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**LONG-STANDING KUMEU BUSINESS'S NEW LOOK**

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

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

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

August 2019



## Greetings

The State Highway 16 southern bypass 'study' route from Brigham Creek to rejoin the highway near Waimauku has been published.

Known as the "alternative state highway" corridor, it cuts across Taupaki Rd, the northern railway line, Waitakere Rd (south of the cemetery), Access Rd (south of Motu Rd) then bends north and reconnects with SH16 just west of the Matua Rd intersection nearer Waimauku.

The plans are developed by Te Tupu Ngatahi (the Supporting Growth Alliance), a collaboration between Auckland Transport and the NZ Transport Agency (NZTA) with various consultants.

The corridor is a 'study area' (rather than a definitive route) needing to be refined over the next few years and is much wider than that eventually needed.

Affected landowners were invited to meetings with alliance representatives to discuss it.

"The alternative state highway to support Kumeu-Huapai is proposed as one of the projects in the long-term Supporting Growth Programme, which is investigating what transport investment is needed to support growth in the northwest over the next 10-30 years," NZTA system design senior manager Kevin Reid says.

After landowners were notified, the new Indicative Strategic Transport Network plan for the northwest (including the alternative corridor) was published.

The map also indicates SH16 safety improvements and other proposed links, upgrades, cycling and walking corridors and improved public transport routes

The next step is for detailed investigations to refine the indicative corridors further and apply for staged route protection during the next few years.

No funding for the bypass construction is in the 10-year regional or national land transport plan (2018-2028).

Bypass construction is expected to align with the council's release of land in Kumeu-Huapai for development longer term – a strategy proposes rezoning into urban zones later in the second decade (2028-2032).

Auckland transport projects supporting growth during the next 30 years are forecast to cost more than \$30 billion.

In that time more than 130,000 new homes and 76,000 new jobs in 15,000 hectares could be developed in Auckland's future urban growth areas, including Wainui, Dairy Flat, Whenuapai, Redhills, Riverhead and Kumeu-Huapai.

Will this resolve our transport issues soon? No – we have many years of traffic problems ahead unless the nature of transport changes.

It's doubtful the railway will help anytime soon.

Bring on flying cars, rideshare, driverless vehicles, more electric bikes and other alternatives!

Geoff Dobson, editor



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### ENQUIRIES / FEEDBACK:

Geoff Dobson

**P** 027 757 8251

**E** geoffdobson2017@gmail.com

**W** kumeucourier.co.nz

COVER PHOTO: Ben, Charlotte and Tom from Bowring Print

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# People & Places

## Long-standing Kumeu business's new look

Ben Vallings has run Benjamin Bowring Printing in Kumeu-Huapai for 32 years, and now his children Charlotte and Tom have taken the reins and leading the business into the future with a brand new look.

It will simply be known as Bowring Print, the rebranding of the family business including a new logo and signs, revamped website, and a changed colour scheme to two complementary blues.

One thing that hasn't changed is the quality and care the company puts into the many print, sign, stationery, picture framing, design and clothing projects they take on.

Ben still helps in an advisory role within the business, using all his years of experience to support Charlotte, Tom and the Bowring Print team.

Both grew up with the business, at times playing in the factory while dad was at work and then later taking an active role.

Now Charlotte's two children Elliott, four-and-a-half, and Harriet, two-and-a-half, are frequent visitors to the factory at 10B Shamrock Drive, along with Tom's daughter Astrid who is eight-and-a-half months.

Tom recalls he and Charlotte used to earn their pocket money working on the premises after school and in school holidays, starting out by collating, wrapping and later helping make printing plates and more.

"Everything in the business we've done," Charlotte says. "We've had a good grounding in it so everything that happens here we know how it works."

Charlotte initially studied interior design and worked in Auckland's creative sector. Her artistic flair comes in handy at Bowring Print where's she's been full-time as a print specialist for nine years, including having

knowledge in special print effects and finishing techniques.

Charlotte's husband Daniel is associated with the business too, providing IT and web support.

Tom worked overseas before joining Bowring Print full-time about four years ago. Tom specialises in the sign and clothing departments and has a wide range of knowledge in both of these areas.

Of the five staff, another who has been there so long she's considered part of the family is Jessica, who now manages the accounts department.

Amith, dubbed 'Maui', has over 20 years' experience as an offset printer and print finisher, completing the Bowring Print team.

So there's more than 50 years of family association with the firm – 70 years if you count Amith.

Bowring Print has come a long way from its beginnings in 1987 – Benjamin Bowring Vallings was named after entrepreneur ancestor Benjamin Bowring who started as an English watchmaker in 1803 and later owned a wharf and schooner the Charlotte Jane to ship goods between the UK and US. The firm continued to prosper and built up a substantial fleet of sailing vessels, including a 764-tonne whaler called Terra Nova that was engaged in polar exploration. It was on this vessel in 1910 that Captain Scott left from Cardiff for Christchurch, New Zealand, on the ill-fated British Antarctic Expedition.

The company has diversified during its time, providing custom printed workwear uniforms, hi-vis safety wear, and day to day branded business clothing for the past 10 years.

"We are a one-stop shop for all printing, signs, branding and more across a wide range of products," Charlotte says.

"We can do notepads, posters, customised packaging, promotional products, business cards, graphic design, plan prints, self-carbonating docket books, binding, letterheads, wedding invitations, foiling,

CONTINUED NEXT PAGE



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# People & Places

## Long-standing Kumeu business's new look continued

embossing, picture framing, window frosting and much more."

To contact Bowring Print email tom@bowring.co.nz or phone 09 412 9521 for more information.

## Waimauku Garden Club celebrates 50 years

A 50th anniversary lunch prompted many memories at the Waimauku Garden Club celebration attended by 61 past and present members.

Prizes were presented for the best recycled, prettiest and funniest hats, with oldest members Kathy Mabbett and Avila Allsop cutting the anniversary cake.



Althea Moss compiled a club history, presented at the function.

Elsie Waldrom and Ada Wightman invited anyone interested in forming a local garden circle to meet at the Waimauku War Memorial Hall in 1969.

Eight women first met at each other's homes to visit their gardens, exchange plants and help get newcomers established with their gardens.

Two other foundation members were Lou Skelton and Joyce Cole.

At the 25th anniversary lunch at the Muriwai Golf Club in September 1994, Lou recalled that if a member was ill and couldn't tend her garden, other members would take over.

All looked forward to the friendship and knowledge gained at club days. Lou also recalled the pleasure of seeing plants in her garden given by club members, sometimes as a happy memory of those who had died.

One such is a camellia at Eden Gardens in memory of Elsie Waldrom, donated by the club and family.

Anniversary lunch guests included past presidents Julie Boys, Ngaire Tomkins and Sue Gudsell. Founding members Joyce Cole and Lou Skelton were honoured, and at that time there were 80 club members – now 88.

Club numbers grew as new people moved into the district, many known by their surnames as few used Christian names in those days. Groups were established in Taha Road, Muriwai, Waimauku and Huapai, each group responsible for organising a particular month's outings.

Members visited local and more distant gardens in Waimauku Buses driven by Bruce Burnett.

In 1994, the Whenuapai Bus Company was being used and Frances Vuksich was elected president.

Pam McKay became president in 1995, and a changing format of meetings was introduced, alternating between a formal meeting at the Kumeu Trotting Club followed by a shared lunch and speaker, with a trading table and raffle bringing in funds, then a trip away the next month.

Dot Sorenson was president in 1997, followed by Maggie Sheehan and Audrey Langdon.

From April 2005, Karen Chisholm and Jenny Faulder were presidents, serving for nine-and-a-half years. They began the practice of stopping for morning tea and organised successful longer trips to Rotorua, Tauranga and Kerikeri. To help with trip costs, a "A gardener's kitchen" book was published with club members' recipes.

A series of committees later organised the outings, among them Annette Stewart, Ann Cato, Linda Evans, Jill Warren, Di Bunny and Colleen Coleman.

Today, six do the same job - Diana Christensen, Bette Lamont, Judith Goodsir, Jan Douglas, Veronica Kerr-Taylor and Althea Moss.

Peter from Day Trip Touring is now the regular driver.

Long-standing members include Gail Topping, Sally Adcock, Noelene Thomas, Avila Allsop, Sharon Andrews, Anette Clark, Delwyn Nixon, Susan Chappell, Wendy Small, Jan Dempsey and Pam McKay.

Delwyn is the longest serving at 33 years.

Gardens visited over the years include Ayrlies, Wright's Water Gardens, Eden Gardens, Wintergardens and the Botanic Gardens, Mincher, Twin Lakes, and Hamilton Gardens, but the favourite place for many is Roger Hunter's garden centre at Mangere.

Monthly trading table and raffles proceeds helped reduce costs, but once meetings at the Kumeu Trotting Club ceased this changed.

Costs proved challenging.

The committee now tries to keep the cost of each outing below \$50.

About \$2000 came last year from a Community Organisation Grant Scheme to help pay for transport, a similar application being made this year.

Outings are now more social - not necessarily a garden - perhaps shopping and always a coffee stop.

## Jean Penny's big birthday

At 104, Jean Penny must be one of the oldest women in the north-west.

She celebrated her recent birthday with family members, including five generations represented here by Stuart Penny, Rachel Svoboda with Jean (front), Tyrone Makea and Summer Makea.



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# People & Places

Living at Radius Taupaki Gables rest home for the past four years, Jean was born in Mt Eden to the Bridge family in 1915 during World War One.

She grew up there and then in Mangere with seven sisters and five brothers, recalling picking fruit in Mangere by day and packing it at night for about six years, all while going to school too.

After training as a nurse at Auckland Hospital, Jean went nursing at Whakatane Hospital. It was there she met Colin 'Mick' Penny, an Awakeri dairy farmer, and they married in 1941 during World War Two.

They had six children – five girls and two boys - and Jean ran the household. Colin later went into horticulture, building glasshouses for tomatoes as well as outdoor crops.

Jean says when she married a dairy farmer she never thought she would be involved in picking and packing fruit and vegetables again.

They sold their garden property in the mid-1970s, and Colin died in 1978.

"I stayed on until about 1986 then came to my son (Stuart) and daughter-in-law's place in Titirangi for several years, then moved with them to Helensville in 2002, and lived there until they sold," Jean says.

She recalls the 1987 Edgecumbe earthquake, one of the most damaging in New Zealand because the 6.5 magnitude quake was so shallow, which devastated the farming area where she had been living and extensively damaged the dairy factory and town itself.

Asked what the secret is to her long life, Jean says "faith in God" and good genes. Other family members have lived well into their 80s, 90s and two were more than 100.

Jean remains alert and says her health is good "as a rule". She has a lot of friends and relatives visit, and spends the rest of her time listening to talking books as her eyesight is failing.

## Spirited effort from Lavender Hill

Lavender Hill in Riverhead has received two silver medals at the inaugural New Zealand Spirit Awards.

One of Auckland's largest commercial lavender farms and tourism operations, run for three years by Jason and Trish Delamore, Lavender Hill has gained the awards for its Limoncello and Saf-



ron Gin.

The farm's hand-crafted Limoncello uses its own Yen Ben lemons and Lavender Hill partnered with a 100% organic Nelson saffron farm to produce the Saffron Infused Gin made from *Angustifolia* lavender.

Thrilled to receive the medals, Jason says their awards success has put them firmly on the map.

All of Lavender Hill's boutique spirits have also earned 93 out of 100 and five stars from Wine Orbit.

Hosted by Spirits New Zealand and Distilled Spirits Aotearoa, the NZ Spirits Awards received 254 entries from local and international distilleries, seven out of 13 trophies won by New Zealand producers.

In all, 221 medals were awarded, 90 of them going to New Zealand distilleries with Kiwi producers making up 41% of the overall entries.

Visit [www.lavenderhill.co.nz](http://www.lavenderhill.co.nz) for more information.

## 'Messy Church' catching on

A Kumeu 'Messy Church' event is proving so successful a third one is now planned in December.

This follows an inaugural one in April which brought 110 people to St Chad's Church in Huapai for crafts, games, a story, singing, and a meal.

A joint venture between St Chad's and the Kumeu Baptist Church on July 6 also drew more than 100 people despite winter weather.

Messy Church provides an opportunity for people who might not belong to a church or who might not feel comfortable going to a 'normal' church service, to come along to church in a very informal setting.

Following on from the Easter themed April get together, the July Messy Church featured the story of 'Zac the Taxman' and included various craft tables, some very competitive games of shuffleboard and Jacob's Ladder, and a great meal to round off the afternoon.

The event is free to people of any age.

The next one is in early December, so check the St Chad's website, [sainchadshuapai.com](http://sainchadshuapai.com), or Facebook nearer the time for more information.



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## Westbrook has the wines

Westbrook wines in Ararimu Valley has undergone some changes.

The family (and dog) friendly winery now has an all-weather patio with heating and a new deck so visitors can enjoy the venue in winter too, with indoor seating available.

Specialising in wine and food matching, Westbrook also has a new marquee for functions, including weddings, and is open seven days from 11am to 5pm, closed only for the four statutory holidays.

Westbrook is moving with the times, not only on its eight-hectare park-like premises but also in its branding, including a new logo and wine labels.

Renowned for its top-rating chardonnay, Westbrook offers a variety of wines and is also known for its wine matching with food platters.

Tasting is available anytime, although bookings are recommended for groups of six or more, or if planning to participate in one of



Westbrook's "experiences", such as wine and cheese tasting.

Grapes are sourced from Westbrook's Waimauku vineyard and from Single Vineyard in Marlborough. Westbrook was established in 1935, moving to the Waimauku property in the beautiful Ararimu Valley in 1999, and those who haven't been for a few years will be as-

tonished at the changes and services now provided.

Check out the new-look Westbrook and try one of their famous cellar door experiences, such as a guided tasting.

Or join Westbrook's Vine and Wine Club for a variety of specials.

Visit [www.westbrook.co.nz](http://www.westbrook.co.nz) for more information.

## Boats in the blood

When George Arona of GT Marine in Kumeu isn't fixing boats or selling outboard motors you'll probably find him fishing or diving at his favourite spots.

He runs one of Auckland's leading outboard motor shops with expertise in servicing and repairs of all makes and models, and the marine industry is well and truly in his blood.

"We're also proficient at installation of all electronics, from fish finders to navigation lights. With a purpose-built mobile service truck, we can come to you. Or you can visit our workshop at 156 Main Rd in Kumeu."

George and his two staff aim to ensure your boat leaves the workshop better than it arrived, running a comprehensive checklist at each service, ensuring the motor is running optimally and any potential issues are addressed.

With more than 20 years' experience in the boating industry, George says as a keen fisherman and diver the experience "feeds the fuel" for the job.

He started washing boats for a neighbour as a school holiday job and enjoyed working with boats so much he took up an apprenticeship, later working for Silverdale Marine.



