

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

BRAINFIT CLASSES FOR MEMORY SKILLS

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

WORRYING TIMES

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

Editorial contributions are free from cost. Advertising starts at \$85 plus gst for a business card size.

Contact Geoff Dobson on 027 757 8251 or geoffdobson2017@gmail.com

April 2020



Greetings

I harp on about lack of infrastructure in this area – and here’s another reason.

An announced new city in Drury, South Auckland, has seen the powers that be wake up to the obvious need of putting vital infrastructure in before housing and commercial development.

That has many here asking why it wasn’t done that way first in the North West, especially as SH16 congestion seems to worsen every week.

Drury is about 36km from downtown Auckland while Kumeu is 10km less.

“More horse before the cart!” is how Infrastructure NZ chief executive Paul Blair describes the Drury proposals, adding that integrating housing (more than 40,000 homes) and employment via \$2.4 billion in strategic transport links around Drury is the way to go.

“The old model of permitting growth and then trying to retrofit transport and other infrastructure has resolutely failed, resulting in high infrastructure costs, constrained housing supply and poor urban outcomes,” Paul says.

That’s something people here are all too familiar with.

A 2019 ‘Building Regions’ report provides a framework for how urban developments such as Drury can be incorporated into larger regional spatial plans to deliver cheaper, high quality housing but also co-designed and integrated schools, industrial areas, hospitals and transport links.

Transport and Urban Development Minister Phil Twyford says the Drury funding will support further development at Paerata, Pukekohe and Karaka and includes \$371 million for new electric rail stations, a park and ride facility, a Drury bus and rail interchange, and \$423 million SH1 improvements between Papakura and Drury South.

“We know Auckland will expand south and that’s why we are future proofing against congestion by building essential transport infrastructure first.”

So what happens in the North West in the meantime where people are still waiting for promised or hoped for improvements?

Geoff Dobson, editor



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People & Places

Worrying times



As the Covid-19 coronavirus pandemic takes a grip here and globally, national 'doctor of the year' for 2020 Dr John Elliott of Kumeu is in the thick of helping deal with it.

Like many people, the Kumeu Village Medical Centre-based GP is worried about the impact of the virus on health, society and the economy.

Recently awarded the Medtech General Practitioner of the Year award from around 480 entrants at the NZ Primary Healthcare Awards, John's already helping test suspected Covid-19 cases in a 'drive-through' scenario at the centre's rear carpark.

Dressed in personal protective equipment (PPE), John tested about 16 people at the drive through in the first week of operation, taking swabs from the back of the nose and throat of patients.

John says people who come for Covid-19 tests must meet set criteria, which includes specific countries they may have visited recently or contact with suspected Covid-19 carriers and certain symptoms such as high temperature - even though another milder virus is doing the rounds too.

"These are worrying days," he adds. "When there's any community transmission I believe it will become very serious."

The Government has set four alert levels - the highest at level four in case the disease is not contained with people confined to homes, businesses (except essential services) and schools shut, rationing, travel restrictions and major reprioritisation of healthcare services planned.

John hopes it doesn't get to that and he is confident New Zealand can contain and mitigate the virus providing everyone plays their part.

He's disturbed, for instance, to hear that people are panic buying - and even abusing shop staff - despite supermarkets and others saying there's plenty to go round if everyone shops normally.

It says something of the man that John doesn't like talking about himself, although many others sing his praises, and he often steps in when needed such as covering for ill colleagues.

And his work in the medical field and related services extends to more than just being a general practitioner.



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People & Places

Along with 20 years' service at the Kumeu Medical Centre this month, John has been involved in the Order of St John for about 45 years and chaired the Auckland-Waitemata Rural Alliance - the biggest in New Zealand - for more than five years since its inception as a way to increase rural healthcare.

"John always keeps the health of his community at the centre of his actions but is also aware of the bigger picture in primary care," his GP of the Year citation reads.

He helped turn around the previously limited visibility of rural issues held by district health boards (DHBs) and instigated better rural testing procedures and other services.

The rural alliance, which initially covered more than 57,000 patients - provides advice and improved care and services across rural areas in the Auckland DHB and Waitemata DHB, particularly focused on patient-centred care, service delivery, integration and sustainability issues.

The citation adds that John has brought strong advocacy, guidance, support and negotiation skills as alliance chair, making the most of limited resources.

The alliance covers from West Rodney to Warkworth and includes Great Barrier and Waiheke islands.

Humbled and honoured by his recent national award, John says it's also representative of all the volunteers and others he works with.

He's also proud to be following in the footsteps of his father Sir Randal and grandfather Sir James.

In fact, it's a family tradition to not only be involved in the medical field but other related organisations like St John.

Sir James was a Wellington doctor who became Wellington Hospital's first house surgeon, served on the Anzac hospital ship the Mahino, edited the NZ Medical Journal, became the Chancellor of St John and was knighted for services to medicine, the community and St John.

His three sons also excelled in the medical field, with John's dad recognised for his service to medicine, ophthalmology as a distinguished eye surgeon, St John (holding its highest honour) and the community with a knighthood.

Sir Randal served in the Malayan conflict and did two tours of Vietnam at the NZ Quinon Hospital.

He was instrumental in getting seat belts in vehicles and was an advocate for both road and eye safety.

Son John was also based in Wellington for a time, although did much of his medical training in Dunedin and Christchurch before finishing off in the capital, initially training in neurosurgery and winning a scholarship which took him to Rhodesia (now Zimbabwe) in the middle of a war.

That gave John considerable expertise in trauma and all aspects of medicine, leading to a life in general practice "which I still consider the most challenging and far reaching medical specialty".

He's been back to Africa several times since but felt he'd done enough and was more needed here as his luck in dodging bullets and land mines was going to run out.

John chairs the St John Helensville Area Committee, is an Officer of St John, and a past chairman of the ProCare Clinical Governance Committee while remaining ProCare Cell Group chairman for local GPs' education and networking.

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People & Places

He also had a role in the review of primary response in medical emergency (PRIME) services to establish emergency medical services in remote areas.

John has had a mentorship role with many other GPs and, as alliance chair, has been involved in helping other New Zealand groups by sharing terms of reference and a work plan while assisting with applications for health and care.

"My major role is being part of the team at the Kumeu Village Medical Centre, going to work every day with the intent of providing the best medical services to our patient group that we can."

His other major interests include hospice work and the care for a number of residential facilities.

"I have always believed that the sophistication of a society is judged by the way it looks after those most in need.

"Kindness, loyalty and compassion all seem a bit old-fashioned but remain of pivotal importance to me and those who I work with."

John says the motivation to get involved in the things he does outside the Kumeu practice is to represent all volunteers he works with and New Zealand general practice staff, describing them as "vastly undersung, hard-working and dedicated" and who he much admires.

Maintaining an often understated sense of humour, John illustrates that by saying his favourite definition of leadership is "disappointing one's followers at a rate which they can tolerate".

It's also typical of his devotion to duty that he has to cut short his interview and subsequent follow-up for the Kumeu Courier because he has to man the Kumeu Village Medical Centre clinic on a Saturday morning and then is called away to cover for a sick colleague.

As for coping with Covid-19, John says it's a matter of following the right procedures.

Visit www.covid19.govt.nz/ for more information about the virus and the Government's alerts and response.

Kumeu Show gets big crowds

The popular Kumeu Show was one of the last major events held before Covid-19 coronavirus restrictions were introduced, effectively ending large gatherings for some time.

Thousands took advantage of good weather and poured through the Kumeu Showgrounds gates on both March 14 and 15, just as news about coronavirus infections in New Zealand began to surface.

Sunday's turnout in particular pleased Kumeu Show manager Lizelle Westman who reckons it was possibly even more than the previous day's attendance.

The programme for Sunday was ramped up to help attract more people on what is usually a slower show day, with timbersports, shearing, a tractor parade, strong man contest, entertainment,

dancing, trade displays and more doing the trick.

Carnival rides from Mahons Amusements again proved a big drawcard, and many visiting families enjoyed the farm animals, poultry display and other show events.

Those spoken to were aware of the growing coronavirus concerns and coming restrictions but hope everything will be sorted well before the 99th Kumeu Show next year.



Brainfit classes for memory skills

Until relatively recently it was believed that by the age of 50 brain cells were lost daily, and forever. Without help, remembering things becomes harder with age.

However, new research shows with the right training you can regrow vital neural connections resulting in new brain tissue, increased brain size and much improved effectiveness - at any age.

A Brainfit course has been created by sisters Dr Allison Lamont and Gillian Eadie from the Memory Foundation and will be held in Riverhead in June - the Covid-19 coronavirus pandemic allowing.

It will teach you how to strengthen the six key areas of memory most important for maintaining independence, well-being, productivity and quality of life.

Participants learn and practise memory skills in a non-competitive and friendly environment.

They will learn more about the brain, how memories are created and retrieved, why tip of the tongue lapses happen, why you forget names, why you lose your keys and how to prevent memory 'let downs'.

The course helps provide more confidence and to apply these new

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People & Places

techniques and strategies.

The next course will be held at the Riverhead Citizens Hall starting Saturday June 6, or Tuesday June 9, both at 10am-noon.

Four weekly classes of one and half hours long are offered for \$197. If interested, contact Victoria Fyfe (BA Psychology and PG Dip. Counselling) on 022 033 9552 or email Victoria@Brainfit.nz for more information.



Coronavirus cancellations

A wide range of events won't be happening in the North West during the next few months because of Covid-19 coronavirus concerns.

Many of the postponed events have yet to set future dates.

Impacts have been felt across a variety of services and events, such as markets, functions, gatherings and more, mainly following the Government urging the cancellation of anything indoors involving at least 100 people.

"Self-isolation" has become a buzz word as many people stay home or in isolation for days for any illness or contact with suspected

Covid-19 carriers, often using digital communication to remain in touch with work, family, friends and others.

Filming around the North West, including the Kumeu Film Studios, especially of Amazon's The Lord of the Rings, is impacted because of travel restrictions and other Covid-19 protection measures.

The Huapai-Kumeu Lions Club's planned 50th jubilee celebration on March 28 was postponed.

The decision wasn't taken lightly but consideration about holding a safe gathering of some of the most vulnerable people made it the only decision possible, club president Graham Andrew says.

Those who had already paid were advised to contact club treasurer Eric Cole.

The jubilee was to have been at Soljans Estate Winery where, like nearly all function centres, many other events have also been cancelled.

The Turning The Tide fundraising event on May 17 for the local charity Kia Timata Ano Trust has been postponed with a future date yet to be announced.

The trust helps North West people live free of family violence, seeing more than 300 clients annually, and it says an outright cancellation of the event could leave a large hole in its budget as it hopes to raise about \$30,000 from the Muriwai Beach walk.

"We hope to reschedule at a later date, but in the meantime we are reliant on our community to support us in other ways, especially as the stress and uncertainty created by Covid-19 will inevitably mean more pressure on families and increased violence in the home," it says.

Tickets that have already been purchased will automatically be transferred over to the new date, but the trust says it will also relax its cancellation policy.

Funds raised will go towards employing a new refuge advocate.

Making a donation will help make up for any shortfall, it adds.

The trust has a Givealittle page where people can make donations.

Email turningthetidewalk@gmail.com for further information.

All Anzac Day services and events have been cancelled, while the Kumeu-Huapai Residents and Ratepayers Association has also halted all public gatherings in the interim.

Visit www.covid19.govt.nz/ for more information about the virus and what action can be taken.

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Safer Communities



Business but not as usual

Fire and Emergency has put a range of measures in place to protect paid and volunteer staff to ensure that medical, fire, and rescue incidents are responded to quickly and efficiently. The response to an incident is not likely to change however some of the questions asked of you, and our personal protection will reflect the heightened Covid-19 alert level. We encourage you to be engaged in proactively fighting this viral spread by limiting your physical footprint, washing your hands regularly and following the simple but effective guidelines put in place by Ministry of Health at Ministry of

Health guidelines. In addition, this will be a trying time for the mental resilience and wellbeing of people within the family. These tips may be helpful:

Mental health and wellbeing:

Your emotional and mental health is important. It is normal to feel stressed or lonely when self-isolating, but there are some things you can do to feel better. See our advice for wellbeing in self-isolation. Reach out to your usual supports, like family and friends, and talk about how you feel. We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising. If you feel you are not coping, it is important to talk with a health professional. For support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 - free, anytime, 24 hours a day, 7 days a week - to talk with a trained counsellor.

Concerns about self-isolation:

It's important to be understanding, kind and well-informed in stressful times.

People who are self-isolating can:

- share a house with people who aren't self-isolating
- drive a private vehicle
- reside in a fully self-contained campervan
- go for a walk, run or bike-ride in a area away from crowds.

People in your community are doing what they can to keep you safe.

If you've read through these self-isolation guidelines and believe the behaviour you've observed isn't appropriate and are certain the individual/s concerned should be self-isolating, you can email NHCCselfisolation@health.govt.nz.

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Community News

SeniorNet Kumeu

You may have read in the papers and heard on the news that more Banks, Government departments and large companies are moving toward "on line" only access for their customers.

