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Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

WHAT WE WANT

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

THE VERY VINTAGE DAY OUT

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

April 2021



Greetings

I doubt there's any quick fix for the Northwest's issues such as traffic congestion, lack of trains, no high school, piecemeal development and more.

Much of it is covered in our report on the March 21 public meeting run by Kumeu Community Action.

Where's the money coming from – us?

I get that impression with the huge rate rises proposed which has prompted anger among local residents and businesses – many struggling in the aftermath of the COVID-19 restrictions.

Looking at the "new" Auckland Transport Alignment Project (ATAP) 2021-31 package for critical transport infrastructure and services across Auckland which earmarks \$31 billion for all that, there's nothing for this area.

In fact, the "new" ATAP is essentially the old 2018 package which proposed \$28 billion spending.

The previous package focused on developing a rapid transit network, walking and cycling, safety and unlocking growth – with rapid transit called off.

The new one proposes more electric trains, which still don't get anywhere near Kumeu.

The scale of Auckland's population growth is challenging traditional funding sources for infrastructure development, requiring collective new thinking on funding and financing options, with the new Infrastructure, Funding and Financing Act (2020) offering other avenues for Auckland to pursue, it adds.

Rodney Local Board chair Phelan Pirrie says the ATAP is really a political document between the council and government about the direction and focus they want to take.

"This then goes to NZTA and AT and unless they have been given sufficient funding to do the projects, they won't all happen."

Phelan says the detail is in the Regional Land Transport Plan.

"I have seen this and when you add it up in total Rodney is doing reasonably well. There's over \$160 million worth of work budgeted, they are just taking a long time to do it.

"The key one for me is a significant increase in funding for renewals and maintenance....as it will make the biggest difference in people's day-to-day experience.

"AT has been begging for more money for years and the local board really focused on supporting AT with that particular issue over any other because we can't go on sweating assets for years.

"Getting repairs done quickly and old roads rebuilt to current standards is essential work."

Geoff Dobson, editor



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People & Places

Kumeu goes vintage

All things past feature in The Very Vintage Day Out coming to Kumeu for the first time on Saturday April 10.

Miss Pinup New Zealand, an opportunity to wear your best threads, the Very Vintage Photo Safari and the Very Vintage Bake Off are key elements of an event which includes a high tea, drive-in movies, a historical military display, show cars, music and more.

"It's a dream come true for me as I love history," says organiser Nicole Galvin of Kumeu.

She hopes people will swarm to the Kumeu Showgrounds for the occasion, her vision to grow the event which has run in Auckland for about nine years.

Nicole says it will include all elements of the vintage era in a larger venue and format, retaining all the key ingredients of the earlier events and adding more.

The previous show owner approached Nicole's parents Ken and Desma Galvin who run The Kumeu Classic Car and Hot Rod Festival at the showgrounds every year to take over The Very Vintage Day Out.

Nicole has helped her parents with various aspects of the festival from a young age and so became the obvious choice to run The Very Vintage Day Out which she has also been associated with over



the years.

Family and friends are heavily involved.

Husband Mike and son Indy are also assisting with the new show, with Indy winning a best dressed competition in it previously and the family attending in various themes such as Mobile Army Surgical Hospital (MASH) personnel and Southern Belle/American Civil War representations.

Dress-up is a key theme to The Very Vintage Day Out.

The Miss Pinup New Zealand competition is keenly contested, with about 10 models selected from the ones who register, send in a video of themselves, photos and profile to be judged.

Prizes are offered and previously included a "golden ticket" to an international event - something Nicole hopes to reintroduce (especially as the COVID-19 pandemic has blocked travel abroad).

Steam punk is catered for too. All competitions at The Very Vintage Day Out are free to enter.

As for show cars, many come from past eras almost since vehicles were invented, with a People's Choice award and spot prizes - including a \$250 Repco voucher - encouraging entries.

Bikes (including cycles and motorbikes), pedal cars and even steam punk transport are included in The Very Vintage Day Out.

As for the Very Vintage Photo Safari, people can visit various photo booths with photographers able to build a portfolio and get the chance to win a prize.

Sewing features at the show with sewing instructor and costume maker 'Miss Gracie' (Gracie Matthews) of Clevedon Costumes and Vintage Apparel involved in a "Dresses through the Ages" display,



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People & Places

sewing workshops and competitions.

A children's Fairy Garden is included in the show too.

The Very Vintage Bake Off includes a vegan and gluten free section with professional vegan baker, author, food writer and recipe developer Sara Kidd involved.

It also includes a "Granny's Secret Recipe" contest with special help on the day from The Women's Institute.

Many organisations and charities stand to benefit from The Very Vintage Day Out, including KidsCan which supports children in need.

"We try to support local businesses and charities where we can," Nicole explains.

Entertainment includes live bands on a special stage in the showgrounds' sheds and a Saturday night "Very Vintage Boot Scootin' Ball", with entry \$20 a head.

Rockabilly band Boom! Boom! Deluxe performs with music from the 1950s and 1960s, along with The City of Sails Barbershop Chorus, Lissy Loushay Cabaret Singer and Recliner Rockers

People can vote on Facebook for a selection of drive-in movies with musical themes.

A variety of camping arrangements are available at the showgrounds for the event, which include glamping, retro caravans, motorhomes, basic camping and more.

Food trucks and other refreshment will be available on site.

Nicole expects to see The Very Vintage Day Out run every year at the showgrounds during the second weekend in April.

While it opens with Friday night drive-in movies on April 9, the main day is Saturday April 10 with gates open to the public from 9am, ending with the Boot Scootin' Ball on Saturday night.

Get tickets to each of these events at The Very Vintage Day Out website.

Check out what is on offer and select your tickets, go to www.veryvintage.co.nz for more information.

Your support needed for Kumeu Community Action

By Graeme Hammonds

Kumeu Community Action's (aka the Kumeu Huapai Residents and Ratepayers Association) attempts to represent and uphold the thoughts, values and concerns of the local community is no easy task.

It requires hours of unpaid effort reading documents, communicating with politicians, council management in its various forms, government agencies, and the local community which it relies on for support.

I personally have been involved with the KHRRA for more than 40 years as I believe in the importance of involving the community in the decisions that affect our economic, cultural, social well-being.

One of the problems we face as an association is that when we raise difficult issues such as traffic and infrastructure (or lack of it!) with Auckland Council and central government, our efforts are frustrated by the poor communications between the various parts of the Auckland Council and central government.

For example, the Council Controlled Organisations (CCOs) include Auckland Transport (AT), Panuku Development Auckland, Auckland Unlimited, Watercare, and Ports of Auckland.

All these parts of council have their own management, although they are all funded by the Auckland Council.

Apart from the complexity of dealing with so many different parts of the council, we are often left thinking that decisions are being made for us by distanced managers that live in central Auckland's leafy suburbs and have no serious understanding of the gravity of our local issues.

The complexities of central government organisations are a whole other story.



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People & Places

With this in mind, for our community to be heard by local and central government in all its forms, we need to have a strong and unified community voice.

The more members Kumeu Community Action has, the greater the influence it will have with decision makers.

We cannot whistle our own symphony.

The next five to 10 years are critical in our area's development.

We are already way behind where we should be in terms of infrastructure, so a concerted effort will be needed to catch up.

Please consider joining the association in order to allow your voice to be clearly heard by local and central government.

Membership is only \$5 annually (no, that's not a misprint), and \$100 for business membership.

Visit the Kumeu Community Action website www.kumeucommunityaction.org.nz/ to join and like our Facebook page if you have an account.

What we want

People here want action as soon as possible to fix extreme traffic congestion, repair roads, get trains and a high school without any huge rates increases.

They also want certainty about a proposed bypass south of State Highway 16, highway safety works, a "framework" or concept plan for the area to prevent any more development without appropriate infrastructure, better internet connection and for people in power to take notice of their plight.

That's what prompted about 200 people to pack the Huapai District School hall one sunny Sunday afternoon to seek some answers to issues impacting the area.

The turnout and the positivity shown by residents trying to get to grips with it all impressed meeting chair Guy Wishart of Kumeu Community Action (aka Kumeu-Huapai Residents and Ratepayers Association).

"They hadn't come to have a big bleat but to consider the next steps," Guy says who hopes to see a follow-up meeting in mid-June.

Kaipara ki Mahurangi MPs Marja Lubeck (Labour list MP) and Chris Penk (National) say they're working together to sort out the area's

issues, in spite of their different political ties.

And Rodney councillor Greg Sayers says he'll "keep banging on about it" at the Auckland Council, especially in his efforts to freeze rates following the COVID-19 pandemic restrictions rather than see rates rise by up to 16% on average in this area as proposed, although he says 10 other councillors need to be on his side to get the message across.

He expects the new rates will be decided on June 29.

Chris issued a postcard to Prime Minister Jacinda Ardern urging her to instruct ministers to work together to help the Northwest, particularly around its "significant infrastructure issues".

His four-point plan listed on his "Traffic Emergency Declaration" card urges a start on SH16 improvements, bringing forward construction of the SH16 bypass, introducing rapid transport to the Northwest (rail and bus) and designating land for a local secondary school as soon as possible.

Pete Sinton told the meeting the former DSIR land near the Kumeu Showgrounds is available for a high school and would cost the Crown little compared to buying other land at market value.

The site would have to be offered to iwi first but that wouldn't necessarily stop negotiations between iwi and the Crown for a secondary institution there, Pete says.

Trains to Huapai's Christine Rose also issued a postcard, this as a tongue-in-cheek "Wanted" poster for Transport Minister Michael Wood "and the Labour gang" for "train robbery".

The postcard says the minister is a wanted man in this area because people feel they are being robbed of a train service, along with quality of life, productive potential, fuel and money due to being stuck in traffic.

Speakers from the audience told of how battery packs in trains could avoid problems in getting an electric rail service to the area, using the existing line and Waitakere Tunnel without the often quoted need to spend many millions to provide such a service.

Marja called for more data to back the MPs' drive to get better services for the area, pointing to results in other areas where figures had shown various agencies statistics and estimates were out of date.



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The urgent need for a "spatial" or "framework" plan for the area was raised to help prevent piecemeal development, some pointing to Fletcher Residential's plans for Taupaki and Riverhead as examples of likely future development which threatened to further overwhelm local services.

Several at the meeting questioned where development contributions from the area were going, suggesting more of that needed to be spent locally and not allocated to other parts of Auckland.

One audience member also suggests people's mental health and well-being are being impacted by the problems afflicting the area, others saying people who had come for the lifestyle are considering moving.

Several residents wondered whether locals should stage their own actions to get attention and results, prompting "road safety campaigner" Geoff Upson to end the meeting on a light note by showing Chris Penk how he goes about painting green pothole pointers on roads while travelling around the area.

Family Fun Day Market April 10

A ceremony to celebrate the opening of the Huapai Hub next to the council service centre is on April 10, 10am-2pm.

The idea to use this area as a "playful community place" was developed by the community over several meetings and designed by Resilio.



"Our aim is to encourage the local community to take a walk out their front door and explore the surrounding businesses, Kumeu Arts Centre, Kumeu Library and then stop at the Huapai Hub and let the children be entertained while you meet up with neighbours and support local," the Huapai Hub Group says.

These markets will run every second Saturday of the month from 10am until 2pm.

"We all have worked hard to achieve the result we have now," the group says.

"It has involved a dedicated group of locals, the Kumeu Art Centre, Rodney Local Board and the Auckland Council, and while we don't have space to name all involved we thank to you all for your good work."

The project was started using the guiding principles of a method developed in the USA, called the Pomegranate Process.

The end result has achieved roughly the goals that were established by the community process.

"We are really keen to see our Huapai Hub become a destination for our communities and by being a successful fun market for all. We hope for the support of those local businesses, who are able, to also participate as well when they see the community's involvement," the group adds.

"We are really trying hard to establish a strong community connection with the Hub area so that it becomes a cultural and community meeting place that is family friendly.

"The space will become more active when we get experienced sorting out what works best for the community.

"The Hub area is really only a start as there is more space along the riverbank between Kumeu and Huapai to be developed.

"We are well aware that our towns are lucky to have such a focus point as the Hub area but to make this work we need your support, ideas, and involvement. With this in mind please come along with your families and support our official start to the use of the space - and bring your friends."

Local stall holders with a focus on children and family goods are sought as well as any local dance or music schools which would like to share their work with the group.

Members of the Huapai Hub team include, from left, Helen Dol, Graeme Hammonds, Dale Wallace and Anna Seiderer.

Contact Anna Seiderer on 0272 997 289 or email anmariepels@gmail.com for more information.

Waimauku School Centennial delayed

The Waimauku School Centennial commemorations will now be held later this year after COVID-19 uncertainty forced postponement of weekend events scheduled for March 18-20.



That includes the Friday Mix and Mingle and Saturday Family Fun Day, Centenary Dine and Dance - with new dates yet to be determined.

The postponement was prompted by uncertainty around pandemic restrictions after Auckland entered alert level 3 on February 28.

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Waimauku School's Centenary Committee and the school Board of Trustees then decided to delay the centenary celebrations, mainly because of health concerns given many registered attendees for the Friday and Saturday events were in at-risk categories.