Involved in the many fishing competitions running back then, George went from boat to boat and learned more as he did.

His favourite spots are the Northland coast, Kaipara Harbour and much of the east coast, especially around Auckland.

Now he takes his two sons out on the water when he can.

George says his job is all about helping people have a more enjoyable and trouble-free boating experience.

An authorised Honda Marine dealer, GT Marine provides new Honda outboards, genuine parts

and Honda warranty work. Plus, they can provide finance for new Honda engines, through UDC.

A wide range of accessories are offered too, including everything from trailers to boat lights.

And GT Marine stocks a wide range of spare parts so that repairs can often be done on the spot.

GT Marine is open 8am-5.30pm weekdays, and at other times by appointment (George lives nearby so is available when needed).

Call 09 412 8348, 027 297 4832, or visit [gtmarine.co.nz](http://gtmarine.co.nz) for more information.

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# Safer Communities



Referred to as the "pit crew method", high performance C.P.R is being rolled out throughout New Zealand in response to an elevated rate of successful outcomes using the technique. Like a pit crew, the technique has an emphasis on key performance areas, with rapid and seamless chest compressions intersected briefly by the defibrillator and the lead medic. Thirty chest compressions followed by two oxygenated air bags are the base line. Everything else happens around this, with key positions being a lead medic with the defibrillator, medical support on drug administering and a support rotation through the airway and CPR compressions. Medical and Fire Personnel are trained in this area and offer fast, accurate

response to public that are suffering from breathing or heart complications. In an emergency dial 111.

Please appreciate that all Fire Personnel and most of the first response Medical personnel in Kumeu and districts are volunteers, (they don't get paid to save people's lives) so please appreciate what these people do, understand the hundreds of hours that these volunteers train and work with and acknowledge them. In addition it would be great if you could say thank you to them and support them, because the next life that they save could well be yours, and not having them

around wouldn't be pretty.

Graham McIntyre - Chief Fire Officer, Waitakere Fire Brigade, Phone 09 810 9251.

Pictured: Past and Present Chief – Waitakere Fire, John Jull and Graham McIntyre. (A tribute to days gone by – John Jull gave 28 years of his life to the community as a Fire Volunteer, thousands of hours and very little thanks said. We can do better for our volunteers – say your thanks today).



## Graham McIntyre

Chief Fire Officer  
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# Community News

## “A Week in the Life of Kaukapakapa”

The competition received a record number of entries this year and the under 12 prize was taken by Yenta Wiehahn for her photo of the Moses Road letterboxes. Photos had to be taken during the week 2 to 9 June, and were to be recognisable as Kaukapakapa, luckily this year there weren't so many shots of flooding! Alan Golder won the adult category with his black and white photo of Michael Yin in the Kaukapakapa Store. People's Choice winner, Amanda Bailey, sent in the photo of the beautiful Omeru Reserve. A great effort by everyone who took part and a fantastic record of Kaukapakapa 2019. Megan Paterson, threehorses@xtra.co.nz.



## Scouts update

Now that were well and truly into the winter months, the Scouts can reflect on the wide range of activities that they have taken part in so far this year. These have included camps, fundraising events to get Scouts to Jamboree later this year, community planting events, helping to run events and shows plus many more community and local activities.



A large number of Scouts have also attended training courses in the last few months. These have been run by highly experienced trainers, who have not only taught the Scouts leadership skills, but skills that they will use for the rest of their lives. The practical skills they have learnt range from bush craft, survival, first aid and looking after the environment for future generations.

The Scouts are not the only ones to benefit from Scouting. Leaders also take part in a wide range of practical activities, so they can in turn teach and develop the Scouts further. A lot of the Leaders in the Waitoru Zone have hundreds of hours of training behind them, allowing them to share their knowledge and empower the next generation.

Interesting fact time: Of the 24 men to travel to the moon on the Apollo 8 and Apollo 10 through 17 missions, 20 were scouts, including 11 of the 12 moonwalkers, and all three members of the crew of Apollo 13.

Maybe it was the practical skills that the astronauts of Apollo 13 had learnt during their Scouting years that allowed them to work together to repair the crippled craft and return safely back home.

Do you want to know more about Scouts?

Then head to [www.scouts.org.nz](http://www.scouts.org.nz), or email me at [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz). Craig Paltridge - Waitoru Zone Leader.

## Moondance Leather

These are New Zealand made leather bags. Handcrafted on the North Shore in Auckland.

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[www.felt.co.nz/shop](http://www.felt.co.nz/shop) or [www.etsy.com/nz/shop/moondancenz](http://www.etsy.com/nz/shop/moondancenz).

Email: [moondanceleathergoods@gmail.com](mailto:moondanceleathergoods@gmail.com)

Phone: 09 480 6357 or 021 029 96278.



## Historic Kaukapakapa Library

Sunday 18th August, 10am to 1pm. In the late 1880's the Kaukapakapa community needed a larger public hall, there being prior to this a combined school/library/hall building. Contention arose as to its location as the village had developed in two distinct portions - north and south Kaukapakapa. A compromise was reached and in 1890 a new





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# Community News

hall was built on land donated by the Henley family, midway between the two areas. The bad news being this was extremely flood prone. Many years and many floods later, the Hall had fallen into disrepair and come to the attention of the Rodney Council, which recommended its closure. Once again the community rallied, and twenty years ago in 1999, both the hall and the library crossed the road to their present position at the heart of Kaukapakapa. It's now five years since the library was reopened in conjunction with the Kaukapakapa Village Market, every third Sunday of the month. Come along and find out more about the history of the hall, the library and all things Kaukapakapa. Contact Megan 021 959 017, threehorses@xtra.co.nz.

## Kaukapakapa Village Market

Sunday 18 August 8.30am to 1pm. Plenty of entertainment for you to enjoy at the market each month while you check out the great variety of stalls with live music, free face painting and free kids craft table. This month our musicians are "The Roxelles" duo Rosie McHugh & Lesley Ward with a selection of classic hits from the 1960's onwards. Come along and pick up fresh local produce, native plants and trees, artisan food and preserves, coffee, handmade crafts, skin care, gifts, books, jewellery, collectibles and pre-loved and much more - there's something for everyone. For more information contact Sarah 0274 831542 or email sarah1@maxnet.co.nz.



## It's all about sustainability at Natures Explorers

At Nature's Explorers we encourage our children to care for the environment. Teaching the children about meeting the needs of today without impacting on the needs of tomorrow. It's all about sustainability at Natures Explorers at the moment and the children are loving it. After a discussion at mat time one of our budding recyclers asked how paper was made which lead to a new paper making project with some very successful results. In this week's picture you can see Beau, Phoenix, Matteo and Thomas feeding our Worm Farm, another part of our sustain-



ability theme. Scraps from kindy, from home and leftovers from Fluffy the rabbit's lunch are fed to our worms to produce compost and worm tea to feed our vegetable garden. The vegetables we grow are used in cooking projects at Kindy and to feed our oversized friend Fluffy, sustainability in action, look at us go! For enrolment enquiries please call Nerys Byford on 09 412 8800 or email nerys.natures@gmail.com.

## Show dad how much you love him

Father's Day is fast approaching. How are you going to show him you care this year?

Socks? Craft beer? Tools? BBQ equipment? OR why not do something different this year and buy him a personalised gift from Precious Imprints.

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Visit my website [www.preciousimprints.co.nz](http://www.preciousimprints.co.nz) for inspiration or feel free to email me [jo@preciousimprints.co.nz](mailto:jo@preciousimprints.co.nz) so we can start creating your original gift for Dad, one that he can treasure forever.

Father's Day – Sunday 1st September – Order now to be sure you have the perfect gift in time. And don't forget the Grandads too!

## Compatible ink cartridges

During the time of daisy wheel or ribbon printers, running out of ink would've really hampered your work. Since the introduction of inkjet printers and printer cartridges, the industry has continually found new ways to make printing easier and more cost effective. Today, one of the most convenient ways to cut office printing costs, as well as environmental costs is by investing in compatible ink cartridges. Big brand toner or ink is typically higher priced than third-party or aftermarket alternatives to cover the affordable printers that lock you into buying their products (as well as their Godzilla marketing budgets). Here at Benjamin Bowring Print & Signs we stock genuine compatible ink cartridges at lower costs. And with over 350 million ink and toner cartridges ending up in our landfills each year, proper cartridge recycling is more important than ever. We also offer an in store cartridge recycling solution to make your life a little less hassle-free. Visit us in store, 10B Shamrock Drive, Kumeu or buy

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# Community News

direct online with overnight delivery at [www.bbp.co.nz](http://www.bbp.co.nz). Phone 09 412 9521 or Email [orders@bbp.co.nz](mailto:orders@bbp.co.nz).

## Muriwai open studios update

Muriwai Open Studios have been enjoying their interaction with the local community. Judy Stokes had a wonderful response to her free community workshops in June and Gaylene Earl had a fun time sharing her skills in July. Do look out on the Muriwai Arts Open Studios Facebook page for the August workshop.

As part of extending and growing as artists we are now thrilled to be exhibiting as a group in the city. We are going to be at the BSA (Browne School of Art) gallery, 194 Great North Road, Grey Lynn from the 14th - 31 August 10am to 4pm. We'd love to see some friendly local faces at our opening on the Tuesday 13th 5-7pm. The exhibition is entitled Muriwai energy and is all about sharing our creative passion fueled by living in such a wonderful part of the world- Muriwai.

A reminder that our studios are also open by appointment 365 days of the year if anyone feels the urge for a private visit.

If anyone has any questions or queries feel free to email Judy or Joss at [muriwaiopenstudios@gmail.com](mailto:muriwaiopenstudios@gmail.com).

## helloworld

Register your interest in our evening with our specialist speakers covering small and large ship cruising in Alaska, the Rocky Mountaineer Train, bear view options and loads of other information. The date is still being sorted for August so let us know if you are interested and make sure you reserve your seat first. Office phone number is 09 416 1799 or email [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz).

Hayley has just returned from Sri Lanka and the stunning scenery up there. "Ayubowan" the phrase that met you everywhere you went, uttered by the Sri Lankan locals, welcoming you to their beautiful country and blessing you with long life. Sri Lanka is home to lovely English speaking locals, an array of wildlife, both on land and sea, rich culture and lots of spicy local delicacies that will keep you on your toes. This destination is perfect for the avid traveller who has been to Bali, Vietnam or Thailand and is wanting to experience, what I would say is a taste of Asia and Africa all rolled into one. Your options here are endless, whether you want a beach holiday with snorkelling and diving, to explore old ruins and temples rich in history, to stalk the local wildlife on jungle safaris, hike to the top of mountains



for panoramic views or live like a local picking tea at their many tea plantations, Sri Lanka has something to offer everyone.

Carolyn has just returned from the Arctic, where she went on a flight 3 hours north of Copenhagen, then boarded a cruise for 7 nights chasing polar bears. She was lucky enough to see a bear on her first day at sea and a few walrus and lots of reindeer. It was stunning dramatic scenery with clear blue skies and calm sea days so was fabulous. It was busy having two excursions each day on zodiacs, some zodiac cruising along glaciers and amongst the sea ice and some landing ashore visiting some sites where mining, whaling and hunting took place, and there are summer huts there for visitors. It was cold with each day being between 2-6C but the breeze made it very cold and you really needed to wrap up which is expected. It was an experience of a lifetime so call in and have a chat to Carolyn if you want to know more. There are some photos on our Facebook page which you can view as well.

## The Mobile Car Specialists

Did you know that a huge percentage of the fine surface scratches in your car's paint are caused by harsh car washing practices? These fine scratches not only cause damage to the clear coat, but they create an overall dulled effect and loss of gloss.



To properly restore your car's paint to a shiny, scratch-free shine, you first need to remove the fine surface scratches... then polish to a fine gloss.

Unfortunately, many car care products are designed to simply cover up the surface scratches, only for them to reappear a few weeks later once the product washes away.

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## SeniorNet Kumeu Inc.

Today's smartphones and tablets are amazing devices, not only can smartphones make telephone calls, they can also have lots of other useful features such as: alarm clock, flashlight, GPS map reader, compass, spirit level, book reader. I could go on and on.

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# Community News

Tablets can also do all of the above, with the exception of phone calls (Although there are some that can even do that!)

At SeniorNet Kumeu we are helping our members to get the very best from their smartphones and tablets, through our meetings, training sessions, workshops and "drop in" days.

If you would like to have fun learning how to get the most from your smartphone, tablet (including iPads) and computer, why not join our friendly and informal club with tutors who teach what you need at a pace that suits you.

We meet at 10am on the first Wednesday of each month at St Chads Church Hall Huapai, just come along to our next meeting on August 7th or contact: Brian Lacey on 022 183 1811 brian@lacey.nz.

## New tennis coach

Introducing Eden Sela to the Waimauku Tennis Club! Eden is from the US where she has played competitive tennis for 13 years, and won the Florida state championships in 2016. Now living in New Zealand, Eden has been coaching at Albany Tennis Park, and recently has been appointed the new coach at the Waimauku Tennis Club. She will be running a number of classes commencing at the beginning of the school term 3 such as adult classes on Monday evenings including pump tennis, a tennis exercise fitness class, and beginner adult classes. In addition, Eden will run children's group classes' afterschool on Tuesdays and Wednesdays, for children as young as 5 years old, through to 13+ age groups. For more details on tennis coaching view the Waimauku Tennis Club Facebook page or contact Eden directly on 021 043 9383.



## Waitakere Grey Power

Waitakere Grey Power Association are holding a General Meeting at the Waimauku RSA on Wednesday 7th August 2019 at 3.00pm. Our Guest Speaker will be Christine Rose formerly on the Auckland Regional Council and an advocate for trains to Kumeu and beyond and Public transport. All members and friends in Huapai Kumeu, Helensville, Taupaki and Muriwai are cordially invited to attend. Members are invited to join Committee members for dinner at Waimauku RSA at 5.00pm. Those intending to stay for dinner at your own cost. Please phone our Waitakere Grey Power Office on 09 838 5207 with your names by Monday 5th August 2019. Mate Marinovich President Waitakere Grey Power Association 257 Edmonton Rd Te Atatu South.

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# In Brief

## Horseracing Night

Muriwai Golf Club - Saturday 14 September 6.30pm.

This is going to be a fantastic night, Waimauku Scouts annual fundraiser, people in the know will buy their tickets early, as they sell quickly!

Tickets are just \$15, or \$100 for a

table of 8, and an extra \$10 per person if you want return local transfers.

Bring cash to place your bets, to buy drinks at the bar and buy raffle tickets plus we will also have a few fun games.

Light supper will be provided, and you can BYO nibbles if you like. (Not drinks).

If you or your business would like to sponsor a race, please get in touch ASAP, \$450 will give you a lot of advertising exposure, naming rights for your race, and a table of 8 is included for your team.

