

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

**EVENTS AND UPDATES
DELIVERING CARE**

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

LIONS' CHRISTMAS CHEER DRIVE

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December 2021



Greetings

Merry Christmas – I hope.

This one's shaping up to be a "COVID Christmas". We couldn't get to a single Christmas parade or event as all were cancelled due to the uncertainty. And the last-minute shopping rush could be a nightmare with businesses barely open and not much stock apparent in some shops, especially supermarkets which seemed short on many items in the lead-up.

Christmas lights were in big demand. I'm not surprised as people need cheering up and the lights we got before don't seem to last very long.

I'm even wondering if some of our favourite restaurants and cafes will be fully open – we're all double vaxed and getting the certificates like My Vaccine Pass with its QR code to prove it.

Guess we'll have to learn to live with masks, hand sanitising, social distancing and everything else that goes with this damned pandemic. I still go to shake hands and remember at the last second it's not quite the done thing anymore. Perhaps I should carry around some hand sanitiser just in case I forget.

I wonder if hand sanitiser would make a good Christmas present for someone? It's a struggle to find presents (and the money for them with prices up everywhere). So perhaps cash might be the Christmas gift instead?

And if you are buying Christmas gifts then please consider supporting our local shops. I'm looking forward to strawberries and ice-cream – locally bought, of course.

Which reminds me – will we still have to practise social distancing at the Christmas lunch?

I expect there will be a rush for the Auckland border if it opens as expected on Wednesday December 15.

Many Aucklanders will be wanting to get to their holiday destinations, especially with schools off from December 20 at the latest and resuming again next year between January 31 and February 8.

It seems like the youngsters have hardly been at school because of all the COVID restrictions.

I'm unsure how their learning has been impacted and whether they'll catch up – especially as the ones I know have been spending most of their home time on their devices and not that concerned with schooling (apart from wanting to see their friends).

So let's put this year behind us and look forward to the summer holidays.

Geoff Dobson, editor



What's inside

- 3** People & Places
- 8** North West Country
- 9** Safer Communities
- 10** Community News
- 12** Farewell 2021
- 14** In brief: Updates
- 16** Property News
- 18** Property Statistics
- 20** Property Market
- 24** Hot Property
- 26** Central's Tips
- 28** Home & Garden
- 30** Minor dwelling
- 32** Grout cleaning
- 34** Pets
- 36** Food & Beverage
- 38** Health & Beauty
- 40** Life must go on
- 42** Area Columnists
- 44** Local Board Update
- 46** Sayers Says It

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People & Places

Big line-up for 49th Auckland Folk Festival at Kumeu

More than 24 groups and musicians are among early announcements for the family-friendly Auckland Folk Festival line-up at the Kumeu Showgrounds during Auckland Anniversary Weekend, January 28-31.



The festival, renowned for being an all-inclusive celebration with a genre-bending 'folk' music line-up, is delighted to be presenting a much-needed, safe, 49th festival this summer with the big 50th beckoning in 2023, organisers say.

Spread across its six stages will be French for Rabbits, Wheel of Experience, Luke Thompson, Kerryn Fields, We Mavericks, Ida Lune, O & The Mo and The Swan Sisters - to name a few and with more to be announced.

"The 2022 Auckland Folk Festival is excited to be bringing people together to celebrate the return to live events and the ability to safely come together to collaborate, consume and congregate," organisers say.

"A further highlight this year will be the immersive experience in our Mill Stage with Songs from the Old Country - featuring performances from the Solomon Islands, Bulgaria, Iran and Serbia among others."

Wheel of Experience will perform old New Zealand songs on the festival's "Village Green", while visitors can check out the festival marketplace, food trucks, dance with their children, rest under the trees or watch a spontaneous dance display or jam.

"In the weird and difficult world we live in now, getting to programme an event to celebrate the folk community is fortunate," Artistic Director Finn McLennan-Elliott says.

"We're very excited about the artists we've lined up for our audience. Coming together in January will be a reward for a long and arduous end to 2021."

Whether festival-goers are dancing the night away in one of the Ceilidh, or a Balfolk ball, learning how to folk dance, enjoying a concert, participating in a workshop or sharing experiences with friends and family, there is something for everyone, organisers add.

The Kids Stage takes another step forward in 2022 with two guest artists, The Swan Sisters and Simon Stanley (from Nashville, Tennessee).

Children under 10 are entry free to the festival and organisers have a dedicated programme of music and workshops, including night time stories, a Kids Dance programme, kapa haka workshops and a parade.

All marquees are covered but open sided, the festival following Government advice and looking to implement a vaccine certificate requirement for all attendees, volunteers and contractors eligible for vaccination in line with the Government's requirements for all large-scale events throughout the country.

More than 3000 campers and visitors are expected during the three-day event.



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Tickets are on sale through Evenfinda and early bird tickets close December 31.

The festival programme will be released in January.

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

Photos: Steve Bone.

Lions' Christmas Cheer Drive

Huapai-Kumeu Lions aims to bring cheer to families in the community on Sunday December 12 from about 3.30pm with a 'Christmas Cheer Drive' around Huapai and Kumeu.



Car horns will be sounding and Christmas tunes playing as Lions traverse the streets seeking the donation of Christmas gift items for distribution to needy families in the community as identified by the Norwest Care Trust, which has the guiding principle "Me mahi tahi tatou mot e Oranga a te katoa - We must all work as one for the well-being of all".

Lions members hope for a generous response as they traverse the streets just 20 days before Christmas seeking items that could include Christmas gifts for children, canned or packet food items including pet food and toiletries, or other items that will bring cheer at a Christmas during a time of hardship for many families.

If people are not going to be at home on Sunday afternoon, donated items can be left by their mailbox for collection or dropped off outside the Lions' Den door at the Kumeu Community Centre.

People should also be on the look-out for Lions' Christmas Cheer donation boxes when they go shopping in the village.

Meanwhile, The Vintage Shop in the historic Pomona Hall next to the Kumeu Community Centre in Access Road has opened again for business with all its volunteer staff fully vaccinated.

A range of quality items are available at reasonable prices, many of appeal as Christmas gifts. Recent donations of jewellery, crockery, crystal and cutlery have added to the stock on display.

The Vintage Shop is a Huapai-Kumeu Lions fundraising project staffed by a group of dedicated volunteers who are knowledgeable about the value of vintage items.

The success of the shop depends on the donation of items from people who are often downsizing or wanting to quit unused items from storage cupboards or the mantelpiece.

People are welcome to browse or buy or donate items by visiting the shop from 11am to 3pm Tuesday to Friday and on Saturday from 10am to 1pm.

The Lions Club uses profit from The Vintage Shop to support worthwhile community projects, a current one assisting in funding an expansion to the Paediatric Intensive Care Unit at the Starship Children's Hospital.

Lions clubs throughout New Zealand are aiming to raise \$406,700 for this project.

Delivering care in COVID times

A parcel of essential and wellbeing items delivered with aroha and compassion may be just what the doctor orders if you or someone in your family tests positive for COVID-19.

The care packs are being made and distributed by Kindred Family Services, with funding supplied by the Ministry for Social Development.

Each box contains essential items to help when people are at home, recovering from COVID and unable to head out, including things like paracetamol, vapor rub, lozenges, hand sanitiser, tissues, honey, wheat packs, wellbeing cards and boredom busters like playing cards and activity packs for children.

Katie, pictured, is coordinating the project for Kindred Family Services. She says it's been a great way to focus her energies while her face-to-face work with clients has quietened down.

"It's been a really lovely project to be involved with because as well as the obvious kindness these packs will deliver for people who'll be at a really low ebb, stuck at home with COVID, it's also been a great way to give a boost to so many local businesses who've been doing it really tough."

Katie says many of the suppliers have topped up with donations, samples or discounts where they can.

"There's a really nice sense of community about it," she says. "When I've approached the business owners who had had their doors shut for so many weeks during lockdown they were thrilled to find a way to give back and provide their services."

Katie says it's difficult to know what the demand will be, but as Auckland and the rest of the country transitions to the traffic light system of managing COVID it's likely there'll be an increased need



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as cases continue to spread.

"We know COVID is in our community, so what's really important is making sure those people don't feel isolated even when they are in isolation, and instead they feel looked after and thought about."

Anyone in need of a pack will be able to contact Katie directly on katie@kindredservices.org.nz, or phone 09 420 7992.

Local GPs will also be able to request packs on their patients' behalf.

Torque of the town

Check out what's "hot" at the Repco Kumeu Classic Car and Hot Rod Festival on January 14-16, 2022.

We have passes to give away (see our Facebook site for details) to one of few car shows running after a COVID interrupted year.

The popular event at the Kumeu Showgrounds features some top attractions such as former Crusty Demons riders in a Moto X Spectacular, a Friday night drive-in movie, car displays, nearly 200 trade stands, swap sites, retro caravans, entertainment, food and much more.

It could attract up to about 30,000 people and 3500 cars, co-organiser Ken Galvin of Kumeu saying they're going ahead with the show and will do what the Government requires on the day.

Much of the festival is outdoors on about the extensive grassed area, with some indoor displays including featured cars, model vehicles, and free-to-the public hair and make-up treatments.

The Jack Daniels National BBQ Championships will see cooks competing and offering food to the public, while an American car can be won in a fundraising raffle organised by the Westpac Rescue Helicopter team.

Sponsors such as Repco, Milwaukee Tools, Battery Town and others will have great deals available for visitors.

Dragster fire-ups and a junior dragster display are planned, and The Very Vintage Day Out at the Kumeu Showgrounds on February 11 and 12 will be promoted at the festival with a fancy-dress night, retro-style dress sewing, a cocktail bar and pageant.

Levi Sherwood, Nick Franklin and Jed Mildon are guest riders in the Moto X Spectacular, while various bands perform at the venue.

People can vote on Facebook for the Friday night drive-in movie



they want to see from the selections provided.

