

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships



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

Eurobake wins awards

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

September 2024





Greetings

Finally, some fixed speed camera warning signs have gone up around the area.

Too late for me – I was pinged by the Waitakere Road one twice in one night - going out and coming back. It's on the straight near the strawberry farm.

Now I'm waiting for a mobile speed camera ticket from the 80km/h area on State Highway 16 coming out the city. Hope I get a chance to explain that – although it probably won't get me off the fine.

Doing 80kmh or lower along there risks another vehicle up your bum.

I try to stay within the speed limit and often get passed by those who want to go faster.

I saw all the brake lights come on as soon as the ones in front of me spotted the policeman with the camera gun. I swerved into the clear outside line (I did check the mirrors first) to avoid the blockage and to stay clear of anyone following that might have rear-ended me.

As I was passing the vehicle in front I spotted the policeman with his camera gun trained right on me.

Oh well – I'm expecting that ticket in the mail.

Meanwhile, the septic tank system overflowed – so I'm expecting a hefty bill for that too.

Where's all the money coming from? Both my wife and I still work, so hopefully we can meet all the various payments.

We could be working quite a while longer at this rate.

I've had lots of feedback from horse riders after the August mag came out.

Most have stopped riding on the roads for the reasons outlined in that issue – including one rider severely injured and the horse killed when hit by a vehicle.

A horse ride to raise awareness of rider road safety is planned in September, plus there's a petition to Parliament.

Read more in this mag.

Geoff Dobson, Editor



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ENQUIRIES / FEEDBACK / ADVERTISING:

Geoff Dobson

P 027 757 8251

E geoffdobson2017@gmail.com

W www.kumeucourier.co.nz

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People & Places

Eurobake Kumeu gets Gold in Bakels Pie Awards

A Kumeu bakery and café has won a gold Bakels Supreme Pie Award 2024 for its bacon and egg pie.



Eurobake Espresso at 45 Main Road, Kumeu, also got "Highly Commended" for its mince and gravy category entry (6th), steak and cheese (7th), "Gourmet Meat" (lamb pie - 10th) and "Vegetarian" (potato, buttercup pumpkin, carrot - 8th).

Cheth Bun and wife Zedina began the business in Kamo, Whangarei, before moving to Kumeu in 2014.

"I started to join the competition in 2016," says Cheth, adding his first try resulted in a Highly Commended for a mince and gravy pie, plus a few other top 10 efforts.

A second go in 2018 resulted in a Bronze for mince and cheese, then in 2021 the Kumeu bakery received two Silver Awards - for bacon and egg, and mince and gravy.

In 2023 Eurobake Espresso got a Highly Commended for its steak and cheese pie.

"Finally, we made it to the gold winner this year.

"I am so happy," says Cheth.

"We would like to say 'thank you very much' to all customers for your support."

Cheth says the gold award really means a lot to them.

"My wife and I love to bake and cook.

"We love to see all our customers enjoy the food we have made" he says, adding they are also happy to get feedback so they can improve.

New Zealand Bakels sponsors the Supreme Pie Awards and says the first awards were in 1996.

Bakels says the awards were established to help the baking industry constantly improve and innovate.

"The Bakels Supreme Pie Awards has now grown to around 600 entries and has become one of New Zealand's most popular and prestigious food competitions."

Judging is usually in July at Bakels, with experienced industry experts joined by a celebrity judge (this time Master Chef New Zealand and My Kitchen Rules judge and Auckland restaurateur Sid Sahrawat and daughter Zoya) to try pies in 11 categories.

"Gold medal winners from 10 of the 11 categories are then in contention for the Supreme Award.

"Presentations and celebrations take place a week after the judging day at an awards night where all finalists are invited to attend."

The Supreme Award went to North Canterbury baker Arlyn Thompson from Rangiora Bakery for her Gourmet Meat category entry "Slow Cooked Sumatra Style Beef".

Local landscape designer Jules Moore wins gold

Kiwi athletes aren't the only ones bringing home gold.

Landscape designer Jules Moore of Riverhead, and Whenuapai's Touch of the Tropics Garden Centre, got a gold medal at the prestigious Singapore Garden Festival (August 3-11) at Singapore's Suntec Stadium.



Jules, who featured in the May 2024 Kumeu Courier, won gold for her entry "Portals to Paradise" in the Best of Show, Fantasy Garden category.

It's an eight-metre by eight-metre installation featuring more than

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People & Places

4000 plants, set within a majestic white cave, distinctively bone-like and containing numerous portals within its structure. The cave itself contained an active waterfall and a cosmic orb surrounded by two trees of life.

"Competing in this festival offered a wonderful opportunity to demonstrate innovative Kiwi garden design and promote our diverse horticultural practices," says Jules.

"The judging criteria had a strong focus on sustainability, creativity and community - all of which strongly align with the creative process I use when designing my inspirational gardens and landscapes."

Jules brought her 10-strong design team from the Touch of the Tropics Garden Centre and spent just over a week, often working 16-hour days, to complete the installation.

"Portals to Paradise" also included bespoke lighting effects and a Kiwi-inspired soundtrack sung by Jules and son James.

The biennial festival brings together top tier award-winning designers, florists, and horticulturists from 18 countries to compete in various competitions, all of which showcase the skills of leading floral and garden designers globally.

This year's Singapore Garden Festival is one of the world's biggest garden and flower shows with organisers estimating about 300,000 visitors.

Oktoberfest at Kumeu Showgrounds October 5

Get ready for an epic Oktoberfest at the Kumeu Showgrounds on Saturday October 5, brought to you by Morepork BBQ Kumeu and Riverhead-based Hallertau Brewery.

This year's "Beer and BBQ festival" promises a fantastic day filled with BBQ, brews, live music, and fun games.

For the third time, Morepork BBQ is celebrating Oktoberfest, but this year it's moving to the larger Kumeu Showgrounds for an even better experience.

Visitors can look forward to Morepork's famous BBQ, all with a unique Bavarian twist and games such as axe throwing, sausage tossing, and a best-dressed costume contest.

Westie Lee from The Rock FM will be your MC, with live music from noon featuring traditional brass bands and rock acts.



Tickets include festival access, a 2024 Oktoberfest stein with the first fill free, and live entertainment.

General admission is \$64.80, and VIP tickets have already sold out.

For those wanting to stay overnight, campsites are available on Friday and/or Saturday nights, priced between \$80 and \$120.

Commemorative 2024 Oktoberfest t-shirts are also on sale for \$30.

12pm to 10pm, Saturday, October 5, 2024 at Kumeu Showgrounds

Get your tickets now through www.moreporkbbq.com/pages/oktoberfest.

Passing of a local centenarian and gentleman Rev Peter

It is with deep sadness we announce the death of Rev Peter Ayling Stead on Sunday 18 August 2024, at the age of 101.5. Peter and his wife, Ngaio, moved to Huapai in 2012, to be closer to their family. Ngaio died in 2019 and Peter remained alone in his own home until 2022, before moving into Kumeu Village Rest Home. He and his wife were members of St Chad's Church in Huapai. Thanks to supportive church members, and helpful staff at the rest home, he continued to attend St Chad's each week right up to the Sunday before he passed away. His funeral was held at St Chad's on Saturday 24 August 2024.



Originally from Invercargill, with the outbreak of World War II in 1939, Peter answered the call of God, King and Country and enlisted in the NZ Army, serving as a military driver. He served in Egypt and Italy, turning 21 during the battle of Monte Cassino in February 1944.

On his return to New Zealand he attended Theological college and was ordained as a Methodist Minister in the early 1950s. Peter was a NZ Army Chaplain in the Territorial Force for many years and ministered in various churches in Christchurch, Palmerston North and Hamilton, becoming President of the Methodist Conference in 1976-77. His last appointment was in the South Kaipara Co-operating Parish (Anglican-Methodist) from 1980 - 1985, based in Helensville and also covering Kaukapakapa, Waimauku, and Huapai. He was a thought-provoking and encouraging preacher, cared for people and his character was modelled after his Lord and Master, Jesus Christ.

Throughout his working life he was closely involved in social service work and he continually promoted unity among the world's Christian



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People & Places

churches. Peter had been the father of Methodist Conference since March 2023 (meaning he was the longest serving ordained minister).

Peter married his beloved Ngaio in 1952 and they had three children, Stephanie, Rachel and Paula. He and Ngaio retired to Waiheke Island in 1985 and enjoyed being involved with the community and church there and spending time in their large garden. They were both cherished by their four grandchildren and nine great grandchildren. The family treasured having Peter around for such a long time, enjoying his wisdom, sense of humour, practicality and advice. His death will leave a huge hole in their lives.

KMR planting day a boost to Kaipara Moana

Kaipara Moana Remediation has partnered with Conservation Volunteers New Zealand for a successful native planting day on an award-winning South Head farm.



Webber Family Farm, owned and operated by Ross and Eleanore Webber, was the Regional Supreme Winner of the Auckland Ballance Farm Environment Award in 2019.

KMR Pou Tātaki Justine Daw says the planting day was significant as KMR nears having two million trees in the ground in only two and a half years. At the end of June, 1.88 million plants were already in the ground or contracted to plant this winter.

Justine says it is also fitting the planting day followed on from Youth Skills Day given KMR has trained 115 people in the past year alone, many of whom were young people from local hapū and communities. KMR says it is very proud to support initiatives that grow technical skills and capability, with a focus on supporting the next generation of rural professionals into nature-facing careers.

"Planting days like these are as much about showcasing restoration concepts and methods - showing how this type of on-the-ground restoration can be achieved - as they are about sharing knowledge with the wider community.

"Showing people the way really unlocks the potential of our communities and increases the number of groups who really understand the kaupapa and are confident enough to do it themselves.

"Projects like Ross and Eleanore's are living examples of really great

sediment reduction initiatives with multiple agencies contributing. We are all in this together, so it is great to be able to celebrate best practice and be mobilising the community to support the important projects going on right across the 600,000-hectare Kaipara Moana catchment throughout Auckland and Northland."

Justine says many people in South Head are taking action for the good of the environment and the moana itself and KMR is looking forward to doing more work to support them. Part of this is working with and through local partners such as Conservation Volunteers New Zealand.

Landowners Ross and Eleanore Webber are stoked to be working with KMR as they have been an advocate of protecting the Kaipara Harbour for decades.

The husband-and-wife team were pleased to add another 3661 stems to their latest project with the help of CVNZ and KMR.

In total, the Webbers will plant 20,061 sedges, rushes, plants and trees in partnership with KMR on their 200ha (135ha fully effective) beef breeding unit.

"The people at KMR are awesome," says Ross.

"They have been fizzing to get in here and get planting. We need to get more people on board with KMR because the more of this sort of work we all do, the better off our environment will be in the long-term and that's great for the entire country and our wider communities.

"Decades ago, I was given the opportunity to be the guardian of this farm which was very humbling," says Ross.

"Eleanore and I have worked hard since then to fence off waterways and wetlands and gradually plant them out. This partnership with KMR is very special as it gets us closer to completing what we set out to do.

"We have a 29ha QEII National Trust covenant which dates back 20 years and the area we have planted with KMR support has also had QEII support in the form of deer-proof fencing to keep feral deer away from the natives," he says.

"We have made a point of fencing off any parts of the farm we deemed uneconomic, so we have around 15 blocks on the farm protected and planted with natives, which total 40ha. With KMR we

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Licensed Salesperson | Kumeu

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People & Places

will end up with another 10ha on top of that."

CVNZ Regional Manager Kiri Huddleston says she is delighted with the turnout at the joint event with KMR in South Head where well over 50 volunteers helped plant.

"It's fantastic to see so many volunteers out from the community helping restore the precious mauri of the Kaipara Moana," says Kiri.

"We're really pleased to have been able to support both KMR and their landowners this winter with their planting efforts and it has been a joy to see the community get behind the initiative.

"We hope we have helped connect people with nature and each other, highlighted the importance of native restoration plantings and spread the word of the amazing work going on in this space. We look forward to working with KMR and continuing to support their important mahi," she says.

"CVNZ holds this part of Tāmaki Makaurau close to its heart as we have been working on a restoration project at Te Ātiu Creek for over a decade through which we have grown and planted over 150,000 native plants with the help of thousands of volunteers (both locally and internationally). If you're interested in getting involved check out our website for upcoming events - we'd love to have you there."

Justine encourages landowners and groups in the Kaipara Moana catchment to join the nearly 700 farmers, hapū, whānau, marae, catchment groups and community groups already benefitting from KMR support.

Email hono@kmr.org.nz for more information on starting a KMR project.

Horse riders say "slow down"

On Saturday September 14 and Sunday September 15 Kiwi horse riders along with those in the United Kingdom, Canada, America and Australia will be riding to raise awareness of equestrians' vulnerability on the road.



Email horseridersvru@gmail.com to organise a community ride, with more than 200 rides already registered - nearly 20 in New Zealand, according to a Facebook post by "Worldwide Pass Wide and Slow Ride for Awareness"

It says rides can be as big or as small as organisers want (two people is a ride), open or private and should include some road riding and perhaps include vulnerable road users (VRUs) such as cyclists and

walkers.

High visibility (hi vis) vests and helmets must be worn.

"These rides are important in our national campaign for improved status in legislation and road safety," the post says.

A petition is planned to Parliament on October 15 by the New Zealand Equestrian Advocacy Network (NZEAN) to get VRU status for Kiwi horse riders.

NZEAN says it has the support of New Zealand Riding for the Disabled (NZRDA), Equestrian Sports New Zealand (ESNZ), The New Zealand Pony Club Association (NZPCA) and Te Hapori Hōiho - National Māori Horse Association Aotearoa Trust in formally asking for horse riders' vulnerability to be recognised in land transport legislation.