This is becoming a concern for many people, particularly seniors, who were not brought up in the digital age and are not comfortable using modern computers or mobile phones.

SeniorNet Kumeu is dedicated to helping people who want to keep up with today's technology, who either don't how to use a computer or simply want to improve their skills. We are a friendly and informal club with tutors who teach at a pace that suits our "seniors"

So join in the fun and learn how to do the things that you would like to do. In our small, friendly and stress-free classes, you'll gain the skills and confidence you need to get the most out of information technology.

If you would like to join our club, we meet at 10am on the first Wednesday of each month at St Chads Church Hall Huapai, just come along to our next meeting on April 1st or contact: Brian Lacey on 022 183 1811 brian@lacey.nz or Nigel Dempster at nigeldem@outlook.com.



soon in a creative, fun, educational experience. All this and the usual array of workshops, groups, and courses make Kumeu Arts the place to visit, create, meet others and have fun. www.kumeuarts.org.

Kaukapakapa Village Market

Sunday 19 April 8.30am to 1pm. A great way to spend a relaxing Sunday morning while you treat yourself to a freshly brewed coffee and something delicious from our food stalls - doughnuts, cakes, pies, sausage sizzle and much more. Enjoy live music from the talented Ralph Engle, pick up something unique from our local crafts people or grab a bargain from the car boot area. Plus a tempting selection of handmade soaps, skin care, books, knitting, jewellery, plants, preserves and fresh locally grown fruit & vegetables. Bring the kids for free face painting and a kid's craft table.



For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.

April at Kumeu Arts

Don't miss the chance to see the stunning Muriwai Arts Open Studio Collective exhibition which ends on April the 9th. Following on from them we have a member's exhibition called simply 'Landscape'. This is sure to be another fine display as our talented members approach the tradition (or challenge it) in many varied mediums and styles. 'Landscape' coincides with another exhibition by ceramic artist Alexandra Jamieson called 'NZ Nature in Clay Impressions' which will feature an installation of Alexandra's unique works in the POD gallery. April also sees Creative Matters back at Kumeu Arts with their ever-popular Children's school holiday programme. These classes book out quickly so enroll your child



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Behind the scenes

Sunday 19th April, 9.30am to 1pm. Things are happening at the Helensville Museum - the old Courthouse roof has been repaired and painted, but more work is needed to both the Courthouse and the School house. But you can help. We have some awesome Mother's Day gifts for sale at the library - beautiful trays made from kauri reclaimed from the Courthouse. "Pioneering Women of the South Kaipara"



offers a fantastic insight into local history and there's more. What else can you do? Any local builders or housing companies who could donate some time would make a huge difference and be greatly appreciated. Help to maintain our past for our future and get the Museum open again for everyone. Library open in conjunction with the Kaukapakapa Village Market. Contact Megan Paterson 021 959 017, threehorses@xtra.co.nz.

Learn French, Spanish or Italian in Kumeu

Bonjour, hola, ciao!

Have you always wanted to learn French, Spanish or Italian but never got around to enrolling in that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. ABC Language Tuition offers after school language classes, one on one language tuition and adult language classes.

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Keep calm and carry on

While this is a worrying time for everyone right now with the current situation with COVID-19. The Ministry of Health says that with continued vigilance the chance of a widespread community outbreak is expected to remain low in New Zealand.

So here at Natures Explorers we are going to try and keep some normality in our children's lives whilst still keeping them safe and well. This means our trips to the forest are more important than ever to bring some much-needed fresh air and exercise to our tamariki.



By getting outside and exercising our children are getting some valuable vitamin D. Regular exercise also strengthens our immune system so it can fight off bacterial and viral infections. When you exercise and get your blood pumping, immune cells circulate through your body more quickly helping them seek and destroy infections. This becomes particularly important in winter when colds and flu rear their ugly heads. Being cooped up with nothing but heaters to keep the air moving means fresh air is much harder to come by. Generally, the air outside is healthier than that inside so going for a walk or run outside gives your lungs a chance to detox and breathe deeply without concern for breathing in other people's bugs.

Let's look after our community by staying home when we are unwell, washing our hands regularly and being kind to each other. Natures Explorers enquiries to office.natures@gmail.com.

Muriwai Open Studios update

A lot is happening in April. Our free workshop will be held by photographer Laird Mckechnie on Sat April 4th from 9.30am. It will

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Community News

be 2 to 4 hours of landscape/abstract photography covering camera equipment and settings. Limited places are available. Please contact Laird on 022 120 0464 to book a place.

One of our Open Studio artists brings a gallery to Muriwai! Art gallery. 'Ocean View', with its outlook over the 53km of Muriwai Beach is the realisation of a long term dream of photographer Judy Stokes. Enjoy a selection of the creativity that West Auckland artists have to offer, including Judy's photographic work. Ocean View Gallery is a place to pop by for that special work of art or gift for someone. Opening on April 4, at 77 Waitea Rd- hours are - Wednesdays to Sundays 10.30am to 5.00pm.

Muriwai Open Studios collective invite you to visit our new website muriwaiartsopenstudios.com as well as continue to keep an eye on our Facebook page to keep updated.

Just Kidz Huapai

Our toddler room takes children transitioning from the babies and infants room and new children to the Centre at around age 2. Through our careful transition process, we consider children's readiness for each room and timing that will benefit them best.

Children over two are fast developing a heightened need for independence and are progressing towards further developing their interests, understanding of their world and moving into more collaborative relationships.

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Mum Camp - better than a girl's weekend

Mum Camp at Muriwai was designed by mums to give mums a boost and a chance to connect with other like-minded women.

A group of Muriwai mums created "Mum Camp" back in 2015 as the sort of weekend they would like to go on - supportive, fun, inspiring...with really good food!

It's like school camp, for mums - but with all the little luxuries of a girl's weekend - amazing food cooked by talented chef Rosa, pamper packs, choccies on the pillow. Plus inspiring parenting speakers, time to relax in the gorgeous bush surrounds, get creative at one of the art tables, or paint your nails while you chat with like-minded mums.

The speakers include respectful parenting and creativity guru Pennie Brownlee, along with other specialists who will provide strategies for dealing with those challenging moments, and bringing the joy back into being a mum.

Mum Camp is for mums of children of all ages, and is run not for profit so it is as cheap as a weekend retreat will ever get. Check out the Mum Camp Muriwai on Facebook for flyers on "What to Expect", biographies of the key speakers, photos from the last two Mum Camps, and answers to frequently asked questions.

Mum Camp 2020 tickets are limited to 45 places, and cost \$250 including everything. Book via Facebook at Mum Camp Muriwai.



Kumeu Library

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Community News

in person to make use of what we have to offer. All you need to get started is a library card - and membership is free for Auckland residents. Our eMembership category means you can join the library online right now - all you need is a valid email address. This membership gives you instant access to all our eCollections - eBooks, eAudiobooks, eMagazines and eNewspapers - free of charge. Please note that this category of membership does not enable you to check physical items out from the library - you'll need to bring your barcode number and photo identification to the library for this.

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Our new streaming service, Beamafilm, enables you to watch New Zealand and international movies, indie films and documentaries for free.

You can also listen to Auckland Libraries' podcasts. Our podcasts include recordings of events, interviews with experts and commentary on our collections - you're sure to find something to interest you here.

You can sign up for eMembership of Auckland Libraries on our website - www.aucklandlibraries.govt.nz.

Keep up to date with all Kumeu Library's news and events by following us on Facebook - www.facebook.com/kumeulibrary.

Lollipops Kumeu

Lollipops Kumeu is a Reggio inspired centre that offers a large natural environment for children to explore.

He Kakano is our under two space with two cot rooms and a sleep room. We follow the RIE philosophy of respectful relationships and provide primary care giving and daily journals for every child.

He Mahuri is our toddler room with two indoor spaces including our centre where nui. We have a sleep room and a larger outdoor environment for plenty of active movement. Our toddlers enjoy yoga in their day and often explore



music and movement.

He Rakau is our preschool class with a huge outdoor area for motor development. We offer a preschool programme in preparation for school and also provide time and space for extensive art projects and creativity.

Lollipops Kumeu believe in relationships, with the children, whanau, teachers and environment. We provide a beautiful setting with inviting provocations to inspire learning. We embrace holistic and individual journeys for every individual.

Kea Clubs

Kea Clubs provide safe and nurturing environments for children to have fun and develop their creativity...



A Kea Scout is our youngest Scouting member. A Kea is aged between 5 and 8 years old.

As a Kea you will interact with nature and learn to share through co-operation and teamwork. Keas meet weekly at local Scout Halls and engage in both active and quiet games, stories, creative crafts, play-acting and singing.

The Kea motto is: 'I Share, I Care, I Discover, I Grow.'

As a Kea you will:

- have lots of fun and go on awesome adventures
- play heaps of games and make lots of friends
- earn Award badges
- learn the Kea Promise and Motto
- learn to sing the Kea Song and Kea Yell
- take part in National Events such as Keas Day, Founders Day and Mudslide Day

We often see a young Kea join the group as a very shy individual, and quickly develop social skills that make them part of a team; we then see them grow into young adults as they progress through the sections and become very confident outgoing adults.

Kea's helps the youth learn social skills that they will use for their entire lifetime.

If you have children interested in Scouts, Please visit www.scouts.org.nz, or email me. (zl.waitoru@zone.scouts.nz)

We are always looking for adults 18 years and over to join our groups as Leaders to help us develop and grow the youth into inspiring adults, if you are interested in becoming a Leader, please let me know. Craig Paltridge. Waitoru Zone Leader.

GINAJANSEN LAWYERS



Gina Jansen
DIRECTOR/LAWYER

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Andrew Jackson
General Manager

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muriwai.manager@golf.co.nz www.muriwaigolfclub.co.nz
P O Box 45 Waimauku 0842, Auckland, New Zealand

In Brief

Mother's Day special

Mother's Day is "a celebration honouring the mother of the family, as well as motherhood, maternal bonds and the influence of mothers in society" (Wikipedia)

So what better way to honour the mothers in your life than with jewellery that is inspired by your family?

Jewellery that is symbolic of this love or, personalised with children's names, dates or special quotes, make a truly meaningful gift for mothers and grandmothers alike.

Choose from earrings, rings, charms, pendants, bookmarks, keyrings and more. Or design your very own piece that you know she'll love.

Mother's Day this year is Sunday 10th May.

Place your Mother's Day order by Monday 20th April and receive a 15% discount when you use the code: MOTHERS

So pop on over and visit our online store www.preciousimprints.co.nz to view our range and place your order or email jo@preciousimprint.co.nz to find out more.



The importance of imagination in early childhood

Years ago one of my daughters invented this theory. When I asked her why she thought the sky sometimes turned pink she pondered the question, and then, out of the blue informed me that the ponies are to blame. Ten years on, she still gazes at the sky and with a slight giggle says, "Look the ponies are here Mum." I love this memory as it reminds me of the importance of allowing children to have the freedom to speculate and to develop their theories about the world around them.



We are living in a society where we feel pressured that our children need to be 'productive' all the time. That somehow being a good parent means enrolling our children in a range of structured after preschool activities and/or sports. We may consider that our role is

to provide constant opportunities, entertainment and experiences to prepare our children for their future. But the current developmental theory and research supports our children's need for downtime. Our children need opportunities to be bored, for just being, and simply playing.

It is silly to think that we have to defend our children's right to play (REAL play, not activities directed by adults), but here I am defending it again, right here and now.

In the world of child development and academia, you may hear people use phrases like "critical thinking skills" and "creative problem-solving capabilities". What they are referring to is your child's imagination. The way to impart our children with imagination is to provide them with opportunities to develop it for themselves when they are very young. If we want to raise the next generation of thinkers, problem-solvers, entrepreneurs, inventors we need to foster our children's imagination and creativity.

Written by Kelly Warren, Curriculum Advisor for New Shoots.

If you're interested in learning more about New Shoots Children's Centres, you can visit www.newshoots.co.nz.

Homes are for living not working

The Hangar is a purpose-built co-working office space located on the water's edge in Catalina Bay, Hobsonville Point. Home to a number of business owners, entrepreneurs and remote workers, The Hangar offers a sophisticated modern workplace that gives businesses room to grow without the stress of a home office that doesn't "switch off" or the overheads of a full commercial office space.



What is co-working and who is it best suited to?

Co-working is the practice of sharing a fully-serviced workspace with other entrepreneurs, small businesses and remote workers to create a fun, collaborative working community.

Co-working is all about balance and flexibility. Do you need a desk 5 days a week or only 2? Do you want a fixed desk that is setup with pictures of your pets and kids, or a flexi-desk which you can pack up at the end of each day? The choice is yours.

Co-working doesn't discriminate. You don't need to be a business owner to join, you could be a remote worker who's looking for networking opportunities and more of an office environment closer




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Grant Castle

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In Brief

to home or a creative who just needs more space to grow.

The Hangar has built an incredible member community of locals who enjoy working from the beautiful Catalina Bay offices every day.