The 28th Repco Kumeu Classic Car and Hot Rod Festival is open from 1pm to 7pm on Friday January 14, 7am-6pm on Saturday January 15 and 8am-1pm on Sunday January 16.

Entry is \$20 adult with children under 12 free, and parking also free.

Alternative routes are planned to the show and traffic management will be in place to help avoid congestion.

Visit www.kumeuhotrod festival.co.nz for more information.

Appetite For Change For Local Foodbank

Every Tuesday morning there's a hive of activity at Te Whare Oranga o Parakai, the home of the Kai Collective Te Awaroa foodbank.

Masked and gloved volunteers are busy packing paper bags with an array of fresh produce, meat, cheese, milk, cereal, rice and pasta and to go with them, a recipe card with instructions to turn the ingredients into three nutritious meals for a family of four.

Behind the scenes are the many advocates from the various community organisations who refer their clients to the foodbank for support and who have been collectively running the Kai Collective since it started in the first Level 4 lockdown in March 2020.

Those agencies include Kindred Family Services, Te Ha Oranga, Outwest Youth, Parent Aid Northwest, South Kaipara Men's Centre, Kaipara College, the Helensville District Health Trust and the Angel Fund.

But as the community demand for food parcels has grown, so too has the operational needs of running the foodbank. As such, the Kai Collective Te Awaroa is now transitioning away from the collective of social service agencies to operate as its own Charitable Trust.

The South Kaipara Good Food Trust will be focused not only on providing emergency food to those in need through the Kai Collective, but also on networking and initiating other projects focused on food, with the view that no-one in South Kaipara should



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need to worry about where to get their next meal.

Ana Christmas, the Executive Director of Kindred Family Services which has acted as the fund and contract holder for the Kai Collective says, "to have a team of dedicated volunteers and staff solely focused on addressing the complex and challenging issues around food security will be hugely beneficial for our community."

Mike Bridgman, Chairman of the new South Kaipara Good Food Trust says many might remember being part of discussions in the first half of the year when a community consultation was carried out asking people what good food means to them and what the barriers are to accessing it.

"That consultation resulted in the creation of a South Kaipara Food Plan," he says, "and as we activate the ideas that came from that plan - things like an urban food forest, or a central food hub for people to meet, share and learn, we should, in time, see the demand for emergency food parcels come down as people learn to grow their own food security."

In the meantime, the Kai Collective Te Awaroa will continue to provide its much-needed service, which has seen demand spike over the recent weeks of lockdown in Auckland.

In the first week of August the Kai Collective distributed 52 parcels, but during the busiest week of Level 4 lockdown 92 parcels were given out to those in need, an increase of 76%.

Mike Bridgman says those involved in taking the Kai Collective Te Awaroa to its next stage recognise the contribution made by Kindred Family Services and all the other community partners which he says, "has been outstanding and exemplary, particularly within a COVID-19 environment."

For more information, please visit the South Kaipara Good Food website: www.skgf.org.nz.

People needed to help manage the Kumeu Community Centre

The Kumeu Community Centre Management Committee is desperately in need of new people to help in the centre's management.

Due to work commitments the Treasurer has resigned and two other members of the committee have also decided to finish serving on



the committee.

The Kumeu Community Centre in Access Road near the Kumeu Showgrounds is one of the few such facilities in the Auckland area that is not managed by the Auckland Council.

It is owned by the citizens of the area and all decisions are made by the local committee elected at an annual meeting.

There is an urgent need for people new to the area with an interest in the Kumeu Community Centre to offer their help in managing an asset worth several million dollars.

The Kumeu Community Centre is well used by a range of groups involved in sport or dance as well as one-off events like Book Fairs and concerts.

Anyone interested or who can suggest people who may be approached should contact the current Chairman Ian Blackwell on 021 127 2236, or Gary Moss on 09 412 7752.

Kumeu Christmas parade cancelled – again

COVID uncertainty has forced cancellation of the Kumeu Rotary Christmas Parade for the second successive year.

And this time a Christmas at the Showgrounds event at the Kumeu Showgrounds won't be held either.

The popular parade along Main Road (State Highway 16) through Huapai and Kumeu is usually held near the first Friday in December (December 3 this time) but co-organiser Dale Wallace says it's now planned for the end of next year.

She says the cancellation is very upsetting, especially as children will have missed the opportunity to participate in the parade two years running.

But Dale says uncertainty around gatherings under COVID-19 pandemic restrictions and the Government's change of tack towards a 'traffic light system' for handling the Delta variant outbreak mean parade organisers cannot ensure complete safety around both events.

The Christmas at the Showgrounds gala which replaced last year's parade and included school performances, food trucks, a market, and a visit from Santa won't be held this time after a survey revealed



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most respondents still wanted a parade.

"Many people put great effort into making their floats," says Dale, adding the parade takes nearly a year of organising by a small group of volunteers.

She praises the support of many, including the Auckland Council events manager, the Rodney Local Board, Traffix NZ which works on road closures around the parade, people who sent in entries, the Kumeu Showgrounds, and others involved.

"This community event is worth continuing to run - hopefully, we can try again next year."

Flood follow-up

By Kumeu Community Action chair Guy Wishart

Kumeu Community Action (aka the Kumeu-Huapai Residents and Ratepayers Association) is tracking the developments in the wake of the late August flooding event.

Those affected know that the insurance claims have generally been settled slowly and many are still in the process of being finalised.

The cost to urban and residential property has been significant, as it has been to many Kumeu-Huapai businesses. Add COVID-19 restrictions to this and it becomes a perfect storm.

The Rodney Local Board has told us they are working to get funding in two main areas initially. Firstly, they are asking for an early warning system for the area to give farmers, lifestyle block owners, residences and businesses some time to protect stock, pets, vehicles, contents and lives.

On the night of the flood, the Waitakere township rainfall gauge stopped sending continuous data at about 82mm and didn't send anymore for three days.

Piha rangers' hut data continued on through the night recording over 200mm in about 14 hours. The Maddren rain gauge recorded about 100mm during the night of August 30-31.

The issue here is that we need reliable, well positioned rain gauges that are sending continuous data so urgent warnings can be sent to the communities in the path of the flood waters.

Knowing the rainfall doesn't tell you the height of major streams and rivers to build a picture of the event. Readings at Waitakere, Taupaki and Kumeu would seem to be essential along with the Waitakere gauge being made more robust.



Secondly, the local board has indicated they are asking Auckland Emergency Management to develop an emergency plan for the Kumeu and Huapai townships in particular. This would have been so useful to have on that late August evening.

Healthy Waters is part of Auckland Council and has responsibility for the safety of water courses in Auckland. They state that 16% of Auckland is covered by floodplains, with 26% of houses built on overland flow paths, 10% of buildings being on floodplains and 3% predicted to flood during extreme events.

Their staff have been clearing the river between Waimauku and Taupaki over the last few months. This has ranged from draglines to clear obstructions to dealing with trees that are obstructing the flow of water.

The community is rightly concerned about the potential for a repeat event and wants Healthy Waters (Auckland Council) to do the work required to reduce the risks and losses to the community in the future.

For this to happen the community needs to understand its role as well. Landowners may need to allow Healthy Waters to have access to their streams and drains to allow assessments and work to be done. Property owners with watercourses running through their land are required by section 511 of the Local Government Act 1974 to keep their watercourses clear of blockages and obstructions which, if not done, can worsen flooding.

A flood of the magnitude we recently experienced will always cause some damage.

But if many of us are to continue living on the Taupaki-Kumeu-Waimauku-Helensville flood plain we will all need to do our part in keeping as much water in the streams and rivers as possible.

We can do this by clearing our drains and watercourses of obstructions and making sure we are not narrowing or diverting watercourses, to the detriment of others in our community.

Please consider joining Kumeu Community Action by visiting our website and pressing on the membership tab.

Public meetings will resume in the New Year.

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KC Fit's Kirstyn Campbell in the running for awards



Kumeu's Kirstyn Campbell has been named one of four finalists for Educator of the Year in the New Zealand Exercise Industry Awards for educating mums and health and fitness professionals.

Kirstyn has worked in the fitness industry for seven years and is the founder of KC Fit and KC Fit @ Home and is a mums' fitness specialist in pregnancy, postnatal and pelvic floor safe exercise. The New Zealand Exercise Industry Awards are held each year by Exercise New Zealand - the fitness industry's peak body - and this year's winners are scheduled to be announced late December.

Nominations, submissions, judging, and the awards ceremony are online due to COVID-19 restrictions, the awards attracting 800 nominations nationwide across 18 categories.

Kirstyn created KC Fit both as in person classes and as an online video format, to be an authentic place for health and fitness professionals and mums to learn how to teach and exercise well for the female body throughout pregnancy, returning after childbirth, postnatal and beyond.

"Both health professionals and mums tell me they wish they'd known about this stuff sooner," says Kirstyn who adds there's a general lack of awareness.

With one in four Kiwis reporting that leaking wees affects their participation in sport and going to the gym, she's eager to continue to educate that they don't need to put up with it and can get help.

Mother-of-two Kirstyn says: "After injuring my deep core muscles (separating my abs and weakening my pelvic floor) seven years after giving birth through 'generic' core exercise, I heavily upskilled and completely pivoted my business to train women the way they need to be trained.

"I started writing courses and workshops for fellow trainers working with mums, because we're not taught this stuff when we get qualified."

Kirstyn is honoured to be recognised by the peak body for fitness in New Zealand and says she's

determined to continue to provide the industry with the highest quality education and training services possible.

She is committed to upholding the highest professional development standards through her courses: Sub30 Core Restore, Pelvic Floor Essentials for Fitness Professionals and Pre, Postnatal & Pelvic Floor for Fitness Professionals.

Kirstyn has worked with the NZ Defence Force, physiotherapists, osteopaths, massage therapists, F45, CrossFit, and personal trainers to help them change the way they treat their female clients.

If you've heard her talk, you'll know that Kirstyn is very passionate and knowledgeable about how to train women in keeping their knickers dry.

