.rhdoctors.nz)). I don't want any of your money for it. I'm just asking for some of your time and effort to read the book and hopefully change your life and gain back your health.

Just like me. Dr Frederick Goh Royal Heights Shopping Centre phone 09 393 6313.

## You are lovable

As I celebrated 5 years with Julian, I reflected on my journey to find love. I was single for 11 years before we got together. I didn't believe I was lovable.

Many of us, as children, pick up the belief that we are not lovable. We think; "if I was lovable Mummy wouldn't do that, if I was lovable Daddy would be here, I mustn't be lovable because Mum and/or Dad said/did that," and so on.

This then sets some of us up with the belief that we need to be perfect to be loved. We need to look perfect, speak perfectly and act perfectly. This is impossible. There is no such thing as perfect.

It led me to avoid relationships as it felt easier that way. I was very lonely and I yearned to be loved for who I was, not for who I was projecting myself as. This has been a journey of self-discovery into who I really am, what I like & don't like, what my interests and values are and then sharing them vulnerably. I love and accept myself exactly as I am. I am open about what I believe, and I know I am lovable no matter what. You are too. I can help you know you are lovable. Get in touch. Lorraine Maguire - Rapid Transformational Therapist. [www.lorrainemaguire.com/emotions-tips](http://www.lorrainemaguire.com/emotions-tips)



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# Area Columnists

## Marja's final words

I am sitting down for the last time to write a column as your locally based Labour list MP. Earlier this month, on 15 August, it was the last time I rose to speak in Parliament when I gave my valedictory speech. As I said then, it has been an honour and a privilege to serve the people and communities of Rodney and after the rezoning Kaipara Ki Mahurangi, over the past six years.



I've served two terms as MP, and that - I'm told, is about the average time for an MP.

But there was nothing average about the last six years. A lot happened between 2017 and 2023. It was a privilege to serve in the Labour team during some incredibly tough times our nation went through. And I am forever grateful for how then PM Jacinda Ardern, led New Zealand's response to the March 15, Covid and other challenges. Together as a society and with very special leadership, so many lives were saved during the worst pandemic in a century, where other countries could not.

But despite the challenges, these were also six years where lots of progress was made. I proud to have been part of a team that from day one started to tackle those long term challenges facing New Zealand.

Strengthening workers' rights, massively building our apprentices workforce, increasing the minimum wage, addressing gender-based pay discrimination. From making abortion a health issue and giving women choice, building more houses than any government since the 70s, to taking action on climate change. And everything in between. And now, in a Chris Hipkins led Government, our team continues the mahi, focused on building back better.

## Thank you.

*It hasn't been an easy decision to retire as MP. I love our communities. It's been a real privilege to be a list MP based here in the Rodney area. Thank you for your support over the past six years. I'm proud of all we have achieved. Together we've made a positive impact in our region.*

*Marja*

### Marja Lubeck

Labour List MP based in Kaipara ki Mahurangi

0800 582 325 | [marja.lubeck@parliament.govt.nz](mailto:marja.lubeck@parliament.govt.nz)

[Facebook](#) /MarjaLubeck

 Authorised by Marja Lubeck MP, Parliament Buildings, Wellington



When the Prime Minister opened the Puhoi to Warkworth motorway earlier this year, I know we were all pleased that my advocacy meant that we weren't to be double tolled as the original plan had been. I am proud to have supported the Matakana Link Road and the Matakana Trail Trust.

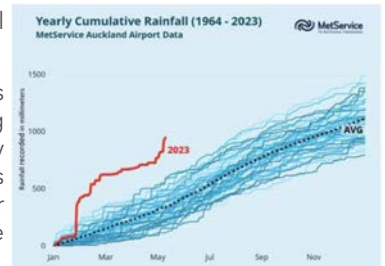
In my time, I have endeavoured to support and be involved with as many community groups as possible, from Scouts, to A&P Shows, Wellsford Plus, Mahurangi Wastebusters, The MenShed, and everything in between. Being involved in grass roots communities and bringing your voices to Wellington is, I believe an integral function of being an MP and a role I immensely enjoyed. I know, as I leave Parliament, that we will all celebrate that with a Labour government we won't be paying GST on fresh and frozen fruit & vegetables and that in a further boost for young families a Labour government will commit to four weeks paid partner's parental leave. And there's more to come.

I would like to thank all of the people who have supported me in my work over the last six years. I have always been welcomed in each of our communities; your warmth motivated me to do my very best and I leave with the values I entered Parliament with and I still hold dear; in particular relentless optimism and compassion for people.

## Making space for water

By Guy Wishart, Rodney Local Board

The initial estimates of costs associated with the flooding and cyclone events of January and February 2023 could be as high as \$4 billion once broader climate resilience costs are taken into account.



That's according to further work carried out by the Auckland Council.

"Four billion dollars is a rather confronting figure and we must stress that this is an overall envelope - the potential total cost to Auckland, not the cost to be borne in its entirety by Auckland Council ratepayers," says Auckland Council Chief Executive Phil Wilson, adding that discussions on cost-sharing arrangements are continuing with central government.