To meet the team a grab a free trial and tour of The Hangar email Danielle@thehangar.nz.

Help bring more awesome to the world

Do you believe that all girls and young women should be valued, inspired and empowered to take action to change their world? GirlGuiding NZ does. This non-profit organisation has spent over 110 years providing adventures and challenges in which girls can discover their passions, contribute to their communities and form friendships in a safe and positive environment. This enables girls and young women to develop into confident, adventurous and empowered leaders of the future.



To help them on their journey they need inspiring mentors and leaders.

So, we are calling all go-getters, brainstormers, mentors and adventurers to volunteer with us.

Bring your enthusiasm, skills and energy and play a part in creating some of a girl's best experiences. As Emma, a GirlGuiding NZ Unit Leader says, "The girls make me smile all the time - but also give me a completely different perspective which keeps me learning."

To start the year with a bang, we need volunteer leaders in Kumeu, Waitakere, Henderson and Te Atatu Peninsula.

Join us in 2020 to empower the next generation of girls and young women.

Find more information at girlguidingnz.org.nz/volunteers.

Anna Jeffs Private Investigator

Anna Jeffs is the director of Fox Private Investigators Ltd.

Fox Private Investigators Ltd is a highly professional and experienced team including ex NZ and UK Police and legal personnel, both with over 20 years of experience and ex-army personnel.

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Labour List MP based in Rodney

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✉ PO Box 94 Silverdale

f /MarjaLubeck @marjalubeck



Authorised by Marja Lubeck, Parliament Buildings, Wellington



investigations, criminal legal support, family and civil litigation support, locating missing persons and birth parents, document process serving, GPS vehicle tracking, computer and mobile phone forensics and bug sweeping. Please call Anna for confidential advice 021 036 8417 or visit www.foxprivateinvestigators.co.nz. Licensed by The Ministry of Justice: 13-008198.

Why Montessori?

In her time Maria Montessori was at the leading edge of education. She pioneered many of today's methods of teaching and contributed much to our understanding of how children learn.

Montessori believed that by placing children in a stimulating, specially prepared environment, their natural curiosity would help them become self-motivated learners. She stressed following the interests of the child with a focus on self-discovery. Education is 'preparation for life', not merely for school.



Key elements of the Montessori approach match today's parent's goals for their children including growing into capable, competent people with a strong sense of self, the ability to connect with others and the potential to be productive throughout their lives.

Our approach at Kumeu Montessori Preschool is to create a balance between learning through play and deliberate acts of teaching. We provide an innovative teaching approach that integrates Montessori's amazing insights with the best of modern teaching practices. Danielle McNaughton and Bronwyn Mills - Email managers@kumeumontessori.co.nz or phone 021 123 9113 or 021 119 2728.

Anna Jeffs Licensed Private Investigator

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Anna Jeffs
Director

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Property

Property market report

Prior to the outbreak of COVID-19, NZ's housing market had started to build up a head of steam. The pace of activity had clearly lifted - monthly house sales over the past couple of months have been running about 10% above year-ago levels. And with listings still perplexingly low, the faster pace of sales was chewing up much of the remaining inventory sitting on the market. This imbalance between demand boosted by tumbling mortgage rates, good wage growth, and the return of investor interest - coupled with weak supply saw markets in most parts of Auckland tighten up. The national median number of days to sell a house fell to 28. Annual house price inflation climbed to 8.7% YOY in February, having been scratching around barely above 1% as recently as April of last year. The short-term indicators of house prices, days to sell a house, and sales-to-listings ratio generally point to the upswing continuing. Except the game has now changed. The disruptive effects associated with the containment of the COVID-19 outbreak will tip both the NZ and global economies into recession. This backdrop of generalised economic uncertainty, plunging business and consumer confidence, doubts about employment prospects, and wealth and income declines will have implications for the property market. The historical precedent, is relatively clear. The impact of social distancing measures (will we continue to have open homes, public auctions?) presents an extra layer of uncertainty relative to past house price cycles. In the least it is likely we'll see the pace of housing activity/turnover throttle back, which will deliver a downward pressure on property prices. All of this has forecast annual house price reductions, and the annual inflation is expected to slow to zero by March 2021. Further ahead, assuming the outbreak can be restricted and economic activity recovers, we expect house price inflation to turn higher from around Q4 of this year, driven largely by recent and likely future cuts to mortgage rates.

Let's look at the sales results:

Coatesville Lifestyle	\$2,100,000 to \$5,300,000
Helensville Residential	\$544,000 to \$790,000
Helensville Lifestyle	\$985,000 to \$1,275,000
Huapai Residential	\$905,000 to \$1,175,000
Kumeu Residential	\$855,000 to \$1,230,000
Kumeu Lifestyle	\$1,750,000 to \$4,550,000
Parakai Residential	\$565,000 to \$879,000
Riverhead Residential	\$920,000 to \$1,006,000
Riverhead Lifestyle	\$1,100,000 to \$2,200,000
Swanson Residential	\$490,000 to \$1,425,000
Taupaki Residential	\$856,000
Taupaki Lifestyle	\$1,017,500 to \$1,450,000
Waimauku Residential	\$1,210,000

Waitakere Residential \$731,500 to \$1,480,000

Whenuapai Residential \$850,000 to \$1,284,000

We have a big cupboard full of buyers and the banks are saying yes more than they are saying no. Therefore if you would like to sell... it's time. Call me today on 0800 900 700, text me on 027 632 0421 or email me at graham.mcintyre@mikepero.com. See more at www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Commercial leases - for the tenant by Francine Cameron

It's just an agreement to lease? Do I really need to get legal advice before I sign?

Even if the agreement contains conditions you may still be tied to something you didn't fully understand. With some timely advice from your lawyer you can be better equipped to negotiate the terms and better understand the possible consequences. An experienced lawyer can give you good practical guidance on what's acceptable (or expectable). For example you may be able to negotiate a rent free period or fit out contribution.



There are a number of other important factors to consider including:

Operating Expenses (OPEX) paid in addition to rent - these usually include costs like rates, insurance, utilities and maintenance and service contracts. Are these apportioned fairly with other tenants?

Rent Reviews - How are these calculated? As a tenant you need to limit potential exposure to large rent hikes, or at least manage the timing of these.

Rights of Renewal - Frequent rights of shorter terms are suitable for some businesses, where as other business owners would prefer the security of a longer term.

Chattels/fittings - are they in good/working condition at the commencement of the tenancy and who is responsible for maintenance and service? This can include servicing of air conditioning, lifts and fire detection systems etc.

Personal guarantees - If the tenant is a Company and the Landlord asks for a personal guarantee then you will be personally liable. An alternative to a personal guarantee is a bank guarantee.

Reinstatement obligations - You are obliged to reinstate the premises to its original condition at the end of the tenancy (this could include



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Property

painting and decorating, replacing floor coverings and possibly this will mean undoing your fit out and any changes you have made to the premises).

Commercial leases are an unforgiving sort of document, once you have signed you are locked in and it is prudent to do your due diligence before signing up for the Lease.

The friendly folk at ClearStone Legal have just committed to a new lease at their beautiful new premises at The Vines, on the corner of Tapu Road and State Highway 16 in Huapai. We've recently moved from our previous space on the Main Road Kumeu (formerly Kumeu-Huapai Law Centre who we incorporated within 2018) and now have dedicated parking and a lift for easy access. Please call ClearStone Legal for all your personal and business legal needs on 09 973 5102.

Agreement for Sale and Purchase of Real Estate

The 10th edition introduced several changes that affect vendors (and purchasers) and which vendors must understand when signing up agreements even with a real estate agent (REA). Specifically from the vendor's point of view, there are significant changes to the compensation regime, and which existed in the earlier 9th edition, but are now much broader, which potentially could defer settlement to enable disputes to be determined. There are new timeframes for building and toxicology reports to match LIM reports (15 working days) introducing a longer conditional period and for which vendors may wish to consider inserting cash-out clauses so backup contracts can be signed up and pressure put on a purchaser to go unconditional asap. Very importantly, evidence is now required when an agreement is cancelled for the non-satisfaction of a finance condition. The consent of the Overseas Investment Office (OIO) is now a general condition for all overseas buyers, providing vendors the opportunity to negotiate and determine if they wish to risk consent being declined and the contract cancelling. Where tenancies are involved, vendors need to ensure they have all documents required for settlement i.e. original leases/tenancy agreements and to ensure that the REA notes correct details in the agreement. Vendor warranties have become broader including the warranty that, as at the date of the agreement, the vendor is not aware of any threatened or actual legal proceedings.

Schedule 2 now sets out chattels that do not have an operational function i.e. blinds, curtains and fixed floor coverings. Schedule 3 lists those chattels with an operational function i.e. stoves, dishwashers, alarms, heat pumps. These are covered by vendor warranties contained in clause 7.3(2). Vendors warrant that these chattels are delivered to the purchaser on settlement date in "reasonable working order" and/or "as is" (fair wear and tear excepted). Failure by vendors to deliver chattels creates a right of compensation. We



Luke Kemp
LL.B., B.COM., DIP. HORT

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recommend that the parties note in the agreement the condition of all chattels at agreement date i.e. "as is" condition or "reasonable working order".

Vendors should always seek accounting advice regarding any GST requirements prior to signing to ensure the GST warranties are properly stated. In terms of release of the deposit to vendors, there is a new requirement that the 10 working day requirement under the REA Act (during which the deposit must be held) starts once the stakeholder (REA) obligation is at an end. Thus in some instances it may make sense that the vendor's lawyer holds the deposit and not the REA. For deposit release, the purchaser should also provide express confirmation in writing that there are no requisitions. The parties' names are protected when agents provide statistical information to REINZ. In next issue, we will go over the purchaser's obligations in part two. If you have any questions or want us to review the draft contract before signing it, contact us on 09 869 5820 or email us at gina@ginajansen.co.nz. It is highly recommended that vendors seek legal advice prior to signing any contract.

SPS Plumbing Services Limited

Hi I'm Scott, the owner/operator of SPS Plumbing Services Limited.

I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying Plumber with 15 years' experience.

I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in Orewa and will work in the greater Auckland area.

I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - hot water cylinders, new builds, bathroom renovations, plumbing maintenance, kitchens, toilets, spouting, water mains, burst pipes and dishwasher and washing machine installation. Phone 0274 300 251 www.nocowboys.co.nz/businesses/sps-plumbing-services.

CLEARSTONE LEGAL

Incorporating Kumeu-Huapai Law Centre

We are proud and excited to announce ClearStone Legal has relocated to new offices. We are now situated at the new business centre called The Vines on the corner of Tapu Road and State Highway 16 in Huapai.

We also have our other office at 547 Te Atatu Road, Te Atatu Peninsula, Auckland.

You can contact Debra and Jane on 09 973 5102 or drop into the office, Tuesday to Friday 9 am - 5 pm.

**1A Tapu Road,
Huapai, Kumeu**

09 973 5102



Debra Barron, Principal
Jane Barclay, Legal Executive

Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COASTVILLE	3,000,000	1.62HA	359M2	5,300,000		560,000	1014M2	88M2	649,000
	2,275,000	1.16HA	303M2	2,100,000		500,000	0M2	110M2	605,000
HELENSVILLE	800,000	0M2	156M2	750,000	RIVERHEAD	1,250,000	1.14HA	146M2	1,100,000
	1,075,000	1.6HA	134M2	1,275,000		920,000	809M2	90M2	920,000
	640,000	883M2	260M2	670,000		2,275,000	2.1HA	298M2	2,200,000
	680,000	813M2	89M2	555,000		1,150,000	1492M2	176M2	1,006,000
	660,000	675M2	81M2	660,000	SWANSON	1,240,000	605M2	323M2	1,340,000
	870,000	961M2	135M2	699,000		1,035,000	6867M2	215M2	1,055,000
	750,000	1275M2	140M2	790,000		465,000	1051M2	70M2	490,000
	720,000	603M2	154M2	775,000		1,315,000	4045M2	230M2	1,315,000
	1,400,000	4HA	120M2	985,000		1,120,000	1619M2	200M2	1,270,000
	630,000	491M2	106M2	750,000		1,230,000	600M2	320M2	1,350,000
	630,000	1097M2	147M2	675,000		730,000	476M2	110M2	810,000
	450,000	0M2	57M2	544,000		650,000	570M2	120M2	685,000
	1,200,000	1.84M2	230M2	1,120,000		830,000	221M2	180M2	819,000
HUAPAI	920,000	604M2	151M2	905,000		1,250,000	684M2	339M2	1,375,000
	1,450,000	607M2	310M2	1,175,000		740,000	1443M2	161M2	870,000
KUMEU	1,800,000	2132M2	122M2	1,740,000		1,290,000	600M2	361M2	1,425,000
	920,000	400M2	180M2	855,000	TAUPAKI	2,100,000	1HA	340M2	1,450,000
	1,200,000	788M2	260M2	1,230,000		1,100,000	1HA	105M2	1,017,500
	2,700,000	4HA	300M2	4,550,000		730,000	1027M2	82M2	856,000
	910,000	419M2	180M2	875,000	WAIMAUKU	1,100,000	1550M2	195M2	1,210,000
	890,000	378M2	172M2	949,000	WAITAKERE	730,000	847M2	110M2	731,500
	770,000	191M2	141M2	872,500		865,000	4148M2	66M2	962,500
	970,000	400M2	199M2	905,000		1,400,000	5185M2	285M2	1,480,000
	730,000	905M2	128M2	950,000	WHENUAPAI	950,000	809M2	140M2	850,000
	940,000	409M2	185M2	1,025,000		1,575,000	3185M2	143M2	1,284,000
	1,650,000	1.18HA	184M2	1,750,000		1,200,000	343M2	270M2	1,142,000
PARAKAI	510,000	1014M2	61M2	565,000		1,180,000	344M2	256M2	1,100,000
	720,000	1012M2	100M2	879,000					

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 Hobsonville 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.