Her signature programmes Sneeze without Wees, KC Fit Core Restore, Tight Mummy Tummy & Bits and Pelvic Floor Cheat Sheet have already changed hundreds of mums lives directly, let alone the hundreds of trainers she has educated who have gone on to positively impact their communities.

"Education and commitment to self-improvement are keys to my success," Kirstyn says.

"The more I learn both in further education and working closely with pelvic floor physiotherapists, the more determined I become to deliver the best services to my clients and help others in the industry be the best trainers and health professionals they could be."

Shop local this Christmas

"Shop local" is what North West Country Business Association Chair Mark Dennis encourages people to do this Christmas.

"With the festive season on the horizon you can almost hear Santa's bells and we are all rushing to get our Christmas shopping done early to avoid the dreaded queues and packed shops, now more than ever," he says.

"Wearing masks, scanning-in and social distancing while fighting for car parks and waiting in line once you get to your destination isn't what any of us want to do this year.

"Unfortunately, this will be a festive season with the uninvited guest being COVID-19, but as we inch towards higher vaccination rates, this will still be a great time of year so get out and spend some money and enjoy yourself!"

Mark says so much of our Christmas shopping can



be done locally and with smaller queues, easier parking and far less drama.

"It is the safer way to shop this year, and more and more of our local stores are online with superfast delivery," he explains, adding that it has been really tough for local businesses lately with the strict COVID restrictions followed by the devastating floods.

"So if you can redirect any of your Christmas spending to a local shop or service provider it will be really appreciated and will make a real difference to our local COVID-19 recovery."

The Government has promised that Auckland will be open for Christmas, "which is something we have had our fingers crossed for, but we have yet to see what that will look like in detail", Mark says.

"What we do know is that it will all rely on a good vaccination rate," with Kumeu near the 90% fully vaccinated goal and ranked in the top 42% of suburbs in New Zealand for double jabs.

"That is something to be really excited about and shows that as a community we are doing our part to fight COVID-19, so thank you to everyone that has rolled up their sleeves and done their part."

Mark says that under the new traffic light system, many businesses will soon require you to show your vaccine certificate, either printed or on your phone.

"I just got mine and, trust me, it is really easy," he says. "Once you have sorted your login details it only takes a minute and you will have it emailed to you instantly.

"Take some time and get this sorted so you aren't caught out if you are asked for it next time you are out and about. Just Google 'My COVID Record' and follow the link on the Ministry of Health website."

While Mark says it was disappointing to learn both the Kumeu and Helensville Christmas parades were canned this year due to COVID-19 uncertainty and risks, the North West Country Business Association is excited to announce it has ordered an additional 4.5-metre tall Christmas tree to be placed in the Kaukapakapa township to go alongside the other giant trees in Kumeu and Helensville to help create some much needed festive cheer for the district.

"On behalf of North West Country and all our members I would like to wish everyone a fantastic Christmas season," Mark says.

"We have all worked hard to get here so make sure you enjoy yourself and stay safe."

New Zealand moves into the COVID-19 Protection Framework at 11.59pm on Thursday December 2, making Friday December 3 the first day the traffic light system will be operational.

Businesses and other organisations are being informed how they will operate in each traffic light setting.

Vaccine passes will be required at places like bars, gyms and restaurants, so people are urged to download their Vaccine Pass now.

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 RINGS WAIMAUKU MECHANIC COFFEE GYMS WWW.NORTHWESTCOUNTRY.CO.NZ HUAPAI PASTRIES FOOD PROCESSING
 S LAWNMOWERS HELENSVILLE GARDEN CENTRE S RIVERHEAD CAR HIRE PIZZA PICTURE FRAMING GIFTWARE HUAPAI
 ENT HIRE PARAKAI HOT POOLS OPTICIAN MORTGAGERS HUAPAI ELECTRICIAN VEGETABLES PRINTING GLASS CUTTING KUMEU
 TANT YOGA STORAGE MORTGAGAGE BROKERS WAIPARA COLLECTION HUAPAI ELECTRICIAN VEGETABLES PRINTING GLASS CUTTING KUMEU
 RY CONSTRUCTION HAIRDRESSING PARAKAI BEER LAWYER HAIRDRESSING PIES TYRES RIVERHEAD BURGERS ANIMAL FEED VETS
 VILLE FILM STUDIOS KEBABS ENGINEERINGS WAIMAUKU MECHANIC COFFEE GYMS KAUKAPAKAPA PETROL FISH N' CHIPS EQUESTRIAN

Safer Communities



Fire Safety

Christmas is a time of giving and joy, not a time of loss and not a time of tragedy.

Beware the multi-plug cluster this season. When the weather is hot and the power usage through devices is increased your cords and multi-plugs get hot and can create an electrical malfunction or a melt-down. Ensure you follow the simple rule of one multi-plug per wall plug. This will reduce the likelihood of overloading.

Over Christmas, we have extra cars on the road, extra people on the beaches and many boats out on the water. It is a time to be extra vigilant and take some extra time to check your equipment and some extra time to get to your destination. Look out for others and don't react to the few idiots that don't follow the rules.

Your better to take a breath than to take matters into your own hands. And on that note, it has been a very disconnected year for Brigade members and I wish all



Fire and Emergency volunteers the very best Christmas and thank you for your patience and understanding this year. Roll on 2022 when we can get some normality back.

Until then, we wish you and yours the very best for the festive season.



Graham McIntyre

Chief Fire Officer
Waitakere Fire Brigade
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Community News

Tender loving care and education at Taupaki Kindergarten

Due to a large cohort of children leaving us after 3 enjoyable years to head off to school, Taupaki Kindergarten (situated next to Taupaki School on Cottle Road), will have room to enrol more 2-5 year olds from Term 1, 2022. The 20 hours ECE centres offer to children aged 3-5 is extended by AKA (Auckland Kindergarten Association) and therefore this subsidy also covers 2 year olds at Taupaki Kindergarten.



If a small, rural, nurturing setting is what you seek, come take a look at us. With a maximum of 30 children for the morning and 20 for the afternoon, we have a warm and cosy feel.

We have a fabulous relationship with the school next door and have an excellent transition to school programme encompassing classroom visits as well as library, hall and playground visits.

We value kindness, creativity and ways to build self-confidence. We believe friendships are an essential part of the early years and we enjoy helping children grow their social connections. Our bi-cultural curriculum is evident in our focus on sustainability, natural resources and our manakitanga when welcoming visitors.

At Taupaki Kindergarten we enjoy a strong sense of community. We have an open door policy and we actively seek parent viewpoints, participation and sharing of cultural values. Community-focused, combined with a strong history of nurturing the young children of the North West means we have second generation children coming through our doors - which we love.

We have some Kindy pets, as well as enjoying watching the variety of animals who frequent the farm next door. Very steady teaching team who embrace nature, fun and finding engaging ways to learn with passion.

We would love to show you our wonderful Kindergarten. Please contact us on 09 8109005 or email at Taupaki@aka.org.nz.

St Chad's Church

It would have been lovely to write and give definitive information about all the Christmas events at St Chad's but, as with most of the latter half of 2021 there are lots of 'ifs' and 'buts' and 'maybes'. However, there are a few things of which we can be certain. We will host the following services:-



On Christmas Eve at 7.00pm a service of 9 Lessons and Carols, with a chance for you to listen to some Carols and to join in singing some favourites.

On Christmas Day we will have a Family Worship at 10.00am to which everyone will be very welcome

What we don't know is whether we will be able to gather together at St Chad's or whether these will have to be online events. We will have to wait for decisions to be made by the government and then the Auckland Diocese before we will know but hope that you can put the dates in your diaries and check out the website www.saintchadshuapai.com nearer the time.

Wanted: Quality childcare

At A Child's Place we pride ourselves on our low ratios. Research shows that children who are cared for in ECE settings with lower child-staff ratios receive more stimulating and responsive care.

Relationship is key to our philosophy it is a matter of life to a child. Our settling in processes are such that all our families are amazed at how quickly their children are happy to leave them in the mornings.

If you are looking for that special 'home away from home' then look no



Kumeu



Village Kindergarten

Looking for exceptional childcare & learning opportunities for your child? Talk to us.

We offer sessional and day care options for 2 – 5 year olds, Monday to Friday 8am to 4.30pm. 20 ECE hours available. Our dedicated, highly experienced teachers, strong focus on literacy and numeracy skills will give your child the best start to meet their future learning needs. Come and see us or give us a call to find out how we can help.

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Community News

further. We offer authentic teaching practices with large play areas, uninterrupted play, partnership in learning and a range of sessions for your infant, toddler or preschooler.

You will find us at 1A Tapu Road, Huapai, contact us for more info on 09 412 8117 or visit us at www.achildsplace.co.nz. We would love to hear your aspirations and hopes for your child.

Kaukapakapa Village Market

Sunday 19 December 8.30am to 1pm. A great opportunity to buy local this Christmas with loads of unique gift ideas from our craft and gift stall holders, as well as fresh produce, artisan food & preserves, plants, books, cakes, doughnuts, coffee and much more. Great entertainment and music plus Santa and his elves will be visiting.



Our first market of 2022 is on Sunday 16 January - a great way to spend a relaxing holiday morning, plenty of quality stalls, preserves, food, coffee, fresh local produce, live music and much more.

Wishing you all a very Merry Christmas and a happy 2022.

In these uncertain times please check nearer the dates to make sure we have not been cancelled or postponed Sarah 027 483 1542 or email sarah1@maxnet.co.nz or FB @kaukapakapavillagemarket

The Mobile Car Specialists

Here we are again... facing another end of year with the jolly fat man, and a hot Kiwi Xmas summer. Oh dear... what interesting times we live in.



To all our customers over the past few years - THANK YOU. We truly appreciate your business and your trust in us.

To everyone reading this - enjoy this time with family and friends and loved ones. And choose to be free. See you in 2022.