Contact us now: [Waimauku.scouts.committee@gmail.com](mailto:Waimauku.scouts.committee@gmail.com).



## Come and get creative at Kumeu Library in August

Our popular Winter Craft Series for adults continues on Saturday 3 August and Saturday 17 August, where you can make a craft with us for a gold coin donation, or bring your own project and work on it while enjoying good company and a warm, relaxed setting. August's craft is a beautiful hand-sewn magnetic bookmark made over two sessions. Each session starts at 2.00pm and finishes at 4.30pm – come and have fun with us!

Kumeu Library is celebrating National Poetry Day (Friday 23 August 2019) with a Blackout Poetry Contest. The competition runs from 1 to 23 August, and there are two categories: 13 years and under; and 14 years and over. All you have to do is create an original poem by blacking out excess words on the page of an old book (we have books you can use at the Library or you can use your own). Simply choose which words you want to leave visible (your poem) and which words you want to cover. There are all sorts of creative ways to black words out – black them out with a marker, or use any number of colours, materials or designs. To get an idea of what to do, either check out our display at Kumeu Library or search "blackout poetry" online. Submit entries either in person at Kumeu Library, or take a photo of your creation and email it as an attachment to [kumeu.library@aucklandcouncil.govt.nz](mailto:kumeu.library@aucklandcouncil.govt.nz). Entries close at 5pm on Friday 23 August 2019. Winners will be announced on Wednesday 28 August.

August is also Family History month at Auckland Libraries, and the extremely popular Family History Expo takes place from Friday 9 August to Sunday 11 August at the Fickling Convention Centre, 546 Mt Albert Road, Three Kings. Take advantage of free seminars, from beginner to advanced, computer-based tutorials, ask-an-expert sessions and research assistance on Saturday 10 August and Sunday 11 August. Book on the day for tutorials. More information can be found at [www.aucklandlibraries.govt.nz/pages/family-history-expo.aspx](http://www.aucklandlibraries.govt.nz/pages/family-history-expo.aspx).

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

## Is sponsorship tax-deductible?

If your business provides sponsorship to an individual or organisation, it may be tax-deductible. The IRD's position is that for sponsorship to be tax-deductible there must be a connection between the sponsorship expenditure and the business/income-earning activity. Businesses must be able to show that the sponsorship is likely to increase their taxable income. For example, a business sponsors a local sports team and in return has their logo and phone number printed on the team's uniforms. The business believes this local promotion of their brand will help to raise their profile in the area and generate new business enquiries. In this way the sponsorship can be shown to have the ability to increase their taxable income and therefore it would be tax-deductible.

Mark Foster and the friendly UHY Haines Norton team are your local accounting and tax specialists. Contact them on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## Westgate creative writing

Two free creative writing workshops are offered 15-25-year-olds from families who speak a language other than English in the home.

The workshops on September 21 and 28 at Te Manawa in 11 Kohuhu Lane at Westgate (opposite the mall) are for young writers who interested in writing and sharing stories and poems.

The course is run by experienced English language, literature and creative writing teachers Ros Ali and Jo Emeney who co-ordinate the Young Writers Programme and edit its annual journal Signals.

Submissions to Signals open September 6 and close October 14, while those wanting to register for the workshops should email [youngwriters@writerscentre.org.nz](mailto:youngwriters@writerscentre.org.nz) with name, school, year group and phone number by September 7.



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# In Brief

The Michael King Writers Centre project is supported by the Matatuhi Foundation.

Photo by Emily Pauling.

## Kumeu Arts

Artist and musician Derek Lind's exhibition opening on August 3rd coincides with a live performance. Lind says "I've always used words and symbols in my work (I like their flatness, their two- dimensionality), probably as a reflection of my own song wordsmithery." Following him in the main gallery is our annual ceramics show which never fails to impress our visitors. While over in the POD gallery another exhibition, 'Drawn In', serves to highlight the value of drawing and demonstrate the breadth of processes, media and motivation involved. After that Muriwai local, Kirsten Reid will display a new collection of mixed media and photographic artworks capturing the things that draw and connect us to the coast. All of this along with a poetry night and lots of inspiring workshops make Kumeu Arts your place to be creative, meet others and have fun. For more info visit: [www.kumeuartscentre.co.nz](http://www.kumeuartscentre.co.nz).



## \$6,000 rewarded to the community

Almost 3,000 people have participated in the second annual NorthWest Shopping Centre initiative NorthWest Rewards and the winning schools have been announced.

The aim of the NorthWest Shopping Centre initiative is to support the community and its local schools, providing potential opportunities for much needed resources.

Thirteen schools in the north-west Auckland area, which is almost 6,000 children, encouraged their friends and families to shop at NorthWest Shopping Centre for four weeks from June 24 to July 21. NorthWest Shopping Centre donates \$6,000 by rewarding the top three schools with the highest average spend per student. The centre is really proud to be part of the community and are dedicated to providing support to local schools.

Customers simply partook by redeeming their receipt and voting for their favourite participating school.

Overall winner Whenuapai School took the top prize and have received

a \$3,000 donation. Principal Raewyn Matthys-Morris is over the moon, "Thank you to all our Whenuapai School whanau and friends for contributing to this wonderful fundraiser. The donation will be put towards replacing our school playgrounds and we are absolutely delighted to be closer to our goal".

Second place went to Waimauku School, who received \$2,000. Principal Gary Pasfield commented, "We are absolutely thrilled at coming second and will be using the money to purchase much-needed Robotics for our new digital curriculum. Thank you NorthWest Shopping Centre once again for supporting the local schools and providing this opportunity".

Third place winners Waitakere Primary received \$1,000 donation. Principal Heather Atkinson reports this will greatly support their Technology programming.

Presentations are taking place at these schools in forthcoming weeks.

## Run the City for Hospice

Come on Westies: Run, walk, hop or skip for Hospice West Auckland on the 20 October 2019 for the Auckland Marathon. Whatever it may be, do it your way and help us raise \$10,000 which ensures we are there with services when people feel totally lost about how to provide the care needed for their dying loved one.



There's something for everyone: The Family 5km, 11km Traverse or for those keen on more of a challenge, you can get involved in a half or full marathon.

One of our past Auckland Marathon runners says that Fundraising via the Auckland Marathon is a great way to raise funds for Hospice West Auckland.

"The more support Hospice West Auckland receive, the greater their impact. The essential and beautiful care the Hospice staff provide is an immense help at such a difficult time."

To kick-start this journey, you will need to: Create a fundraising page via the Everyday Hero website [www.everydayhero.com/nz](http://www.everydayhero.com/nz). Choose your distance. Search 'Team Hospice West' in the search bar at the top right corner of the webpage. Once you've found us, click 'join team.'

Come along on the day in some fun and quirky attire and remember that no matter the distance or the amount you raise; every step you take makes a difference.

For more information, please contact our Fundraising team on 09 834 9752 or via email [telial@hwa.org.nz](mailto:telial@hwa.org.nz).

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# Property

## So what's happening in the rental market?

There has been a lot of talk about the recent deluge of landlord compliance and what effect that may have on the rental market so I thought it may be interesting to write an update on the issue

A lot of commentary has been made around the possibility of landlords exiting the market and causing a shortage of rentals, I can certainly confirm that there has been continuing rent inflation in 2019, there are many contributing factors but landlords exiting the market has not been one of them, in fact we are seeing the lowest levels of landlord attrition in our business that I have ever witnessed, the reality is the current Auckland real estate market has discouraged many landlords from selling yet.

Strong rental demand suggests that there are plenty of people still wanting rental accommodation and I would suggest that some of these people are "would be buyers" that are not in a hurry to make the commitment to purchase and perhaps the restrictions on new immigrants from buying property until they have residency will have an impact on rental demand.

When you consider some of the above points you might wonder if it is actually good time to purchase a rental property, interestingly I am increasingly having this discussion with some of my clients. When you start looking for investment properties in Auckland one thing that becomes immediately clear is that rental yields have improved significantly from what they have been, this coupled with the very low interest rates may present an opportunity for investors with a long term view on the Auckland market.

As always this is a highly summarised view of the market I work in every day, if anyone is interested in a more detailed discussion, require rental appraisals or some frontline perspective on investment property purchases then I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, [brendon@quinovic-wa.co.nz](mailto:brendon@quinovic-wa.co.nz), 09 837 6000, 027 490 7777.

## Property market report

When you buy gold, shares, bonds or put money into managed funds, it is only an investment. It might look good(or not) on paper, but it represents a financial worth, a present day value that you hope will increase as time goes by and the world changes.

When you buy a home it is a tangible asset. A living thing that delivers pleasure for purpose. You can add value, you can redeem an income (if insulated correctly) and you can call on additional cash funds and reserves to make life more liveable. Property like all investments has a trading cycle which like all financial commodities is heavily influenced by how many similar properties are on the market and how many buyers there

are. If there is a glut of land on the market and very few buyers, prices will weaken and if a home is unique and many buyers are interested, then competition will drive value up, based on desire for ownership. We are facing an unusual situation at present that some areas have a significant oversupply of land and houses and some areas have fewer properties and strong unique strengths causing demand to be high. What I can guarantee you is that if you are buying in this market you will achieve a very fair buying price and you will be able to start adding value to your investment straight away, increase the desirability and enjoy it for everything it is.

Because buying a home is more than just an investment, it feels really great, and you can make it uniquely yours. Make that happen today and see the benefits tomorrow. Now let's look at the market sales:

Helensville residential	\$730,000 to \$1,295,000
Huapai residential	\$961,000 to \$1,250,000
Kumeu residential	\$908,000 to \$923,000
Muriwai residential	\$699,500
Parakai residential	\$649,000
Paremoremo residential	\$1,800,000
Riverhead residential	\$940,000 to \$1,225,000
Swanson residential	\$585,000 to \$725,000
Whenuapai residential	\$1,041,000 to \$1,168,000

Whatever your position and whatever your choices, it pays to have a honest and upfront relationship with a professional and competent real estate professional to get your marketing and sales process on course and ensure your journey is well mapped out and well driven. Even if you are considering renovation and refreshing we have a suite of information and a checklist for ensuring you spend money in the right places to achieve a solid financial gain.

Call me today for a no obligation chat about your situation and what you are seeking to achieve. Phone 0800 900 700, text 0276320421, email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) or view [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Capacity and making a will

It is commonly accepted that we all live longer than say 20 years ago. However, living longer does not always mean having capacity in a legal sense. Lawyers are essentially required to make a judgement about a will maker's capacity to ensure that the Will is valid. Lawyers are also expected to know that verbal ability is governed by a different part of the brain from decision making ability - and capacity cannot be assumed from verbal ability.

Things which also put a lawyer on guard about capacity include where a will maker is strong minded and provides for instance, for current caregiver (who has driven them to the Will appointment) in competition with the will maker's children and grandchildren. A contest about capacity can lead to an expensive and time-consuming court contest about the



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# Property

validity of the will. Do not be surprised if your lawyer asks for a specialist geriatrician report where a will maker is say over the age of 70 or there is some other reason to question capacity.

Luke Kemp - Kemp Solicitors phone 09 412 6000 or email [luke@kemp-solicitors.co.nz](mailto:luke@kemp-solicitors.co.nz).

## Why do I need a will?

If you have wondered if you need to have a will, then I think the answer lies in whether or not you wish to have a say in how your Estate is distributed to your family and loved ones + getting a say about who is charged with the responsibility of the task or caring for your infant children in your absence.

If you do not have a will then the Administration Act 1969 establishes that the first \$155,000 of your assets and chattels will be given to your partner. What's left will go 1/3 to your partner and 2/3 to your children. If you do not have children then 2/3 to your partner and 1/3 to your parents.

If you have a will in place then it will be possible to apply for Probate at the High Court. The alternative is to apply for Letters of Administration which requires more steps/legal costs and can also result in distress for family members.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist putting a will in place for you. Telephone 09 973 5102 to make an appointment.



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## Meet the team at Gina Jansen Lawyers

Meet Gina Jansen, the Director of Gina Jansen Lawyers. Gina is a senior tax and property lawyer who is widely sought after throughout New Zealand for her tax, property and business legal skills. With two decades of legal experience including litigation in the District and High Courts, Gina is highly effective in her specialist areas and has helped thousands of clients solve their legal problems, get rid of tax arrears, get cashflow under control again and return businesses to growth and profitability. Gina is highly motivated, an extremely effective networker with a reputation for being direct, but with a common sense approach to solving legal problems and from which Gina has won considerable loyalty and reputation amongst her colleagues and clients. Gina works hard for her clients to help translate legal jargon and achieve their goals, whether individual or corporate. Gina has achieved consistent and significant results for her property and tax clients. Gina is dedicated to her business and yours. Call now for enquiries on 09 869 5820 or visit [www.ginajansen.co.nz](http://www.ginajansen.co.nz) for more info.



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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
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HELENSVILLE	790,000	1.600M2	112M2	730,000		1,000,000	600M2	206M2	956,666
	1,325,000	10049M2	240M2	1,295,000		4,325,000	3.73HA	369M2	4,000,000
	820,000	752M2	175M2	805,000		990,000	400M2	200M2	4,200,000
	1,475,000	1.10HA	280M2	1,555,000	MURIWAI	770,000	933M2	113M2	699,500
	1,250,000	2HA	112M2	1,155,000		1,050,000	859M2	130M2	890,000
	680,000	844M2	110M2	690,000		840,000	1059M2	160M2	1,340,000
	730,000	551M2	110M2	610,000		1,100,000	1000M2	185M2	1,200,000
	680,000	758M2	153M2	700,000	PAREMOREMO	1,510,000	2251M2	234M2	1,800,000
	1,875,000	8.19HA	170M2	1,900,000	RIVERHEAD	1,350,000	837M2	263M2	1,225,000
	1,900,000	4.09HA	142M2	1,900,000		870,000	812M2	92M2	1,080,000
HUAPAI	970,000	517M2	180M2	961,000		1,125,000	605M2	195M2	1,055,000
	1,200,000	2274M2	220M2	1,250,000		940,000	809M2	120M2	940,000
	1,125,000	516M2	239M2	1,100,000		1,450,000	800M2	294M2	1,200,000
	1,175,000	749M2	230M2	950,000		970,000	809M2	200M2	840,000
	920,000	1101M2	150M2	860,000	SWANSON	585,000	362M2	61M2	585,000
	940,000	521M2	163M2	870,000		755,000	544M2	110M2	725,000
KUMEU	970,000	400M2	199M2	908,000	WHENUAPAI	1,125,000	345M2	232M2	1,041,000
	960,000	455M2	206M2	923,000		1,150,000	330M2	249M2	1,051,800

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.

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

**2.95%** up to \$390,000

(Not 4% that others may charge!)

