

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

**EVENTS AND UPDATES**

**CLOTHES SWAP AND SALE**

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

**HIGHWAY JUST THE TICKET**



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

August 2021



## Greetings

The cost of living is rising.

Food prices were up there this year in spite of the COVID-19 pandemic's continuation.

I wonder how much of that is also due to this area once being a fruit (and veggie) bowl with a plethora of roadside stalls and shops selling produce in season, but now most of the productive land is in (or earmarked) for housing?

Supply and transport issues – especially bringing stuff in from overseas – has also been a factor during a pandemic which has stuck around.

It usually costs the two of us about \$250-\$300 weekly for food - which is about the New Zealand average. That can vary between \$220 to \$450 weekly depending on how well you eat.

I like plenty of fruit and vegetables, which can be more expensive in winter. I try to grow some of my own but find when it's abundant at home it's also cheap in the supermarkets and elsewhere.

If eating out expect to pay around \$20 a meal at an inexpensive restaurant or about \$100 for two people for a three-course meal at a mid-range restaurant.

What I like about this area is that there are plenty of good eating places.

The food price index has varied this year, from 1.3% in January down to zero in March then rising to 1.1% in April and down again to 0.4% in May.

Statistics New Zealand says veggie costs rose 3.4% in May (particularly tomatoes, capsicum and lettuce which tend to be seasonal), with annual food prices increasing 1.8% since May 2020, annual food prices increasing for the past three years.

That's close to the 1.5% inflation rate, but you can expect that to increase too as the Reserve Bank of New Zealand is forecast to raise the official cash rate in August (previously expected this November) from a low 0.25% to nearer 1.5% by early 2024.

Borrowers are warned to prepare for mortgage increases as a result.

The Consumers Price Index has rocketed up, increasing by 1.3% in the quarter ended June 30 and pushing the annual inflation rate up 3.3% this year.

It generally puts the monthly cost for a family of four (excluding rent) at about \$4784 and a single person (excluding rent) at about \$1330.

It's likely your pay hasn't gone up for a while so some belt-tightening may be coming soon.

Geoff Dobson, editor



# What's inside

- 3** People & Places
- 8** North West Country
- 10** Community News
- 12** Scouts Fundraiser
- 14** In brief: Updates
- 16** Property News
- 18** Property Statistics
- 20** Property Market
- 23** Safer Communities
- 24** Hot Property
- 26** Central's Tips
- 28** Home & Garden
- 30** Hybrid Systems
- 32** Better work stories
- 34** Pets
- 36** Food & Beverage
- 38** Health & Beauty
- 40** Sleep
- 42** Area Columnists
- 44** Return to Raro
- 46** Local Board Update

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COVER PHOTO: Coatesville-Riverhead Highway speed limit

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# People & Places

## Highway just the ticket

Former Police Serious Crash Unit head Stu Kearns is critical of the Coatesville-Riverhead Highway's speed limit reduction to 60km/h and says the road has become "one of the biggest revenue collecting areas for the Government".

"If I was still in the police I would be ashamed to write a ticket on this road for speeds under 80km/h on a road that was traditionally a 100km/h stretch," Stu says.

"Riverhead has never in my 11 years of living here seen so many police staff on this road writing tickets as it is just like shooting ducks in a barrel."

Stu says road safety has been "and still is a passion of mine".

But he is critical of the speed reduction when he says the highway hasn't seen any marked increase in crashes to justify the change.

"This reduced speed limit has caused greater frustration and penalised good people traversing a road built for 80km/h to one of the biggest revenue collecting areas for the Government."

Stu backs up his claims by pointing to fixed speed camera figures on the highway, which he says were collected off the police website and statistics.

He says 3811 speeding tickets were issued from January to December 2018, providing \$340,390. The next year that climbed to 6218 tickets producing \$547,240, then last year soared to 37481 tickets Issued, bringing in \$3,828,820.

"It should be noted that on July 1, 2020, the speed limit went from 80km/h to 60km/h.

"The speed camera was not in operation for April, May and June 2020 and come July 2020 the first month of operation saw 8455 tickets issued (greater than the whole year of 2019 by 2237) and July's revenue alone was \$882,010 - almost the combined yearly totals of 2018 and 2019," Stu explains.

"This is pure revenue collecting with no consideration pertaining to road safety at all."

Stu says he's "highly critical of dumb roading decisions based on pencil pushers who have no idea".

He believes the agencies involved should "be taken to task over these revenue collecting numbers".

"Instead of allowing ridiculous speed limits to be imposed, start spending the increased fuel tax on making the roads better."

The former sergeant stepped down from the Police Serious Crash Unit in late 2010 after about 28 years of dealing with traffic.

Stuff reported in February this year that 36,000 speeding fines were issued on the highway in the six months since the 60km/h limit was imposed on parts of the route, saying it was among hundreds of roads on which Auckland Transport reduced speed limits to cut the number of deaths and serious injuries caused by crashes.

It says the offences brought in \$3.7 million, the money going into the Government Consolidated Fund and that about 8000 vehicles travelled the Coatesville-Riverhead Highway daily.

Most drivers booked by police were doing between 16km/h and 20km/h over the limit, while many recorded by speed cameras were exceeding the limit by 11-15km/h.

A police spokesperson says it's disappointing to see that the speed limit on the Coatesville-Riverhead Highway is being routinely



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# People & Places

ignored.

"The speed was reduced based on evidence and the need to reduce the risk of serious injury or death and so we really hope to see all road users follow the rules and slow down.

"Even a handful of speeders is a substantial amount when you consider the carnage that even one speeder can cause on our roads.

"So from that perspective, this amount is worrying as many people are placed at risk because of this behaviour."

## Charity women's clothing swap and sale

An annual charity women's clothing swap at the Kumeu Showgrounds on Saturday August 7 is raising funds and awareness for Parent Aid North West, a not-for-profit organisation providing free home help to parents with a new baby or pre-schooler.



Bex Holland of Huapai runs the clothing swap with her mum Kate Hattaway and says to swap you sort out your wardrobe and drop off your clothes/shoes/handbags/accessories, along with a \$20 donation (100% of which goes to Parent Aid North West).

"Then come along on the event day, pick up your wristband at the registration table and you can take away with you the same amount of items which you donated."

Swappers are welcome anytime between 10am and 4pm.

"If you want to take home more than your quota it is just \$5 an item, and you can pay via cash or eftpos at our exit desk," Bex says.

Those who haven't donated goods but who want to buy can attend from 1pm on August 7 and pay \$5 an item.

"From 3pm-4pm we clear the racks, and each item is \$1. This is so we can really help out those that need warm, quality clothing, but that may not be able to afford it currently," Bex explains.

"Grab a wristband from the registration table when you arrive, and then you can head in and shop to your heart's content.

"We always have gorgeous bags, coats, shoes, dresses, tops, jeans - many of them including big brands."

Bex says the event relies heavily on sponsors, with inquiries or offers of help on the day welcome.

"And if anyone has clothing racks, shoe racks, coat hangers (especially the clip ones for pants and skirts), or jewellery stands that they would like to donate, we are always very grateful."

More than 6000 items have been donated this year, making it their biggest swap by far.

Left-over clothes will be donated to Koha Apparel, a 'pay as you can' clothing charity.

The first swap in 2016 comprised mainly family and friends.

"We decided to have it at home, but quickly realised we would have to expand for the next year to fit all the clothes into one room," Bex says.

"We raised \$1200 which went to Women's Refuge, and the left-over clothes we divided between Dress for Success and Women's Refuge.

"In our bigger and better venue in 2017 we raised \$1600 which went to Dress for Success, again with left over clothes going to Dress for Success and Women's Refuge.

"Fast forward to 2018, and the clothes donations we had were more than double the previous year. "So it was a quick scramble to acquire some more racks and coat hangers before the big day," Bex adds.

"We raised a whopping \$4135 for the Sophie Elliot Foundation - more than double the two previous years combined."

Left-over clothes that year were donated to Dress for Success and the Massey Community Church.

The biggest year for the clothing swap was 2019 - with more than 300 attendees, sponsors, food, clothes galore, and raising \$15,000 for the Mental Health Foundation.

"Our 2020 event was postponed twice due to COVID-19, but we were finally able to go ahead on our third date and we raised a fabulous \$10,000 for Parent Aid North West, while all our clothes left from 2020 were donated to a variety of charity op shops," Bex explains.

She says their kaupapa is to support the local community.

"Clothing is expensive, and we want to make quality clothing accessible to everyone and raise money and awareness for an amazing local charity."

Only quality clothes are accepted as donations and buying second-hand is sustainable and keeps textile waste out of landfills, she adds.

This year the clothing swap has moved to an even bigger venue - The Big Sheds at the Kumeu Showgrounds.

Coffee from Harcourts Coffee and Cone, crepes from Sweet As Crepes, and live music from Lauren Collins are provided, while the day includes two big raffles comprising products and vouchers from

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many Kumeu and Huapai businesses.

Briana Thompson from Second Life Studio is helping with visitors' styling needs, and a team of volunteers in purple shirts will assist on the day.

Contact [katehattaway@hotmail.com](mailto:katehattaway@hotmail.com) or [bex.holland@outlook.com](mailto:bex.holland@outlook.com) for more information.

## Lions support community projects

Coming up on Saturday August 7 and Sunday August 8 is a Book Fair run by the Huapai-Kumeu Lions Club which will be sharing profits with Waimauku Scouts as a supporting partner on this occasion. The Waimauku Scout Group is raising funds for a new Scout den.



The Lions club is grateful to people wanting to cull their bookshelves or with excess books to donate to the book fair project.

Books may be left at the Kumeu Community Centre Lions' entrance where they will be uplifted by Lions' members.

The Vintage Shop in the Pomona Hall adjacent to the Kumeu Community Centre is another Lion's fundraising project where items, mainly donated, are cleaned and tastefully displayed in the shop for sale at marked prices.

A wide range of items are offered, including cutlery, crockery, glassware and silverware, fine linen, mantelpiece ornaments and small pieces of furniture.

The donation of items is welcome at any time and the volunteer workers at the shop are grateful to receive items of a vintage nature from deceased estates.

The shop is open 11am-2.30pm Tuesday to Saturday and is staffed by a group of women who work on a rostered basis. Anyone interested in helping should visit the shop to find out more.

Vintage shop profits have enabled Huapai-Kumeu Lions to recently make donations to the Kumeu Volunteer Fire Brigade for an auxiliary trailer and to a Riverhead School project.

Eric Cole is helping organise a Kumeu Brass and Kumeu Vintage Brass concert in support of Kindred Family Services (formerly Helensville Women and Family Centre and Kia Timata Ano Women's Refuge).



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Both worked alongside each other in the field of social change in Auckland's NorthWest for a number of years. On July 1, 2020, the two became one and Kindred Family Services was created. The concert is on Sunday August 29 at 2pm in the Kumeu Community Centre. Adults \$5 and children free. People are encouraged to invite as many as they can in support of these vital services.

The Starship Foundation is raising funds for an expansion of the Starship Children's Hospital Paediatric Intensive Care Unit rooms.

Lions District Governor Roger Davis says the fundraising drive to raise \$406,700 for a complete PICU room from the Lions 202K District is entirely achievable given the more than 60 clubs contributing. Look out for projects supporting this fundraising effort in the next few months.

If there are local projects the community would like Lions to consider funding for or becoming involved with, or for anyone interested in becoming a Lions member, then contact President Guy Wishart at [huapaikumeulions@gmail.com](mailto:huapaikumeulions@gmail.com) for more information.

## Waimauku Scout Den

Fundraising is underway in earnest for a community project in Waimauku - establishing the Waimauku Scout Den on Blomfield Reserve just south of Glasgou Park.



While nearly \$80,000 has so far been raised, about \$150,000 is still needed to complete the project which will not just serve Scouts but the wider community too.

Regular fundraising is planned and underway by Lions and the Scout Group (see in this issue).

Kumeu Huapai Lions are being assisted by the Scout Group with a Book fair, with a share of proceeds going to the Scout den project.

Waimauku Lions have financially assisted with the re-roofing of the



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# People & Places

den and have made a commitment to further assistance if required.

Vehicle access, carparking, septic system, water tanks and landscaping are some of the many items to be finished.