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CLASSIC KIWI BUNGALOW - BEST LOCATION

3 1

By Negotiation

62 Tudor Road, Henderson

By Negotiation

The home is a genuine and classic bungalow that has been crafted to enjoy three bedrooms and two lounges although the hero of the home is an exquisite open plan entertainers kitchen and lounge and the infusion of a second lounge with the attached Palapa offering an extra open air living space for all occasions.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2269727



PRIME LOCATION, 4 BEDROOM, 2 BATHROOM

4 1 2

By Negotiation

22 Vina Place, Massey

By Negotiation

The home has an easy flow through open plan lounge dining to north east decking overlooking fully fenced back yard and two level play house. Offering four generous bedrooms, office nook, ensuite and main bathroom to ensure limited congestion in the mornings. Central kitchen, storage and laundry area delivers an easy transition to getting jobs done.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2250920



QUIET FULLY FENCED ROW LIVING

4 1 2

By Negotiation

46 Zefiro Drive, Massey

By Negotiation

Set at the end of a ROW, enjoying 609 square meters of land with loads of off street parking - up to 8 cars, a fenced lawn area which leads onto a private deck with established plantings and open pergola. The home has four bedrooms, huge Master with walk-in Wardrobe/Ensuite, family bathroom & separate WC. Open plan entertainers living with two lounges flowing onto decking areas.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2255417



NEAR NEW, HOMELY AND COMPLETE

3 2 2

By Negotiation

6 Vincent McGrath Crescent, Swanson

By Negotiation

A quality pedigree build from Fletcher Living. This three bedroom home with open plan kitchen/dining, delivers an easy living lock-up-and-leave environment with all the trimmings on 350 sqm of land. The home is split level with nylon carpeted double garage and laundry leading to open plan kitchen/ dining and lounge with guest bathroom and alfresco to north facing patio and grassed area.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2274221



FOR AN EDUCATED DISCERNING BUYER 4 5 3 By Negotiation

2 Koraha Road, Kumeu
By Negotiation

North facing, this home has been crafted to suit a family or mature couple offering an adult wing and Children/Guest wing. Open plan designer kitchen with breakfast bar and scullery, lounge area with gas fire place and dining area, separate formal lounge and family room, a generous designer space that flows through to the covered patio and beyond to the in-ground heated pool.

www.mikepero.com/RX2249624



Graham
027 632 0421
graham.mcintyre
@mikepero.com



SEAVIEWS, COUNTRYSIDE LIVING 3 2 1 \$649,000

18 Shelly Beach Road, Shelly Beach
Asking Price \$649,000

This renovated and redecorated three bedroom home delivers a delightful easy living home with new kitchen and bathroom. Open plan lounge dining which extends to North East decking with commanding rural and inner harbour views. Downstairs is an over-height double garage with office/ workshop and laundry, providing plentiful space for storage.

www.mikepero.com/RX2268507



Graham
McIntyre
027 632 0421



AFFORDABLE ON 1236 SQM OF LAND 4 2 2 By Negotiation

16 Denehurst Drive, Waimauku
By Negotiation

Open plan living and entertaining linking to north facing decking with large overhangs delivering the best of the sunshine and shade with the protection from the rain. An excellent layout including four bedrooms (master with ensuite and walk in wardrobe), two bathrooms and three toilets feature in this expansive two level home.

www.mikepero.com/RX2223811



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BRICK AND TILE - AFFORDABLE, MODERN LIVING 4 2 2 By Negotiation

36 Fordyce Road, Parakai
By Negotiation

Easy care Brick and Tile home on 520 square meter section, this property is perfect for a family or an investment in a great semi rural environment. Offering four double bedrooms, including master with en-suite and walk in wardrobe. Open plan entertaining living opening out to north west patio. A double garage with options for workshop keeps toys and tools off the street.

www.mikepero.com/RX2163650



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ROCK SOLID OPPORTUNITY 4 3 2 **By Negotiation**

81 Stoney Creek Drive, Waitakere
By Negotiation

A perfect home for an active family who need plenty of space inside and out. Bring the grandparents too or combine two families as the 4 bedroom, 2.5 bathroom, 2 living area design is ideal for two couples. As well as the three-car garage at the house there is a large 108 sqm shed incorporating a third full bathroom and office or games room.

www.mikepero.com/RX2109381



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SHOW ME THE MONEY - AFFORDABLE LIFESTYLE 4 1 1 **By Negotiation**

7 Kaipara Lake Road, South Head
By Negotiation

Set high with sea views and land on the exclusive Tupare Estate. This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idelic Kaipara Harbour make this home more than a lifestyle option but a picture paradise.

www.mikepero.com/RX2039027



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RUSTIC CHARACTER, BARN AND MODERN STUDIO 6 5 2 **\$1,995,000**

41 Coatesville-Riverhead Highway, Coatesville
Asking Price \$1,995,000

4 acres comprised of established native bush and pasture delivering a private, tranquil and sunny glade. A diversity of living rooms, separate dining room, four bedrooms, an office and two bathrooms while the hub is the open plan kitchen and step down entertainment lounge with high, wooden, cathedral stud and cascades of light. near new studio comprising five rooms (ccc not issued).

www.mikepero.com/RX2166107



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027 632 0421

3222 SQUARE METERS - BIG OPPORTUNITY 4 1 2 **\$1,545,000**

44 Puriri Road, Whenuapai
Asking Price \$1,545,000

This gently sloping fully usable property ticks the boxes for a sensible buyer interested in adding value and creating a return, based on the size of the land and the two driveways (independent development opinion from Terra Nova planners available to prospective buyers). The property has multiple improvements including a very well presented period bungalow, office, workshop, sheds and garaging.

www.mikepero.com/RX2204835



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BLANK CANVAS - THIS IS THE MONEY SHOT

By Negotiation

Kiwitahi Road, Helensville

By Negotiation

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11 Papa Orchard Drive, Kumeu

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www.mikepero.com/RX1835017



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MADDREN HOME - 428SQM SECTION

By Negotiation

43 Nobilo Road, Kumeu

By Negotiation

This beautiful showhome package has truly been designed to showcase today's entertaining lifestyle. A stylish kitchen features stunning stone bench tops, that lead you out to the large entertaining area. The thoughtfully placed large windows and 2.55m high ceilings bring lots of natural light into the house even on overcast days. Buy the section as is, or work with our building partner; Maddren Homes.

www.mikepero.com/RX1834921



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027 632 0421



451SQM SECTION

By Negotiation

42 Jane Maree Road, Kumeu

By Negotiation

Blank canvas to build in Kumeu. Take the time to appreciate the value attributed to this unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.

www.mikepero.com/RX1835003



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Home & Garden

Leaves a problem?

With the arrival of autumn, we are seeing the usual influx of falling leaves that cover walking paths and driveways. With a bit of rain, paths and drives become slippery and dangerous. Fallen leaves play an important role in nature, providing a rich natural compost to plants and trees. Nature needs them, but it is nice not to have them on the paths & walkways. Generally, leaves are a pain to collect, so make life a bit easier and safer with this quality



Japanese made petrol powered leaf blower. This must be the lightest and easiest to start leaf blower on the market. A simple walk up and down your path and blow those leaves back to the garden and under trees and shrubs where they can do their composting job. The Shindiawa EB221 is on special at Grasslands Kumeu saving \$50.00. 20 Shamrock Drive, Kumeu Ph 09 412 7880.

Monthly spotlight – drainage

Drains should be kept clean and clear for them to work effectively. Drain maintenance goes a long way in keeping your drains in good working condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance



checks to prevent blockages from occurring. And if a blockage does occur, Laser Whenuapai has specialist equipment to clear out stubborn blockages.

Our qualified drainlayers can perform a full range of drainage repairs and replacements, from new drainage through to storm water and waste water works. We offer CCTV services as well as a state of the art 24/7 drain unblocking service for any unforeseen emergencies.

We are also your local specialists in plumbing maintenance, hot water systems, repairs and installations and all aspects of roofing.

No job is too big or too small for Laser Whenuapai. From basic tap washers through to full re-piping, gas systems or roofing repairs, we can provide you with a complete solution. A large commercial project or a smaller residential fix-up, we can do it all.

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

Attracting birds to your garden

Many gardeners are nature lovers as well, and one of life's pleasures is seeing your garden provide food and shelter for native wildlife all year round. Birds, skinks, geckos, butterflies, bees, wetas, the list goes on.



Whether you have a large garden or small, there are plenty of plants to attract and feed the birds especially during winter and spring when the tui and our native wood pigeon will travel long distances in search of food. Food sources are scarce during the winter, so by planting a couple of different varieties of plants now, and your neighbour planting a couple more, soon you will have birds visiting throughout the year.

Awa Nursery has a range of plants to help you on your way to creating a food haven for the birds. Kowhai, titoki, karaka, flax, wineberry, corokia, cabbage trees, Fuchsia procumbens, putaputaweta, lacebark, Muehlenbeckia, and pohutukawa are just some popular natives to encourage the birds, providing nectar, fruit or seeds. There are many more, and we also have plenty of exotics you can consider. Encouraging insects for birds to feed can be done by providing a good layer of mulch or leaf litter on your garden. The skinks will also benefit from this. Be sure to provide fresh and clean water in a safe location away from cats.

Now is the time to plant, and large or small, there is bound to be



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WESTERN


Home & Garden

something at Awa Nursery that will fit in your garden to help feed the local wildlife.

Older stonemason swears by natural materials

Hi, I'm Dave Milina. I am a little older now and for most of my life I have been a stonemason having been taught from the old Dalmation school. I would say it's been an interesting journey. The majority of my contracting time has been spent in the public and private sector, working for Council in Parks and Reserves, and also in working with private clients.



The contracts have been massively varied in stonework and in landscaping, however what I want to tell you is this... SUSTAINABILITY is the big thing now. Sustainable materials and natural materials are big. After all these years, I now work mainly with two materials - rock and aged mulch.

By using dry stacked rock, a hillside covered in kikuyu is being transformed into a landscaped area ready to plant vegetables and fruit trees.

Using natural materials to create beautiful landscapes is deeply satisfying. Talk to me to find out more. Dave Milina 027 1962 19 161.

Fence palings

Stronger and sturdier and available now at all Western ITM Stores... 150x25mm fence palings are now at 19mm prices.

Planning on cleaning up your back yard or shed? All Western ITM Stores stock Green Gorilla general waste bags. These super handy 3 cubic metre bags hold up to 1 tonne. Supplied flat packed and collection is included in the price... \$169.99 incl GST.

About to build your dream timber deck? Looking for an arsenic and chrome free alternative? Exclusive to Western ITM is GenDECK™... GenDECK™ is the new standard in decking that's better for you



and better for the environment. GenDECK™ is ACQ H3.2 treated pine timber which comes complete with a 50-year warranty and in two profiles 100x40mm and 150x40mm (smooth four sides).

Visit westernitm.co.nz for a free online quotation or call instore and speak to one of the experienced Western ITM team today.

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Phone 09 412 8148 | email kumeu@westernitm.co.nz | westernitm.co.nz.

April in your garden

As the cooler months settle in, now is the ideal time to get your winter vegetable garden underway, plant your bulbs for spring flowering and establish or repair your lawn.



Autumn is the best time to plant new trees and shrubs so they can get established over the cooler, wetter winter months.

In the flower garden, remove spent summer flowering annuals and plant your favourite winter flowers. For best results prepare the soil by digging in Garden X Compost.

There's still time to get your spring bulbs planted. We have all your favourites in store along with specialist bulb food and bulb mix.

Dead head established roses and start planning for your new season roses. These will begin arriving in late May so prepare new planting sites now, with Palmers Garden X Compost.

In the edible garden, refresh your herbs with parsley, winter mint, chives, rosemary and other winter herbs from Palmers seasonal range.

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Home & Garden

If you're sowing a new lawn, or replacing an existing one, now is the time. We have a great range of lawn seed from hardwearing for playgrounds to easy care. Mix in Saturaid with your lawn seed and spread over the area, this will improve water penetration through the soil and reduce dry patches.

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We have installed a system on our Silverdale warehouse, plus a battery backup so we don't lose power in a black-out. Our results shine out from the \$10 power bill we've just received.