"Decision makers must view equestrian needs as equally as important as other user groups like cyclists and pedestrians," says Julia McLean, spokesperson for the Vulnerable Road User Campaign.

"We have received advice from a transportation and engineering firm specialising in transportation policy and legislation before lodging this petition. Parliamentary Services then carries out its own fact checking exercise," she says.

Visit www.petitions.parliament.nz/7903bbe1-bef3-4a14-3e6e-08dca632fe79 for more information.

Julia says no definition exists in the NZ Transport Agency (NZTA) literature to define a vulnerable road user (VRU).

She says pedestrians and cyclists are treated as VRUs by the NZTA and local authorities, which deliver the Government's transport spend and Active Mode work programme, while the World Health Organisation provides a clear definition of a VRU as any "non-motorist" road user in the role of a pedestrian, a highway worker, a person riding an animal, a stranded motorist, a skateboarder, roller-skater, a scooter, or a cyclist - to name a few.

In the United Kingdom and parts of Australia, horse riders are recognised as a VRU, and further safety measures introduced in the UK include at least two metres space between a VRU and a passing vehicle which can do no more than 10 miles per hour (16 km/h) when passing a VRU.

Pedestrians are considered the most vulnerable, followed by horse riders and cyclists (equally).

Dead Slow messaging (driver behaviour) is now incorporated into the UK's highway code www.gov.uk/guidance/the-highway-code

In New Zealand, horse riders are referred to as 'other road user' in the Land Transport (Road User) Rule 2004 where a road user must exercise due care towards a person riding an animal on the road.

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People & Places

Julia says there is no rule around the speed in which you must pass a horse, yet minimum speed limits are explicit for passing a school bus, towing a trailer, heavy vehicles and light rail.

She says there is also no rule around the minimum distance a vehicle should give a horse while passing, no suggestion or rules around driver behaviour and vehicle use while passing a horse, and no suggestion around rider visibility.

Horse riders are not listed as a "shared path" user either.

Funding for alternative shared pathways to get VRUs off the road is managed by the NZTA and in many cases a co-funding arrangement is made with local authorities to build new infrastructure, says Julia.

"In New Zealand's Land Transport (Road User) Rule 2004, shared pathway users are listed as pedestrians, cyclists, riders of mobility devices and wheeled recreational devices. Horse riders are not.

"The Ministry of Transport's Road to Zero Road Safety Strategy fails to mention horse riders, and this translates to little to no road safety messaging at a local or national level."

NZEAN has designed yellow and pink hi vis vests with "Pass Wide and Slow" world-wide messaging to educate road users on what is needed.

The network's vision is that horse riding on public land in New Zealand is preserved for future generations, and that NZEAN retains, regains, and improves equestrian access and road safety nationwide. It is a charitable trust and supports equestrian advocacy groups to engage with decision-makers around the country.

Journalist Karen Rutherford and her then 13-year-old daughter were riding on a rural road to a friend's arena in Dairy Flat in about 2016 when Karen and the horse she was riding, George, were hit by a car doing almost 80km/h.

George was killed and Karen says she hit the car windscreen and spent about 10 months recovering from her injuries which included a degloved leg, broken ribs, toes, a broken leg, lacerations and head injuries sustained even though she was wearing a helmet.

She says both her and her daughter were wearing hi vis gear, were riding on the left and were following road rules.

Karen says George - her daughter's horse - and the one her daughter was riding, Chico, held their line and probably saved both their lives.

She says the car brushed past her daughter, knocking a whip out of her hand, and hit George, catapulting Karen out of the saddle.

The mother-of-three says post-traumatic stress magnified her concussion and that rehabilitation took a long time.

During the driver's trial the judge said the offending was at the most serious end of the careless driving scale, says Karen.

She says New Zealand horse riders are faced with increasing close calls.

Another horse rider who contacted the Kumeu Courier says she used to ride on the road (Glenfield to Hobsonville, up to Greenhithe Pony Club over the Greenhithe (Upper Harbour) bridge and around Taupaki, Massey and Whenuapai) in the late 1970s and early 1980s but wouldn't ride on the road now.

"I wouldn't risk my life, or that of my horse."

PM may open two-storey Waimauku School building

Waimauku School hopes to have Prime Minister Christopher Luxon officially open its new two-storey, eight-space block soon.

Principal Gary Pasfield says the school also wants to establish a "Whare Ako" house of learning, build more storage facilities and install solar power.

The school roll is 710 with 30 more students expected at the end of this year. Waimauku School has 32 teaching spaces and could do with another two classes, says Gary.

"Currently, we have 36 full-time teacher positions which are meeting our needs."

Huapai District School Principal John Petrie is retiring at the end of this term after eight years at the school, 26 years as Principal and 46 years in teaching.



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The school board has appointed Keryn Annan as Principal. Keryn has been a member of staff since 2016 and Deputy Principal at Huapai from 2019-2022. Keryn is returning in Term Four (starting October 14) to the school to take up the Principal post.

Huapai school's roll is 520 and expected to grow with the Huapai Triangle now starting to see a steady flow of children joining the school on turning five.

The school continues to pursue lots of wider opportunities for children, with sports, camps and performing arts, and enjoys wide parent support as evident in a recent "athon" generating \$27,000 to be used for Maths and Literacy resources.

Development with Station Rd has frustrated access for many families, says John. However, the benefits of this upgrade and improved safety at the intersection are long overdue, he adds.

"This term students have been involved in numerous sporting activities, camps are being held for Years 4 and 6, and rehearsals are underway for the school musical Peter Pan."

Taupaki School principal Christina Robertson says the school roll is 236 and projected to reach 240 at the end of this year. The school has 12 classrooms and its technology block for which refurbishment work is due to start October- the technology suite used by Year 7s and 8s from seven other schools. Christina says the school has no plans to expand further at this time.

She says the school is fully staffed but that may change next year. Taupaki School events include its annual Ag Day on September 27 and its Monster Fireworks at the Kumeu Showgrounds on Friday October 18.

Riverhead School has 476 learners enrolled and is projected to have more than 500 learners by the end of the year.

"We don't operate with a traditional classroom model, however, we have larger innovative learning environments (ILEs)," says Riverhead School Principal Kris Hughes.

It has six learning environments throughout the school which equates to 30 old single cell style classrooms and another three ILEs (nine classrooms) to be added.

"Unfortunately, this building has been halted due to the new government's education building policy."

Riverhead School is in the process of completing a building, which can be seen from the Riverhead-Coatesville Highway, that will connect two current larger buildings and provide more learning environment space.

"The new ILE which has been planned, goes in the space of one of the prefabricated building sites, and houses a new information centre and STEAM learning spaces," says Kris. "We await the government's direction on this."

Other long-term plans include creating a building over the school pool, to feature new change areas, a pump shed, a seated area, and a full roof. The Riverhead School Board of Trustees will be engaging with a Community Pool Committee to obtain sponsorship for this building, says Kris. The school wants its field back and to remove prefabricated buildings currently occupying a large majority of its playing fields.

"We would also like to utilise more of the space down the back of the school, as this has traditionally been a bit of a 'no-man's land' due to the old sewerage fields," says Kris.

"We are excited about the plans and have the funds to start this new play project after the current build is competed."

Riverhead School has 41 staff, which includes all teachers, learning assistants, and support staff.

"We have at times experienced some difficulty finding NZ-based teachers, but we are very privileged and lucky to have a full contingent of incredible staff currently," says Kris.

Riverhead School finishes the year on December 18.

Before then it has Year 7s Skiing Ruapehu, its Sports Performance and Development Academies attending Sports Camp in Matamata, Year 8s going to Dunedin for Graduation, School Captains attending Parliament in Wellington, Kapa Haka performances, Whiria te Tangata Cultural Festival, Marimba Festival, a Jump Jam competition, Colour Run, and more.

Matua Ngaru School has 27 classes and will have a new playground installed in Term Four for junior school classes.

"We have woven the cultural narrative of our school into the design and plans and are very excited for this project to come to life," the school says.

It is planning an expansion with the Ministry of Education that will allow for 18 more class spaces. Matua Ngaru School hosts a Book Fair in the school hall on September 25 and 26 in partnership with the local Lions Club. The school's first senior production 'The Blue Crystal' is in Term Four, involving Year 5-8 learners.

Diwali Celebrations are also held in Term Four, along with a Junior Christmas Concert for Year 1-4 learners, and sports tournaments including volleyball, Rippa Rugby, athletics, Jump Jam, and more.

The school will participate in the Kumeu Christmas Parade on Friday December 6, from about 6pm, before school ends for the year on Friday December 20.

The third school term runs until September 27 with holidays from September 28 to October 13 before Term Four starts.

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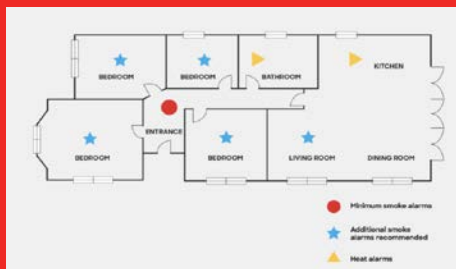
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Safer Communities



Longer sunshine hours are rapidly approaching with the return of daylight savings at the end of September.

This is a common time that is recommended as a perfect reminder to check that your smoke alarms are working and are ready to alert you and your family at the earliest possible time of a fire in your home.

The benefits of early detection are hugely beneficial with the early warning that can assist in the saving of lives within your family to evacuate and meet at your predetermined meeting place (such as your letter box near). This also allows for you to notify Fire and Emergency of the incident and your local brigade responding as soon

as possible to provide the quickest response we can to assist you.

There are many different smoke alarms available, but Fire and Emergency recommend the use of long life photo electric smoke alarms. They are far more effective than ionization alarms at detecting slow smouldering fires, which burn for hours before bursting into flames.

Better yet, choose a set of photoelectric smoke alarms that can be connected to each other wirelessly, via a dedicated radio frequency, or wiring together. If a fire is detected in one room of the house, interconnected alarms will trigger all the alarms in your home, so everyone will be alerted to a fire sooner. This is especially important in multi-storey homes and homes with long hallways

Did you know:

- Smoke from a house fire can kill in less than 3.00 minutes
- A third of residential fires Fire and Emergency attended last year did not



have smoke alarms installed.

- You're four times more likely to survive a house fire if you have a working smoke alarm.



Jamie Shaw

Deputy Chief Fire Officer

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Community News

Gifts for tweens and teens

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Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.



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

volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

The Village Market Helensville Showgrounds

Sunday 15th September
8.30am to 1pm

Live music, free hair plaiting, kids activity table and plenty of stalls to browse - come and spend a relaxing and interesting Sunday morning with us. Coffee, food, art, crafts, gifts, preserves, fresh fruit and veg and pre-loved bargains. Plus find out more about these community organisations - EmployNZ, SKCP South Kaipara Community Patrol, KTPMV Keep the Peace Makarau Valley and The Lions Club of Helensville



No dogs please with the exception of assistance dogs. Gold coin donation for parking - proceeds to the Helensville/Kaukapakapa scouts and St John youth.

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

North West Country

We are offering tickets to our Meet the Advisors networking lunch at the stylish Allely Estate. The event is planned for Friday 13th September, 2024 from 11am. Enjoy a light lunch while meeting our five business advisors and catching up with fellow business owners. Only \$10 for members and \$20 for non-members. Head to our website for bookings, we would love to see you there.

Remember, all business association members are entitled to a free one hour coaching session with a one of our business advisors so don't miss out. Find out who they are at <https://www.northwestcountry.co.nz/businessmentors/>

September is also the month for focusing on digital marketing. This is a huge area to get your head around as a business owner and manager and we have a team of experts here to help. We put a survey out to everyone to ask what you would like to learn most and are preparing a one day workshop for October to take you through

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We offer personal and business lending for almost anything you might need, whether it's that new vehicle for the family, a ute for the business or even a jetski for the warmer months!

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Community News

the basics. This is a chance to get your head around social media platforms, Facebook Meta, LinkedIn Advertiser, Google Adwords, websites and search engine optimisation as well as identifying your audience and how best to get your message in front of them.

North West Country is releasing the Business Assistance Fund grant scheme. Building on our Training Grant scheme, we are extending this to open up the grant categories to other needs you might have. Across September we will be updating our website with the new fund terms and conditions and we look forward to supporting you in your next endeavours.

Don't forget, please come to me with any questions, ideas, issues, or support that you might need. I am here to help. Manager@northwestcountry.co.nz.

Adults as role models

Children are constantly observing and absorbing the world around them. They are highly attuned to the sights, sounds, and interactions that occur in their environment, which they internalise and replicate as they learn to navigate the world.

Young children learn primarily



through imitation, often modelling their behaviour on what they see around them. This underscores the importance of adults being mindful of their actions, ensuring that interactions are thoughtful and purposeful. To foster positive connections with children, consider incorporating the following practices into your daily routine: engage in meaningful conversations during meals, actively listen to what your children have to say, and disconnect from technology to give them your full attention. Engage with their interests by asking questions about what they are discussing or curious about. Remember, your behaviour sets the example—whether it's having respectful conversations, avoiding yelling or using inappropriate language, or refraining from rough actions to express yourself.

As Early Childhood Educators, our role extends beyond mere instruction. We are responsible for creating environments within our centres that nurture each child's health, well-being, mana, and sense of belonging, while providing opportunities for exploration and discovery. Our goal is to build trusting relationships with children and their whanau, supporting each child's holistic development. We strive to create positive learning environments where good behaviour is praised, and achievements are celebrated—both for the children and the educators. Role models play a crucial role in shaping a child's aspirations, including educational goals and future career choices.

At Gumboots, we are proud to see the lasting impact of these relationships. Two of our new teachers were once students here, taught by two of our current staff members. It's heartening to witness these relationships come full circle, as they now work alongside their former teachers, passing on the skills and values they learned



First 3 Months Free for New Enrolments!!



