

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES
STORAGE KING KUMEU OPENS

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

TRIBUTE TO VIC COLSON

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

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

August 2020



Greetings

It might be raining but you'd better be saving water ready for another dry summer. That's the message from Watercare, which has had stage one water restrictions in place despite the expectation of winter rain. The warning that another drought like last summer's is due again should serve to keep people on tank or town supply sufficiently concerned. Water supply from Auckland's dams dropped below half on April 15 for the first time in 25 years, Watercare says. It expects rainfall and water levels to remain below normal for the rest of this year. Many on tank supply are usually familiar with self-imposed restrictions like those suggested for homes on town supply. These include short showers (under four minutes), only using washing machines and dishwashers when they are full, and not using hoses to wash the car, water blast the house or soak the lawn and garden. However, Watercare suggests you should still wash your hands (or use sanitiser) to combat COVID-19. Even trying to get more water from the Waikato River to Auckland under emergency powers may not be in time. And the drought is set to blow a \$224 million hole in the Auckland Council's COVID hit emergency budget, the impact ballooning the shortfall out to \$750 million. I'd be getting more tanks as fast as I can, even if they're just for watering the garden. Luckily, we have four big water tanks on our 10-acre block – and so far no stock to drain the water troughs. We got down to about 40% water supply but didn't have to call in tankers to top up like many of our neighbours – at considerable expense and with lengthy delays in getting the water too. Many farmers are destocking or watching with concern in the expectation conditions are likely to worsen, and what about those growers who depend on irrigation? I just hope this isn't a signal via climate change that drought conditions and lack of rain are going to be around a lot longer. The Scout's motto "Be Prepared" sums up the prevailing viewpoint. And perhaps the idiom "make hay while the sun shines" should become "save water while it's raining", even adding tanks if you are on town supply. Because it's a sure bet you will need the extra water at some stage. PS. While reporting on this area during 40 years in journalism it got to the point in some dry times where several farmers would ring me to ask when I was going to do another drought story. Why? Because it invariably rained hard the day the paper came out with the story. Hope it works again this time!

Geoff Dobson, editor



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People & Places

Tribute to Vic Colson

Community came first for Vic Colson of Huapai.

As stalwart of the surf life saving movement from an early age, Vic was a regular at the Muriwai Volunteer Lifeguard Service almost up to his death at the age of 88.

As a youngster, Vic had to leap from a rail bridge into the Waiwhakaiho River near Fitzroy in New Plymouth as a train was coming while he was taking a short cut.

Which perhaps explains how he got into water sports, a packed funeral service of more than 200 people heard.

Vic became a good swimmer, played and coached water polo (often with renowned swimming coach Duncan Laing) and joined the lifeguard movement at the East End Surf Life Saving Club in New Plymouth.

He received his 50-year service badge for surf life saving in 2004 after moving to Muriwai Beach to own a motel in the late 1980s, serving with the local club many more years.

A member of the "Oldies Patrol" at Muriwai with the legendary Dave Jackman - who got his 50th badge four years later - Vic would often sit in the tower and help with radio and paperwork up until about a year ago.

He was honoured with a club life membership for his service.



He and his late wife Jocelyn helped out for a number of years, recalls Neil Reid of Muriwai who, with wife Trish, has been involved in surf life saving a lifetime.

Neil says Vic was an official at the surf nationals during the 1980s.

"He and I worked together for a couple of years. He also had a brief stint as chair of surf life saving Taranaki."

Neil says Vic was in the Waitara surf club until it closed and, like the few remaining members, joined Fitzroy in New Plymouth.

"He will be remembered at the surf club for the trophy he presented for the club person of the year outside competition and the recognition of the bravery our folks displayed during the Kaipara bar tragedy."

Vic was a member of the Muriwai ratepayers' group and when the couple moved to Huapai he joined the Kumeu ratepayers for a time.

Vic was also a long-serving member of the Norwest Community Patrol, which he was instrumental in forming, and often did the night watches.

A trained builder, Vic joined the army while in New Plymouth as work was tight, spending about 25 years in the service including a stint in Vietnam as an artillery gunner with the New Zealand 161 Battalion - among the first to be deployed from New Zealand to the war zone.

He was also involved in the air force at Whenuapai, mainly with No. 3 Squadron (Air Training Corps), and closely associated with both the Waimauku and Hobsonville RSAs.

Hobsonville RSA patron Malcolm Harvey-Williams who led The Last Post, the Ode and Reveille, and Dave Chisholm both knew Vic well and say he had the ability to get things done. Dave says Vic once served as vice-president of the Waimauku RSA and often attended



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People & Places

Anzac Day events there.

Awa Hudson spoke about Vic helping introduce Te Reo to the Whenuapai airbase.

His sometimes gruff exterior hid a heart of gold and he loved a good joke, celebrant Keith King says.

"He added his own distinct colour to the tapestry of life."

Vic is survived by three children, numerous grandchildren and 10 great grandchildren.

The family thanks the many who supported Vic and them, including the Kumeu Village Aged Care facility where he spent his last few weeks.

Vic has been laid to rest at the Kumeu Cemetery.

Unite against family violence

The Turning The Tide fundraising event is set to go ahead on Sunday October 11, after being rescheduled from May due to the COVID-19 lockdown.

This will be the fourth year the event has been held to raise awareness of family violence as well as obtain vital funds for the local women's refuge Kia Timata Anō.



The event sees participants walk or run the length of Muriwai Beach from the Rimmer Road access near Helensville, finishing 17km later at the Muriwai Surf Club.

The need is greater than ever with increasing demand on services during and after lockdown, Kia Timata Anō Executive Director Ana says.

"Through lockdown, police across the country saw a 22% increase in family violence call outs, and calls for refuge were up 20%," she says.

"Our team worked around the clock to ensure that women and

children had a safe place to go.

"We were also working with men and women remotely to give them the advice and tools to stay safe with the added pressures of COVID," Ana says.

"And in the weeks since lockdown we've seen a surge in demand for our counselling services and support groups."

Another way Kia Timata Anō has been helping those in need during these unprecedented times has been by being at the forefront of the formation of the Kai Collective, a foodbank set up in the very initial stages of lockdown to ensure those most in need received food parcels.

The collective also includes Helensville Women and Family Centre, Outwest Youth, South Kaipara Men's Centre, Te Hā Oranga, Kaipara College, Helensville District Health Trust, Parent Aid Northwest and the Helensville Citizens Advice Bureau.

The collective is supported by the Auckland City Council Civil Defence COVID Response, MSD, Auckland Foundation, Waimauku and Helensville Lions, Kumeu Rotary, Angel Fund, local police, schools, and doctors.

Those who have supplied food include New World Kumeu, Parakai Four Square, Countdown Helensville, River Valley Meats, Kiwi Harvest and the Kumeu Baptist Church.

In the 16 weeks since the first food parcel was created and delivered, Kai Collective has packed and distributed nearly 700 packs for around 170 households.

"It was a hectic few weeks when we first got going," Ana says.

"But thanks to all the support we've received from our wonderful volunteers, food suppliers, community donations and funders, we've now been able to employ a coordinator to ensure we're able to keep meeting the needs of the community."

Ana says this is important in the weeks and months ahead as the economic fallout is expected to continue to bite with more job losses and pressures on households.

Ana says now the Kai Collective is up and running smoothly, it's great to be able to hit restart for this year's Turning The Tide fundraising walk or run.

She's hoping it will be the biggest event yet.

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People & Places

"Turning The Tide is such a fun, heart-filled event that sees this whole community - men, women, families and many awesome local businesses and social service providers - come together to say that family harm is not something we're going to tolerate in this very special part of New Zealand," says Ana.

"It's about providing a voice for those who cannot speak yet and hope for those who need to see a pathway to heal; for them to know that it's okay to ask for help because this entire community has got your back."

Visit www.turningthetide2020.eventbrite.co.nz for tickets.

Storage King Kumeu opens

Storage King is scheduled to open in Kumeu by now and is happy to take enquiries and provide first pick of the units as well as fantastic grand opening specials.

The first stage comprises 100 units for residential and commercial storage at 167 Riverhead Road, 150 metres towards Riverhead from the Old North Road roundabout on the site owned by the Simpson family who previously ran the Raider Lodge equestrian centre there.

Grant and Cheryl Simpson are the facility owners, while Elsie Williams (pictured with Grant) is the store manager.

"I would love to meet you and give you solutions to your storage needs, whether it is getting your garage back or for tradies wanting a cost-effective depot away from home," Elsie says.

A need and demand for storage in the area led to Storage King establishing the facility offering units ranging from 1.5m by 1.5m to 9m by 3m in size.

The site is also convenient for local residents and businesses, while the units are affordable and Storage King is known for its customer service and strong branding.

Minimum occupancy is one month and the new ground level units are individually alarmed, have 24/7 CCTV cover, monitored security and electric security fencing.

A courtesy move-in truck can be provided, subject to conditions.

Office hours are 9am to 5pm Monday to Friday, 9am-4m Saturday, closed Sunday and public holidays.

However, site access to customers is from 6am to 7pm, seven days





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Visit the website www.storageking.co.nz/collections/storage-kumeu, search Facebook www.facebook.com/storagekingkumeu/, email kumeu@storageking.co.nz or phone 09 412 8713 for further details.

Train the brain at Brainfit

Moments of forgetfulness happen to everyone, usually beginning in the early 40s.

Without regular brain exercises the number of synapses (meeting points between neurons) diminishes so less information can be transmitted,

Dr Allison Lamont and her sister Gillian Eadie from the Memory Foundation have created a Brainfit course that is based on research that can improve the memory, regrow brain connections and sharpen overall brain health.



It focuses on the six key memory skills Dr Lamont has researched, improving these to help prevent early onset dementia and help people stay independent for longer.

At the Brainfit course you are able to learn memory tips and practise strategies along with like-minded groups of people. You also learn about how memories are created and retrieved.

There are four classes over four consecutive weeks and they last 1 ½ hours each at the Riverhead Citizens Hall in November.

The course costs \$197. Visit www.Brainfit.nz to book a class, or contact Victoria Fyfe (BA Psychology and PG Dip. Counselling) on 022 033 9552, or email Victoria@brainfit.nz for more information.



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People & Places

Waimauku book planned

Hot on the heels of a 450-page book on the Dairy Flat community, Waitoki-based author Lynnette Third is now planning a similar historical and community perspective on Waimauku.

'Hard Graft: The Story of the Dairy Flat Community' is a book about the characters, families, places and events that formed the present-day community. Although large, it contains many old photographs and short anecdotes to ensure the reading is easy and interesting.

It is set to be launched at an invite-only event in Dairy Flat on August 7, expected to be attended by about 150 people.

The book foreword is provided by former MP Sir Don McKinnon while former Rodney councillor Bill Earwaker contributes as well.

'Hard Graft: The Story of the Dairy Flat Community' took Lynnette about eight years to compile and now she's turning her attention to the Waimauku area she grew up in.

Raised on a local dairy farm, Lynnette has a close connection with the Waimauku area, particularly through her mum Margaret's family the Wintours.

Lynnette's grandparents Oscar and Gladys Wintour ran a farm



which stretched from Muriwai Road to the Hip Group's Provenance restaurant (formerly BeesOnline Honey Centre and Café).

Related to the Houghton family of Muriwai, Lynnette knows many others in the Waimauku area.

First up, Lynnette is keen to secure funding for the Waimauku book and is seeking support for the project from the NorWest Heritage Society (email buntycondon@xtra.co.nz) and anyone else interested.

She has access to many early recordings, photographs, newspaper clippings and even Northern Fruitgrowers Association packaging from the 1920s.

If you can help email lynnette3rd@hotmail.co.nz for more information. 'Hard Graft: The Story of the Dairy Flat Community' costs \$39.95 - email hardgraft2020@gmail.com to purchase it.

Meet the candidates

A meet the general election candidates session will be held on August 18 at St Chads Church in Huapai, 7pm.

The topic "How to get the Northwest moving" is moderated by Te Radar and is sure to provide an interesting evening.

Discussion will centre on candidates' (or their party's) plans for passenger trains, buses and other services for the area to help relieve worsening traffic congestion.



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Safer Communities



Congratulations to Louise and JB of the Waitakere Volunteer Fire Brigade who passed the seven-day fire fighter course with great results. They worked hard for past six months to finish their theory and practical pre course work. The COVID-19 lock down certainly made it challenging for them as they lost valuable training time.

We have our youngest recruit fire fighter aged 17 completing the course in August.

Heaters and clothes dryers

- Remember the 'heater metre' rule: keep flammable materials at least one metre away from any heat sources. And it's one heater or larger appliance per plug - no more.
- Never cover heating appliances or store

objects on top of them.

- Don't overload clothes dryers and clean the lint filter after each load cycle.

Portable LPG gas heaters

- Check to see the gas hose is in good condition and doesn't show any signs of damage or wear.
- If the heater does not light straight away, turn it off and then try again. Don't let the gas build up before trying to relight it.
- Always have fresh air coming into rooms where a gas heater is in use.
- Have your heater serviced every 12 months.

Other fire safety tips to remember:

- Fire moves incredibly fast - a house fire can kill within three minutes. Keep your smoke alarms in working order by pressing the button to check.
- Make a household escape plan so you can get out safely during a fire. Always keep keys in deadlocks on doors and windows.
- Don't leave the room when cooking. If you need to, remember to switch off before you walk off.

We're here to help. At no cost to you, Fire and Emergency NZ are happy to visit your home and:

- Check existing smoke alarms to ensure they work and are in the right places.
- Install smoke alarms if you need them.
- Help you make an escape plan
- Call 0800 693 473

Keep safe



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Soljans Estate Winery is the place to visit

You will find more than good wines at Soljans Estate Winery at 366 State Highway 16, Kumeu.