**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.



**mike Pero** | REAL ESTATE

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Phone 0800 900 700 Licensed REAA (2008)

Graham McIntyre  
Brand & Territory Owner  
027 632 0421





# GET SUMMMER READY THIS WINTER

## YUMMY FRUIT

**\$11<sup>97</sup>**

**Zealandia**  
Strawberry  
6pk  
319347



**\$11<sup>98</sup>**

**Tui**  
Strawberry  
Mix 40L  
112765



**\$7<sup>29</sup>**

**Tui**  
Strawberry  
Straw 5L  
185961



From  
**\$49<sup>66</sup>**

Assorted  
Deciduous  
Fruit Trees  
Assorted Skus



**\$14<sup>98</sup>**

**Tui**  
Novatec  
Premium 1.5kg  
166577



## VEGE PATCH

**\$3<sup>48</sup>** Each  
OR 4 FOR **\$12<sup>97</sup>**

**Zealandia**  
Grow Fresh  
Seedlings  
Assorted Skus



**\$19<sup>99</sup>**

**Yates**  
Dynamic Lifter  
5Kg  
139501



**\$8<sup>59</sup>**

**Tui**  
Seed  
Potatoes  
1.5kg  
Assorted Skus



**\$7<sup>98</sup>**

**Tui**  
Quash Slug  
& Snail Bait  
139593



**\$6<sup>98</sup>**

**Number 8**  
Frost Cloth  
2m x 5m  
293920



## WINTER CLEANUP

**\$19<sup>99</sup>**

**Yates**  
Conqueror  
Oil 500ml  
138026



**\$29<sup>98</sup>**

**Yates**  
Liquid Copper  
500ml  
228137



**\$11<sup>98</sup>**

**Tui**  
Garden  
Waste Bag  
221640



**\$29<sup>99</sup>**

**Gardena**  
Classic Bypass  
Secateur  
304505



**\$10<sup>58</sup>**

**Lynn River**  
Showa 310  
Gloves  
Assorted Sizes  
Assorted Skus



(Sizes: S-XL)

## TREES & SHRUBS

**\$29<sup>98</sup>**

**Assorted  
Roses**  
Bush &  
Climbers  
Assorted Skus



**\$25<sup>98</sup>**

**Buxus**  
English  
Boxwood 6L  
151369



**\$9<sup>98</sup>**

**Fiskars**  
Hand Tools  
Assorted Skus



**\$15<sup>98</sup>**

**Tui**  
Rose & Shrub  
Mix 30L  
270034



**\$14<sup>98</sup>**

**Get Growing**  
Pine Tree Stake  
W: 45, D: 45, L: 1500mm  
222899



Products shown are available at Mitre 10 MEGA Westgate & Henderson. Subject to availability and whilst stocks last.

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Northside Drive & Lincoln Road  
Monday to Friday: 7am to 7pm  
Weekends: 8am to 6pm

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[mitre10.co.nz/register](http://mitre10.co.nz/register)

MITRE 10  
**MEGA**

WESTGATE &  
HENDERSON



**MUST SELL, MUST SEE, DO UP - WAITAKERE TOWNSHIP**



**By Negotiation**

**2B McEntee Road, Waitakere**  
By Negotiation

Some TLC and elbow grease is the order of the day with this classic 1980's kiwiana home set on over 2300 square meters of land. A four bedroom home plus study with the opportunity to renovate, refurbish and establish your look and feel whilst making the most effective use of the extensive valley views. Traditional bedroom access off a central hallway with galley kitchen and central bathroom. An independent double garage for tools and toys. Northwest facing the home is elevated and enjoys a section that will ensure your creativity can develop some effective opportunity. The CV on this property is \$795,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1980408](http://www.mikepero.com/RX1980408)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**AFFORDABLE, VIEWS, SUN AND WORKSHOP ON 842 SQM**



**Asking Price \$739,000**

**4 Chamberlain Road, Massey**  
Asking Price \$739,000

Enjoying all day sun and views to the Waitakere ranges, this elevated three bedroom family home is situated on an ample site, tucked away from the main road, providing peace and privacy. Entertaining is easy in the refurbished kitchen with a walk in pantry. Open plan living leads to a sunny covered patio and extended courtyard area where you can relax and enjoy outdoor living and dining all year round. For the kids and pets, there is a big back garden with mature trees, lawn and plenty of room for a tramp, swings and exploring. Three double bedrooms include the lovely end bedroom with french doors leading to a deck, boasting privacy and views. With an upgraded bathroom, tons of off street parking, air conditioning unit, good school zones, this property is a winner.

[www.mikepero.com/RX1782778](http://www.mikepero.com/RX1782778)



**Cherry Kingsley-Smith**  
021 888 824  
09 412 9602

[cherry@mikepero.com](mailto:cherry@mikepero.com)



**MOTIVATED OWNER SEEKS OFFER - HUAPAI**

4 2 2

**By Negotiation**

**8 Remana Crescent, Huapai**  
By Negotiation

New Zealand built Signature Home with transferable guarantee, this distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm (approx) of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area. Attention to detail with a centralised data hub, extensive data & communications wiring to every room along with CCTV for added security. Central Heating / Cooling for comfort year round & a lit portico to enjoy the outdoor area - even in winter. Set on 743sqm section with a fully fenced grassed lawn area.

[www.mikepero.com/RX1807811](http://www.mikepero.com/RX1807811)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**VENDOR SAY SELL, AFFORDABLE LIVING IN KUMEU**

4 1 1

**By Negotiation**

**16A Tapu Road, Kumeu**  
By Negotiation

Set well off the road, this beautifully presented home delivers some significant value to an expanding family or a downsizing mature buyer wanting a one level home. Extensively refurbished the home offers generous modern open plan living leading onto decking and entertainers kitchen with good flow and convenience. Four bedrooms and bathroom off a central corridor providing easy flow and ample storage space. A single garage offers space to car, toys or tools. The property is 400 square meters which provides ample space for a lawn framing and a peppering of trees and shrubs to compliment this established neighbourhood. Close to cafes, new primary school, transport hub, sports park and convenience shopping.

[www.mikepero.com/RX1808247](http://www.mikepero.com/RX1808247)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**STYLISH AND AFFORDABLE IN HOBSONVILLE POINT** 2 1 1

**Set Date of Sale**

**24 Rangihina Road, Hobsonville**

**Set Date of Sale - 4pm, Wednesday 28th August 2019 (unless sold prior).**

This gorgeous, stylish and so affordable two level freehold home on a rare and spacious corner site near the magnificent coastal walkway and Bomb Point reserve. A quality G.J. Gardner build at only two years young with the balance of a 10 year master build guarantee. Ground level living features high stud ceilings, designer lighting, new wi-fi heat pump, sophisticated kitchen with granite bench top and plumbed water, two sets of quality blinds - privacy and block out, dimmer lights, electrical upgrades, light and sunny living extended through wide glass sliders, opening out to a lush grassed garden. A wonderful feeling of light and space continues up the high vaulted stairway to the first level where you will find two generous bedrooms and the large main bathroom complete with shower dome.

[www.mikepero.com/RX1998175](http://www.mikepero.com/RX1998175)



**Cherry Kingsley-Smith**  
021 888 824  
09 412 9602  
cherry@mikepero.com



**BRAND NEW SHOW HOME - 4 BEDROOM** 4 1 2

**Asking Price \$919,000**

**31 Nellie Drive, Kumeu**

**Asking Price \$919,000**

Seize this unique opportunity to purchase a brand new four bedroom two bathroom home in a quiet street in Huapai. A show-home to show off the very best of Maddren Homes. One of the original craft builders in the Kumeu area and backed by an extensive Master Build Guarantee. Offering all the advantages of a new build and at a price that is seldom found in a traditional four bedroom home purchase. We have worked with Maddren to trim the costs but not the quality, fit out or guarantee. No time to loose, make your mark today. Includes: Double glazing, heat pump, LED lighting, dishwasher, rangehood, waste disposal, heated towel rails, alarm. Close to convenience shopping, sports and recreational park, transport links and of course those fabulous west coast beaches.

[www.mikepero.com/RX1840725](http://www.mikepero.com/RX1840725)



**Graham McIntyre**  
027 632 0421  
09 412 9602  
graham.mcintyre@mikepero.com



**AFFORDABLE CUL-DE-SAC LIVING - HOBSONVILLE AREA**

3 2 1

**By Negotiation**

**38A Sailfish Drive, West Harbour**  
By Negotiation

Located a small drive from Westgate, NorthWest Shopping Centre and Hobsonville shops, the location is absolutely brilliant while the cul-de-sac position delivers safety and solidity. In zone for Marina View, Hobsonville School and Hobsonville Point Secondary School. On offer is a gorgeous fully refurbished, brick, weatherboard & tile three bedroom single level home, with all rooms off a central hallway and uncompromised alfresco to expansive and usable decking. Modern open plan kitchen and dining area opening out to alfresco to expansive decking. aster bedroom with wardrobe, en-suite and two double bedrooms. The internal access double garage offers options to be used as a rumpus, workshop, games room or traditional storage. The yard is fully fenced and very safe for children and pets.

[www.mikepero.com/RX1805391](http://www.mikepero.com/RX1805391)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**HARBOUR VIEWS**

3 1 1

**By Negotiation**

**69 Garfield Road, Helensville**  
By Negotiation

This fully renovated home offers commanding views of the surrounding countryside, Kipara River and the Kaipara Harbour overlooking the Kawau Parua Inlet. Recently renovated this spacious three bedroom home features a large light filled open plan kitchen and living area with a conservatory. The three large bedrooms all have built in robes and new carpet throughout. There is internal access from the garage which is accessed by a remotely operated door. The external perimeter of the property is secured by high walls and lockable gates. This home sits on a quarter acre section (1012 sqm) with plenty of room for the kids to play or secure your dogs. Mature fruit trees abound. Come and have a look at this well priced family home and marvel at the panoramic views.

[www.mikepero.com/RX1861152](http://www.mikepero.com/RX1861152)



**Lyndsay Kerr**  
027 554 4240  
09 412 9602

[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)



## MASSEY - FULLY REFURBISHED 4 ROOMS

3 1 1

Asking Price \$685,000

**72 Gallony Avenue, Massey**  
Asking Price \$685,000

This fully refurbished three bedroom plus separate office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook over the neighboring reserve, peace and quiet and easy living over one level. Suitable for young and old. Close to transport links, primary and secondary schools and convenience shopping.

[www.mikepero.com/RX1825742](http://www.mikepero.com/RX1825742)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## MOTIVATED VENDOR - AFFORDABLE LIVING WEST HARBOUR

3 1 1

By Negotiation

**2 / 109 Oreil Avenue, West Harbour**  
By Negotiation

A short walk from Westgate, a short drive to the Motorway onramp, a stone throw from West Harbour primary school. If location, location, location is a key criteria, this home is a prime contender. Three bedrooms, one bathroom, integrated dining and lounge and alfresco decking to the North and South, this home offers a mountain of advantages for a first home buyer or investor. Small lawn area, entertainment decking and an independent double garage. Let's make no mistake it's a bargain box of value. Includes features HRV, heat pump, closed woodburner fire, and is recently painted and carpeted. The home is set down a small drive away from the road and backs onto the Manutewhau Reserve delivering a peaceful, setting and great views over the tree canopy to the South West.

[www.mikepero.com/RX1852942](http://www.mikepero.com/RX1852942)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## THE PERFECT LIFESTYLE PROPERTY

4 2 2

By Negotiation

### 535 Peak Road, Kaukapakapa By Negotiation

This property enjoys north facing panoramic views of the surrounding countryside. A spacious 252 m2 four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. This house has great indoor/outdoor flow, there is a spa pool inset into the lower deck. This home is complimented with a high quality renovated kitchen with marble benchtops and a modern bathroom and ensuite. There is a well appointed sleepout for when guests come to stay and a large double garage which includes a workshop. There is plenty of grazing on this 3.1 ha property (7.66 acres) with four paddocks a set of yards and a loading ramp.

[www.mikepero.com/RX1803721](http://www.mikepero.com/RX1803721)



**Lyndsay Kerr**  
027 554 4240  
09 412 9602

[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)



## WAIMAUKU LIFESTYLE - AFFORDABLE ON 1.3 ACRES

3 2 2

By Negotiation

### 805 State Highway 16, Waimauku By Negotiation

On offer is all day sunshine, green fields and options for chickens a vegetable patch or a pony and motorbike for the children. Whatever your plans, this small acreage lifestyle property delivers fantastic choice for a buyer that wants to get out of the urban jungle and have a life that is more wholesome and earth centric. The land is 5346 square meters and has options for plantings, propagation and pets, all flat fenced and usable. The land is fenced for dogs. The house is traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking. Close to Kumeu and Waimauku Shopping, transport links, parks and schools.

[www.mikepero.com/RX1820684](http://www.mikepero.com/RX1820684)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## AFFORDABLE LIVING IN RIVERHEAD - ENTERTAINERS HOME

3 1

By Negotiation

### 1014 Coatesville-Riverhead Highway, Riverhead By Negotiation

Owners motivated to move onto new project and welcomes your interest. A beautifully finished and landscaped contemporary bungalow. Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. An altogether picturesque country cottage entrance entices you through the door to an open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level. If you're a mature downsizer or a growing family you'll find plenty to be impressed by. A hop, skip and dawdle to Riverhead School, Hall, Cafés, Restaurants, Parks, Inner Harbour and walks. Brand spanking new CCC.

[www.mikepero.com/RX1814073](http://www.mikepero.com/RX1814073)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## TAUPAKI LIFESTYLE HOME NEAR KUMEU

5 6 3

By Negotiation

### 296 Taupaki Road, Taupaki By Negotiation

Elevated living with a generous serving of land, stables and sheds. The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. The living areas and bedrooms open out to an exquisite garden, pool and lawn area that delivers options for glamping, marquees, or lazing away long summer evenings. The House offers options to close off areas so that it can be used for guests or family delivering great flexibility. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze. Mains gas, good water storage, heat pumps galore and options for extended family or storage income.

[www.mikepero.com/RX1730148](http://www.mikepero.com/RX1730148)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)





## 813SQM SECTION

By Negotiation

### 8 Drovers Way, Riverhead

By Negotiation

Flat, easy access, section in desirable Deacon Point. Take the time to appreciate the value attributed to the unique section within a short stroll to reserves, coastal walkways and the changing tidal patterns of the inner Waitamata harbour. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835033](http://www.mikepero.com/RX1835033)



## 428SQM SECTION

By Negotiation

### 11 Papa Orchard Drive, Kumeu

By Negotiation

This beautiful Maddren Homes package has been designed to deliver convenient, easy living. Buy the section as is, or work with our building partner Maddren Homes, a highly skilled team of multi-award winning Designer and Master Builders.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835017](http://www.mikepero.com/RX1835017)



## 472SQM SECTION

By Negotiation

### 38 Vinistra Drive, Kumeu

By Negotiation

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



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1834904](http://www.mikepero.com/RX1834904)



## 451SQM SECTION

By Negotiation

### 42 Jane Maree Road, Kumeu

By Negotiation

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



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835003](http://www.mikepero.com/RX1835003)

# Home & Garden

## Solarcraft – what is a hybrid solar system?

There is so much going on in the ever-changing world of renewable energy.