**Are we racing to the Boat
or the Gumboots School Bus?**



Snow day fun at Gumboots!!

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Community News

to the next generation.

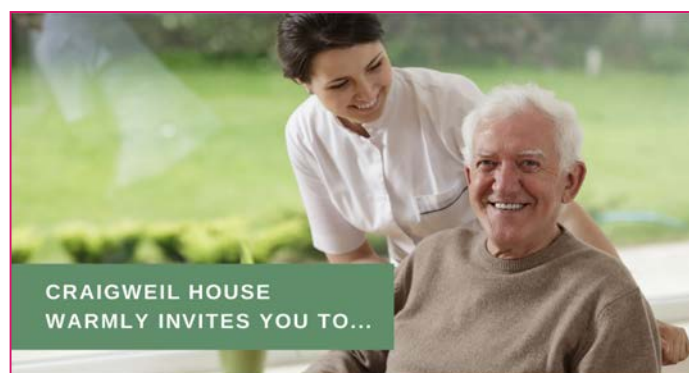
We all remember the individuals who influenced our lives and shaped us into who we are today. Who were these people for you? What qualities made them effective role models? Reflect on these attributes and consider how you can embody them to positively influence those around you.

Craigweil House - Home and Hospital

Celebrate every birthday with joy at Craigweil House - Home and Hospital

At Craigweil House, we know that birthdays are more than just a date on the calendar—they are a celebration of life, love, and cherished memories. We go above and beyond to ensure each resident's birthday is a day filled with happiness, special surprises, and unforgettable moments. Our team prepares a birthday cake and adorns the common areas with vibrant decorations, creating a festive atmosphere that makes everyone feel special.

Join us at Craigweil House, where every birthday is a celebration of life, love, and happiness! Contact us today to learn more about our community and how we make every day special for our residents. 09 420 8277.



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info@craigweil.co.nz



Join us for an exciting women's clothing swap event

We are thrilled to invite you to our upcoming Kumeu Clothing Swap & Shop event, an initiative aimed at fostering community spirit, sustainability, and giving back. This event is a fantastic opportunity to refresh your wardrobe while contributing to a great cause. Here's everything you need to know:

Fundraising Goal: \$20,000 - Our goal for this event is to raise \$20,000 to support Parent Aid North West. With your participation and generosity, we believe we can reach and even surpass this target. These funds will go directly towards providing home help visits to young families in need in the North West community.

Silent Auction and Raffle - Our silent auction and raffle are shaping up to be spectacular. Thanks to our generous donors, we have an array of amazing items up for grabs. From exclusive gift baskets and vouchers to unique experiences and high-end products, there's something for everyone. Be sure to participate and bid on your favourite items on the drop off days and at the event, knowing that all proceeds go towards our fundraising goal.

Huge \$5 Clothing Sale - Starting at 12pm, we'll be opening our doors to the public for a massive \$5 Clothing Sale. This is an incredible chance to purchase quality second-hand women's clothing at unbeatable prices. It's a win-win: you get to update your wardrobe with fabulous finds while also shopping sustainably.

How You Can Help - Donate women's clothing: Bring your gently used women's clothing, shoes and accessories to one of our drop off days, along with your \$30 entry donation.

Volunteer: We're always looking for extra hands to help with setup, event management, and cleanup.

Spread the Word: Share this event with your friends, family, and social networks.

Participate in the Auction and Raffle: Bid on items and buy raffle tickets to support our fundraiser.

Join us for a day of fun, community, and great deals, all while making a positive impact. We can't wait to see you there and make this event a huge success together! For more information please search Kumeu Clothing Swap and Shop on Facebook or Instagram. Thank you for your support.

KUMEU CLOTHING SWAP & SHOP

Sunday 22nd September 2024
10am-4pm
The Big Sheds, Kumeu Showgrounds

COFFEE | CREPES | MUSIC
Bring your clothes to a drop off day. Come to the event, and take away with you the same amount of items you've donated.

DROP OFF DAYS
Thurs 19th Sept - 1pm-7pm
Fri 20th Sept - 9am-5pm
Sat 21st Sept - 8am-1pm



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E O I N S T U A R T

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338 Main Road Huapai - Kumeu, Auckland 0810
autoworxnz@outlook.com

Community News

A burning question: Is your acid reflux damaging your oesophagus?

Do you often experience a burning sensation in your chest or throat after eating? This uncomfortable feeling, known as acid reflux, affects many people and can range from mildly annoying to severely disruptive. When you have acid reflux, stomach acid flows back into the oesophagus, causing a burning sensation, also known as heartburn, dyspepsia or GORD. Symptoms of reflux can include a sour or bitter taste in the mouth, difficulty swallowing, regurgitation of food or sour liquid, and a chronic cough or sore throat.



While occasional acid reflux is common, frequent episodes can lead to more serious health issues. One such condition is Barrett's oesophagus, which occurs when the lining of the oesophagus changes due to long-term exposure to stomach acid. Barrett's oesophagus itself doesn't cause symptoms, but it is associated with an increased risk of developing oesophageal cancer. Therefore, understanding and recognising the signs of reflux is crucial.

So, how do you know if you might be at risk? Persistent heartburn, difficulty swallowing, and a constant feeling of something stuck in your throat are red flags. If you find yourself popping antacids like candy or avoiding certain foods because they trigger reflux, it's time to pay attention. These symptoms might seem minor, but they could be indicators of a more serious underlying condition.

Addressing these symptoms early can make a significant difference.

Lifestyle changes such as losing weight, avoiding spicy or fatty foods, and not lying down immediately after eating can help manage reflux. However, if these measures aren't enough, it might be time to seek professional help.

If you're experiencing frequent reflux or any of the symptoms mentioned, don't ignore them. Contact Waitemata Endoscopy to schedule a gastroscopy, a simple procedure that allows doctors to look inside your oesophagus and stomach to check for any abnormalities. Early detection is key to managing and treating these conditions effectively. Don't wait for the symptoms to worsen; take charge of your health today.

Dr Marius van Rijnsoever - Gastroenterologist & Endoscopist, Waitemata Endoscopy

At Waitemata Endoscopy, taking a proactive approach to your gut health is easy. We accept GP, specialist, and self-referrals via our website. Our experienced specialists can perform an endoscopy for you within 7 working days of receiving the referral.

To learn more, see www.waitemataendoscopy.co.nz.

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Appointments are available within **7 working days** for most standard Colonoscopy & Gastroscopy procedures by matching patients with the availability of our Specialists.*

Talk to your GP about a referral to the Waitemata Endoscopy Group, or you can self-refer via:

www.waitemataendoscopy.co.nz/referrals

Or call us on (09) 925 4449

// 53 Lincoln Rd, Henderson
// 212 Wairau Rd, Wairau Valley



WAITEMATA
ENDOSCOPY



Dr Marius van Rijnsoever
Gastroenterologist & Endoscopist

a joint venture with Southern Cross Healthcare

In Brief

College history at the museum

If you're in the Ville for the Kaipara College Centenary, come along to the Te Awaroa Museum on Sunday 22nd between 10am and 1pm. There'll be vintage uniforms, College memorabilia and you can help fill in the missing names from old class and sports photos. Tour the rest of the museum and find out about the local history - stand still for long enough and we'll put a volunteer badge on you. Entry by koha, for more info contact your museum - info@museum.teawarora.nz 09 420 7881, 98 Mill Road, Helensville



Photo - Form 7, Kaipara College 1980. Susan Jowsey, Janette McLeod, Tai Kareroa, Paul Olsen, Murray Keane, Phoebe Reilly, Fiona Walker, Lynley Huggins and (unknown) Leech

Kumeu Library

It's September and we're all excited about the slowly improving weather. This month, Kumeu Library is taking part in Kumeu Arts Play! - this free, all ages event on Saturday 7 September between 10am and 2pm includes drawing, dancing, crafting, games and more. Come and enjoy the activities, and make sure you come to see what Kumeu Library is doing.

This time of year also brings end-of-year exams and all the studying that goes with them - and Kumeu Library can help you with that. We have a great selection of study guides for the New Zealand curriculum for both NCEA and Cambridge exams, plus a range of resources on how to study skills. Other homework and study resources available with your Auckland Libraries card can be found amongst our databases - these are a great source of information, particularly on New Zealand issues and news. Among the databases are World Book, Newsstream, Pressreader, Newztext and Kura Heritage Collections.

World Book is an online encyclopedia with easy-to-read articles, thousands of images and videos, and engaging games, science projects and activities. For full-text coverage of many major New Zealand and Australian newspapers from the mid-1990s to the present day, try Australia and New Zealand (ANZ) Newsstream. Go to Pressreader for full-text New Zealand newspapers and hundreds of others from all around the world. For the full text of key New Zealand news and business publications, go to Newztext, which

includes material from Stuff, The Spinoff and the New Zealand Herald. Going further back in New Zealand's history, there is Papers Past from the National Library, which contains digitised New Zealand and Pacific newspapers and magazines from the 19th and 20th centuries, and Auckland Council Libraries' Kura Heritage Collections online - you can explore the wealth of the heritage collection and discover the diverse and unique stories of Tamaki Makaurau.

Bridget Williams Books are "short books on big subjects" to inform Kiwis on our past, present and future - this series covers topics from Te Tiriti o Waitangi through to the bombing of the Rainbow Warrior, and titles are available both as eBook and print books.

Also available and supported by Auckland Council Libraries, AnyQuestions is a free online reference service for all New Zealand school students via live text-based chat with librarians from across the country. AnyQuestions is open online between 1.00 and 6.00pm weekdays. Outside of these hours, you can check out ManyAnswers online for topic guides on recent questions.

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

Best 2nd hand clothes in NorWest

We are Compass Collective opshop in the main shops in Kumeu. Have you heard of us? We are a non for profit shop selling top quality 2nd hand clothes, shoes and accessories at extremely reasonable prices. Our items are 100% donated and profits go back



to supporting local groups and wider community groups and clubs. We have been operating for three years and in that time we have donated \$1000 each year to the RCCC Old Schoolhouse in Riverhead, Kumeu Rugby U14 girls Ripa teams travelling to Christchurch for a girls Global Games rugby tournament and this year we have given \$1000 to Hobsonville Point Secondary School taking a group of kids to Samoa to support sport over there.

It's been a bumpy three years so we are extremely proud to be able to support these local organisations. How can you help? Please donate your clothes to us. And come and be a customer. We accept all donations 100% of the time. Please drop into the shop any time we are open. Because we specialise in clothes and accessories it means our sorting and storage processes are efficient and effective

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E castlepanelbeating@orcon.net.nz

In Brief

and enable us to keep our racks fresh. We are lucky to get amazing donations, so our racks are kept up to date with in season items. All our clothes are sized too, which, our customers tell us they love. We would love for you to visit us and be a part of what we are striving to do for our community.

We also sell bags of 10kg rags for \$35. We make them instore and it's a good way of using items that cannot be sold by hospice. These are available all year round.

Follow us on Facebook and Instagram and stay up to date with what's new in store and sale info (we have 50% off storewide a few times a year).

September at Kumeu Arts

September has spring getting off to a great start. The Pip Window Gallery will hold Niki Price's 'Queens' exhibition—a collection of mixed-media artworks that celebrate feminine quirkiness. The Muriwai Artists Collective's 'Perceived' exhibition in the Main Gallery sees seven artists from the collective respond to the work of another artist who has inspired them. In the Pod gallery, the collective (formerly known as the Muriwai Arts Open Studios) will showcase artwork from the wider group. These exhibitions run from August 27th.

The FREE community event "PLAY" will take place here at Kumeū Arts on September 7th. It is proudly supported by the Auckland Council. Come along with the whole family and get creative with us.

The 2024 Kumeu Arts Awards call for entries opens September 1st. It is open to all of New Zealand's artists, and thanks to our sponsors, there is a supreme prize of \$1300 plus many more prizes to be won.

Creative Matters and BrainPlay run creative school holiday programmes at Kumeū Arts in October. Fun workshops and classes



for all ages and abilities are always on, so come in and speak with us or visit our website for more information.

Kumeu Childcare

At Kumeu childcare each day our children are presented with invaluable opportunities to direct and lead their own learning, based around their current interests. Educators make sure they offer the ideal balance of child-led and teacher-led experiences. The teacher sets goals and plans for children to acquire skills and knowledge through experiences and opportunities. Having daily routines, providing self-help and life-skill development are part of a child's day. Our natural environments connect children with nature. We encourage recycling, teach them about sustainability, and have own vegetable gardens which our children plant and tend.



We deliver transition to school programmes to our older children to help them build the skills they need to transition smoothly into primary school. We have a collaborative approach and effective communication with family and whānau to make this transition as smooth and comfortable as possible.

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 or manager@kumeuchildcare.co.nz. Alka 021 119 5148 or Anna 021 0910 4333.

Oma Rāpeti

Inspiring Young Minds

We are a home-style childcare centre based in Kumeū.

We have a team of highly qualified teachers who are passionate about their role in your child's future, and who are committed to providing a premium level of care.

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-  kumeu@omarapeti.net.nz
-  www.omarapeti.net.nz
-  09-213-4292

Enrol Now!



Property

Property market report

Values are down as more properties come to market.

Asking prices for residential properties are reducing, as vendors become more realistic in their price expectations.

The average asking price on Realestate.co.nz has fallen for five consecutive months, to \$816,797 in July from \$927,312 in February.

Representing a decline of \$110,515, or 11.9%, over the last five months.