Following a move from a rapidly developing Lincoln Road in Henderson in 2002, Tony Soljan has incorporated a café, weddings, functions and a touch of his Croatian family culture with Berba Croatian Harvest Celebrations at Easter.

In fact, the winery has a rich history and now includes fifth generation family members, making it the third oldest New Zealand winery run by the original family.

The café opens Monday to Friday from 9.30am-3.30pm, with coffee and a selection of freshly baked goods for morning and afternoon tea. Mains are provided from 11am-2.30pm with a wide variety to suit all tastes on the menu.

At weekends, café hours are 9am-3.30pm with mains from 9am till 2.30pm.



The winter menu is available with some warming and tasty fare available, including a hearty kids' menu.

Some specially themed dinner nights on the second Friday of each month start with a Croatian style menu on September 11. Be sure to book for that one.

And some winter wedding specials are on offer too, with reduced rates until October and "pop-up" wedding packages available.

Award winning wines are included in the wide variety available, such as well-

known favourite Soljan's Fusion range, its premium Fifth Generation Kumeu Chardonnay, a port selection, and more.

Soljans Estate Winery is the gateway to Kumeu Wine Country and bookings are recommended to avoid disappointment at this popular establishment.

Plenty of off-road parking is provided, so you can quickly get out of the winter weather.

Check out the website www.soljans.co.nz/wines/ for much more.

Children enjoy their days at Jojo's Childcare

Winter is well and truly upon us, but at Jojo's we have been brightening our days with our winter school holiday programme.

The children have enjoyed lots of different activities from making frozen smoothies, quiz challenges and games, to cuddling up with a movie and handmade pizza.

At just \$35 per day JoJo's aim to make it affordable and fun for children aged from five to hang out and make great holiday memories with their friends.

Meanwhile, Jojo's daycare children have been busy welcoming new faces; introducing them to teachers and helping new friends become a part of the Jojo's family.

With tailor-made packages available to suit your individual needs, a team of caring, compassionate and fun-loving teachers why don't you come over and see what Jojo's can offer your family?

The locally and privately owned and operated early learning centre services a wide area of North-west Auckland and is licensed for up to 100 children.

The purpose-built building on the corner of Oraha Road and



State Highway 16 allows high quality learning programme delivery across all ages.

Jojo's Childcare offers your child the best start, helping them develop throughout their early years, make new friends and learn through exploration. Contact Jo or Sarah at www.jojoschildcare.co.nz or phone 09 412 5325 for more information.

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Community News

Kaukapakapa Library

Equine Eloquence - Meet Dame Jools Topp, Horse Whisperer at Kaukapakapa Library, Sunday 16th August, 9am to 1pm.

From pony club to yahooing at the back of the farm, horses have always been a central thread in Jools' life - a love instilled by her late father, Peter. She has found her happy place in the equestrian world, using the Vaquero training method, dating from the 1700's. More a way of life than a discipline, the vaqueros took great pride in taking the time to develop intimate communication with their horses, using a long-term approach. Keen to emphasise the importance of taking time to build a foundation of trust, Jools is happy to talk through any horse and rider concerns with you. Come along, swap horse tales and find out more.

For more info contact Megan Paterson - threehorses@xtra.co.nz, 021 959 017, Kaukapakapa Library.

Photo is Dame Jools with her horse Intrigue.



SeniorNet Kumeu

SeniorNet Kumeu held its first "post lockdown" meeting at St Chad's Church Huapai on July 1st.

It was a truly happy occasion with members enjoying an extended "tea & cakes" session while they caught up with all of the lockdown stories they had to tell.

Our training officer Nigel gave an excellent talk consisting of a number of short "how to" presentations, which created a great deal of interest and many requests for "more of the same" in future meetings.

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

Keeping up with technology with SeniorNet Kumeu is fun and easy. Just get started.



If you would like to join our friendly and informal club, just come along to one of our meetings, which are held on the first Wednesday of each month at 10am at St Chad's Church, Huapai, or contact: Brian Lacey on 022 183 1811 or brian@lacey.nz.

Matariki at Lollipops

Matariki, known as the Maori New Year, is indicated by 7 stars appearing in the sky in the month of June. This is a special time of year that we like to acknowledge here at Lollipops Kumeu, a time to reflect, gather and plan with the year ahead.

To celebrate Matariki our whanau contributed vegetables for yummy winter soup that our preschool tamariki in He Rakau room prepared for everyone to enjoy. They worked together to peel, cut and cook 3 different soups and in the afternoon each whanau was able to enjoy a cup of their hard work.

Our tamariki have also been busy with Matariki inspired activities-art, playdough, stories and writing.

This is what Lollipops Kumeu believe Matariki is all about - family, food, togetherness, sharing and celebration.

Happy Matariki from Lollipops Kumeu. Phone 09 412 8081, 7-9 Wookey Lane, Kumeu.



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Community News

09 412 8117 or visit us at www.achildsplace.co.nz. We would love to hear your aspirations and hopes for your child.

Kaukapakapa Village Market

Sunday 16 August 8.30am to 1pm. Enjoy great live music from Ralph Engle, This Flight Tonight, while you check out our tempting selection of stalls. Pick up fresh local produce, native plants and trees, artisan food and preserves, sausage sizzle, coffee, handmade crafts, knitting and greeting cards, skin care, gifts, Helensville Lions pre-loved books, jewellery, collectibles and bric-a-brac and much more - there's something for everyone with free face painting and free kids craft / activity table. For more information contact Sarah 0274 831542 or email sarah1@maxnet.co.nz.



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Your local friendly IT team is happy to advice and support you with your computing needs.

For more please come to IT@Hand Computer Services on 322 Main Road in Huapai (opposite Mike Pero). Phone 09 412 9227 or Email huapai@itathand.co.nz.



Kumeu Huapai
PANELBEATERS

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PO Box 737 Kumeu
280 Main Road, Kumeu, SH 16

August Kumeu Arts

Kumeu Arts is a buzzing little community arts centre with two galleries, a retail shop and three workspaces (available for hire) located behind the library. The galleries are free to visit and exhibitions change regularly so there is always a great variety of art on display. We are a not-for-profit, registered charity. By purchasing items here you can help support local artists. If you've never been here this August is a great time to visit as we are holding our annual ceramics exhibition. This is one of the most popular shows of the year with our visitors who enjoy the range of functional and sculptural pieces on display at affordable prices. We also host lots of exciting classes and groups. Participants say they come here for 'Creativity', a sense of 'well-being' and 'community'. Follow us on Facebook or join our mailing list for updates, news and invites to openings. www.kumeuarts.org.



Kaipara Memorial RSA

75th anniversary of Victory in Japan- VJ Day.

The Kaipara Memorial RSA will be commemorating the 75th Anniversary of VJ Day on Saturday 15th August, 1700 hours (5.00pm) with a parade and service at the Helensville War Memorial Hall Cenotaph. All veterans and members of the public are invited to attend and encouraged to wear their medals or the medals of their relatives (on the right hand side). Wreaths can be laid.

Thousands of New Zealanders fought in the Pacific War in the 1940's. The Pacific war is an irony for an ocean named for peace, but

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Community News

became an arena of battle between Japan on one side and the USA, Australia, New Zealand and their allies on the other. It was a war fought on a vast scale, from Darwin to Midway, the Solomon's to Iwo Jima, starting with the Japanese bombing of Pearl Harbour on 7th December 1941 and Britain, USA, Australia and NZ declaring war on Japan the next day. It would be a long four years, costing tens of thousands lives on both sides, before Japan surrendered on the 15th August 1945, bringing World War Two to an end.

Source-nzhistory.govt.nz. By Rex Keane.

The Scout scarf

The 1st of August is International Scout Scarf day, New Zealand will observe this on Monday 3rd August.

Scout youth members, leaders and associated Scouting members are encouraged to

wear their scarfs on Monday 3rd of August to places such as school or work. If you see a youth or adult wearing their scarf, please stop and say hello to them.

The Scout scarf is an important part of the Scout uniform, it amongst other things protects your neck from sunburn and serves many other useful purposes, such as a bandage or as an emergency rope.

It is also a ceremonial item and presented to a new leader, or presented to a leader that has achieved a higher level of training.

The scarf is taught to be a practical wilderness item in the Scouting tradition.

In New Zealand we have 35 Scouting zones and within these zones we have our 350 Scout groups. In total this amounts to around 400 different unique scarfs as each zone or groups has a slightly different scarf.



Leaders often will have a collection of scarfs they have either earned by attending training courses or have been issued for a special event, such as a Jamboree.

In other countries it can be referred to with different names, such as a neckerchief or necker.

Scouts is New Zealand's largest youth organisation, if you would like to know more, then visit www.scouts.nz, or email me zl.waitoru@zone.scouts.nz. Craig Paltridge. Waitoru Zone Leader.

New Zealand Biosecurity Services

Now is the time of year to get into the garden or bush and start trapping possums, rats and mustelids ahead of the breeding season, and while there isn't much food to go around.

New Zealand Biosecurity Services (NZBSL) has a team of pest trapping experts that can help with larger scale pest control projects. If you have a section of native bush that is covenanted you will probably have conditions on the covenant requiring ongoing pest control.

NZBSL has the ability to set up a pest trapping programme for you, and can come out regularly to check the traps and install new lures. They can also plot all trap locations with GPS and map them for you, as well as record what is caught and when so you can show numbers decreasing. www.biosecurity.net.nz.



Kumeu Library

Kumeu Library is celebrating National Poetry Day (Friday 21 August 2020) with a Blackout Poetry contest - and there are prizes to be won. The competition runs from 1 to 21 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 book pages you can use at Kumeu 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 numbers of colours, materials or designs. The get an idea of what to do, either check out our display at Kumeu Library, or search "blackout poetry" online. Submit entries

Chris Penk MP for Helensville

Stop in, the office is open!

365 Main Road, Huapai
09 412 2496

chris.penkmp@parliament.govt.nz
chrispenk.national.org.nz

National 
Authorised by Chris Penk, 365 Main Road, Huapai, Auckland.



Community News

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. Entries close at 5pm on Friday 23 August 2020. Winners will be announced on Wednesday 26 August on our Facebook page. Follow Kumeu Library on Facebook to keep up with all our news and events (www.facebook.com/kumeulibrary).

Kumeu Children's Art Club

Creativity at Kumeu Children's Art Club is more important than ever.

Art is a way of making sense of the world, and in these uncertain times, it's more important than ever. Kumeu Children's Art Club provides the opportunity to reflect on the wonders and chaos of the world, with classes again in Term Three on Tuesdays and Thursdays after school until 5.30, upstairs at the Kumeu Arts Centre.

The Term 3 theme will explore 'what's above the clouds' creatively, through painting, watercolour, drawing and everyone's favourite, clay.

Children will be investigating planets and stars through studies, drawings and sketches. Through learning basic techniques and processes children will transform their sketches to models and spaceships.

We will also cranking our printing press to explore of the mono-print process to create a collection of astronomical prints. It will be out of this world.

The Art Club workshop is a sunny happy space with lots of room

to develop and explore art's potential. Operating as a non-profit registered charity for 22 years, the only rules of Art Club are 'Be Kind and Love Art'!

Contact tutor and artist Ashlee Tawhiti at ashzart@gmail.com to enrol your child today.

Kip McGrath Education Centres

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

This reputation lies not only in the professionalism and compassion of the teachers who tutor at our Centres, but also the high-quality, curriculum-based learning programmes that we create to meet each child's specific needs.

At Kip McGrath you will see your child; enjoy learning, develop confidence in his/her natural ability, make real progress and achieve better results at school, finally 'get it' and smile.

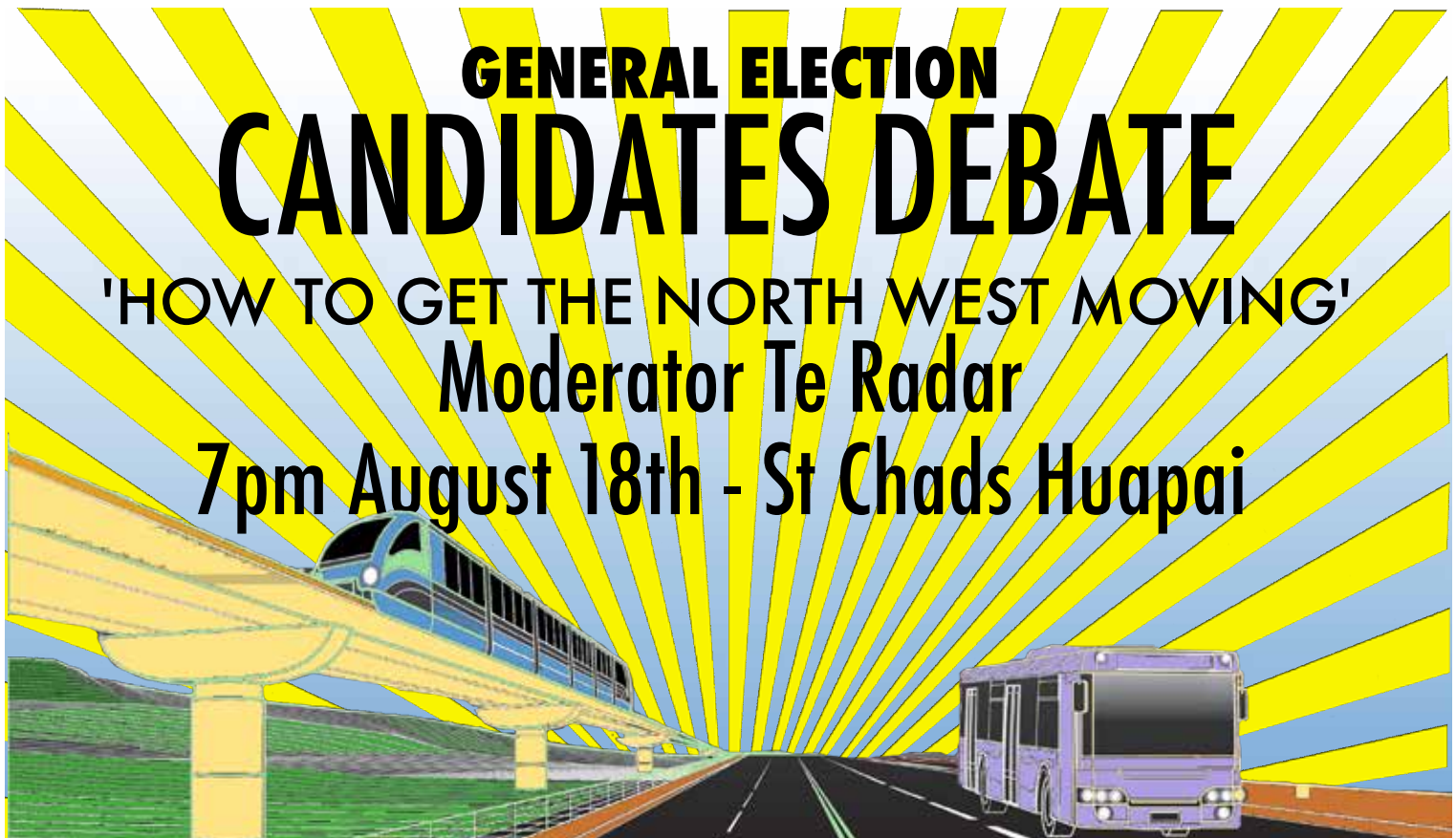
Call today for a free assessment - 09 831 0272 or book online kipmcgrath.co.nz.