We've been in the solar business for almost 10 years and still get a kick out of seeing solar produce results like these. Technology is becoming far more efficient and that's something we enjoy keeping up with, so all of our happy customers get excellent power bills too... Solar curious? We are making up free reports for businesses this



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Autumn in the garden

Autumn is an important season in the garden. It's a great chance to get both your garden and lawn in order before winter, and it's also a great time for planting your spring bulbs so later in the year your garden will come to life with amazing colours and fragrances.



Lawn care - Give your lawn a final mow around the beginning of May. Don't cut the grass any shorter than 5 cm as longer grass can make better use of less sunlight over autumn and winter. A longer lawn will also help resist those pesky weeds and moss.

Use a hose-on weed and feed spray like Kiwicare Turfclean and Green to clean up broad-leafed weeds. Autumn is also a great time to fertilise because it protects your lawn through the winter months, and ensures it stays healthy and green throughout the year. A bag of Tui Lawn Force Slow Release Fertiliser will help you tick that job off your lawn care list.

If you are looking for your first lawnmower or just need to upgrade your current one I seriously recommend that you check out our range of battery powered mowers from EGO, Masport, Lawnmaster, Makita, Jobmate and DeWalt. Talk to one of the team in our Power Garden department and they can help you select the right mower for you and your lawn.

Spring bulbs - something to look forward to - An easy reminder of when to get your bulbs planted is when daylight-saving ends on April 5th. Autumn is best, as the bulbs require cold soil to remain dormant. Bulbs can be planted in the ground, or in containers. If possible, try to plant them in areas where you will enjoy the amazing scent, especially from the Hyacinths and Freesias.

Bulbs like well-drained, rich soil so add some Tui Bulb Mix and Tui Compost to prepare your soil. If there's any clay, use some gypsum to help break it up. There is a huge variety of bulbs and the more varieties you plant the better as this gives you a longer flowering season, as well as a surprise every time a new bulb pops up.

Whether in a pot or in the ground, you don't need to water them much as they'll get enough from the winter rain. Just remember to feed your spring bulbs when you plant, once they sprout and after they flower. Tui Bulb Food has the right mix of NPK, rich in Potassium (K), for flowering.



issues with drainage... the solution is kaneage

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Home & Garden

If you would love to try your hand at planting some spring bulbs but need some advice our friendly Garden Centre team are ready and waiting to help.

Tile and grout cleaning and re-colouring

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

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

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

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

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

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

I've been a franchisee of The Pro Group for 5+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email mark.b@theprogroup.co.nz.



Waimauku Garden Club

Autumn has arrived. Cooler mornings and evenings and hopefully everyone has water.

February saw our group head south to the Nathan Homestead where the ladies provided us with tea, coffee and a muffin, very welcome after our early start.

It was such a beautiful day we were able to sit outside before walking around the gardens, admiring the Homestead from outside and looking at the Water Tower.

Although grounds were dry there seemed to be an abundance of colour and shape.

Inside the Homestead they had an art exhibition on, potters at work and a couple getting married, as well as people at The Butlers Cafe. A busy place. Nice to see the venue being used.

As the day got hotter we bused across the motorway to the Auckland Botanical Gardens to have lunch. Some lunched at the Miko Cafe while others enjoyed their picnic lunch outside on one of the seats. It was a hot walk around the gardens and on the look-out for the sculptures as well. It was well worth the visit.

Contacts: Ann 021 035 7406, Bette 021 145 1854, Diana 027 478 8928, Judith 027 272 9994, Moira 027 498 9152, Veronica 027 755 4645.

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Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.



Livestock report

Saturday's Pukekohe cattle auction saw numbers up on the previous

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Home & Garden

week and the market was stronger as well. With very few prime cattle on offer, a smallish yarding of nice quality store cattle met with very strong bidding, with prices, whilst not record breaking, but certainly more than acceptable to vendors. With rain imminent, a more positive feeling around the sale yards generally results in a lift in prices. This will happen, especially for better quality cattle.

Cattle	Lowest Price	Highest Price
Medium x-bred 15-month steers	\$958	\$1,000
Medium weaner steers	\$550	\$675
Medium prime heifers	\$1,270	
Quality 18-month heifers	\$910	\$1,060
Medium rising 1-year heifers	\$705	\$740
Very plain weaner heifers	\$350	\$430
Boner cows	\$670	
Sheep		
Ewes	\$120	
Rams	\$122	\$142

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home design that suits the section, resulting in a large range of sites and homes available to you. We have House & Land Packages to suit budgets and tastes - all at fixed prices for peace of mind, transparency and surety of costs.

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Your home will reflect your personality: There is no such thing as a cookie-cutter Signature Home. You will be able to personalise your home by deciding on everything from flooring to tile, fixtures, fittings and kitchen and bathroom colours. Every Signature client receives one-on-one time with an interior designer to fine tune your ideas and make your home uniquely yours.

Your home will be healthy: The quality of new homes with modern building and material technologies ensure you can count on a warm, dry home for many years to come.

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Central's Tips

April 2020



It's time to replenish the garden by conditioning the soil with plenty of compost and sheep pellets. Sow a green cover crop to add nitrogen.

It's lawn time, apply fertiliser to existing lawns to give them a pre-winter 'pep' up.



Sow hardy vegetables

Brassicas like broccoli, cabbage and bok choy can go in now as well as root vegetables like carrots, beetroot and parsnip.

In the Edible Garden

- **Sow a green crop:** doing this adds nitrogen to the soil ahead of new food crops. Sow blue lupin and mustard seed in beds that are not being used over winter. Cut the foliage down when the crop is at knee height and leave it to decompose on the soil
- **Plant seedlings of hardy brassicas** such as broccoli, cabbage and bok choy
- **Sow carrots, beetroot and parsnip**
- **Control powdery mildew** on the leaves of zucchini and cucumber that are still producing vegetables with a homemade spray: 1 cup of milk and 1 tsp of baking soda to 1 litre of water mixed together and sprayed to cover the leaves
- **Curly parsley** makes an excellent decorative focus in the vegetable garden in winter. It can be grown as a very small potager hedge or garden edging.
- **Time to plant edible hedges** such as feijoas and bay trees, or the smaller NZ cranberry, Myrtus ugni which is a lower grower

The rest of the Garden

- **Fertilise lawns with ProLawn Turfmaster Gold.** This product is a premium lawn food that encourages grass growth. Feeding lawns now will ensure they're in good shape before the cold weather hits
- **Cut back finished perennials** such as daisies, lavenders and catmint. Spread compost around them. For plants that become fully dormant, tidy up dying foliage and mark their crowns with a small stake. That way they can be lifted and divided in winter to make more plants
- **Soil conditioning** is top of the list for this time of the year - dig through fresh compost and sheep pellets - gets plenty of soil biology going and replenishes nutrients and organic matter that has been depleted over the growing season



Plant edible hedges

Feijoas and bay trees make great hedges and add great flavours to your kitchen.

Project for April

Concreting Time

The dry autumn season is perfect for getting on with concrete projects. Do it now to ensure dry accessible areas in winter. Basic concrete mix is 1 cubic meter of Builders Mix to six 40kg bags of cement.

For all the products you'll need for your project visit www.centrallandscapes.co.nz





We dig great lawns.

Get your lawn looking great! Whether you're sowing a new lawn, or repairing and maintaining your existing turf, talk to our friendly team at Central Landscape Supplies Swanson, we have a range of lawn products to suit your needs.



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Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
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Pets

Kids' safety programme delivered in Te Reo Maori

It seems to be every week we are hearing about a dog bite incident. In February there was another young boy bitten very badly outside an Auckland School. So what can we do to prevent these from occurring?

Education is key to reducing dog bites; teaching not just children but the whole community about dog safety.

There is one organisation that is doing just that. Kids Safe with Dogs Charitable Trust. Not only do they go into schools to educate children but they have an online Canine Body Language course that is for every member in our community.

This week Megan and Buster went to Royal Road Primary School in Massey to educate children on how to behave around dogs.

Royal Road has an excellent Te Reo Maori programme and with the assistance of one of the teachers they delivered the Three Golden Rules in both English and Te Reo Maori. Each child received a 12 page activity book that is written in both languages.

The students who did the same programme last year received a different activity book that also talks about the 5 Freedoms helping our younger generation to become more responsible dog owners.

One of the founders of the charity Joanna Clough also attended to



see the delivery of the new Te Reo Maori programme.

Joanna is currently in discussion with over 50 local boards and councils around New Zealand who are interested in delivering the programme using their Animal Management and Dog Control officers. "The interest has been exceptional", said Joanna. "We have invested 10's of 1000's of dollars into developing the programmes and we have had them peer reviewed by Massey University to ensure that they are age appropriate".

It's because of the investment we have made that we know that creating good, solid programmes based on the latest research both here and overseas is expensive and time consuming. Which is why we are giving the programme to the councils for free".

Not every council is interested so in those regions Joanna is looking for someone to take over the charity and look after Auckland and any other areas that need the programme.

Joanna is also the director of The Dog Safe Workplace, which educates companies where workers are required to enter properties where dogs are present.

"I just don't have enough hours in the day to do both, so if we can assist the Local Boards and Councils, educate the community and reduce the number of dog bites it would be a win-win-win".

For more information you can contact Joanna on jo@dogsafeworkplace.com or 027 473 7244.

Kanika Park Cat Retreat

Make this fluttery feather cat toy. Give these fun feather teaser toys a try.

Do you love searching the Internet for fun DIY projects – especially ones that include your cats. Give this a try!

What you'll need: Scissors, felt, iron, jingle bell, satin cord and jewellery jump ring.



Instructions

1. Cut out one large and one small feather shape from two different coloured pieces of felt.
2. Cut out several notches on both sides of the feather shapes.
3. With a hot iron, press a crease down the centre of each feather.
4. Add a jump ring to the jingle bell.
5. Cut a 1-yard length of the cord and run it through the jump ring.
6. At the bell, tie the cord around the feather stems with a double knot.
7. Knot both ends of the cord, so it doesn't fray

Don's Tours

Come and Join us, make new friends.

We are a husband and wife team living locally running half and full day trips for seniors to some of Auckland's beautiful attractions Matakana Sculpture Gardens, Howick Historical Village, Auckland Botannical Gardens and more. Makes the perfect gift.

AP Driver has the right to cancel trips if minimum number is not reached.



Upcoming Trips

Wed 15 Apr - Matakana Sculpture Gardens
 Thur 16 Apr - Howick Historical Village
 Wed 22 Apr - Auck Botannical Gardens
 Thur 23 Apr - Zoo
 Wed 29 Apr - Brick Bay Sculpture Gardens
 Thur 30 Apr - Motat

AP Driver Ltd
 Donald Ph 021 757 823 or 832 3441

ANYTIME PEST CONTROL

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RATS, MICE, SPIDERS, WASPS ETC.

WEEDSPRAYING

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PHONE: 09 411 7400 MOBILE: 027 277 7143

Pets

Curious cat alert! Because of the jingle bell and cord, this should be a supervision-only toy.

We have a wide variety of toys here. Contact Kanika Park Cat Retreat
09 4115326 | 027 5501406 | info@kanikapark.nz | kanikapark.nz.

Stories from a pet photographer

The most beautiful time of the year for photos is fast approaching us. As the trees start turning a gorgeous array of reds and oranges, and the leaves start dropping, I love getting out into some of Auckland's parks to capture dogs and their owners amongst the stunning colours.

One of my favourite photoshoots from last autumn was with a beautiful doggy duo called Starsky & Gypsy (pictured). These two are such good buddies and depend on each other for reassurance and comfort, which is so beautiful. They absolutely loved getting to fossick through the crunchy fallen leaves, and were super stars when it came to posing for my camera. The resulting photos were gorgeous.

Auckland Domain is one of my favourite shoot locations at this time



of the year with so many beautiful mature trees, as well as having the Winter Gardens right there to pop into. It's also a bonus when the fallen leaves are blanketing the ground as it provides a nice little pop of colour, and an opportunity to create some really fun portraits.

Book in a professional photoshoot for you pets and family today. Visit my website for bookings and more information - Kirsty www.dogandco.nz.

Kumeu Kennels where dogs have FUN

A 'Day-Care' service for dogs which enables your dog to play, interact, and gain confidence with other dogs in a safe and monitored environment.

Socialising is done selectively by experienced staff, dogs are put into groups of between six and eight taking into account age, nature, size, breed, energy levels and personality type i.e. submissive, dominant or neutral, this ensures maximum safety yet still allows your dog the right to mix with other K9's just as they would have interacted with their litter mates. If you do not wish your dog/s to socialise with others we have a separate exercise area for them to run and or play ball in with a handler, and for the more people-orientated dogs a handler can be made available to take them on a 'walk and talk' stroll around the property, enquiries phone 09 412 7665 or go to www.kumeukennels.co.nz.

KUMEU CENTRAL IS LIVE!