Principal Gary Pasfield says there was sufficient doubt the COVID-19 restrictions would allow the centenary to proceed in March.

Auckland dropped to alert level 2 on March 7, which saw gatherings restricted to under 100 people, but the Government's next review (dropping to level 1 at noon on March 12) was too close to Waimauku School's centennial to allow for certainty.

"We realise that there will be many disappointed families and former students, but we will be working hard to ensure we can hold alternative events later in the year - at this stage we are not certain what these will look like, but we will communicate these details when we have more information," Gary says.

"Importantly, around the week of July 4 (the actual anniversary date) the school still plans to hold a few small events and celebratory activities for the current students in school hours."

Tae Koh wins first Huapai Golf Pro-Am

Promising young Kiwi professional Tae Koh took out the Trueform Spa Pools Huapai Pro-Am on March 10 in the first professional event hosted by the Huapai Golf Club.



On a sold-out day, 31 eager amateur teams joined 31 professionals to experience the Huapai golf course in near perfect weather, matching the beautifully prepared greens, tees and fast running summer fairways.

Tae shot a new course-record five under 65 off the Blue tees and was delighted in his form and impressed by the course.

"You have a great and challenging golf course here and one that I really enjoyed playing," he says. "The greenkeeping team should be congratulated on their work, the greens were playing beautifully, and I managed to roll a few nice ones in."

"I am just delighted to be out here playing though and want to thank the club, Trueform Spa Pools and all the sponsors, just for putting a tournament on in these uncertain days, it is great for us players to have this opportunity."

The tournament went ahead under Auckland COVID-19 Alert Level 2 conditions, meaning a shotgun start was out of the question and the pre and post event gatherings were limited to under the 100 people in the government's guidelines.

That saw a more traditional first tee start, with the first players heading off at 9.30am and the last at 1.15pm, with everyone enjoying some post-round hospitality in the clubrooms afterwards and prize giving in the early evening.

It was appropriate too that Huapai Ambassador Stacey McCartney was the first to tee up in a professional tournament.

The 36-year-old enjoyed huge success in her Collegiate career in the United States before playing pro in Europe, Australia, and America - and now balances being a mum and playing professionally.

Club President Michelle Dee couldn't think of a better player to have the honour on the day.

"As someone who came through as a Huapai member and is now an Ambassador for the club, it was wonderful to see Stacey return and share in our first ever professional tournament and have that honour of the first shot on the day," Michelle says.

"Stacey always carries herself superbly and is a wonderful advocate for the club, but also sets a great example for all young players on how to approach the game, we were thrilled to have her back."

The quality field also included multi global tour winners in Gareth Paddison and Josh Geary, New Zealand Open winner Mike Hendry and promising young New Zealanders in Dongwoo Kang, Nick Loach, Sam An and Jordan Loof, while Richard Lee showed all of his experience in shooting an impressive one under 69 on a limited build-up of golf.

The day featured great support from local sponsors and suppliers, with players enjoying the chance to play for individual prizes with closest to the pins and longest drive competitions.

However, no one was able to take away the Miami Spa Pool from Trueform Spa Pools for a hole in one on 10.

Tae Koh was a clear winner, with Harry Bateman's trip from Wellington made worthwhile with a 68, tied for second alongside Taylor Gill. Both were a shot ahead of a host of players who shot one-under 69 on the challenging tree-lined Huapai course, on beautifully prepared greens.

On top of the first-place prizemoney, there was a surprise in store for Tae at prize giving, as he received an accommodation deal through Nugget Point Hotel in Queenstown, on the dates of the 2022 New Zealand Open.

Contact Huapai Golf Club General Manager Andrew Dewhurst via gm@huapagolf.co.nz for more information. Photo: Tae Koh, photo Kevin Clarke of CMG Sport.



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The Beer Spot in Huapai grateful for local support



After a hideous year for the hospitality industry and small business in general, The Beer Spot – Huapai is thankful to locals for their support in these trying times.

Celebrating two years trading and back-to-back wins for Best Informal Dining venue at the North West Country Business Awards, The Beer Spot – Huapai counts keeping its entire com-

plement of staff as its greatest achievement in the last year.

"It's a thrill to have your business model recognised by other successful local business leaders, but it's nothing compared to seeing people walk through the doors to enjoy The Beer Spot experience," says Jason Payn, co-owner and founder of The Beer Spot, along with his good friend Laurence van Dam.

"The outpouring of support from the local community has been incredible. They're the only reason we've been able to keep our doors open and our great staff at work. Without our customers, we're nothing," Jason says.

The Beer Spot was established in 2016 at Northcote. There are now five sites across Tamaki Makaurau in Northcote, Huapai, Morning-side, Panmure and Whangaparaoa.

Each site is home to 'The Tap 40' wall - 40 taps of ever changing beerilicious goodness, sourced from any one of the 200-plus local, independent breweries around New Zealand, and Whangaparaoa is the first site to have The Wine Spot.

It's the same concept, but with 40 New Zealand wines available on tap.

The Wine Spot serves its offering through inert gas cabinets which prevents the wine from ox-



idising in the bottle.

"It means we can offer you a reasonably priced tasting from say, a \$500 bottle of pinot noir," Jason says.

Each site also features a different food truck every week.

The Beer Spot group celebrates its fifth birthday in April, launching two birthday beers.

Visit thebeerspotnz on Facebook or www.thebeerspot.co.nz for more information.

The Beer Spot owners, from left, Adrian Wills, Laurence van Dam, Jason Payn, Ashton Welsh. Photo Rich Parsonson – Cinedesign

Forty beers at every site. Photo Rich Parsonson – Cinedesign.

Good food from The Source

Kumeu local Robert Watt and sister Andrea are the driving force behind The Source Bulk Foods store at 49 Main Road, Kumeu.

The siblings are the New Zealand franchisor and opened their first store in Milford in September 2017. Today they have six stores nationwide including Kumeu, Milford and Mt Maunganui which they own themselves and the other three, based in Taupo, Auckland's Eastridge and Christchurch are franchised.

It's our opportunity to make a positive difference within the local community, and our responsibility to nurture the global community for future generations, they say.

By rethinking the way we shop, we're contributing to the sustainability of our environment and supporting organisations, charities and communities that are leading the push for a better, cleaner world. Your help so far is

just the beginning.

Choose from more than 400 bulk food products with all your favourite quality ingredients. Browse our affordable range of vegan, paleo, organic, gluten friendly food options and delicious assortment of healthy treats. From locally sourced honey, kombucha, organic milk, oat milk to cooking oils, natural cleaning products and personal care products, The Source Bulk Foods can help you create a healthier home inside and out.

We encourage all our customers to bring their own refillable bags and bottles when shopping in-store.

"Most people, when they think of zero-waste, instantly think of plastics, and while reducing the amount of single use plastic is certainly something we advocate and facilitate, we also champion food waste reduction.

"We celebrate customers who come into our store and buy as little as one teaspoon of turmeric for a recipe they are making just as much as we celebrate those who want to bulk-buy litres of coconut oil. It may just mean a \$0.42 sale for us, but it also means there's not an open packet of expired turmeric des-



igned for the bin in a few months' time."

Robert believes it's this intention that distinguishes his business from other bulk food brands. "We like to think of ourselves as educators, our staff love to help our customers in different ways, inspiring them with new recipes and gift ideas, or nutritious alternatives to standard ingredients - and we really get a kick from seeing our regulars walk in with their refillable jars."

Visit The Source Bulk Foods Kumeu, 49 Main Road (open Monday-Saturday 9am-6pm, Sunday 10am-4.30pm), phone 09 412 2492, email kumeu@thesourcebulkfoods.co.nz or www.thesourcebulkfoods.co.nz for more.

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Safer Communities



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Every year we open our doors and invite the community to look inside what makes our volunteer Fire and Emergency family tick.

A blend of people with a diversity of backgrounds with a common purpose to help the community when the need is there. Unlike the paid staff, volunteer fire

fighters have the juggle of a work/family/Fire membership balance. A blending of selflessness and a desire to learn, share, join and commit to providing help in times of need.

We engage at all levels from kindy visits about fire safety to Santa visits to aged care facilities, we are more about making life better for those around us and to share a laugh, have each other's backs and be the most effective team we can be when the bells go down and the pager comes to life.

Our brigade has a generous number of female members and we actively foster and encourage their progression within the brigade as we balance a growing range of medical and emergency calls through the day and night.

Our open station is on the 10 April 2021 from 12 to 2pm. Bring the family and experience for young and old what

it takes to be a fire and emergency volunteer.

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Community News

Kaukapakapa Village Market

Sunday 18 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 duo Gillian & Mike and bring the kids along for free face painting. Pick up something unique from our local crafts people or grab a bargain from the car boot area. Plus a tempting selection of handmade soap, skin care, books, knitting, jewellery, plants, preserves and fresh locally grown fruit & vegetables.



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

Kumeu Library

On Monday 22 March remedial works commenced at Kumeu Library, to be completed in June 2021. Some noise and disturbance for customers is to be expected during some stages of the project, and we apologise for the inconvenience. Please be assured that this will be managed as far as possible.

Kumeu Library will be temporarily closed for part of this time, when disruption is too great for normal library operations. Temporary closure dates are from 5pm on Tuesday 30 March to 9am on Wednesday 28 April. During this time no services will be available from Kumeu Library. The returns slot at Kumeu Library will be closed - items can be returned to any of Auckland Libraries' 54

other branches. The nearest libraries are Te Manawa (Northwest) and Helensville. Any items issued from Kumeu Library prior to closing will have a return date of Monday 10 May 2021, to allow for the closure. Items issued to Kumeu customers at other Auckland Libraries will have their normal return dates.

If you have requested any items for collection from Kumeu Library, please check to see if they might arrive during our closure. All holds with requested pick-up from Kumeu Library will automatically be sent to Te Manawa (Northwest) for collection for the duration of the closure, but you are able to alter the pick-up library or freeze holds through your online library account to customise your holds for your own convenience - ask at any library for help with this, or telephone Library Connect on 09 377 0209. Items will be available for pick-up at Te Manawa from Tuesday 6 April, and held for the usual 10 days.

The closure period includes the school holidays, and therefore we will not be able to run our normal school holiday activities.

The library re-opens on Wednesday 28 April at 9.00am. Our normal schedule of programmes will gradually restart, with Book Club on Thursday 29 April at 7pm, and Book Chat on Tuesday 4 May at 10.30am. Children's programmes will start again on Monday 10 May 2021, with an extra special "The Lion in the Meadow" Storytime, featuring the Tim Bray Theatre Company.

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

St Chad's Anglican Church

Things are changing at St Chad's Anglican Church in Huapai. For the last 10 years the Church has been run as a Local Shared Ministry Unit in which the parishioners choose the members of the congregation who they would like to fulfil the various roles in the Church. Over the years there have been several members who have been ordained as Anglican priests and have run the church on a voluntary basis. However, the workload has become too heavy and the members decided it was time to appoint a paid Priest in Charge - initially on a part time basis but with the hope of moving to a full time post.



An advert was placed just before Christmas seeking Priests who might feel called to fill the position. Recently the two Churchwardens met with Archdeacon Carole Hughes from the Auckland Anglican Diocese and the Rev Cheen Khaw who was very enthusiastic to take up the position. Colin Newel, current Chair of the Church Council

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Community News

and one of the Wardens says that they were delighted when Bishop Ross Bay offered the post to Cheen and he immediately accepted. Following the extensive rebuild in 2018 we feel that this is a great opportunity to extend our ministry within the Huapai and Kumeu areas.

Cheen (pronounced Chin) is a fifth generation overseas Chinese from Malaysia. Until recently he was the Port Chaplain with Mission to Seafarers and also the Associate Priest at St Barnabas Mission Venture, Glenfield. His wife Yukiko is currently curate at St John's Anglican Church in Royal Oak. The couple have a twelve plus year-old son Yohane and Cheen says that they "love interacting with people of all ages, backgrounds and cultures and are passionate about sharing the love of God." He added that he is "looking forward to journeying with the people of St Chad's Huapai in their new mission venture."

Bishop Ross will commission Cheen as Priest in Charge of St Chad's in a service at the church at 7.30pm on 28th April. "We hope everyone will come along to welcome Cheen and his family into the area" said Colin "and we are really looking forward to his first with us service on Sunday 2nd May at 10am."

Kindness and coffee

About a month ago I was having a bit of a bad morning, running late, traffic horrible so I decided to stop in at Juicy to grab a coffee on Highway 16 heading out of Kumeu.

As I sat in the queue feeling sorry for myself I noticed the man in front of me in a maroon ute looking at my car in his mirror, I didn't think anything of it but when I got to the counter he had paid for my coffee.

It was such an unexpected act of kindness and it was so appreciated, it made my day. I was chatting to the ladies as they made my coffee talking about random acts of kindness so of course I paid for the person behind me as well.

Shelley Guest the owner told me they opened the coffee booth in 2013. She says that people paying for others is a regular occurrence with one very generous lady who pays for 6 people at a time. One day they had 27 people in a row paying for the person behind.