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Scouts

As we head into the summer holidays, I usually reflect on all the wonderful things that the Scouts have achieved over the last 12 months and look forward to the summer events ahead such as camps and regattas. Sadly, most of the summer events are now cancelled as we look at the uncertainty around the coming months.



Scouts Aotearoa have embraced the lock down challenges well and have provided lock down activities the youth can do at home and have also provided weekly Scouting from Home programmes to help keep the youth engaged.

This is obviously a difficult challenge for any sporting organisation such as Scouting, but one the organisation is embracing well.

In 2022 we will see the introduction of Digital Scouting. A 100% online scouting group to accommodate young people who are not able to attend physical scouting for various reasons eg. They are immunocompromised, neuro diverse, restricted by the location etc.

The Digital Scouting Group is by no means a replacement to physical Scouting and with 8 groups in the Waitoru Zone, access to a local Scout Group is fairly easy for most families, but gives families more options to be part of the country's largest youth organisation.

Physical or hall-based Scouting is still a very important part of Scouts Aotearoa, as it gives youth the chance to try new and interesting things.

The list is very long on what youth can achieve at Scouts and the wide range of experiences they encounter during their Scouting journey cannot be matched by any other organisation. Whether it's camping in the rain, flying planes, sailing against each other, swimming, caving, photography and having lots of fun and making new friends.

Conservation is also a very big part of Scouts, and was wonderful to see Kate Middleton and Prince William attend COP26 last month where they got their hands dirty helping Scouts plant seed bombs. Kate is joint president of Scouts UK and wore a scout scarf tied with

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Community News

the friendship knot.

I liked to wish everyone a wonderful and safe Christmas break and hope to see lots of youth taking up the Scout challenge in 2022 and learn skills that they will use for the rest of their lives.

Craig Paltridge Waitoru Zone Leader. Email me @ zl.waitoru@zone.scouts.nz.

Farewell 2021 and welcome 2022

What an interesting year we have had in 2021. There have been a lot of changes and still some more changes and challenges ahead. Despite everything, let's try not to look at 2021 in a negative manner but instead try to look at the positive things that have come out of it.

The events of 2021 have given us the opportunity to take a good look at ourselves and some of us have started to bring changes into our lives such as studying, working from home, spending more time with our family, taken up new hobbies, travelling around New Zealand when permitted, but more importantly, taken time out for ourselves to self analyse and see what changes we need to make to enhance our lives.

What will 2022 bring? That's a good question, we can only hope that it will be an easier year than the past couple of years. It can be a year where we can continue any new habits we have developed and look towards any opportunities to learn new things and have new experiences.



Astramana™ Healing Services can help you move into the new year by offering you the opportunity to learn new skills such as Reiki, this will help you to give back to yourself and also to help others, maybe an opportunity to set up your own business. Learning Reiki is great for those who are massage therapists and anyone who has interest in Energy Healing. For those that are curious to look into the future we offer Tarot readings. And to those who want to explore and heal the past, why not try a Past Life Regression or even a Life between Lives Regression. If you have a fear or phobia, such as flying, spiders etc, why not try Hypnosis to overcome that fear or phobia? Let's make 2022 a positive year for all!

We have some new exciting services and courses that will be available to you in 2022.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher and Clairvoyant & Tarot Reader Jason Mackenzie. Please visit our website: www.astramana.com or email astramana@gmail.com with any questions or to book a session, workshop or a New Year's Tarot reading.

We look forward to working with you and we wish you all a very Merry Christmas and Happy Holidays, all the best for 2022 and we look forward to welcoming back our current clients and look forward to meeting our future clients in 2022.

From the Garden to the Table

At Nature's Explorers kindergarten we believe in providing a sustainable environment for our tamariki to learn and develop in. An example of this, is recently we planted our garden beds with a variety of different vegetables and fruit; including lettuce, silverbeet and tomatoes. Our tamariki had the opportunity to be involved in planting, then they took part nurturing these seedlings as they watered them every day, utilising the water from our mini water tank, (containing rain water).



Within a couple of weeks our mini crop was ready to be picked, the children were shown how to do this carefully. The next day we organised a special lunch-time activity where our tamariki were able to make their own sandwiches, using the lettuces they had collected the day before. With guidance from their Kaiako (teacher), they made a tasty healthy sandwich. This experience not only exposes our tamariki to sustainable practices, it encourages them to take an important role of responsibility, as they learn the process of growing their own veges and fruit. They also develop confidence in themselves, as they experience enjoying the end result of this process, as they taste test the food they have



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Community News

grown. We look forward to organising another Garden to the table experience very soon ...

If you are interested in joining our Nature's Explorers family please contact Ange on 09 412 8800 or email office.kindergarten@xtra.co.nz.

Kumeu Library

Christmas is coming at Kumeu Library. Even though there has been a considerable amount of disruption to our services over the last year, we are still planning to celebrate the season as much as we can, starting with our Christmas tree, which has a Wizard of Oz theme for 2021 - make sure to come in and have a look while it's up. Auckland Libraries has a huge range of material to give you inspiration for your own Christmas celebrations - from home-made gift ideas, to decorating, and (of course) recipes for your feast - you'll need to get in early for the best selection. We also have Christmas picture books, DVDs and stories for children, to get them in the mood.

December also brings the summer school holidays, and Auckland Libraries is once again running its popular summer reading programme - this time it's online. We all know how important it is to maintain the habit of reading over the summer school holidays, and our summer reading programme gives you heaps of ideas and resources. Using the Beanstack app or website, there are two Te Ara

Poutama/Level Up challenges: one for tamariki aged 5 to 12 and the other for teens aged 13 to 18. The Te Ara Poutama/Level Up Beanstack challenge will have six activity badges and daily reading badges to be earned. Each badge will have a choice of six activities, and only one needs to be completed to earn the badge. Download the Beanstack app from the app store or go to the website, and sign up for the Auckland Libraries' summer reading programme, which runs from Monday 13 December to Friday 28 January. At the time of writing it is unclear whether we will be able to run our popular free in-library events over the summer, but we will be updating our Facebook page with information as we plan - you can follow us on www.facebook.com/kumeulibrary to keep up to date with changes, events and library news.

For those not wanting to spend a lot of time at the library, we have Ready-to-Read packs made-up and ready for you to check out and take away. Each pack has five books from a specific genre (eg crime, romance, historical) chosen by the Kumeu Library staff - you can also ask us to make up a pack to suit you if one isn't already available.

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

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In Brief

Happy Halloween from Craigweil House

Ghouls, monsters, and witches haunted Craigweil House on Halloween as residents dressed up to celebrate the ominous occasion.

Craigweil House has been having a Halloween party annually for a few years now. The dress-ups create a lot of laughter and banter, and this year was no exception.



The wonderful catering team also made a special Halloween cake decorated with jack-o'-lanterns, spiders, bats and haunted houses.

Trick or treating (especially at Shelly Beach), Halloween parties and watching scary movies - Halloween is slowly catching on in New Zealand.

Hopefully, local families will be able to get out trick or treating and have a great Halloween next year.

Pictured above: Norah and Elaine hold black and orange signs saying 'Happy Halloween' to the community from Craigweil House.

Marja Lubeck Announces Youth MP for 2022

"I am excited to announce that my Youth Member of Parliament for 2022 is Rodney College student, and Kaipara ki Mahurangi local, Will Heron", said Marja Lubeck, Labour List MP based in Kaipara ki Mahurangi.

"Will Heron (they/them) has been keen on politics since a young age. Earlier this year, Will organised a protest against the Dome Valley landfill, and they have been coordinating queer spaces and LGBTQ+ resources at Rodney College. They are an impressive young person that will be a great representative for our community, and a voice for young people across New Zealand. I am delighted that Will has agreed to be my Youth MP for 2022."



Will, along with the other members of 2022 Youth Parliament, will be taking part in a comprehensive programme, designed to provide young people from around Aotearoa New Zealand with an opportunity to advocate on what is important to them, and for Youth MPs to actively work on topics and issues that they are passionate about.

"In their application, Will had a particular interest in bringing LGBTQ+, Māori/Pasifika and mental health services to more rural communities, such as Te Tai Tokerau and Rodney. This dedication to access of information and services, and a firm belief in equity will serve Will and Kaipara ki Mahurangi well." Marja said.

Youth Parliament 2022 consists of a six-month community-based tenure, including a two-day event in July at Parliament, where the Youth MP's will experience all aspects of Parliament, from Question Time to Select Committees to debates in the House.

"I cannot wait to see what Will accomplishes, both in Youth Parliament and beyond" Marja said.

Happy with what you've bought lately?

Remember the Consumer Guarantees Act if you buy something which hasn't turned out like you expected.

Clients continue to contact our Citizens Advice Bureau Helensville office particularly online, by email or phone when we're in lockdown.

One resident needed advice about a leaking mobile weed sprayer he bought from a north-west retailer. After researching and explaining all his inquiries, he received our information to take with him to the store.

This gave him reassurance that his complaint was "not just about being picky" but as a customer he should have a quality product which does the job.

CAB Helensville volunteer Rani Timoti of Muriwai says often people don't return items as they don't want "to be a bother", they "only spent this amount", "the store won't believe me" or "I bought it a while ago."

"But there are options when something goes wrong with those items which are specifically for personal, domestic or household use," she



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In Brief

says. "This client's purchase was not fit for its purpose and he was rapt when he saw how the CGA protected him."

The CAB website is easy to use and access with related links to your questions.

"I just love it when we can help people with things they didn't know and now they're empowered to actually return a product or ask for a refund. Now that may seem a little thing for some, but it actually takes courage and confidence for others. When they have CAB backing- it's usually a positive outcome and the client learns from it," Rani says.

Email our office at helensville@cab.org.nz or phone 09 420 7162 for more information.