GENERAL ELECTION CANDIDATES DEBATE

'HOW TO GET THE NORTH WEST MOVING'

Moderator Te Radar

7pm August 18th - St Chads Huapai



Sponsored by: Kumeu Community Action & North West Country Inc

In Brief

Learn French, Spanish and Italian in Kumeu

Bonjour, Hola, Ciao! As we can't travel to Europe, now is the time to learn a European language so you are all set to go next year. Take the time to learn French, Spanish or Italian and enrol in one of our language courses. All language tutors are native speakers. All language classes are @ Kumeu Arts. Check out the Term 3 timetable. www.abclanguage.co.nz or call Patsy 0274 904 321.



The Mobile Car Specialists

Business has been really strong for us since lockdown ended... so, a big THANK YOU to all of our new & loyal customers alike.

Chatting to other business owners - it seems there is a good mix of people thriving, and others who have come off second best. Certainly interesting times we live in.

If your car hasn't received some professional TLC over the past year or two...then we'd love to hear from you and bring it back to looking awesome again.

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We are a fully mobile operation, meaning we come to you to make your life easier.

Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

NorWest Community Patrol Trust seeking volunteers

We are part of Community Patrols of New Zealand (CPNZ) charitable trust that empowers communities to prevent crime and to create safer environments in neighbourhoods around Aotearoa.

Become a part of our friendly group consisting of about 50 volunteers and help us to conduct regular vehicle patrols around Kumeu, Huapai, Taupaki, Riverhead, Waimauku, Muriwai, and Woodhill.

We work closely together with NZ Police and assist the Police in achieving the principles of its 'Prevention First' model and in alignment with the 'Safer Communities Together' motto.

We will provide ongoing support and training for enthusiastic community minded people who are ready to 'give back to your community' through patrolling once or more times per month.

If you are interested to join, please enquire at Kumeu Police Public Counter or contact Colin Strong on 022 674 8238 or 09 412 9171, or Jan Henderson on 027 281 7676 or 09 4129818.



Community planting day

Huapai Library River Reserve. Grab your family and friends, and give back to nature planting trees, building on progress of planting through the years. Where: Huapai Library River Reserve - park on Orahā Rd gravel dump, 24 Orahā Road, Huapai, Kumeu. Reserve is adjacent to it. When: Sunday 9 August, 10am-12pm. What to bring: Please wear closed in shoes or boots, gloves and suitable clothing.

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In Brief

Spades will be provided. Join us for kai after planting, connect with your neighbors and learn about your local Community Garden project.

Lions Book Fair at Kumeu Community Centre

Last weekend of August, Saturday 29th and Sunday 30th will see the Kumeu Community Centre stacked with books being offered for sale, all at \$2, at Huapai-Kumeu Lions' first book fair of the year.

The club holds this popular fund-raising event twice a year and on this occasion it is partnering with Waimauku Scouts who are raising funds for a new building. Thousands of books of very good quality on every conceivable topic will be offered including a large range of children's books, soft covered fiction, sporting, gardening and cooking texts, biography and autobiographies. The fair is from 9am to 2pm on Saturday and Sunday and has become for many, a popular social outing.

Lions welcome donation of books which can be left at the door of the Lions' Den at the Community Centre from Monday 17 August where Lions will be on hand to receive and sort them each day before the fair. Over the years Lions have appreciated the support of people wanting to pass on books they no longer need but tatty old books, magazines and encyclopedia are not encouraged as they do not sell.

Another local Lions fund-raising project is The Vintage Shop located in the Pomona Hall adjacent to the Community Centre and opening hours are Tuesday to Friday 10am to 3pm and on Saturdays 10 to 1pm. A wide range of vintage items at very good marked prices are tastefully displayed for customers seeking an addition to their collection or a unique gift for someone. All the stock in the shop has been donated by people down-sizing or no longer wanting to retain an item and sometimes the volunteer workers at the shop are grateful to receive items from a deceased estate. The shop would be worth a visit by those attending the Book Fair or at any of the times when it is open.

Most recently the Lions Club have used profit from The Vintage Shop to fund the purchase of six large outdoor bench-tables located at the Art Centre/Huapai Hub complex.

Live music back at St Chad's

We are delighted to announce that The Pohutukawa Singers are coming back to sing at St Chad's. The choir, based in Albany but drawing singers from all over North and West Auckland, were due to sing at St Chad's in June but the concert had to be postponed after a long gap in rehearsals during lockdown. The concert, under new Music Director Christopher Graham, will feature music from a span of some four centuries - Thomas Tallis and Henry Purcell through to George Gershwin. There should be something for all musical tastes. Tickets, which include refreshments, are \$15 in advance or \$20 (cash only) on the door. Contact carrieturner4nz@gmail.com or Geoff Collins 021 170 6590.



Have your say on the future of Rodney

Our local board has come up with a three-year plan outlining the key initiatives we want to focus on to help our communities thrive and support the recovery from the impacts of Covid-19.

Now we need your help to check if we've got it right.

So love local and get vocal about your local community, and don't forget to provide your feedback before **4pm, Thursday 13 August.**

For more information, a copy of the draft Rodney Local Board Plan 2020 and to provide your feedback go to akhaveyoursay.co.nz/lovelocal

Together we can love local.

Property

Property market report

When Covid-19 hit New Zealand, most in the Real Estate profession were predicting a very difficult year, but since coming out of level 4, the market has seen multiple offers on properties and some selling for much higher prices than expected.

There's a strong appetite for property with buyers willing to spend money. The biggest resistance is a reluctance from banks to lend to people in some industries and some geographic areas. House prices defied pandemic effect predictions and rose in nationally 9.2 per cent from last June's \$585,000 to \$639,000 last month.

Bank economists seem to be united in their comments, stating "We're not convinced that either sales or prices will be sustained at these levels. The jump in sales is likely to reflect pent-up interest by both buyers and sellers following the lockdown period. Meanwhile, prices are caught between much lower borrowing rates in the near term and a severe hit to economic activity that may become more apparent later in the year as the wage subsidy expires, unemployment rises and the international tourism market remains out of action. We don't think we're out of the woods yet".

REINZ said that June marked 105 months in a row of national prices increases. Excluding Auckland, the national median rose 11.3 per cent. Auckland's median also shot up 9.2 per cent from \$850,000 a year ago to \$928,000 last month. Looking at the Auckland region, prices increased when compared to the same time last year in all districts except Papakura which saw a 7.9 per cent fall in median price from \$710,000 to \$654,000. The number of properties sold in June nationally rose 7.1 per cent annually to hit 6625. That was the highest number of properties sold in a June month for four years. In Auckland, the number of properties sold in June increased by 9.4% year-on-year from 1878 to 2054.

The confidence of buyers is strong, while the support from banks is very weak. We expect that over time it will be the Banks lack of confidence in the supply of mortgage finance that may cool the market rather than anything that comes out of the Reserve Bank, who appear to be throwing everything into stimulating the economy.

Let's look at the sales results:

Helensville Residential	\$445,000 to \$838,000
Helensville Lifestyle	\$1,075,000 to \$2,220,000
Huapai Residential	\$840,000 to \$1,178,000
Kumeu Residential	\$848,000 to \$1,250,000
Muriwai Lifestyle	\$1,285,000
Riverhead Residential	\$915,000 to \$1,600,000
Swanson Residential	\$785,000 to \$1,090,000



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Waitakere Lifestyle	\$785,000 to \$1,260,000
Waimauku Lifestyle	\$956,000 to \$2,600,000
Whenuapai Residential	\$875,000 to \$1,172,000

Call Graham McIntyre on 0800 900 700, text 027 632 0421 or look me up at www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Employee or independent contractor?

In *Leota v Parcel Express Limited*, the Employment Court recently addressed the question of whether someone is an independent contractor or an employee. This case determined that a courier driver engaged under an "independent contract" was in fact an employee. Although the decision was largely contextual (i.e. the findings were confined to the facts of this case), the decision brings timely reminders that the label attached to a relationship will not always be indicative of its true nature. In this instance, and following termination of a contract of service, Mr Leota asked the Employment Court for a declaration that he was in fact an employee, and not an independent contractor. On the evidence, the Court determined that the real nature of the relationship was an employment relationship, and not one of an independent contractor. Factors considered by the Employment Court were: the level of control exerted by the company over Mr Leota and the economic reality of the employment arrangement. While not all courier drivers will be employees, the defendant company's argument was that Mr Leota entered into an independent contractor arrangement knowingly.






The Court pointed out significant imbalances between the parties including: English was Mr Leota's second language, he was recruited at a time when the company had difficulty maintaining employees, he had little, to no, understanding of New Zealand employment laws. The Court accepted the description that he was naïve as an apt characterisation. In establishing whether a worker is an employee or independent contractor, there are several established legal tests, including the control/integration test and the economic reality test. The control and integration test determines the level of control exerted by an employer, and likewise the level of independence held by a worker; the more control exerted by an employer, and less independence held by a worker, the more likely the relationship is



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Property

to one of employer/employee. The economic reality test also looks to the true nature of the relationship to establish whether the worker is effectively working in a business on their own account or not, by analysing whether the worker/contractor has opportunities to build a larger client base, increase remuneration, alongside whether the worker may be registered for GST.

These are not the only tests and obtaining legal advice is important in every situation. Importantly, similar legal tests are utilised for tax purposes by Inland Revenue to determine the true nature of the employment vs contractor relationship. Where a contractor has little independence, works specific hours, has no ability to make changes, does not have other contracts, cannot grow a business/client base, it is very likely there is no autonomy and thus the relationship may be one of an employer/employee. For legal advice on your specific situation, contact the team at Gina Jansen Lawyers on 09 869 5820. NB: Our new offices are just off Lincoln Road, upstairs at 9C Moselle Ave, Henderson, beside Western Auto Electrical and Pitt Stop. There is free client car parking.

RTA Amendments Bill

RTA Amendments Bill #3 has just progressed through Select Committee and is looking almost certainly to be passed into law with urgency by the current government

The proposed changes seek to: Remove the ability for landlords to end a periodic tenancy agreement with no cause. The legislation will instead provide for a range of justified reasons to end a periodic tenancy, including new provisions to respond to antisocial behaviour.

Require that fixed-term tenancy agreements must become periodic tenancy agreements upon expiry unless: both parties agree otherwise, the tenant is not meeting their obligations, or specified grounds for the tenancy to end apply.

Allowing for tenants to re-assign a tenancy with landlord approval (assuming this means pre-tenancy checks are applicable and good reason required from landlord for not accepting a re-assignment)

Tenancy agreement must be in writing and signed (failure to have one is an unlawful act by the landlord and carries a penalty)

increase financial penalties and give the regulator (through the Tenancy Compliance and Investigations team) new tools to take direct action against parties who are not meeting their obligations.

Allow for identifying details to be anonymised in situations where a party has been wholly or substantially successful when taking a case to the Tenancy Tribunal.

Ensure that tenants can add minor fittings such as brackets to secure furniture and appliances against earthquake risk, baby proof the property, install visual fire alarms and doorbells, and hang pictures.

Prohibit the solicitation of rental bids by landlords and limit rent

increases to once every twelve months.

Clearly this bill is entirely and unapologetically designed to assist renters and is certainly not overly popular with landlords and many tenants, whatever way you look at it this is it is going to be the new normal in the near future so we have to learn to work with it.

The only part of the above that is really daunting for landlords is the removal of no cause terminations, particularly in relation to anti-social behaviour, while there is a process for landlords to deal with anti-social behaviours from a tenancy it is going to require very specific process be followed and an application to tenancy tribunal to seek a termination of the tenancy.

For more detailed discussion on this matter I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.

Trusts Act 2019

ClearStone Legal (by Anita Allan). Family Trusts have been part of our society for a very long time. Some organisations estimate that there are some four hundred and fifty thousand family trusts in New Zealand alone. Asset planning for families, business creditor protection, relationship property considerations are some of the reasons for establishing and maintaining trusts.