In these days of everyone rushing about, lockdowns and road rage it is such a lovely act to receive. It brings a smile to my face every time I think of it. For as much of the act of receiving the coffee was



fantastic; for myself it feels great to give so every time I go to Juicy I pay for the person behind even if there is no one right there.

So if you see me in my big Dog Safe vehicle get in behind me at Juicy - I will buy you a coffee, but make sure you pay it forward (or should I say pay it backwards).

To the gentleman who did such a lovely gesture for me; again thank you and have a great day.

Gently Loved Markets

Gently Loved Markets in March was postponed just 6 days out due to a Lockdown, but now they have a new date - Saturday 24 April

Gently Loved Markets was born of event manager Donna Buchanan's passion for preloved, retro and vintage gems. She couldn't stand the thought of these amazing items going to landfill, so she turned her preloved clothing obsession into the Instagram page Gently Worn Co. to pass on these wonderful finds.



Donna has always wanted to have a preloved market in her community so created her own event selling clothing, accessories, and homewares for all ages. With 35 stalls there is bound to be a gem or two to discover. Grab a coffee, bring cash, your favourite fabric bag and come on a preloved treasure hunt at Gently Loved Markets.

To inquire about a stall, email gentlylovedmarkets@gmail.com

Gently Loved Markets, Saturday 24 April, 10am - 2pm, Kumeu Community Centre, 35 Access Road, Kumeu. FB & IG @gentlylovedmarketsnz.

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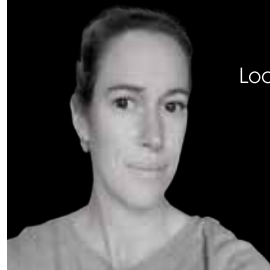
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Easter Egg Hunt

Sunday 4th April (9.00am to 3.00pm)

We're holding our annual Easter Egg Hunt again so time to pack up the kids and a picnic and head to Kaipara Coast Sculpture Gardens this coming Easter Sunday. You may want to just pop out for an hour or you're more than welcome to stay all day.

If you want to come along in your bunny suit or other seasonal dress you won't be alone.

Apart from the kids play ground, picnic and petanque areas you will also be able to stroll around the beautiful 1.2km nature trail which has over 40 marvellous new sculptures created for our 2021 exhibition by local and international artists on display. *

Eggs will be replenished as the event progresses (i.e. between 9.00 am and 3.00pm) to ensure no one is disappointed.

We also have our cute little coffee shop on site plus of course the plant centre.

A wonderful way to spend Easter Sunday and we're only a few minutes' drive North of Kaukapakapa (and around 35 minutes from downtown Auckland).

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

* Trail not suitable for wheelchairs or walking frames. Kaipara Coast Highway (SH16), \$15 per person or \$35 per family. info@

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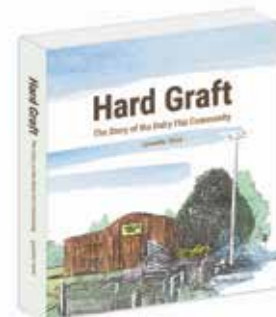
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kaiparacoast.co.nz or phone 09 420 5655.

Hard Graft

The Story of the Dairy Flat Community - Sunday 18th April, 9.00am to 1.00pm.

Within easy reach of the heart of Auckland city, residents of Dairy Flat enjoy the dual benefits of country living and a handy location. Beautiful homes, lifestyle blocks and a growing number of businesses all thrive in this semi-rural retreat. Yet back in the mid-19th century a trip to Auckland could take several days, with only itinerant gumdiggers, foresters and intrepid travellers navigating this lonely expanse between the busy coastal outposts of the Wade and Lucas Creek.



Hard Graft - the story of the Dairy Flat community - is the culmination of eight years of research by author Lynnette Third and published by the Dairy Flat Community Trust. Richly illustrated with historic photos, the book covers everything from early families - Nevilles, Bawdens, Earwakers, Bayes - through to the changes that each decade has brought. An engaging read, full of personalities and beautifully presented.

Come along, meet Lynnette and find out more. Open in conjunction with the Kaukapakapa Village Market. For more information contact Megan - threehorses@xtra.co.nz, 021 959 017, Kaukapakapa library Facebook page.

April at Kumeu Arts

'Who We Are' is a group exhibition by Kumeu Arts staff, tutors and committee members which aims to give the community more insight into the not-for-profit arts centre and gallery. Alongside the artworks on display will be accompanying interviews which explain the roles of the people involved (many voluntarily). Manager Jago Neal says the intention is to "highlight



Community News

the diverse range of experience and incredible skill they each bring". Behind the main gallery in the Pod is another engaging exhibition by Muriwai resident Marlon Hart. Marlon's early years spent in the forests and by the sea around Vancouver instilled in him a deep love of nature, and culturally left a lasting impression. These influences are evident in this series, aptly named Pacific Crossing. Also, this April are weekend workshops in painting and writing as well as children's workshops during the holidays. Visit Kumeu Arts in person or online @ kumeuarts.org.

Image by Amber Emm Titled 'Pink Serenity' for Who We Are.

NorthWest football clubs merge

After successful collaboration last year, Norwest United and Waitakere City football clubs have amalgamated to form a new club - West Coast Rangers.

The club will continue to operate from two locations, with activities split between the Huapai Reserve (domain) and Fred Taylor Park - the clubs' two home grounds respectively.

The driving force behind the decision is a desire to provide a strong professional coaching setup that can deliver a pathway for young players in the North and West of Auckland to develop their skills and play at a high standard without leaving to play at clubs on the North Shore, Football Director Andy Dunn (pictured) says.

"By offering a training and playing framework with quality coaching from qualified and experienced coaches we can develop young people in our community to be the best football players and people that they can be," he says.

This year, the club has made a big investment to bring in experienced coaches, including Harriet Steele who has been part of the Football Ferns coaching setup at two World Cups to support the women's programme, and former Wellington Phoenix and Auckland City players Albert Riera and Angel Balanga to support the men's youth and senior setup.

West Coast Rangers' goal is to offer its community a great experience, and be a welcoming and inclusive club for all players whether you are a kid that wants to make the All Whites, or you are a 30 something who wants to have a fun, competitive social game

with friends.

The programme starts with 'First Kicks' for four to eight-year-olds on Saturday mornings, and runs up through the age grades, with both boys' and girls' teams at each level to under-17 level and then on into competitive and social senior teams.

In a change from previous years, the season is now aligned to terms two and three of the school year, with 2021 fixtures starting on May 8 and finishing September 25 - although some teams do start training earlier.

The first competitive fixtures for senior teams were scheduled to start on March 27 for men's, and March 28 for women's, with games most weekends at Fred Taylor Park and the Huapai Reserve.

Spectators are welcome to come along to see the club and give the teams some support.

Registrations are open for all age grades.

Visit www.westcoastrangers.co.nz for more information.

Lions' Kumeu Book Fair in May

May 22 and 23 are the dates set by Huapai-Kumeu Lions for their next Book Fair at the Kumeu Community Centre.

The Riverhead Scout Group is assisting local Lions with the fair and will share in the profits.



Both have also undertaken to be a collection point for unwanted spectacles and people are encouraged to drop them in the collection box at the fair or arrange to drop them off at any other time. The glasses are professionally checked and then made available to people in the Pacific Islands, many of whom are desperate for improved vision.

At the fair there will be the usual range of books of all genres selling for \$2, and bundles of children's books at special prices.

Vinyl records, CDs and videos will be on sale for \$2 or less.

The Book Fairs are a popular community fund-raising event with something of interest for all the family.

Doors open at 9am on Saturday May 22.

Lions will not be actively canvassing for unwanted books until their October fair as they are over-stocked with good-quality books on a range of topics.




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In Brief

Monarch butterflies

Jacqui Knight set up the Moths and Butterflies of NZ Trust and leads a team of volunteers at the Blockhouse Bay Recreational Reserve where a habitat for butterflies has been developed. She has been tracking monarch butterflies for a number of years, and this involves attaching tags to butterflies within hours of emerging from their chrysalises. A sticker with a unique identification code is carefully placed on the strongest part of the monarch's hind wing, recording its sex and time of release. There are people all over the country tagging monarchs to learn more about their overwintering behaviour.



"There is research into protecting mammals but very little is known about our insect species. If we lose our pollinators, as a species, we'll be doomed. The first monarch you tag is a bit nerve-wracking," Knight says. "But it's not at all harmful to touch the wings. Children at preschools are tagging them. Their wings are more resilient than you think, but you have to do it the right way." There's more information at www.mb.org.nz.

Primary schools are increasingly creating butterfly habitats in gardens while learning about the process of metamorphosis.

The Mobile Car Specialists

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coating to prevent any erosion setting in too quickly. This brings back the lens to like-new condition - without the huge cost.

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Nathan Wallis

Nathan Wallis, Aotearoa's expert neuroscience educator and one of the country's foremost speakers on raising children from babies to young adults, will be speaking at Kaipara College on 14 April.



In this talk Nathan will be focused on the Teen Brain, and explain how during adolescence part of the teenage brain "shuts for renovations."

This is a not to be missed opportunity for anyone raising teens or with children heading into the teen years.

As Nathan will explain, the part of the brain responsible for controlling moods, understanding consequences and thinking about the well-being of others, effectively switches off during the teenage years. But while we can't expect teens to display these behaviours consistently, there are ways parents and caregivers can enhance and maximise the times when they can.

Nathan will help you understand the changes that are taking place for your teen to help you navigate these important and formative years.

Nathan Wallis is being hosted by the Kaipara College PTSA and the Helensville Primary School PATHS teams. The ticketed event is on 7:30pm, Wednesday 14 April in the Kaipara College hall. Tickets are available from Eventfinda.

SeniorNet Kumeu

Last meeting unfortunately had to be called off due to the area going into lockdown. The good news is we still managed to run a course on the beginner's guide to internet banking. Nigel explained how our members will be affected by the closure of the local offices and phasing out of the use of cheques. Brian also ran a course on photos and how to store them in the cloud. We also managed our popular drop in clinic for any query. Next meeting will be at St. Chads Church on the first Wednesday of April (7th) at 10 am all welcome.

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In Brief

Get into the spirit

The NZ Spirit Festival 2021 is running at the Kumeu Showgrounds on April 22-25 after being postponed in March due to COVID-19 restrictions.



It's branded "an earth-friendly gathering passionately grounded in the indigenous heritage of Aotearoa" featuring local and international talent based around music, dance, yoga and knowledge sharing".

More than 150 workshops, performances, art installations and ceremonies are spread over the four days celebrating music, art, culture and movement.

It's expected to include the likes of Tiki Taane, Laughton Kora, Maisey Rika and many more.

Inspired by the successful Bali Spirit Festival, NZ Spirit Festival promises a vibrant celebration of well-being in all its forms, including healers, stalls, food, and a kids' whanau zone.

The NZ Spirit Festival is an alcohol and waste-free event.

Visit www.nzspiritfestival.com for more information.

Nature's Explorers Kindergarten goes to school

At Nature's Explorers Kindergarten we are very fortunate to have the opportunity to visit our local primary school in Riverhead with our four-year-olds.



This event occurs every second Friday (even weeks during the school term). Prior to our visit our tamariki are encouraged with their self-help skills as they are guided, to collect their hats, jackets, put on walking shoes and collect up their morning teas.

Once this process is completed they partner up with a friend and head off on their excursion to Riverhead School, a 10-minute walk away from Nature's Explorers Kindergarten at 1 Maude Street, Riverhead.

We believe this is a beneficial transitional experience for our older tamariki. It gives them the opportunity to become familiar with the school environment, including the classroom, teachers and the

other children.

They also start to learn about the routine and what a day at school entails.

When our tamariki return to kindy we have observed that they are very excited to share with their teachers and peers what they have learnt during their school transition.

From recent feedback from families that have completed their transition to school, they have advised they found this experience positive for their child and it has really helped them settle into their new school environment.

If you have any queries or are interested in visiting us please contact Ange on 09 412 8800.

Kumeu Friendship Group

Last meeting was a great success with a good turnout to here two good speakers. First, we heard from John Murphy who gave us an excellent talk called Tales from an Aussie Court. An excellent talk about his works in the Australian Criminal courts. Then we heard from Tony Forsyth about how he and his wife set up the Te Whau Vineyard and Restaurant on the island of Waiheke. We were spoilt by two excellent speakers. Our next meeting will be Thursday the 25th of March (4th Thursday of the Month) at 10 am in St Chads Church - all welcome.

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Property

Property market report

Auckland may lead the housing market cool down, with economists picking that the new LVR restrictions coupled with the opening up of travel gateways will take the gloss off investing in an overheated real estate environment.

The Real Estate market is a simple equation of how many houses are for sale and how many buyers are looking. If we look at the supply of homes for sale and we consider the industry web site Realestate.co.nz it was showing just 15,829 residential listings in total on its site, down 24.2% compared to February 2020. That's a massive lack of choice for property buyers. In short it is the same song that the industry has been singing for the last five years. Too much red tape, too much restriction, too much money being extracted by national and local governments equals fewer homes being built.