Fun ways to keep your brain active

There has been a bit of press recently about dementia/Alzheimer's and how it can affect any one of us. Choosing a healthy lifestyle and keeping mentally and physically active are a few of the ways we can try to keep our brains healthy. Keeping ourselves socially connected is also very important. Puzzles, games and creative outlets are great ways to keep brains engaged and wonderful for uplifting spirits. Our website Mindjig, www.mindjig.co.nz has been created with this in mind. To enjoy with friends or alone, we have a range of games, puzzles and activities to suit all ages and abilities. We also have great products for seniors and those living with dementia. Feel free to get in touch with Jonathan or Julie via email at info@mindjig.co.nz or call 09 600 3251 or call/text 022 480 3022.

Kaukapakapa Historic Library

Sunday 19th December, 9am to 1pm.

Shop local and support the Te Awaroa, Helensville Museum.

Great Christmas Gift Ideas available at the library, including the just released 2022 Museum Calendar

'Men Came Voyaging' by the late Colleen Sheffield, a history of Te Awaroa, Helensville and the Southern Kaipara, which is still recognised as the definitive reference book.

'Pioneering Women of South Kaipara' details women and their families from Kaukapakapa through to Pitoitoti, Riverhead. A great insight into the life and times of women who 'cleared the way' for those who followed.



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Beautiful trays made from reclaimed kauri from the Te Awaroa Courthouse, which was built in 1865, and more....

Mask up, scan in, sanitise and help Santa socialise. Kaukapakapa Library open in conjunction with the Kaukapakapa Village Market. Contact Megan 021 959 017, threehorses@xtra.co.nz.

Leasing vs buying business equipment

The dilemma over whether to lease or buy equipment for running your business is a common one for business owners. As well as depreciation, maintenance costs and lease terms, there are three main things to consider:

1. What is your capital position? This can make your decision quite straight-forward. Surplus capital and a strong cashflow could make investing in buying your own equipment a good option. But if capital is stretched then leasing may make more sense.
2. Is this equipment for the short-term or long-term? Will it be fit for your future needs or is it in danger of wearing out or becoming obsolete, in which case leasing can be a better option.
3. Is your business focused more on growth or profitability? Businesses focused on growth and expansion should try to retain as much capital as possible and conserve cashflow, which means leasing equipment. But if profitability is more important, then purchasing equipment can allow you to lower operating costs to maximise gross profit.

The friendly UHY Haines Norton Kumeu team can help you decide whether leasing or buying equipment is the better financial option, both for your current situation and the future. For this and all your accounting needs contact them on 09 412 9853 or email kumeu@uhyhn.co.nz.



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Property

Property market report

The housing market is vulnerable to a correction however the very strong labour market, and high new-house pricing is expected to prevent housing from going into a downwards spiral. The latest national price movement show a consistent 2.3% month on month lift in national house prices, however annual house price inflation is now easing. On a three-month moving average basis, annual house price inflation slowed 0.2%pts to 30.3%. Multiple economists are stating that we're now past the peak of the current inflation cycle, but the pace of moderation from here remains very uncertain, with most signaling that 2022 will bring much weaker price gains (including a few months of price falls as higher interest rate increases)

The economists say in terms of significant headwinds for the market, these include tightening financial market conditions - including rising mortgage rates, tighter macro-prudential policies, Government policy changes, increasing housing unaffordability and the closing gap between housing supply and demand thanks to a booming construction sector. "That's a lengthy list of headwinds, and they may manifest faster than we assume." So what's keeping the market from "rolling over" already?

The economists cite three reasons.

Firstly: "House prices are determined at the margin (where a very small share of the overall housing stock turns over). Currently, there is a very limited supply of houses available for sale. As spring wears on listings are lifting, but on a seasonally adjusted basis they are still very low. That could change, but there's no sign of it yet."

Secondly: "fear of missing out is a common characterisation at the moment of the housing market's "animal spirits". Right now, FOMO appears to be exerting additional cyclical pressure on the market that cannot be explained by the fundamentals and policy settings alone. But with rising rates, and an eventual confirmation that the market is slowing, this sense of urgency could quickly go the other way."

Lastly: "Perhaps the biggest (and more sustainable) platform under the housing market is the strength of households' balance sheets." The economists say the very tight labour market and solid income growth means lifting interest rates are "broadly manageable". "With employment very strong, it doesn't look like a household income shock is about to force the sale of properties and drive a price correction any time soon. "However, with housing debt having lifted very strongly over the past year or so, it'll be a long time before such risks dissipate. "But they also note that construction has become a larger share of employment in recent years. The tight labour market is "certainly more exposed" to housing than it was before this pandemic crisis.

Let's look at the local sales:

| | |
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| Huapai | \$1,050,000 to \$1,950,000 |
| Kumeu | \$960,000 to \$3,200,000 |

| | |
|-----------|----------------------------|
| Muriwai | \$1,220,000 |
| Parakai | \$790,000 to \$1,300,000 |
| Riverhead | \$1,200,000 to \$2,630,000 |
| Swanson | \$1,004,000 to \$1,625,000 |
| Taupaki | \$880,000 to \$2,300,000 |
| Waimauku | \$1,480,000 to \$1,975,000 |
| Waitakere | \$1,150,000 to \$2,325,000 |
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The new lending regulations and what they mean

There is a lot happening to the rules around lending at the moment; perhaps most significantly, the Credit Contracts and Consumer Finance Act is changing. To oversimplify it, the changes are meant to ensure borrowers only get lending that is suitable for them - but it also means you may find the process for lending applications is now more complex.

- Applications will face much stricter assessments, your next small top up may be more thoroughly assessed than your last full loan application.
- Your income and expenses will be much more closely examined.
- Assessments are likely to take longer, and you will likely have to provide more information and answer more questions

So what should you do?

- Start thinking about your lending well before you want it, you'll need to show your lender three months or more of bank statements that show you can service the loan. It's common for people to adjust their spending once they have a home loan - if you can do this in advance, it will make your application much stronger.
- Allow plenty of time for applications, consider getting a pre-approval first and/or ask for a longer finance clause in a sales and purchase agreement.
- Talk to your Mortgage Broker well before you're looking to borrow; we can help plan for your borrowing well before the application stage to make the process as straightforward as possible.

If you'd like a free no-obligation chat about your lending, give us a



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- Wills

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293 Lincoln Road
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smithpartners.co.nz

Property

call - once we're out of lockdown, the coffee is on me.
Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing - 020 4009 8944 | www.betterborrowing.co.nz.

What happens when you don't have a Will?

When someone dies without a Will, that person is said to have died "intestate" and the distribution of their assets will be determined by the law.

If the person has \$15,000 or more held by any one financial institution, or own any real estate, their family will have to apply to the Court for "Letters of Administration".

To get the estate administered, it will take much longer and cost a lot more than applying for "Probate" (when there is a Will). Applying for "Letters of Administration" generally takes between four to six months and costs twice as much than applying for "Probate". Sometimes much longer which means long delays in accessing any funds from the estate.

The process for managing someone's estate when there is no Will is more complicated than if the person had left one. Ease the burden on your loved ones and make a Will today.

To get started on your Will, call Kimberley Brown on 09 837 6847 or email Kimberley.brown@smithpartners.co.nz.

Don't let a Sunset Clause bring darkness over your purchase

When buying a new build it could take months (or even years) before the title issues and the property is built. In such a case, the sale and purchase agreement should include what is known as a "Sunset Clause". A well drafted Sunset Clause would allow the purchaser to cancel the agreement and have their deposit refunded if the title has not issued or the property has not been completed by a certain date. This is to prevent you as purchaser being locked into a purchase that takes an unreasonable amount of time. It then allows you the freedom to purchase another property.

Some Sunset Clauses allow the vendor to also cancel the agreement. This can be risky for a purchaser who buys a property in a rising market. This is because it may become attractive to a vendor to intentionally delay so that they can cancel the agreement and sell the same property to another purchaser at a higher price. This is one of the reasons why it is important to obtain proper legal advice before signing an agreement to purchase a new build.

VODANOVICH
LAW

SALES & PURCHASE OF REAL ESTATE

RELATIONSHIP PROPERTY | BUSINESS STRUCTURES

POWERS OF ATTORNEY | WILLS & TRUSTS

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PLEASE CONTACT IVAN

ivan@vlaw.co.nz 09 412 8000
4a Shamrock Drive Kumeu, Auckland

For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Need to negotiate with Santa to get onto the Nice List?

Do you need some help negotiating with Santa? If you find yourself not on Santa's Nice List this year then you have a variety of options. You can decide to do nothing (which may include throwing your toys out the cot, having a moan to your mate/spouse, or just drink the beer the kids leave out for Santa on Christmas Eve), but if that doesn't sit well with you then you could write to Santa and ask him what his problem is. Maybe there is some way you could work it out, or something you could do to right the wrong - maybe Santa doesn't have a clear record of the facts and you could clear up a few misunderstandings. If that letter gets lost in the post or Santa is too busy to respond, then perhaps you could file with the Disputes Tribunal. It's a handy resource as Santa will have to attend in person and isn't allowed to take his lawyer. Assuming your wish list this year is under the magic number of \$30,000 then the Disputes Tribunal will hear your complaint, however they won't make Santa send you presents if they agree you were right but it's a good start to resolving a dispute. Another idea is to ask Santa to meet you for a chat and see if you can work it out - or maybe your lawyer could talk to Santa's lawyer and negotiate a resolution.

If your beef isn't with Santa then ClearStone Legal can also help resolve matrimonial disputes, neighbourly disputes, employment disputes, shareholder disputes - or we can help put an agreement in place before the dispute arises.

If you need some help negotiating with Santa or someone else then contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre). Telephone 09 973 5102 to make an appointment.