Colliers International are proud to bring this brand new retail and office development to the market, giving tenants and owner occupiers the opportunity to house their businesses in this sought after Kumeu development. Burger King and Anytime Fitness are committed, as well as Williamson Water & Land Advisory Ltd as owner occupiers, all of which will be opening their doors in August 2020.

Available retail floor areas range in size from 63m² to 129m², with only one office space left of 165m². Construction has commenced with completion due later this year.

FEATURES

- Retail and office space for sale or lease
- Retail sizes from 63m² – 129m²
- One office space of 169m²
- Developed by renowned Matvin Group
- Sought after central Kumeu location
- Burger King and Anytime Fitness committed



Caroline Cornish
021 390 759

Craig Smith
021 490 580

Food & Beverage

Peko Peko

Healthy modern Japanese food restaurant at 102c Hobsonville Rd. We are dedicated to providing fresh and healthy Japanese food, only using free-range chickens and eggs, homemade sauces, no refined sugar, no msg, gluten-free options, vegan-friendly options and our place is a kids-friendly. Please check our Facebook and Instagram page at pekopekonz 09 416 1197.



High Tea in the garden

Some occasions deserve more than just a cupcake. Try Café Botannix Westgate's High Tea menu and feel just a little bit fancy for the afternoon. In our garden setting, surrounded by the lush greenery and fragrance of the garden centre, you'll enjoy a fine selection of scones, delicate sandwiches and sweet treats with your choice of drinks from our premium selection.



For just \$30 per person, enjoy our delicious selection of treats with a regular tea or coffee. Or for \$35 per person, enjoy with a glass of bubbles, beer or wine.

Treat yourself, family or friends to High Tea. Bookings require at least 24 hours' notice. To book, please call Café Botannix Westgate on 09 810 8385 or email emma@cafe-botannix.co.nz and please inform us if you have any dietary requirements.

Open 7 days from 8.30am.

Phone 09 810 8385 | www.palmers.co.nz/cafe-botannix/

Turbo charged lemon honey drink

This is an awesome hot drink to help clear the sinuses, soothe a sore throat and add some great nutrients from fresh produce to help keep you healthy this winter.

Ingredients: 1 whole, fresh lemon (unwaxed) cut in half; 2-3 teaspoons raw honey (add more if you are using very sour lemons such as Lisbon); 2 x 8cm (approx.) sprigs of fresh thyme; 2 cloves of garlic, sliced. You will need a large mug that holds approx. 300-400ml and some boiled water.

Method: Squeeze the juice from the lemon into a mug, then add the lemon halves to the mug. Add the remaining ingredients, topping up the mug with boiled water. For a sore throat, add three to five whole cloves. For a blocked nose or sinuses, add 2.5 cm of fresh chilli, chopped. Stir well, then cover the mug with a saucer and allow to stand for 10 minutes before enjoying.

New Zealand Herbal Brew is an online herbal tea store based in Kumeu. Visit our website: NewZealandHerbalBrew.co.nz.



Soljans Estate Winery

Even if you just live 10 minutes away, our online shop has all our wine available to be delivered to your door. With free shipping on 12 bottle cases there's no need to leave the house. Have a look for yourself at www.soljans.co.nz or call us on 412 5858 to make an order over the phone, for pick up or delivery.

If you're feeling adventurous, check out our new menu on our website too, then come along to our café and enjoy a relaxing lunch



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Food & Beverage

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New menu available from the 1st April 2020.

Café open 11am - 3pm weekdays and 9am - 3pm weekends.

Call us on 09 412 2680 to book your table.

Book Allely Estate for your next special celebration

It's autumn and our gardens are still looking incredible. Did you know we host lots of private functions? Milestone birthdays (21sts, 30ths, 50ths, 60ths and the like), engagement parties, wedding anniversaries, family reunions, corporate parties and more - we love being a part of these special events. One of



the main benefits of booking with us is that we have a dedicated (and free) Events Planner who helps organise everything from the menu to the venue set-up. Speaking of menus, our 2020 menu is amazing - our chefs here really are talented at what they do. Guests always leave raving about our food. If you've got a special occasion coming up, check out Allely Estate - we can host your guests in our beautiful gardens, historic renovated villa or permanent marquee. Plenty of options to suit all kinds of celebrations and budgets. www.allelyestate.co.nz.

Have yourself a good eats Easter

Aside from indulging in all that chocolate over Easter, how about treating yourself to a decadent breakfast?

Try NoShortcuts Feijoa & Ginger jam with cream cheese on bagels for something superbly scrumptious - you could also try it on hot cross buns for something different.



The good news is feijoa is hailed as the new 'super fruit', full of antioxidants, low on calories and loaded with vitamins such as Vitamin C.



FreshChoice Waimauku
 A-2 Waimauku Retail Centre
 5-19 Factory Road
 Waimauku, Auckland
 Phone: (09) 411 7890/411 9495
 Fax: (09) 411 8050
 Mobile: 021 048 3355
 Email: waimauku.fc@xtra.co.nz

And, combined with real ginger, this handmade jam is packed full of locally grown fresh produce with no nasties and comes in a recyclable glass jar.

NoShortcuts chutney, relish, pickle and jam can be found at Countdown Hobsonville, Organics Out West, Farro Fresh Mairangi Bay, New World Albany, Milford and other stockists. Check for details at www.noshortcuts.co.nz, or visit Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

Westbrook Winery

Westbrook Winery is celebrating 85 years of wine-making in NZ this year. This month we are also celebrating a small drop in temperature, finally. The leaves on the vines and trees have already started to change colour - autumn in the Ararimu Valley is truly beautiful. It's been perfect weather for vintage which is wonderful when all of the fruit is hand-picked. The wine-making team are on early starts and



late finishes at this time of year but it's a small sacrifice to make when the wines they create are so crazy-good! We have created another delicious seasonal autumn platter, which matches perfectly with our legendary multi-award-winning Waimauku Chardonnay. Come and visit us - there's plenty of space to sit and enjoy the surroundings, some lovely wine, food and wine-tasting. Bookings must be made for groups of six or more and are highly recommended for all visits. For more information please go to www.westbrook.co.nz or call the Cellar Door 09 411 9924.

Need something lifted or shifted?

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26 metre reach



Call us for all your lifting requirements.
Phone A P George; 027 229 2919

Health & Beauty

Keep your teeth healthy through Easter

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

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

I hope these tips help you maintain your gorgeous teeth through the holidays.

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

New Year New You 2020 - 6 week ladies only challenge

Let's celebrate the start of 2020 by getting fit, strong and healthy!!

Ladies - most of us have a predetermined mindset this time of year, we've set our New Year's resolutions but often, not long after the year has started, life sets in and we slip back into old habits.

Kumeu Gym's annual Ladies only, New Year New You Challenge is here to help you build your confidence, strength and fitness, while building great habits, to continue long after the challenge is finished. You will be guided with your eating, your mindset as well as your strength and fitness.

If you are new to the area, this is a fantastic opportunity to meet new friends while getting fit in a fun and safe environment.

You will be given a meal plan that works within your lifestyle, you will have your body composition completed before and after and you will also receive six weeks of our SMART Group Personal Training

which gives you access to Group Personal Training with our highly skilled Personal Trainers six days a week. Your membership will also include all of our Group Fitness Classes as well as 24 hour access to our facility.

Check out our website www.kumeugym.co.nz our Facebook page Kumeu Gym or call us on 09 412 8932 for more details.

Register now - Challenge start date is Saturday 18 April, weigh in dates are Saturday 18, Monday 20, Wednesday 22 and Friday 24 April. Limited spaces.

Planning a wedding? Or a special occasion coming up?

Wedding season is in full swing and Fresh & Flawless would love to help you look and feel your best on your big day. Get in touch with Lauren today, hair and makeup bookings are open for 2020/2021. Fresh & Flawless is fully mobile for hair & makeup jobs and has a beautiful studio on Matua Road in Huapai for your beauty needs, offering gel polish, spray tans, eyebrow wax and lash/brow tinting. www.freshandflawless.co.nz lauren@freshandflawless.co.nz



Well, well, well...staying safe from Covid-19

We all know about regular hand washing and covering mouth and nose when coughing and sneezing, but what else can one do to Not Catch It?

At For Eyes in the Kumeu Village, we want zero spread of the Covid-19 virus. We are a small independent practice far from the crowds which makes for a lower risk. And we won't hesitate to self-isolate if needed.

We disinfect all surfaces patients come into contact with: equipment, chin and forehead rests, hand-controls, chair armrests, etc. with



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

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
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Health & Beauty

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An important note: Conjunctivitis ("pink eye") has been reported in some Covid-19 cases. So if you have conjunctivitis together with symptoms of fever, cough or shortness of breath, please phone Healthline's dedicated COVID-19 number 0800 358 5453.

Phone For Eyes on 09 412 8172 for an appointment with Matthew or Molly Whittington.

Do you or someone you know play rugby?

Have you had a recent sport injury?

Common rugby injuries: UCL/RCL sprain and fractures.

Common netball injuries: PIP joint sprains including collateral ligaments and volar plate injuries and finger fractures.

At the Hand Institute: We are specialists in dealing with injuries of



the upper-limb anything from the elbow to the fingertip. We can initiate your ACC claim you do not need to see your GP first. We can send you for any diagnostic x-rays and provide splints and casts when required. Help you with rehabilitation to get you back to your previous activities as soon as possible.

Call the Hand Institute today to arrange an appointment 09 412 8558 or www.handinstitute.co.nz.

PINC & STEEL cancer rehab

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapist's Laura and James who are here to support, guide and rehabilitate people through every stage of their cancer journey.

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



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or

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- Current Gym Memberships will be put on hold for 6 weeks

Includes 6 Weeks SMART Personal Training

Group Personal Training 6 days a week

AM & PM (usually \$360.00)

WEIGH IN DATES:

Saturday 4 April 8.00am - 2.00pm

Monday 6 April 4.00pm - 7.00pm

Wednesday 8 April 12.00pm - 2.00pm

Friday 10 April 12.30pm - 4.00pm

9 Point Body Composition, Meal Plan, Mindset Tasks,
Group Personal Training, Group Fitness Classes,
24 Hour Access to Gym

For more info: kumeugym.co.nz

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We tailor all our sessions specifically for your needs from 1:1 physiotherapy to group classes. We are here to help those with any cancer type and various sources of funding are available to those who need.

To find out more about physiotherapy and cancer and how we can help you please contact Laura at NorthWest Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.

The sisterhood of motherhood

"A daughter is a treasure...and a cause of sleeplessness" stated Ben Sirach. My daughter Lauren was born in October 2017. "Sleeplessness" for me is an understatement. Being a doctor, I thought I knew what "sleeplessness" meant. During the early months, the memories of 12 hour nights on call and trooping through hospital corridors at 3 am seemed like a breeze. Unfortunately, for the first year of Lauren's life, I can scarcely remember getting more than 3 hours of uninterrupted sleep. Sleep became an obsession for my husband and me.



I try not to be too negative about parenthood, there are amazing points too. All of those fantastic milestones. Thankfully, we are past the dark days of no sleep, but I look back and still remember the dread of getting into bed and getting too warm and comfortable, then having to drag myself out of bed an hour or so later, in order to settle a crying baby.

This said, one unexpected plus of being a mum, for me, was the amazing friendships I made. I don't know how I would have

survived the haze of sleeplessness without knowing I was going to be catching up with my mum friends. We would meet for coffee and compare how little sleep we'd had the night before, chuckling at the craziness of it. After all, sometimes humour is the only way to deal with the difficult things in life.

I am forever grateful for the mum who offered to look after my baby for a couple of hours so that I could have a rest; and the mum who came round and cooked for me in the early days after a hard week of managing a colicky baby. I will be eternally thankful for the mum who lent me her baby's swaddle to help Lauren to sleep. And the two mums who invited us out for walks with their babies, just to get me out of the house and into the sunshine.

And let's not forget that Lauren was a healthy baby. I can only begin to imagine how difficult things could have been if I'd had twins; if she'd been born early; or if for any other reason she'd had to spend some time in hospital. These scenarios greatly minimise Lauren's colic, mild feeding difficulties and sleeping problems. I take my hat off to all the single mums.

Having no family living close, my friends became my family. A camaraderie for which I will be forever thankful. The friends who had had babies before me became big sisters, giving advice on feeding, settling and retaining sanity. As friends we all looked after each other - sometimes when you are so wound up with looking after a baby it is hard to remember to look after yourself. That said, do not forget to visit your doctor if you are struggling. Post-natal depression is an extremely common condition which is very treatable. You are not alone.

So please think about this: If you see a mum and baby out and about, offer to buy her a cup of tea. Check she is OK. Don't judge her. Many of us have insight as to what it's like to be a new mum. These small positive interactions make a big difference. Most of all, be kind. Dr Isabelle Duck is a GP at Silverdale Medical.

Improve your posture with the "Bruggers Relief Position"

If you sit a lot during the day chances are your posture may be suffering. The most common signs of poor posture is rounded shoulders and a forward movement of the head. This puts lots of stress on the mid to upper back, the shoulders and the neck. The Bruggers relief position



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is a simple stretch that you can do to try and counteract the "poor posture".