As part of the city's storm recovery and resilience, the Auckland Council is proposing an entirely new approach to dealing with severe weather events involving flood waters, called "Making Space for Water".

It's expected that the atmosphere will continue to become warmer and wetter in a longer-term trend as we move in and out of El Niño



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# Area Columnists

and La Niña oscillations.

Rainfall will be more intense (30-50+mm/hr), the storms will carry more energy which will increase wind speed and rainfall rates and there will be greater levels of coastal erosion and flooding.

We have seen in the central city that large numbers of properties were not immune to severe flooding due in part to the lack of overland flow paths caused by walls, fences and dense vegetation.

Low-lying areas such as Taupaki, Kumeu and Parakai have less underground drains and largely rely on open drains outside of residential areas.

Even with drains, low-lying areas in Auckland such as Sandringham, Wairau Valley and the Mangere-Auckland Airport vicinity found their drains overwhelmed and unable to deal with the huge rainfall rates.

This has meant that the passageways for the surface movement of flood waters will become much more important as the climate continues to change.

"Making Space for Water" is estimated to cost \$1.65 billion and proposes nine initiatives.

1. Blue-green networks in critical flood-risk areas: Allowing wider spaces and catchment areas away from houses to reduce the potential harm to properties.
2. High-risk properties: Working with property owners on possible mitigation or managed retreat and property acquisition depending on the property's categorisation.
3. Culvert and bridge upgrades: Cleaning culverts to allow flow and increasing the capacity of culverts and bridges.
4. Overland flow path management: Work to repair, maintain, and monitor overland flow paths, and educate property owners.
5. Rural settlements: Building up resources, planning, teams and communications for communities that are often isolated during extreme weather events.
6. Flood intelligence: Increased data and modelling tools to enhance council decision-making.
7. Stream rehabilitation: Managing stream vegetation, slope stabilisation, bank battering, stream channel modification, and advice for property owners.
8. Community-led flood resilience: Advice for property owners in high-risk areas, industry-specific advice, public events, and awareness campaigns.
9. Increased maintenance: Regular maintenance clearing of rivers, streams, culverts and drains.

About half the budget of this fund will likely be to buy properties where the risk to life is too high and there are no viable mitigation

options available.

There is no doubt that for many homeowners who are in limbo as they wait to be advised of the outcomes for their properties, the rate at which the mitigation or purchase is being done is far too slow.

Many are under considerable emotional and financial strain with the ongoing threat of repeat flooding and slips weighing heavily on their minds.

## Sayers says it

By Rodney Councillor Greg Sayers

There was welcome news for homeowners when the Auckland Council voted to give 100% rate relief for uninhabitable properties damaged from the severe weather events early this year.

Originally, the council was going to only give a 50% relief, however, I proposed an amendment requesting the councillors and the Mayor support a 100% rates relief.



I made a very strong argument during the ensuing debate to influence the other elected members to support the idea.

I said that this year's extreme weather has led to families experiencing financial and emotional hardship, and that they have lost the use of their homes, adding it was morally the right thing to do to help these families.

Since January this year, Auckland has experienced five extreme weather events. These have caused flooding and land instability throughout the region, with a devastating and lasting impact on



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# Area Columnists

many communities and individuals.

The Governing Body eventually agreed to provide a 100% rates remission for the 2023/2024 year for uninhabitable properties, with a further remission of 100% in 2024/2025 for properties that remain uninhabitable as at June 30, 2024.

Red placarded houses will receive 100% rates relief automatically. A credit will be applied to rates invoices, so those homeowners don't need to do anything.

However, with yellow placarded properties some are habitable while others are not. Applications for rates relief for these homes will need to be assessed on case-by-case basis.

Many homeowners are still suffering sitting in a state of limbo as they await insurance claim payments and central government decisions regarding buying out their properties.

On a completely separate topic - two companies and one individual are being prosecuted under the Resource Management Act, for allegedly illegally dumping soil from construction sites onto a property in Kaipara Flats.

The defendants, who have not been named, are due to make their first appearance in the Auckland District Court.

The issue was first raised in June last year by me after noticing heavy sedimentation in a stream.

Investigating further, I observed the heavy amounts of sediment were not coming from any slips or erosion, but from trucks dumping soil onto a property, including what appeared to be across overland flow paths and too close to the edge of a number of streams.

I believed that this must have been the source of the sedimentation.

While I established that the soil was coming from a consented construction site, the carrier firm was dumping the spoil at what I believed to be an unconsented location, thus potentially avoiding monitoring from the council and any consenting fees.

There appeared to be inadequate safeguards in place to prevent sediment washing into the river system, again likely saving the carrier costs but compromising the waterways.

I reported my findings to the Auckland Council but initially there was no action.

Worried that other people reporting similar illegal landfills to Auckland Council may have also been receiving the same lack of response I used my elected position to escalate the case to senior council staff.