Recently, the new Trusts Act was passed into law and will come into effect on 30 January 2021. From this date, if you have a trust, the trustees will need to be familiar with the changes to the Trusts Act.

The changes include increased compliance requirements for trustees, identifying and advising beneficiaries of the trust and there are requirements regarding provision of information to the beneficiaries of the trust.

We recommend that if you have a trust, that it is time to take stock and consider whether your trust is still relevant to your circumstances with the increased obligations in mind for the trustees of the trust. It is also timely to consider a review of your trust and whether all your trust documentation is in order and up to date.

Please contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre) on 09 973 5102 or email admin@cslegal.co.nz to make an appointment to discuss your trust and the way forward. In the meantime as we enjoy freedoms that other countries envy post COVID lockdown, please continue to take care of yourselves and your loved ones and stay warm and healthy.



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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 transactions that have occurred. To receive the full summary simply email the word "full statistics" to kumeu@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	1,375,000	4HA	144M2	1,495,000		980,000	461M2	208M2	940,000
	1,325,000	1.5HA	260M2	1,135,000		920,000	400M2	178M2	857,500
	485,000	78M2	379M2	445,000	MURIWAI	1,350,000	1.3HA	253M2	1,285,000
	770,000	622M2	214M2	760,000	PARAKAI	810,000	520M2	18M2	730,000
	630,000	491M2	120M2	660,000	RIVERHEAD	1,430,000	800M2	285M2	1,600,000
	510,000	712M2	80M2	608,000		890,000	405M2	101M2	945,000
	1,075,000	50700M2	133M2	1,500,000		1,575,000	1.5HA	78M2	1,450,000
	1,350,000	1HA	241M2	1,100,000		1,000,000	877M2	143M2	1,240,000
	780,000	102M2	3850M2	838,000		860,000	809M2	100M2	915,000
	940,000	1HA	138M2	1,150,000		1,325,000	802M2	250M2	1,280,000
	1,150,000	6212M2	200M2	1,075,000	SWANSON	840,000	809M2	80M2	1,090,000
	770,000	617M2	188M2	754,000		720,000	1884M2	135M2	785,000
	2,225,000	4HA	318M2	2,220,000		900,000	408M2	162M2	933,000
	1,400,000	1.8HA	232M2	1,225,000		910,000	513M2	174M2	925,000
HUAPAI	760,000	857M2	94M2	840,000	TAUPAKI	785,000	810M2	98M2	630,000
	1,025,000	885M2	194M2	1,178,000	WAIMAUKU	2,750,000	62.5HA	460M2	2,600,000
	920,000	1437M2	140M2	840,000		970,000	1501M2	149M2	970,000
KUMEU	1,150,000	702M2	242M2	1,116,000		2,450,000	4.1HA	357M2	2,110,000
	1,200,000	787M2	261M2	1,250,000		1,325,000	1513M2	270M2	1,180,000
	920,000	361M2	192M2	910,000		940,000	3163M2	150M2	956,500
	960,000	431M2	187M2	867,500		1,600,000	7HA	140M2	1,625,000
	920,000	407M2	162M2	875,000	WAITAKERE	730,000	1407M2	95M2	830,000
	1,030,000	571M2	204M2	961,000		790,000	4HA	110M2	1,080,000
	780,000	347M2	149M2	848,000		980,000	2933M2	142M2	785,000
	940,000	430M2	189M2	980,000		1,205,000	4515M2	298M2	1,260,000
	860,000	400M2	159M2	860,000	WHENUAPAI	1,300,000	363M2	270M2	1,172,000
	1,245,000	788M2	269M2	1,235,000		1,075,000	2089M2	110M2	950,000
	1,300,000	779M2	270M2	1,250,000		940,000	160M2	211M2	875,000

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

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

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WHEEL CHAIR ACCESS PRIVATE AND SECURE 4 2 2 **By Negotiation**

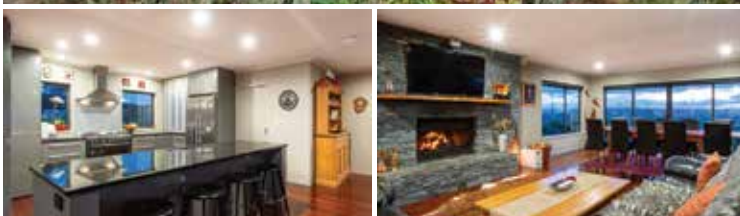
18 Josh Road, Huapai
By Negotiation

Flat, single level and near new construction delivers an environment that is easy, accessible and warm. While the design has created options for office, two living rooms or lounge and media room. Open plan entertainers kitchen-dining that links seamlessly to westerly patio and all season low maintenance lawn. Four generous bedrooms, bathroom and ensuite.

www.mikepero.com/RX2387002



Graham McIntyre
027 632 0421



POOL AND PANORAMIC PERFECTION 5 4 2.5 **By Negotiation**

161 Mangakura Road, Helensville
By Negotiation

Situated high on the rolling hills, offering the best of privacy and spectacular 180 degree views. The home is Hebel construction, easy living by design, open plan entertaining kitchen-dining-lounge, outside dining/ entertaining alfresco area and in-ground pool, formal lounge and a separate office. Offering five large bedrooms, three w/c's, bathroom, large ensuite and dedicated laundry.

www.mikepero.com/RX2421084



Graham McIntyre
027 632 0421



BRICK HOME, GARAGING AND OFFICE/STUDIO 4 🛏 1 🏠 2 🚗 **By Negotiation**

325 Hobsonville Road, Hobsonville
By Negotiation

The home has three generous bedrooms, large and fully renovated bathroom with his and her shower, and open plan kitchen/ dining leading out to north west facing decking. An extensive formal lounge which also opens to the decking area adds flow and fantastic natural sunlight to the home. The studio/ office is fully insulated and presented to a high standard. It also has a single garage next door.

www.mikepero.com/RX2349581



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

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

Often sought but seldom found, a generous land lot in the middle of Whenuapai Village. This gently sloping fully usable property ticks the boxes for a sensible buyer interested in adding value and creating a return, based on the size of the land and the two driveways. The property has multiple improvements including a very well presented period bungalow, office, workshop, sheds and garaging.

www.mikepero.com/RX2204835



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027 632 0421



AFFORDABLE LIFESTYLE 4 🛏 1 🏠 1 🚗 **\$1,149,000**

7 Kaipara Lake Road, South Head
Asking Price \$1,149,000

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

www.mikepero.com/RX2039027



Graham McIntyre
027 632 0421



LAND - NO COVENANTS - VIEWS **\$575,000**

56E Kaipara Coast Highway, Helensville
Asking Price \$575,000

A truly stunning 1.6 hectare lifestyle block offering a serviced flat building platform and outstanding views to the North West. It delivers a site that is perfect for an entertainers home with extended views and privacy. The site has easy and established driveway access and title is issued and ready. In addition to the two grassed paddocks the land has a small covenanted native bush area.

www.mikepero.com/RX2366714



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Home & Garden

Solarcraft – solar carports are here

Not every home, business or property is fit for solar panels on their roof. There may be too much shading, it could be hard to reach or there simply may not be enough space or sun. These are all things we check out when we get a new inquiry for solar on any home, business or shed.



Here's another option. One that also offers a practical space for sheltering your vehicles.

A solar carport - to shade your cars from the sun while the sun hits the panels and feeds power to where it needs to be.

Solarcraft customise your carport to fit either a couple of cars for residential use or a whole fleet of vehicles for a big company. You can have a solar sun-cover only or add a weather tight kit to make it more waterproof.

Solarcraft have new products coming in all the time, plus 10 years of experience. We can translate any technical solar jargon into easy-to-understand info for you. Contact us anytime. Email info@solarcraft.co.nz Phone 0508 272389 or visit www.solarcraft.co.nz.

Waimauku Garden Club

Interested in joining us on our monthly trips?

After 5 months of no trips members met at The Brigham Restaurant and Cafe in Whenuapai for a High Tea.

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Members enjoyed having this catch up. It was a happy occasion.

While there, members filled in a questionnaire to give the committee an idea on how they felt the club should proceed over the next few months.

Potential ideas, a movie at Ryders in Avondale, a visit to the Tip Top Factory and on to Clevedon and gardens in October/November with a pencil booking in for The Brigham for a Christmas Buffet in December.

Our trips are always on the 3rd Thursday of the month. Please contact our committee members for further information: Ann 021 035 7406, Bette 021 145 1854, Diana 027 478 8928, Judy 027 272 9994, Moira 027 498 9152, Veronica 027 755 4645.

Property Management update

A post Covid-19 Property Management update from Private Residence - Property Management Specialists.

Much like a lot of industries it's been a roller coaster few months, back in March the rental market was affected by urgent legislative measures put in place by the government to try and alleviate the financial impact due to Covid-19. Recently these measures were reviewed, and the Government announced changes to some of the legislation.

Current restrictions on tenancy terminations will end on 25 June 2020. From 26 June, landlords can give notice to terminate a tenancy under the standard Residential Tenancies Act 1986 provisions. Usual notice periods will apply from the day a notice is given.

This should be positive news for landlords wishing to move back into rental properties and for vendors and purchasers of rental properties with tenants in place.

The six-month rent increase freeze remains in place up until and including 25 September 2020. Only then can notices be served notifying of rent increases with the required notice period of no less than 60 days or residential properties. This freeze was implemented to help soften the blow for people facing potential financial hardship brought by the pandemic.

With the above restriction being lifted we hope to see a positive change in the industry and genuinely hope that these unprecedented times are coming to an end.

Private Residence is a locally based, owner operated Property Management Company. We aim to provide a high level of service and provide honest advice that will leave you knowing you made the right choice. Selecting the best tenants for your property is a key focus and maintaining positive relationships with both tenants and owners is crucial.

With Private Residence you will experience: No locked in contracts, just 1 months' notice. One point of contact for all your property management needs. Cloud based software with owners and tenant

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Home & Garden

access. Clear, concise, and regular communication with both tenants and owners.

Our services include: Free Appraisals. Casual Letting and On-boarding Service - leave it to us to find you the best tenants and wade through applications, then self-manage. Full Property Management - long- or short-term leases. Inspections - regular or one off.

• Absentee homeowner management - our bespoke elite service for owners that are absent or away a lot.

At Private Residence we are all about you and your investment property, we service all of Auckland.

Based locally I'm happy to meet you on site or for a coffee to discuss your Property Management requirements.

Rachel Trafford - Property Manager | Business Owner. Phone 021 872 336 or visit www.privateresidence.co.nz.

It's time for a break!

After the stresses and uncertainty of lockdown, of monitoring the rapid changes, stresses have built up in all of us.

We were operating at 100%+ - with full-on drive to get through. It's a bit like a 100m sprint. Then at some point the realisation sets in... "Things are actually going ok - I don't need to keep this intensity up". We can't keep sprinting indefinitely!

So what do you do now? You move out of sprint mode to reduce the stresses you are feeling.... and take a break.

Grass and plant growth has eased a bit so it's easy to take a good

couple of weeks away with no news and no internet doing activities you love to do. NZ has many terrific places to go that are moderately priced and very accessible - and there aren't many people there at the moment. A big winter holiday recharges you mentally and physically ensuring your physical and mental energy stays high.

Your local Jim's Mowing guy is likely to be taking a bit of a break over the next month or so. We recommend you do the same - and I know a terrific guy who could care for your lawns while you do.

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

Mitre 10 Mega - Tradie's Corner

Getting it done with Mitre 10 MEGA Westgate & Henderson.

With the effects of COVID-19 on local businesses becoming more apparent, the owners of Mitre 10 MEGA Westgate and Henderson are continuing to highlight the local businesses within our community that partner with their stores.

The aim for store owners Dave and Elaine Hargreaves is to provide our local tradies with a 'message board' for their names, contact details and websites. "We are committed to our trade customers, their businesses and our wider community" says Dave. "They're a large part of the lifeblood of our business, and we really want to acknowledge them."

While the lockdown may seem like a distant memory for some, Dave

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understands many local businesses are still feeling the effects of it, and may be for some time. "I think this is another one of the ways that we are able to give back to the community and businesses we service."

"We are continually being asked for trade contacts by our customers, so we thought this would be a great forum to promote such sectors" says Elaine. "While we continue to receive such great support from our local trade partners, we will always continue to reciprocate this as much as possible."

Growing fruit trees

This is the time of the year to plant fruit trees, and at Awa Nursery we have plenty to choose from. Planting now ensures they have the rest of winter and all of spring to establish before their first summer. You will want to choose a sheltered, open sunny spot for your fruit trees, with good drainage. Once you have chosen your tree or trees, (remember some trees need a pollinator) prepare your site well. Dig a hole that is slightly deeper than the root depth of your plant and partly fill with a good garden mix. Place some slow release fertiliser tablets in the bottom as well. Most of our fruit trees are recently potted, having come to us bare rooted. The soil in the bags will be loose and the roots of your fruit tree must be kept moist. Try not to disturb any new roots developing. Before back filling the hole, position the tree stake so you do not damage any roots. Firmly compact the soil, making sure your tree is no deeper than it was in the pot. Water well. Water is very important when growing new trees, and regular watering in dry periods over spring and summer is a must. Mulch your trees, which will conserve moisture, protect the roots, add nutrients and prevent the growth of weeds. Make sure you do not have to mulch too close to the trunk. Come and see us at Awa Nursery and get your orchard underway. Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or



visit www.awanursery.co.nz.