Once based at Riverpark Reserve off Bittern Place in Henderson, the den was the home of the Swanson-Lincoln Scout Group. It was constructed mainly by family members of the Scout Group and carries a much-loved history of fun and adventure for many youth and adult Scout Group members. There are youth from this group who have become long-term scouting leaders in the community.

Unfortunately, the Scout den was badly damaged by fire, for a third time. As a result, the 190 square metre building no longer qualified for insurance at that park. This meant the Swanson-Lincoln Scout Group could no longer occupy the building, and they merged with other local Scout groups. The den was then earmarked for removal from the park.

An opportunity arose for the Motutara-Waimauku Scout Group to secure the den after wanting a home for a long time. The local Scout Group also saw this as preserving the Scout den's legacy and beginning a new one.

Once the consents and a park lease were obtained, Craig Walker Building Removals assisted with the den's relocation to Waimauku. The group had to wait for dry conditions and COVID-19 restrictions to ease to move it to the four-hectare site.

Helping with rebuilding of the den at Waimauku, Motutara-Waimauku Scout Group Venturers leader Bryan Spinetto (pictured) says that with Waimauku's growth a bigger home for the increasing number of Scouts is needed.

Reroofing and relining of the den has been largely completed, with broken windows replaced, extra insulation added, fire damaged areas redone and strengthening completed for the higher wind zone area on the hill and more.

The kitchen, toilets, a garage and some storage still have to be added.

Bryan says much of the work has been done at cost or with voluntary assistance, many organisations contributing (refer to Tanya Franklin's article).

He hopes to see the project completed and operational by February next year.

Scout Group leader Brian Belton and wife Vanessa, who is assistant group leader, are heavily involved in the project and say the facilities, including the rest of the property, will have wider community use.

A reserve management plan is being developed for the "Blomfield block" with the Scout Group paying a peppercorn lease to the Auckland Council for the site.

Brian and Vanessa say other community organisations will be able

to use the facilities, particularly not-for-profit groups, fundraising events, workshops and more, but under the terms and conditions of use private parties such as 21sts won't be permitted.

Camping rights are included in the lease arrangement but restricted to about 12 weekends annually and for up to two nights at a time.

A bush block and the site's nature allow Scouts to do outdoor activities, including compass work, learning camping and other skills which are often restricted on more city-centred Scout sites.

It's also well off the main Muriwai Road so is considered safer and won't conflict with nearby Glasgow Park uses. [www.givealittle.co.nz/cause/waimauku-scout-group-our-journey](http://www.givealittle.co.nz/cause/waimauku-scout-group-our-journey). If you can help with fundraising or offer assistance in other ways then email [motutarawaimauku@group.scouts.nz](mailto:motutarawaimauku@group.scouts.nz) for more information.

## Kumeu Community Action to submit on rule changes

By Graeme Hammonds. Last time, Kumeu Community Action wrote an article about the inability of local communities to have much influence over the decisions which greatly affect the place we live in.

The article pointed out the fact that individual communities' needs and preferences can be overruled by a decision of the central group of councillors.

This time we're focusing on two aspects of the Labour Government's intention to replace the Resource Management Act (RMA) and to review the Local Government Act.

Firstly, the RMA is to be replaced by three interlinking pieces of legislation.

The tentative pieces of legislation are: 1. The Natural Built Environment Act. 2. The Strategic Planning Act. 3. Climate Adoption Act.

We won't deal too much on these issues here except to say our group will keep a close eye on the process as it develops and make submissions when we are able. This will be later this year to a select committee.

Perhaps more importantly for all of us is the present review of the way Local Government Act is to work for 30 years into the future. This review has been instigated by Local Government Minister Nanaia Mahuta.

From a press release.

"Local Government Minister Nanaia Mahuta says an independent review of local government will explore how councils can maintain



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# People & Places

and improve the wellbeing of New Zealanders in the communities they serve long into the future.

It will focus on how our system of local democracy needs to evolve over the next 30 years.

"Local government plays an important role in our democratic system, giving people a voice in the leadership of their communities and in the governance of services and publicly owned assets.

"Local councils are essential to maintaining and improving our wellbeing and we need to get the right settings for them to continue delivering their important mahi.

"They are now facing a wave of reforms that will significantly affect their traditional roles and functions. They have told us the timing is right to determine what our system of local democracy should look like to make sure it is fit for the future, and I agree."

"This also offers an important opportunity to explore how we can embody the Treaty partnership through the role and representation of iwi/Maori in local government.

"I have asked the review panel to consider what local government does, how it does it, and how it pays for it. From there, they will explore what local government's future looks like, including:

- Roles, functions and partnerships
- Representation and governance
- Funding and financing.

"I am expecting them to report back to me on their findings in April 2023," Nanaia Mahuta says.

You can see by the tone of this press release that the Minister is asking for the review panel to get input from communities like ours. We will submit to this panel when appropriate and we will ask you to support these submissions.

The main focus for communities like ours must be to establish clear and transparent inputs into the decision process the local councils and boards use to make decisions on our behalf, as well as reintroducing a clause in the Purpose Statement of Local Government Act that enables specific decisions to be made by communities as well as having decisions made on our behalf.

We want you to be aware of the changes that are happening, and

you could support us by joining our association, the Kumeu Huapai Residents and Ratepayers Association, aka Kumeu Community Action. Visit [www.kumeucommunityaction.org.nz](http://www.kumeucommunityaction.org.nz) for more information.

## PM launches SH16 bus improvements

Prime Minister Jacinda Ardern was expected to turn the first sod on July 27 to mark construction starting on the State Highway 16 Northwestern Bus Improvements to boost bus transport and reduce travel times over the next five years.

The joint project between Waka Kotahi NZ Transport Agency (NZTA) and Auckland Transport (AT) involves first stage changes to road and footpath layouts at the Lincoln Road and Te Atatu highway interchanges, including new bus stops, footpaths and pedestrian crossings.

Bus shoulders on the Northwestern Motorway (SH16) between Westgate and Newton Road will also be extended to make it more reliable to travel by bus along the motorway.

Construction work for this part of the project is due to start this month and be completed late 2022, the works designed to provide "a more reliable, resilient and better-connected bus service for the growing numbers of people who live and work in the Northwest".

The longer-term project includes a new bus station at Westgate to provide better connections and improved travel times further west. However, the detailed design and resource consenting process for this part of the project is expected to begin at the end of the year with construction scheduled to start in 2023.

The bus project is being funded in part by the Government through the COVID Response and Recovery Fund supplying \$50 million of the \$100 million projects to support this work.

Visit Northwestern Bus Improvements ([at.govt.nz](http://at.govt.nz)) for more information.

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# Community News

## Kumeu Friendship Group

Last month we had our guest speaker Gina Swanney M.A who enthralled us with a talk on volcanoes - in particular the ones that have appeared around this region. It was fun filled and interesting and she told us where the safest place to live in Auckland was. It also covered how volcanic processes work, the devastation that they can have, and what the future looks like for Auckland.

We also had a talk from three of our members who had come from Croatia about their lives growing up in New Zealand. Our outing this month was to Soljans where we had an interesting morning then a lovely lunch at the Winery. Our next outing is to Ryders's cinema and restaurant. New members always welcome. We meet the third Thursday of the month at 10 am in St. Chad's Church Hall, Huapai.

## Kaukapakapa Library

The Stevens Photo Collection  
- Sunday 15th August, 9am to 1pm.

Since the historic Kaukapakapa library reopened the doors seven years ago, there has been a variety of events from authors through to photography, often with an underlying theme of the history of the area. The library began in 1865 when pioneer Morris Henley opened his home and his literary collection to other residents for their enjoyment. The present building came into being in 1911 and has moved around the village four times before coming to rest beside the Village Hall. Opening in 2014 in conjunction with the Kaukapakapa Village Market, the library has been the grateful



recipient of much local history and also become a place for some of the newer residents to find out more about the past of the district.

Recently received has been a collection of old Kaukapakapa photos courtesy of the late Ina Stevens of Waitoki. While many of these are already incorporated in the Jordan Collection, there are also many I haven't seen before. As always seems to be the way, a number of photos have no details with regard to names or place. Come along to the library and see if you can help us solve some of these mysteries. For more info contact Megan Paterson 021 959 017 or threehorses@xtra.co.nz.

Photo is George Dye on Starlight.

## SeniorNet

July's meeting was rather special, instead of going out for our annual mid-winter's meal we had it in house. It seemed to be very popular as we had one of our biggest turnouts of members for a long time and visitors. We had our usual news roundup then presentations on this month's courses followed by a wonderful spread. Later we had a fun quiz then a game of bingo. Next month it is back to normal with an enjoyable meeting with lots of interesting items. New members welcome whether you do not know anything or a whiz kid. We meet the first Wednesday of the month at 10 am in St Chad's church hall Huapai.

## The Mobile Car Specialists

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# Community News

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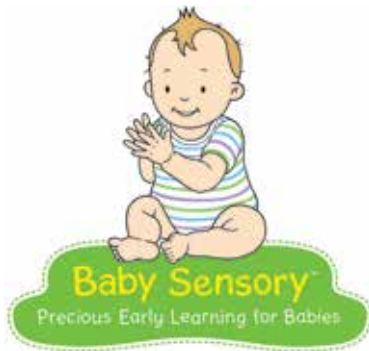
## Baby Sensory Rodney

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Term 3: 28th July - 22nd Sep

[www.babysensory.co.nz/rodney](http://www.babysensory.co.nz/rodney)



## Music at St Chad's

After the cultural desert that was much of 2020 we are delighted to have a great programme of music at St Chad's for the rest of this year. Following on from a very successful concert from the Pohutukawa Singers last month we have several dates for your diaries in the coming months.



15th August 3.30pm Kumeu Blend Music to warm a winter's afternoon. Waitakere Ladies Choir and Songbirds join our local Kumeu Blend to bring you an entertaining and diverse programme of choral delights.

5th September 5.00pm Cantorum Chamber Choir are returning to St Chad's to sing Choral Evensong. This service is based on the 1662 Book of Common Prayer and will include a setting of the Magnificat and Nunc Dimittis by Stanford. Cantorum sang evensong for us last year and we are delighted to have them back.

7th November 4.00pm Gaudemus an Auckland based quartet with a difference. Margo Knightbridge (alto) Hannah Wilberg (soprano) Dora Green (cello) and Rose Cooper (piano) will bring us a different but exciting concert. This will be a fund raiser for a New Zealand based charity.

5th December 4.00pm Pohutukawa Singers return to St Chad's for their Christmas Concert. Their programme is still being decided but will include Christmas carols and an opportunity for the audience to join in. We are hoping that the Junior Choir from Sacred Heart College may make a return visit for this event.

Check the St Chad's website [www.saintchadshuapai.com](http://www.saintchadshuapai.com) for more details.

## Welcome to Kumeu Flower Farm

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# Community News

Kumeu Arts. Book now for Term 3 classes - Check out the timetable. [www.abclanguage.co.nz](http://www.abclanguage.co.nz).

## Waimauku Scouts Horse Race Night fundraiser

Our annual Waimauku Scouts Horse Race Night is on Saturday 11 September 2021 at the Muriwai Golf Club.

It makes for a great team building / social club, friends night out.

We have 7 of our 8 races sponsored, so there is just ONE lucky last sponsorship available, please get in touch ASAP if you want to be lucky last.

Tickets are just \$20 each, or \$140 for a Table of 8, (works out at \$17.50 per person) we are including pizza, and casual hot & cold finger food, tea/coffee & baking.

The bar will be open, and if you wish, we can provide a local shuttle transfer home (at additional cost)

The horses are raced on a wooden track, the Scouts roll giant dice, the race caller calls the races; the TV screens will show the races & the odds for the bets.

We will have raffles, auctions & games in between the races, so it is a really fun night, and sells out quickly.

The Horse Race Night is always heaps of fun and very popular, and all those who attend have a community focused 'support local' attitude.



In 2019 we had over 140 participants, whilst 2020's was cancelled due to Covid.

Feel free to contact Tanya Franklin - Waimauku Scouts Committee - on 021 2549169

Thank you so much for supporting our youth, all proceeds from the night will be going towards our "new hall" project, we have moved an old Scout Den to the back of Pollard Lane in Waimauku.