15,829 was the lowest number of residential properties available for sale on the Realestate.co.nz website in the month of February since its records began in 2007. The fact that new listings in Auckland were up while total stock was at a record low, reflects the buoyancy of the current market and the tightness of supply.

Looking across all regions, the trends are that new listings have been growing quite strongly in Auckland, Otago/Central Otago and Gisborne, but are largely flat or showing declines everywhere else.

There are similar differences between Auckland and the rest of the country in the total amount of stock available for sale on the website. There were 7196 Auckland properties available for sale on Realestate.co.nz at the end of February, down 9.2% compared to February last year. That compares to 8633 for the rest of New Zealand (excluding Auckland), which was down by 30% compared to February last year. It also means Auckland accounted for 45% of all the residential properties available for sale on Realestate.co.nz at the end of February. Those figures suggest that while the supply of properties for sale in Auckland may still be on the tight side, it is a lot less tight than in the rest of the country.

And supply is a lot closer to catching up with demand in Auckland than it is in the rest of New Zealand, something that was also suggested by Statistics NZ suggesting strong growth in residential building consents was being driven by activity in Auckland City. With loan-to-value ratio mortgage lending restrictions once again a feature of the housing market and many forecasters picking upward pressure on interest rates to eventually start kicking in, a market cooling may well be on the horizon. And when it does arrive, Auckland will feel these effects first.

Let's have a look at sales in the last month:

Coatesville	\$1,200,000 to \$5,650,000
Helensville	\$720,000 to \$1,900,000
Huapai	\$980,000 to \$1,710,000
Kumeu	\$807,500 to \$3,050,000

Muriwai	\$750,000 to \$2,085,000
Parakai	\$515,000 to \$861,000
Riverhead	\$1,100,000 to \$2,475,000
Swanson	\$941,000 to \$1,800,000
Taupaki	\$1,225,000
Waimauku	\$1,120,000 to \$2,410,000
Waitakere	\$1,000,000 to \$1,535,000
Whenuapai	\$716,000 to \$1,800,000

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Could you be in a de facto relationship?

By Francine Cameron, Solicitor at ClearStone Legal. Do you keep spare clothes in your partner's car or flat? Do you have a spare toothbrush at your partner's house? Do you have a child from a previous relationship? Are you considering buying a property with your partner but have unequal deposits or income? Do your partner's friends and family think you're "together?" Have you become extra cosy with your flatmate?

Some of these might seem like trivial questions, but in the eyes of the law you could be in a de facto relationship, without you even realising it. This means if you and your partner go your separate ways, or you pass away, your partner could be entitled to half of your property (or more to the point what you thought was "your" property, but has now become "relationship property"). This can have major consequences, not only for you, but for other family members - including your child or children who could lose their inheritance (despite what your Will may state).

Being in a de facto relationship isn't always black and white. You can find yourself in one without knowing it, and it can be a gradual move that way, rather than suddenly happen due to a specific event (such as a wedding or officially moving in together). It can sometimes be difficult to determine when "dating" ends and a de facto relationship begins. You might think one way, but the court may decide the opposite.

In general, when a de facto relationship falls within the definition of the Property (Relationships) Act 1976, and lasts for at least three years, if the relationship ends (due to death or a break-up) there is a presumption of 50% sharing of property. Property can include the



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Property

family home, savings accumulated during the relationship, kiwisaver/superannuation, joint bank accounts, assets/liabilities which were for mutual use and benefit (eg a car, furniture or credit cards) and assets acquired during the relationship etc. This can result in your partner making a claim against you (or your estate - despite what your Will might state). If you've contributed more money to a major asset than your partner, you could lose your contribution.

If you think your relationship could fall into the de facto category (in the future or right now) and you want to consider some options to best protect yourself, have a chat with us at ClearStone Legal (incorporating Kumeu-Huapai Law Centre). We can help you understand how you may be affected and help you out with a range of options. Call us today on 09 973 5102 to make an appointment and discuss this further.

Changes to Trust Law – what does this mean for you?

Did you know New Zealand has one of the highest rates of trusts per capita in the world? For many decades New Zealanders have had a strong desire to ensure their family's assets are protected by placing them in a trust for safe keeping.

On 30 January 2021, the new Trusts Act 2019 ("Act") came into effect, signaling one of the biggest updates New Zealand trust law has seen in recent years. However, what does this mean for you?

The key areas of change are: Mandatory duties: The Act lists a number of duties which all trustees must abide by. These duties include: knowing the terms of the trust; to act honestly and in good faith; and to avoid any conflicts of interest.

2. Disclosure of Information to Beneficiaries: trustee must now disclose 'basic trust information' to beneficiaries who request it. This includes disclosing whether a person is a beneficiary of a trust, and the contacts details of a trustee. There are circumstances that may allow trustees not to provide disclosure to beneficiaries - we can help you to determine whether these apply to your trust.

3. Trustee Liability: There is a limit on trustee exemption and indemnity clauses. The terms of a trust deed must not limit or exclude a trustee's liability for trustee dishonesty, willful misconduct or gross negligence.

If you have a trust, now is a good time to consider whether it is fulfilling its original purpose, or whether the reasons for setting up the trust are still relevant, and whether you need to take any steps to ensure your trustees comply with the Act. If you have any concerns about how the changes may affect you or your trust, please contact Henderson Reeves Lawyers on 09 281 3723.

Henderson Reeves are a people focused, full service, local law firm, who believe in creating smarter legal solutions.

Sorting out your relationship property

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

Couples may prefer that the PRA does not apply to all or some of their relationship property. This could either be in anticipation of or during a relationship, or at the end of a relationship. A contracting-out agreement would then be necessary to achieve this. The PRA sets out certain formalities which are required for a valid contracting-out agreement. These requirements include that: each party must have independent legal advice before signing the agreement; the signature of each party must be witnessed by a lawyer; the lawyer witnessing the signature must certify that he or she explained the effect and implication of the agreement to that party.

At times couples try to save money by doing their own agreements without involving lawyers. This can often result in higher legal costs when having to approach a court to validate such agreement. There is also the risk that creditors may still have a claim to some of your assets which you may have thought were taken out of their reach.

Feel free to contact us if you need any advice on PRA or any other legal issues at info@kempsolicitors.co.nz or 09 412 6000.

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4a Shamrock Drive Kumeu, Auckland

Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	1,325,000	4.18HA	130M2	1,490,000		3,050,000	1.05HA	250M2	3,050,000
	820,000	659M2	250M2	930,000		950,000	505M2	182M2	1,175,000
	1,650,000	4.17HA	261M2	1,720,000		1,000,000	629M2	188M2	1,193,800
	2,175,000	9.14HA	100M2	1,900,000		960,000	430M2	190M2	1,160,000
	880,000	9960M2	100M2	1,260,000		1,125,000	1HA	310M2	1,225,000
	570,000	947M2	90M2	800,000		1,050,000	649M2	210M2	1,220,000
	1,300,000	4HA	115M2	1,570,000		2,075,000	6.4HA	150M2	2,590,000
	630,000	600M2	100M2	800,000		680,000	0M2	186M2	890,000
	650,000	675M2	120M2	830,000	MURIWAI	1,175,000	2159M2	172M2	1,350,000
	870,000	595M2	185M2	950,000		1,875,000	1257M2	275M2	1,590,000
	730,000	652M2	140M2	950,000		730,000	1303M2	69M2	750,000
	1,125,000	1.92HA	125M2	1,195,000		780,000	1295M2	56M2	1,250,000
	560,000	652M2	110M2	720,000		1,350,000	809M2	242M2	1,100,000
	1,425,000	4.1HA	200M2	1,441,000		1,500,000	1.66HA	220M2	2,085,000
	1,325,000	2.66HA	189M2	1,350,000	PARAKAI	730,000	481M2	164M2	861,000
HUAPAI	1,050,000	700M2	202M2	1,281,000		400,000	0M2	73M2	515,000
	1,075,000	696M2	214M2	1,276,500		325,000	0M2	59M2	375,000
	930,000	452M2	188M2	1,020,000	RIVERHEAD	1,025,000	516M2	179M2	1,230,000
	930,000	433M2	182M2	1,040,000		1,280,000	917M2	214M2	1,500,000
	1,075,000	606M2	210M2	1,320,000		1,500,000	615M2	336M2	1,670,000
	1,300,000	2056M2	166M2	1,710,000		1,575,000	894M2	285M2	2,475,000
	860,000	442M2	116M2	980,000		1,225,000	600M2	287M2	1,350,000
	1,125,000	698M2	244M2	1,350,000		1,200,000	603M2	319M2	1,305,000
	1,100,000	604M2	227M2	1,280,000		3,300,000	3.07HA	583M2	3,310,000
	950,000	459M2	185M2	1,050,000		960,000	810M2	86M2	1,100,000
KUMEU	660,000	173M2	92M2	802,529		1,425,000	611M2	325M2	1,830,000
	1,700,000	1HA	257M2	2,450,000	TAUPAKI	1,025,000	1748M2	160M2	1,225,000
	1,025,000	535M2	213M2	1,090,000	WAIMAUKU	1,450,000	4HA	160M2	1,550,000
	990,000	403M2	200M2	1,083,000		1,225,000	801M2	221M2	1,180,000
	2,400,000	1.4HA	272M2	2,700,000		1,200,000	1815M2	252M2	1,340,500
	600,000	135M2	83M2	807,500		1,475,000	1.19HA	274M2	1,900,000
	2,700,000	1.06HA	342M2	2,945,000		1,225,000	801M2	222M2	1,191,000
	680,000	237M2	103M2	880,000		1,500,000	1327M2	343M2	1,851,000
	930,000	433M2	174M2	1,100,000		650,000	801M2	195M2	1,120,000
	1,600,000	1.55HA	159M2	1,000,000		1,800,000	1.1HA	392M2	2,410,000

Mike Pero's **low** commission rate:

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1.95% on the balance Plus \$490 admin fee. All fees and commissions + GST

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

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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HENDERSON**



FLAT CONTOURED SECTION OF 2684SQM NEAR SWANSON

By Negotiation

2C Northfield Road, Waitakere By Negotiation

Often sought and seldom found this gentle contoured and well-presented site delivers an impressive canvas for the buyer looking for space, tailored house and barn options and an impressive landscaping plan. Services at the gate and off the road driveway established, this is a ready to go opportunity. Situated in Waitakere Township and a short drive to Waitakere Primary School, Park, Convenience Shopping and transport links being bus or train. Swanson Train Station is close by, as is Bethells Beach and the fantastic walks within the Waitakere Ranges. If you are looking for a slice of special, this is exactly that.

www.mikepero.com/RX2710977



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CONCRETE SLAB CONSTRUCTION - COASTAL LIVING 4 2 2

By Negotiation

11L Clearwater Cove, West Harbour By Negotiation

A premium, seldom available coastal home, set meters from Hobsonville Marina, cafes, convenience shopping and safe inner harbour boat ramp. Extensive coastal walkways provide easy opportunity for an exercise balance and a short walk to regular ferry to Auckland. This four bedroom, two bathroom, double garage home with two living areas, has excellent entertaining space and work from home options. A home you can put your homely touches to and with a small grassed area and fenced it's safe for the little ones. These homes are not on market for long, and the current tenant has expressed an interest to stay on. Close to Marina View School, parks, shopping, ferry and boat ramp.

www.mikepero.com/RX2710437



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BRICK AND TILE - EASY CARE - MARINA VIEW SCHOOL ZONE

3 2 2

By Negotiation

2 / 25 Sailfish Drive, West Harbour **By Negotiation**

A genuine and honest offering, that will encourage you to sell your lawn-mower and your weed-eater as this property has been designed for easy living, maximising the impact of raised bed gardens containing a mix of citrus, vegetable and flowering plantings. The home is brick construction and tile roofing with aluminum joinery delivering the perfect mix of low maintenance. A three bedroom home that has a modern and relaxed flow. From the double garage or front door, a central reception invites you up a few stairs to a generous open plan kitchen-dining-lounge with access to a north facing - all weather patio. All the bedrooms are off a central hallway, good sized, with the master having a walk-in wardrobe and an en-suite, in addition to the main bathroom and separate w/c.