A haven in Huapai

38 Vinistra Road, Huapai / 162m2. Come and discover where urban family dreams are realised at the new Maddren showhome in Huapai. Ultra-modern and ultra-comfortable, this surprisingly spacious 3-bedroom, 2 bathroom home, promises and delivers. Warm timber pavilions invite you inside this light-drenched, architecturally designed home. High raked ceilings add elegance and space to the combined kitchen and living area. A wrap-around hardwood deck offers indoor-outdoor flow and connects with the master and secondary bedroom. Despite its modest budget, Vinistra boasts premium black detailing and fixtures that put it a class above. This beauty has the extras and all the conveniences for easy family living. Discover the style of Vinistra. www.maddrenhomes.co.nz/showhomes.



Western ITM

Are you looking to pop up a new fence at your place soon? Now you can get a stronger and sturdier one! Western ITM Stores now have 150x25mm Fence Palings at 19mm PRICES... available in 1.2, 1.5 and 1.8 meter lengths.

Polystyrene Recycling - Expol Polystyrene Recycling Service is now available at Western ITM Kumeu!

These "Recycling Collection Pods" allow our store to recycle polystyrene from retail packaging and allows YOU to drop off your own polystyrene waste. Expol then collect it and convert it into new and useful products - like EXPOL QuickDrain, their no scoria drainage solution.

Planning a big clean up in your Back Yard? All Western ITM Stores



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About to build your dream Deck? Looking for an arsenic and chrome free alternative? Exclusive to Western ITM is GenDECK™. GenDECK™ is the new standard in decking that is better for you and better for the environment. GenDECK™ is an ACQ H3.2 treated pine timber which comes complete with a 50-year warranty and in two profiles - 100x40mm and 150x40mm (smooth four sides).

For further information or to have a project or your plans priced contact our experienced Sales Team today! Email: kumeu@westernitm.co.nz or phone 09 417 0141. Western ITM. Locals Supporting Locals. 3 Auckland Stores - Open Monday to Saturday. Whenuapai | Kumeu | Swanson. www.westernitm.co.nz.

Laser Plumbing and Roofing

Laser Whenuapai is based in West Auckland and services the plumbing needs of homeowners, commercial and industrial businesses all over Auckland.



Drainage - drains should be kept clean and clear for them to work effectively. Drain maintenance goes a long way in keeping your drains in good working condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, we have specialist equipment to clear out stubborn blockages.

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

Plumbing - dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal, backflow issues. These are just some of the common plumbing problems you can experience in your home or business. We have a great team of maintenance plumbers who can easily remedy these frustrating issues, on time and hassle free.

If you are thinking of building a house, we know this requires a lot of important decision making, which is why we will take the time to discuss your plumbing requirements with you and help to create your house into a home. We can offer full plumbing solutions for new builds as well as renovations.

Roofing - Here at Laser we specialise in all your long run/iron roofing needs....from roof repairs to complete roof replacements, gutter

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Central's Tips

August 2020



Now is a great time to plant fruit trees like apples and plums, layer compost around shrubs and start sowing spring and summer vegetables.

It's also time to plant potatoes so that they are ready for Christmas.

Did you know...

Planting a crop of potatoes in heavy soil will break up the soil and help improve the area for subsequent planting?



In the Edible Garden

- **Plant celery, onions and peas.** Peas grow tall, so they need a climbing frame to reach full potential.
- Hardy herbs that can be planted include **rosemary, oregano, thyme and coriander.** It's too early for basil
- **Seeds to sow:** summer vegetables – tomatoes, capsicum, eggplant, cucumber and zucchini – do them in seed trays under cover
- Pep up the vegetable garden with our new organic fertiliser **Fertco Organic Boost.** Certified organic, it is a complete soil and plant food and will create good soil biology for a successful season of produce
- **Plant potatoes in frost free areas.** Try Rocket, Jersey Benne or Swift for varieties that will deliver potatoes for Christmas Day. Seed potatoes do need to have 2cm shoots on them before planting

Lawns

- As it warms up and the grass begins to grow, **sharpen the lawn mower blades** and set them at a high level. Mow frequently to encourage growth

The rest of the Garden

- **Get scientific about hydrangea flowers:** If you'd like blue flowers, it's time to apply Aluminium Sulphate. For pink flowers apply lime around the bushes. Interestingly, white hydrangea flowers don't change colour unless planted in full sun, when they may get a pink tinge on them
- **Planting to beat summer drought conditions:** we recommend that all plants have **Aquaturf Max** applied in the planting hole, and that they are well mulched once planted. This limits drought stress on new plants as the summer get hotter. **Nutrasoil**, a blend containing Living Earth Garden Mix and topsoil, is great for planting new trees and shrubs that have bigger root systems
- **Collect up old blooms of camellias and azaleas** and other winter flowering shrubs, to keep areas like lawns, paths and gardens clear for drying out as spring approaches
- **Layer compost** around roses and other shrubs to improve the soil and add nutrients

Project for August

Plant Fruit Trees

Planting deciduous trees, including fruit trees, is successfully done during this winter season because they're dormant. Fruit trees such as apples, pears and plums will cope with Auckland's clay soils – read our planting blog here to give them the best start:

<https://centrallandscapes.co.nz/blogs/our-garden-blog/dealing-with-clay>





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Pets

BARK NZ

A dog session is presented at Te Manawa Library (11 Kohuhu Lane, Massey) on the first Saturday of each month at 10.30am, with a dog story and interacting with the dogs. This is provided by BARK NZ. New Zealand has one of the highest rates of dog ownership in the western world. The likelihood of a child coming into contact with a dog in their community is more or less guaranteed. Owning and being around dogs has so many wonderful benefits and with the right knowledge, understanding and tools it can be a safe and positive experience for all.



BARK NZ is New Zealand's only registered charity dedicated to supporting our communities by providing education to children on how to be safe around, and have positive experiences with, dogs. They provide established programmes to New Zealand's children at pre-schools, schools and other learning and community facilities, and serve as a hub for volunteer educators throughout New Zealand who have an active interest in the safety of our children around dogs. See the Te Manawa page on Facebook.

Stories from a pet photographer

As an on-location photographer I have had the pleasure of going to some really stunning spots around Auckland for photo shoots with dogs and their families. From Bethells to Riverhead Forest to the Auckland Botanic Gardens and more. I get to explore and capture special



photos in the most incredible places...most of which are right on our doorstep. I let my clients decide where in Auckland they would like to go for their photo shoots which keeps my job super exciting and interesting.

I recently had a shoot in Riverhead forest with a beautiful family and their seven dogs. Yes, seven! We met at our secret forest spot in the evening which meant that we had gorgeous golden light streaming through the trees, creating the most magical scene. There are remnants of huge fallen trees which lend themselves nicely as

posing spots, not to mention the wispy long grass which makes it look a bit like a scene from a fairytale. The dogs were in heaven getting to explore such a magical place, and so was I. The photos turned out beautifully.

If you were to book a photo shoot for your dog or family, where would you go?

All of my pricing and session information is on my website. Let's create some magical memories for you to treasure forever! www.dogandco.nz.

Cat lovers urgently needed

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



DIY cat toy - kitty treat treasure chest

This home-made toy will test your cat's focus, reflexes and solving skills. It will also reward them for their time and effort with a treat



What you will need:

- Sticky tape
- ½ dozen toilet rolls
- Piece of card - coloured or not
- Some treats or toys

1. Sticky tape the rolls together - 2 x 3 formation.
2. Tape the cardboard to one end of the toilet rolls so it has a back.
3. Place the toilet rolls with the cardboard on the floor and sprinkle in some treats/toys.




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Pets

4. Place on the toilet rolls on their side with the cardboard end against a wall.

Then sit back and watch puss figure out how to get the goodies. At Kanika Part Cat Retreat we have lots of toys in each suite for your kitty's pleasure. Phone 027 550 1406, email info@kanikapark.nz.

Mouse and rat poisons: The risk to your pets

At this time of the year rats and mice come sneaking into the house to avoid the cold and look for easy pickings. There are just a few things to know before you reach for the rat bait.

Poisoning from rodenticides are one of the most common types of poison cases seen by vets. The best way to avoid an animal being poisoned is to be careful with the use and application of the poisons.

Ensure they are put away in secure cupboards, remember that cats can climb and even if they don't eat the poison they could knock it off the shelf where it could be made available to the less discerning



pet (or child). When placing the bait ensure it is placed in a secure container that only rats and mice can get into.

The identification of what your pet may have eaten is paramount to enable the vet to treat your pet correctly. Take the container, packet, bottle with you so that they can identify the poison and treat accordingly.

Remember that our pets can also be poisoned by eating a rat or mouse that has ingested poison. So watch for symptoms and if you have any concerns take your animal straight to the vet.

Symptoms differ depending on the type of poison, the amount ingested, the size, age and health of your pet. Many poisons have an anticoagulant that prevents the blood from clotting, causing hemorrhaging and death. Signs can appear over a period of up to 4 days after ingestion. It may be seen as breathing difficulty, seizures, diarrhoea, vomiting, fever, blood in urine, faeces, very pale gums, vomiting and more.

The new baits that are available can stay for up to 4 weeks in the animal's system. They can be treated with an antidote, vitamin K, blood transfusions but unfortunately this may not work.

You will be surprised at the number of everyday household items we are keeping in our home that are poisonous to our animals.

If you have any concerns take your animal to the nearest vet.

For a free downloadable list of poisons go to PET First Aid & Training (NZ) Ltd www.petfirstaidandtrainingnz.co.nz or call 0508 PET FIRST

Information provided by The Dog Safe Workplace - caring for the welfare of your staff and reducing dog bites in our community.

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Food & Beverage

Allely Estate open day success

We were so encouraged to see a strong turnout at our Wedding Open Day - more than 100 couples visited to tour our venue, meet the team, and talk to local stylists, florists, cake makers, photographers, DJs and more. Speaking of DJs, do you know what song DJ Mike Steffens says is pretty much guaranteed to get people on the dancefloor? Footloose by Kenny Loggins. And the most popular song to walk down the aisle to? Check our website for the answer!



We're extremely happy to be welcoming couples to Allely Estate this winter to exchange vows - even if they did initially plan on doing so in the warmer climes of Fiji or Rarotonga.

We're also starting to see bookings come in for Christmas functions, so reach out if you're interested in doing something local, with a local business - we'd love to have you. athina@allelyestate.co.nz, www.allelyestate.co.nz. Photo by HAP Film & Photography.

Pig. Smoke. Fire

Ready to enhance your home cooking offering and learn more about butchery, small goods, smoking and cooking over flames? Michael Van de Elzen's Good From Scratch Cooking School has just the class for you; Pig. Smoke. Fire, an informative experience led by talented butcher Francesco Visco and chef Michael Van de Elzen.



This full-day experience will teach you how to break down a small beast into restaurant-quality cuts and small goods, to replicate in your own home cooking regime. Guests will be treated to a session discussing techniques and skills, demonstrated by butcher Francesco, and pick-up top butchery tips.

The day will begin running through the butchery of a pork body; boned and rolled legs, shoulders, butterflied cuts, racks, ribs, belly and sausages. Then chef Michael Van de Elzen will take over and teach wet marinades, dry rubs, and salsas to perfectly match with pork. The outdoor Engel fireplace will even be turned on hot, to showcase how to cook pork cuts over open flames for a lunch treat. Guests will also learn the art of plating, ensuring every dish is as

beautifully presented as it will taste, meaning the next dinner party you host will be very well received.

To conclude the day, a late lunch will be provided for all, with various cuts of meat, sauces, delicious yoghurt flatbreads and fresh greens from the extensive gardens. All to be enjoyed with a glass of tasty, local wine or craft beer, over views of the magnificent Muriwai Valley area.

The Good From Scratch Cookery School is based in Muriwai, West Auckland and offers farm-to-fork cooking classes as well as demonstrations and a space for private events. Established by Michael and Belinda Van de Elzen in 2019, the school embodies their philosophy; food is best when it's prepared from scratch.

For details on when the next Pig. Smoke. Fire class be held, visit goodfromscratch.co.nz.

Soljans café

Soljans café is now serving our new winter menu, which has some stunning new additions. Make a booking to come in, or as always, walk-ins are more than welcome.



Winter weddings are also in full swing, with a few new packages available for those who have had to rearrange due to Covid.

We are offering a reduced rate for weddings in winter months up until the end of October, with venue hire fees of only \$1500.

We're also now offering "pop up" wedding packages. Perfect for those who have had their big day flipped upside down and now just want something more intimate and cost effective.

If any of this meets your needs let us know and we can set up a show around to get a feel for the venue itself, no charge and no obligations.

Contact weddings@soljans.co.nz, or call directly on 09 412 2824.

Hallertau x Thomson Whisky

For the last 6 years Mat Thomson has been operating his award winning distillery squirrelled away behind Hallertau Brewery. His New Zealand whisky has been picking up plaudits and medals galore. Thomson's location has led to the inevitable collaborations

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Food & Beverage

with Hallertau and the annual release of the Thomson Whisky Barrel Aged Double Stout is always eagerly anticipated. A big beer weighing in at 10% boasting roasted coffee and oak notes and definite residual whisky flavour. Pouring now at Hallertau Brewery and taps around town. Also available in 330ml bottle which will drink well now or will happily cellar for years to come.

New Zealand Herbal Brew

Delicious Hot Chocolate Peppermint Drink. If you love chocolate and peppermint, then try this version of hot chocolate for those cold winter nights. 1-2 teaspoons maple syrup or honey, 1 teaspoon cocoa powder, 1 teaspoon peppermint tea, milk (of any kind), and hot water. Using boiling water, $\frac{3}{4}$ fill your mug with the water and add the peppermint tea in a tea ball infuser. Allow to steep for 2-3 minutes, then remove the tea ball. Add the cocoa and sweetener boiled and stir well, then top up with milk. Certified organic peppermint tea and other herb teas are available on our website NewZealandHerbalBrew.co.nz.



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 Beetroot 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



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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 or go to [Noshortcutsnz](https://www.facebook.com/noshortcutsnz) on Facebook.