Hybrid Solar systems are an interesting one. This is where you fit batteries to a new or existing system, so you can enjoy the convenience of both on and off-grid solar power.



Simply put? The power you don't use during the day, can be stored into your battery for later use through the night or during pesky power cuts. Excess power still gets fed back to the grid for a return on your bill!

A built-in monitoring system automatically runs appliances, so your solar power is used in the best way. Depending on your system size, you can run essentials such as refrigeration and lighting, up to your entire home power requirements during temporary power outages. Sustainability at its best!

Any Solar questions? Contact us any time! Phone 0508 272389 W: [www.solarcraft.co.nz](http://www.solarcraft.co.nz).

## Western ITM Kumeu

It's time to get on top of areas where excess water is beginning to hang around. Land drainage lowers the ground water level whilst retaining moisture in the pores of the soil. Western ITM supplies a range of Marley land drainage solutions to effectively manage the removal and distribution of water.

Call into one of our stores today for a no-obligation free quote. Our team

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left behind?



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Drain Un-blocking | 24 Hr Service



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[www.whenuapai.laserplumbing.co.nz](http://www.whenuapai.laserplumbing.co.nz)

will be able to assist you with all inquiries, advice and any additional information you may need. Western ITM Kumeu - 154 Main Road, Kumeu. Phone 09 412 8148. Open Monday to Saturday.

## Norwood Albany

Norwood Albany is located on 3 Gills Road Albany and offers a complete level of support including sales of new and used equipment, parts and service support for the range of Kubota equipment this includes, a full range of construction equipment (one to eight tonne) excavators, skid steer and wheel loaders, Kubota replacement engines and diesel powered generators, Agricultural and compact tractors from 23hp to 170 hp, residential and commercial lawn mowing equipment and a full range of side by side utility vehicles

So don't delay contact our team today.

Norwood Albany Sales/Parts and Service direct line 09 414 0017.

Sales enquires on Kubota Tractors, mowing equipment and side by side vehicles contact Richard Wallington on 0274 430 780.

Sales enquires on Kubota construction equipment including generators and power equipment contact Johnny Buckingham on 027 602 9867.

Parts and after sales enquires Jonathan Farley 027 580 0197.



## Rhododendrons at Awa Nursery

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



Rhododendrons do well with direct light for at least part of the day and prefer dappled shade rather than excessive shade. Protection from the

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Out.

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022 182 2715  
810 9080



# Home & Garden

wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The Rhododendron has shallow root systems and need moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provides nourishment, and limits weed growth. Prune your Rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the many varieties or call in and see us at Awa Nursery and pick up your favourite coloured Rhododendron. Mahana Road, Waimauku phone 09 411 8712 or email [info@awanursery.co.nz](mailto:info@awanursery.co.nz).

## NaturalFlow Power Free Sewage Treatment

The NaturalFlow wastewater system is revolutionising domestic water waste and sewage treatment processes in New Zealand.

Using power-free aerating processes – as opposed to mechanical pumps – NaturalFlow harnesses Mother Nature's recycling processes, in an enclosed eco-system that stimulates the natural forest floor.

Nature is one huge recycling mechanism. The NaturalFlow system utilises these recycling mechanisms of nature by harnessing its forces that have



been quietly working together for thousands of years to break down and decompose waste all around us, and positions them in an enclosed eco-system module that simulates the natural forest floor. It will treat and break down your wastewater – just as nature does – and then reintroduce it into the environment when it is perfectly safe to do so.

Waterflow NZ spent more than a decade researching and developing the NaturalFlow system before integrating it into the New Zealand market. Home owners from Cape to Bluff now have access to advanced water treatment solutions that are synonymous with clean, green 21st century ideals. NaturalFlow - Phone 09 431 0042 or view [www.naturalflow.co.nz](http://www.naturalflow.co.nz).

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\*T & C's apply see the website for details



# Rural News

## Livestock report

Cattle prices remain very solid at Pukekohe as demand for killable stock increases thus giving farmers confidence to restock as the weather remains reasonably unsettled. Not too wet, not too cold, just about right so far! The few nice yearling cattle on offer met with good demand. This will continue from now as spring approaches and days start getting longer.

Cattle	Lowest Price	Highest Price
Medium prime steers	\$1,550	\$1,820
Store 2-year steers	\$1,270	\$1,400
Very light 20-month steers	\$1,010	\$1,070
Light x-bred 15-month steers	\$770	\$950
Medium rising 1-year x-bred steers	\$495	\$665
Medium prime heifers	\$1,370	\$1,515
Medium forward heifers	\$1,050	\$1,290
Good rising 1-year heifers	\$800	\$860
Medium rising 1-year heifers	\$550	\$650
Very small heifers	\$385	\$400
Boner cows	\$580	\$1,670
Bulls	\$1,740	\$1,940
Sheep		
Fat lambs	\$122	\$165
Store lambs	\$101	\$123
Spring lambs	\$37	\$65
Hoggets	\$125	
Ewes	\$155	\$168
Pigs		
Weaners	\$104	\$117
Store	\$142	
Porkers	\$170	

## Secrets to buying rural land in New Zealand

Buying a bare rural or lifestyle block in New Zealand is a dream for many, and with these blocks continuing to perform well on the national real estate market, it can also be a great investment. However, buying acres in the countryside isn't the same as a property in a city or township.

Here are a few secrets to buying bare rural or lifestyle land.

**Land covenants and planning issues** - When buying a bare rural or lifestyle block, it's worth gaining an understanding of local land covenants, as these spell out what you can and can't do on your property. Covenants can affect anything from the size or standard of the dwelling you are permitted to build on your block, to quality requirements for any fencing you wish to install.

**Sewerage and water systems** - Bare land is often not connected to water and sewerage systems. There are two important considerations with regards to water and sewerage for bare rural and lifestyle blocks:

Make sure you check the requirements at both a local and regional level,

and ensure the systems you choose to install meet the criteria. Check your purchase agreement to ensure that transfer of resource consents for both of these amenities is included especially in regards to an existing artesian bore.

**Questions to ask your agent** - Here are a few other questions you might want to ask your agent before buying bare rural or lifestyle property: How far are the closest shops and amenities? Where are the local schools, and does the school bus come near the block? Is the motorway nearby and easily accessible? What is the soil type, and to which crops/plants is it best suited? Am I allowed to graze stock on the property? Can I subdivide the land?

This article was first published by realestate.co.nz August 2018. If you would like to look at purchasing a lifestyle block or would like your property appraised and need advice, please call Lyndsay Kerr on 027 554 4240 your local Mike Pero Lifestyle Block Specialist.

## Muriwai Tide Chart

Date	High	Low	High	Low	High
Thu 1 Aug	-	03:57	09:58	16:18	22:24
Fri 2 Aug	-	04:47	10:48	17:06	23:11
Sat 3 Aug	-	05:34	11:36	17:53	23:58
Sun 4 Aug	-	06:21	12:23	18:40	-
Mon 5 Aug	00:44	07:08	13:10	19:27	-
Tue 6 Aug	01:32	07:57	13:59	20:16	-
Wed 7 Aug	02:21	08:47	14:50	21:09	-
Thu 8 Aug	03:14	09:40	15:46	22:08	-
Fri 9 Aug	04:13	10:39	16:48	23:13	-
Sat 10 Aug	05:17	11:43	17:56	-	-
Sun 11 Aug	-	00:21	06:24	12:49	19:02
Mon 12 Aug	-	01:26	07:29	13:50	20:01
Tue 13 Aug	-	02:22	08:25	14:43	20:51
Wed 14 Aug	-	03:10	09:13	15:29	21:34
Thu 15 Aug	-	03:53	09:55	16:10	22:12
Fri 16 Aug	-	04:32	10:33	16:47	22:47
Sat 17 Aug	-	05:08	11:07	17:22	23:19
Sun 18 Aug	-	05:42	11:39	17:55	23:50
Mon 19 Aug	-	06:16	12:11	18:28	-
Tue 20 Aug	00:22	06:49	12:43	19:02	-
Wed 21 Aug	00:57	07:24	-	-	-
Thu 22 Aug	01:35	08:02	13:59	20:20	-
Fri 23 Aug	02:18	08:46	14:45	21:09	-
Sat 24 Aug	03:08	09:37	15:41	22:10	-
Sun 25 Aug	04:08	10:40	16:48	23:22	-
Mon 26 Aug	05:17	11:53	18:04	-	-
Tue 27 Aug	-	00:39	06:33	13:07	19:18
Wed 28 Aug	-	01:47	07:46	-	-
Thu 29 Aug	-	02:46	08:48	15:09	21:15
Fri 30 Aug	-	03:38	09:41	16:00	22:05
Sat 31 Aug	-	04:27	10:30	16:48	22:52

Source: LINZ.

# Central's Tips

## August 2019



Winter is still holding on but there's a hint that spring is around the corner. Start planting potatoes and put in summer seedlings, prune blueberries, roses and hydrangeas and get stuck into the weeding before the spring growth spurt. It's a great time to set up raised vegetable beds too!



### Sow summer vegetables.

Tomatoes, capsicum, eggplant, cucumber and zucchinis can all be planted in seed trays under cover now to get them ready to be planted out in the warmer months.

### In the Veggie Patch

- **Time to sow the seeds for summer vegetables:** tomatoes, capsicum, eggplant, cucumber and zucchini – do them in seed trays under cover
- **Areas free of frost:** potatoes can be planted now. Try Rocket, Jersey Benne or Swift for varieties that will deliver potatoes for Christmas Day
- **Time to lift and divide rhubarb** – split the crowns and replant with plenty of compost and sheep pellets as they like plenty of organic matter. Plant them where it gets warmth, but rhubarb does not need to be in full sun all day
- Use an **organic fertiliser** on all the vegetables and fruit now, to give start them off as the season warms up
- Early August you can give **blueberry bushes a light prune**, removing dead wood and thin growth

### The rest of the Garden

- **Prune roses and hydrangeas** and be sure to put compost around them. Aluminium Sulphate deepens the blue hydrangeas and lime keeps the pink ones well, pink
- **Annoying weeds** like onion weed, convulvulus and oxalis can be dug out, provided you get the bulbs or roots. This is an effective chemical-free means of control if you have the patience and digging them out is easier while the soil is moist
- If you want to give your lawn a bit of hurry on now, a gentle but effective lawn fertiliser is **Prolawn Garden Supreme**.



### Prune blueberries

Give your blueberry a light prune this month to stimulate growth and get a better crop.



### Fertilise vegetables and fruit now

Give vegetables and fruit trees a nutrient boost as the weather starts to warm up and they start their spring growth spurt.

## Project for August

### Raise the bed!

The reason why so many gardeners choose to grow food in raised beds is because it's so successful. The elevation of plants gives them a head start as the soil temperature is warmer, so the roots can get going quickly. Be sure to apply mulch around plants from late spring onwards to prevent dry soil.

If you'd like to know more watch our video on raised Vegetable Beds on our Youtube channel <https://centrallandscapes.co.nz/pages/raised-vegetable-bed-video/>

For what you need go to <https://centrallandscapes.co.nz/products/ponga-logs>  
<https://centrallandscapes.co.nz/collections/garden-lawn-soils>





River Pebble



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# We dig pebbles and rocks

Tidy up the garden and get out of the winter mud - we have a great range of pebbles, rocks and pavers to get your outdoors looking fantastic. Visit our friendly Central Landscape Supplies team at Swanson for expert path and drainage advice for your next project.

Visit your local yard: **Central Landscape Supplies Swanson**

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# Build New

## Maddren Homes tradie of the month

It's the finishing touches on a home that can turn 'great' into 'wow', and David Mitchell from Toben Decorating is a master at doing just that. His work ethic and years of expertise in drapes, blinds and shutters is so well regarded, he's earned the Maddren Homes Tradie of the Month. From concealed tracks and automated to manual systems; Toben Decorating can do it all from their on-site manufacturing facility and David is the go-to guy. His exemplary project management skills always keeps clients happy by working to have the drapes fitted before they move in to their new home. Great job David, you've earned a voucher from proud sponsor Western ITM.



this home is a perfect example of contemporary family living designed to accommodate all walks of life.

A home with plenty of space it's also filled with popular design features. Modern design and flair starts in the cutting edge kitchen with sleek black Fisher and Paykel appliances, gorgeous family and dining areas that extend to a large sun drenched deck providing plenty of indoor outdoor flow. Formal lounge, four bedrooms and two bathrooms showcasing clean lines, light warm colours and touches of character.

Why not take a look for yourself, our new showhome will be open from Tuesday to Sunday 12 - 4.00pm, situated at 4 Urumaraki Drive, just off 157 Rautawhiri Road, Helensville, opposite the Helensville Sports Grounds.

Our very experienced team of New Home Consultants would love to show you the possibilities of building a new home, why not make this your first stop for ideas and inspiration. Open daily from 12-4pm.

## Signature Homes

As you have probably been reading in the media, the property market has been booming. This boom hasn't just happened in Auckland, many other cities and regions



## G.J. Gardner Homes

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# Build New

are also seeing an influx of new residents. As New Zealand grows, the building industry is growing along with it – now is a good time to be a builder - however, as the industry grows, we are beginning to see some cracks forming. The pressure on the industry, caused by demand outstripping supply, is also creating a lot of competition in certain areas, which puts pressure on price and unfortunately creates opportunities to cut corners.

This has been highlighted in articles by the New Zealand Herald investigating substandard building practices including a class action in Christchurch against three companies using substandard steel mesh and another article on substandard products being sold to builders out the back of cars on building sites, products that don't meet compliance.

As stated in the NZ Herald by the General Manager of Auckland Council's building control team, Ian McCormick, council building inspectors were noticing more and more substitutions than ever before. The pressure to deliver a home on time, for less money was the main driver for replacement products being used. McCormick states that he is aware of a number of incidents where faulty or non-compliant products were used, and had to be removed after the completion of the home. Ranging from non-compliant roofing and electrical wiring, to substandard pre-cast concrete, the issue is wide-spread and not always easy to detect by your average homeowner. In some cases, where the company cannot prove compliance to the council, the homeowner has ended up footing the bill for the replacements. And these are the ones that have been identified before compliance. There is a reason that we have compliance, for the safety of the families who live the buildings, so in the future there may be more cases brought to light through damage to homes or loss of life caused by substandard building materials.

These examples are another reason you need to have full confidence in

who you are using to build your home, that all the materials will meet compliance once completed, and that you are aware of the details of the guarantees you have on the home, from which suppliers and how long those guarantees last.