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info@kempsolicitors.co.nz

09 412 6000

25 Orahua Road, Kumeu



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 | 1,875,000 | 2HA | 253M2 | 3,087,777 | | 840,000 | 1077M2 | 209M2 | 1,150,000 |
| | 2,500,000 | 5HA | 440M2 | 4,000,000 | RIVERHEAD | 1,375,000 | 1123M2 | 228M2 | 2,630,000 |
| HELENSVILLE | 760,000 | 588M2 | 178M2 | 985,000 | | 840,000 | 932M2 | 76M2 | 1,620,000 |
| | 730,000 | 2286M2 | 176M2 | 1,034,000 | | 1,300,000 | 1984M2 | 175M2 | 1,950,000 |
| | 630,000 | 491M2 | 165M2 | 950,000 | | 1,250,000 | 806M2 | 185M2 | 1,640,000 |
| HUAPAI | 1,275,000 | 1851M2 | 240M2 | 1,950,000 | | 910,000 | 812M2 | 99M2 | 1,200,000 |
| | 1,050,000 | 608M2 | 211M2 | 1,510,000 | | 1,025,000 | 806M2 | 83M2 | 1,550,000 |
| | 890,000 | 1199M2 | 170M2 | 1,180,000 | SWANSON | 925,000 | 4047M2 | 136M2 | 1,410,000 |
| | 1,200,000 | 857M2 | 168M2 | 1,460,000 | | 810,000 | 825M2 | 110M2 | 1,220,000 |
| | 890,000 | 809M2 | 190M2 | 1,055,000 | | 710,000 | 809M2 | 91M2 | 1,025,000 |
| KUMEU | 2,000,000 | 2HA | 305M2 | 2,600,000 | | 940,000 | 588M2 | 195M2 | 1,390,000 |
| | 1,850,000 | 1HA | 354M | 3,200,000 | | 1,105,000 | 551M2 | 286M2 | 1,625,000 |
| | 1,050,000 | 505M2 | 220M2 | 1,450,000 | | 610,000 | 411M2 | 96M2 | 1,004,000 |
| | 1,025,000 | 491M2 | 203M2 | 1,458,000 | | 910,000 | 1427M2 | 231M2 | 1,102,495 |
| | 1,150,000 | 482M2 | 156M2 | 1,320,000 | TAUPAKI | 1,800,000 | 1HA | 110M2 | 880,000 |
| | 815,000 | 1HA | 50M2 | 1,080,000 | | 1,350,000 | 10603M2 | 193M2 | 2,300,000 |
| | 920,000 | 358M2 | 204M2 | 1,400,000 | WAIMAUKU | 1,075,000 | 1123M2 | 2025M2 | 1,480,000 |
| | 1,025,000 | 525M2 | 195M2 | 1,510,000 | | 1,100,000 | 1550M2 | 195M2 | 1,975,000 |
| | 999,000 | 92M2 | 97M2 | 999,000 | | 1,250,000 | 803M2 | 231M2 | 1,537,600 |
| | 1,039,000 | 144M2 | 97M2 | 1,039,000 | WAITAKERE | 1,250,000 | 1.49HA | 263M2 | 2,325,000 |
| | 490,000 | 400M2 | 198M2 | 1,465,000 | | 810,000 | 5HA | 118M2 | 1,526,500 |
| | 1,050,000 | 525M2 | 204M2 | 1,480,000 | | 825,000 | 1568M2 | 117M2 | 1,150,000 |
| | 1,300,000 | 400M2 | 299M2 | 1,600,000 | WHENUAPAI | 1,100,000 | 330M2 | 208M2 | 1,405,000 |
| | 1,750,000 | 1.31HA | 277M2 | 2,880,000 | | 670,000 | 121M2 | 87M2 | 890,000 |
| | 3,700,000 | 1.32HA | 568M2 | 3,150,000 | | 1,100,000 | 305M2 | 235M2 | 1,500,000 |
| | 950,000 | 400M2 | 192M2 | 960,000 | | 765,000 | 883M2 | 94M2 | 1,310,000 |
| | 1,275,000 | 700M2 | 281M2 | 1,875,000 | | 990,000 | 395M2 | 178M2 | 1,450,000 |
| MURIWAI | 930,000 | 809M2 | 100M2 | 1,220,000 | | 680,000 | 97M2 | 94M2 | 828,000 |
| PARAKAI | 640,000 | 558M2 | 124M2 | 790,000 | | 1,225,000 | 395M2 | 269M2 | 1,600,000 |
| | 950,000 | 1002M2 | 259M2 | 1,300,000 | | 960,000 | 345M2 | 156M2 | 1,410,000 |

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

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



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Brand & Territory Owner
027 632 0421



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MEGA

**WESTGATE &
HENDERSON**



AS NEW - DESIGNER TOWNHOUSE IN HOBSONVILLE POINT 3 1 2

By Negotiation

5 Eyton Kay Road, Hobsonville
By Negotiation

A spectacular 2018, modern, townhouse with simple white and grey tones providing the best of lock-up-and leave and easy care, with schools, restaurants and transport around the corner. With an eye for clean lines and simple colour palette, this 168sqm three bedroom attached townhouse offers the very best of modern living with the extras that come with a home that has been invested in, meticulously cared for and made for living. Over three levels the home offers garaging and laundry leading to outside courtyard downstairs, with open plan living/dining on the first level and bedrooms upstairs. Heat pumps and upgrades make this townhouse stand out from the crowd and certainly worth investigating.

www.mikepero.com/RX3070268



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027 632 0421
09 412 9602

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VIEWS, NORTH FACING, HOME WITH INCOME OPTIONS 5 10 3

By Negotiation

14 Peters Lane, Taupaki
By Negotiation

Big home, with a little home, double garaging on both buildings and four-bay shed with high stud. So much on offer here that will make you excited about the prospect of a very large five bedroom, two living area, three bathroom home. Also delivering an office and extra-large rumpus/ games room with extensive alfresco to patio and decking facing North to get the most sunshine and ambient light. An elegant horseshoe drive with oversized double garage ensures you'll never need to reverse your car again. Extensive easy care garden and shrubbery delivers the perfect backdrop for privacy, and peacefulness. A separate two bedroom home with open plan kitchen/dining and living with double garaging also North facing with generous decking is located to the West.

www.mikepero.com/RX3042415



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AS NEW - WITH DEVELOPMENT OPTIONS - MIXED URBAN

4 1 1

By Negotiation

29 Hewlett Road, Massey
By Negotiation

Beautifully presented to a high (as new) standard offering exceptional buying with four bedrooms and large open plan entertainment living, linking to expansive private decking ensuring you have the best of indoor and outdoor living this summer. Hard to find, this home represents a high standard of finishing and hardware found in a new build and with the development option extended under the mixed urban classification which this property sits. Three bedrooms, bathroom and laundry with open plan entertainers kitchen, dining and lounge upstairs and bedroom with walk-in or nursery downstairs, all linking to decking and stepping down to lawn and single garage and workshop. Fully fenced with electric, sensor gate.

www.mikepero.com/RX3074419



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graham.mcintyre@mikepero.com

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"I would like to thank Graham for his assistance in working with us when selling our home. We interviewed several agents and picked Graham because we appreciated his down to earth personality, positive attitude towards our property and his promise to keep us informed at every step and to explain his recommendations in terms of the best way to achieve a good result from the sale of our largest asset.

I was very impressed with Graham's approach and positivity and the result was that we sold the property within a few days of listing and achieved a very satisfactory price. Graham was very easy to deal with, he brought his own brand of humour and made the whole transaction easy and almost enjoyable. I would certainly recommend Graham as a friendly and professional agent and one of the best that we have used in a number of sales over the years."

David

Graham McIntyre
027 632 0421 | 0800 900 700
graham.mcintyre@mikepero.com





COUNTRYSIDE VIEWS WITH INCOME OPPORTUNITIES

6 6 3

By Negotiation

911 Old North Road, Waimauku
By Negotiation

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.

www.mikepero.com/RX2769416



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I interviewed many agents, but Graham stood out. Graham has a wealth of experience and provides more than the average agent.

Graham put in consistent effort, and communication was regular and easy. With lots of enthusiasm, Graham is a smart and savvy agent.

Great journey and an outstanding result – a testament to Graham’s ability to deliver. Thank you!”

Deborah

Graham McIntyre

Franchise Owner

027 632 0421

graham.mcintyre@mikepero.com



WAIMAUKU - ELEVATED GOOD LIFE ON 6 ACRES

4 3 2

By Negotiation

1616 State Highway 16, Waimauku
By Negotiation

Nestled between Woodhill and Waimauku rests this idyllic 2.5 hectare (more or less) grazing block offering easy access to a dozen gentle sloping paddocks off a central drive. High on a small hill sitting proudly overlooking the land is a 300sqm two level home offering three-four bedrooms, two lounges, two bathrooms and open-plan entertainers kitchen/dining leading to formal lounge and wrap-around decking. Uncompromised alfresco, garaging and laundry. Additional office/study/ storage room and carport leading through to large half round barn shed. Generous hard stand areas and horse shoe turn-around.

www.mikepero.com/RX3074121



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#1 Agent- thank you!

Graham was amazing. From our first open home all the way to handing the keys over.

Graham was professional, and charismatic. He went above and beyond to ensure we were both looked after and had all information needed in order to make our purchase. Knowledgeable about the industry and market, Graham provided insight into not only the home but also the neighborhood we were purchasing into. He is an absolute asset to the Mike Pero team. **Dipti & Neelash**

Graham McIntyre

027 632 0421 | 0800 900 700

graham.mcintyre@mikepero.com



Hot Property



Waimauku - Elevated Good Life on 6 Acres

Nestled between Woodhill and Waimauku rests this idyllic 2.5 hectare (more or less) grazing block offering easy access to a dozen gentle sloping paddocks off a central drive.

High on a small hill sitting proudly overlooking the land is a 300sqm two level home offering three-four bedrooms, two lounges, two bathrooms and open-plan entertainers kitchen/dining leading to

formal lounge and wrap-around decking. Uncompromised alfresco, garaging and laundry. Additional office/study/ storage room and carport leading through to large half round barn shed. Generous hard stand areas and horse shoe turn-around.