In the Auckland region, which is by far the largest real estate market in the New Zealand was gloomier, the average asking price has dropped \$142,857, or 12.8%, over the same period, falling to \$976,928 in July from \$1,119,785 in February 2024. This suggests vendors are finally starting to realise the valuations prevalent during the 2020/2021 boom are no longer relevant, and they need to adjust their price expectations downwards if they are to make a sale in the current subdued market. However falling asking prices aren't the only thing in buyers' favour today.

New listings and the total number of property available for sale on Realestate.co.nz are running at unusually high levels at what should be the quietest time of the year for the real estate market.

The total number of homes for sale on Realestate.co.nz in July was up 32.3% compared to July last year, while new listings received in July rose 31.3% for the same period.

So a large volume of properties coming onto the market. The good news out in August was the Reserve Bank starting to inch back the OCR base rate by 25 basis points now showing 5.25 basis points. Let's see how the banks are tracking:

ANZ	8.39% floating : 6.85% 1 year : 6.34% 2 year : 6.84% 5 year
ASB	8.39% floating : 6.59% 1 year : 5.89% 2 year : 5.89% 5 year
BNZ	8.44% floating : 6.85% 1 year : 6.34% 2 year : 5.99% 5 year
Kiwibank	8.25% floating : 6.75% 1 year : 6.34% 2 year : 6.09% 5 year
TSB	8.64% floating : 6.69% 1 year : 6.25% 2 year : 5.99% 5 year
Westpac	8.39% floating : 6.85% 1 year : 6.19% 2 year : 5.99% 5 year

Lets look at the recent sales around the area:

Coatesville	\$1,170,000
Helensville	\$800,000 to \$1,665,000
Huapai	\$770,000 to \$1,395,000
Kumeu	\$1,120,000 to \$2,050,000



Riverhead	\$1,200,000 to \$1,588,888
Swanson	\$735,000 to \$1,580,000
Waimauku	\$1,127,500 to \$1,500,000
Waitakere	\$627,000 to \$827,000
Whenuapai	\$710,000 to \$1,270,000

A reduction in mortgage rates will represent an increase in buyer's ability to secure a mortgage at a slightly higher value and in due course provide stability to falling prices and a firming of house prices. If you are considering listing your property for sale it costs no more to use an experienced agent with a proven track record. A sensible commission structure and excellent advertising program offered to ensure satisfaction. Call me for a no obligation chat on 027 632 0421, Graham McIntyre AREINZ. Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

Rental market report

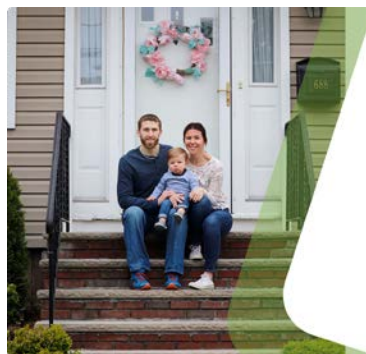
Rents increase, demand decreases in Auckland

The median rent in New Zealand is \$600 (May, 2023). That's up \$30 a week (5.26%) since the same time last year. The annual adjustment for Auckland is at \$670 up from \$630 representing a 6.35% increase.

According to recent Tony Alexander's survey, over 10% of investors say the numbers of people looking for a rental property has reduced and that it is harder to find good tenant. This is supported by rental listing promoter TradeMe with data highlight there were 5,520,000 rental listing searches in June 2024, down 13% compared to the same time last year. In addition, there were a total of 10,668 new rental listings that came onto that site in June, that's up 14% on the same time last year. Therefore rental demand is down, and supply is up.

Commentary from Property Mangers signal that stock levels of rental listings is the highest it has been since 2018. The market is not carrying overburden from the Auckland Anniversary Floods or damage caused by cyclone Gabrielle so demand is by-in-large normalised, while the inability of many new-build companies to sell townhouse and apartment property has created supply spikes. The average rental listing is 22 days on TradeMe, which is an increase of 29% or 5 days year on year.

If you have an investment property and are seeking a smart and



Graham McIntyre

Franchise Owner | Kumeu & Hobsonville

M 027 632 0421

E graham.mcintyre@mikepero.com

W graham-mcintyre.mikepero.com

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Property

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Making your mortgage work for you

It's 2024. Living costs are high & finances are tight. Is there a way to make your money go a little bit further? Is there a way to make your mortgage better fit your current and future needs?

The answer is yes!

It's known as 'refinancing' and is the process of re-setting your mortgage over a new term, at the most competitive current interest rates, and with repayments that suit you! It also often comes with a sweet cash-back to put some icing on the cake.

Pros:

1. Cash in the pocket - Most main-bank lenders currently offer between 0.5-0.9% cashback on new lending. Depending on the loan size, this can equate to several thousand dollars in your back pocket. No strings attached provided you aren't planning on selling/repaying the home loan within the next 3 years.
2. Optimising Repayments - Refinancing gives you a chance to re-set the term, repayment frequency, and structure of your home loan. Doing this with a skilled mortgage adviser can help you to benefit from smoother cashflow, lower interest costs, and a more balanced household budget leading to less financial stress in your life.
3. Consolidate Short-Term Debt - Many Kiwis make use of short-term lending options such as vehicle financing, or personal loans. While these are convenient ways to fund your needs and lifestyle, they often don't provide the most attractive terms or interest rates. Consolidating this debt into your home loan or "putting it on the house" is an alternative that can help reduce interest costs and make life a little bit simpler.

It's important to recognise though that refinancing isn't always the best option and there are some pitfalls to look out for. The first step



is to review your situation and work out if it is advantageous or not. This is where we can help you - a 15 min chat over the phone can help you to better understand your position and options. Get in touch now to see if refinancing is an option for you!

Ben Konings - 020 4112 2481 or ben@mortgagesupply.co.nz.

Including a due diligence condition when buying property

By Tina White, Registered Legal Executive, ClearStone Legal

Purchasing a family home or investment property is one of the biggest financial decisions you will likely make in your lifetime. So, it makes sense to ensure you do your homework before you sign a Sale and Purchase Agreement. But picture this ... you've just seen the perfect property. You have been looking for six months and missed out on the last two properties. You're pretty sure you'll get the finance and of course you'll get a LIM report and maybe a building inspection too, so what's the harm in signing the Sale and Purchase Agreement? Should you find yourself in this position, we recommend you ask the agent to include what's called a due diligence condition.

What's a due diligence condition?

This condition covers more than "standard" conditions like finance or a building inspection. This condition allows you (and/or your lawyer) to thoroughly research the property. For example, you may wish to investigate:

- The flood zones and overland flow paths in relation to the property to see what happens to the property in extreme weather. To do this, you could check the Natural Hazards Portal, the property's LIM report, or ask the real estate agent whether the property has been subject to flooding in the past.
- Whether there is any unconsented work at the property. This may affect whether you're able to get insurance or finance to purchase the property. We often find people have upgraded their bathroom and replaced the wall linings, without getting a consent. A building inspector should be able to find out whether there has been any unconsented work, or you can also check the original plans for the property by obtaining a copy of the property bag from Council.



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Property

- If the property is a cross-lease, you should ensure that the footprint of the house and improvements matches the title plans. If not, this may be a defect in the title and could be costly to correct.
- If the property has a Residents' Association, a Body Corporate, or both. This will mean there are annual levies you will need to pay.
- Any proposed developments in the area by checking the Kāinga Ora website.
- If the property part of the Retrofit Programme with Auckland Council? If so, your lawyer will ensure this is paid in full by the Vendor at settlement. If the property has used the Retro Programme, you will not be able to use it again for the same property.
- If there's anything quirky about the property - what is that weird pole in the back yard? Now is the time to research and ask those questions.

We recommend a due diligence condition should be 15 working days. Of course, it might not take you that long, in which case you can always satisfy the condition earlier. Alternatively, if you need more time, you can request an extension.

What can I do if I find issues?

If, during your investigations you've found something that concerns you, you have a couple of options. You could either ask the Vendor to rectify the issue prior to settlement or ask for a reduction to the purchase price. The reduction in purchase price would reflect the cost of fixing the issue yourself, after settlement. If the Vendor agrees, you can then satisfy your due diligence condition. If not, and the issue is a real deal breaker for you, you can cancel the Agreement. Although this result was disappointing, you would likely have saved yourself a headache further down the track and you now know what to look out for, in the future.

To ensure you are protected, a due diligence condition must contain specific wording. For further advice, give one of our friendly team a call on 09 973 5102 or check out our website at www.cslegal.co.nz.

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25 Oraha Road, Kumeu



Disclosure about trust assets to beneficiaries

Trustees now have a clear obligation to tell beneficiaries about the assets and investments contained within a trust. A further issue is the extent to which many trust deeds provide for not just the children of the settlor but more remote categories such as charities and the de facto partners of the settlors' children. These provisions were intended to ensure that there was a broad range of people or organisations who could benefit from the trust. Usually, however, those beneficiaries beyond close family will be oblivious to their mention in a trust deed. Against this, most modern trust deeds try and make sure that the only beneficiaries are the settlors' children and grandchildren.

For this reason, it is often necessary to get legal advice about whether your trust deed is fit for purpose under the new act. That advice can include taking the necessary steps to confine the beneficiaries of the trust to children and grandchildren and removing the more remote beneficiaries before they become entitled to such information. For further advice and assistance with your trusts feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Interest Rate Cuts Imminent

The key question with rates easing again, is how quickly will they fall. But more significantly, when will people feel relief?

For example, Reserve Bank (RBNZ) figures showing the returns the banks were getting from existing mortgages paint an interesting picture. The effective rates people are paying were still rising as recently as June 2024.

What the figures show is the average bank mortgage yields bottom out at 2.83% in September 2021 as the historically low interest rates that we saw for a number of years found a bottom - before then starting to rapidly rise. As of June 2024 the returns were averaging 6.25% - and were still actually rising, even if advertised new mortgage rates have been easing now for some time.

It's to be assumed that the yield figure will start falling fairly soon now, if indeed it hasn't already started dropping. But the big question will be how soon will lower rates start to make a significant impact for people?

Crunching of the RBNZ's data again and what's very clear is the extent to which the country's mortgage holders were lining up waiting for the RBNZ to cut the Official Cash Rate, which it did on



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Property

August 14.

We know from tracking the monthly figures on what duration people are fixing for that the trend since the start of this year has been for people to go shorter and shorter. This has, in a way, completed the cycle.

To go back a bit, when the RBNZ began the OCR hiking cycle in October 2021 it appeared to me that a very significant proportion of mortgage holders were caught out. Even though interest rates were at historically low levels, whether you were looking at one-year fixed rates or five-year fixed rates, most people favoured short duration fixing. This appeared to stem from a widespread and erroneous view that because interest rates had been low for so long they would remain low..

To take the low point of advertised mortgage rates, June 2021 as an example, according to the RBNZ's monthly data series that shows the times to next repricing, 45.6% of the total mortgage monies outstanding as of June 2021 were either on floating rates or fixed rates for six months or less. Some 78.4% of the total was either on floating or for fixed terms of one year or less.

It meant that any rises to interest rates were going to have an impact on over three-quarters of the mortgage money in a year. Therefore, once the RBNZ began hiking it got a good 'bang for buck'. People were quickly affected by the higher rates because their mortgages were soon up for refinancing.

The financial markets have current pricing that suggests the OCR could be about 3.50% by June 2025. Certainly, though, there's some economists who reckon the RBNZ might now do a steady 25bps cut per review from here on the way down. And there's five more reviews between now and June of next year. So, that might suggest 125 bps of cuts.

Rental market experiencing significant shifts

The rental market nationwide is experiencing significant shifts, and as a leading property management company, The Rent Shop Hobsonville is closely monitoring these changes. A notable trend has emerged since early June:



an increase in rental supply coupled with a decrease in tenant demand. According to Trade Me data, rental property listings have surged from 3,400 in February to a staggering 11,863 in July. This

nearly threefold increase highlights a more competitive market for landlords, making it essential to adopt proactive strategies.

With the influx of rental properties, retaining existing tenants has become a priority. Stability is crucial in uncertain markets, and we advise our clients to consider offering incentives or flexible lease terms to keep their current tenants. A happy, long-term tenant can be more valuable than securing new ones, as it minimises vacancy periods and the associated costs.

In today's market, it's essential to be realistic about rental pricing. Achieving the highest possible rent may not be feasible, and setting an overly ambitious price could result in prolonged vacancies. Instead, we recommend pricing properties competitively in comparison with nearby homes. This approach can make your property more attractive to prospective tenants, ensuring quicker occupancy.

To stand out in a crowded market, consider offering incentives. We have collaborated with several owners to offer the first week free on new tenancies. This strategy gives your property an edge over the competition and attracts more interest from potential tenants. Additionally, holding off on excessive rent increases until the market stabilises can help retain good tenants, who may be sensitive to rent hikes in an uncertain economic climate.

Despite challenging market conditions, The Rent Shop Hobsonville has successfully rented out properties in the last two months. Our "days on the market" (DOM) metric currently stands at 16 days, significantly below the industry average of 22 days. This success is due to our robust property marketing strategies and the dedication of our team.

Additional strategies for navigating the current market include making simple property improvements, offering flexible lease terms, allowing pets, and maintaining good communication with tenants.

As we navigate these market changes, The Rent Shop Hobsonville remains committed to providing exceptional service to our clients. With the right strategies, it's still possible to secure quality tenants quickly, even in a market flooded with listings. If you're a landlord looking for expert property management, contact The Rent Shop Hobsonville today and learn how we can assist you in these challenging times. Mike James 021RENT4U(736848) mike.james@therentshop.co.nz.