This is a huge project that has been 5 years in the planning and we are so excited that it is finally happening.

## Waimauku Scouts set up a Givealittle page

The Motutara-Waimauku Scout group has been growing steadily, and we have now outgrown our little 'den', with well over 100 youth and leaders.



We are in the midst of a mammoth project and have relocated an old but large derelict and fire damaged Scout den from the back of Henderson in March (after 5 years of planning), to our council land at the top of Pollard Lane in Waimauku.

Now that the building is in place we have been busy with getting it structurally sound, replacing beams & re-roofing, but we still have a huge amount to do, with rewiring, replumbing, water tanks & septic, painting, the list goes on. Then there is the car parking area, gardens... it certainly is a huge project of which we will require so much more assistance as the building needs a LOT of work to get it into shape.

We would like to have it operational by summer, and the momentum has been great since the hall was moved to site in March, but we would hate to stall now due to lack of funds, so we have set up a Givealittle page for those who want to help in the most simple form, as we need a cash injection to carry on, and get this project completed. We appreciate & welcome any size of donation.

[www.givealittle.co.nz/cause/waimauku-scout-group-our-journey](http://www.givealittle.co.nz/cause/waimauku-scout-group-our-journey)

100% of these funds raised will be used on the ongoing renovations for our 'new' Scout den, and even though we have been very appreciative of some free or discounted products, and the generous services that have been offered by our wonderful local community, this project will still cost us in the vicinity of \$120k to \$150k to

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# Community News

complete, and we are reliant on our own fundraising efforts to cover this.

We are excited to be creating our new Scouting home, but this hall will also benefit the wider community in many ways when it is completed.

## Group spotlight - Edmonton Scout Group

This month we spotlight Edmonton Scout Group, and thank them for this article.

In 1961 the New Zealand Cricket team toured South Africa, Stand by Me by Ben E King was top of the pops and Edmonton Scouting Group opened its doors to the first of many generations of Scouts and Cubs. Many of us have ideas of camping, tying knots and kids running around wearing scarves - all this is still true, but in the new millennium is there still a place for Scouting?

If you ask the current batch of Keas (5 - 7), Cubs (8 - 10), Scouts (11 - 14) and Venturers (15-18) and you will get a resounding 'Yes!' Scouts is now unisex and covers a wide range of ages. It provides opportunities to have a go at activities as diverse as fishing to sailing, camping to flying and pretty much everything in between. There are badges to be earned, new friends to be met and challenges to overcome.

You may have thought in this age of screens and devices there wouldn't be much call for this type of group - but the growing numbers of young people joining up would show that this is just as relevant and enjoyable as it was 'back in the day'. Don't take my word for it, pop along and check it out for yourself.

Edmonton Scouting Group, 10c Coletta Lane, Te Atatu South. [www.edmontonscoutinggroup.weebly.com](http://www.edmontonscoutinggroup.weebly.com) or email us: [edmonton@group.scouts.nz](mailto:edmonton@group.scouts.nz). Do you want to know more about Scouts, then head to [www.scouts.nz](http://www.scouts.nz), or email me: [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz) Craig Paltridge, Waitoru Zone Leader.

## Huapai-Kumeu Lions Club book fair

Saturday & Sunday 7 & 8 August from 9am till 2pm. Kumeu Community Centre, 35 Access Road Kumeu. All books only \$2, and discounted bundles of kids' books. Drop offs welcome at the Community Centre from 26 July (every day except Sunday 1 August). Proudly supporting Waimauku Scouts.



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# In Brief

we can work together to achieve your financial goals, please contact the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz) - we'd love to help!

## Nature's Explorers Kindy

As part of this year's Matariki celebrations at Nature's Explorers Kindy we made our traditional winter soup, (hupa) and garlic bread. Our whanau were invited to bring in a vegetable of their choice to contribute towards this soup. Our tamariki had the opportunity to participate in the process of peeling, chopping and buttering their own bread. These movements strengthen muscles within the hand, which lays strong foundation skills for early literacy. It also fosters their hand-eye co-ordination, patience, turn taking and develops the tamariki's overall understanding of the wider world. Our hupa was lovingly prepared by our children with guidance from their teachers. This was then slowly cooked and eaten over a couple of days.



This gave all of our tamariki the chance to enjoy the soup making process.

Not only was this a great way to celebrate Matariki with our kindy whanau, it was a sure way to warm up on a cold winter's day. We all look forward to doing this event again next year.

If you wish to contact us at Nature's Explorers Kindy please contact Angela on Phone 09 412 8800 or email [office.kindergarten@xtra.co.nz](mailto:office.kindergarten@xtra.co.nz).

## Kumeu Library

We've breathed a sigh of relief and life feels more normal at Kumeu Library with the completion of the building works in July. There are a few new faces at Kumeu Library: in June we welcomed Cheryl as a Library and Council Services Assistant, as well as a new Manager, Denise; and July saw the arrival of Izzy in the role of Library and Council Services Assistant. Thank you for making our new staff feel so welcome.

We're well into the cold winter months, and Kumeu Library is a great place to visit - it's warm inside and we have all sorts of books, DVDs and magazines to help you while away those cold winter evenings. Why not come and find some creative inspiration for hobbies and crafts, information relating to health and wellness, or some new

recipe ideas to try out on the family? And of course we have a huge range of fiction in all genres, both in print and digital.

August is also Family History Month at Auckland Libraries. Auckland Libraries and the Genealogical Computing Group present a weekend-long event covering a wide range of topics on researching genealogy and family history. This event takes place from Friday 13 August to Sunday 15 August 2021 at the Fickling Convention Centre, 546 Mt Albert Road, Three Kings. This is a free event (except for the Friday night opening event at \$22 per person). Take advantage of our free seminars, from beginner to advanced, computer-based tutorials, ask-an-expert sessions and research assistance on Saturday 14 August and Sunday 15 August. Due to COVID-19, our international guest speakers will be joining us virtually via Zoom. Awesome New Zealand speakers are joining us in person. If you are into genealogy, this is the event for you.

Follow us on Facebook ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)) to keep up with news and events at Kumeu Library.

## Fundraising Luncheon

The Kumeu Show Committee are hosting a fundraising luncheon for the 15th October 2021 to raise funds for the 100th Kumeu Show on the 12th & 13th March 2022. The aim is to make this a special event.

We are honoured to have Rt Hon Sir John Key offer his time to be our Speaker for this event. Rt Hon Sir John Key has been our Show Patron for many years and continues to support our show.

Tickets are on sale now. Cost \$125 for individual tickets and \$1000 for a table of x8. We would appreciate local business support to make this a successful fundraiser.

Venue is the Kumeu Showgrounds and time 12pm - 3pm.

We would like to thank those who have already booked a table and individual tickets.

Please contact Lizelle on 021 040 3218 or email [info@kumeushow.co.nz](mailto:info@kumeushow.co.nz) if you wish to book a table or ticket. Please note that we have limited tickets available.



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# Property

## Property market report

National house prices rose less than 1 per cent from May to June and sales volumes dropped 5 per cent. Real Estate Institute data showed May's median prices of \$817,500 rose marginally to \$820,000 in June, up just 0.3 per cent. Sales numbers fell from 7720 sales nationally in May to 7345 sales last month.

Auckland's median rose only 0.2 per cent, from \$1.14m to \$1.15m and sales volumes also fell 2.4 per cent from 2834 to 2766.

Rising house prices through the country are certainly one of the main drivers for the Reserve Bank's decision to increase the OCR.

Michael Gordon, Westpac's acting chief economist, said the current data "showed that the New Zealand housing market remains strong, but is cooling off relative to its white-hot pace at the start of this year. Sales were broadly flat, while prices rose at a slower pace than in previous months.

"We estimate that June sales are down about 1 per cent in seasonally adjusted terms. Sales are still running above pre-Covid levels, and indeed they were still higher than in June last year, which marked the start of the post-lockdown rebound in activity," Gordon said.

The return of loan-to-value restrictions and the recent tax changes have contributed to some cooling-off of demand for investment properties, although the evidence to date suggests that homebuyers have been quite willing to step into the gap created, he said.

"That could change once mortgage rates, in particular the one and two year fixed rates, start to rise from their lows, as the prospect of OCR increases loom, Gordon said.

"For some time, the Reserve Bank has been holding off on bringing out interest rate hikes to tackle the housing price increases, because the rest of the economy wasn't ready for higher interest rates. Now it is," Jones said.

"We'd expect mortgage rates to start rising in advance of this, flipping what has been a tail wind for house prices into a slight headwind. We'll get an update on the Reserve Bank's thinking," Jones noted.

Jen Baird, REINZ chief executive, said median prices increased by 28.7 per cent from \$637,000 in June 2020 to \$820,000 last month.

"Additionally, five out of 16 regions reached new record median prices, one region saw an equal record and 20 districts reached new record median highs," Baird said.

The median house price for Auckland rose 25% year on year to June 2021 to reach \$1,150,000.

Let's look at the values locally:

Coatesville	\$2,170,000 to \$4,400,000
Helensville	\$780,000 to \$2,205,002
Huapai	\$770,000 to \$2,030,000
Kumeu	\$945,000 to \$3,090,000

Muriwai	\$367,000
Parakai	\$625,000 to \$975,000
Riverhead	\$840,000 to \$2,240,000
Swanson	\$1,235,000 to \$1,450,000
Taupaki	\$1,200,000 to \$4,600,000
Waimauku	\$1,255,000 to 1,950,000
Whenuapai	\$820,000 to \$1,220,000

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McIntyre today on 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Selling a property when you're splitting up

When everything is a muddle and your feeling broken, please remember you're not alone and you are not the first person to feel what you're feeling. Taking away the emotional waves and the deep centered feelings there is a process that can be helpful and provide clarity. The first aspect to consider is to get your house in order. Copy all your shared documents, contracts, certificates, agreements, bank statements so that both parties have information. Take stock of those around you and the rules and values that you will operate by. Be aware that friends, family, and your pets may seem to act a little differently. What-ever the mood, be present and be mindful and engaged. A hug can solve a host of questions and a request for help and assistance is natural and common. In order to maintain control around how people feel and are effected, some simple measures should be considered.

Understand and commit to: a) Individual bank accounts, b) Payments for essential goods and services, c) Agree to historic daily or weekly activities, d) A standard of behaviour and communication

If you set the ground rules early it makes the more challenging aspects, like selling the family home a little easier. Certainly the more you can agree on the better the outcome and the less you will spend with your solicitor. Sometimes things can get confused and mixed up very quickly. If you can't settle disputes, try and work through an independent person that can arbitrate. Failure to arbitrate a solution will come at both a time and a financial cost to both parties as the dispute generally finds its way into the Family Court who can make a decision on the balance of fairness for both parties based on the facts. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) and for more information within this series on selling a property when you're splitting up, go to [www.graham-mcintyre.mikepero.com](http://www.graham-mcintyre.mikepero.com).



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# Property

com/blog/. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

## Healthy homes standards

On 1 July 2019 the healthy home standards became law. This introduced certain standards for heating, insulation, ventilation, draught stoppage, moisture ingress and drainage in rental properties. These standards are aimed at ensuring that rental properties are healthier and safer and have lower maintenance costs in general.

All private rentals must comply within 90 days of any new tenancy entered into after 1 July 2021 or any existing tenancy renewed after 1 July 2021. All rental homes must comply with the healthy home standards by 1 July 2024. All boarding houses must comply by 1 July 2021 and all houses rented by Kainga Ora (formerly Housing New Zealand) and registered Community Housing Providers must comply by 1 July 2023.

For any assistance or advice on property rentals or purchases, feel free to contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or on 09 412 6000.

## Plan b for home buyers: buying off plan

Yolandie Rivas, ClearStone Legal

With house prices still skyrocketing, it seems that there is an upward trend for first home buyers to buy new builds off the plan. At the moment there are various developers selling apartments, terraced housing complexes and new subdivisions off plan.

The obvious benefit that makes off plan buying more attractive, is that these properties are sold through negotiation with the developer and not at auction. You have time to withdraw your KiwiSaver funds and may even qualify for a HomeStart Grant of up to \$10,000 each on a new build property. Some developers offer good value for money and sometimes even throw in a furniture package and yes, everything will be modern and brand new once your home is built!