Peko Peko

Peko Peko has turned 1 since we opened our big place. Thanks for your continued support. We pride ourselves to serve our customers using fresh and good quality ingredients. Using only free range chicken and eggs, rice bran oils, our sauces are all house made with original recipes, and absolutely no MSG and no processed ingredients. You will find home-made fresh salad or unique omelettes in our rice bowls, and different varieties of okazu (side dishes) in our bento style set. And more to see in our menu. Please check our photos on our Facebook and Instagram page. You are welcome to dine in or takeaway. 6/102c Hobsonville Rd. 09 416 1197.



Cinta Malaysian Restaurant

Newly opened outdoors in the town square at NorthWest Shopping Centre, share a true Malaysian dining experience with friends and family. Locally owned and operated, owner William Law has been offering authentic Malaysian cuisines in Auckland since 2007. William and his team are passionate about introducing diners to a wide range of his favourite Malaysian dishes. A family friendly restaurant, experienced chefs create mouth-watering cuisine, including a children's menu, which was lovingly put together to entice younger diners.

All dishes can be adjusted to suit a range of palates and cultural requirements, with a great wine list and special cocktails also on the menu. For something different try Malaysian afternoon tea, with traditional special tea and Malaysian cake.

The friendly Cinta team take pride in sharing a passion for food and they look forward to meeting you. Bookings recommended. Open Monday-Wednesday 10am-9pm; Thursday-Sunday 10am-late. Cinta Malaysian Restaurant - 46-48 Maki Street NorthWest Town Square. Phone 09 213 2819.

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Does your child see well?

The head of the University of Auckland's School of Optometry and Vision Science estimates one in ten children in New Zealand needs glasses and don't have them because the school screening is inadequate. "Sight problems in primary school children are remaining undiagnosed for years due to insufficient eye checks." Says Professor Steven Dakin, "and short sightedness and long sightedness are not part of preschool testing."



He reveals new technologies to treat myopia early, and slow progression: Specialty contact lenses recently invented by NZ vision scientists. Some specialty spectacle lenses are also effective. Specialty eye drops. Time outdoors in natural light - not new, but now scientifically proven to slow the onset and rate of myopia.

Matthew at For Eyes in the Kumeu Village fits myopia-control contact lenses. He's also proficient in specialty spectacle lenses and a tint to improve your child's visual processing, thus supporting healthy eye development whilst accelerating learning. Phone 09 412 8172 for appointments.

Home-based hearing aid service

After more than 20 years as an audiologist, Lisa Greene saw a need for an in-home audiology service. She has established Hear 4U Limited, to support people with hearing needs, in west and north-west of Auckland. Lisa worked for Bay Audiology in Kumeu for the past 8 years, after many years working predominantly as a paediatric audiologist. She noticed that for many people, making it into the clinic for appointments was difficult.

Many clients rely on family members for transport, and family often have to take time off work to get clients to appointments. Lisa will work with people of any age, and is happy to support people living in care facilities.

While people can make individual bookings, Hear 4U Limited has a subscription model where people can receive regular home visits



throughout the year. Hearing aid batteries and most consumables are included in the subscription fee. The focus of this service is on maintaining people's hearing aids, to ensure people get full benefit from them.

More information about Hear 4U Limited is available on the website at www.hear4u.nz or Lisa can be contacted by phone 0800 119 510.

Post lockdown lingering injuries

Have you injured your hand, wrist or elbow during lockdown? Sporting injury, fall off a ladder, injured while doing DIY around the house, caught in the dog lead? Pain lingering months later? Don't ignore that pain; we can help at The Hand Institute.



At the Hand Institute we accept ACC referrals (and can initiate new claims) and provide a comprehensive assessment for all fingers, thumb and elbow injuries. We can send for x-rays (if required) and manage the injury with casting, splinting, strapping and important early motion exercises to prevent ongoing pain, stiffness and weakness. Call us now on 09 412 8558 to get that hand back to normal.

Finally, safe for all ages to see their dentist

What a beautiful country we live in. New Zealand has been amazing at controlling and minimising Covid-19. We are so grateful to be able to say that it is now safe even for our more vulnerable age group of 70+ y/o to head out, explore and have fun.



And now that we are resuming normal life, we encourage everyone to continue their regular maintenance check-ups. Oral health is closely related to your general health. Your mouth changes as you age. Healthy eating, effective home oral care and regular dental visits are the three essential steps

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Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu

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to maintain healthy teeth and gums for all age groups. Yet, as you get older extra precautions are needed. Just like you visit the doctor more often, you will find that increased regular maintenance visits to the dentist are going to bring real benefit to your health.

Here at Kumeu Dental we can now offer non-invasive procedures like durable sealants, giving long term protection for high risk exposed roots, as well as implants, bridges and crowns in situations where the structure of the tooth has already been compromised.

Ring our friendly team at Kumeu Dental on 09 412 9507 to book your regular dental exams. Catch any dental problems as soon as they develop to keep costs lower & teeth happier & healthier. Looking forward to seeing you soon!

Lockdown body

Life globally and here, at home, has undoubtedly changed with "The Covid". Our collective experiences to date may mean that life never quite returns to how it was before, and we must hope that we all take forward something that we have learned.

One thing that has really struck me personally and professionally are the effects that lockdown has had on our bodies. It is no secret that I love patterns be they based in the movement, postural or mental domains. Patterns are key to our very existence and continued survival, but they can present an interesting paradox as any given pattern may be both beneficial and detrimental to us. Or, put another way, at what point or under what circumstances may a pattern cease being good for us and actually start affecting us negatively?

Unpacking these thoughts a bit more I found that the answer to this is not an easy one. In my clinical observations, since we have been able to re-open the practice, I have noticed that there are two broad types of patient presentation upon which physical or musculoskeletal patterns exert their influences in different ways.

Firstly, consider the person who leads a sedentary lifestyle; sitting during their daily commute and then at their desk all day. The impacts of these fixed physical, postural patterns upon their life are real and measurable. This person finds that, because of lockdown, they are released from these demands and are able to enjoy more balanced patterns in life. Working from home, or even pressing pause on work life, affords them more time and reduces the demands that these physical patterns require of them. They may even find that they are able to engage in some new active patterns - walking or cycling.

Secondly and the corollary to the above example, is the person who, due to lockdown, is unable to work their physical job and has to become more sedentary. The effects of their normal physical patterns of movement are also real and measurable. This person essentially enters an enforced rest state and may also take up some new patterns of movement.



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Now, depending on the individual, a person in each of these scenarios may respond positively or negatively. The change in the physical patterns may be just what one person's system needs and that change enables healing and repair to occur. However, there may be an individual whose system is so upset by the changes that the metaphorical rug is pulled out from underneath them and their musculoskeletal system enters a breakdown.

These ends of the spectrum are real for some people but the reality for most of us is that we exist somewhere in the middle. Becoming more aware of the effect that patterns have upon all aspects of our lives is essential and only then may we understand how to mitigate them. Dynamicity and variation to our patterns is the key and finding different ways to do things may be exciting and challenging.

Osteopaths are experts in recognising and identifying patterns, and we love helping people understand how important they are in their lives. Creating this understanding and exploring solutions can really make a positive impact on health and quality of life.

David Baskefield, Osteopathic Natural Health, Waimauku & Helensville.

Pilates

"Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30, you are stiff and out of shape, you are old. If at the age of 60 you are supple and strong, then you are young" Joseph Hubertus Pilates.

The nation's populace is growing older. This ageing demographic needs to stay active, strong and flexible to live a long and full life. Pilates works for everybody. For ageing adults, benefits include efficient breathing, improved postural alignment.

Working with clients over 65 may seem daunting - how does one



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apply the Pilates method to an older body that is not so cooperative, perhaps relatively unfit? How does one keep the integrity of Pilates with a body that may present severe limitations of movement? I have an in-depth understanding of the Pilates method

I find an increasing number of older people coming to my studio to get the help and relief that conventional medicine or prescribed activities cannot provide. I am not a healer or a doctor but I do have the tools knowledge and experience to provide the individual with the skills they can practically use to improve quality of life. Older people are an amazing age group to work with. They enrich my life as much as - if not more than - I assist them. They are truly inspiring!

Phillipa Hamblin-Wong is an Advanced Classical Pilates Instructor, trained in the original Pilates method. She has been teaching Pilates for 20 years. She works across a broad range of fitness, needs and ages (10-87 years). Her main foci are rehabilitation and restoration. 09 413 8238 (Greenhithe) pilates.nz@gmail.com / www.nzpilates.co.nz.

Do you remember when?

Do you remember when you were a little girl and you would imagine what you would do when you grew up?

You would dress up like it, even have arguments with your parents when they wanted you in a dress for dinner out. But you knew who you were and were determined that a superhero or doctor outfit was what you were wearing and was absolutely fine going out dressed like that.

You would talk about it all the time.

You would watch TV shows or read books about it.

You would draw pictures of it and stick them all over your bedroom walls so you could see it every day.

If anyone asked you who you were dressed up like, you would stand tall and say with 100% "I'm a superhero" or "I'm going to be a doctor when I grow up".

No matter what anyone said or told you to do, you stood your ground, strong, tall, determined and confident in who you were and what you were capable of achieving.

My question for you today.....



Where is that little girl full of confidence, determination, strength, resilience, motivation and imagination?

She is still there, she is still within you.

You ARE capable of anything! And it is NEVER too late to create a life you LOVE.

At the age of 35, I am just starting my triathlon adventure. This is something I have wanted to achieve and do since I was 16 but I started listening to others saying no or you can't, then "you're too old now, you would be competing against 20yr old energy bunnies"..... but you know what, if it isn't their dream or their goal, 9 out of 10 times that person will not get why you want to do it or how important it is to you.

Let your imagination show you what is possible, then go out and do it no matter what anyone tells you. Then.....

Find your tribe who supports you, cheers you on, pushes you when you need a nudge, lifts you up when you falls and is standing on that finish line screaming & cheering you on.

You are capable of ANYTHING.

It's time to show that little girl inside you just how strong, determined and amazing the grown up version of you has become.

Ready to start your fitness journey with a tribe of like-minded females?

Awesome! Let's catch up and find out how we can get you started today - contact Melissa 021 798 435 or feel free to check out our FB page www.facebook.com/benefityou.co.nz.


Children's eye exams

In addition to a full eye test (1 hour) we assess; Difficulties at school (history and symptoms). Muscle balance (eyes working together properly). Dominant eye (for better reading skills). The ability for eyes to follow a moving object (tracking). That both eyes focus clearly for reading (specs required?).



Spectacles, contact lenses and/or exercises may be prescribed which may assist your child to achieve better maths and reading, increased self-esteem, clearer writing and increased concentration, and reduced headaches and tiredness. A much calmer child altogether!


Contact us for a discussion or an appointment on 09 416 3937.



Gillian Wiltshire D.O.

**Registered Osteopath
ACC Accredited**

**36 Sunny Crescent
Kumeu
Auckland 0810
Ph/Fax (09) 412 5977
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Hobsonville Optometrists, 413A Hobsonville Road, Hobsonville.

When should your child see an orthodontist?

So you've noticed a problem with your child's teeth and are wondering if they might need braces. Maybe they have bucked teeth (often resulting from thumb sucking), crowded or overlapping teeth, an overbite, visible spacing between the top and bottom teeth when biting, an underbite, large gaps or centre top and bottom teeth that don't line up. But when is the right age for an orthodontic consultation?

Actually, the younger the better. Starting the process of correcting orthodontic problems early can be extremely beneficial for your child. A consultation and assessment in children as young as 7 years old can improve their chances of minimising or even avoiding full orthodontic treatment (and greater expense) later on. At Fraser Dental we can begin orthodontic correction early with children aged 7 or 8 years old.

For family, general and cosmetic dentistry, orthodontics, dental implants, tooth extraction, oral surgery and more, contact the friendly Fraser Dental team on 09 416 5050.

So you have a disc hernia?

40 years ago disc hernias could only be discovered during a surgery or on autopsy and their role in back pain and sciatica was obscure. Then after CT and MRI scans becoming widely available doctors thought the cause of the majority of the spinal issues could be identified and fixed surgically or otherwise. Now, few years



down the track, we know that things are more complex. Indeed, some patients suffer from disc hernia that causes compression of a nerve resulting in pain, tingling, weakness etc. In other patients disc hernia might be a complicating factor, however, pain might be caused by muscle spasm, joint restrictions and tissues tension. This latter group can benefit greatly from manual treatment, such as manipulation by an osteopath, chiropractor or physiotherapist. And it has been found that many people develop intervertebral disc hernia without any significant discomfort.

Finally, majority of disc hernias tend to improve and shrink a bit with time and thus easing the symptoms. It might take a few months or some years though, so be patient here. At Family Osteopathic Clinic we have got experience treating back pain in relation to disc hernia with or without nerve compression and will be happy to assist. Phone 09 417 0097, www.familyosteo.com.

What's in my foot?

Feel like you have glass or a thorn in your foot but don't remember standing on anything? You may well have a corn or a verruca! While these two lesions produce similar symptoms in the foot, they are quite different from each other and therefore their treatments differ. A corn is a densely packed cylindrical mass of dead tissue, with the tip pointing into you. They generally form over areas of high pressure, such as bony prominences or scar tissue. Corns are generally found on the toes and forefoot but can also be on the heel or midfoot. They can be easily and painlessly removed by a Podiatrist. The difficulty with corns is that if the pressure that caused them is still present, they will return, your Podiatrist should discuss with you ways in which you can reduce the chance of them returning.