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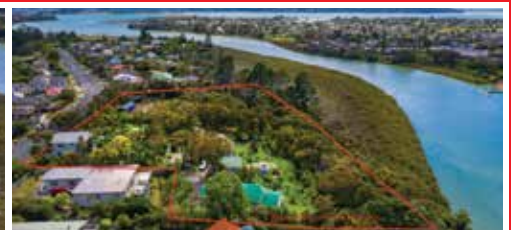


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ROYAL HEIGHTS, SEA VIEWS, 1.4 HECTARES

10 3 4

By Negotiation

129A, 131, 133, 135 Colwill Road, Massey **By Negotiation**

Yes that's 14311 Square meters of land available for development. offering a big land lot, consisting of 129A, 131, 131A, 133, 135 and 137 Colwill Road, Royal Heights. Included in the offer are three homes offering 437sqm of improvements. The land therefore can provide income while development is underway. An independent development review from Terra Nova Planners is available for review. Significant potential here for the right buyer that wants to make the most of the native esplanade, the beautiful views and the easy accessed flat land. If 2021 is your year of creating opportunity, this is a serious proposition with an absolutely realistic Vendor. Close to schools, parks, shopping, motorway access, northwest mall, transport options and much more.

www.mikepero.com/RX2638864



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HOUSE AND MINOR DWELLING - THE GOOD LIFE

5 2 3

By Negotiation

147 Mangakura Road, Helensville By Negotiation

Set on 1.25 hectares (approx. 3 acres) this beautiful property has been sculptured to satisfy a diversity of options and interests with a modern family, extended family or home with an income. The Main Home is four bedroom, two bathrooms and offers options for multiple lounges and dining areas to make the most of the conservatory and the extensive valley views. The split is three bedrooms and a bathroom upstairs with one bedroom, bathroom, lounge, kitchen, laundry and conservatory downstairs. A separate double garage with extensive loft provides options for an office, teenage retreat or chill out zone. The fully consented minor is a short walk from the main house and delivers privacy and intimacy with a modern near new one bedroom with kitchen, lounge, bathroom and laundry.

www.mikepero.com/RX2721189



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FLAT LAND WITH REGENERATION NATIVE GLADE AND STREAM

By Negotiation

275 Rimmer Road, Helensville By Negotiation

Seeking an extra special slice of paradise, without covenants? We are offering 1.6 hectares of very interesting land offering an elevated building site that looks down over regenerating native with a natural spring feeding into a gentle stream along the driveway. An established orchard and pockets of planted colour provide a beautiful backdrop for a new build or relocatable to be established. Flat building site of about 700sqm delivers some fabulous options to create a sanctuary that is both private and stunning. If you seek a small lifestyle block that has everything you need for paradise, look no further. A short drive to Helensville and Parakai for convenience shopping, inner harbour access and transport links.

www.mikepero.com/RX2745988



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HILLTOP WAIMAUKU - PRECAST AND WEATHERBOARD

6 6 3

By Negotiation

911 Old North Road, Waimauku By Negotiation

Set on one of the highest points in Waimauku with commanding views to the North and the South East / West. A near new, quality, commercial-style two-story, build with high-end features, well insulated and double glazing; it is designed and built to perform and look great in all four seasons. Downstairs offers a sunny open plan lounge, spacious modern kitchen and dining flowing out onto a large covered patio (with a set-in BBQ) and lawn area. It has the master bedroom (with en-suite and walk-in wardrobe), which opens out onto another courtyard area with a fire pit and concrete dining table, two further bedrooms, separate bathroom, two toilets and the laundry. The lower floor also offers internal access to the extensive oversized triple-door six-car carpeted garage.

www.mikepero.com/RX2769416



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Hot Property



Royal Heights is a treasure trove of opportunity

Offering affordable living and available for immediate possession, this 1990's home delivers more than a roof and some land.

Firstly, Royal Heights is a location that is central to motorway access, is located on an inner harbour peninsula that span the hand-shake between Te-Atatu and Hobsonville Marina, a body of inner harbour that enjoys calm waters and lined by mangroves.

Secondly, the Royal Heights area has a selection of service shops close by and is a short drive to schooling including Royal Road Primary School and Massey High School.

Thirdly the property itself is a large land lot of over 2000sqm (1/2 an acre) set with lawn, orchard and regenerating bush down to the mangroves and inner harbour.

This home is vacant and ready to move in, a tranquil, and sun-filled glade offering privacy and quiet living.

Flat to sloping land that meets the inner harbour and overlooks Taipari Strand Reserve.

The home is simple and easy living. An environment enjoying

Hot Property



significant sunshine and alfresco onto north facing decking. High stud open plan living that has integrated kitchen, dining and lounge. Three bedrooms, bathroom and separate w/c allows for the family while the aspect from the home is a mix of lawn, established orchard and regenerating coastal native bush.

Options to add value, or enjoy just as it is, this property offers options to create your future and plan for tomorrow.

A short drive to convenience shopping, schools, parks and transport links. Make your mark on the property ladder and view today.

For viewing and more information, contact Graham now on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Central's Tips

April 2021



April is all about soil replenishment and nourishment ahead of winter vegetable gardening. Traditionally it's time to plant hardy brassicas, carrots, and herbs and to sow a crop of Broad Beans. Green crops are good for bare areas. Sowing lawns will be easier now there's some rain.

Best time to plant trees and shrubs

With the soil still being warm it's a great time to plant trees and shrubs.

Dig the hole twice the width of the root ball, loosening the soil at bottom.



In the Edible Garden

- **Replenish the soil** after summer crops have been removed. For bulk, add Garden Mix or dig in compost, for nutrients add sheep pellets or Organic Boost, a granular fertiliser
- But, if you're not planning a lot of vegetable gardening over winter, **sow a green cover crop** such as lupins or mustard seed in the space. Once mature it can be cut and left on the soil to break down adding valuable nitrogen
- **Winter herbs that make a difference to soups and stews can be planted now:** thyme, winter savoury, bay trees, rosemary and plenty of parsley
- **Hardy brassicas can go in now:** broccoli, cabbage and bok choy plus grow carrots, beetroot and silverbeet
- **Broad beans are an easy crop to grow through winter** – they will grow quite tall and require some staking. Traditionally older New Zealand gardeners liked to get them sown around ANZAC Day
- **Celery is one crop that can be picked by the stalk through winter** – it gives winter comfort dishes some extra flavour

The rest of the Garden

- **Nature's planting time** – the soil is still warm and there's moisture in it, so it's the ideal time to plant shrubs and trees
- **Fork organic compost around the garden** and through raised beds to condition soil. Lightly fertilise trees and shrubs
- **Plant spring flowering bulbs** in the ground or in pots; potted bulbs can be left in a shadier spot with an occasional water, then brought round to shine after they've come through the soil
- **Sow poppy and sweet pea seeds** – get them in now for great spring flower displays
- **Sowing lawns:** the temperature of the soil is optimum around now, use Turfmaster Starter fertiliser when you apply seed and water regularly
- **Fertilising existing lawns** allows them to build resilience ahead of winter. Apply Turfmaster Gold to your lawn and water in

Project for April

Get concreting while autumn offers up warm, dry weather.

Lay a path or driveway, construct the base for a shed or cement posts ready for a fencing project. We recommend 6 x 40kg bags of cement to 1m³ of Builder's Mix.

For everything you need for your next concreting project, visit www.centrallandscapes.co.nz



GET THE RIGHT PRODUCTS & THE RIGHT ADVICE!



Everybody digs a great lawn.

Autumn is a great season for sowing a new lawn or fertilising your existing one.

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Home & Garden

Need a plumber?

We have an awesome team in our Maintenance Plumbing department.

Meet Laser Whenuapai's Office Manager - Samantha Wing.



If you have booked in a plumbing job lately, you would have spoken to Sam, our amazing Office Manager. Sam not only looks after all the Laser accounts and office administration, but also manages the Maintenance Plumbing team. We couldn't function without her. So, if you need a plumber, give Sam a call and she will arrange a plumber to attend to all your plumbing needs.

Meet Dave and Paul - our Maintenance Plumbers.

Dave and Paul are our super experienced maintenance plumbers and can assist with all your plumbing needs.

With over 20 years' experience, both Dave and Paul are very thorough and meticulous, and never leave any mess behind. You can rely on Dave, Paul and any of our Laser Plumbing staff to offer complete plumbing solutions.

Do you have problems with blocked or leaking toilets and drains, hot water systems, leaking taps or burst pipes? Or do you want new installations, refurbishments or gas installation? Whatever your needs, one of our great team of plumbers, like Dave and Paul, are here to help you with this and much more.

Laser Whenuapai offers more than just plumbing services. We are your local specialists in hot water systems, roofing and gutters, and all drainage services. We offer a state-of-the-art drain unblocking service as well as an on call plumber - available 24 hours, 7 days a week for any plumbing emergencies - as unfortunately, these can come at any time.

Contact Laser Plumbing & Whenuapai (and Sam, Dave & Paul!) for all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110 or whenuapai@laserplumbing.co.nz

laserplumbing.co.nz

We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai. For more information, visit our new and improved website - whenuapai.laserplumbing.co.nz.

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

Unfortunately February's trip to Clevedon had to be cancelled but March 18 sees us off to Gordonton visiting Woodlands Estate and Willowglen Cafe. Eating, garden walking and a tour of the historical Woodlands Homestead.

April 15 - close to home, being hosted by the Van de Elson's at Good from Scratch at Muriwai.

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Home & Garden

May 20 - The Tip Top Factory and Eden Gardens for lunch and a stroll around the garden.

June 17 - The Riverhead for Mid-winter Christmas.

July 15 - The Bridgeway for a movie followed by lunch at the Northcote Tavern.

Come join us. Contact: Ann 021 035 7406, Diana 027 478 8928, Donna 021 233 0974, Judith 027 272 9994, Moira 027 498 9152.

Planting advice

It is planting season with many plants heading out the gates at Awa Nursery to our customers gardens. We thought it might be an opportune moment to pop up some planting advice in order to achieve the best results for your plants and trees.



- Soak the root ball by putting the tree in a bucket of water until the air bubbles stop, or pour a bucket of water over it.
- Dig a hole twice the size as the root ball if possible.
- Put plant food tablets in the hole to encourage the roots to grow out and provide anchorage for the plant. This will get the plant off to the best possible start.
- Take the tree out of the bag and put in the hole making sure that the trunk is straight, and the tree is slightly higher than ground level. Use a good garden mix to fill the hole and compact the soil around the roots.
- Water well
- Mulch, making sure the mulch does not go higher on the trunk than the original soil level.
- In clay soils, drainage is vital. Fork the edges of the hole to help the drainage and replace with good garden mix.
- Stake tall trees if they are being planted in a windy site. Make sure the stake is away from the root ball. Use a tree tie that will break down over time to prevent the tree from being ring barked.

• Feed with balanced fertilizer spring and autumn and top up mulch to help conserve water and discourage weed growth.

• Water trees regularly until established. Give big trees a good bucket full of water every second or third day during summer until established. Light hosing and showers will only encourage the roots to the surface and delay the growth of anchoring roots.

Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

How to tell you're due a septic tank empty

This is a common question we get at HydroVac. How often your septic tank needs emptying can be hard to gauge - it depends on things like how big your tank is, how many people use your toilet/s, whether you use a lot of cleaning products that may affect the good bacteria in your tank and more.



But there are a few telltale signs you can look out for:

- You can't remember it being emptied and you've lived there 3 years or more
- You notice damp spots in your backyard/property
- You can smell septic odours - in your home, above the tank or from the vent pipe
- Drains in your home are slow to drain
- You suspect something other than human waste or toilet paper has been flushed down the toilet

Some septic tank manufacturers require you to empty your tank every six months as part of your warranty so it pays to check.

If you're in the West Auckland area and need a septic tank empty,



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• Sheep pellets • Blood & Bone and everything in between

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Home & Garden

please contact the friendly and experienced team at HydroVac. We're locals and we care about the community we live in. www.hydrovac.co.nz or 0800 493 768.

Solarcraft – new 'off-grid in a box'

More people are moving off the grid these days, for varying reasons...

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- As a first home buyer you won't need the 20% deposit banks usually require: House & Land Package new builds are exempt for the NZ Reserve Banks LVR, which means first-home buyers can obtain finance for a lower deposit than the 20 % typically requires of first-home buyers, or the 30% for property investors.
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Look out for those weeds

In many lawns the rain and sunshine is giving the grass a good boost. Keep up the regular mowing and even increase the frequency of your mows to keep things looking great. You'll also notice the weeds - you'll see them in your paving stones, on paths, in your gardens and in all sorts of nooks and crannies. Conditions that grow great grass are also perfect for the weeds - warm, moist ground and sunny days. And the weeds seem to grow even faster than the grass.

What to do? There's a large range of products available in the garden shops. Systemic sprays - taken up through the leaves and transported throughout the plant so the entire plant including the roots dies; Non-systemic - where all parts of the plant that the product touches will die ie not the roots. And on through to organic extracts of plants and even steam treatment. Or even the golden

Unlock the value of your property

Why subdividing is a smart investment

If you're fortunate enough to have a larger piece of land, it's worth considering a subdivision. It's a flexible opportunity with a variety of options to suit your investment goals, budget and preferences, whether you develop and build a new property to sell or rent; or turn one property into many and sell your subdivided blocks of land as bare sections. Contact us today to discuss your options.

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Home & Garden

oldie system 'Hand-weeding' - using a hoe for the small stuff and your hands in the dirt for the big ones (there's nothing quite like the feeling of warm soil on your hands).

Systemic will kill the entire plant giving you a longer term result, non-systemic kills contact pieces, so roots remain and the plant regrows quickly. All methods will need repeated application - it's just a matter of how frequently and (if hand weeding) how much effort you need to keep things looking nice. It's always easiest to do a little and often, rather than big and infrequent.

So enjoy the warm weather, the lush growth all around, and maybe even try a bit of hand weeding - your garden will thank you for it.

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

How to select a quality tree care professional

Within Auckland there are a huge amount of Arborist companies to choose from. However not all of them are the same and it pays to do you due diligence. Here are some things to look for before selecting your contractor.