If you are looking for structure for a trade-business/ equine interest or just want to invest in a property that is void of close neighbours, this is the home for you. It delivers a lot, but also asks a lot of the purchaser in how you use what is here and adapt the structures to suit your wants today and tomorrow. Deer fencing and higher internal fencing with netting for animal security on this property.

Close to Woodhill sands, Woodhill adventure park, Woodhill Primary

Hot Property



School while Helensville and Waimauku are a short drive away. Plenty on offer here and this will get snapped up so act quickly.

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).



Central's Tips

December 2021



Feed autumn fruiting plants, cover the berry crops with bird netting, plant sunflowers and pot up herbs as Christmas presents.

Do a weed clean up before Christmas, perfect time to mulch the garden, take care of potted plants if you're going on holiday.

Christmas herbs

Plant out pots of herbs to give away as gifts at Christmas. Most of the popular summer herbs such as basil, dill and chervil can co-exist in a medium size pot or bowl for the summer season



In the Edible Garden

- **Autumn fruiting plants such as feijoas, passionfruit and tamarillos** all need fertilising now, then add a layer of mulch around them
- **Place bird netting over strawberries, raspberries, and blueberries** before they ripen, or else the birds will demolish the crop!
- **Leeks can be planted now.** Separate them out, trim half the green part off and drop them into holes about 5cm deep. Don't fill in with soil because they need to thicken outwards - gradually the soil will surround them
- **Lettuces and herbs** that have 'bolted' and gone to seed may be doing a service in the vegetable patch - their flowers will attract bees and other beneficial insects, so if you're not averse to the wild look then leave a few in place
- **Last chance to throw some sunflower seeds in** - they are available in both tall and short types, great fun in the summer garden
- **Control pests organically by making your own deterrent sprays** - there are plenty of recipes available on-line - just remember to spray at the end of the day out of direct sunlight, as the bees are less likely to be on the plants

The rest of the Garden

- **With the garden recovering from a wet spring take advantage of still-moist soil and mulch.** Warmer, drier weather will encourage new growth and mulching will have the added advantage of suppressing any weeds competing for space
- **Install a birdbath or large bowl** as a decorative yet functional garden feature: keep it topped up with water to help thirsty birds get through the summer heat
- **Permanent Christmas tree:** The NZ pohutukawa makes an excellent alternative to the exotic varieties that are sold at roadside stalls this month. It will live in a pot for many years, with minimal care required
- **Going on holiday?** Move pots into a semi-shaded area to avoid them drying out. With large pots that cannot be moved, gently fork water storage crystals into the potting mix, then water deeply and top with mulch
- **Get the more rapacious weeds under control,** before they control your garden: dig out onion weed by the bulb, untangle and spray or pull out convolvulus, trim ivy off trunks of prized trees before they smother them, spray or weed patio areas, so they look neat for the summer days outdoors

Project for December

Create an outdoor space to host the Christmas dinner

Prepare the area with GAP metal first for stability, then lay pavers or decorative pebbles and set up the outdoor table and chairs.

For more information on how to make your project happen talk to the knowledgeable team at Central Landscape Supplies or visit www.centrallandscapes.co.nz





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

Growing avocados

It is no secret avocados not only taste great but are packed with amazing nutritional and health benefits too. More and more customers are buying avocado trees from Awa Nursery to add to their orchards. We currently stock Hass, Reed, Fuerte and Bacon. Growing your own avocados is very rewarding.



Avocados need free draining soil, full sun and shelter from the wind. Young avocados are frost tender. Once you have selected your planting location, dig a hole that is slightly wider than the root ball and very slightly deeper. Incorporate a good quality free draining potting/garden mix which will help with drainage and improve soil condition.

Make sure your avocado is planted in a position that is protected from strong winds and it is recommended that young trees are staked. Ideally apply mulch or bark on the surface of the soil directly around the trees to increase the soil organic matter to improve soil structure, reduce evaporation and fluctuations in root temperature. Keep the mulch away from the stems to avoid collar rot. It is important to water your trees during dry periods, however let them have a chance to dry out between waterings, ie without natural rainfall, water every 3-4 days. Avocados do not like to be sodden.

Foliar feed is advised with a combination of Nitrosol every 4-6 weeks. Weeding is important to prevent competition with the Avocado tree roots. Hand weed an area 1 metre diameter around the trees. It is recommended to remove all flowers for the first 18 months as these will compete for limited tree reserves, it is not uncommon for trees

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Home & Garden

to shed their leaves in late spring especially during flowering. It is best to prune more established trees (if needed) in later winter/early spring aiming to maximise the amount of light the tree gets and manage the size and shape.

Weed Heroes

Do you need a Weed Hero? Have you got a piece of your garden or farm that has gone long un-attended and now the idea of having to start work on it just hurts to think about? NZ Biosecurity can come to your rescue. Make the most of your summer break and tackle that large overgrown space with one of our Weed Heroes. We can send out two people in a ute with all the tools needed, and we can use spray or mechanical methods. You choose how much work we do, for a lump sum of \$180 per hour. We can have video chats beforehand to get an idea of what you need. Call us now on 0800 382 436.



Things are “going bananas” in the lawns and gardens

Usually something is limiting the growth but right now conditions are near perfect for plant growth - temperatures are warm, the days are long and sunny, the sun's angle in the sky is higher making the energy more intense - and the soil is moist from regular rain.

These perfect conditions mean the lawn is growing like crazy, you can almost see it getting longer each day. What to do? The answer is to mow frequently.

Kiwis typically like a low compact turf that is quite dense for general use like that game of backyard cricket. For these its best to mow

frequently and keep lowering your mower height to get the growth habit of the grass lower, thicker and tighter. This doesn't mean scalp to dirt level once a month or mow below the height of the grass blade cutting into the brown stalky part - that damages the grass and leaves bare patches for weeds to colonise - but a quick weekly mow or even more frequently cutting off the top of the grass blade and allowing the grass to slowly adapt before the next mow.

For those who prefer lush lawns the answer is very similar - frequent mowing - cutting roughly the top third off the grass blade. In this case you will set your mower higher. The longer grass does tend to grow faster, so mows may need to be even more frequent.

Always check your mower blades are sharp and the mower deck is clean to get the best results. Remember to keep on top of any weeds sprouting too - either dig out (get the roots too) or use a selective spray). It takes ongoing effort but the results will be worth it. You'll end up with a lawn to be proud of, that is strong and hard wearing and enjoy many evenings of BBQs or games right through the holidays.

Gary Turton, gary.turton@jimsmowing.co.nz Franchisor- Jim's Mowing (NZ North).

Washaway – a year later

In just twelve months since its establishment, Washaway had fortunately survived lockdown, welcomed a new baby, employed a new team member and are looking forward to expanding their services.

Before lockdown in August, Washaway quickly built their clientele thanks to recommendations on Facebook by existing clients. Although business was picking up rapidly, it all came to a sudden halt due to lockdown. During lockdown, the team spent five weeks spending quality time with family, home-schooling and regularly discussing the expansion of their business.



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Making your place a green space

Home & Garden

They were able to do this once they could operate again under Alert Level 3. They purchased a new carpet cleaner which outshines the carpet machines one would hire from the supermarket. This carpet cleaner helps remove pollutants, clears dust mites, helps prevent mould and extends carpet life. Also, lawn mowing has been added to their list of services which includes exterior house wash, driveway/grounds wash, roof wash and treatments, gutter clean and window washing.

Their current focus for the next few months is launching the interior cleaning division which will open up more roles within the company. Affordability and quality continue to be their driving force and their success is a result of being conscious of what value they can contribute to their clients over how much money they can make. Email info@washaway.co.nz, phone 021 086 72893 or visit www.washaway.co.nz.

Add value with a minor dwelling

If your current property is sitting on a piece of land then adding a minor dwelling can be a great way to increase your property value, generate extra income or provide extra space for your growing family.

What do you need to know?

A minor dwelling is a secondary house that can be built on your existing property. It must not be larger than 65 square metres. Garaging and outdoor living space are in addition to the maximum 65 square metre size of the minor dwelling itself. Minor dwellings are specifically provided for within the following Auckland Unitary plan zones:

- Residential - Single House Zone
- Residential - Large Lot Zone
- Residential - Rural and Coastal Settlement Zone

Whilst you don't need to undertake a subdivision for a minor dwelling, you may need building consent for your project. This may be necessary depending on such things as:

- floor size
- the height of the building
- how close it is to the section boundaries or other homes
- whether it will have cooking and toilet facilities

Signature Homes offers a free site appraisal where our expert team, who are Auckland Unitary Plan specialists, can give you a quick and easy assessment of what could be possible on your property.

Deciding on a minor dwelling design

Signature Homes has a variety of pre-designed one, two, and three-



bedroom plans up to 65m2 to suit all spaces and stages, that don't require a lengthy subdivision process. The hard work is done for you, our plans are designed with simplicity and cost-efficiency in mind.

Request your free site appraisal today. Call to for an appointment to discuss your options; obligation free 0800 020 600 www.signature.co.nz/page/westdesignbuild.

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Western ITM isn't a big corporate, we're part of a group of 94 independently owned and operated stores in towns around New Zealand.

When you shop at Western ITM, you're not just buying building supplies. You're also helping to support your local community; your local rugby club, those school fundraisers, and the families that work with us.

If you have a project or plans you would like priced, then contact our friendly and experienced sales team today... Email: kumeu@westernitm.co.nz or phone 09 412 8148.

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www.westernitm.co.nz.

Light up your lifestyle

We Kiwis are known for our laid back lifestyles. Spending summer nights enjoying a BBQ with friends, and winter evenings huddled around firepits and pizza ovens - we make the most of our outdoor spaces. Which is why it's so important to ensure that lighting around the exterior of your home does exactly what you need it to do.

Garden lighting: Transform your garden and entertaining area with lighting that highlights details and shows your property off at night. Landscape lighting can really help to bridge the gap between an indoor living room and an outdoor living room, and it's a great way to not only extend the hours you can utilise your outdoor living space, but it also enhances the ambiance and safety of your backyard.