It is simple to do; Sit on the edge of your chair, tilt the pelvis forward, lift the chest up and pull the shoulder blades together. Turn your arms outwards and finally tuck your chin in. Now take 4-5 deep breathes (approximately 30 seconds). This stretch is designed to be done every half hour (or at least once an hour). For more information on this great stretch, visit the blog post on our website. www.elevatechiropractic.co.nz/blog.

Do you have a community services card?

How well does your child see? Do they have difficulty reading? Do they squint? Do they rub their eyes a lot?

Did you know that if you have a Community Services Card your child is entitled to at least \$287.50 towards an eye exam and glasses if your child is 15 years or under?

At Hobsonville Optometrists, we specialise in childrens' eyecare.

Please phone 09 416 3937 to make a morning appointment and allow at least an hour 413A Hobsonville Road, Hobsonville.



Cottage Health

Cottage Health is situated on peaceful Herald Island.

Three dedicated, qualified health practitioners work from this quaint space.

Services available are reiki, kinesiology, homeopathy, yoga therapy and prenatal yoga and The Journey work.

Deborah Joy is a qualified classical homeopath and Journey practitioner. Homeopathy is a 250 year old science that works on all levels, for all stages and is safe and effective alongside allopathy.

Dawn Cansfield specialises in kinesiology which can be used to test for allergies and build immunity and is a reiki 3 practitioner which is



excellent for deep relaxation and healing.

Magenta Hyde offers private one on one yoga therapy sessions for woman throughout any stage of their pregnancy including pre and post-natal.

Offering relaxation, stress management, emotional balance and supporting the body through all the physical changes.

Email. cottagehealthclinic@gmail.com or phone 021 038 1261.

Home remedies - how to make a natural foot soak

In this current world environment having some relaxation tips and way to release stress is even more important so if you like to pamper your feet and prefer to use natural products then read on for Shoe Talk's recipe on how to make a foot soak you can use at home.

Supplies needed;

1 cup lemon juice

¼ tsp cinnamon powder

2 tbsp olive oil

¼ cup milk

Water

Tub

Instructions - Fill a tub with warm water and put the lemon juice, cinnamon powder, olive oil and milk in it. Mix well. Relax and put your feet in the tub and let them soak in the water for 10-15 minutes. Now, wash your feet with a mild soap and dry them with a towel.



Get your free personalised anti-viral plan

There is no "one-size fits all" solution to virus protection. That is why I am offering you your very own personalised Anti-Virus Protection plan. Free for a limited time.

I feel upset that many people are looking to profit from the Corona

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Gillian Wiltshire D.O.

Registered Osteopath
ACC Accredited

36 Sunny Crescent
Kumeu
Auckland 0810
Ph/Fax (09) 412 5977
0212330413
gill.wiltshire@gmail.com

Health & Beauty

virus health scare by ramping up the prices of face masks and hand sanitiser. It is just not ethical. That is why I am offering my knowledge for free. Just my small way of helping to create health and calm in our current craziness. It might take me a few days to get back to you depending on demand. But first in, first served.

Your Personalised Plan: No two people are the same, which is why for best safety and effectiveness I will write a plan for you based on your medical conditions, allergies and any medicines that you take. This will ensure that we do no harm, and that you have the most effective solution for you.

If you are healthy (no allergies, no medical conditions and taking no medicines), then you can safely take my No More Colds or Viruses Optimal Health Solution straight off the shelf. This consists of my Anti-Viral Immune-Boosting Herbal Tonic plus a Wellness Multi. The combination of these two little beauties will seriously interfere with the ability of viruses to survive. More importantly, they will have your immune system fit and ready and able to control anything that gets thrown at it. In other words, you will be stronger, and the virus will be weaker. Boom!

Pop into the pharmacy and get your questionnaire (I'll need to know things like what medical conditions you have, whether you have allergies to anything, and what medicines and supplements you currently take). Or if you are wanting to stay at home then email help@MasseyUnichem.co.nz and we will send you a questionnaire. I will then email (or leave at the pharmacy) your very own GAME PLAN Prescription for Wellness. Martin Harris Massey Unichem Pharmacy 396 Don Buck Road Massey 09 833 7239 martin@masseyunichem.co.nz.

Boost your immunity naturally

When most people think of boosting their immunity, they may think of particular foods they should eat, or supplements they should

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take. But what if there was more you could do?

What if you knew how to boost your immune system from the inside out, just by changing your thoughts and managing your emotional state?

Firstly we need to recognise that every system in the body, (reproductive, cardio-vascular, digestive, immune etc), are all directly affected by what you think and how you feel.

The 60,000+ thoughts you have a day, and (apparently) 42,000+ emotions a human can feel, have a direct impact at a cellular level inside your body, instantly changing internal chemistry. For example, feelings of fear create stress hormones which inhibit healing, whilst feelings of trust release hormones which turn on the body's self-healing mechanisms.

Every thought (and feeling) going through your mind has a direct impact at a cellular level inside your body, affecting the state of your physical health. The good news is, you have the power to change all of this.

Take back sovereignty over your thoughts and feelings, and watch the changes inside your physical body. If your body is responding to every thought and emotion you have, what thoughts and feelings do you choose today?

Kim Knight, Chronic Illness and Stress Management Expert. www.kimknighthealth.com www.emotionalalchemyacademy.com.

Wart or corn?

Is it a Verrucae (wart) or a Corn? This is a very common question that is it a verruca (wart) or a corn? This is a very common question that we get asked by our clients at Hobsonville Podiatry.



Verrucae, also known as plantar warts, are a manifestation of the human papilloma virus (HPV), in the form of non-cancerous skin growths on the soles of the feet and toes. For this reason they are often confused with corns, yet they are quite different. Corns are simply layers of dead skin caused by abnormally high areas of pressure on the foot, whereas a verruca is caused by a viral infection changing the structure of the outer layers of the skin.

What is the difference between a verrucae and a corn?

- 1) A verruca is painful when pinched whereas a corn is painful when it is pressed.
- 2) A verruca often has little black dots (the blood supply) on the top of it whereas a corn appears yellow and glassy.

Norwest Podiatry Clinic

General foot care	Ingrown toe nails
Painful corns and callouses	Warts or verrucae
Painful feet, Orthotics	ACC registered

Call 412 77 40 or Book online
www.NorwestPodiatry.co.nz

321 Main road Huapai, 0810 (inside The Doctors Huapai)

Health & Beauty

3) Both a corn and a verruca can have hard skin surrounding or covering them.

4) Verrucae typically appear and regress spontaneously over the course of weeks or months whereas corns are often long standing.

5) Verrucae can present anywhere on the feet whereas corns present under high areas of pressure on the foot.

Treatment for a verruca: Treatment of verrucae therefore is dual sided - supporting the immune system to do what it does well - clear viruses, and applying a topical treatment to treat the verruca from the outside.

Generally topical treatments work effectively if the verruca is young, however if it has been there for longer than a few years surgical and laser treatments are the next options.

Treatment for a corn: Can be easily and painlessly removed by a Podiatrist. The difficulty with corns is that if the pressure that caused them is still present, they will return, your Podiatrist should discuss with you ways in which you can reduce the chance of them returning.

For corn and verruca treatment (and other lower limb queries) give the team at Hobsonville Podiatry a call on 09 3904184.

Osteopathic treatment and COVID19

The pandemic is now official and New Zealand with the rest of the world is making a serious effort to stop it. The quarantine is in place and large gatherings are being cancelled. It has been recommended to avoid public overcrowded places and keep a distance of at least 2 metres between people. We expect further restrictions to be imposed if (when?) the number of cases starts rising up. Are you still safe coming to see an osteopath for help? Should you cancel the visits? After all, osteopathic treatment involves close body contact between the practitioner and the patient and there is a risk of transmission between the patients and practitioner and vice versa.

Here at the Family Osteopathic Clinic we are working on the best possible ways to prevent or lower the risk of disseminating the bug. We are starting to use disposable wide paper towels to cover the whole couch that we change for every patient. There is hand sanitiser available for patients to use while with us. We are cleaning our hands right left and centre. We have ordered UV disinfection lights to clean



the air in the building. We even ordered disposable face masks for our patients to use (6 weeks later they haven't arrived and looks like they won't, sorry). If things get worse we will start wearing surgical masks and goggles ourselves.

However, we are asking our patient to cancel their visit or not to make one if

1. They have recently come back from overseas or have been in contact with someone under quarantine

2. If they are sick with high temperature and cough, or they have been in contact with similarly unwell person, especially if they had contact with a confirmed COVID19 case.

3. If they are worrying about getting the bug because of their advanced age or ill health - stay home, just in case.

Of course, we are carefully following the regulation authorities and may have to go under quarantine in which case we will open again as soon as it is allowed. See you at 39 Hobsonville Rd, phone 09 416 0097.

Denture and oral hygiene routine

Nightly before bed using warm soapy water and a tooth brush thoroughly brush the denture, focusing on the fitting surface. Use a soft-bristled toothbrush with toothpaste on natural teeth and to clean your tongue, cheeks and roof of your mouth.

Try not to sleep with your dentures in. Place the dentures in water or a mild denture-soaking solution overnight.

If you have or tend to get a hard yellowy build-up or some heavy staining that you struggle to remove, you can use a specialised denture cleaner. Caldent or Tats Denture Cleaner are both available through DT Denture Clinic and are excellent at removing stubborn stains.

Things to avoid on your dentures: Abrasive cleaning materials. Avoid stiff-bristled brushes, strong cleansers, toothpaste, these are too abrasive and will damage your dentures.

Bleach-containing products. Do not use any bleaching products because these will weaken dentures and change their colour.

Avoid hot or boiling water that could warp your dentures.

DT Denture Clinic offer a specialised denture cleaning service were we can put the shine back into your dentures in an hour. We are offering half price denture cleaning in April 2020. Call to make an appointment with DT Denture Clinic on 09 416 5072.

Counsellor

Robin Sutcliffe 027 3620 396

Member of NZ Association of Counsellors

Appointments at Waimauku and Westmere

Please see my profile at

<https://www.talkingworks.co.nz/dir/Robin+Sutcliffe.html>



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Area Columnists

Digital or people first?

Imagine the frustration.

Trying to register for MyMSD or RealMe logins to access Government departments when you don't understand how to use digital technology.

Meanwhile, you're already stressed knowing the rent is due next week, the cupboards are bare and other bills are piling up.

But the only way to get your benefit, prove your identity online or fill in forms is by using a computer or device.

The days of face-to-face contact over the public counter are decreasing while digitisation of government processes are increasing.

Our Citizens Advice Bureau Helensville volunteers regularly help clients with their mobile phones, set up logins or access online information including printing out 52-week statements.

"Some come overwhelmed with all the red tape they have to get through or staying on the phone for ages to get what they want or need," says board secretary Rani Timoti. "They are anxious with technical literacy and are relieved to have a real human to talk to and support them."

"We're here" was our last month's national awareness week which also aligned with a report relating to digital exclusion.

More than 4,000 CAB client enquiries around New Zealand identified this issue in a three-month snapshot.

Barriers included a lack of access to computer and internet, limited digital literacy, financial barriers to device acquisition and language constraints.



The report made future recommendations to the Government to ensure core social infrastructure provided by the CAB is sustainably resourced and supported.

Meanwhile, whatever your need, visit our office at 27 Commercial Rd, Monday to Friday, 10am to 3pm, call 09 420 7162, email: helensville@cab.org.nz or go to www.cab.org.nz/ for more information.

Kip McGrath Education Centres

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and our brand is now a global institution with over 40,000 students in 20 countries. New Zealand Kip Centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with NZ school programmes. We were recently awarded the Reader's Digest Gold Award for educational tuition in NZ.

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The Travel Broker

The whole travel industry is facing unprecedented times by the constantly evolving and changing situation due to COVID-19.

As a Travel Broker I have worked day & night prioritising my dedicated & loyal client's needs. Anyone due to depart in the next few months is having to cancel, amend & defer their travel plans. I am personally contacting my clients one by one and working through their specific needs. These are dream holidays, bucket list trips, and it's devastating for them, it is an emotional and stressful time.

This is just part of my business and my expertise, just 'what I do', as a Travel Broker. I know my clients have really appreciated all the hard work that I have put in to research, organise & book their amazing holidays, and then the work that is now required by me to unravel it all again. With more than 25 years in the industry I have the expertise and contracts to ensure I am getting the best outcome for my clients.

For those travellers who have booked online, many have



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Area Columnists

experienced frustrating wait times and a lack of support or service from their suppliers. This is a true advantage of booking through a professional Travel Broker or Agent as opposed to booking things yourself, because you have someone that stays in touch and helps to navigate and deliver the best possible outcomes for you on your behalf.

The Travel Agents Association of NZ - TAANZ has a moto: "Without an Agent - you're on your own"

When we have passed this crisis and the world once again settles down and you feel confident to travel again, I look forward to providing you with my dedicated and professional services and making your holiday dreams come true.

Take care of yourselves, Tanya Franklin - The Travel Broker.