Insurance: This should go without saying. Check their insurance and ask to see their certificate. You'd be amazed how many people say they are insured when they aren't, or their current policy has lapsed. Try explaining to your insurance company that a 'arborist' felled a tree on your house then they vanished.

Qualified: Although this isn't a requirement in NZ I highly recommend finding a qualified professional, or at least someone with proven



experience. A Certificate in Arboriculture Level 3 is a good baseline.

Research: Ask your friends, family and co-workers for recommendations. Check out companies reviews on Facebook, Builderscrack, No Cowboys and Google. Check local Facebook groups for recommendations (or sometimes who to avoid).

Shaun Hardman - Arborist - Hardfell Ltd - 021 072 0739.

Rock and mulch

It's nice to get a little bit of rain from time to time. This summer has not been as dry as last summer which was SO dry and played havoc on so many precious, shallow rooted plants and shrubs. This year we have been really piling the mulch on our gardens so that when we do get some rain, the mulch holds the moisture in the soil



for much longer. We have been piling it on at least 100-150mm thick and it works. The gardens at Warblers Retreat are looking great. The mulch we stock has a very high percentage of green foliage waste, and when rotted down is an excellent food source for the garden. We are building a small dry stone retaining wall display at our yard at the moment, address 385A Paremure Rd, just to give passers by a glimpse of what you can do with a little rock and mulch. If you would like mulch, call Dave on 027 1962 19.

Subdivision

If you have a rural property of sufficient size you may be considering subdividing. This subdivision might involve protecting or enhancing some native forest or wetland. Through the subdivision process Auckland Council will often ask that any native areas have a Weed and Pest Management Plan that covers off what types of weeds and pest animals are on site and how they can be controlled. If any parts of your property require planting with native trees, an Ecological Restoration Plan may also be required. This will cover off a planting plan and an ongoing maintenance regime to allow the plants to get canopy closure before the weeds take over. New Zealand Biosecurity can assist with either of these plans, or act as



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Muriwai tide chart

Date	High	Low	High	Low	High
Thu 01 Apr	01:15	07:35	13:34	20:00	-
Fri 02 Apr	01:59	08:22	14:20	20:47	-
Sat 03 Apr	02:47	09:12	15:11	21:37	-
Sun 04 Apr	03:41	09:10	15:11	21:36	-
Mon 05 Apr	03:47	10:18	16:24	22:46	-
Tue 06 Apr	05:05	11:32	17:43	-	-
Wed 07 Apr	-	00:00	06:18	12:42	18:52
Thu 08 Apr	-	01:08	07:21	13:41	19:50
Fri 09 Apr	-	02:06	08:13	14:32	20:40
Sat 10 Apr	-	02:54	08:58	15:17	21:22
Sun 11 Apr	-	03:36	09:37	15:57	22:00
Mon 12 Apr	-	04:15	10:13	16:33	22:35
Tue 13 Apr	-	04:50	10:45	17:08	23:07
Wed 14 Apr	-	05:24	11:16	17:40	23:37
Thu 15 Apr	-	05:56	11:46	18:12	-
Fri 16 Apr	00:07	06:28	12:18	18:44	-

Sat 17 Apr	00:39	07:02	12:53	19:18	-
Sun 18 Apr	01:15	07:40	13:32	19:57	-
Mon 19 Apr	01:57	08:25	14:20	20:44	-
Tue 20 Apr	02:50	09:22	15:19	21:43	-
Wed 21 Apr	03:57	10:33	16:31	22:58	-
Thu 22 Apr	05:13	11:48	17:48	-	-
Fri 23 Apr	-	00:14	06:23	12:55	18:57
Sat 24 Apr	-	01:21	07:25	13:53	19:56
Sun 25 Apr	-	02:18	08:19	14:46	20:49
Mon 26 Apr	-	03:09	09:09	15:35	21:38
Tue 27 Apr	-	03:58	09:57	16:22	22:25
Wed 28 Apr	-	04:45	10:44	17:09	23:10
Thu 29 Apr	-	05:31	11:30	17:54	23:56
Fri 30 Apr	-	06:18	12:17	18:40	-

Source: LINZ. Daylight Saving: Please note that tide times have been corrected for daylight saving time.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@kumeucourier.co.nz.

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Pets

Dog&Co.

"I've got too many photos of my dog"... said no one ever. It's time to create some everlasting keepsakes of the four-legged family members that we hold so dear. If there is anything that the recent lockdowns and Covid scares have taught us, it's that family really is everything, and our pets will always be at the core of our families. I am a professional pet photographer and I'm passionate about capturing photographic art of pets and their families to treasure forever. I offer both on-location photoshoots at the stunning locations we have around Auckland (Muriwai and Riverhead Forest are favourites), as well as studio sessions for more classic, minimalistic portraits on a black or white backdrop. So whether you want some solo portraits of just your pet, or if you want to involve your pet in your family photos, get in touch and let's create some magic. Check out my website for information on booking and pricing, as well as a photo gallery of my work www.dogandco.nz or email me at kirsty@dogandco.nz to contact me directly.



Cheeky local business offers to train the White House staff

Many of us would have read in the papers or heard on the news that President Joe Biden's dog bit one of his Secret Service Staff.

Well Jo Clough, the Director of The Dog Safe Workplace thought what is the worst thing that could happen? They may actually say "Yes".

So she emailed The White House offering the unique services of her company. The Dog Safe Workplace. The company has an online training course that educates workers who may come into contact with dogs during the process of carrying out their daily duties.

As she said: "in today's environment with lockdowns all over the world there are so many industries that still have to get out and do their jobs. When I read the story I thought, well the worst thing that they can do is say no or ignore me", she laughed. "So I sent them an email, yes I am still waiting for a response, but imagine if I get an opportunity like this. It won't just be good for our company but it will once again show that New Zealanders are forward thinking, proactive people who are not scared to go after what they want."

"Watch this space..... I will let you know how we get on."

If you have workers that could potentially require training send Jo an email she will definitely be able to help. jo@dogsafeworkplace.com.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



Kanika Park Cat Retreat

What is a healthy diet for a cat? Your cat needs constant access to clean drinking water in addition to a well-balanced, meat-based diet - cats cannot be vegetarian.

Top tips for feeding cats: Without drinking water, your cat could become severely ill within hours. Give your cat constant access to clean drinking water. Note: Cow's milk is not a substitute. Cats need a well-balanced, meat-based diet to stay fit and healthy - they cannot be vegetarian. Make sure their diet is suitable for their age, health and lifestyle. Most human food does not meet the nutritional needs of cats, some are poisonous, e.g. onions. Cats naturally eat several small meals per day. Make sure your cat is fed every day and try splitting their food into several small meals (unless advised by your vet). How much your cat needs to eat depends on age, lifestyle and health. If a cat eats more food than they need they will become overweight and may suffer. Equally, if a cat is eating too little, they will become underweight. Adjust food according to the needs of your cat. If you provide a litter tray, make sure it is well away from their food and water. Most cats will not eat if their food is placed too close to their toilet site. Talk to a vet if your cat's eating and drinking habits change - it could be a sign they're ill. Kanika Park Cat Retreat - phone 027 550 1406 or email info@kanikapark.nz.



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Food & Beverage

Salty River Farm

You might have met Daryn, Louise and their boys at Catalina Bay Farmers Market. They are Salty River Farm - small scale market gardeners one hour north of Auckland near the Kaipara Harbour.

They grow lettuces, herbs, zucchini, scallopini, pumpkin, rocket, spinach, coloured silverbeet, kale, beetroot, baby carrots, tomatoes, pak choi ... the list goes on.

"We grow from seed and love watching the journey through to harvest. We enjoy being immersed in the seasons and take pride in selling our farm fresh, naturally grown produce."

Some crops are grown in the no-dig method and others are grown in the fertile soil of their paddocks on the river side. They grow lettuces and herbs hydroponically, plants receive nutrients via water-based, mineral-rich solutions through an elevated bed.

During lockdown, they set up an online shop and delivery service. Daryn delivers the orders himself, driving the produce straight from the farm to their customers. "It has been a hard year, but our online shop enabled us to survive the lockdowns. It helped us keep in touch with our Hobsonville customers and is now an important part of our little business." Shop: salty-river-farm-shop-mysshopify.com. Salty River Farm at Catalina Bay Farmers Market Sat & Sun 8.30am-2pm.



Peko Peko

We pride ourselves to serve our food all homemade and we cover your family/friends favourites. There are meats, seafood dishes as well as vegetarian/vegan options in our meal and drink menu. We started desserts too and we are enjoying having many dine-in customers recently. Our space is not huge so we recommend to book your table before heading to us especially



Friday nights. We look forward to seeing you. Peko Peko Japanese Restaurant 102c Hobsonville Rd, Hobsonville. Phone 09 416 1197 check our Facebook page for more information.

Jesters Westgate

Calling all Boss Hogg lovers - your favourite is back in town. The Jesters Boss Hogg pie features succulent BBQ pork belly in a spare rib sauce and it's oh-so-tasty. Grab it now from one of the two Jesters Westgate pie vans or drop into Jesters Westgate today.

If you would like the Jesters Westgate pie van to call on your business or if you have a catering event coming up, please contact Tony on 021 510138 or email amljesters@gmail.com.



Homemade lemon pepper

This recipe has come about after several attempts to create a lemon pepper seasoning that has lots of flavour and in particular, a 'zing' from the lemon. You can use either already dried or fresh ingredients or a combination, whatever you have on hand. Sprinkle liberally on to meat, fish, salmon, oven-baked chips or veggies.



Ingredients: 1/4 cup black peppercorns, hand crushed, 1/3 cup freshly grated lemon zest, 1/4 cup dried onion pieces, hand crushed, 1/4 cup dried garlic pieces, hand crushed, 2 Tablespoons pink Himalayan salt, 1 teaspoon dill seeds, hand crushed, 3 Tablespoons coriander seeds, hand crushed, 1/4 cup fresh thyme, chopped, 1 1/2 Tablespoons fresh dill leaves, chopped.

Method: 1) Mix everything together in a bowl. 2) Dehydrate for 3 hours @ 50C. Stir every hour to prevent clumping. 3) Allow to cool before storing.

Notes: * Hand crush the larger ingredients using a mortar and pestle as you want some pieces to be very small and others to be a little larger. * Use the oven on the lowest setting (probably around 50C) try it with fan-bake, but check regularly to make sure it doesn't 'over cook' everything. * Try using fresh onion and garlic instead of

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Red Fog IPA

Hallertau's new seasonal beer is a big fat Red IPA with juicy caramel and biscuit flavours combining with Jammy berry hop characters and a cleansing bitter finish. Don't forget Wednesday is Burger Night at Hallertau when you can choose from a selection of 4 Burgers including our classic beef and a vegetarian option. It's a snip at \$25 and comes served with any Hallertau numbers beer or a glass of local wine.



Questions we're often asked about Allely Estate

We've been operating as a Kumeu venue for hire for many, many years now and we often hear the same questions from people interested in holding a wedding, celebration or corporate event here. These are some common questions we get asked about Allely Estate:



Q. We want a garden wedding/party/corporate event but what if it rains? (Typical Auckland!)

A. We're lucky that we have a plan B and even a plan C! Our spacious villa with its beautiful wooden floors is great for intimate gatherings and our permanent marquee can hold hundreds of people, so don't worry if the weather isn't what you want!

Q. Food is really important to me - I don't want an average buffet...

A. We hear you - food is important to us too! Our chefs are very very talented. In fact, other than our gardens, the other thing guests most

go home raving about is how good their meal was! Our fare isn't your average buffet blinder - check out our website for our standard menu to see how good our dishes really are!

Q. I don't want our wedding day and photos to look the same as other couples - I want it to reflect us.

A. We get that. The beauty of Allely Estate is that you get to put your own stamp on the venue so it reflects who you are. It's so neutral that you can easily theme it in the way you want, whether that's with flowers or lights or draping, or having your ceremony under the trees or in front of the hedging or on the patio in front of the villa. You have OPTIONS! So many of them!

Q. How much does it cost to use your events planner?

A. Nothing! It's a complimentary service when you book with us. We know you have a lot on your plate planning a wedding or event so it's important to us to help you, to make the process stress-free and streamlined. Athina is very experienced - she can connect you with trusted suppliers and help you bring your vision come to life. Bouncy castles, travelling farms, face-painters, bands, DJs, stylists, outdoor games, photo booths, gelato trucks, team-building games - she has good contacts for them all! And her organising it means you don't have to...

Q. I was just after a reception venue for my wedding - we want to have the ceremony somewhere else.

A. That's cool with us - happy to fit in with you! We'll just make sure it's a reception to remember!

Have more questions you'd like answered? Send us a message or give us a call - we'd love to help! www.allelyestate.co.nz or 09 412 7206.

Photo by - Kate Robinson Photography.

Soljans Estate

Join us for our May themed dinner - Thai! Our chefs have put together a traditionally inspired Thai menu, and we'd love to have you join us to share it. Hosted by Tony Soljan, join us for a night filled with delicious food, even better wine, and great company!