Signature Homes guarantee all our homes, and all the products we use. Our extensive supply chain of locally recognised building suppliers has been cultivated over time, allowing us to acquire the best quality products that have been tested to NZ Standards. Everything we use, our supply chain, products and trades, are the highest quality and ensure strict compliance to the New Zealand Building Code and applicable laws. What makes Signature Homes different is our guarantees, provided by an independent company, which provide the most extensive and comprehensive cover in the industry.

Throughout the Signature build process, our Project Managers and specialist Production Teams will personally oversee your entire build. They can help you stay abreast of everything that happens with your home, and are there to answer any questions you may have. Beyond that, they are there to manage all the contractors who work on your home, the quality of the work and ensure that your new home flies through the Code Compliance Certificate checks from the council without any hitches. This process is how Signature Homes can confidently guarantee the lasting structural integrity and weather tightness of your new home. Simply put, the guarantees Signature Homes offer are the best in the business meaning you can trust that you will not be left with any nasty surprises, and can sleep easy at night.

Call our team at Signature Homes North West to discuss your options; obligation free 0800 020 600. [www.signature.co.nz](http://www.signature.co.nz).

## Exciting New Showhome



**If you're thinking of building and looking for ideas and inspiration then make this your first step.**

4 Urumaraki Avenue, Parkview  
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**G.J. Gardner.** HOMES

# Food & Beverage

## Allely Estate

There's something really beautiful about the grounds of Allely Estate in winter

Sure, they look stunning in spring, with everything in flower, but they're magical in winter too. The beautiful hedging has been clipped and manicured, topiary trees have been trimmed, and our mature deciduous trees are leaving behind a colourful dusting of leaves. The grounds looked gorgeous for our recent Wedding



Open Day, where the local vendors did us proud, showcasing their talent in cake-making, styling, DJing, photography and more. We're proud to celebrate and elevate local companies and hope our Wedding Open Day brought them new business. We've had some beautiful celebrations held at our Estate in the past few weeks: high tea for a school fundraiser, a corporate strategy day, a dinner for a milestone birthday, and a touching funeral for someone who wanted her send-off to be held in a garden setting. If you're looking to hire a local venue with incredible food for your event this winter, talk to us – we'd be happy to give you a private tour. Find out more at [www.allelyestate.co.nz](http://www.allelyestate.co.nz).


## Hallertau

Hallertau x KidsCan

Hallertau Brewery donate \$1 from every kid's meal sold to KidsCan. So far this year they have raised \$2500. This has been enough to help provide the food received by three KidsCan supported schools in West Auckland – West Harbour School, Royal Road School and Colwill School. Winter is the toughest season for families living in poverty, so KidsCan aims to

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ensure every Kiwi kid has a warm lunch, appropriate shoes, and a raincoat to thrive at school. Support their winter appeal at [www.KidsCan.org.nz](http://www.KidsCan.org.nz) to donate today.

## Soljans Estate Café

Soljans Estate Café and function centre is perfect for groups of all sizes and celebrations of any kind

Soljans Café is dedicated to producing a varied and delicious menu for its customers, whilst ensuring that all dishes represent excellent value for money. Soljans has long been a popular spot, with loyal customers returning time after time to enjoy the Soljans experience. Soljans offers the perfect vineyard setting for all functions: from wedding ceremonies and evening receptions to corporate conferences and private parties such as birthday and anniversary celebrations. Soljans provides flexible facilities to cater for all requirements so get in quick as available dates fill up fast. To get in contact and receive more information please email Chloe Wintour at [functions@soljans.co.nz](mailto:functions@soljans.co.nz) or to book your table in the café phone 09 412 5858.



## Casablanca

Offering a slice of the Mediterranean

Inspired by travels around Turkey and the Middle East, Casablanca delights in bringing the warm hospitality and the bustling markets of Marrakesh and Istanbul to West Auckland.

The restaurant, located on Maki Street outside NorthWest Shopping Centre offers a delicious array of classic flavours and fresh seasonal produce as well as a hand-picked drinks list. The menu showcases contemporary Eastern Mediterranean cooking, all bursting with authentic flavours.

Owner and Director Murat Avcioglu, whose group of Casablanca restaurants have been operating for over 10 years says, "We are passionate about producing dishes that we are proud of. Our goal is to deliver food



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# Food & Beverage

straight to the heart. Our way of dining certainly does that."

The ambience at Casablanca NorthWest is relaxed with authentic music, and staff happily assist with food choices for an enjoyable experience. Families are welcome with a kid's menu and bonus activity bag to keep them amused.

Monday night is Tagine Night. Gorgeous delights to warm your soul, try the new winter flavours Beef Cheek, Moroccan Lamb, or Vegetarian plus their classic Citron Chicken for just \$20 per dish.

Drop by Casablanca for coffee, meal with the family, or a wine and meze with friends. Or turn your lunch break into a moment worth savouring with Casablanca's express lunch menu.

Open Monday- Friday 11.30am 'til late and weekends 10.30am 'til late.

Casablanca NorthWest - Kohuhu Lane, next door to Goode Brothers, phone 09 600 2797 or [www.casablanca.co.nz](http://www.casablanca.co.nz).

## Peko Peko New shop opening soon

It's been so long but we are finally ready to come back to you. We are opening our brand new shop on 6/102C Hobsonville Rd, on the corner near the traffic lights just along the road from Hobsonville Primary School. We will have some spaces to dine in, as well as offering the takeaway service you are used to. Our opening day and menu will be notified on our Facebook page or please check us out if we are open when you pass us on Hobsonville Road. We are looking forward to seeing you guys again soon. Aki and Kazu / Peko Peko 09 416 1197.



## NoShortcuts Something Special for Dad

With Father's Day looming on the horizon, NoShortcuts is making available a special deal; free delivery North Island wide, on each of their gift packs.

It's so easy to choose from the NoShortcuts range, because it offers something for every Dad's taste, from the tried and true Mustard Pickle and Gherkin Relish



through to the spicy Sambal Ulek and exotic Feijoa Kasundi.

These products and all the others are 'hand made just like mum made' meaning all the health benefits, flavour and aroma are retained. And of course, there are no added artificial flavours, colours or preservatives.

The award-winning range of NoShortcuts chutney, pickle, relish and jam is wholesome, real food in the fast and easy convenience of a recyclable glass jar.

Make your own 2 or 3 jar gift pack selection for Dad, Priced from just \$20, online at [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz) or go to Noshortcutsnz on Facebook and follow noshortcutschutneys on Instagram.

## The Herbalist Craft Beer This Mulled IPA recipe is really delicious and great to serve on a cold wintery night after dinner

Ingredients: 500ml The Herbalist Horny Goat Weed IPA, 2 tablespoons maple syrup, 2 kaffir limes leaves, 1 heaped tablespoon of freshly chopped ginger, 2 fresh mint sprigs, ¼ teaspoon fennel seeds, 10cm piece of crushed fresh lemon grass, 1 teaspoon of 'Fresh As' passionfruit powder.

Method: Place all ingredients into a saucepan and bring to the boil then remove from the heat and cover. Allow to cool slightly whilst the ingredients infuse, then serve warm paired with aged cheddar and crackers.

The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.



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# Health & Beauty

## Are you ready to take the first step?

The best time to get healthy was 10 years ago. The second best time is now.

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KinetEx offers personalised exercise prescriptions to cater to all ages, sizes and abilities - ranging from those just needing a helping hand to get healthy, to those with special, more complex health considerations.

As Clinical Exercise Physiologists (MSc) we deal with the prevention, management, and rehabilitation of a wide range of chronic conditions. This includes (but is not limited to) cardiovascular disease, stroke, diabetes, cancer, arthritis, osteoporosis, anxiety and depression, chronic muscular pain, and recurring injuries.

With free, no obligation initial consultations, you have nothing to lose.

Check out the website: [www.kinetex.co.nz](http://www.kinetex.co.nz) or contact Yolanda directly for a chat: [yolanda@kinetex.co.nz](mailto:yolanda@kinetex.co.nz) or phone 021 251 6102.



## Music – Food for the soul

Musicians are passionate about what they do and are prime candidates for injuries because they perform repetitive movements in awkward positions over a prolonged time. Tendinitis, hyper-mobility and trigger fingers are common problems amongst musicians. Musicians may not be aware of the effect that overworking their forearm muscles will have on their hands. These muscles are largely responsible for controlling

movements in the hand, so warming up, cooling down and stretching these muscles are important to prevent and address sprains and pain.

Musicians can also suffer trauma while performing sports or DIY activities. These injuries need to be managed in the context of their instruments and the demands placed on their hands.

At the Hand Institute we provide comprehensive assessment and treatment and can work with you on developing healthy practice habits to correct a problem without sacrificing your performance.

Call the Hand Institute in Huapai on 09 412 8558.

## Infinite Wellness

At Infinite Wellness we focus on self-health, want you to feel amazing in the skin you are in and will assist you in setting your goals and ensure you are provided with the tools and support to be able to smash those goals, through group training or one on one sessions. We have it all covered whatever your fitness level.



We offer membership options for those who enjoy the group training environment, here you will be surrounded by like-minded people who are on the self-health journey of their own, and they work as a team and travel this journey together!

Infinite Wellness are a family that encourage and support each other through all things fitness and mental health. They believe that we are all capable of great things and will support and encourage you to be the best version of YOU! You will be pushed not only physically to be the best version of you but mentally also. [www.infinetwellness.co.nz](http://www.infinetwellness.co.nz) and see us on Facebook at Infinite Wellness NZ.

## Your Amazing Eyes

Eyes are one of the most fascinating and complex parts of the body. How much do you really know about them, and how they work? Interesting facts from Matthew and Molly that you may not know about eyes.



1. Eyes in a very basic form first developed in animals around 550 million years ago.

2. You actually see with your brain, not your eyes. Your eyes function like a camera, capturing light and sending data back to the brain.

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# Health & Beauty

3. You see things upside down - it is your brain which turns the image the right way up.

4. The eye is the fastest muscle in your body – hence when something happens quickly, we say ‘in the blink of an eye!’

5. In a single second, it’s possible to blink five times.

Look after your eyes with a comprehensive examination at For Eyes in the Kumeu Village, phone 09 412 8172.

## Posture: The window to health

Many problems such as spinal pain, headaches, moodiness, respiratory complaints among others, can be attributed to poor posture, so an improvement in posture can help to alleviate or eliminate these problems.

One common postural problem which effects adults and children alike, is the Forward Head Posture. This can be attributed mainly to an increase in time spent in front of a computer, at a desk, prolonged periods watching TV or playing computer games, but may also result from trauma such as whiplash.

For every inch the head is translated forward, the load on the spine, discs and muscles is three-fold. The head should sit directly on the neck and shoulders like a golf ball sits on a tee. If the head is held forward from normal alignment, it places tremendous strain on the joints and the muscles of the neck and shoulders. This may cause fatigue, pain, headaches, and may even cause arm pain. If allowed to go unchecked for long periods of time, damage may occur to the discs in the neck and uneven wear, as found with arthritis.

Children carrying heavy backpacks to school often have to adopt a forward leaning posture to compensate for the weight on their backs. This forward leaning posture from a ‘neutral’ upright position places an uneven weight bearing load on their maturing skeletal framework and contributes to many muscular-skeletal problems.

Maintaining good health requires long term commitment and good posture is an essential part of that. So, if you sit for long periods of your day, move your body every 20-30 minutes. Sit up straight, pull your head and neck back so your ears are over your shoulders, or better still, go for a brisk walk at lunchtime if possible. Joints and muscles love to move, and exercise is one way to disperse physical and emotional stress.

The Chiropractors at Kumeu Chiropractic understand the connection between posture and healthy function of the spine and nervous system. Call us on 09 4125536 for an examination and assessment of your spine.

## CJ Podiatry

CJ Podiatry provides a convenient door to door mobile foot care service to those who can’t or don’t want to leave their house.

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retired folk in their Rest Home, Retirement Village or own home. Each customer is entitled to receive up to 40 minutes attention in a ‘one on one’ consultation and treatment.

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You are able to book via email [admin@cjpodiatry.co.nz](mailto:admin@cjpodiatry.co.nz) or by ringing free phone 0800 366 856. Visit our website at [www.cjpodiatry.co.nz](http://www.cjpodiatry.co.nz).

## Take time out for yourself...

Find a cosy place in the sun or by the fire ... take a deep breath, breathe out and relax.

Relax? Is that possible for you? Taking time out to look after yourself, is that something you do on a regular basis? Or, do you feel as if you have too much to do, not enough time or money to do it? Not to mention your needs are somewhat low on the list-maybe after the cat’s?

If you’re nodding right now, chances are quite high you feel drained and demotivated to look after your health and maybe you’d like to be healthier/ happier/ slimmer/ fitter or more energetic?

Winter is a great time to take stock -what’s working for you and what needs work?

Health coaching is a hybrid of counselling and nutrition- a holistic look at all aspects of your life as well as what’s on your plate- everything impacting on your health. I can help you identify achievable goals so you can be your best self and live your best life.



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# Health & Beauty

Sally specialises in coaching women of all ages, and her clinic, Brave & Blissful, is based above the Massey Pharmacy, 396, Don Buck Road, Massey. Call Sally to book a free 50 minute consultation today 021 131 6656.

## “I know I’m in pain because of my bad posture”

We actually like our patients to have good posture, but it’s probably not for the reasons you think, and this is definitely one of those ones where perceived importance and actual importance are much further apart than you realise.

If you think you look good and enjoy having good posture, then it’s likely you’re going to have a more positive relationship with your body, and we want to promote that as much as possible. But in reality, your best posture is your next posture. That means to not be in the same position for extended periods of time.

Our body is constantly repairing itself, and these new tissues get aligned through movement. The key word here is movement. If you have perfect posture all the time, but don’t move much, then you’re still going to develop restrictions, which mean you’re likely to be less dynamic and are then much more likely to experience pain. In fact, you’re just as likely to experience pain if you have perfect posture but don’t move, as someone who has poor posture and doesn’t move. Our bodies are a bit like pumps. Changes in pressure are occurring all the time, through a mixture of breathing, movement and other clever processes that allow everything to flow throughout your body, from blood to lymph, and keeping this flow healthy is extremely important in helping us reduce the chances of pain and discomfort. So, the next time you’re worried about poor posture, just get yourself up and about rather than stressing about the best position you should be in. There is no poor posture, only a body that lacks movement.

If you need help with pain or discomfort – book our ACC registered



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## Free dental days this September at Kumeu Dental

Do you have a dental problem but struggling to see a dentist? If you are in our local area, are a Community Services card holder and you find your dental care is put aside due to costs, this could be for you.