Potential drawbacks are the long wait and the market uncertainty. Will the property still have the value of the purchase price when it is finished? Sometimes what is marketed on websites and brochures

are only rough illustrations, and not how the finished house or development will ultimately look. You also usually need to pay a 10% deposit now and fully commit to the purchase with an estimated completion of 1-3 years. If something changes in your personal circumstances between signing the contract and completion, you could end in hot water and not getting a mortgage or even worse, you can end up losing your deposit!

We help our clients through this daunting process by doing a thorough review of the off-plan agreement to highlight the risk and to help navigate an overwhelming agreement which could easily be up to 80 pages.

Some ways to protect yourself in this process is to ensure the deposit is held by as stakeholder until both the Record of Title and Code of Compliance Certificate have been issued. If for any reason either of these are not available then after an agreed period of time a sunset clause provides for the purchaser to be able to cancel the contract and have the deposit refunded to them - this is particularly necessary if a developer or builder goes under half way through a development. Sometimes we see a sunset clause being available to both the developer and the purchaser - in all cases you want to try and get the sunset clause to only be for the benefit of you as the purchaser.

If you're considering buying off plan, or if you have any other conveyancing needs, give us, ClearStone Legal incorporating Kumeu-Huapai Law Centre, a call on 09 973 5102. We would be happy to assist you.

## \$85 = Exposure for a month

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



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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	2,900,000	1.07HA	350M2	4,400,000		495,000	506M2	92M2	625,000
	2,200,000	4331M2	265M2	2,170,000		770,000	1.06HA	146M2	690,000
HELENSVILLE	860,000	597M2	135M2	875,000		580,000	1783M2	120M2	880,000
	680,000	600M2	90M2	848,000		750,000	1167M2	187M2	975,000
	1,010,000	10HA	260M2	1,395,000	RIVERHEAD	1,250,000	605M2	292M2	1,480,000
	600,000	465M2	74M2	780,000		750,000	13158M2	65M2	840,000
	1,600,000	3.27HA	330M2	2,205,002		1,425,000	801M2	334M2	1,810,000
	560,000	674M2	101M2	862,000		1,550,000	1.18HA	210M2	2,240,000
	820,000	1239M2	198M2	920,000		1,200,000	600M2	210M2	1,560,000
	1,475,000	2.85HA	292M2	1,350,000		1,325,000	800M2	251M2	1,575,000
	710,000	508M2	112M2	815,000		1,350,000	801M2	257M2	1,650,000
	640,000	955M2	164M2	940,000		1,100,000	748M2	170M2	1,400,000
	1,025,000	1.9HA	266M2	1,290,000		1,275,000	1132M2	91M2	1,650,000
HUAPAI	490,000	442M2	200M2	1,310,000		1,375,000	800M2	273M2	1,725,000
	1,050,000	624M1	215M2	1,385,000		980,000	1826M2	148M2	1,350,000
	1,525,000	1550M2	285M2	2,030,000		1,200,000	600M2	208M2	1,620,000
	970,000	604M2	177M2	1,225,000	SWANSON	900,000	522M2	182M2	1,238,000
	890,000	504M2	132M2	1,080,000		910,000	809M2	220M2	1,425,000
	1,025,000	809M2	190M2	1,150,000		1,075,000	598M2	213M2	1,300,000
	890,000	1305M2	143M2	1,186,260		825,000	1064M2	123M2	1,265,000
	790,000	635M2	108M2	1,056,000		1,000,000	543M2	245M2	1,355,000
	1,175,000	450M2	263M2	1,365,000		865,000	2207M2	140M2	1,403,000
KUMEU	1,725,000	4.06HA	260M2	1,875,000		1,135,000	2428M2	301M2	1,350,000
	2,500,000	1.06HA	488M2	3,090,000		845,000	1128M2	120M2	1,450,000
	525,000	500M2	179M2	1,290,000		985,000	509M2	240M2	1,240,000
	930,000	397M2	171M2	1,210,000		970,000	406M2	181M2	1,235,000
	950,000	500M2	179M2	1,290,000	TAUPAKI	2,750,000	8HA	180M2	4,600,000
	2,425,000	1.01HA	319M2	3,025,000		900,000	1224M2	140M2	1,200,000
	800,000	151M2	153M2	945,000		820,000	8005M2	253M2	1,702,000
	986,000	491M2	181M2	1,280,000		1,950,000	1HA	377M2	2,500,000
	780,000	304M1	138M2	1,000,000		1,900,000	4.52HA	130M2	3,700,000
	930,000	457M2	177M2	950,000	WAIMAUKU	1,450,000	6450M2	237M2	1,465,000
	910,000	361M2	190M2	1,235,000		1,725,000	3.2HA	326M2	1,800,000
	930,000	528M2	180M2	1,250,000		1,750,000	5.2HA	230M2	1,965,000
PARAKAI	800,000	529M2	168M2	907,000		1,000,000	1HA	100M2	1,255,000

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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.

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.



Graham McIntyre  
Brand & Territory Owner  
027 632 0421

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## HOUSE AND MINOR DWELLING - THE GOOD LIFE

5 2 3

By Negotiation

### 147 Mangakura Road, Helensville By Negotiation

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

[www.mikepero.com/RX2721189](http://www.mikepero.com/RX2721189)



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

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6 6 3

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**911 Old North Road, Waimauku**  
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The property is available for purchase however is tenanted with any settlement incorporating the tenancy term or negotiating terms that may suit the Tenant. Set on one of the highest points in Waimauku with commanding views to the North and the South East / West. A near new, quality, commercial-style two-story, build with high-end features, well insulated and double glazing. Downstairs offers a sunny open plan lounge, spacious modern kitchen and dining flowing out onto a large covered patio (with a set-in BBQ) and lawn area. It has the master bedroom (with en-suite and walk-in wardrobe), which opens out onto another courtyard area with a fire pit and concrete dining table, two further bedrooms, separate bathroom, two toilets and the laundry. Internal access to the extensive six-car carpeted garage.

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# Safer Communities



June was one of the warmest on record and then we went straight into a freezing cold July!

The good news is that we are past the shortest day of the year and are now heading towards the summer months.

The Waitakere Volunteer Fire

Brigade is actively recruiting so you are up for a rewarding challenge give Graham a call on 027 632 0421.

If you are looking for safety information, then visit the Fast Fire Facts link below. There are 37 safety videos on YouTube that are only between 12 and 30 seconds long and are a great source of safety

information for people in a hurry.

Fast Fire Facts - YouTube

Keep safe

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*(pictured: Firefighter Grevel at a grass fire)*



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# Hot Property



## House and Minor Dwelling – The good Life

Set on 1.25 hectares (approx. 3 acres) this beautiful property has been sculptured to satisfy a diversity of options and interests with a modern family, extended family or home with an income. Delivering the "good life" with two vegetable gardens, an orchard, herb garden, and chicken run for self-sufficiency and option for grazing animals. The gardens are beautiful, easy care, low maintenance and accentuate private walking pathways and a gentle drive through to Minor home and the Main Home. Kids will love to explore / spend hours of fun

in the gardens. A large flat area has been set aside for an arena, extensive shedding, football pitch or grazing. The choice to graze animals or have as an extensive lawn is your choice. Only a 5 minute drive to Helensville Shops and Helensville School and around 41 minutes off peak to Auckland CBD, described as the best of town and country. Enjoying strong craftsmanship, cathedral ceiling features in the main home and an extensive recently completed full renovation, the property offers the best of the old with the convenience of brand new fittings, appliances, and refurbishment. The Main Home is four bedroom, two bathrooms and offers options for multiple lounges and dining areas to make the most of the conservatory and the extensive valley views. The split is three bedrooms and a bathroom upstairs with one bedroom, bathroom, lounge, kitchen, laundry and conservatory



# Hot Property



downstairs. Alternatively you can use the entire downstairs for living and entertaining with options for multiple lounge areas. A separate double garage with extensive loft provides options for an office, teenage retreat or chill out zone. Multiple accessory building and woodshed makes things easy, secure and orderly. The fully consented minor is a short walk from the main house and delivers privacy and intimacy with a modern near new one bedroom with kitchen, lounge, bathroom and laundry. A fantastic area with extensive wrap around decking, set away from the Main Home and purpose built to take in the breath-taking scenic views through the valley. For viewing and more information, contact Graham now on 027 632 0421 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).





# Central's Tips

## August 2021



**Plant potatoes to crop in time for Christmas dinner, and get the seed sowing underway (indoors). Do some herb garden maintenance, and sow mesclun for summer salad. Snails are wintering over, so go on the attack!**

### Planning ahead

Manage the colour of your hydrangea flowers, more pruning to do and a great time to plant hedges. Shop for trees and shrubs this month as possible shortages of varieties may loom and go looking in the garden for signs of new growth



### In the Edible Garden

- **Prepare a potato patch** – Plant sprouted seed potatoes by digging a trench and cover lightly with soil. Every few weeks 'hill' up the soil, covering the foliage to leave only the last set of leaves
- **Sowing seeds indoors or under cover** is a great way to feel like you're starting the summer vegetables, even if it's still cold outside. Start tomato, capsicum, eggplant and zucchini seeds now
- **Herb garden maintenance:** lift and trim the roots of mint, then replant. Mint increases its root size very quickly in proportion to its foliage growth and will be invading the rest of the garden! Other herbs such as thyme and rosemary can be trimmed and tidied to make way for new growth
- **Rosemary is a versatile herb for structure in the vegetable potager.** Upright varieties make great hedges and prostrate types spill elegantly over the side of raised beds. Their blue flowers brighten winter gardens and keep the bees around
- **Mesclun and rocket** can be sown directly now, in preparation for mixed leaf summer salads
- **Snails** will be wintering over in old cabbage, kale and silver beet leaves. Cull them or use bird friendly bait to restrict their populations or all your new seedlings will disappear overnight

### The rest of the Garden

- **Get the flower colour you want:** hydrangea flower shades reflect the type of soil they are growing in: to be certain of blue flowers, spread aluminium sulphate (often sold as Hydrangea blueing tonic) around the bushes. For pink flowers, use lime around them instead. But remember, white flowers stay that way and white hydrangeas prefer do best in light shade
- It's also **pruning time for hydrangeas and hibiscus.** Thin out the dead wood and cut back to budding leaf nodes, making clean cuts
- Late August is a great time to **plant hedges** and perennial borders for the summer garden. Mulch after planting and, when planting perennials, remember the snail advice given above
- **Clear areas in the garden where bulbs and deciduous plants are beginning to emerge through the soil** – this exposes them to light and sun and encourages growth
- **It's peak 'tree season' at the garden centres and nurseries.** This year don't delay in making your choices – most budding of fruit and ornamentals is done two years before the plants hit the marketplace and 2022 could see shortages of popular varieties as a result of the 2020 lockdown

## Project for August

### Tree planting

Deciduous fruit and ornamental trees are traditionally planted when they are dormant. This reduces transplant shock and allows them to come into leaf and flower as they adjust to their new situation. Using Garden Mix or Nutrasoil in the planting hole adds fertilisers and compost to condition the existing soil. If you're digging into clay soil, add a handful of gypsum in the bottom of the hole to soften the clay pan and allow roots to penetrate. Mulching and staking will improve tree establishment as the season warms up and spring winds arrive.

For more info visit [www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)







# Everybody digs free loan trailers.

Getting into the garden as spring approaches? There's a free Central Landscapes loan trailer in your neighbourhood, so you can get stuck into that project you've been waiting all winter to do! Open 7 days.



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# Home & Garden

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## Growing fruit trees

Now 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.

## Window furnishings and floorings @ new store

A world of stylish products, fantastic specials and inspiration awaits you at the brand-new Carpet Court / CurtainStudio showroom in Kumeu. Whether you are renovating, building new or just want a few attractive accents in your decor, the beautifully laid out store offers a wide range of window furnishings and carpets for everyone - from students to first time home owners, right through to retirees. With Carpet Court being one of New Zealand's largest flooring suppliers to residential, insurance and commercial markets, together they are a one stop shop that offers the complete interior package.



CurtainStudio offers a wide range of readymade curtains as well as customised products. So, you have the option to get something that is manufactured to your specific requirements and home environment.

As New Zealand's Gold Award Winner in Flooring Quality Service, the business brings unparalleled knowledge and provides customers with the world's best flooring products through a number of established local and international partnerships.