Please feel free to phone or email me, or make an appointment to meet me in my office in Waimauku.

Wherever in the world you want to go, I'd love to help you get there, let my 25 years travel experience enhance yours.

Tanya Franklin, your local Travel Broker, a member of helloworld
Home office 09 411 9105 or 021 254 9169 or email: tanya@ttb.co.nz
www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

We're all in this together

From Marja Lubeck: Labour List MP based in Rodney.

The COVID-19 pandemic has already caused over 10,000 deaths

around the world. It is having obvious health consequences, but it's also having a serious economic impact.

The very best thing we can do for our economy is to slow the spread of the virus, which we are. But we can do more.

That's why this week the Government announced the first phase in our economic response to COVID-19; a large, wide-reaching support package of \$12.1 billion to help New Zealanders stay in work, and to soften the blow for business.

We're helping businesses support their staff with subsidies to help them pay employees if they're sick or self-isolating. This includes support for people who are self-employed, too.

We're also helping businesses affected by this economic downturn with wage subsidies to help them keep workers at work, and with changes to tax rules that give them better cash flow in tough times.

We're helping the most vulnerable in our communities to stay warm and put food on the table this winter with increases to main benefits and the Winter Energy Payment. Because these people are likely to spend that money right away, local businesses will benefit, too.

That rainy day we've been preparing for has arrived, and thanks to our careful economic management, we're in a position to act decisively to support our economy and protect our people.

We are a nation that has been shaped by our experiences, and they've often been tough and unpredictable. That's when New Zealanders are at their best. That's when we rally; when we look out for one another, and care for our most vulnerable.



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Area Columnists

In Parliament this week the Prime Minister's message to New Zealanders was, "Be strong, but be kind - we will be okay."

I'm proud to stand alongside our Prime Minister as we all unite against COVID-19.

Sayers Says It

By Greg Sayers, Rodney Councillor. Auckland is in drought and the effects are particularly being felt by the rural communities. In response, Auckland Council has launched a bulk water tanker delivery programme to parched rural communities in NorWest Rodney.

The Council has sent in a fleet of relief bulk water tankers, commissioned from the Fonterra fleet, to assist with water deliveries to desperate families on tank water. These drivers are working with local private water carriers to get more water to more customers more quickly.

As the Rodney ward Councillor I have lead this initiative via Auckland Council's emergency management unit. Action was required to get water to our rural families who were completely out of water. Their situation being dire.

I wish to acknowledge the tremendous support of the Mayor, Watercare and council staff in helping achieve this initiative which had never been tried before.

On 15 February the first tanker-to-tanker operations began. Using carefully sterilized milk tankers they have been carting in water from the city reservoirs and off-loading to local water delivery companies. The massive milk tankers, usually two at a time, are arriving pre-filled



with water, so they are not using the local water reservoirs which are themselves under strain.

This allows the local water delivery companies the option to either fill from the local reservoirs or from the milk tankers, reducing wait times and allowing them to complete more trips in a day. A single milk tanker can fill four water delivery trucks. It takes less than 8 minutes to fill from the milk tanker, which are not equipped for delivering water straight to home tanks.

In addition to its regular tanker filling sites, the Council provided an extra one at Kaukapakapa. On average 1 million litres a day of extra water is being delivered across Auckland to rural communities on tank water using this initiative.

It will take time, but households on tank supply will find their delivery times will come forward. The correct process to get tank water delivered is to call your preferred water delivery company. They are inundated with calls so you will probably need to leave a voice mail message, text or send an email.

If you have concerns about a vulnerable family member's well-being, or need water for stock due to water shortages, then call Auckland Council directly (09 301 0101) and log your concern with the Emergency Management unit. The Council is coordinating with the Ministry of Primary Industries to get water to stock.

With time the hard-working water delivery drivers will get things back under control... in the meantime we will need to be patient. Everyone is trying their hardest.

I wish to thank those affected by the drought for showing great patience, with a special thank you to the frazzled water tank drivers who are working so hard to get relief to the affected families.

Where should I travel to next?

There are many great destinations close to New Zealand that are worth a visit. Have you thought of going to Niue, Vanuatu, Tonga, Samoa, Norfolk Island, Cook Islands, Fiji and of course our neighbour, Australia. There are some good deals out to these destinations, contact us and we will be happy to help you plan your next holiday. Remember, New Zealand has some great spots to visit.



For the month of April, we are want you to consider YOU Travel Westgate as your preferred one stop travel agency. If you shopped elsewhere, bring your quote to us and we will look at it and see if we can match or better the price for you. We want you to think of us first.

Got issues with Council?

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With Easter approaching, there is still time to book a long weekend away.

Have you thought about doing an all-inclusive vacation? Club Med will provide you with an all include experience including meals, drinks, Wi Fi and they cater to everyone including families, whether you want to ski on the French Alps or enjoy some sun and surf in Bali.

We have produced our first newsletter, feel free to join our travel club so you won't miss out on the next issue. A copy can be found on our YOU Travel Westgate website. Don't forget to check out our Facebook page and join one of our specialised travel groups.

Contact us on 09 831 0018, email westgate@youtravel.co.nz or visit at 18 Westgate Drive, Westgate.

Working from home

With the coronavirus becoming a major talking point, and self-isolation talked about, many companies and staff will be thinking about whether staff should work from home.

While they can, that does not mean that health and safety can cease to be considered.

Working in the PJs is less risky than working in the office, but there are still risks which your employer or PCBU needs to consider.

There are a number of things to consider when an employee is working alone:

- security - working alone may put an employee at increased

risk from other people that they interact with (e.g. customers) or strangers (e.g. risk of violent attack)

- social isolation - employees working alone are at risk of social isolation, managers should make sure that there are regular opportunities to keep in touch and to bring the person together with the rest of the team (even if this is by email, telephone conferences, video conferences etc.)

- organisation isolation- employees working alone must receive the same information, training and development opportunities, and consultation as other employees. Managers should invite these employees to attend when there are events, both social and work related

- technological isolation - employees working alone should have access to the same or more advanced technology as other employees (depending on the job requirements)

- safety - the employee's physical safety related to their job tasks, for example, an electrician working alone, will have different risks to an administrator working alone, but both have risks. Working alone means if something goes wrong or there is an accident etc, there may be no one else there to help the person.

There is a general duty under the Health and Safety at Work Act 2015 to eliminate all risks to health and safety, and if risks cannot be eliminated, they must be minimised as far as is reasonably practical. Some of these duties are outlined in more detail in the Health and Safety at Work (General Risk and Workplace Management) Regulations 2016.

Health and Safety at Work (General Risk and Workplace Management) Regulations 2016)

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Risks when working alone should be assessed and minimised or eliminated on a case-by-case basis. Industry guidelines and codes of practice often provide specific help with this.

Examples of sensible options to promote the safety of employees working alone include:

- a first aid certificate
- an effective means of getting help quickly in an emergency
- regular contact with another person (e.g. another worker) or, if regular contact is impractical, they should check in with another person at regular intervals.

The regulations say that an employer must have an effective means of communication with an employee who performs remote or isolated work.

For further help with health and safety contact John Riddell from Securo by email securo4@securo.co.nz or www.securo.co.nz

Looking for short term tenancy?

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Central or the Airport, 25 minutes from Kumeu (avoiding SH16), 12 minutes from the Swanson train station, 10 minute drive to the beach or Lake Wainamu, or the local golf course.

The single bed roomed bungalow is fully air-conditioned and heated, flanked with 2 decks, which allow private views of bush, sand dunes and the sea. We have upgraded the sofa bed in the lounge with a luxurious Queen size tilt down bed. Easy to access and tilt away when you want to sit on the sofa.

We offer an environmentally-conscious yet luxurious escape, and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat, away from the office or workplace.

For further information, please contact Lyn and Alan 09 8109 584, 021 1557 443, bushsandandsea@gmail.com. We can be viewed on www.bushsandandsea.co.nz

What you need to start or run a business

More important than passion is the need for a Business Model - how you make money while selling your solution (your product, service, and experience bundle).

The Seven Factors of a successful Business Model are:

- F1 - A Job to be Done - you are fulfilling a need with your solution.
F2 - A Complete Solution - is provided through a Unique Value Proposition.



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Area Columnists

F3 - Prospective Customers Agree - their job to be done is best satisfied with your solution.

F4 - Prospective Customers Are Prepared to Pay - the price that you need.

F5 - Prospective Customers Exist - in enough numbers for growth and sustainability.

F6 - Customers Advocate - because they are so pleased with your solution, they sell your solution for you.

F7 - Enduring Transient Competitive Advantage - is the ultimate goal, as a sustainable competitive advantage is rare long-term.

For details, see The 1-Page Business Model and more at DontThinkCheck.co.nz and call Glyn Davies, Business Resultant®, M: 027 459 6397.

Understanding your customer - part 2

In my column last month I talked about understanding the problems you are solving for your customer, and building an avatar of the customers that you should be working with, versus the customers that you should not be working with.

Once you understand who your A customers are, the next step is to understand why they buy from you, and what keeps them loyal to your business - we call these loyalty hooks.

Some of these might be:

- If you didn't care, and I didn't get great service, then I would leave
- If you wouldn't customise to what I want, then I would leave
- If you were not accessible, or you changed your location, then I would leave
- If you weren't a one stop shop, then I would leave
- If you could not handle our volume, then I would leave.

Understanding the loyalty hooks of your best customers, and conversely the deal breakers for your best customers allows you to focus on being the best in those areas, and therefore attract more great customers that are great for your business.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with understanding your customer, or for a free Business Diagnostic, contact Ann at ann@oxygen8.co.nz or 021 682 014.



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Area Columnists

helloworld travel

At times like these with COVID-19 rampant around the world, the value of using a travel professional to handle your travel arrangements is proving priceless. As the world continues to deal with the challenges of Coronavirus, we understand you may have concerns about booking travel, or continuing with existing bookings. We are being kept up to date with the latest health advisories and developments across the globe. This puts us travel professionals in a strong position to offer the best support and advice around your travel plans. New policies are constantly being released, and many of our key airline, cruise and land tour operators have already introduced flexible policies during this period.

The following article is from Mr Nick Ray, a Lonely Planet writer based in Phnom Penh.

Let's pause and reflect for a moment on what has happened to date, according to World Health Organization (WHO) statistics. Around 260,000 people have been infected globally to date, although the numbers are still spiking in some countries, and about 10,000 people have died. This is undoubtedly a terrible hardship to endure for those most immediately affected, but it might be useful to put this in the perspective of some other statistics:

- 250,000 to 500,000 flu deaths occur annually according to older WHO statistics, some put the numbers at closer to 290,000-650,000 annually
- 250,000 people have been hospitalised in the USA with flu this winter alone (and it's not over) with about 14,000 deaths

- 1,350,000 traffic-accident related deaths occur worldwide per year according to the WHO
- 228 million cases of malaria were diagnosed in 2018, of which 405,000 proved fatal, according to the WHO
- 464,000 murders took place worldwide in 2017.

This information is not shared to appear fatalistic or pessimistic, but to help rediscover our sense of perspective in these dark times. Flu happens every year in every corner of the world and all too tragically kills an awful lot of people, but we still go about our daily lives and continue to travel the world.

Traffic accidents are a clear and present danger to our lives, but we still need to drive from A to B as part of our daily lives.

Malaria has been a constant in many parts of the world for too many years to remember, but locals are forced to live with its threat (despite the availability of affordable treatments) and many visitors continue to travel to countries where malaria exists.

Murders are a horrible reality in almost every country of the world, often quite random in nature, and the total number is beyond comprehension. However, once again, we continue to explore and experience other cultures and other places.

So, let us put the C-word in its context among a myriad of other problems that face many people in many parts of the world as they go about their daily lives.

Let's not make the small medical crisis of a new flu strain become a socio-economic and political crisis that tips the world into a global recession and devastates not just the tourism industry, but every other industry on this planet.

We're locals like you



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Area Columnists

The human cost will be too great to bear and undo a generation of progress in many parts of the developing world.

Most cases in China have now recovered, so the sooner we can all return to normal the better.

Carolyn Hedley - Owner, helloworld Travel Hobsonville. Email: hobsenville@helloworld.co.nz or phone 09 416 1799.

Pure Allies

As I write this, we are all preparing to go into lockdown.

It is a daunting, scary time for us, everything is an unknown for us, as a country we've never had to experience this.

As you know, unfortunately I cannot deliver any products to you personally, or leave them on my premises during this time.

I can however still happily courier to you.

Some products you might find really useful at this time are Pure Allies chest balms, or even some chamomile and lavender massage balms to help with calm and relaxation.

I hope you all keep safe and well.

Please don't hesitate to email pureallies@gmail.com to place any orders or if you have any queries.

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Preschool and homeschool sessions also available Monday, Wednesday and Friday 10.30am - 11.30am. www.gymkids.co.nz/free-play/booking/

School Holidays are also coming up and our popular Holiday Programme is open for registrations. www.gymkids.co.nz/timetables/2020/april/holiday-programme/hobsonville/

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