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	1,330,000	9167M2	0M2	1,170,000		1,445,000	1239M2	133M2	1,225,000
HELENSVILLE	830,000	822M2	110M2	842,500		1,325,000	750M2	155M2	1,400,000
	1,725,000	1.11HA	305M2	1,665,000		1,130,000	812M2	100M2	1,170,000
	1,000,000	1333M2	176M2	1,030,000		1,450,000	602M2	206M2	1,380,000
	1,075,000	609M2	171M2	1,004,000		1,130,000	809M2	90M2	1,200,000
	910,000	551M2	110M2	985,000	SWANSON	1,430,000	600M2	288M2	1,580,000
	960,000	777M2	170M2	800,000		970,000	194M2	156M2	900,000
	870,000	611M2	91M2	835,000		805,000	157M2	78M2	735,000
	820,000	491M2	165M2	873,000		1,100,000	7289M2	200M2	945,000
	850,000	606M2	112M2	843,000		1,050,000	2894M2	145M2	990,000
HUAPAI	1,375,000	724M2	194M2	1,200,000		1,000,000	734M2	100M2	891,000
	1,600,000	699M2	231M2	1,395,000		1,075,000	845M2	156M2	950,000
	1,075,000	439M2	103M2	770,000		980,000	816M2	140M2	921,500
	1,325,000	7556M2	192M2	1,325,000		1,085,000	348M2	147M2	1,050,000
	1,100,000	809M2	160M2	960,000		1,025,000	214M2	181M2	880,000
	1,225,000	458M2	176M2	1,100,000	WAIMAUKU	1,450,000	1500M2	220M2	1,325,000
KUMEU	1,175,000	354M2	178M2	1,120,000		1,350,000	2089M2	190M2	1,500,000
	2,125,000	1401M2	271M2	2,050,000		1,150,000	1736M2	199M2	1,127,500
	1,350,000	400M2	194M2	1,200,000	WAITAKERE	880,000	809M2	78M2	627,000
	1,275,000	1.84HA	150M2	1,380,000		1,880,000	2.01HA	183M2	827,000
	1,475,000	735M2	251M2	1,365,800	WHENUAPAI	1,320,000	301M2	234M2	1,270,000
	1,250,000	370M2	203M2	1,180,000		8,450,000	4HA	260M2	11,800,000
RIVERHEAD	1,950,000	815M2	319M2	1,588,888		785,000	0M2	96M2	710,000

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

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



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Hot Property



XXXL shed, near new home plus minor dwelling – Paradise

This property offers the perfect blend of lifestyle, comfort, and income generating opportunities and is must-see. It has a real country feel and yet is so close to local amenities.

It's a rare find, and one that you can make your own. Let's start with the land, a 2.2 hectare parcel subdivided into two, easy subdividable, paddocks with a stable complex. Peppared with hedging and

feature trees that deliver shade, privacy and ambience.

The main house has so much on offer with four bedrooms, office, one main bathroom, two ensuites, a guest toilet and various entertaining areas. Smart heating and cooling options delivering efficiency and ambience. With ample natural light, tranquil views and great indoor/outdoor flow, this home is perfect for a family or entertaining guests. Imagine outdoor dining or gatherings in the expansive grounds. Parking is plentiful.

Improvements on the land include a 330sqm (*approx.) shed with mezzanine. This versatile space is perfect for running a business, storing vehicles, equipment, or pursuing hobbies.

Hot Property



High ceilings and three large doors make it accessible for various uses.

The two-bedroom second dwelling has a long term tenant keen to stay on, but would also be ideal for guests or extended family. It comes with its own double garage.

Close to Westgate, Kumeu, motorway links and schools, this is an offer you'll be talking about with friends and family.

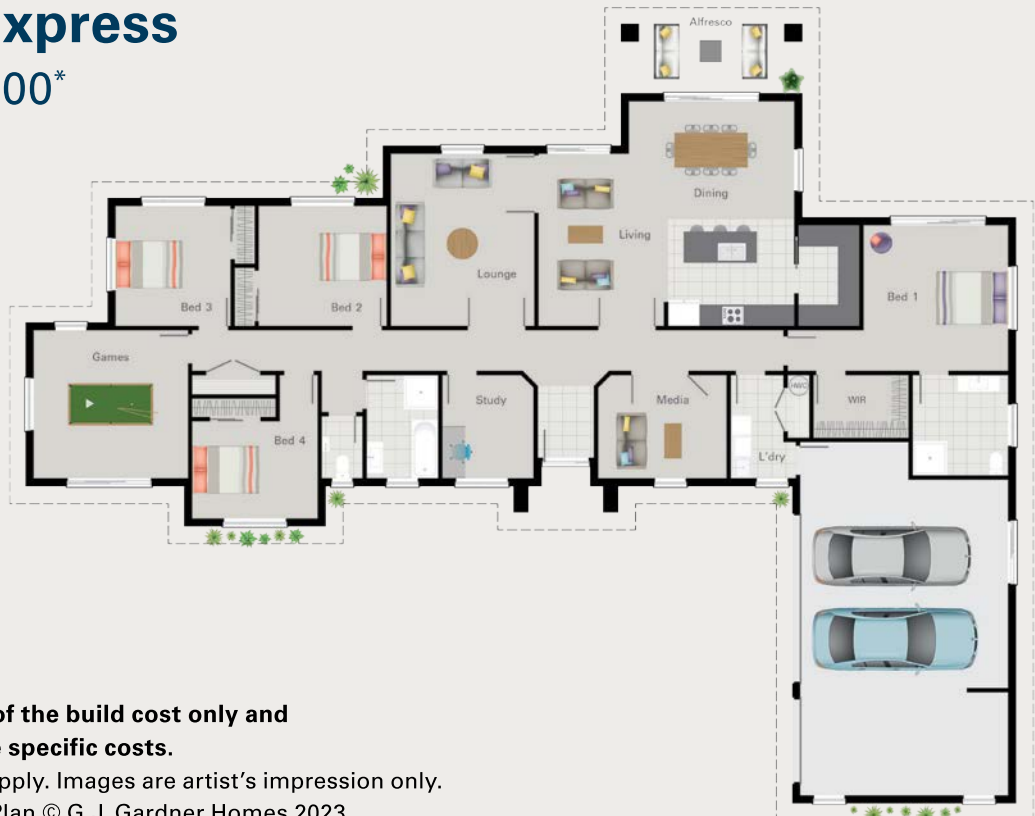
For more information on this property call Graham McIntyre on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).





Atlantic Express

from \$649,900*



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

Some conditions may apply. Images are artist's impression only.
Atlantic Express Floor Plan © G.J. Gardner Homes 2023



4



2



4



1



312.0m²



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G.J. Gardner. HOMES



VIEWS FROM BAYSWATER TO BROWNS ISLAND

3 3 2

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5A / 15 Augustus Terrace, Parnell By Negotiation

The convenience of Parnell Penthouse living, the ease of three secure car parks, mixed with an inspiring view down the Harbour out of extensive sliders. The very best of open plan living with three bedrooms and two bathrooms on offer. From the master, a delightful (as Manhattan) city skyline sparkles at night and gives way to impressive perspective through the day. A convenient storage lock-up ensures flexibility and ease of use. As an investor or homely occupier looking for a very special Parnell apartment this must be on the top of your list. Offering a very sensible purchase within a very smart building. Body corporate investment \$16,000pa.

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BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Oraha Road, Huapai By Negotiation

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

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SUN KISSED, NORTH FACING HOUSE AND LAND PACKAGE

By Negotiation

18 Peters Lane, Taupaki By Negotiation

A large north facing canvas, with natural water course and established plantings with options to select the best house and land package for you, including home and income options. Elevated rolling land with views to Kumeu and beyond, the houses selected are designed to make the most of the aspect and the outlook. This land is historical and original clay base which has no historical slip effects nor movement lines. In addition much of the area is slowly moving to countryside living which allows for great intensification within this residential lifestyle community. Please survey the house and land package options outlined and book a walk-the-land meeting with leading Taupaki agent and local resident Graham McIntyre.

www.mikepero.com/RX4010720



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LIFESTYLE-URBAN BLEND - GOOD LIFE ON ALMOST 1/2 ACRE

4 2 2

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29 Sunny Crescent, Huapai By Negotiation

Seldom found this is an outstanding mini-lifestyler in an urban setting, offering the best of urban and lifestyle living. Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form. Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchen-cozy meeting the dynamic needs of family living. Hardwood flooring that takes your breath away. All bedrooms, bathroom and laundry off a central corridor. Master, ensuite and walk in wardrobe also enjoys slider access to north facing decking.

www.mikepero.com/RX3977654



Graham McIntyre
027 632 0421
09 412 96902

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BRICK AND TILE ON 704SQM (APPROX.) - FAMILY OASIS



By Negotiation

130 Matua Road, Huapai
By Negotiation

A beautifully appointed and finished Ashcroft Home, offering an easy living 237sqm (approx). floor-print and a generous 704sqm (approx). section-size. From entrance to entertainment area the home seamlessly caters for a family that respects space, quiet and independence, offering two separate bedroom wings, entertaining and a multi-room offering media/ office/ guest room options. Four rooms and two bathrooms, separate laundry and oversized double garage. A large entertainers kitchen/lounge/dining leading to outside decking and lawn with established fruit trees and easy care garden. So much to see, and plenty to impress. This Ashcroft Homes build does set a high standard and certainly a great home to make your own.

www.mikepero.com/RX3758090



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027 632 0421
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JUST UNDER 1 ACRE, TWO HOMES, FLAT PASTURE



By Negotiation

171 Boord Crescent, Kumeu
By Negotiation

Two homes, with opportunity to add value, offering a clever home of five bedroom, two bathroom double garage with beautiful North facing decking spanning master bedroom to kitchen/ dining room. The home is sun-filled and offers views over rural farm land peppered with mature trees and shrubs. The second home is a simple one bedroom, bathroom, kitchen/lounge/dining with garage, with a Northern aspect offering extra space and options for the family. It's sheltered by the garage and plantings to be discrete and obscure. A short distance to Kumeu shops, schools and transport links the property offers convenience and easy care.

www.mikepero.com/RX4149907



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027 632 0421

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ELEVATED FAMILY BUNGALOW, VIEWS AND SUNSHINE

3 1 1

By Negotiation

193 Wairere Road, Waitakere By Negotiation

Picture perfect this beautifully matched stately bungalow within a glade of calm, raised bed garden, play lawn and securely fully fenced. A home you'll love, finding peace and solace with after work, and tinker in the workshop downstairs or cultivating fresh produce in the garden. Upstairs you'll be impressed with expansive views from the decking and alfresco through to open plan lounge and dining with galley kitchen through to laundry and central hallway to three bedrooms and refurbished bathroom. A much loved and enjoyed family sanctuary, which is now asking questions if it is your new place of peace and harmony. Close to Waitakere Primary School, parks, walking tracks, transport links and convenience shopping.

www.mikepero.com/RX4003057



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027 632 0421
09 412 9602

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OCEAN AND KAIPARA VIEWS, BUSH AND GRAZING

3 3 3

By Negotiation

429 Kiwitahi Road, Helensville By Negotiation

Indulge in the splendour of country living with this extraordinary home boasting unparalleled views to the Tasman Ocean and northward to the enchanting Kaipara Harbour. Nestled on a sprawling 1.6 HA (approx.) of land, the property features meticulously designed formal and informal gardens, meandering pathways, an amphitheatre, and unique micro-glade gardens seamlessly blending into native bush. This restyled and refurbished home offers spacious living areas, bedrooms, ensuites and with studio options, as outlined in the provided floor plan. Tailored for the discerning mature buyer who appreciates the value of active relaxation amidst a sun-soaked glade with breath taking panoramic views, this property is truly special.

www.mikepero.com/RX3870348



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Five things we want you to know

At Blackout Electric we have had years of experience in the industry and can provide valuable tips to help save you money and keep your household safe from electrical hazards. So, before you attempt a DIY lighting upgrade or delay having those flickering lights fixed, here's some things to take on board.



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1. Don't DIY - A seasoned DIYer might be tempted to think because they've plumbed their own kitchen tap that carrying out their own electrical is within their DIY capabilities. However, we suggest asking yourself; is saving a bit of money really worth the extra time, stress and your safety? Electrical work can be dangerous if you are not trained on the specifics, and a simple mistake can lead to electrocution or cause an electrical fire.

2. Call an electrician before buying an old home - If you are looking at buying an old home, you should be aware of the risk involved in terms of your electrical safety. If the home is more than 30 years old, it is likely it will need a complete re-wire. This is because the old wiring can be dangerous. Calling an electrician to help assess the quality of the home's current electrical before your buy can help provide clarity in regards to how much electrical work will need to be done to ensure the home is safe.

3. Cheap doesn't necessarily mean best - When you are looking to hire an electrician for the first time, it is important you understand cheap isn't always best. A quality electrician will charge you a fair price and will make an effort to recommend suggestions to improve the electricity efficiency of your home. Reviews are an excellent indicator as to whether the electrician delivers a quality service, as they come from the perspective of real customers. Check out our reviews on Google and No Cowboys.

4. We offer a warranty on our work - As electricians, we have undergone years of supervised training and education to be able to work in our industry. The tasks are often dangerous and can leave an untrained individual at risk of electrocution. An electrician who has been working in the industry for years has the experience to be able to get the job done without compromising on quality. Therefore, for your reassurance, Blackout will offer a warranty on our work.

5. We're here to help - When you book an electrician, we have a lot of responsibility to ensure we leave your home as safe as possible. As a result, sometimes, what may seem like a simple job from the outset, can end up taking longer than expected. This is because additional work is required to ensure your home is safe and your family is protected from electrical hazards.

If you're looking for an electrician who has your best interests at heart and offers a quality service give Blackout Electric a call on 021 708 097 www.blackoutelectric.co.nz or info@blackoutelectric.co.nz.