Interested? Come and meet one of the friendly team and experience the passion and enthusiasm they have for colours and interiors or book a free measure and quote via our website today.

The Carpet Court / CurtainStudio showroom is at 2/190 Main Road, Kumeu. Phone 09 869 7659, email kumeu@carpetcourt.nz. Visit [www.carpetcourt.nz](http://www.carpetcourt.nz) and [www.curtainstudio.co.nz](http://www.curtainstudio.co.nz) for more information.

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# Home & Garden

Opening hours Monday to Friday 9.00am - 5.00pm and Saturday 9.00am - 1.00pm.

## Importing goods into NZ

Importing goods into NZ can be a challenge, especially to meet your MPI requirements for transitional facilities. If you have a Transitional Facility but your Accredited Persons have called in sick, or are on leave and you have a container arriving, New Zealand Biosecurity Services can help. They have trained Transitional Facility Operators as well as Accredited Persons that you can use on a temporary basis to help devan your containers. If you have a change in the number of containers that you are importing and don't want to have to pay the hefty fees to renew your Transitional Facility License, call NZBSL and they can apply for a transitional facility under their global license and do all the hard work for you for a very low fee. If you want to know more call us on 0800 382 436 or email us on mtf@biosecurity.net.nz.



## Waimauku Garden Club

June saw us at The Riverhead in a room with a view of the river, to celebrate our mid-winter Xmas. A cosy venue, good food and service.

We were also privileged to have Sarah Carley from Biosecurity to speak to us and educate us and share some exhibits for us to handle.

She was so interesting. She also has her own trained beagle who assists her.

On the 15 July we are off to Northcote to The Bridgeway for morning

tea, ice cream and movie, followed by lunch at The Northcote Tavern.

Trips coming up:

August- RNZYC to see the America's Cup and visit The Weta Workshop

September- Cornwall Park and farm/Astrodome

October- Maungaturoto/Matakohe

November- Lavender Hill

December- Botanical Gardens for morning tea, Drury/ Puriri Garden, Ardmore Cafe for lunch, McNicol Homestead, Clevedon.

Our trips are always on the 3rd Thursday in the month. Come and join is.

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

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## Kumeu Community Gardens

In case you haven't seen us, Kumeu Community Gardens is at 45 Oraha Road, opposite the park and pathway through to Kumeu Arts and the library. We've been making great progress, with our winter harvests yielding chard, carrots, radishes, herbs and other hearty greens. We've been busy planting new season greens too, so kale, beetroot, rocket and other veges are all under way. In the last month we also planted 600 natives around the site, so we're providing habitat and water quality improvements while we grow.



You can join us every first Sunday of the month from 2-3.30, to plant and weed and to grow our community. Bring your spare seeds and seedlings and help community resilience and food security. We've had great support from the community and businesses so far, including donations to sustain our operations, and equipment, such as watering systems from Water FX, which will keep everything alive. You can help at our Givealittle page, [www.givealittle.co.nz/cause/kumeu-community-garden](http://www.givealittle.co.nz/cause/kumeu-community-garden) or contact us on Facebook.

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understand the importance of service and solutions along with providing advice for healthy drains in the future. Which makes us a reliable business as well as the first choice of commercial and domestic customers.

Our Services include; Vacuum Loading/ Suction, Septic tank emptying and servicing, Cesspit cleaning, Pump Chambers, Grease Trap Cleaning, Hydro Excavation, Pile Holes, Drain unblocking & root cutting, CCTV locating and fault finding and Drain repairs and maintenance.

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- ✓ Drain repairs & maintenance



Our skilled and experienced team and our fully qualified partners utilise the most up to date and sophisticated equipment to provide solutions for all drain issues. We cover the whole of Auckland and are available 24 hours a day 7 days a week for emergencies. We understand the importance of service and solutions along with providing advice for healthy drains in the future. Which makes us a reliable business as well as the first choice of commercial and domestic customers.

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## Get better work stories!

While Auckland sleeps, parts of our HydroVac team leap into action, making the most of the quiet to work under the cover of dark!

One night last week, team leader Brent Murphy and his team spent the midnight hours cleaning out sediment in a vault - this involved using our trucks to suck out all the debris that had settled onto the floor: inorganic materials, pine needles and more. It was up to 150mm high off the floor!

They also cleaned out motorway storm filters - very important at this time of the year when lots of rain can cause flooding if they're not clear.

The best bit about these jobs is that you can really see the difference in the before and after - very satisfying! If you'd like to be a part of a



great team, doing work where you can see the difference, check out the careers page on our website - we'd love to hear from you. [www.hydrovac.co.nz](http://www.hydrovac.co.nz).

## Why you should consider building more than one home

So, you're thinking about developing your property? If you have the means available, it's worth exploring the opportunity of building two or more houses to maximise the value of your land.



If you own a section (or your home is on a subdividable section) near a main city or town centre, it may be worth more than you think. Better yet, you can add even more value by building a brand-new Signature Home - in fact, why not build more than one!

Multi-unit development is fast becoming a popular way to maximise the value of a property. Demand for housing in New Zealand far outstrips the number of homes available, putting upwards pressure on prices, making it an ideal time to build. Signature Homes' specialist development services provide home solutions personalised to you and your needs, making it easy to become a property investor. There's a range of options to choose from, including duplex and terraced plans, ensuring you receive great returns from your investment.

You can save money - When you build with Signature Homes, you're doing business with one of New Zealand's leading residential building companies. This means you can take advantage of the relationships with the country's best building material suppliers that we've built and nurtured during our 38 years in operation. These savings in materials, sites, project management and design are only amplified when you build more than one property on your site.

Building efficiency - Terraced housing is an environmentally friendly way to build and takes up far less land than larger homes, making them cost and time-efficient. All our homes can be built to Homestar 6 standards and Signature Homes is a proud member of the Green Building Council.

You get your own team - If one of our Urban Collection of plans or other designs doesn't work for your section and investment goals, our architects and designers will work closely with you to design a solution perfect for your situation. Whether you want to build two or 20 homes on your site, we've got you covered.

View our range of Plans online or in the Kumeu office. Call our team at Signature homes West Auckland to discuss your option; obligation

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# Home & Garden

free 0800 020 600 [www.signature.co.nz/page/westdesignbuild](http://www.signature.co.nz/page/westdesignbuild).

## Muriwai tide chart

Date	High	Low	High	Low	High
Sun 01 Aug	02:56	09:19	15:32	21:44	-
Mon 02 Aug	03:51	10:18	16:35	22:50	-
Tue 03 Aug	04:54	11:22	17:43	-	-
Wed 04 Aug	-	00:00	06:02	12:25	18:47
Thu 05 Aug	-	01:01	07:04	13:19	19:40
Fri 06 Aug	-	01:52	07:56	14:06	20:25
Sat 07 Aug	-	02:35	08:40	14:47	21:05
Sun 08 Aug	-	03:15	09:21	15:27	21:43
Mon 09 Aug	-	03:54	10:00	16:06	22:20
Tue 10 Aug	-	04:32	10:38	16:45	22:58
Wed 11 Aug	-	05:12	11:17	17:25	23:37
Thu 12 Aug	-	05:52	11:58	18:07	-
Fri 13 Aug	00:18	06:35	12:42	18:52	-
Sat 14 Aug	01:02	07:22	13:29	19:42	-
Sun 15 Aug	01:52	08:14	14:23	20:39	-
Mon 16 Aug	02:48	09:14	15:26	21:47	-
Tue 17 Aug	03:55	10:23	16:38	23:02	-
Wed 18 Aug	05:10	11:37	17:55	-	-

Thu 19 Aug	-	00:18	06:26	12:46	19:05
Fri 20 Aug	-	01:24	07:33	13:46	20:05
Sat 21 Aug	-	02:21	08:29	14:39	20:55
Sun 22 Aug	-	03:10	09:17	15:26	21:40
Mon 23 Aug	-	03:54	10:01	16:08	22:21
Tue 24 Aug	-	04:35	10:41	16:48	23:00
Wed 25 Aug	-	05:13	11:19	17:26	23:36
Thu 26 Aug	-	05:50	11:55	18:03	-
Fri 27 Aug	00:12	06:25	12:32	18:39	-
Sat 28 Aug	00:48	07:01	13:10	19:16	-
Sun 29 Aug	01:25	07:39	13:51	19:58	-
Mon 30 Aug	02:06	08:23	14:39	20:49	-
Tue 31 Aug	02:56	09:18	15:40	21:57	-

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

## \$85 = Exposure for a month

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

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# Pets

## Kanika Park Cat Retreat

You can't chat with your cat, but there are many ways to know how your cat feels.

Cats love to feel in control of their environment. When they do, they will mark their home using facial markings and leave "happy messages" (or pheromones). This happens when your cat rubs its face against furniture or nuzzles up against your legs.

Things that may disturb your cat's need of stability and impact your cat's behaviour. For instance, every time you move furniture, bring in new furniture, do a major housecleaning, renovate your house etc... This can remove the "happy messages" left by your cat

Other things that may affect your cat's happiness are access to food, heat, water, litter, attention and competition in the household with other cats, as well as visitors to the household.

Perhaps the biggest change that your cat can go through is moving home. Entering a new home with none of the "happy messages" on the walls will create a big stress for your cat.

At Kanika Park Cat Retreat your pussy cat will have its own room, with plenty of places to relax eg: on a cushion, in a bed, on a shelf or blanket.

P: 027 550 1406 | E: info@kanikapark.nz | W: kanikapark.nz | FB: facebook.com/kanikapark.



## Responsible cat ownership

Responsible cat ownership has not really been a thing in New Zealand, and is not mandated by government as it is in many parts of Australia. However increasing numbers of people are starting to keep cats differently, for a variety of reasons.

Leonardo is a 2 ½ year old ragdoll cat who lives with his family in Hobsonville Point. For the first 16 months of Leonardo's life, he stayed inside, and now only goes out a few daytime hours each day. His owner, Maylene, explains that her previous cat was injured either by a car or in a fight with another cat (they never found out which) and what followed was ongoing health problems and "astronomical" vet bills.



While staying inside, Leonardo is entertained by a few toys and games with his owners. He goes out while Maylene is at home, then asks to come back in. "He really seems to like his mostly inside life". He has never been hurt, and a side benefit, Maylene says, is that she doesn't "have to deal with gross dead things" on her doorstep. If they move to a house with a suitable back garden, Leonardo's family would consider getting a cat proof fence. There are several available in New Zealand now, including small electric wires and clever spinning devices such as the Oscillot system ([www.cاتفence.nz/about-oscillot/](http://www.cاتفence.nz/about-oscillot/)).

Other benefits of keeping cats safe and indoors in the daytime include fewer illnesses such as Feline AIDS which is surprisingly common in New Zealand and spread through bite wounds, happy neighbours, a longer-lived cat, and better protection for some of our vulnerable native birds.

## 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](http://www.thenzcatfoundation.org.nz). Phone 09 412 2636 or 021 929 999 for further information.



## 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



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# Pets

to go for their photo shoots which keeps my job super exciting and interesting.

I 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](http://www.dogandco.nz).

## Dog Safety for Early Childhood Education Centres

Covid was very messy for everyone and unfortunately, the charity 'Kids Safe with Dogs' could not afford to keep running. So as one of the founders of the charity we decided to purchase the IP and we are now looking at putting a package together for Early Childhood Education Centres.

We at the Dog Safe Workplace have been involved in educating our communities about dog safety since 2014.

Prior to COVID Kids Safe with Dogs instructors visited primary and intermediate schools to pass on this knowledge. Now, after talking to various parents and early childhood centres we realised that there is a large group of children that are missing out on learning how to stay safe when they interact with dogs.

Each year we see thousands of New Zealanders bitten and starting to teach children about dog safety from a very young age does make the difference. To solve this, we have made a few changes to the programme, and we will be offering a Centre Run package. This means that every early childhood education centre will be able to teach all the children in their care about "The Three Golden Rules" for interacting with dogs. There are lots of fun activities as well like models of each of the characters to make, colouring in, join the dots and even a fun song to learn on dog safety.

If you think your child's Early Childhood Education Centre would be interested in the package, get them to contact us [admin@dogsafeworkplace.com](mailto:admin@dogsafeworkplace.com) or 0508 DOG SAFE.