Verrucas are viral lesions that have a cauliflower like appearance. Like all viruses, they are contagious so can be picked up from other family members or at communal bathing or changing facilities. The virus takes over the skin cells and starts growing larger. The body is always working to clear viruses, and sometimes verrucas clear on their own. If they don't it tends to be either because the immune system is unaware the verruca is there (because they are on the skin it is harder to detect the presence of a virus), or because the immune system is focussing on other more pressing matters eg growing, keeping you well etc. If you are continually sick, the body will not prioritise clearing the verruca, it will instead focus on getting you well. Treatment of verrucas therefore is dual sided - supporting the immune system to do what it does well - clear viruses, and applying a topical treatment to treat the verruca from the outside. Generally

Norwest Podiatry Clinic

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

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www.NorwestPodiatry.co.nz

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topical treatments work effectively if the verruca is young, however if it has been there for longer than a few years surgical and laser treatments are the next options. Both of these work well, provided the immune system is strong!

For corn and verruca treatment (and other lower limb queries) give the team at Hobsonville Podiatry a call on 09 390 4184.

Working from home?

Experiencing dry, tired eyes and headaches?

With a large portion of Kiwis still working from home we are using computers and digital devices more than ever before, and all of that screen time can be hard on our eyes. Dry eyes, eye fatigue and headaches are just a few of the symptoms you can experience following extended periods of screen use. Talk to the team at Westgate Optometrists about a pair of blue-light-blocking computer lenses specifically designed to optimise your eyesight while viewing your computer screen or digital device. These lenses give you a wide, clear field of vision without forcing your eyes to continually refocus (or excessively focus) and reduce the amount of work your eyes have to do to keep objects at various distances in focus. The blue-light-blocking coating is a key part in not only reducing glare and unwanted reflections, but also controlling the amount of blue-light exposure, which has been linked to being an accelerant to age-related macular degeneration, as well as causing poor and interrupted sleep at night.

All of this contributes to significantly affect your overall well-being throughout the day, and the addressing of which has been shown to significantly increase productivity. So, are you experiencing some



of the symptoms of digital eye fatigue? Phone the friendly team at Westgate Optometrists on 09 831 0202 to arrange an appointment. Located at 4/46 Maki Street. Opposite NorthWest Shopping Centre and the Kiwibank, around the corner from Goode Brothers Restaurant.

Shoe Care Tips for Suede

Caring for Suede Shoes - Suede is a beautiful material that looks great although requires a bit more care than flat leathers, where you can cover stains, scraps and cuts with polish.

Prevention is the first step so when you purchase your suede footwear, also purchase a water protector spray, this will put a silcon layer onto the suede which will help repel stains and dirt. Apply before you wear the shoes, let dry overnight.

Brush your shoes with a suede brush regularly to remove dirt and also to revive the nap, do this with a proper suede brush, follow the grain of the leather and use gentle motions. Respray the shoes each time you do this and also between time.

Additional Care tips: Always brush the nap in the same direction, this will keep the shoes looking clean and stop you just brushing dirt around the shoe.

Do not leave your shoes in the sun, this will fade the colour. Keep them cool, dry and well aired.

If your shoes do get wet, try to absorb as much moisture as possible before leaving to dry naturally. You can then deal with water marks once they are fully dried.

If you get mud on them, leave it to dry before brushing off in a sweeping motion, again so that you don't just brush the dirt around the shoe

Avoid harsh chemicals, these will damage both colour and material; keep it as natural as possible.



Anna Jeffs Licensed Private Investigator

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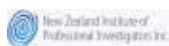
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Anna Jeffs
Director

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Be a bad host to those winter bugs

COVID 19 has shown us how important it is to look after our health. If we can be more proactive when it comes to our health, hopefully we will be able to reduce the risks of getting sick. Here are some things you can do to be a bad host to all those bugs and help strengthen

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your immune system.

Eat well, Exercise regularly, Deal with stress, Get adequate rest, Drink lots of water and Resolve pain.

Start by picking one of these that you could improve and try to make a few positive changes. Small consistent changes are the key to making massive long-term improvements.

Elevate Chiropractic, helping you feel, move and function better.

For more information visit our website www.elevatechiropractic.co.nz or call the clinic on 09 413 5312.

Boost your energy: healthy and natural options

Don't you just love it when you have lots of energy? You achieve heaps, and you feel good about your life. Having lots of energy is not just about feeling good. You need energy to make every part of your body work. Heck even sleep requires energy!

How can you get enough?

ATP is the energy molecule of the body. For the mitochondria to make ATP (energy) you need heaps of nutrients including good fats, amino acids from protein, oxygen, iron, magnesium, B vitamins, CoQ10, and vitamin K2.

The recipe for boosting your energy is simple in theory even if it is a little hard to implement at times: eat well, exercise moderately, and

engage in practices that help you cope with modern day stress such as yoga or meditation.

If you are doing all these things and you are still tired, then we might need to assess your nutrient status. You might have low iron, B12, or magnesium levels for example. There is one patient in my clinic currently that I suspect has liver damage related to previous poor lifestyle choices, and we are investigating if liver damage is the cause of her fatigue.

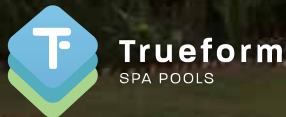
I have recently started trialing Myomax for some of my clinic patients who need an energy boost. Myomax contains pyruvate and vitamin K2, and has been shown to:

- increase energy production in mitochondria by 40 to 50% (wow!);
- increase cardiac output by 12%; and
- increase endurance capacity by 30%.

Having energy to burn is such a joy. Come into Massey Unichem Pharmacy if you feel you need a bit of an energy boost. We love to help. Martin Harris 396 Don Buck Road, Massey 09 833 7239.

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or visit www.trueformspas.co.nz

Area Columnists

The wage subsidy extension

Is your business still being significantly impacted by COVID-19? Applications for the wage subsidy extension remain open until 1st September 2020. However, there are some conditions you should be aware of before applying.

For example, if you received the original wage subsidy you must wait 12 calendar weeks from the date of receiving that before you apply for the extension. Your business must have experienced a minimum 40% decline in revenue for a continuous 30-day period due to COVID-19 in order to be eligible for the extension. As with the original wage subsidy, you must have taken appropriate steps to mitigate the financial impact of COVID-19 on your business. And you should also be aware that the declaration for the wage subsidy extension is substantially more comprehensive than for the original.

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

Craigweil House

Craigweil House recently acknowledged the great work that our Diversional Therapists Flora and Theresa did during the Covid 19 Level 4 Lockdown - entertaining both residents and staff keeping up morale when everyone was in isolation.

But our Diversional Therapy Team doesn't just include our own staff but also our fantastic Music Therapist from Helensville Retts van Dam at Mapu-I-Musika Therapy Fale and also our outside entertainers who visit to provide



live music and a sing a long.

Retts has recently joined our team providing music therapy and entertainment for our elders some of whom now find it difficult to express themselves due to cognitive decline, dementia or stroke, but find that playing a musical instrument, drum or just being present in the group provides the restorative pick me up that ensures that their mental, emotionally and physical wellbeing is being maintained - not all therapy is medical - a smile and a laugh in good company has more therapeutic benefit than an extra pill.

The residents at Craigweil depend on support from outside groups - don't be shy! - we are always looking for contributions from willing and enthusiastic volunteers - school age to retirement age!

Now that Level 4 lockdown is over - our Diversional Therapist have once again started taking our residents out on day trips in our fabulous minibus - look out for more stories and adventures of our outings over the next few months.

We will be celebrating Mid-Winter this month with a special celebration for our residents - so if you see Christmas light and decorations in our front sunroom - no - you are not going crazy!

Pop in for a cup of tea and a chat - we offer a free complimentary day stay experience if you are currently considering day respite or if longer permanent care for your loved one is needed, we have vacancies for Memory Care, Hospital and Rest Home admissions.

Conversations

For most of us life is all about communication and conversations. But for someone elderly or living with dementia day to day conversation can become hard. A person with memory issues may not be able to keep up to date with current topics but may enjoy reminiscing on past life experiences. Looking through old photos can be a nice way to communicate, even if words no longer flow as they once did. Conversation starters are another good way of getting people to talk at their own pace. At Mindjig we have 'The Art of Conversation Cards' which give hundreds of ideas on topics to help getting people interacting. For example "What's the naughtiest thing you did as a child?" Visit www.mindjig.co.nz to see a range of items to suit different ages and abilities. Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.

All Aboard!

Like the rest of Auckland, the west and northwest are suffering from a disconnect between population and infrastructure. It's a longstanding problem and not due to any single factor, tempting



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as it may be for some to point the finger at particular current or past players.

Our resident numbers have grown steadily over time due to internal and external net migration, which is no bad thing in itself. The problem, however, is that our infrastructure has not kept pace. That's sadly true whether we're talking public or private transport, the cramming of teachers and kids into crowded classrooms or even something as vital to human existence as water.

In my first term as a local MP I've made it a priority to lobby central and local government decision makers to get something better than what we have. Truth be told, it's been a frustrating and often fruitless exercise. I've also been lobbying "my side" of the political aisle. I simply want what's best for this area when it comes to networks that allow our families to live, work and play safely. Party politics don't come into the equation when I'm asking that the west and northwest get our fair share, in other words.

Can I strongly but respectfully recommend one thing ahead of this year's election: all voters must assess the parties' and candidates' respective plans when it comes to key infrastructure such as roads, rail and schools. And I'd also urge that everyone consider just realistic such plans might be, lest we have any more "light rail" or Kiwibuild false starts.

I've been delighted to announce recently that my team's infrastructure plan for the west and northwest includes an express busway and passenger rail to Kumeu/Huapai on the existing line. We also remain committed to completing projects already in the pipeline, such as 4-laning key stretches of SH16 and getting

roundabouts at both ends of Coatesville-Riverhead Highway. I'm most excited about using the train line again, though. All aboard! Cheers, Chris Penk MP.

Empathy and respect: The core of who we are

Country Bears philosophy emphasises nature as a vast and wonderful classroom, encouraging empathy and respect to all living things through relationships and connections to Papatūānuku (Mother Earth).



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leave the nest so that the children can see how quickly they grow. The children learn about responsibility through daily feeding and making sure that they have water, and clean dry hay.

Our Elements of Life Programme enhances this learning by giving children the outdoor experience to discover the wonders of nature that is Country Bears. With our inquiry based, emergent curriculum, we incorporate nature exploration and environmental practices into our daily learning. We have the ability to go beyond our fences on nature walks, including all that there is to uncover in our forest, and discover nature through the arts, holistic and unscripted exploration.

We provide daily educational experiences for children to be immersed in hands-on activities that foster meaningful connections to a nature based curriculum, which helps to build the foundation for a love of learning; developing an understanding and awareness of the connections between people, places and things in their world (te waihangā hononga).

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our facebook page: www.facebook.com/cbearsecc.

Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu, phone 09 412 8055.

Pest Control Workshop

Sunday 23rd August (9.30am to 11.30am).

New Zealand is an ideal natural environment for many kinds of pests to thrive and consequently wreak havoc with local or indigenous animal and plant life.

If you're having problems keeping pests under control, would like to do your bit towards pest eradication or simply like to know more

about the interesting topic; then this is an ideal workshop for you.

Our presenter for the event is Cam Rathe, owner of Rural Pest Control. Cam is a local expert in this field with nearly 18 years' experience gained across the region within many areas including clearing pests from some of DOCs most sensitive locations. Topics to be discussed will include: Various types of pests (animal and vegetable), Problems caused by various pests, Eradication/control techniques.

These relaxed and interactive events are very popular so booking is recommended, though not essential, as spaces are limited (see below for booking details).

Afterwards you will also be able to stroll around the beautiful 1Km nature trail which has over 40 marvellous sculptures created for our 2020 exhibition by local and international artists on display. *

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

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

* Trail not suitable for wheelchairs or walking frames.

1481 Kaipara Coast Highway (SH16) \$20 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

Kiwis still in need post Covid-19 lock-down

While the majority of Kiwis are living an "almost normal" life in the current Covid-19 environment, thousands are struggling in the aftermath of lock-down.

During the lock-down period, the not-for-profit Citizen's Advice Bureau (CAB), was flooded with inquiries, receiving tens of thousands of calls and recording 1,978,745 page views on its website cab.org.nz

Most people find life is now returning to a new normal, but for others it's a struggle just to put food on the table for their families.

Food, shelter, clothing and water are the four necessities of life and it's fair to say those fundamentals have been tested like never before. The turmoil for so many families (the loved ones we couldn't hug), businesses (closing either temporarily or permanently), jobs lost and homes at risk (owned or rentals), was surreal.

The CAB played a significant role in providing support to Kiwis, from the elderly or children isolated from their families, stresses on those who were isolated from their loved ones, through to families through to advice on how to access benefits and help during lock-down.



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The organisation works closely with a number of government departments and is now handling calls on behalf of WINZ from people requesting food parcels. The relevant local CAB then puts the caller into contact with their nearest foodbank.

With increased numbers of people needing support as a result of COVID-19, please think how you could help.

1. Donate food to food banks - most major supermarkets have a collection point where you can place food items (not perishable/fresh food) and they will make sure they go to the right place (i.e. foodbank) Please no products past use-by dates.

2. Donate money to the food-banks - The foodbanks are typically not-for-profits but still have overheads. Check out www.foodbank.co.nz/

LOCK DOWN - An extraordinary time:

A snapshot of just some of the many ways the CAB supported Kiwis over and above 'business as usual' enquiries

· 17 March: CAB closes face-to-face services. The CAB service continues to be available by 0800 367 222, website, email and live chat.

· Alert Level 4: CAB provides an 0800 phone line for people in prison to access. During lock down CAB staff and volunteers responded to more than 600 calls from prisoners at a time when no visitors were allowed and time out of the cells was minimised.