Eventually the council deployed compliance staff to investigate the trucking and dumping activity. This resulted in the prosecutions being filed by the council.

Auckland Council would not comment or provide additional detail

prior to the charges being presented in court.

I believe the practice of illegal landfill dumping is prevalent across the Rodney ward and that the Auckland Council needs to drastically lift its game to get on top of it.

An often-unintended consequence for the landowner receiving the soil is the land possibly moving in future years, or it may contain contaminants., I believe.

I would recommend landowners to be vigilant and to ask for the consenting documents if approached by carrier firms.

Allowing soil to be dumped on their land without the proper consents could make unsuspecting landowners liable to prosecution by the council, which can include fines, as well as the additional costs of removing contaminated soil and having it disposed of correctly.

## Providing challenge and risk

At Country Bears we value challenge and risk taking as an integral part of any child's development. The importance of encouraging children to take on challenges and learn through the process, even when there may seem to be "risk", allows the child to demonstrate their own capabilities through their own sense of their body and thought processes. Throughout the years, the Country Bears programme has been developed with this principle in mind (amongst others). We promote the use of our rural outdoor environment



to extend and challenge all of our children. We also have offered exposure to new experiences outside of our property by way of excursions. Time in te ngahere (our forest) has been linked to strengthening children's coordination and confidence in all other areas of development, eg increased upper body strength changes their ability to handle different tasks like finer motor skills which is linked to writing.

Participating in aerobic activities, such as running, swimming & climbing during peak developmental stages, supports effective brain functioning and overall health in children. While climbing trees and navigating undulated surfaces, this helps to develop brain health and cognition in childhood and adolescence. Higher-fit preadolescent children exhibit better behavioural and attentional processes compared to lower-fit children, according to a study published in Neuropsychology.

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# Area Columnists

of engaging in as many different experiences and activities, gain benefits for their whole body, their wellbeing as well as an ability to grow with confidence in themselves.

Every Thursday at Country Bears, "Bike Day" brings a lot of excitement and fun to the children and teachers. From as young as 12 months old, the children here at Country Bears bring their bikes and helmets and arrive with anticipation for the infamous 'bike day'! The children are learning many aspects from these experiences, including turn taking, observation and social skills.

They are also gaining a knowledge and understanding of the rules and boundaries of space and direction during these experiences; spatial awareness and mental alertness as they manoeuvre around other children and objects; developing and strengthening core body strength and fitness, which also helps to develop their co-ordination and brain, and lastly, it helps to build strong muscles and bones.

Thanks to our amazing teaching team we have enjoyed an exciting last few months through the wet, cold & windy weather and we look forward to another month of exciting adventures of learning and having fun.

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](http://www.countrybears.co.nz) or our Facebook page: [www.facebook.com/cbearsecc](http://www.facebook.com/cbearsecc)

## Chris Penk MP

It's that time again! While politicians invariably obsess about "the next election" pretty much constantly (it's never more than three years away), most normal people don't think like that. This is totally understandable, and indeed healthy, with so many real-life concerns to preoccupy the mind.

That said, readers of the Kumeu Courier will have noticed election signs recently adorning the northwest landscape, so there's no escaping the fact that in mid-October there will be an election.

My hope is that major issues for this area are debated thoroughly. Clearly the focus needs include decongesting the roads, adding capacity to our local schools and improving internet connectivity for those living in rural blackspots just up the road from Auckland CBD.

In summary, infrastructure is sorely needed to catch up to the



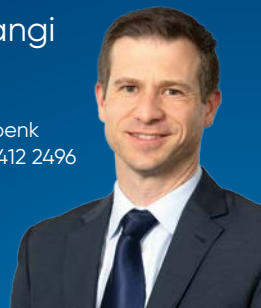
## Chris Penk

MP for Kaipara ki Mahurangi

### Here to help

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**National**   
 Authorised by Chris Penk, 134 Main Road, Huapai.



demands of all the additional housing here. It's fair to note that these problems date back many years, across successive governments, so a partisan conversation about where fault lies has limited value. Much more important for the people of this area is that politicians and would-be politicians set out what the future should look like.

In my mind it's clear: first, we need to avoid any further ad hoc development. We need to plan so that decisions aren't made at the level of a single development site that detract from the liveability of the area as a whole. And a key aspect is to avoid any more flood-prone areas as locations for housing.

Second, we need to get underway building the Kumeu bypass (or "alternative state highway" as it's officially known). It's been talked about for years but we're way past the point where talk is enough.

With that in place, works to widen and improve SH16 will be able to occur with a pressure valve released. Truth be told, these works are themselves long overdue, so we urgently need as much progress as possible to ease the blockages at key points along the main drag.

It should be clear to local and central government planners at that point what exciting additions can then be made to the area. An additional high school would be right up there, for example.

Let's talk about these things ahead of the election. And then let's do them.

Cheers, Chris Penk MP.'

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