## \$85 = Exposure for a month

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## Feeling taxed by investment challenges?

Ask Quinovic

Professional property management advice is more important now than ever. At **Quinovic West Auckland**, we have an expert understanding of property legislation backed by a team of property management experts. As a nationwide property management company, our singular focus on a complete property management service is integral to our high quality of service and excellent investor returns.

**If you're feeling concerned about new legislation, including the extension of the Bright-Line Test and changes to interest deductibility, ask Quinovic.**

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# Food & Beverage

## Winter at Allely Estate

As an events venue, spring and summer are definitely our business seasons, holding birthday parties and weddings pretty much every weekend from October onwards. For us, winter is a time to get all those jobs done that we're too busy to address during summer, like replanting garden beds, painting, handyman tasks and more. But that's not to say we don't have some great events on in colder months! We just had St Pierre's staff join us for a few days for corporate training away from the office, and in the next few weeks we're hosting a 16th birthday party, a few gorgeous mid-winter weddings and a Breast Cancer charity event with 300+ people attending to raise money for a good cause - we can't wait!



One of the pluses to holding an event at Allely Estate is that we have a plan b if it rains - our villa and marquee makes it easy to stay dry and warm if the weather gods aren't shining on your special day. If you're looking for a beautiful venue to hold your wedding, party or corporate event soon, call us for a tour - we'd love to show you around! [www.allelyestate.co.nz](http://www.allelyestate.co.nz), 09 412 7206.

## Sweet As Crêpes

Sweet As Crêpes began in 2007 when an ambitious twelve-year-old girl called Annabel Shepherd set up a stall at the very first Coatesville Market north of Auckland. The name was a play on words incorporating Annie's own initials.



The single crêpe maker and a queue each week soon grew and multiplied into a small family business.

We specialise in making large, thin, fresh French crêpes on the spot. Over the years, traditional flavours such as tangy Lemon & Sugar, Apple & Cinnamon and Butter & Sugar have been complemented by favourites such as Salted Caramel, Nutella & Banana, and the ever-popular Berries, Chocolate & Cream— giving our offering a distinctly Kiwi twist. We've also added a range of savoury crêpes which are proving extremely popular. Our best-sellers are the Classic Ham & Cheese and the Very Vege—cheese, feta, pesto, semi-dried tomato, fresh basil and cracked pepper are all wrapped up in a large thin,

crêpe and toasted to perfection so that its crisp on the outside yet molten and deliciously gooey on the inside.

Some people enjoy just watching us "twirl" our crêpes; most cannot resist having a taste! We now have a huge following of local crêpe-lovers who seek us out, loyalty cards in hand, to get their crêpe "fix" wherever we are. From small beginnings, we now run two unique, custom-built food trailers at markets, school fairs, private functions, weddings and corporate events from Auckland to Matapouri.

You'll find us at the Catalina Bay Farmer's Market every Sunday from 8.30am-2pm.

We are the local experts in this field and strive to live up to our founding motto that our crêpes are "#flippingood". Contact Lisa Shepherd for more information.

Tel: 021 67 87 62 Email: [info@sweetascrepes.co.nz](mailto:info@sweetascrepes.co.nz) Website: [www.sweetascrepes.co.nz](http://www.sweetascrepes.co.nz) Facebook: SweetAsCrepes Instagram: sweetascrepesnz.

## Kumeu Food and Vines Festival

Kumeu Food & Vines Show for the 13th November 2021.

Calling all wineries, breweries and local restaurants. Please book your spot today for a spot at our 1st Kumeu Food & Vines Fest.

If you are local and would like to be a vendor, please contact Lizelle on 021 0403218 or email [info@kumeushow.co.nz](mailto:info@kumeushow.co.nz) before the 1st August.

## Jesters Westgate

Second Pie Van Launched

Another new addition to the Jesters Westgate family is our brand-new pie van. We will be using this van to keep up with the demand of delivering pies to the people in our local communities. Please contact us if you're interested in booking the van for:



- Events - we can cater to all sizes, from sports club days to weekend markets or A&P shows.

- Weekly visits - Let us know if you & your workplace would like to become one of the businesses we stop in on during the week.

- Workplace morning tea/lunch shouts- Someone leaving? End of year celebration? Contact us to take the stress away from organising food.

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# Food & Beverage

We have a range of pies to suit all dietary requirements, adults & kids.

Send us an email at [amljesters@gmail.com](mailto:amljesters@gmail.com) or call us on 09 832 6060.

## Westbrook Winery

Westbrook is delighted to be supporting Breast Cancer Foundation New Zealand by hosting our second Pink Ribbon Fundraiser! This very special event will include delicious wine and food, raffles and prizes, with goodies provided by Westbrook and other wonderful local businesses. All profits from the ticket sales, sales of raffle tickets and Pink Ribbon Merchandise, and a \$2 donation from every bottle of Westbrook Blanc D' bubbly (our delicious sparkling wine) sold during this promotion, will go directly to BCFNZ - a non-profit organisation which raises funds for education, research and patient support. Learn more about their work here [www.bcf.org.nz](http://www.bcf.org.nz). It's going to be fun so please join us at our beautiful Ararimu Valley Vineyard on Sunday 1st of August 10am to 12.30pm. For more information and event tickets go to [www.westbrook.co.nz](http://www.westbrook.co.nz) or call 09 411 9924.

## Cinta Malaysian Restaurant

A truly Malaysian restaurant owned and operated by a local West Auckland Malaysian.

In 2003, we opened our first restaurant in the Westfield Downtown food court. Later, we expanded to Dominion Road (Auckland), but the restaurant was closed to give way to the Government light rail project.

Currently, we have a total of three restaurants: two in the Auckland CBD, the ground floor of the AMP building and 51 Shortland Street; and one at Westgate, 264-248 Maki Street. The fourth restaurant is on the way, located at Mercari Way, Albany.

Cinta means love in Malay. At Cinta, we have a strong passion and love for Malaysian food, serving the traditional food of Malaysia. The food is a combination of the local Malay, Chinese and Indian cuisine. We serve Malay satay, Rendang, curries and the Nyonya Curry Laksa; the Indian Roti; the Chinese fried Kway Teow; and many other traditional dishes in our lunch and dinner menu. During lunch hours we boast a large street food menu and we are pleased to say that our fantastic drink selection is sure to have something for everyone.

Our food is MSG-free. Instead of MSG, Cinta pairs authentic spices sourced directly from Malaysia with the freshest local, NZ produce.



We strive to share our passion for delicious, exotic, spicy, sweet and sour Malaysian food, in a friendly and relaxed atmosphere. We create an ambience that sets you up to fall in love with our food and restaurant. Our style of cuisine is perfect for and encourages sharing. We would love for you to enjoy and share a true Malaysian Restaurant dining experience with your friends and families.

Invite your friends, family or business to share a wonderfully Malaysian dining experience with Cinta. Group bookings are available, as well as the option for tailored menus. We are open 7 days a week from 10:30 am to 9 pm. Bookings and Enquiries call 09 213 2819.

## Peko Peko

We started our new dine-in menu this month. There are some new dishes and photos on the menu, we added a set menu, beef bowls, desserts and a new kid's menu for both lunch and dinner time. We would love all our customers to enjoy our homemade style meals. We only use rice bran oil, free-range chicken and eggs, NZ prime beef, NZ king salmon and fresh local ingredients as much as possible. Please visit us to check our new dine-in menu, you can also find our trading hours and other information on our Facebook page. We are located on 102c Hobsonville Rd, next to Hobsonville Primary School. Phone 09 416 1197.



## 2019 Kumeu Pinotage

We have been growing Pinotage on our Estate in Kumeu since 2003, but this vintage is the very first Kumeu Pinotage we've ever made! A bright and vibrant wine in its youth with notes of black raspberry and fresh cherry. With 10 months in French oak, we get smoky notes with hints of dried herbs and sweet tobacco. This will cellar well over the next 5-8 years but is drinking nicely now too! Come in our cellar door and café and give it a try! Available in store or buy online at [www.soljans.co.nz](http://www.soljans.co.nz) for \$32 per bottle. We look forward to seeing you soon!



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# Health & Beauty

## Drumroll: Optometrist chooses new frame!

For Eyes Optometrists are well known for their stylish eye wear, and optometrist Molly Whittington finds it difficult to choose a frame when surrounded by so many. Here, she is wearing her new frame from the Spanish Etnia range; a stunning black and gold frame that dresses up and down with ease and is classy but a bit of fun.

"The trends in eye wear are on the one hand for bold chunky frames, which Etnia and Moscot do well for both women and men; and on the other hand, for beautiful translucent frames in pale colours. They are really popular and suit many faces", she says.

For Eyes will post photos of stylish new frame models in future issues of KC - or why not visit For Eyes to see the full range? You'll find them in the Kumeu Shopping Village, between the two sets of traffic lights on Kumeu's Main Rd.



## Gum disease and how a dental hygienist can help

Gum disease is caused by an infection that destroys the bone surrounding and supporting your teeth.

Periodontitis usually builds up slowly over many years but some people may have a very active form of the disease that causes rapid loosening and loss of the teeth. Symptoms include loose teeth, bad breath, gum tenderness, receding gums, pus in your gums and gaps opening up in your teeth.



To prevent gum disease, the same good oral hygiene practices that protect your teeth also protect your gums from the bacteria build-up that leads to inflammation and infection.

- Brushing your teeth twice a day with a soft toothbrush

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At Kumeu Dental we have three lovely and gentle hygienists who can help you get your gums looking and feeling healthy for life. Call our friendly team at Kumeu Dental on 09 412 9507 to make a booking or ask any questions.

## Oxymels for winter health and more

Oxymels are an old-fashioned herbal remedy, typically taken a teaspoon at a time to aid with all kinds of ills. Their versatility doesn't stop there. They can be used in salad dressings and to create interesting cocktails. You can use any of your favourite dried medicinal or culinary herbs to create a tasty blend. The recipe below creates a deep crimson, rose-scented oxymel which is delicious on its own or in a salad dressing.

Rose, Hibiscus & Lemon Balm Oxymel Recipe

Ingredients: 20g dried rose buds, 9g dried hibiscus flowers, 7g dried lemon balm, 1 cup apple cider vinegar (or enough to cover your herbs), ¼ to 1/3 cup honey

Method: Add the dried herbs and apple cider vinegar to a clean jar with a plastic lid. Shake well and leave to steep for approximately 2 weeks, shaking daily. Strain the liquid from the herbs ensuring you wring out any liquid. Add the honey to taste.

Certified Organic herbs are available through our online store: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).



## The art of lifting

We see a lot of unnecessary back strains and sprains here at Kumeu Chiropractic. With just a little preparation and planning you can save yourself some grief.

For healthy lifting, lift with your legs, keep the load close to your body and get help if the load is too heavy.

Here are some basic steps required for proper lifting.

1. Size up the situation.
2. Keep it close.

Kumeu  Chiropractic

adjust ♦ adapt ♦ thrive

Dr. Chris McMaster ♦ Dr. Nolene McMaster & Associates

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8 Shamrock Drive, Kumeu



# Health & Beauty

3. Spread your feet shoulder-width apart for better balance.
4. Bend at the knees.
5. Tighten up your abs and use your stomach muscles.
6. Make your legs do the work.
7. Give yourself a rest and take regular breaks.
8. If it looks too heavy, it probably is. Don't be tempted.

Master the art of proper lifting and you will be doing your back a huge favour. However, as with any activity, if you strain your back or feel pain, call us at Kumeu Chiropractic right away to schedule an appointment for a thorough Chiropractic examination and necessary care. Waiting usually lengthens the healing process and rarely makes a painful situation better.

Call us at Kumeu Chiropractic on 09 412 5536 for an appointment.

## Emotional situations that trigger overeating

If you're an overeater, different situations trigger emotions that send you to the fridge (or dairy) even though you're not hungry. Or, cause you to overeat when you've had enough.