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Kumeu Chiropractic – meet our chiropractors

We love to check and adjust spines here at Kumeu Chiropractic, and have over fifty years combined experience in caring for our people of all ages, and backgrounds.

Chris McMaster has been a Chiropractor for over thirty-five years and has practised in West and Nor-West Auckland most of that time. He also managed practices in Ireland and the Middle East while away from New Zealand for nine years in the early 2000's.

Chris loves his sport and has been lucky enough to provide Chiropractic care to many representative and amateur sports enthusiasts over the years. He enjoys the preventative and performance aspect of how Chiropractic care can assist people to achieve their individual goals.

Nolene McMaster graduated in the very first class of the New Zealand College of Chiropractic in 1999 and has been in practice with husband Chris ever since. She is an avid artist and paints



whenever she can, florals being a favourite subject. She was born and raised in Taupaki and went to Massey High School before careers as both a nurse and Police officer, in West Auckland.

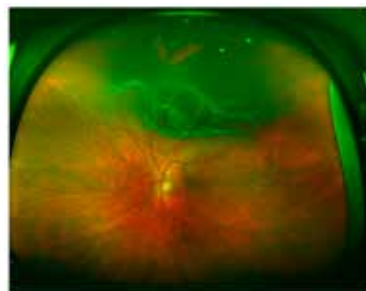
Jake McEntee is the newest member of the team and is also a New Zealand College of Chiropractic graduate. Jake is originally from Matamata but has decided to make Nor-West Auckland his home. Jake is interested in how regular Chiropractic care, along with proper exercise and nutrition, can add years to your life and make for a healthier happier you.

All our Chiropractors would love to be able to assist you with any Chiropractic concerns you may have.

Call us for an appointment. Kumeu Chiropractic – phone 09 412 5536.

What's a Retinal Detachment?

You know those little specks that move around your field of vision sometimes? They're called visual floaters and, while they're relatively common, a sudden increase in the number of floaters you see could be a sign of a retinal tear or detachment (!) especially if you've been seeing flashes of light in your vision in the days prior or other changes to your vision.



Matthew and Molly Whittington at For Eyes in the Kumeu Village can assess your retina and check if it is sitting flat as it normally should. Their ultra wide-field Optos scanner can literally see around corners to image the peripheral retina behind your iris.

Phone 09 412 8172 to book your appointment, or book your own with the For Eyes Optometrists Facebook link <https://for-eyes-optometrists-nz.au1.cliniko.com/bookings#service>

The illustration shows an Optos scan of a retinal detachment.

Why tummy fat is not your friend

When it comes to excess weight around your waist, it is fat stored in this particular location on your body that has the most impact on

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Health & Beauty

your overall health. Over time, abdominal fat becomes metabolically active, meaning it creates its own hormones independent of your endocrine system.

Think of it like you are carrying your very own pet animal around your waist, except it is a 'metabolic animal' with some very serious health implications.

Truncal adiposity, as it is termed, creates inflammatory chemicals that disrupt normal cell function, which in the long term can lead to elevated insulin levels amongst other things. Having elevated insulin long term, can trigger a cascade of other hormones and chemicals that can predispose us to a range of serious health conditions such as insulin resistance and prediabetes, diabetes type 2, cardiovascular disease, cancer and more.

If you are carrying a 'spare tyre' around your waist, you may wish to consider losing weight. Not only will you feel better, have more energy and better mental clarity, but you will improve your health outcomes for both the short and long term.

Author: Rebecca Stenbeck (Medical Herbalist & Naturopath)

See if our Lose Weight for Good Weight Loss Program is right for you. Visit our website: www.WeightLossProgram.co.nz.

It's my gut's fault I'm fat!

Strictly speaking it's not our gut that might be making us fat but our gut bacteria.

Bacteria in our gut 'tells us' to eat sugary or fatty foods (yep you heard me it is not your fault that you wanted to eat that custard tart). They also determine how much energy (calories) we extract from the food we eat. What this means is that they determine how much weight we put on or keep on.



Changing your gut bacteria can reduce abdominal fat and reverse pre-diabetes in particular by increasing the number of a specific bacteria called Akkermansia.

Two things that have been shown to increase Akkermansia naturally are:

- 1) Eating foods rich in polyphenols such as colourful fruit and vegetables, cocoa, dark chocolate, berries, grapes and herbs.
- 2) Fasting - Akkermansia feed on the mucus on your gut wall so constantly eating and grazing will decrease their number. You have to stop eating to allow them the time to digest the mucus and for

the bacteria that thrive on food to be killed off. So stop snacking and maybe try intermittent fasting.

Processed, refined foods, eating high amounts of saturated, poor quality fats and drinking lots of alcohol reduce Akkermansia.

Sarah Brenchley, Naturopath, Nutritionist, Life Coach - www.sarahbrenchleynaturopathy.com.


How to 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 build-up 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.



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Health & Beauty

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.

Goldilocks in health and wellness

Sugar is bad, fat is bad, cholesterol is bad, inflammation is bad! Yeah, but nah. These are not bad things in appropriate amounts, but in the wrong amounts they can lead to disease and ill-health. It's a bit like the arguments over whether money is evil - which we know depends how it is acquired and used.

So like Goldilocks, having just the right amount is best.

Body fat is essential.

Body fat is not just a storage vehicle for excess calories. Body fat is actually a very powerful organ that secretes essential hormones that influence many other systems in the body, such as the brain, the liver, pancreas, reproductive health, and muscles. Like any organ, we should aim to have healthy rather than dysfunctional fat.

Trouble is, sometimes this system goes haywire and good fat goes bad. When this happens, hormones can be produced by fat cells and produce inflammatory chemicals that put the body into a state of stress. Depending on your genetic weakness, these inflammatory chemicals can trigger arthritis, eczema, asthma, heart problems, hormone problems like polycystic ovarian disease, and mental illness.

The good news is that by tweaking your nutrient intake, you can reduce the risk that fat hormones (called adipocytokines) can cause havoc in your body. From a dietary perspective, matching

calorie need with what you eat is important. This will reduce the likelihood that fat cells will grow and multiply. Reducing the level of inflammatory foods and increasing the level of anti-inflammatory and antioxidant-rich foods works very well. I don't have space here to write out a full anti-inflammatory diet, but if you visit Massey United Pharmacy, the team can provide you with suggestions for how you can eat an anti-inflammatory diet.

Key nutrients that help to balance hormone release from fat cells include Nigella sativa (black cumin), alpha lipoic acid, cinnamon, chromium, magnesium, taurine, vitamin C, berberine and zinc.

Where to find help:

Most people find changing their diet challenging. If you would like some help / coaching on how to change your diet to create a healthier you, then book in to see one of the practitioners in our Nutrition Medicine Clinic (www.NutritionMedicine.nz). Massey Unichem Pharmacy Martin Harris 396 Don Buck Road, Massey 09 833 7239.

Pure Allies

April 2021, goodness we're a quarter way into the year already, and it's been a strange quarter.

In our family bubble we spent lots of time walking and doing a bit of family self-care, lots of massages with our Pure Allies balms. There's plenty to choose from, relaxing to energising (not that I would use that on my kids!) And we also have two specific pain relief balms. As winter nears, this balm is a real useful treatment for winter sports injuries and just the general pains and aches that cold weather can bring to our bodies.

We'll also be blending up our chest balms for the change of season and winter, colds, sore throats and runny noses.

That's all from me today, I could ramble on all day about our luxurious products, but you know where to find me if you need any more info. Allie - pureallies@gmail.com.

Live Chiropractic

Here at Live Chiropractic we understand that the recent lockdowns over the last few months may have brought up emotions and tensions especially with all the changes taking place to your usual schedules and routines.

As your local health care providers we want to take this opportunity to remind you to take care of yourself, allow time to process what you may be feeling and experiencing and if necessary install some



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Health & Beauty

boundaries.

Stress on our body (be that physical, emotional or chemical) is a completely normal and natural part of being human. It is when stress becomes a prolonged or ongoing experience that our bodies can start to be negatively affected. If you feel your body creeping into that constant state of stress it may be empowering for you to know that research has shown the best way we can personally switch our body out of that stressed- "fight or flight" state into the "rest and digest" state is by performing deep diaphragmatic breathing. So take a minute; let your jaw relax, your shoulders drop and focus on nice deep breaths in through your nose that fill up your belly so that you see it expanding then slowly release it out your mouth. Do this as often as necessary.

Live Chiropractic is here in Huapai, Kumeu. We love supporting your body's performance and function whatever you may be experiencing. Booking can be made online at www.livechiropractic.co.nz or by emailing reception@livechiropractic.co.nz.

Anxiety

Many people are experiencing anxiety due to the lack of certainty about life at the moment. Practical things you can do to reduce anxiety include:

- Increase Exercise - walk, dance, swim, take the stairs, park the car further from work - basically JUST MOVE!
- Touch - stroke pets, hug people, massage, have sex
- Diet - reduce caffeine & sugar, eat regularly, eat good fats - nuts/seeds, avocado, olive oil, oily fish
- Listen to uplifting music that makes you feel good
- Get outside in daylight
- Laughter and play - watch comedies, do fun things that you enjoy, smile a lot (even when you don't feel like it as smiling releases serotonin)
- Praise yourself every day, acknowledge good things about yourself and your achievements
- Express your feelings out loud to yourself at least and reach out if you feel lonely or sad
- Know it is not permanent and you can recover - read stories of people who have overcome anxiety, talk to people like me who have been where you have and come through it

Don't wait to feel better to take action - take the action and you'll feel better! Lorraine Maguire - Rapid Transformational Therapist. www.lorainemaguire.com.



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Revolutionary spectacle lens for preventing short-sightedness

Myopia (short-sightedness) has been an increasingly prevalent issue in kiwi kids and up until now, the most effective myopia control methods are centered around various forms of contact lenses. Here at Westgate Optometrists, we are now offering a world-leading spectacle lens that has been proven to control the progression of myopia by up to 59%!



The Hoya MiyoSmart lens is now available in New Zealand, and offers potentially sight-saving technology. The ideology behind the majority of the myopia control lenses is based around producing blur in the peripherals of the vision in order the "trick" the eye into thinking that it has done enough growing.

Want to know whether Hoya MiyoSmart might be suitable for your child? We are providing a free consultation where we can assess and discuss myopia control methods, as well as answer any questions you may have. Phone our friendly team on 09 831 0202 to arrange a time that suits. Website: www.westopt.nz.

How long should you hold a stretch for?

I am often asked how long I should hold a stretch. Should you hold it for 20sec, 30 sec, 1 minute? I like to suggest a slightly different approach and recommend that you hold a stretch for a number of breaths instead.

I would start with 5 deep slow breaths. With each breath try and expand your torso in all directions. At the end of each breath, you may even be able to go a little 'deeper' into the stretch.

Doing this when you are stretching does two things. Firstly, it makes sure you breathe during the stretch, and secondly it can help you hold the stretch for longer (I know that when I am counting during a stretch, my seconds usually start to shrink). Hopefully this simple tip helps.

www.elevatechiropractic.co.nz. Any other questions? Call us on 09 413 5312.



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Chris Penk MP

What an end to summer: on a hot Sunday afternoon many residents spent literally hours sitting in traffic trying to make their way back home.

It seems so long ago now but this was the first day of the latest Auckland lockdown. The regional restrictions had been announced the previous evening and fair enough too. What happened the following day, however, was not fair enough.

I received reports of considerable distress and discomfort for constituents stuck in a seemingly endless waiting game, through no fault of their own. Livestock being transported fared badly, with animal welfare surely badly compromised, to put it mildly. Humans travelling those same roads experienced the indignity of having to "make do" by the side of the road after several hours without toilet facilities. And of course there was no supply of food, water or other such necessities available to man or beast.

How did this situation arise and was it avoidable? Some of the decision making around the border of Northland and Auckland (and the southern equivalent) was bizarre. To everyone trapped in overheated vehicles, the most perplexing – and indeed infuriating – aspect was the officials' decision to stop and check cars entering the region. It was understandable to check those seeking to exit Auckland, certainly, where a higher Alert Level had been imposed but not the other way around.

Resources should have been applied entirely to the more logical need, which would have enabled waiting times to be cut in half. Some might say that it's unreasonable for me to highlight this failure of the system. For one thing, though, it's my duty as an elected representative to give voice to the frustration of my constituents and others adversely affected by authorities' decision making. For another, this wasn't the first regional lockdown experienced by Auckland. In fact it was the third.

The following day I wrote to the Minister for Covid19 Response,

asking him how he plans to ensure that this situation will not ever arise again.

As I said in my letter, "I would like to be able to relay to my constituents some measure of assurance that they will not be forced to endure so many hours of stress and/or physical strain on another occasion that Auckland may be placed in lockdown unexpectedly".

Take care out there and hopefully we won't have to go through that again!

Cheers, Chris Penk MP - Kaipara ki Mahurangi electorate.

Why all the wood?

At our Nature Early Learning Centre it makes sense that wood plays a feature, but why does it seem to be the rage at the moment? We have known the importance of natural play, the values it brings on children and their experiences, but we wanted to share with you why we think it's important, and how research supports the value of this play.