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Spring into action and start thinking about money saving ideas with additional water storage for Summer - see us in store and SAVE UP TO \$550.00!! Further discounts if you purchase 2 tanks. Smaller tanks are ideal for topping up the pool, watering the garden, washing the car or the boat! Our tanks range in sizes from 300 litres to 31,000 litres with a variety of colours so we are sure to have something for everyone FREE rainwater all year round! Give us a call today for a



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Home & Garden

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KPL 09 412 9108 - 156 Main Road Kumeu. BIG BLUE BUILDING. info@kpl.co.nz.

Whenuapai Floral and Garden Circle

Nearly spring and already our freesias have reappeared. Not where we planted them of course because they have a habit of spreading all over the place. In fact, we no longer bother to plant them, just scatter the tiny bulbs, and let them flower wherever they want. The big bright colourful freesias are a delight to the eye however my favourites are the good old



fashioned creamy yellow ones with the fantastic scent.

If you would like to know more about our Club, and wish to join us, please phone Judy Garrity on 09 833 5592. Meetings are held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips usually on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket. Our next meeting is 12th September and we look forward to seeing you there!

Until next time, Happy Gardening from Mary Anne Clark.

Winter days in the garden

During these colder months, the Kumeū Community Gardens have been growing bok choi and pak choi which are a wonderful addition to ramen. Simply cook in the same pot as your noodles, stalks first. Silver beet is ready to pick and is a good source of iron. It is a versatile vegetable and can be added to stir fries or soup or eaten on its own. Rhubarb is being harvested as they become ready and are good for stewing and are a tempting base for pies and crumbles for even the fussiest family member.



Once a month on a Saturday, volunteers weed, plant, compost, combat pests organically and together we learn from each other and find new friends from our local community. Our volunteers are from all walks of life and generations and committed to helping you



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Home & Garden

find a place with us. To join, contact us through our Facebook page to find out when the next Garden Day is.

If you would like the opportunity to support us, send your donation to Kumeū Community Garden Account: 02-0139-0144121-00.

Laser Plumbing and Roofing Whenuapai

Have you noticed high water bills all of a sudden?

Watermain issues can disrupt your property, causing increased water bills, surface water problems, and visible leaks. At Laser Plumbing Whenuapai, we understand these challenges and are here to help and resolve them.

How to Identify watermain Issues - High Water Usage - Monitor your water bills.

A sudden increase may indicate a watermain issue. Look for notifications from Watercare about unusual water usage.

Surface Water on Your Property - Check for areas with standing water, indicating a possible watermain problem.

Visible Water Leaks - Act quickly if you notice visible leaks on your property.

Watermain issues can be caused by various factors, especially during dry periods when soil lacks moisture - Ground movement, rocks or vehicle traffic.

If this is an issue you are experiencing, then contact us on (09) 417 0110 to speak with our experienced staff.

Noticed **high water bills** all of a sudden?



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Why Choose Laser Plumbing Whenuapai? Fully guaranteed work, Quality workmanship, locally owned and operated and value for money.

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Get in touch with us 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.

Chainsaw Training School - Safety & Maintenance Sessions

At our STIHL SHOP stores at Kumeu and Westgate, not only do we sell the best of the best in chainsaws and outdoor equipment, but it's also important for us to ensure our customers (and community) are aware of the safety requirements and best operating practices of the equipment we sell - which is why we run our very own Chainsaw Training School classes!



We've been running our Chainsaw Training School for about five years, with classes usually held over our quieter winter months or heading into Spring. Our classes consist of a comprehensive 5-hour session, run over the weekend from our on-site workshop and facilitated by our qualified instructor. Participants learn all about health, safety and maintenance of chainsaws, as well as useful operation tips and tricks from our industry expert. Class numbers are limited to a maximum of 12, so they usually book up pretty quickly. All participants receive a course manual, certificate of attendance and lunch!

To register your interest for our Chainsaw Training School classes, or to arrange a tailored session for your group, email us on kumeu.marketing@stihlshop.co.nz or call 09 412 8592, or head in and see our teams at STIHL SHOP Kumeu & Westgate.

STIHL SHOP Kumeu is open Mon-Fr 8.30-5.30, Sat 9-4

STIHL SHOP Westgate is open 7 days.



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Home & Garden

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Step Inside and See the Difference - Experience firsthand the quality construction, light-filled spaces, and thoughtful layout. Imagine the possibilities! This showhome is your blank canvas, sparking inspiration for you to personalise your dream home. See how different layouts and features can be adapted to create your perfect living space

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Expert Guidance Throughout - Our knowledgeable staff is here to answer your questions and guide you through every step of the building process. Let them turn your inspiration into a personalised plan for your dream home.

Visit our Huapai Showhome today and start building your dream. Located at 190 Matua Road, Huapai, and open daily from 12pm to 4pm.

September kitchen garden

September is a busy month in the garden calendar. The days are getting longer and the weather warmer. The promise of a long hot summer and a bumper harvest is in the air.



- It's spring and time to prepare your garden for planting
- Sow vegetable seeds for summer salads
- 'Fresh is best' plant vegetable seedlings
- Prepare and plant your herb garden
- Time to refresh and replenish your pots
- Continue to plant seed potatoes
- Plant and feed strawberries

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Home & Garden

If you haven't already prepared the soil now is the time to get started. If it doesn't need turning over, then spread a couple of bags of compost over the bare soil and dig through the top layer before you plant.

Empty your compost bin, it is ready when it is the consistency of lumpy soil, don't plant straight into it though, it is too rich, leave for a few weeks before planting.

Frost will be your biggest enemy now, be vigilant. Drape frost cloth over but not touching the plants. If it is too close a hard frost will freeze it to the plants.

Sow seeds; carrots, parsnip, beetroot, silverbeet, peas, lettuces, leeks, cabbage, tomato, capsicum, courgettes, melon, cucumber and eggplant. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Sow peas, snow peas, runner and bush beans, directly into the ground. Protect from any frosts. Planting seeds too deep can lead to decay. Follow the instructions on the back of the packet.

Don't waste the little plants you pull out when thinning your carrot and beetroot, they are great in salads.

For the warmer regions plant, eggplant, capsicum, cucumber, melons.

Plant seedlings: Lettuce, leeks, cabbage, corn, pumpkin, celery, onions, silverbeet, courgettes.

Stagger planting green salad crops like mizuna, lettuce and mesclun for continuous supply.

Plant passionfruit early in the warmer regions, they need well drained soil and strong support.

Continue planting herbs, unless you are in the warmer parts of the country leave basil and coriander until October.

Plant sprouted seed potatoes, or a second crop for a staggered harvest.

Feed strawberry plants, with strawberry food every two weeks, water in the fertiliser and don't forget to protect all seedlings from slugs and snails, they love tender seedlings.

Mitre 10 MEGA Westgate & Henderson

MowBot launches mower for smaller lawns

MowBot, New Zealand's leading provider of robotic mowing solutions, is excited to announce the launch of the Segway Navimow i Series, now available for pre-order nationwide. This highly anticipated series brings cutting-edge mowing technology to New Zealand lawns, with the first units arriving just in time for the early spring season.



Nick Thompson, co-founder of MowBot NZ, says "The Segway Navimow i Series is a game changer for suburban homeowners with a smaller lawn. The range fits into MowBot's mission to free up Kiwis' time by delivering smart lawn care solutions that provide an insane looking lawn everyday".

Engineered for precision and ease of use, the Segway Navimow i Series is tailored for smaller lawns under 800 m². It offers unparalleled mowing performance at a competitive price, making it the perfect choice for homeowners who demand both quality and innovation. With advanced GPS mapping and whisper-quiet operation, the Navimow i Series delivers a pristine lawn with minimal intervention.

What truly sets the Navimow i Series apart is its seamless integration with the award-winning Navimow app. Designed for simplicity and ease of use, the app allows homeowners to control and monitor their mower with just a few taps. The intuitive interface guides users through every step of the process, making installation and operation a breeze. In fact, the mower practically installs itself—requiring minimal effort from the user. This ensures that even those with little technical expertise can have their mower up and running in no time.

The affordability of the Navimow i Series makes high-tech lawn care accessible to more New Zealanders, setting a new standard for value and innovation in the market. Available for pre-order online at www.mowbot.co.nz from \$2,499.

MowBot is the leader in robotic mowing in New Zealand. Based in Kumeu, Auckland, MowBot has over 1,000 robotic mowers in the field and is the one-stop-shop for all things robotic mowing. As a Husqvarna Robotics Pro Partner with over 5 years' experience, we've got the expertise to meet your lawn's unique needs. Visit www.mowbot.co.nz for more details.

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Come join the MEGA Westgate & Henderson garden team and explore all things gardening

Mitre 10 MEGA Westgate
Wednesday 11 Sep 2024
5pm to 7pm

Mitre 10 MEGA Henderson
Wednesday 18 Sep 2024
5pm to 7pm

Celebrate the arrival of spring with a fun filled evening in our Garden Centre.

Meet the team and our favourite suppliers, with expert garden advice, product demonstrations, **EXCLUSIVE** one night only deals, spot prizes and giveaways, refreshments and more.



**Exclusive
Offers**



**Demonstrations
Advice & Tips**



**Prizes &
Giveaways**

Food & Beverage

Christmas is coming...

We know it's only September, but we are now taking bookings for Christmas.

Christmas Day lunch - we have a three course set menu in The Landing Restaurant and a family-style buffet in The Boat House. Bookings are strictly limited so get in touch for more information.

Christmas functions - we have different options to suit various group sizes and budgets. Dinner and DJ packages are available in The Boat House, and more casual pizza and platters in the Portage Bar.

We'll also be looking for summer staff from October, so if you know someone who wants to join the team please send them our way.



Ever wanted to buy honey by the bucketful?

Don Buck Honey doesn't just sell honey in wee pots. A lot of people buy honey from me by the bucketful to replace their use of processed sugar in things like their hot drinks and cooking and baking - if this sounds like you, my honey buckets might be your thing. I have several batches available in different sized buckets: 2kg Avocado Manuka (\$45), 2.5kg Rural West Auckland Honey (\$40), 5.25kg Far North Bush Honey (\$65). I can also ship two buckets as one package through the courier to save you on shipping costs. Courier is \$12 within Auckland for residential/urban addresses, or pickup is from Massey.



Get in touch (donbuckhoney@gmail.com) or order online at www.donbuckhoney.co.nz.

Croatian Night at Soljans Winery

Join us on Friday, 20th September at 6:30pm for Croatian Night at Soljans Winery, where every bite tells a delicious story steeped in tradition and flavour. For \$95 per head, experience the essence of Croatia as we bring the rich culinary heritage to life. Wine Pairing for each of the 4 courses is available. From fresh seafood to delicious desserts, our fine dining menu is crafted to transport you straight to the Dalmatian coast. Come and immerse yourself in an evening of authentic cuisine, warm hospitality, and the vibrant spirit of Croatia, right here at Soljans Winery. Please book online at www.soljans.co.nz or call us on 09 412 2824. Bookings essential.



Supper Club

Come along to the Good from Scratch Supper Club, a monthly intimate dinner hosted by Bee and Michael Van de Elzen. Enjoy our beautiful space with family and friends over a three-course set menu featuring seasonal produce from our kitchen gardens. Local wines and craft beers will be available to purchase, on the night.

Bookings are essential, doors open at 6pm with entrees served at 6:30pm - perfect for an afterwork mid-week treat. Tickets are \$89pp, visit our what's on page for upcoming dates and to book.

www.goodfromscratch.co.nz.



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Food & Beverage

Beat winter at The Hunting Lodge

The Hunting Lodge, perched on the hillside of the beverage hub Brix and Co, is waiting for you. Located just 3 minutes from Waimauku township.

A change in season brings the opportunity to find new ways to stay warm and entertained this winter, closer to home. The team at The Hunting Lodge want to ensure your winter is more enjoyable than ever and love working with locals to create fun experiences at your doorstep.

The Restaurant has introduced a shared menu format that emphasises family and togetherness, providing diners with diverse options at accessible prices. This change reflects their ongoing effort to create a warm family atmosphere. What's even better, The Lawn Bar is dog friendly so you can take your pups along for an outing too.

Coming back from a Mid-Year Shutdown period after a busy first half of the year, the team are excited to have customers back on site as we head towards the summer season.

"We're passionate about ensuring that not only are our wine and site looked after, but our customers too. We're heading into the final half of the year with some exciting events to look forward to this August, and in later months".

From past experiences, the team knows how to pull together an exciting array of splendid events.

This August, they have the local favourite 'Cocktail and Tapas' event on August 2nd, where you can move to groovy tunes, enjoy a cocktail other award-winning wine, local beers and taste delicious tapas style bites. On August 24th, the European summer sets down at The Hunting Lodge, with a 'Mediterranean Mingle' where all you can eat pizza, carafes of wine and live music will have you boogying.

The later months see the return of the George FM Wine Down series, Hound Hangouts, awesome concerts and more in the pipeline for the rest of this year and into 2025.

Keep your eyes peeled on their socials as there are plenty more fun things coming.

Follow the Hunting Lodge on Instagram @the_hunting_lodge or Facebook and check out the 'What's On' page on their website through www.thehuntinglodge.com/whatson, or go to www.thehuntinglodge.com for more information.



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Health & Beauty

Finding a frame for Anna

This month, Anna received her new glasses, choosing a frame she absolutely adores: Moscot's latest model, the 'Maydela' in the elegant Vintage Rose colour.

Finding the right pair of glasses can be both exciting and overwhelming. The ideal frame not only enhances your vision but also complements your personal style and fits seamlessly into your lifestyle.

Moscot has been a trusted eyewear brand at For Eyes for several years, blending style with substance and earning a loyal following among our patients. Moscot's dedication to quality craftsmanship shines through in every frame they produce.

The Maydela, similar in style to the ever so popular and classic Lemtosh, is slightly softer in shape than many of the Moscot models. The combination of the soft shape and hint of crystal pink colour was exactly what Anna was on the lookout for when choosing her new glasses.