To reduce overeating learn to cope with feelings in healthier, non-food related ways, on your own or with the help of family, friends or professional. Here are ways I deal with these situations:

**Boredom:** read a book, jump on trampolines, do something creative

**Anger:** movement helps the most so I dance in the lounge, I yell in the car with the music loud or I journal the anger out - I don't hold back, just let it rip onto the paper

**Stress:** meditation, deep breathing, listening to a hypnosis track

**Fear:** deep breathing and facing the fears - speaking up when I'm afraid or saying no when I fear I'll be rejected if I don't say yes

**Lonely:** reach for connection - walk with a mate, catch up coffee, phone call

**Self-Esteem:** affirm I am enough no matter what, focus on the good in me, praise myself

**Happiness:** many people connect happy events to food as we learnt to celebrate with food - try finding other rewards like booking an activity or adventure. Connect and do things that bring happiness without food like dancing, swimming or singing out loud to my



favourite music.

Need help stopping overeating - get in touch.

Lorraine Maguire - Rapid Transformational Therapist

[www.lorrainemaguire.com](http://www.lorrainemaguire.com).

## Is my gut really leaky?

First and foremost the answer is no because 'leaky gut' doesn't really exist. Our gut is not a pipe that 'leaks'. It is actually more complicated than that and that is why the term is generally not recognised by medical practitioners.

The correct term is 'intestinal hyperpermeability', which is a bit of a mouthful, hence why the term 'leaky gut' tends to be used. Intestinal hyperpermeability just means that our intestines let in food molecules, bugs and chemicals into our bloodstream that shouldn't be there because the system is currently 'broken'.

Our gut is one big tube (like a tunnel) and food travels through the tunnel. Along the tunnel there are gates, these are controlled by our cells and a protein called Zonulin is the 'gatekeeper'.

Certain foods increase Zonulin and allow the gates to open such as black pepper, capsaicin (from chilli), hops (used in beer) gluten, saturated fat (esp, coconut oil), too much omega 6 fatty acids in relation to omega 3 fatty acids, sugar and alcohol plus deficiencies in zinc, vitamin A and Vitamin D. Certain medications, stress (to allow in more nutrients) and inflammation will also mean that these gates open. This is a natural, normal process and is dynamic - the gates



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# Health & Beauty

open and close all the time. The problem comes when you have a poor diet, chronic inflammation, unresolved food intolerances, and gut infections that can mean the gates don't close properly and that can drive inflammation elsewhere in the body because of the substances that get into the bloodstream that ordinarily wouldn't be allowed there. This has been associated with diabetes, cardiovascular conditions, allergy, autoimmunity and mental health disorders.

A diet rich in vegetables, whole foods, legumes, nuts and seeds, fermented foods & fish (i.e. the Mediterranean diet) can make a massive difference and allow the gut to heal itself.

If you want to know more about this topic then contact Sarah at sarahb@sarahbrenchleynaturopathy.com to find out about her 'Healthy Gut Programme' and join her free Facebook Group - The Women's WellBeing Circle.

## Sleep: Not worth stressing about

Sleep is not just a state of rest, but includes several states which help us to restore physiological function, store memories, clear metabolites, and even tweak our model of the world and increase our understanding of the world. Sleep also helps us keep our circadian rhythm which influences our metabolism. Despite the obvious importance of sleep, I never tell people that sleep is critical to health.

Stress, anxiety or worrying about sleep increases the levels of your stress hormones cortisol and adrenaline. Cortisol has the job of



getting you up and going in the mornings. Adrenaline has the job of giving you a jolt of energy to get you away from that tiger in the wild. It's not rocket science that stress-induced increases in cortisol and adrenaline are no good for sleep.

**Don't Watch The Clock:**

If you check the time when you wake up, then this can raise your stress levels. Depending on your clock, you may also get a dose of blue light which reduces sleep too. The retinal ganglion cells in the eye are not involved in vision, but detect the levels of ambient light, especially blue light, to influence the sleep - wake cycle.

**A Helping Hand:**

If your sleep gets out of balance for too long, you may need something to help you get back into your rhythm. Sometimes a relaxing Epsom salts bath with a hint of lavender oil will be enough. A cup of chamomile tea can also be helpful. Setting up good practices from early evening until bedtime is essential. This is often termed "sleep hygiene". We have a sleep hygiene information sheet to assist you (free of charge).

If you are over 55 years of age, we can prescribe you melatonin (your natural sleep hormone). There are also lots of great nutrients that can help calm your mind or even induce a feeling of sleepiness. Please ask our Pharmacy Health Coaches for the best sleep support options for you. And pick up a free Sleep Hygiene information sheet too. Massey Unichem Pharmacy. Martin Harris. 396 Don Buck Road, Massey. 09 833 7235.

## An eye-healthy winter warmer

Try this eye-healthy winter warmer recipe from Westgate Optometrists; Pear and Almond Chocolate Brownies. Almonds contain a high level of Vitamin E, which can help to prevent age-related Macular Degeneration and Cataracts.

**Ingredients:** 150g butter, ¼ cup cocoa, 3 eggs, 1¼ cups caster sugar, 1 tsp vanilla extract, 1 cup (100g) ground or chopped almonds, 1 tsp baking powder, 100g dark chocolate, roughly chopped, 410g can Wattie's Pear Quarters in Clear Fruit Juice, drained and sliced.

**Method:** Preheat oven to 180°C. Line a 22cm square cake tin with baking paper. Melt butter and stir in sifted cocoa until smooth. Set aside to cool. Beat eggs, sugar and vanilla extract until thick and creamy. Fold in cocoa mixture, almonds, baking powder and chocolate. Pour into prepared cake tin. Place the drained and sliced pears over the top and gently press into the mixture. Bake for 35-40 minutes until cooked. The centre will still be a little gooey and the top firm. Allow to cool in the tin before cutting into pieces. Serve dusted with a



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# Health & Beauty

little sifted icing sugar or rolled oats. For more information on eye-health or to make an appointment to see one of our therapeutically endorsed optometrists visit our website: [www.westopt.nz](http://www.westopt.nz) or phone our friendly team on 09 831 0202. Located at 4/46 Maki Street, Westgate. Opposite NorthWest Shopping Centre and the Kiwibank and just around the corner from Goode Brothers Restaurant.

## Scarves, hats, gloves, socks and bags

Our stunning ranges have finally all arrived and there is an extensive range of co-ordinates in store now.

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## Royal Heights Doctors!

Same great location! Brand new clinic! Dr Fred is back!

Dr Frederick Goh, a seasoned GP, has 30 years of doctoring experience, and is both a Fellow of the Royal NZ College of GP's and an accredited Singapore Family Physician!

After 5 August 2021, he is accepting new enrolments in a completely renovated clinic - Royal Heights Doctors!

His clinic staff have all undergone graduate or postgraduate studies in NZ and are effectively bilingual in English and Mandarin (and even Cantonese)!

The clinic is pandemic-prepared with a dedicated room inside (with separate ventilation and entrance) for any patients with worrying symptoms so no more need for car park or portacabin consultations in the rain and cold!



Let's get you better!

Open 9am to 5.30pm (Weekdays) and 9am to 1pm (Saturdays).  
Come see us at Shop 12 Royal Heights Shopping Centre, 138 Royal Road Massey. Phone 09 393 6313.

## 5 Reasons to consider cosmetic dentistry

Are you one of the many Kiwis who don't love their smile? Getting cosmetic dentistry can be a big decision, so here some reasons you should consider:

1. Improving your smile gives your confidence and self-esteem an incredible boost. A new smile can make you feel like you can take on the world.
2. Cosmetic dentistry can greatly improve your oral health. Broken, missing or misaligned teeth can cause serious tooth decay, which in turn can also affect your overall health by increasing your risk of a stroke, heart attack and cardiovascular disease.
3. Your new smile will look completely natural, just a much-improved version. Your teeth should never look 'fake' after treatment.
4. Dental treatments are now virtually painless. Improvements to techniques, technology and anaesthesia, as well as sensory management and dental sedation, all make your dental experience positive, stress-free and painless.
5. Cosmetic dentistry can fit into your budget. Look for a dentist who offers payment options like finance cards and dental savings plans.

To find out more about improving your smile, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050.



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# Area Columnists

## Touching base with Citizens Advice Bureau Helensville

Me mahi tahi tatou- mo te oranga o te katoa

We must work together for the wellbeing of all

Meeting and greeting locals in their own areas is one of the innovations for volunteers at Citizens Advice Bureau Helensville.

"So far visits to Shelly Beach and Muriwai have proved a great experience for community connections," board secretary Rani Timoti says.

Based in the cafes, thanks to hospitable management, they provide a cosy atmosphere to chat about a range of issues and topics. Residents also have their documents signed by JPs who are also volunteers.

Information about the range of CAB services are often an eye-opener from budget clinics and digital literacy support to typing up or refreshing CVs, photocopying and providing computer and phone use.

Rani says the CAB is now gearing up for two important public events.

The first is the AGM on August 17 at the Maranga Mai room in Rata St, Helensville from 10am. Everyone is welcome to attend with morning tea provided. Email [manager.helensville@cab.org.nz](mailto:manager.helensville@cab.org.nz) for more information.

Secondly, the CAB's major fundraiser is hosting a trip to Gibbs Farm and Sculpture Park on Thursday, September 23. Transport and lunch will be provided for partakers for just \$60 each.

Registration forms are available at the CAB, 27 Commercial Rd or phone: 09 420 7162, email: [helensville@cab.org.nz](mailto:helensville@cab.org.nz) or go to [www.cab.org.nz](http://www.cab.org.nz)



[cab.org.nz/](http://cab.org.nz/) for more information.

## Making a difference

We're past halfway in the year now and temperatures here in Kaipara ki Mahurangi are certainly dropping. On the bright side this month another suite of changes has taken effect that will make a real difference in our communities.

The Government is working to lift children out of poverty by putting more money into the pockets of Kiwi families. This month, main benefits increase by \$20 per week, helping people put food on the table and afford essentials such as warm clothing.

We're making sure everyone has a warm, dry place to call home. From this month, all private rental properties must meet our Healthy Homes Standards within a few months of any new tenancy, to ensure they're safe and dry for tenants.

Plus we're making it cheaper to buy electric cars so we can reduce our carbon footprint. This month, our Clean Car Discount comes into effect, meaning New Zealanders choosing to purchase an electric or plug-in hybrid car can save up to \$8,625.

These are just some of the changes that come in this month, and they're only part of the Government's ongoing work to secure our recovery. I'm proud to be part of a team making sure that as we recover, we're also tackling long-term challenges.

Marja Lubeck MP - Labour list MP based in Kaipara ki Mahurangi.

## Merry solstice


Local rest home and hospital Craigweil House recently held its annual Midwinter Christmas Party. Entertainment included singer and keyboardist Joe Fingers performing a winter-themed concert for residents and staff.

The winter solstice is the shortest day of the year, and the amount of daylight increases each day afterward.


Mr and Mrs Claus made a special guest appearance at the party bearing small gifts and having a dance with residents.

The annual Midwinter Christmas Party brings warmth and good cheer to this cold part of the year. Residents and the team enjoyed mingling, dancing, and some singalongs while the home twinkled with tinsel and other Christmassy décor.







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Authorised by Marja Lubeck, Parliament Buildings, Wellington



# Area Columnists

The event was fully catered with a beautifully arranged spread including sweet baked goods, savouries, and club sandwiches.

Craigweil House is a charming historical building on Parkhurst Road, opposite the Parakai pools. Boutique and family-owned, for personalised compassionate support and care, call Craigweil House on 09 420 8277.

## Challenge and risk integral to children's development

At Country Bears we value challenge and risk taking as an integral part of any child's development. The importance of encouraging children to take on challenges and learn through the process, even when there may seem to be "risk", allows the child to demonstrate their own capabilities through their own sense of their body and thought processes. Throughout the years, the Country Bears programme has been developed with this principle in mind (amongst others). We promote the use of our rural outdoor environment to extend and challenge all of our children. We also have offered



exposure to new experiences outside of our property by way of excursions. Time in te ngahere (our forest) has been linked to strengthening children's coordination and confidence in all other areas of development, eg increased upper body strength changes their ability to handle different tasks like finer motor skills which is linked to writing.

Participating in aerobic exercises, such as running, swimming & climbing during peak developmental stages supports effective brain functioning and overall health in children. Climbing trees and navigating undulated surfaces helps to develop brain health and cognition in childhood and adolescence. Higher-fit preadolescent children exhibit better behavioural and attentional processes compared to lower-fit children, according to a study published in Neuropsychology.