When children engage with wooden blocks, there is a lot of math skills that are being undertaken. Children learn to solve problems, cooperate with their peers, and learn scientific awareness of balance and gravity. Fine and gross motor skills are employed when the tower they build higher than themselves, eventually comes crashing to the floor! There is something unique about the simplicity of wood that encourages dramatic, family and imaginative role play, and of course a wide range of construction opportunities.

Whether it be working alongside others or individually, children's vocabulary and communication skills is extended together with problem solving, questioning, estimating, hypothesising and collaboration. Children are more confident to ask for help when they have autonomy over their work.

And what about the health benefits? Yes, you did read that right - a report by Pollinate dated February 2018 asserts that a connection to nature is essential to human well-being. Country Bears believe toys made from natural resources are just the start of this journey. We find that wooden toys are essential natural resources, and our Centre provides a variety, which can be very soothing to an anxious child.

Aside from all the benefits to children, wooden toys are also a very ethical and sustainable option, being more environmentally friendly than plastic. The durability and longevity of wooden toys often



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Area Columnists

means that they remain in families for generations. Most of us will remember the wooden buzzy bee toys from childhood. Wooden toys are built to last and don't need to be bought from a store with all the bells and whistles, not to mention the expense. Even random pieces of wood found on the beach, in the bush etc can be used to spark the imagination of the child. As a Centre, we are so grateful to our whanau and community who donate various bits and pieces such as the off cuts of wood shown in the photo where some tamariki built a bridge for everyone to cross. We can never have enough pieces of off-cut wood, so if you have any, your junk is our treasure. Not only do the children use them in their imaginary play, but they also use them in the carpentry area - nothing goes to waste.

Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With 28 years of experience, Country Bears is the name in childcare that you can trust. We are proud of who we are and how we got here, and we are committed to continue to provide this Country Bears quality for another generation.

Please feel free to come and have a look at our beautifully placed Centre with our professional and caring team of teachers. Check us out on our website www.countrybears.co.nz or our Facebook page: www.facebook.com/cbearsecc.

Phelan's Local Board update

By the time you are reading this the Regional Land Transport Plan 2021-2031 (RLTP) will be out for public feedback.

Normally this would have been done during Councils 10-year Budget consultation as it helps to understand what's being spent where, particularly as transport is a massive issue locally. Due to longer than expected discussions with government the RLTP was delayed and public feedback will be gathered from the 29th March to 2nd May.

The RLTP is 10 year plan, that is refreshed every three years. Given that the last one had roughly \$8b of unfunded transport projects included in it, and projects have either not started or been completed, there isn't a lot of exciting new stuff in there.

The plan includes investment from Council, NZTA or Waka Kotahi, the government transport agency that is responsible for State Highway 16, and Kiwirail. This can be a bit confusing because while Auckland Transport is leading the consultation many of the big-ticket items are not it's direct responsibility nor are they being paid for from council rates.

At the time of writing, I haven't seen the details of what various budget lines are. Projects like the Waka Kotahi Brigham Creek to Waimauku project to improve SH16 including more lanes and a roundabout at the Coatesville Riverhead Highway intersection, were in the last plan. The funding for this project has increased to \$137m, however it is now not due to start until 2022/2023. There is also nothing in the plan to indicate any thought has been given to a rail service to Huapai and rapid transport network (RTN) planning to Huapai does not appear to be a high priority.

On the plus side there is a considerable increase in budget for maintenance and renewals, and I think this will be welcomed locally.



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Auckland Transport has been forced to sweat road renewals for far too long and increasing this budget is a primary advocacy goal for the Local Board. More frequent grading of gravel roads, faster pothole repair and a boosted renewals program is going to make a huge difference to our roads.

I would encourage people to go and have a look at the material when it comes out and providing feedback, even if it is to support things like improved maintenance and point out that the lack of public transport needs to be urgently addressed, is going to be incredibly helpful to support our advocacy on your behalf.

To find out more and make a submission, google 'Auckland Transport RLTP Have Your Say'.

Phelan Pirrie. Rodney Local Board Chair. phelan.pirrie@aucklandcouncil.govt.nz.

Marja Lubeck - MP

By the time this edition of the Kumeu Courier is published, I hope to have seen many of you at the Kumeu Show and the Kumeu Community Action public meeting to discuss issues of local concern. I know there are many - passenger trains, State Highway congestion, the need for a new local high school, high rates, rapid growth - and the prospect of unplanned growth with the purchase by Fletcher Residential of large land holdings at Riverhead and Taupaki.

While some of these issues are the responsibility of stand-alone organisations, or Auckland Council, I am committed to working with



other politicians, political groups and agencies, to progress positive outcomes for the area. For example, the Minister of Transport, with the Mayor of Auckland, recently announced more funding for State Highway 16 safety improvements as part of the Auckland transport Alignment Project (ATAP).

You can contact me at marja.lubeck@parliament.govt.nz.

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Package highlights & exclusive encounters:

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- * Trott's Garden, Ashburton
- * Exclusive encounter- Meet Michael Barker of Barkers Food Store & Eatery, Geraldine— learn about their story, with included lunch
- * 2 nights at the Hermitage including: Sir Edmund Hillary Alpine Centre and Museum, and Planetarium
- * Tasman Glacier Terminal Lake Cruise & Walk, Mt Cook
- * Exclusive encounter - Lindis Valley Merino High Country Station
- * Cloudy Bay Wine Tasting Tour and lunch
- * Glowworm Cave Tour, Te Anau
- * Exclusive encounter - Fiordland Cinema - private viewing of 'Atu Whenua - The Shadowlands'



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* Fiordland Jet Wilderness Tour - Wairau River, Lake Manapouri and nature walk

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Please get in touch if you are interested in this, as it will sell fast, with only one exclusive departure date.

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Tanya Franklin - The Travel Broker - Waimauku, email tanya@ttb.co.nz, phone 021 254 9169.

New rules for mortgage advisers

The new Financial Services Legislation Amendment Act (2019) took effect as of the 15th of March 2021 and introduces major changes to how the entire financial services industry operates.

These changes have been in development over the last few years and have involved input and feedback from the industry to take what was previously best practice and enshrine it in the law. The Act also requires Financial Advice Providers to be licensed, with a strict new regime governing the issuance of those licenses.

The new legislation has been designed to bring more transparency to your interactions with financial advisers of all kinds, with the goal of helping you select a provider that best meets your needs. A further aim is to ensure that everyone receives advice that is relevant and suitable for their situation - something we take pride in at Simply Finance.

The biggest difference you may notice as a client is how your adviser



provides you with disclosure, but there are a raft of other changes that have also taken place in the background; the team at Simply Finance have been working hard behind the scenes to respond to these changes.

Whether you are looking to buy your first home, re-finance your existing home, or grow your investment portfolio, the team at Simply Finance can help - call today on 022 397 7827 or email brian@simplyfinance.co.nz.

Self-love: The greatest gift you can give yourself

Most of us have had our share of unwanted 'excess baggage' due to life experiences. There are times when things happen to us that are not so positive, such as been bullied at home or school, shunned from a religious organisation, fired from a job, been told you're not good enough etc., all these things and more can add up and take a toll on us. However, despite these things, we have the opportunity to turn the negative into a positive. It doesn't matter what people think of us, it is what we think of ourselves that counts.



The most important quality you can give yourself is LOVE. That's right, love. Self-love is vital, it is the most important gift you can give yourself. Love will make you strong, it doesn't matter what any person may say or do, by having self-love, you will always have love in your life and no one can take that away from you.

Astramana™ Healing Services has many different tools to help you with self-love. Some tools we offer are:

Reiki Healing Classes - During the first level of Reiki, you will learn how to do self-healing. This will help you work on yourself and give you the ability to do a healing session on yourself and work through various issues you may have. The ultimate gift you can give yourself is Reiki, which in turn gives you self-love.

Hypnosis - If there is something holding you back from loving yourself, maybe a hypnosis session will help you with removing the negativity and stripping back the past so you can move forward with self-love.

Past Life Regression - A journey back in time will allow your soul to take you on a journey to the past that may have affected your current lifetime. A Past Life Regression session can help heal past issues and



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provide answers as to why you have certain feelings and hopefully lead yourself to self-love.

Astramana™ Healing Services founder Jason Mackenzie has worked and learnt from many incredible teachers worldwide in order to offer you as many choices as possible in order to bring healing and self-love into your life. Contact us if you would like to bring self-love back into your life astramana@gmail.com or visit our website www.astramana.com.

New Zealand travel event

We are holding an event at Huapai Golf Club with our favourite New Zealand travel operators and invite you to come along. We will be holding this in early May so please let us know if you are interested in attending or if you would like more details.



As I write this we are waiting for the Tasman bubble announcement on Monday so fingers crossed this goes ahead. There are many waiting to travel to reunite with family and friends and we are happy to help with any bookings, just give us a call. Once you use our service you will have peace of mind that we are here for you should things go awry while you are away.

Just call us on 09 416 1799 or email hobsonville@helloworld.co.nz if you would like our help or information about travelling either within New Zealand or overseas.

Your helloworld Team of Lesley, Hayley and Carolyn. Helloworld Hobsonville is TAAANZ Bonded for your protection.

Football clubs' merger creates business opportunity

As you may have read elsewhere in this issue, after the successful amalgamation of Waitakere City FC and Norwest United FC over the summer the new club called West Coast Rangers has been born.

Combined into one, the new club will have over 1300 members and welcome thousands of players, parents and local supporters to their grounds at the Huapai Reserve and Fred Taylor Park every weekend over the football season from March to October.

The club is keen to offer local businesses the opportunity to connect with its players and supporters via a new sponsorship offering called 'The Marketplace'.

The Marketplace is designed specially for trades and service suppliers to our fast growing NorWest communities - think sparkies, plumbers, accountants, garages and more - and offers the opportunity to become the exclusive sponsor in your field.

Each Marketplace package includes promotion to the club audience through digital (e-mail, social media and web), game day activation and on-site branding at both club locations, plus you have option to support teams or engage in a bunch of extra activities.

If you want to sell your services to affluent, engaged local families who are committed to supporting local businesses, this is a great way to do it. Email contact@westcoastrangers.co.nz for more information on The Marketplace.

Player registrations are open.

Countdown doubles Growing for Good grants

Countdown is hoping to encourage Kiwi kids to start the new school year with an environmental project at their school or early childhood centre, with its Growing for Good grant funding doubled to \$50,000 for the 2021 round.



In its third year, Growing for Good grants aim to help foster New Zealand's next generation of budding environmentalists, and inspire Kiwi kids to learn about and preserve the environment.

Last year's successful projects have seen schools revitalise their skink garden, build greenhouses, install automated watering systems for their vege patches, a number of schools build chicken coops, and many others plant fruit trees and vegetables including our very own Hobsonville Point Primary receiving funds to help build their own gardens.

Countdown's General Manager Sustainability, Kiri Hannifin, says that every year they're flooded with hundreds of applications and after a turbulent 2020, it's more important than ever to look after what we have here.

"As a food-focused business, we know what a critical role our environment plays in Aotearoa's long-term sustainable future, and



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our tamariki are as passionate and concerned about it as we are.

"Teachers, parents and children are so proud of their Growing for Good projects and we love getting regular updates. It's fantastic to provide more funding this year and hopefully it helps inspire lots of budding young environmentalists for many generations to come," says Kiri Hannfin.

Have a separate bank account for tax

If you are in business one of the most useful things you can do with your bank accounts is set up a separate account for tax. Having a separate bank account and regularly putting money into it will help you to pay your tax bills on time and avoid costly penalties and interest. For example, when your invoices are paid, if you are GST-registered separate out the GST portion of your invoices into your tax bank account. And likewise when you complete your payroll, transfer the PAYE owing into your tax bank account. You can also put extra into the account when your cashflow is healthy towards your provisional tax.

Late fees and interest on tax owing can have a real sting on small businesses, and those tax bills seem to come around far too often. Using a separate bank account helps you to avoid accidentally spending that tax owing on other business expenses. Plus if your tax bank account is a high-interest one you can put the interest accrued

towards other bills (eg. ACC or insurance).

For all of your accounting needs please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz.

An invitation to share

Hello, I'm Jonathan. When I worked in a secure dementia home I was really in awe of the caregivers, registered nurses, and my fellow activity coordinators. The love and patience they showed day after day was really wonderful to see, and I know that their roles were really demanding. Likewise if you are caring at home for a family member living with dementia, or caring for a client in their own home, you don't need me to tell you how challenging, and I'm sure at times exhausting, life is. I started Mindjig with my wife Julie to provide a resource of helpful products for people living with dementia. Every month Julie writes and sends out an email newsletter and article. I would like to invite you to get in touch to share your experiences, be you in a private home or working in a rest home or dementia facility. We can include what you have shared in our newsletter, and keep you anonymous if you wish. We have been told by customers how isolated they can feel caring for a loved one with dementia, and hopefully an outlet will be of help to all of us. Thank you for the job you do, and we'd love to hear from you. Contact us by email at info@mindjig.co.nz, phone 09 600 3251, phone or text 022 480 3022. Our website is www.mindjig.co.nz



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