Kumeu Dental is proud to be part of the Smile NZ Free Dental Days in September that are run in collaboration with the New Zealand Dental Association and Southern Cross Health Trust. It is Kumeu Dental’s opportunity to give back to our community. Patients are booked through Smile New Zealand on 0800 373 376. Anyone with a community service card can ring and make an appointment. The line will be open from 12th August for patients to make their bookings. The Smile NZ Dental Days run from Saturday 7th September to Sunday 22nd September. Be in quick as demand is great. Kumeu Dental is happy to answer any of your questions, so give us a call 09 412 9507.




## Shoe Talk’s thought on – Why we love the brands we stock

I only stock brands that I believe in and that fit the following criteria – comfort, quality, brands that fit the Kiwi foot and are fit for purpose. So whether you are buying functional every day shoe or a pair of fashion high heels from my store the above holds true.



Did you know that all my ladies fashion footwear has a padded footbed and things such as antibacterial lining, the heels are designed to balance you correctly on both the ball and heel of your foot? All this and fashionable styles as well!



**Gillian Wiltshire D.O.**

Registered Osteopath  
ACC Accredited

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Kumeu  
Auckland 0810  
Ph/Fax (09) 412 5977  
0212330413  
[gill.wiltshire@gmail.com](mailto:gill.wiltshire@gmail.com)

# Health & Beauty

My Propet brand, most styles have removable footbeds, there are styles from fun active casuals through to styles for people with feet issues such as diabetes.

This is why people who try my footwear on love them due to all the bells and whistles. Also my ladies and I really do talk shoes so we provide outstanding customer service. So if you haven't yet been in drop in and see us. There are now two stores; one in Henderson and one in Browns Bay and we look forward to meeting you.

## Gorgeous gifts for men

Father's Day approaches - 1 September. We have an extensive selection of men's gifts including mini multi tools, leather goods, computer bags from London, wallets, bulls, backgammon, wine glasses, toiletries, barometers, art work and more. And our cards are hysterical. At Hobsonville Optometrists - Glasses and Gifts, we aim to tempt you with something different, whether it's frames for your glasses, amazing sunglasses, or unusual gifts. Come and browse! Hobsonville Optometrists - Glasses and Gifts, 413 Hobsonville Rd. Monday to Saturday 9am to 5.30pm.



## Dancing with the scars

The human skin is the soft outer covering of the body and is considered to be our largest organ. It is a waterproof barrier that provides protection, regulation and sensation. How often do we stop to consider the wonder of our skin - I guess not that often, unless it creates some form of discomfort; we graze a knee, get a paper cut on a finger, and get stung by a bee, a wasp or worse a jelly-fish. However, we recover from the incident and more often than not, we can move on and forget the incident happened.

Then there are more traumatic injuries which leave reminders on, and some below the skin surface (think blunt force trauma). Every scar represents some kind of trauma to the body and the event that created it. Scars can potentially affect: neural pathways - creating lack of sensation in and around the area; range of movement - the contracture of the scar can inhibit or limit movement; blood and lymph flow - scar tissue does not have the same level of vascularity as normal tissue; energy flow - scars can create blockages along meridians and scars can have an impact on one's emotions.

For a big percentage of the population, scars are left untreated. According to researchers Karel Lewit MD and Sarka Olsanka: "If the scar

is untreated, it may be the cause of therapeutic failure and recurrence." In other words, no matter what physical therapy intervention is used, untreated scars may thwart our best efforts to remedy related pain and restrictions in mobility.

Scar tissue release is a very gentle technique that breaks down the adhesions of the scar, creating space for improved blood and lymph flow, increased range of movement and in situations where nerves are not damaged, increased sensation.


If you have scars that are troublesome call Debbie from Realign Massage & NMT on 021 120 2175.

## Scarf, boots and a coat ... but are you forgetting something?

Here we are in the gloominess of winter, and it's not surprising many of us have packed away our sunnies until the longer days arrive. But what you may not realise is it's just as important to protect your eyes in winter as it is at any other time of the year. New Zealand has relatively high UV levels and the sun sits lower in the sky during the winter months, so despite those UV levels being higher in spring and summer time, your eyes are more directly exposed on winter days. Sunglasses can also offer protection from cold winds and dust particles so make a great pair of quality polarised sunglasses an essential part of your wardrobe this winter. Here at Westgate Optometrists we have a great range for all of your sun protection needs. Pop in to see our friendly team! Just around the corner from Robert Harris Café. Phone: 09 831 0202 Website: [www.westopt.nz](http://www.westopt.nz) Facebook: [www.facebook.com/westgateoptometrists](http://www.facebook.com/westgateoptometrists).



is untreated, it may be the cause of therapeutic failure and recurrence." In other words, no matter what physical therapy intervention is used, untreated scars may thwart our best efforts to remedy related pain and restrictions in mobility.



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# Area Columnists

## Cerebral Palsy Society gives away 3000 pedometers

Office workers walk on average 3000 steps a day and the Cerebral Palsy Society of New Zealand wants Kiwi workers to step it up for Steptember, to raise important funds for people living with cerebral palsy.

The Steptember campaign challenges New Zealanders to take 10,000 steps a day for 28 days in the month of September (3-30 Sept 2019), or the equivalent exercise from a choice of 40 alternate activities.

Participants can log their steps online or via the Steptember app using a supplied pedometer given to them when they sign up. The fundraiser has been designed for work colleagues and schools to form a team of four participants, with last year's event seeing nearly 17,000 compete in the challenge.

Organisers are also offering to the first 100 schools registering a full team of four students and/or teachers, an additional 30 pedometers and all funds raised by the school go into the official team bucket.

Gilli Sinclair, chief executive of the Cerebral Palsy Society says she hopes every school that participates in the 'First 100 schools challenge' will meet the goal of raising at least \$10 from each student who has received a free pedometer.

She says schools and employers recognise that supporting Steptember sends a powerful message to their workforce or community that their organisation recognises the importance of keeping active and nurturing their health and wellbeing.

"We are excited to bring back Steptember because it benefits the thousands who participate, while enhancing the lives of those with CP through the fundraising. It's a win-win for all of us.



"By committing to run, walk or roll 10,000 steps a day participants are rewarded with improved health and wellbeing for the whole office. It also fosters positive team spirit through taking lunchtime walks together or quick trips around the block at morning tea. Beating a colleague's step count in a friendly competition usually results in good banter and a little office rivalry, which can be fun too," says Gilli.

She says with the generous support of major sponsor Goodman, the Society aims to raise \$1 million, which enables it to provide people with CP with a range of programmes, equipment, training, and vouchers for physical activities and taxi travel.

This year it's hoped that 20,000 New Zealanders will take part in the global event which is also run in Australia, the United States, Singapore, The Netherlands, Turkey and France.

Cerebral Palsy is the most common physical disability amongst children, with one in every 500 children born in New Zealand being affected by this lifelong condition.

Registration is \$25 per participant, which includes a pedometer delivered to you, and the chance to win many prizes. Teams of four are \$100. You can support the CP Society by making a donation or registering your team here: [www.event.steptember.org.nz/signup](http://www.event.steptember.org.nz/signup).

## West Auckland's largest Netball Centre

Thousands of West Auckland netballers and their families are set to benefit from new funding which will install energy efficient lighting at one of the region's busiest community venues.

The Te Pai Centre at Netball Waitakere in Henderson, currently caters for over 520 Winter League teams and 170 Summer League teams in the West Auckland region.

The centre is the major facility and headquarters for Waitakere but is also utilised by a wide range of community groups throughout most of the year. The funding will see lighting at the decade-old building replaced with new LED bulbs.

Karyne Ross general manager of Netball Waitakere says the \$15,000 funding from The Trusts West Auckland could not have come at a better time. "The old style halogen bulbs were beginning to fail at regular intervals which meant we needed to hire expensive mechanical equipment to reach them - costing us more than \$500 every time we had to change a lightbulb. Replacement of the more energy efficient bulbs will save around 65% off the annual lighting energy bill".



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# Area Columnists

The Trusts chief executive Simon Wickham, whose organisation provided the grant says they are committed to helping deserving West Auckland charities and sporting groups such as Netball Waitakere in any way they can.

## What do high expectations mean for your child?

To have high expectations of yourself is absolutely fine as an adult. We get to determine our own progress and have the cognitive skills to effectively deal with and learn from our mistakes, using them to help us succeed and be fulfilled. However, when we project our high expectations onto children, not only does it erode their self-esteem, it may set them up for a future of failure, which in turn may lead to serious mental health issues. All because we put our high expectations on them.

As an adult, it is easy to compare children by their age and where they are at developmentally. However, would we compare an 18 year old gymnast to an 18 year old piano player? Quite possibly, these two could have completely different body types, personality traits, interests, strengths and family backgrounds. It would be such a respectful world, if



we were to see our young children as complete individuals, made up of their own views of who they are, what they are capable of, and what they want to learn as they grow up to be valuable members of our community.

As an Early Childhood Centre, we help a lot of children through their different developmental stages; physical, emotional, social and cognitive. Toileting is a massive one, as it encompasses all these stages in one aspect of learning. We believe that this stage should not be rushed and be instigated by the child when they show us that they are ready. Some adults may try to rush this stage for whatever reason. The downside of this may cause a child to regress and has the capacity to affect their socio-emotional development. Research is telling us that numerous kinds of stress causes anxiety, leading to psychiatric and somatic diseases such as depression and cardiovascular disease.

By allowing the child to show us what their interests are, where they are at with their own learning and how they want to interact with their peers, we can incorporate these attributes, supporting the child to develop confidence. We are not all born the same, (thank goodness, it would be a pretty boring place if we were), so is it not then obvious, to not treat us all the same? The teachers at Country Bears are proud to state that they really do know each and every child as an individual, what their capabilities are and what makes them tick. To this degree, the environment is set up accordingly to not only encourage learning through open ended resources, but to extend and challenge them in a safe environment.

Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With over 25 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.



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## Why you need a brand not just a website

Building a website without a brand strategy is like building a house without plans.

An effective branding process creates a unique identity that differentiates you from the competition. And a brand is not simply a logo...it defines all your communication: from what your signage looks like, the words you use, the colour and font on your business cards, to the design of your website. It's how people see you in the marketplace.

Is yours saying what it should? If you don't have a brand strategy, it's a recipe for "anything goes" and even for a small business this can be dangerous. Constancy across all consumer touch-points builds trust and recognition. And what does trust build? - Sales. Without this, your company and website become just another piece of noise on the Internet and beyond.

Brand equity refers to the value of a brand. "The commercial value that derives from consumer perception of the brand name of a particular product or service, rather than from the product or service itself." Websites, don't have brand equity. But brands, do.

For instance: Whittaker's Chocolate has been voted New Zealand's most trusted brand for the past seven years, but without their brand equity they would be nothing. Put an unknown name without any brand recognition and trust on the same chocolate bar, and no matter how good the chocolate is inside, the product would flounder. A brand identity is the overall impression someone gets about a product or service. Whereas, a website, is just one of the many platforms your brand has to shape customer perception. Without a brand, a website is no more than information, words, and pictures.

Having a clear message, unlike having just a website, is vital to the success of any business. Each person that is involved with your communication needs to work to a clear set of brand guidelines. Without consistency, your message will be diluted and you won't be able to differentiate yourself from the competition. A well designed and conceived brand can build an enormous amount of customer loyalty. Having just a website? Not so much.

So our message? Ideally talk to us before you build a website, just as you



would consult an architect or draftsman before building a house. Get the foundations right and it will save you a lot of money in the long term.

Not happy with the content of your existing site? We can help with that too. Tandem Creative consists of a senior art director and a brand designer with over 25 years' experience working with large companies to small business. We are based in Kumeu and offer big agency talent with small agency pricing. No long trek into the city: So let's meet and have a chat.

Contact [jackie@tandemcreative.co.nz](mailto:jackie@tandemcreative.co.nz) 027 287 1334 or [tandemcreative.co.nz](http://tandemcreative.co.nz).

## Toi Toi Wines

Toi Toi wines on a mission to save NZ's rarest birds as mega mast crisis puts their future in jeopardy.

Toi Toi Wines and conservation organisation, Forest & Bird have come together to help save New Zealand's rarest birds during the current 'mega mast' crisis. The heavy seeding event, the biggest in 45 years, is putting thousands of the country's rarest native birds at risk.

Keen to do something to help, the family owned New Zealand wine brand will be providing a donation to support Forest and Bird with every bottle of wine sold from the Toi Toi range, now until 30 September 2019.

To thank customers for their support, Toi Toi is also launching a competition to win two night's accommodation for up to four people at Forest & Bird's Mt. Ruapehu nature reserve lodge.

Kevin Joyce, owner of Toi Toi Wines, approached Forest & Bird after learning that a number of highly endangered native birds are being threatened by the heavy seeding (masting) of the country's beech and rimu trees, and tussock, this year. Forest & Bird has warned that this will result in a plague of rats, followed by an invasion of stoats by spring.

Kevin was especially moved by the plight of the critically threatened native Orange Fronted Parakeet/K k riki, which is especially susceptible to predation by introduced rats and stoats and is therefore at a high risk of immediate extinction with just 100-300 birds left.

"One of our most important winery core values is Kaitiaki - guardianship of our lands for future generations. We want our children to live in a world that still has these beautiful native New Zealand birds in it," explains Kevin.

"We're hoping that our fundraising efforts will raise awareness among Kiwis that might not be aware of how critical the situation is for birds like the K k riki. With their help, we can help stop these species disappearing from the New Zealand landscape. All they need to do is buy a bottle of wine and they can be confident that they will be making a difference. We





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have also donated to the Orange Fronted K k riki Conservation Fund to protect the three alpine beech forest valleys of Canterbury - the Hawdon, Poulter and Hurunui valleys – which is the only remaining habitat for these birds. We encourage others to do the same.”

“Most of New Zealand’s conservation forests will be affected without predator control during this mast year – set to be the biggest in over four decades. It’s clear that New Zealanders are really concerned, they are rallying to do what they can in regions throughout the country” says Jo Prestwood, of Forest & Bird.

Toi Toi is raising awareness of the fundraising campaign with specially designed neck tags on all of its wine bottles. These can be found in every major New Zealand supermarket, including Countdown, New World, Pak n Save, and Four Square. Toi Toi wine can also be purchased from online store, Blackmarket and the West Auckland Trust liquor stores.

Anyone that purchases a bottle of Toi Toi wine can enter the competition to stay at Forest & Bird’s Mt. Ruapehu Lodge by scanning the QR code on the wine bottle’s neck tag or entering via the Toi Toi Wines website. The winners will be drawn on 1 October 2019.

Family owned by Kevin and Sara Joyce, Toi Toi Wines, (pronounced Toy Toy), is inspired by New Zealand’s natural beauty and awe-inspiring flora and fauna. The brand creates quality, distinctive New Zealand wines by sourcing premium varietals from the regions in which they are most renowned, such as Marlborough Sauvignon Blanc and Central Otago Pinot Noir.

For more information on Toi Toi Wines, the people and the products visit [toitowines.co.nz](http://toitowines.co.nz). Wine lovers can also follow the brand on Facebook and Instagram.