At Country Bears we believe that children that have had the opportunity of engaging in as many different experiences and activities, gain benefits for their whole body, their wellbeing as well as an ability to grow with confidence in themselves.

Every Thursday at Country Bears, "Bike Day" brings a lot of excitement and fun to the children and teachers. From as young as 12 months old, the children here at Country Bears bring their bikes and helmets and arrive with anticipation for the infamous 'bike day'. The children are learning many aspects from these experiences, including turn taking, observation and social skills.

They are also gaining a knowledge and understanding of the rules and boundaries of space and direction during these experiences; spatial awareness and mental alertness as they maneuverer around



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# Area Columnists

other children and objects; developing and strengthening core body strength and fitness, which also helps to develop their coordination and brain, and lastly, it helps to build strong muscles and bones.

Thanks to our amazing teaching team we have enjoyed an exciting last few months through the wet, cold & windy weather and we look forward to another month of exciting adventures of learning and having fun.

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 website [www.countrybears.co.nz](http://www.countrybears.co.nz) or our Facebook page: [www.facebook.com/cbearsecc](http://www.facebook.com/cbearsecc)

## Return to Raro

Book now for your own slice of paradise, get some winter warmth in the Cook Islands. Check out this link for some great deals. [www.thetravelbrokers.co.nz/tanyafranklin/Flyer/20769/captivating-cook-islands](http://www.thetravelbrokers.co.nz/tanyafranklin/Flyer/20769/captivating-cook-islands). Please send me an email with your preference of dates and preferred resort/resorts, and I will check availability.

I have access to all accommodation types, family friendly resorts, Adults Only resorts, deluxe villas with private pools, boutique accommodation, self-contained villas, private villa rentals, and get in quick if you want the October school holidays.

Two of my favourite picks as below, subject to availability, please just let me know if you want to upgrade to The Works on Air NZ, and stay on longer, as 5 nights is never enough, or upgrade the room type, or combine 5 nights on Raro with a few nights out at the stunningly beautiful Aitutaki Island, or choose a different resort, there are so many to choose from.

Edgewater Resort, the best-known Cook Islands full-service resort, offering affordable luxury on the sheltered west coast of Rarotonga.

Snorkel straight from their white sandy beach. The Edgewater offers a wide range of accommodation and dining options, with activities for all ages, this resort caters to all tastes and budgets. Free Kids Club & Kids under 12 Eat Free. Free Wi-Fi, and buffet Breakfasts starting from \$1310 per person x2, includes Air NZ Seat & Bag flights, transfers, and 5 nights in a standard Garden View Hotel room.

The gorgeous Sea Change Villas has an amazing VIP deal for 5 nights from \$1860 per person x2, includes Air NZ Seat & Bag flights, transfers, and 5 nights in a One Bedroom Lagoon View Villa with your own private pool, a bottle of wine, and beers plus a breakfast starter pack basket on arrival, free use of kayaks, stand up paddle boards & bikes, DVDs & CDs. Escape to an intimate and multiple award winning hideaway nestled on the best part of the stunning Titikaveka Lagoon. Indulge in the spacious and luxuriously appointed self-contained Villas, including your very own private pool. Swim and snorkel off their secluded beach.

As a self-employed local business owner, I support Waimauku's School, our Scouts, and the Lions club, and I just love being a part of our fantastic community. Tanya Franklin - The Travel Broker - A member of Helloworld, Waimauku. Email [tanya@ttb.co.nz](mailto:tanya@ttb.co.nz), phone 09 411 9105 or 021 254 9169.

## Self-healing - you can heal yourself

We often do things for other people, but wouldn't it be nice if we could do something nice for ourselves without having someone else do it for us. One way we can do something special for ourselves is to learn the Healing Art of Reiki.

Reiki is one of the tools that you can use to recharge your batteries and give yourself the opportunity to heal yourself.

Learning Reiki with Astramana™ Healing Services, you will learn self-healing. This is taught during our level 1 class. We spend time learning and practising self-healing.

We, at Astramana™ Healing Services have the following saying, "How can you heal someone else, if you can't heal yourself"! You owe it to yourself to show yourself love and to remove some of the excess baggage you may be carrying and one of the easiest and best ways is through self-healing.

Another tool to heal yourself is through self-hypnosis. There are many things you can do with self-hypnosis: better sleep, feeling more energetic, and increase self-esteem.





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# Area Columnists

Astramana™ Healing Services, was founded by International Reiki Master-Teacher and Hypnotist Jason Mackenzie. Having practised and taught Reiki here in New Zealand and internationally for over 20 years, Jason would like to introduce you to self-healing using Reiki. Regular classes are available for those who wish to learn and a mobile service is available for those who wish to receive a treatment. Check out our website: [www.astramana.com](http://www.astramana.com) or email [astramana@gmail.com](mailto:astramana@gmail.com) with any questions or to find out when our next workshop is. Remember you owe it to yourself to look after yourself and be fully recharged.

## RIVAL Wealth

RIVAL Wealth is an award-winning financial advice business who began in 2008 during the Global Financial Crisis. Our name means to encourage people to 'challenge' their financial positions and make better financial decisions.



With over 3,000 clients nationwide and managing \$350 million of investment funds under advice, expanding into New Zealand's largest city was a logical next step. We have recently opened an office in Auckland, bringing our team of advisers to 9 with 11 support staff.

While some people think financial advice is expensive, it's quite the opposite with us. Local Financial Adviser, Daryl Buckingham offers a no charge financial review for local residents in Kumeu, Waimauku, Riverhead, Coatesville and surrounding areas.

At a time when property prices are at all-time highs and bank deposits are at all-time lows, we are seeing a huge demand from people wondering what to do next. This is how we can help, with quality advice.

## Chris Penk MP

First, thanks to everyone who has been in touch with positive feedback on the "shovel ready" protest that we held last month. I was grateful to Kumeu Courier for its coverage of the event.

A few people told me that it was the first protest type of event they'd ever attended, as a measure of how upset they're feeling about the lack of action and investment here in the northwest.

I had a "d  j   vu" feeling recently when I was told by another group of people that they're also not usually the protesting kind. These separate but similar conversations took place at the "Groundswell" protest events of last week.

I joined various farmers and their supporters in Helensville and we travelled together in convoy to Orewa. At that same site we were joined by others who had made the equivalent trip from Wellsford. Across the country similar movements were taking place.

Again, these are not in the category of person who relishes making



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Our friendly investment team work closely with you and you deal directly with the people who make the investment decisions.



**Daryl Buckingham**  
Local Financial Adviser, Waimauku

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# Area Columnists

placards, chanting slogans, tooting horns and generally making a fuss.

Most people are too busy most of the time living their lives to be highly engaged with politics, which is fair enough and in fact much more healthy than the alternative.

Farmers and friends turned out in numbers, however, to make clear their displeasure at a number of changes that affect their ability to provide for themselves and their fellow Kiwis. I should probably add "the world", as New Zealand primary producers feed many overseas. The fact that Kiwi farmers manage to produce in a more environmentally friendly way than their foreign counterparts shows clearly that we should support them for the sake of the planet, as well as patriotism.

Without getting into the detail of the particular policies, I think it's worth recalling that Wellington shouldn't bite the hand that literally feeds us all.

To be clear, I support our rural communities to keep producing the food and fibre that we need to sustain us, especially when so many are working hard to do that in an environmentally responsible way.

## New personal driving service

Getting out and about and doing the things you have always done is an important part of keeping independent. Freedom Drivers Hobsonville, run by long-time local Paul Miller, offers a safe, trustworthy and caring service that is about a lot more than just transport.



"We love to support the local community and our service is designed to provide personalised transport and assistance to anyone needing a bit of extra help getting from A to B. We specialise in driving seniors and trips cover a wide range of outings including the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two," says Paul.

"Travelling with Freedom is like riding with a trusted friend or family and you'll build a relationship with a very small team of drivers who you will get to know and trust," he adds.

Freedom prices are competitive and comparable to (and often less) than other options or standard taxi services. Our service is highly personalised with a convenient pick up and drop off at your door. We always escort you to the car and to your destination and we always go 'the extra mile'. We take Total Mobility cards (TM) and we are ACC Registered Vendors. Drivers are fully licensed and NZ Police checked for your protection.

Our service is pre-booked and pre-quoted. To find out more please

give Paul a ring on 09 302 2377 or 022 475 7187.

## Phelan's Local Board update

The past year has had its share of challenges and uncertainty with the grip COVID-19 has had on the world, and the different ways that has impacted us all.

Auckland Council was hit hard financially, and implemented an Emergency Budget to respond to its financial shortfall. Tough choices had to be made, and ultimately activities that should have progressed during the year had to be deferred.

No-one was immune from that reality, and in Rodney we simply couldn't achieve the level of activity we would have achieved in previous years. But when we reflect on the achievements of the year, I am still extremely heartened by what we've delivered as a local board, as well as the larger, multi-year projects we've started or progressed. Our local parks and community facilities, and protecting and enhancing our environment are at the heart of the work of the local board, and much progress has been achieved. A snapshot, but by no means the entire picture, of the achievements of the past year include:

- Delivering another successful year with the Rodney Healthy Harbours and Waterways Fund, which provides match-funding for landowners, community groups and iwi, with the aim of enhancing waterways through riparian planting and fencing. The fund was once again fully subscribed.
- We have delivered on the Rodney Transport Targeted Rate Program, and early next year Auckland Transport will take over the Wellsford to Warkworth, and Riverhead / Coatesville bus services, and we have increased the Helensville to Silverdale service to hourly to try and increase users. Construction starts soon on a number of footpaths from Wellsford to Riverhead. None of these things would have happened without us taking control of our issues and bringing forward investment by decades.
- A successful trial of the Forestry Ambassadors Programme - a new initiative which works with forestry block owners to provide materials and education on best practice to reduce sediment run-off into local waterways, and engages industry and stakeholders to help ensure sustainable harvests and reduce incidents of pollution. This programme received much positive feedback from stakeholders, and will continue into the coming year.
- Key renewal work was completed, including the renewal of the Kumeu Library which was in need of watertightness work.
- We continued our investment in town centres. In Helensville our focus has been on improving the streetscape, with improvements to street furniture and the planting of native trees along Commercial

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# Area Columnists

Road. This work will continue in the new financial year from July

- A series of site assessments were completed in Green Road Park which have informed our programme of work for the coming year as we work towards the goal of opening the park to the public.
- We funded activation work in the Huapai Hub, develop community initiatives that bring people together, and create spaces that are vibrant and enjoyable for residents. This project will be finished in the coming year.
- We renewed the playground in Merlot Heights, Huapai, with work underway to renew and install many more playgrounds across the Rodney Local Board area, including Huapai and Riverhead.
- We also completed the renewal of the sports fields, toilets and changing rooms at Rautawhiri Park.

Local board funding has also supported significant environmental work to be carried out throughout the year, with a total of 40 community group-led projects, and eight school-led projects working with us to support environmental outcomes in local parks across Rodney.

We are grateful to our community volunteers who have continued to strive for progress during a challenging year. This includes community members who give their time to organise events and activities that bring people together. A number of our annual community events that the local board supports had to be re-scheduled or re-invented to withstand the potential impacts of COVID-19. This included a number of the annual Christmas Parades that bring together the people of our towns and villages.

Our volunteers are a testament to our community, and demonstrate our ability to withstand challenges and achieve strong outcomes when we work together. These partnerships are greatly valued by the local board.

As we end the year, Auckland Council has confirmed its Recovery Budget for the coming year. It will continue to be challenging for some time, but we look forward to the year ahead, and to continue building on what we are achieving in Rodney.

I pledged at the beginning of the term to push for resolution of the Local Government Commission recommendations. The Local Board now has all its business meetings in Rodney and I anticipate this year we will be in a position to announce a base for the Local Board in Rodney along with dedicated meeting spaces, and vastly improved engagement with Auckland Transport.

It's worth reminding people about what we do and don't do. We don't decide the level of rates or have any control over things like transport budgets beyond our targeted rate, these are the responsibility of Councillors. Our primary role is to manage and develop local parks and community facilities and plan for the future at a very local level. Phelan Pirrie - Rodney Local Board Chair.

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