· Alert Level 4: A group of more than 300 volunteers begin proactively calling potentially vulnerable people aged 70+. On behalf of NEMA

(National Emergency Management Agency) and MSD (Ministry for Social Development). By the end of lockdown, 14,000 phone calls would be made.

· The timing, number and flow of calls to CAB was directly impacted by government announcements - for example housing/ tenancy issues, accessing WINZ support and migrant worker status.

Citizens Advice Bureau is present in more than 80 locations around Aotearoa. The CAB service is provided by approximately 2,500 volunteers, who help around 500,000 people each year.

Phelan's Local Board Update - Vote Local This Election

Over the coming weeks, everyone will be turning their minds to the September general election. Here are some specifically local things you might want to consider when casting your vote.

Better Public Transport.

Investment in roads drives housing development. The bigger and more expensive those roads means more houses will follow because that will make up part of the cost benefit considerations for the inevitable business case. The alternative route being planned for SH16 is to take traffic from the housing expansion in north Huapai after 2028. This means that road will end up servicing roughly 6500 new residents, so it's going to be busy.

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What is needed for Huapai and Riverhead, and indeed the North West, is a range of public transport options that can be scaled with the coming growth.

Buses and trains are the obvious solutions, there are tracks and roads, and these will be faster and cheaper solutions than an entirely new rapid transit network. Fast and cheap are critical. The more expensive the solution the slower the delivery and less likely it is to happen, as we have seen with light rail.

Dedicated Busways like the North Shore are proven solutions. We need one from the CBD to Huapai along the North Western Motorway. The upgrades to the rail line also make it possible to put in a train service. Having both gives us access to a wider Auckland and also provides resilience.

Look out for parties that promise construction or delivery if a busway and train service starting within three years. If this doesn't happen quickly, the traffic will get exponentially worse over the next decade. Faster Road Upgrades.

When Special Housing Areas were put into Huapai we were promised infrastructure to match. Seven years later we're still waiting. While the NZ Transport Agency has got work planned it's been painfully slow to deliver this and, in fact, none of it is specifically intended to deal with residential growth. There are ways this work could be speeded up to get delivery prior to 2024. Providing four lanes to Kumeu to remove bottlenecks is obviously required.

Pushing the safety work to provide safe travel north of Waimauku should be a priority, there are too many injuries and deaths on this road.

Look out for a focus on accelerating the widening and new roundabout already planned and moving north with further safety improvements on SH16.

A New High School.

Figuring out what the Ministry of Education is planning is like trying to understand a secret cult. The Special Housing Area promises apply to this issue. As our local high school starts to fill up and traffic worsens travel times it's time for the ministry to look at planning for

a new high school.

What better way to kick this into gear than a political party promising to get it underway?

No More 'Special Housing Area' Type Developments.

Many of the issues with our local infrastructure can be neatly pinned onto the decision to override council planning and shove in housing without giving much thought to the funding of infrastructure.

Think it couldn't happen again? Think again!

The previous government had Special Housing Areas; this government has an Urban Development Agency. Both focus on doing whatever it takes to deliver housing. Building houses is only one part of the equation, as we all now know road upgrades and community facilities are the other part.

Reforms to the RMA need to protect community input into large scale changes to an area. Any changes that promise to "unlock" or "quickly deliver housing" by removing or reforming the RMA mean the first casualty will be the ability of both the community and council to have a say.

We are nowhere near catching up with the last attempt, any further attempt would be a disaster.

Look for politicians who will undertake to fight any further large-scale developments pushed through by the government.

Give some of Auckland's GST back to Auckland Transport.

Every year we individually cough up many thousands of dollars of GST. As we have seen this year property rates are not providing the funding needed to deal with transport infrastructure. The time has come for a change. Providing a small portion of GST back to Auckland's transport agency, specifically tied to growth related projects, would free up money for better road maintenance and local projects. Will a party be brave enough to promise this?

You are welcome to contact me about Council related matters. Phelan Pirrie, Chair - Rodney Local Board. Email: phelan.pirrie@aucklandcouncil.govt.nz or 021 837 167.

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Understand online challenges

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You can better support children and tamariki when you understand the challenges they face online.

Visit netsafe.org.nz and search for "Understanding young people's online challenges".

ISPs and internet safety

An ISP (Internet Service Provider) is a company that provides access to the Internet. Customers simply use their modem to connect to the ISP, which then links them to the Internet automatically.

There are many ISPs to choose from, and they should all have information on their websites about privacy settings and parental controls. It's important to check out exactly what you're getting before you pick one.

When choosing a provider ask yourself these questions: What is their Internet Policy? They should have one. Do they provide any Internet Safety Service? Do they provide access to filtering software? Do they have "safe" website access?

You can contact your ISP for more information about internet safety, parental controls or questions about settings. If your existing ISP doesn't offer sufficient safety options to meet your family's needs, you should consider switching to one that does. For more details see netsafe.org.nz and keepitreonline.govt.nz.

Are you future focused?

Are you focused on today, or where you want to be?

With small teams typically making up SME businesses the owner is often spending all day working in the business, making sales, solving burning issues and dealing with a mountain of phone calls and emails.

How often you take time out to consider what you want your business to be in a few years' time, and how far you are along the journey. Without a firm destination, decisions are often ad hoc and a response to what is happening on the day.

What do you need to consider? It is a good idea to focus on a 3 to 5 year time frame.

How big do you want your company to be? Where are you going to be operating? What products/services are you going to be offering?

Who is your target market? Which customers should you be working with, or not working with?

What level of quality of your product or service do you need to consistently deliver to your customers?

What do you want your minimum standard of customer service to be?

What is your point of difference? Why should customers buy from you instead of your competitor?

What type of culture do you want to have in your company?

The next step is to break it down into milestones that you want to achieve in 6 months, 1 year, 3 years and 5 years.

Now that you decided where you want your business to get to, you

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- Brakes
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- Clutches



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need to write it down. It does not need to be a lengthy business plan that get lost or not looked at again. It can be put into a simple one page plan, or even just a statement on your office wall.

Writing down your plan has several advantages. By putting it into words you are solidifying the ideas that have been floating in your head. It becomes a commitment that you are more likely to stick to. It is also able to be shared with others.

Sharing your plan with your staff enables them to know where the business is heading. They may have some ideas on how to help you get there, and it becomes a focus from which to make decisions on a daily basis in your business. If everyone in the business is heading in the same direction, there is less wastage of effort, less distractions, and you are more likely to reach your goals.

Sharing your plan with others also allows you to be held accountable for your actions. Just like having a fitness partner gives you motivation to turn up and keep going, a business partner or trusted business advisor can help hold you accountable and ensure you are on track.

Review your plan at least annually. Review what progress you have made in the last year and celebrate your successes. Focus on the future.

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

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Changes - are you ready for them?

Life continues to be moving towards a new normal. People are still trying to come to terms as to what life is going to be like and businesses are still trying to survive, this has not changed.

As Kiwis we need to pull together to support each other, not just in our personal lives but also our local businesses, who are going through rapid changes as they struggle to keep their heads above water.

YOU Travel Westgate, has closed our doors at Westgate, but this does not mean we are shut for business. Like other businesses, we are having to change with the times and this is the perfect opportunity to do so. More and more people are wanting to shop for travel from their homes or business. Whether by phone or email, they don't want to have to get into their cars or jump on a bus, they want to do it from the comfort of their homes. Starting in July, YOU Travel Westgate is operating business remotely, we are available via email. Jason and Paula are still around and looking forward to receiving your enquiries.

We have noticed many people are still changing the way they travel and they are taking up the offer to support the local, inbound tourism operators. There has been a great increase in the demand for domestic travel, it's still not too late to book a skiing package to Queenstown or if you are not sure of where you wish to go or even when, why not book a Mystery Break?

Every day we are hearing reports in the news of travel bubble's possibly opening up. Us Kiwis, are getting tired of staying put and not jumping on a plane and heading overseas. There is so much work and planning that must go on behind the scenes and our safety and health is priority, all these factors must be considered before any borders open. We need to patient. Hopefully, very soon countries with no cases of Covid-19 will start to open up and we can




Marja Lubeck
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jump on a plane again. Keep an eye on our YOU Travel Westgate Facebook page as will let you know when any of the borders close to home open.

In the meantime, YOU Travel Westgate are taking bookings for cruises for the 2021/2022 seasons and also for any domestic travel you want as YOU change your travel habits we are here to support you! Contact us via email westgate@youtravel.co.nz.

Sayers says it

By Greg Sayers, Rodney ward Councillor. Last month the Auckland Council voted to support Mayor Phil Goff's 3.5% general rates increase. Three Councillors voted against the increase and I being one of them. The other two Councillors who voted against the 3.5% general rates increase were Cr Christine Fletcher and Cr John Watson.

Increasing taxes such as rates in a recession makes the recession deeper, this is the wrong thing to be doing. The mandate from the public was clear, with over 75 percent of the submissions from Rodney residents wanting a 2.5 percent rates increase or less. The majority of people wanted Auckland



Council to cut-its-cloth to fit its income, especially at a time when households can least afford more taxes.

During the debate in the Auckland Council chambers I gave alternative solutions which included central Government taking the City Rail Link debt off Auckland Council's books, bringing payrates for Council staff paid over \$100,000 back into line with the private sector, and implementing a Royal Commission recommendation to have an Independent Performance Auditor residing over Auckland Council, providing independent assurances to the public that the Council was providing high-quality services in a cost effective way.

It was the financial hardship created on Auckland's most vulnerable, the poor, the superannuates, those who have lost their jobs, struggling businesses, and those on fixed incomes, that concerns me the most.

Auckland Council is also doing a disservice to Aucklanders by axing future road sealing projects, this takes away from the country's economic recovery by adding to the cost of trucking food to the city, hindering a rural lead economic recovery, as well as blocking internal tourism opportunities.

Local Board's across Auckland also had to cut their budgets. As it is, even with a 3.5 per cent increase many Local Board capital projects are being deferred which means no new playgrounds and facilities not being repaired or updated if they wear out for another two or three years.

On a slightly different subject, the general elections are happening on 19 September. Which local candidates are campaigning to have a new road around Kumeu to be built sooner rather than later?



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Local traffic congestion is the worst it has ever been, especially between the Brigham Creek roundabout and Waimauku. Travelling through Kumeu and Huapai is shocking! More houses are being built with the traffic only getting worse. The government doesn't plan to build a new state-highway around the town for at-least another 10 to 30 years.

There is a three minute online petition people can complete which will be sent to all of the candidates. The petition will signal how the community feels about the SH 16 traffic congestion. You can find it by visiting your local community Facebook page or my Facebook page. If you would like the petition emailed to you please contact me at greg@gregsayers.co.nz.

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to adult ratios. As a boutique preschool in the heart of Huapai we strive to engage with the wider community and build respectful, reciprocal relationships with our families in order to support their child's holistic learning and development. We aim to give parents the very best possible experience of early education and care. Our small class sizes mean that every child gets individual attention and our environment is calm and nurturing where learning, exploring, creativity and play are encouraged. You only need to look at the smiles on the children's faces to see that our children are truly cared for and looked after. As a 'One Year Anniversary' special we are offering 6 months half price fees for under two's, 2 months half price for 2 year olds and 30 hours free ECE for 3 and 4 year olds. Pop in for a tour at 335 Main Road, Huapai or contact us on 09 412 2025 or Email: Huapai@justkidz.co.nz for more information.

Four tips to protect the value of your investment property

Whether you are self-managing your own investment property or work with a property management company, there is always a lot to consider when you are a landlord.

During such a busy and everchanging year, pre-emptive maintenance checks and general housing upkeep might fall down the priority list. Crockers Property, operating in the New Zealand housing industry over 45 years, has pulled together some tips that will help keep the

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hard work simple and protect the value of your investment.

1. When owning or dealing with properties that have water tanks, it is up to the landlord to ensure these are maintained and provide for the collection of safe and healthy water. Be mindful of their state as plenty of things can affect water purity, from roof debris to dead animals. We strongly recommend having a UV filter installed to create safe drinking water for tenants.

2. We are in the thick of winter now, and proper, compliant heating is a hot topic leading into the Healthy Homes Standard deadline (compliance required by July 1st, 2021). Full information can be found on the Government website, however the key notes for heating cover the following. A heater must be affixed to a wall in the main living room area and be sufficient to heat the room to a minimum of 18 degrees. If using an electric heater or fixed heat pump, it must have a thermostat. A useful tool that landlords can utilise to check their properties heating requirements is the Government online heating calculator. This can be found at: www.tenancy.govt.nz/heating-tool/

3. Crockers operates a dedicated maintenance software programme, which logs all maintenance jobs for each managed property. Each party - the landlord, tenant, and the contractor - receives a communication when a job is logged into the system. If you are looking after a property, it is useful having your own system in place. Keep a log record of key dates, details and costs and set reminders for when regular upkeep needs to happen. It is particularly important to ensure any contractor used has relevant insurance, trade certification and that this is kept on record.

4. While we are all happy for the rainy weather to fill up our dry dams, no one wants to deal with water damage. Always ensure your home has efficient drainage for the removal of storm, surface and ground water to an appropriate outfall. This will form part of the Healthy Homes requirements but is just a good idea in any case to avoid hassles and cost. When checking these, ensure that gutters and pipes are not damaged or blocked and are effectively removing water from the building and grounds of the property. If rainwater is being collected it is important that it makes it into the tank efficiently.

For further property management information or support, please contact Brenda Tregonning from Crockers Property on 022 378 7421 or brenda@crockers.co.nz.

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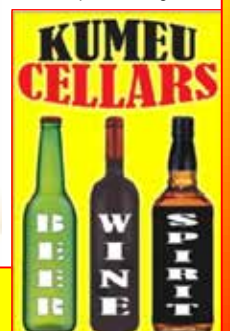


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