We offer a range of Moscot frames in a variety of shapes and sizes, so visit us at our Kumeu Village practice and chat with Anna to find the perfect frame for you.



Ask Dr Heather

How long does Botox® last?

Anon, Whenuapai.

Botulinum toxin, more commonly known as Botox® is a neurotoxin that relaxes muscles. It is injected in different areas at different doses, in order to target muscles we no longer want to contract.

Results tend to last approximately 3-4 months, however this is dependent on a few factors. Some injectors (and companies) argue certain brands of Botulinum toxin last longer than others, however research has consistently shown dose injected is the most important factor, as the higher the doses used, the longer results last. Higher doses however are associated with more muscle paralysis, so a more "frozen" look, which can appear less natural. A more targeted approach to individual anatomy can also yield longer results as no unit of toxin is wasted on muscles that do not need treatment.



Even though typical results last 3-4 months, repeat treatments often aren't required for a bit longer as the facial muscles take time to re-train and catch up to the rest of the face to resume normal expression. This means one can often obtain 5-6 months of longevity out of their anti-wrinkle treatments, which has the added benefit of allowing muscles to regain full strength before repeat treatment, so are less likely to waste and lead to an odd appearance long term. It is also fantastic for the budget.

Utilising evidence-based products from reputable brands that are reconstituted correctly, not expired and stored correctly will also enhance results. It is always important to ask your injector what they use and why, and check they store their products correctly. Make sure you also keep an eye on long-term changes in your face as result of anti-wrinkle injections, as repeated high-dose treatments when not required can often lead to heaviness and/or an odd appearance with strengthening of other muscles in order to maintain normal facial expression.

Dr Heather Anderson is a Cosmetic Medicine and Urgent Care/Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai. If you have a question for Dr Heather you would like answered anonymously in the magazine, please email askdrheather@allor.co.nz.

Riverhead Physiotherapy

We're excited to announce our first anniversary celebration on Wednesday, September 4th, and we'd love for you to join us at our clinic: 1058 Coatesville-Riverhead Highway.

As a token of our appreciation for our wonderful community, we're offering a day of complimentary Pilates classes for both new and existing members. Additionally, our Physio clients will benefit from no surcharge on their sessions.

Throughout the day, every Pilates class will feature special spot prizes, including: Free massages. 50% off class passes, free classes and as a special treat, every member who attends a class will receive a pair of socks.

To schedule your physiotherapy appointments, please call us at 027 313 6036. Pilates spots can be reserved through the Mindbody app or on our website.

Come celebrate with us at 1058 Coatesville-Riverhead Highway and enjoy a day of wellness, exciting prizes, and fun. We look forward to seeing you there!



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Health & Beauty

PINC and STEEL Cancer Rehabilitation

At NorthWest Physio Plus, we're proud to offer the PINC programme, a specialised cancer rehabilitation service. Led by our fully qualified PINC cancer rehab physiotherapist, Sonia Mitchell, this programme is designed to support and guide women through every stage of cancer treatment and recovery.

Comprehensive Support for All - The PINC programme caters specifically to women diagnosed with any type of cancer. It addresses the increased risk of extended health issues, premature mortality, and the severe side effects often associated with cancer treatments. Sonia is dedicated to helping patients manage these challenges, aiming to minimise treatment side effects and enhance overall quality of life.

What We Offer - Personalised Rehabilitation: We tailor our approach to meet the specific needs of each patient, providing targeted physical rehabilitation and exercise therapy to aid recovery and strength building.

Holistic Care: Our services include manual therapy, lymphoedema management, and fatigue management strategies. We also offer educational support to help patients understand their condition and recovery process better.

Empowering Patients: Understanding and managing cancer treatment can be overwhelming. We equip patients with knowledge and practical advice, helping them navigate their treatment journey with greater confidence and control. Our goal is to make the treatments more manageable and to help patients take proactive steps towards a healthier future.

Why Choose Us? Experienced Guidance: With Sonia at the helm, patients receive expert, individualised care in a compassionate and supportive environment.

Comprehensive Approach: Our programme not only focuses on physical recovery but also addresses emotional and educational needs, ensuring a well-rounded approach to healing.

Passionate Team: Sonia is dedicated to supporting patients through the complexities of their cancer treatment, committed to improving quality of life and helping individuals achieve the best possible outcomes.

At NorthWest Physio Plus, choosing the PINC programme means



PINC Cancer Rehab Programme available with Sonia

entrusting your recovery to a team that truly understands the intricacies of cancer rehabilitation. Contact us today to learn more about how Sonia Mitchell and the PINC programme can assist you or your loved ones on the path to recovery and well-being.

Your experts in pelvic health physio at Kumeu Physio

Pelvic health is an essential aspect of overall well-being that often goes overlooked. Yet, conditions such as pelvic pain, urinary incontinence, and pelvic floor dysfunction can significantly impact one's quality of life. This is where our two dedicated pelvic health physiotherapists at Kumeu Physio step in to provide expert care and support.

Plus did you know that through ACC we can provide pelvic health physiotherapy for Maternal Birth Injuries?

If you've experienced an injury relating to a birth that happened in NZ on or after 1 October 2022 you can apply to ACC for assistance to help you recover. Crystal and Nerissa, two of our physios, are both qualified and experienced in providing rehabilitation for maternal birth injuries and are also able to lodge a claim on your behalf.

With a passion for helping individuals regain control over their pelvic health, they both bring a wealth of experience and knowledge to our practice. Trained in physiotherapy with qualifications in pelvic health, they understand the intricacies of the pelvic region and how it affects various bodily functions.



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What sets our physios apart are their holistic approach to treatment. They recognise that pelvic health issues often stem from a combination of physical, psychological, and lifestyle factors. Therefore, assessments are comprehensive, considering not just the symptoms but also the underlying causes.

They believe in empowering patients through education and personalised treatment plans. Whether it's through manual therapy techniques, pelvic floor exercises, or lifestyle modifications, they work closely with each individual to develop strategies that address their specific needs and goals.

Moreover, they both create a safe and supportive environment where patients feel comfortable discussing sensitive issues related to their pelvic health. And understand the importance of open communication in the healing process and strives to establish trust and rapport with everyone under their care.

At Kumeu Physio, Crystal and Nerissa are committed to making a positive difference in the lives of their patients. By offering expert pelvic health physiotherapy, they help individuals regain confidence, improve their quality of life, and ultimately, thrive. If you're experiencing pelvic health issues, don't hesitate to reach out and schedule a consultation with either today, call 09 412 9063.

Your journey to better pelvic health starts here.

Fasting for women

Intermittent fasting (IF) is currently one of the world's most popular health trends and even more recently for managing the symptoms of menopause and to reduce the risk of chronic disease post-menopause.

Intermittent fasting is when you cycle between eating and fasting. The most researched and popular forms of fasting include the 5:2 (5 days of eating normally and 2 days of fasting or caloric restriction) and Time Restricted Eating when you eat within a defined period of time. The most popular version of this is the 16:8 (eating within an 8 hour window and fasting within a 16 hour window).

Current evidence has shown that intermittent fasting helps to improve digestion, reduce the risk of diabetes by improving blood sugar control, lower 'bad' cholesterol and also reduce weight and may also improve brain and heart health.

Most intermittent fasting studies have been conducted on small



groups of people, on men or male rats. However there have been a few studies on fasting that have included women and show some interesting results. A 2016 review of studies specifically looking at fasting and women's health found that whilst the studies analysed were small, the evidence suggested that fasting has a 'major role to play in women's health during the various phases of her life' and should be used as an intervention in health care.

In October 2022, the biggest study ever undertaken was conducted. Known as the 'Big IF study' this included 37, 500 participants and specifically was targeting the general population rather than a specific population group with chronic diseases. Participants ate within a 10 hour window and could eat what they normally ate within that time frame. What is exciting to me is that 75% of the participants were female and the average age was 60.

The results are interesting:

- 22% increase in energy
- 11% improvement in mood
- 6% reduction in hunger and cravings
- 11% reduction in bloating

If you want to know more about the types of fasting, the evidence of how it helps and the facts and myths then come along to my free online webinar on fasting for women especially during the transition from perimenopause to post menopause on Wednesday 11th September at 7.30pm. Register here: <https://sarah-brenchley-wellbeing.simplecliniconline.com/workshop/meno-mindful-fasting-masterclass>.

Laser hair removal 101

Whether you're a seasoned veteran looking to treat your next area, or you're a complete hair removal newbie—we're for you. So how does it work? Will it work for you? When will you see results? You've got the questions, we have the answers. Read on to get the 101 on laser hair removal.




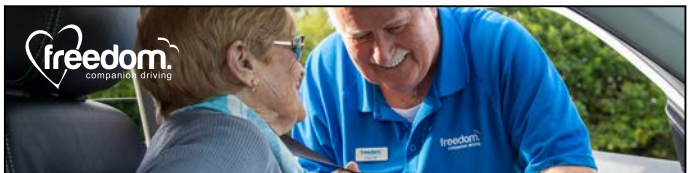
How does it work? Light from the laser is passed onto the treatment area, generating heat, which loosens the hair and disables the cells involved in growing your hair - preventing future hairs from forming.

At Caci we are proud to offer hair removal with a Diode Laser—it's fast, can treat a wide range of hair and skin tones plus it also has a cooling tip which means less pain.

Will it work for me? We see the best results with dark hair— we recommend coming in for a free consultation so we can assess

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your suitability. You may be able to treat some areas but not others depending on the hair pigment.

How many treatments will I need? For best results we recommend 8 treatments, 4-6 weeks apart. Our team will put together a treatment schedule for you with great pay off options, and membership benefits, all personalised for you.

When will I start to see results? Within 1-2 weeks following your treatment, some hairs may begin to fall out and then after your second or third treatment you may start to see results. Keep in mind that every body is different and results will vary. Our team will recommend the best treatment schedule to get the best results.

Does it hurt? Most people describe it as uncomfortable rather than painful. At Caci we pride ourselves on performing the treatments quickly and safely, so it is over in no time.

We are currently running our 2 For 1 Treatment offer until the End of September 24.

Come in for your complementary consultation to see how we can get you start in your hair removal journey. Bookings can be made via our website caci.co.nz, by calling us in clinic on 09 412 2579 or via email kumeu@caci.co.nz.

SWAN Skin Wellbeing and Nutrition

At SWAN Skin Wellbeing & Nutrition, I believe that true skin health goes beyond surface treatments. My holistic approach to skincare addresses the root causes of skin issues by looking at your overall health, including internal digestive concerns, stress levels, and nutritional balance. I combine the power of MD professional grade skincare products and supplements with advanced treatments like LED Light Therapy, personalised targeted facials—including stress reduction reflexology facial—and tailored nutritional plans.

A key aspect of my approach is Functional Skin Mapping, which gives us a window into your inner health. By analysing redness, acne, and pigmentation, we can identify where to start your healing journey. For example, facial acne or redness often stems from an impaired and inflamed digestive system, where toxins are purged through the skin due to overload. By pinpointing the cause, we can begin to heal both your skin and digestive system simultaneously. Similarly, pigmentation can result from internal imbalances, and addressing these root causes can enhance the effectiveness of topical treatments.





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General Manager

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Stress is another significant factor that impacts skin health. Elevated cortisol levels, a direct result of stress, can slow down the skin's healing process and contribute to flare-ups of conditions like eczema and psoriasis. Stress also negatively affects digestive health, leading to an impaired microbiome, inflammation, and issues such as diarrhoea and constipation. This, in turn, creates a vicious cycle, as digestive problems can further exacerbate skin conditions.

Nutritional imbalances, such as a deficiency in essential minerals like zinc, can also impair skin healing. Zinc is crucial for wound healing, immune function, and reducing inflammation. A lack of zinc can delay the repair of damaged skin and make it more susceptible to infections and irritation. Additionally, omega-3 fatty acids play a vital role in managing inflammation throughout the body, including the skin. Adequate levels of omegas can help calm inflammatory skin conditions, support healthy cell membranes, and improve overall skin resilience.

My unique approach also incorporates hair analysis, providing a comprehensive view of your health and ensuring that we treat not just the symptoms but the underlying causes. This holistic healing journey allows us to create a personalised plan that supports your skin from the inside out.

But don't just take my word for it—hear from one of my clients:

"Sarah has helped clear my skin from within. I was amazed when she could relate my skin problems to my gut and how, when she recommended changes to my diet, my skin got better over time. She really helped me along the way and gave me the attention I hadn't had before. I felt she cared."

At SWAN Skin Wellbeing & Nutrition, I am committed to helping you achieve healthy skin and good digestive health by caring for your entire well-being. Visit today and experience the difference that holistic, personalised care can make.

Sarah Tumulty - Functional Skincare Practitioner & Nutritionist.

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Area Columnists

A day in the life of an ECE teacher

From the moment an early childhood teacher steps out of their car, their day has started. There is no easing into their day, with a cup of coffee, chat to colleagues and answering of emails. Teachers walk through the gate and are immediately in demand with the children we get the privilege of caring for each day. Teachers get everything from hugs and happy greetings to crying and children's sadness because they did not see their mum wave to them that morning. We often hear that teachers wear many hats, and it's true. We have to be everything that each child needs for that day, that hour, that minute, that moment. In one day, a teacher may be required to become at an instant's notice: Nurse, negotiator, friend, surrogate parent, event planner, decorator, vet, therapist, coach, mentor, detective, motivator, janitor, referee, mediator, cheerleader, actor, builder, musician, librarian, reporter, scientist, farmer, protector, psychic, photographer, and not to forget, a superhero.