## Teachers set their protégés on fast-track to Fashion Week

It seems that behind every emerging fashion designer there are inspiring teachers.

Four of the ten Auckland finalists in this year’s Resene NZ Fashion Tech Colour of Fashion attended Massey High School, where the school’s former Fashion Academy teacher Jonelle Tumaru known as ‘Mrs T’ seems to have sparked a fashion phenomenon. Mrs T was the students’ biggest fan, influencer, tutor, mentor and passionate believer.

Fashion students Terrell Henry (22), Janesa Boreham (23), Rolieta Pritchard (20) and Samantha Parr (20) all attended Mrs T’s fashion classes at high school. All four have been catapulted into the fashion big-time as finalists in 2019’s Resene NZ Fashion Tech Colour of Fashion project. But while Mrs T gave them early confidence and skills to begin





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# Area Columnists

their journey, another tutor Susan Barter, who leads the Auckland Diploma programme at the New Zealand Institute of Fashion Technology (NZ Fashion Tech), helped them refine their eye for design and perfect their technical skills in more recent years.

Resene and NZ Fashion Tech collaborate to give final year undergraduates a chance to be part of a professional fashion shoot, direct their own portfolio images from behind the camera and feature in a Resene on-line gallery.

The 17 finalists in 2019 – ten from Auckland and seven from Wellington – will attend a glamorous open-ing night at New Zealand Fashion Week on 29 August where the Resene Designer Runway will open with their designs – dresses, jumpsuits, shorts - in an explosion of vibrant colour. Tickets to the public Resene Designer Runway shows went on sale at iTicket in June 2019.

## Kanika Park Cat Retreat

What does a cat flehmen response look like? "The flehmen response looks like a cat frozen with her mouth open," Dr. Sasha Gibbons of Just Cats Veterinary Hospital, explains. "Sometimes, cats will roll their lips back over the teeth, which can resemble a sneer."

"The flehmen response is a type of sniffing, instead of using their nostrils, cats inhale air through their open mouths," Dr. Gibbons says.

The flehmen response opens up two small ducts, also known as the nasopalatine canals, in the mouth behind the incisors. Those ducts go through



the roof of the mouth and join up with the vomeronasal organ (a.k.a. the Jacobson's organ), which functions as an auxiliary olfactory bulb of sorts. Some scientists believe the flehmen response does something that's between the sense of smell and taste. The ducts contain saliva, meaning whatever goes in must be voluntarily brought up to the vomeronasal organ. In other words, flehmen isn't an automatic way to take in smells, as one does through breathing.

"Cats use the flehmen response to detect chemical stimuli, such as pheromones that are in urine and faeces or areas cats have marked with scent glands," Dr. Gibbons says.

Interesting fact — male cats usually flehmen more than female cats!

Outside of the cat family, horses, giraffes, buffalos, goats and llamas have also been seen demonstrating the flehmen response.

Should you ever be concerned about a cat flehmen response?

The answer is a definite no!

Cait Rohan Kelly | May 14th 2019 from Catster.com. Kanika Park Cat Retreat - phone 027 550 1406 or email info@kanikapark.nz.

## Phelan's Local Board Update


The Indoor Courts facility for Huapai moved a step closer to realisation in July when Councillors on the Environment and Community Committee approved funding for a detailed business plan.

Every one of the 21 Local Board across Auckland was allowed to come up with 'One Local Initiative' that would be able to draw from a regional fund. These projects range from community facilities to parks improvements, but not all of them will be funded or constructed within the next ten years because there isn't enough money to do all of them. This means a prioritisation process has been carried out to assess the 21 different projects.


One of the Rodney Local Board's objectives was to decide on a project that was going to be able to jump over the financial and business case hurdles, had a good case for funding in the short term and that could demonstrate a high level of community need.

Fortunately, we had already spent three years on a project for an indoor multisport centre in Huapai which the community had been asking for and that we had evidence was a 'need' rather than a 'want'. There is clearly residential growth in the area and demand for sports facilities is increasing. Provision of local recreational facilities is precisely what the





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# Area Columnists

Local Board is there to deliver. One of the other factors supporting the project was the financial support from the Kumeu Racquets Club that has indicated it would sell its current site and building that is in need of substantial maintenance and invest this money in the new facility.

There is now \$22 million allocated to an Indoor Courts facility on the Huapai Recreational Domain and this will be the first public facility like this in Rodney. Work now starts on a business plan which will involve the various sports codes who have supported this project. This planning will encompass governance structures and the design of the facilities and courts. On completion this plan will go back to Councillors for final sign off before construction starts, this could be any time from 2021-2022 depending on how quickly the business plan can be completed.

A couple questions keep being raised about this which are worth addressing; Why don't we spend this money on road improvements like widening SH16? SH16 is managed by NZTA, a government agency which funds work on State Highways. We cannot shift budgets for things like community facilities to building roads, if we don't want the money for a community facility in our area it will simply be spent on a similar project elsewhere in Auckland and we miss out.

Why don't we build a swimming pool instead? Government Legislation prevents Swimming pools (and Libraries) being built with Development Contributions. Because our project ticks the boxes for partial Development Contribution funding as it has a residential growth-related demand, we can make sure this project happens quickly. The good news is that Henderson Massey Local Board are considering a swimming pool for Westgate. This would be a large sub regional facility. Because the build and ongoing running costs of public pools are so high investment in these has to have a very strong business case with high population access – it looks like Westgate meets these requirements.

If you need assistance with Auckland Council related issues, I can be contacted on either 021 837 167 or phelan.pirrie@aucklandcouncil.govt.nz.

## Fake social media competitions

There are many legitimate competitions on social media, but unfortunately there are also scammers taking advantage of the large number of people who are on social media. Often these scams spread quickly because they force or entice people to share the competition with their friends. They can reach a lot of people in a short period of time before they are identified and shut down.

These fake competitions scams are run on social media to try and reach



as many people as they can. Posts about the competitions are published by scammers in the hope that people will reply with personal information, which can lead to identity theft. The scammers might also contact you to let you know that you've "won" the competition and then ask you to send money to 'release the prize' or for 'shipping costs', but the scammers will keep any money that is sent to them.

Tips to avoid fake competitions.

1. If it's a big name brand of public figure, look for the blue verified tick the social media platform will attach.
2. Look at the profile or page. Often scam pages will be new and only have a few posts.
3. If the prize is huge, suspect a scam.
4. If you go to a website to enter, check whether the URL (web address) matches the organisation running the competition. If something seems odd, exit the website.
5. If you are being asked for more information than you think is necessary (bank details, driver licence, passport details etc.) be wary.
6. You have to share the competition to enter. Many competition scams on Facebook insist that you must share the promotion on Facebook as a condition of entry, which is actually against Facebook's rules about running competitions. Competitions can encourage you to do this, but they can't insist that you share to enter. Scammers will often insist that you share, because they are trying to reach a large number of people before their page/profile is reported and removed from the site.

To read the full article go to [netsafe.org.nz](https://netsafe.org.nz), especially if you think you may have entered a scam competition.

## The Hangar

The Hangar brings a new offering to West Auckland. An innovative co-working space with desks, studios, meeting rooms and function areas. With various membership options for a varied range of businesses, it offers a forward-thinking alternative to the traditional office. Situated on the Hobsonville Point waterfront, The Hangar offers much more than just a desk to work from. Head downstairs to the Little Creatures Brewery for post-work wind-downs, or flex the creative muscles strolling the Coastal Walkway.



Keep things open-ended with a Flexi Desk available weekdays 8.30am – 5.30pm from \$450 a month. Or settle in to something a little more permanent with a Fixed Desk including 24/7 access, available from \$750 a month. For those wanting a designated space for their team, along with all the benefits of a co-working environment, The Hangar's private studios accommodate up to 10 desks per studio (option to combine mul-



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# Area Columnists

tiple rooms is available) and provide 24/7 access. Starting from \$3,500 a month.

Functions, presentations, workshops and brain-storming sessions are all made seamless at The Hangar. Six spaces are available by the hour or day, with additional AV equipment and catering packages available.

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Note: Prices are GST exclusive and discounts are available for terms of 12 months or more. Email [info@thehangar.nz](mailto:info@thehangar.nz) or phone 09 393 4995, visit [www.thehangar.nz](http://www.thehangar.nz).

## New Shoots focuses on mindfulness

Before children learn to read, write or count to twenty, they need to learn tools to help them navigate the ups and downs of daily life. At New Shoots we provide opportunities for children to develop skills that help them to grow into resilient, positive, curious, happy children.



One tool that we use for this is mindfulness. "Introducing mindfulness at a very early age is a fantastic way to incorporate it into a child's daily life – we think of it as "mental hygiene". If young children are taught mindful practices, this sets them up to cope better with anxiety and big emotions, and gives them tools to use with ease as they grow up." says Valerie Fletcher, Centre Director of New Shoots Westgate

What is mindfulness and why is it so good?

We've all heard the term mindfulness, some of us might have tried it out, or even practise it regularly – but how do we use it to support our children? Mindfulness is no longer reserved for those on a spiritual path, it's now been researched and widely proven to decrease stress, improve concentration, build on resilience, improve social skills and reduce bullying (among countless other benefits).

Mindfulness is not only meditation. It's the act of being fully present for whatever we are doing at the time, without being caught up or overwhelmed by our feelings or surroundings. Being present is an ability that all of us possess, but it can be cultivated and encouraged through activities such as meditation or short 'mind breaks' that we can integrate into our daily routines. It isn't limited to sitting down, it can be done standing, walking, or even integrated into focused activities such as games, yoga or sports.

1. When you engage in mindfulness, your brain switches from using the amygdala to the prefrontal cortex. Why is this good? The amygdala is the fear centre of your brain (the watchdog). When it is engaged we feel afraid, anxious, and information is blocked from travelling to the hippocampus (where we store our memories). The prefrontal cortex is the part of the brain that makes balanced decisions (the wise owl), and during mindful activity, it is instantly accessed – making us feel calm, and helping our memory to function more successfully.

2. Regular mindful practice trains our brains not to react. In time, regular mindful activities train us to find a pause between thinking and reacting to our thoughts. This pause is a crucial element of resilience. Being able to see things objectively before reacting to them is a tool that gently moves us from a negative to positive mindset.

3. It heals our nervous system. All of the negative thoughts we've been holding onto are stored in our nervous systems. With regular practice, eventually our nervous systems calm down, letting go of stored emotions, resulting in happier, healthier bodies and minds.

A few ways that New Shoots embraces mindfulness:

1. New Shoots partners with The Food Tree in bringing mindfulness workshops into our communities. These teach parents how to help themselves and their children with mindfulness and gratitude practices. We recently hosted a workshop at our Whenuapai centre and it was a great success.

2. A lot of our teachers teach mindful to the children at our centres. We find that giving them an opportunity to slow down and take a few mindful breaths helps them to manage their emotions and create moments of calm in their day.

3. We're so passionate about the benefits of mindfulness that we're getting our teachers to practise it themselves – it's one of the key teachings in our current staff wellness programme.

Your local New Shoots Children's Centres are in Westgate, Whenuapai and Hobsonville. If you'd like to find out more about what we do, visit [newshoots.co.nz](http://newshoots.co.nz), or pop in for a visit any time.

## Sayers says it

By Rodney councillor Greg Sayers. There is no excuse for holding-up the building of the bypass around Kumeu and Huapai.

The land owners have now received notification that the bypass will be running through their properties. Some owners are happy and some are bitterly disappointed. All will be entering into negotiations with the central government roading agency, the NZ Transport Agency (NZTA).

While the early phase of the purchasing of the land required is now underway there is still no funding allocated by the government to actually build the bypass. The most likely start date is 15 years away – and that's simply too far.

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# Area Columnists

State Highway 16 (SH16), in and around Kumeu/Huapai, is struggling now. With new housing rapidly being completed the traffic congestion has already got significantly worse. The bypass is well overdue already.

The NZTA and Auckland Transport (AT) have released an Indicative Strategic Transport Network plan to support growth in North West Auckland. This is the result of joint planning by AT and the NZTA, under what they call a Supporting Growth Programme. It follows technical investigations and stakeholder and community engagement undertaken in 2018.

Perhaps a little less "hui" and a lot more "doey" is what is required.

The problem is that these transport agencies do not see the traffic congestion on SH16 Kumeu to be as important as other roading projects competing for funding throughout Auckland. Worse still, Auckland Council's Future Urban Land Supply Strategy document says any more big developments in the area won't be allowed until after 2028. The implication of that is these transport agencies don't see fixing the traffic congestion in the area as needing to be a high priority.

In my opinion their logic to completely flawed as all the Special Housing Area (SHA) houses, authorised by the last government, are currently being built now – 2500 of them, plus many people are also subdividing their countryside living properties, with each new home having an average of two to three cars.

Instead, this government has prioritised improving safety on the stretch of SH16 between Brigham Creek and Waimauku at an estimated cost of \$70 million. Surely this money would be better utilised actually building the bypass. It would be far cheaper to build it now rather than later. With all the traffic using the bypass the current safety issues on SH16 would be alleviated.

Allowing for all the property negotiations with current land owners to be completed, the bypass needs to be built starting within the next three years, not the next 15 years... or longer. It's overdue already and the sooner it gets built the better.

## Don't have time to walk your dog?

Based in Helensville, Tail-Blazers covers the Outer North West, and we take small groups of dogs on dog walking adventures. Just like people, dogs benefit from regular exercise. It not only helps them physically but also mentally, relieving boredom and stress. Dogs are picked up and transported in their own custom-made cage to ensure they travel safely.



We then head out for a minimum of an hour to some of the best bush

and beach adventure locations in the area. Afterwards they are dropped off home; towel dried, watered, but most importantly tired and happy. So, if you work long hours or are busy with other commitments you can have the peace of mind, knowing that when you get home after a long day that your dog has had that important exercise, whilst engaging in socialisation, stimulation and play.

Tail-Blazers phone Mandi on 021 874 070 or email woofwoof@tailblazers.co.nz or visit [www.tailblazers.co.nz](http://www.tailblazers.co.nz).

## The importance of allowing children to set the pace


Young children have an innate inquisitiveness in the world around them. If adults attempt to place formal instruction onto children prematurely, we can ultimately fail to address the way they learn, and stymie their natural curiosity.



By allowing children the time and space to play and explore, without unnecessary interference, we are giving them time to predict, to reason, to analyse and to make sense of the world around them in an unhurried way.

Here at Kereru Kindy we support and foster children's learning about the natural world, as they gain an appreciation for all things that grow and live. Children set the pace for learning and discovery, observing and connecting to nature without harming it.

Debbie Pitout, Centre Manager, Kereru Kindy, 10 Oraha Road, Huapai. Phone 09 412 2624. [www.kererukindy.co.nz/huapai](http://www.kererukindy.co.nz/huapai).



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