But don't get us wrong, we are not complaining, that is what we do, not because we spent 3 or more years studying, but because we love it. We get to see each day the impact we have as teachers on each and every child. Yes, days can get stressful, like any job, but our jobs come with so much reward as well. We can look at the growth of each individual child, see them overcome fears, obstacles and challenges as we provide them with the opportunities and encouragement to do so. Each time we see a child learn something new, or they discover something for the first time, their faces light up with so much pride and enthusiasm, it is hard for this not to be contagious! Alongside this, to be able to provide quality care, with compassion and empathy, warms us in ways that teachers can wholeheartedly appreciate.

We are so proud of the children we get to work alongside here at Country Bears, and our team of teachers work so well together, which makes coming to work a pleasure.

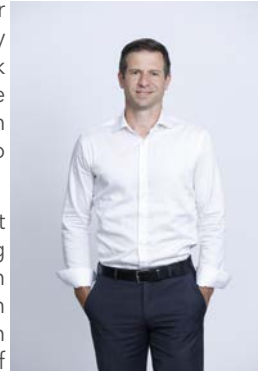
Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. Established in 1993, with the same owners, Country Bears is the name in childcare that you can trust! We are proud of who we are and how we got here, and we are committed to providing this Country Bears quality for another generation.

Please feel free to come and have a look at our beautifully placed Centre with our professional and caring team of teachers. Check us

out on our Facebook page: www.facebook.com/cbearsecc

Chris Penk

"I hope that everyone is surviving winter OK. We recently passed the shortest day of the year, in late June. And, just to freak everyone out, we are now closer to the upcoming Christmas than we are from the last one. I'm not ready for any bells to starting jingling, personally.



In the meantime, the prevailing sentiment locally seems to be that everyone is looking to "survive 'til '25", as the business gurus on LinkedIn would put it. Or, in normal person language, clearly there are still some tough times out there but the occasional ray of sunshine as well.

For my part, I am interested to know how we can make life easier for people in northwest Auckland and beyond. I am rapidly learning that a very small proportion of government is about finding the right way to spend other people's money. While government should allow people to retain as much as possible - hence a platform of lower taxes, even if relatively modest relief - there are other steps that ministers can take to maximise value.

Among the most powerful of these is the removal of unnecessary regulation, aka cutting red tape. I recently announced that we will be enabling smaller structures to be built on land without the need for resource consent or building consent. This was a policy promoted by coalition partner NZ First that the government as a whole has adopted.

This "granny flat" policy will be important to a number of people in northwest Auckland: rural properties that can more easily have a worker cottage, elderly folk or younger people can enjoy independent living without a whole new section needed etc.

It also provides a small window (if you will excuse the pun) into some other possibilities that could make it easier to use land out here.

There are a number of tiny home builders, for example, who are currently needing to be quite creative about getting around existing red tape.

Of course the usual disclaimer applies regarding housing, which is that we need more of it but also more of the infrastructure needed to support it. This is the story of Kumeu and surrounding areas and I have not forgotten that.

I hopefully will be able to let you know more soon about plans for

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Chris Penk

MP for Kaipara ki Mahurangi

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



Area Columnists

a high school (and for now I would simply say that the Ministry of Education has been painfully slow for years now) as well as various road and other transport initiatives that we need.

It has been good to connect with many of you in the last couple of weeks, with Parliament having a "recess" period to coincide with the school holidays. However you are spending this time, take care and stay safe in the cold."

Chris Penk MP - MP for Kaipara ki Mahurangi electorate

chris.penk@parliament.govt.nz | 09 412 2496 | 04 817 6913

Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church,



university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.

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

Natural hazards information

Perish the thought! No-one wants to go through another slamming of flooding and cyclones.

Muriwai and South Kaipara encountered the tragedy and the trauma, the un-ending questions and "what ifs."

Recovering if possible from rampant disaster is also an enduring, painful experience with organising everything from insurance and contacting the relevant



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authorities to moving off properties and waiting for building and renovations. Some of our friends have never or could never, or even want to, return.

Since this wild and woolly wake-up call recognising we can never control nature, our resilient communities are in mitigation mode, much better armed against the complacency of "this could never happen to us."

It's encouraging to know emergency and networking groups are ready in different pockets of our coastal and country piece of paradise for the next "it will happen" experience.

"At Citizens Advice Bureau Helensville, there is always information being updated as the tides of change happen," says manager Rani Timoti of Muriwai.

The Earthquake Commission has been replaced by the Natural Hazards Commission and volunteers can help cover questions like:

Is there someone who can advocate for me, if I have a dispute with my insurer?

How do I make a complaint about my insurance company?

Is my house insured in the event of a natural disaster?

Who is responsible for repairs when the neighbour's land slips onto my property, causing damage?

Volunteers can also access a recent webinar with the Natural Hazards Commission and NZ Claims Resolution service if needing to research for clients.

"It's also encouraging that we can tap into the current knowledge and resources of the long-standing Community Support Network Group which meets monthly at our venue," says Rani. "Its roots go deep in South Kaipara with fellow groups, organisations and agencies ready and willing to support each other- particularly when nature shows the beast in its beauty."

CAB Helensville is open from Monday to Friday, 10am to 1pm or Saturday, 10am to noon. On Tuesdays we have our budget clinic and everyday there is a JP available on site or nearby.

Potential volunteers are always welcome. Contact details: Email: manager.helensville@cab.org.nz or phone 09 420-7162 or pop in to ask for an application at our office at 16 Commercial Rd, Helensville.

Sayers Says It

By Rodney Councillor Greg Sayers

Residents on unsealed roads have had a major win in the final Auckland Regional Land Transport Plan (RLTP) approved by the Auckland Council.

The budget for unsealed road improvements will be \$12.5 million annually for the next 10 years resulting in a total spend of \$125 million.

Initially, the council had budgeted to spend just \$6.2 million, and \$6.4 million in the first two years.

Never in the history of the Auckland super city has such a large amount been won for sealing and upgrading rural roads.

A list of the roads to be sealed and upgraded can be found on the Auckland Transport website.

The campaign to significantly increase the amount of money being returned to rural ratepayers was led by myself, with support from the Rodney Local Board, as well as a public petition presented to Mayor Wayne Brown with more than 1300 signatures seeking the increase.

Much credit has to go the Mayor who applied continual pressure on Auckland Transport's leadership team to ensure the money was allocated more fairly back into Rodney's rural sector.

The unsealed roads programme will focus on infrastructure improvements to withstand extreme weather events, as well as normal daily activity from vehicle use, by addressing surface works, safety, seal extensions and drainage conditions.

The RLTP sets out the transport priorities that Auckland Transport (AT), the NZ Transport Agency (NZTA) and KiwiRail are seeking to fund or partly fund from the National Land Transport Fund over the next decade.

Of the total \$63 billion Auckland hopes to secure under the plan, the largest shares (\$28 billion) will be spent on public transport and state highway improvements (\$17 billion).

In a response to last year's weather events, AT has already spent \$50 million on road recovery works in the Rodney area.

From the RLTP budget AT plans to spend a further \$186 million over 10 years on restoring and grading surface water channels and road shoulders, scouring protection works for surface water channels and at culvert inlets/outlets, removing and clearing debris from road carriageways, surface water channels and bridge abutments; temporary protection measures such as bunding, covering of slip faces, crack sealing; cutting back of banks to retreat from under slips, stabilising slips with soil nailing, retaining walls, shotcrete, planting and hydroseeding; unblocking culverts, restoring damaged road pavements, footpaths, cycleways, kerb and channel and road drainage structures.

Nearly \$13 million will be spent over 10 years on stormwater improvements on 23 priority roads to improve the quality of water run-off from the road network into local streams and rivers.

At a national level the coalition Government has announced the Kumeu bypass road (Northwest Alternative State Highway 16) as a



Pete Sinton
Managing Director

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road of national significance. This road would link to the Brigham Creek Rd roundabout at one end, and at a point between Huapai and Waimauku at the other.

The estimated cost is \$2.3 billion with a start date four to 10 years away.

In the meantime, road works along SH16 started under the previous Government will be continued, according to the NZTA.

CO2 and climate change

By Guy Wishart, Rodney Local Board

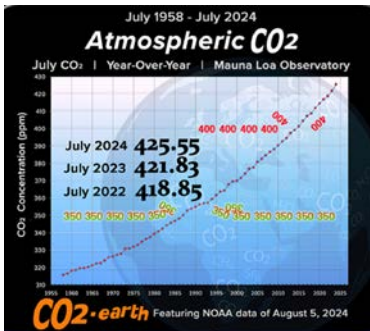
Northwest Auckland, like all other parts of New Zealand and the rest of the world, is experiencing rising CO2 and increasing temperatures at an alarming rate.

Sadly, this comes at a time of decreasing trust in science findings and the rise of rampant misinformation and disinformation combined with an increase in autocratic leaning governments and the elevated influence of large multinational companies.

We suspect that oil companies who talk about a green, productive future will not be planning on limiting their production if it risks a decrease in returns to their shareholders. We know that there are vested interests to ensure that it is "business as usual" and that paying lip service to a huge global issue has not been particularly detrimental so far.

However, we are told by the vast majority of climate scientists that there will be serious and long-term outcomes for ignoring the rapid rise of greenhouse gas emissions. The one that has affected us the most in recent years has been excessive rainfall, resulting in overland flooding and slips.

Healthy Waters (a division of the Auckland Council) has been grappling with what it could do to help reduce the effects of



severe weather events on the lowlands between the Waitakere Ranges and Kaipara Harbour. New cameras have been popping up next to bridges as part of the flood alert system. This is a helpful development.

Local Board members and Rodney councillor Greg Sayers met with Healthy Waters staff recently. It was clear they were keen to inform the community about what they had been doing in terms of planning for a range of possible capital works projects. These included widening the river through Kumeu to increase flow, diverting flood waters and creating huge earth walls that capture massive quantities of flood water south of Kumeu, then releasing it after the river level drops. None of these had been settled on and there may be other ideas to come.

Healthy Waters has modelled the effect of various capital works at reducing flooding levels and at this point the capture of flood waters on its way into Kumeu is looking the favourite. However, each project has a huge price tag and the business case to green light any works will need to be compelling.

So this is where Healthy Waters is, knowing full well it needs to find viable solutions to what will be increased rates of rainfall from progressively larger atmospheric rivers and cyclones in the future. The science is unequivocal on this basic law of physics, warmer air holds more water vapour, more water vapour results in a heavier rate of rainfall. A one degree Celsius warming in the air translates on average to about 7% more water vapour in that air.

This brings us to the option of managed retreat. The option where we don't try to hold back millions of cubic metres of flood water, but just progressively move all the homes and businesses off the floodplain to safer, higher ground. It is by far and away the safest option for the Northwest community, but again it will be expensive.

This may in the end be the most viable solution, but it may not be popular. It would allow the land to be returned to agricultural production where warning systems would allow the movement of stock to safety. It would allow large council reserves to be developed along the margins of our rivers, some may be sports fields, others nature reserves.

It would provide a natural greenbelt running from the Waitakere Ranges, through the valleys and on to Te Awaroa and the mighty Kaipara.

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Area Columnists

A few words from Rodney Local Board Chair Brent Bailey

It is quite liberating to have announced that I will be retiring from the Local Board at the end of this term. Trying to find a way to navigate the disparate interests and concerns of the present groups of elected representatives has been a real challenge. Especially so when members are off on personal campaigns that focus on matter outside the sphere of Local Board decision making. That and the ongoing harassment and social media bullying by unelected groups, that appears to be the norm these days.

So, with the clarity that my impending retirement provides, what are the big issues that Local Board will face in coming terms?

Managed Retreat - Following the effects of Cyclone Gabrielle, Council has updated flooding and coastal inundation models. These updated models have been applied to hazard mapping and are now viewable on Council GeoMaps and will appear on property files. Research of this information will become a part of any property purchase and likely be a consideration for property insurance.

Following the flooding and slips associated with the recent extreme weather Central Government and Auckland Council (taxpayers and ratepayers) implemented a voluntary property buyout programme where intolerable risk to life exists. However, this buyout applies solely to residential properties and there are no plans to extend this programme to commercial properties.

Stormwater management projects to reduce risks to townships, commercial property and infrastructure are being modelled and costed but no funding has been earmarked for implementing any of these options and in fact the business case for these potential interventions appears embryonic. Given the potential benefit from any intervention will accrue to small numbers of properties, there will be resistance by general ratepayers to undertaking many of these potential mitigation projects.

Nationally, the recommended response to these sorts of hazards has been managed retreat. This will be especially true where the most significant hazard is coastal inundation as sea level rise is predicted to impact vast areas of New Zealand coastline over the next century.

Productivity - The impact of decades of underinvestment in transport infrastructure and mass transit provision has impacted New Zealand productivity and this has been particularly so in the North West of Auckland. We urgently need a Rapid Transit Network that supports a mode shift to public transport. This is the most cost-effective way to increase network capacity and improve productivity. For too long this has been an ideological debate between single interest groups but in reality, we need investment in the network itself and in a mode shift to public transport.

Quality of Life - Rodney has always offered an enviable lifestyle with our regional and local parks, beaches and range of small communities distributed over a vast and interesting geography. Urban sprawl has and continues to erode this as development encroaches on our communities. Typically, these developments have exacerbated the infrastructure and community facilities deficits in Kumeu, Dairy Flat and Warkworth. A firm line needs to be taken, and feedback provided to Central Government and Auckland Planners, ensuring that where we face these assaults on our quality of life, we are supported with appropriate investment in infrastructure, transport and community facilities.

Run for the Local Board - If these are things you care about, then please consider running for the Local Board in the election next year. Talk with existing board members if you want to learn more.

Brent Bailey | Chair, Rodney Local Board - phone 021 730 892 or email brent.bailey@aucklandcouncil.govt.nz.



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