Security and driveway lighting: Security lighting helps to add an



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Home & Garden

extra layer of defence to your home. It provides enough illumination to clearly see and identify people or objects outside your home. Not only is it a deterrent to criminals, it also ensures safety for your loved ones when coming and going from your home at night.

Whether you're looking to light up your outdoor living area, or boost the level of security around your home, there are plenty of outdoor lighting options to suit every house and every budget.

If you'd like to discuss outdoor lighting options for your property, get in touch with the team at Blackout Electric today. Phone 021 708 097 or email info@blackoutelectric.co.nz.

Waimauku Garden Club

Waimauku Garden Club's Facebook page has been well used in the past month as members share photos of their gardens.

Take time to have a look.

Be encouraged by this, as nature weaves her beauty around us.

Lavender Hill is allowing us to visit in two groups, one in the morning 10.00am and one in the afternoon 1.00pm. The limit is 25 per time slot. Take your own car. Bring your morning tea or lunch depending - cost \$10.00pp. Internet banking only.

A very nice way to start moving forward after no bus trips or catch ups.

Our trip on December 16 has been confirmed. Botanical Gardens for morning tea, Puriri Garden at Drury, Ardmore Cafe for lunch and Clevedon, McKinney Homestead to finish the day.

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

Quality Water Supplies

Quality Water Supplies is Family run household water Delivery Company that is based in Waimauku.

We have been delivering water to Kumeu, Waimauku, Muriwai, Riverhead, and Taupaki and surrounding areas for over 20 years. We specialise in household and commercial water deliveries, pool fills and new build fills.

We source our water from our own water source at our base in Waimauku.

We deliver Deep Spring Water which is different to what a majority of other local water carriers deliver.

The water is naturally filtered through layers of Sandstone as it works its way down to the Aquifer. We then draw it out and deliver it to you.

With summer on its way, are you prepared for the possibility that you may require a water tank top up at some stage?

1) Collection. Is your collection working as well as it could be? Is your spouting clean and free of debris? Are your downpipes in good condition, free of cracks or breaks and are they connected to your water tank correctly? If your collection is not working efficiently you will probably miss out on some of the important summer rain.

2) Storage. Is your water tank in good condition? Concrete water tanks can develop cracks over time which lead to loss of water.

Thinking of building?



Make it your own

Whether you have an idea of your dream home planned out or you're just starting your building journey, our team of experts will help you create a space that's perfectly in tune with your lifestyle. We're a full-service design & build company with in-house architects to bring your dream home to life. Contact **Signature Homes West & North-West Auckland today! 0800 020 600 | signature.co.nz**



Huapai Showhome

3 Podgora Avenue, Huapai
Open Sat & Sun 12 - 4pm, or by appointment*

Office

80 Main Road, Kumeu.
Open Mon-Fri 9am-5pm

*Dependant on Covid 19 restrictions



Home & Garden

Check your outlet for leaks also. How clean is the inside of your tank? If you require a tank top up the water delivery can stir up sediment on the bottom of your tank. Prefilters can be added to prevent sediment and debris entering your tank. We also work with some great tank cleaners who can do either a full clean or vacuum the bottom of your tank.

3) Monitoring. Do you have an easy way to check your water tank level? Options vary from tank level indicators to a ladder placed beside your tank to make checking easier.

4) Ordering Water. Order water well in advance. It is better to book in advance than run out of water and face the possibility of a several day - week wait for a delivery. A lot of our customers like to work in the top half of the tank so when it gets down towards half full they book in a load for delivery.

So if you would like to make a booking or want a bit of advice please give us a call on 09 411 8116 or send us a text on 027 345 3805.

Tile and grout cleaning

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

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

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

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

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

exterior.

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

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

Muriwai tide chart

| Date | High | Low | High | Low | High |
|------------|-------|-------|-------|-------|-------|
| Wed 01 Dec | - | 01:31 | 07:44 | 13:55 | 20:03 |
| Thu 02 Dec | - | 02:22 | 08:35 | 14:46 | 20:53 |
| Fri 03 Dec | - | 03:10 | 09:23 | 15:35 | 21:40 |
| Sat 04 Dec | - | 03:56 | 10:09 | 16:22 | 22:27 |
| Sun 05 Dec | - | 04:41 | 10:54 | 17:09 | 23:13 |
| Mon 06 Dec | - | 05:27 | 11:40 | 17:56 | - |
| Tue 07 Dec | 00:00 | 06:13 | 12:27 | 18:45 | - |
| Wed 08 Dec | 00:49 | 07:01 | 13:16 | 19:36 | - |
| Thu 09 Dec | 01:40 | 07:52 | 14:08 | 20:30 | - |
| Fri 10 Dec | 02:35 | 08:47 | 15:03 | 21:29 | - |
| Sat 11 Dec | 03:35 | 09:48 | 16:03 | 22:32 | - |
| Sun 12 Dec | 04:39 | 10:53 | 17:06 | 23:36 | - |
| Mon 13 Dec | 05:45 | 11:59 | 18:09 | - | - |
| Tue 14 Dec | - | 00:37 | 06:48 | 13:01 | 19:08 |
| Wed 15 Dec | - | 01:32 | 07:45 | 13:56 | 20:01 |
| Thu 16 Dec | - | 02:20 | 08:35 | 14:45 | 20:48 |
| Fri 17 Dec | - | 03:03 | 09:19 | 15:28 | 21:30 |
| Sat 18 Dec | - | 03:43 | 09:58 | 16:07 | 22:09 |
| Sun 19 Dec | - | 04:19 | 10:35 | 16:44 | 22:46 |
| Mon 20 Dec | - | 04:54 | 11:11 | 17:20 | 23:22 |
| Tue 21 Dec | - | 05:30 | 11:46 | 17:57 | 23:59 |
| Wed 22 Dec | - | 06:06 | 12:23 | 18:36 | - |
| Thu 23 Dec | 00:39 | 06:46 | 13:02 | 19:17 | - |
| Fri 24 Dec | 01:21 | 07:29 | 13:45 | 20:03 | - |
| Sat 25 Dec | 02:08 | 08:16 | 14:32 | 20:53 | - |
| Sun 26 Dec | 03:01 | 09:10 | 15:25 | 21:50 | - |
| Mon 27 Dec | 03:59 | 10:10 | 16:23 | 22:51 | - |
| Tue 28 Dec | 05:02 | 11:15 | 17:26 | 23:54 | - |
| Wed 29 Dec | 06:07 | 12:21 | 18:30 | - | - |
| Thu 30 Dec | - | 00:56 | 07:10 | 13:25 | 19:32 |
| Fri 31 Dec | - | 01:54 | 08:09 | 14:24 | 20:30 |

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www.kumeuhotrodfestival.co.nz

Pets

Dog&Co

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 Muriwai to Riverhead Forest to the Auckland Domain and more. I get to explore and capture special photos in the most incredible places...most of which are right on our doorstep. It always feels like an adventure.



I recently had a shoot in Riverhead forest with a little pack of four dogs and their awesome mum. 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?

Keep in mind that I also sell gift vouchers through my website just in case there is anyone in your life who you think would love some professional photos of their pets.

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.

Kanika Park Cat Retreat

Why Cats are the Best Pets

Cats are clean: Cats spend much of their time grooming. They won't go outside and roll in yucky things.

Cats are quiet: Neighbours won't complain about your cat meowing

Low-maintenance: Cats don't need to be taken outside multiple times a day for bathroom and exercise walks. Cats are less prone to separation anxiety

Super easy to potty train: Most kittens already know how to use the litter box



Protect your home from pests: The mere presence of a cat is usually enough to keep rodents away. If not, your cat's predator instincts will kick in.

Cost less than dogs: Cat supplies and vet care are generally cheaper than dogs. Cats are usually perfectly happy with "toys" that don't cost anything, cardboard boxes, milk bottle rings etc

Ideal apartment pets: You are more likely to be allowed a cat than a dog.

Excellent companions: Cats like to be where their favourite humans are. Cats can be just as affectionate and loving as dogs but aren't as high maintenance.

Kanika Park Cat Retreat - Phone 027 550 1406 or email info@kanikapark.nz.

Allow me to close the space between us - then I will feel safe

Animals share beautiful insights - in this case Mav, a previously abused horse, explained how he can feel safe with his new carer. Sensitive horses struggle in a human world of goals, time frames and power over. When I first saw his picture I was strongly drawn to him - he felt magnificent. Having connected with abused horses before, I knew I had to be patient - he would decide when to share, not me. One morning I was coming back from a forest walk with Marby, our Jack Russell cross dog, and he flicked up in my minds-eye two diagrams on the image.



Mav explained that when people approached him, without regard for his boundaries, he withdraws physically and emotionally to protect himself. He shared that hands reaching toward him didn't represent friendly contact because his memories were of hands that grabbed, poked, move quickly and hurt. His boundary is drawn as a thick clear line and when it is ignored he feels unseen and threatened.

He then explained how he feels when someone invites him to choreograph the connection - he can reach out with curiosity and explore the space between you and him. He described how to take on a posture and state of invitation - body turned slightly away (square on body energy and a fixed gaze can burn into a defensive



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Pets

horse like a laser beam - it's predatorial), head slightly bowed, heart soft, eyes soft, jaw soft, thoughts soft and your energetic edges blurred. With this setup he gets to set the speed and rhythm of connection and he can soften his boundaries to approach - he feels seen and safe.

Our ability to recognise and respect another being's boundaries has a huge impact on our ability to connect meaningfully. When the other being has been abused, honouring boundaries is far more than social nicety - it's survival. Mav and Ella are at early stages of their relationship, and he has chosen her as someone who can learn the subtleties of energetic conversation that is felt more than seen.

All Animal Communications are done remotely, via a photo and insights are shared via a recorded Zoom call so you can re-listen as often as you wish. Please contact Suze Kenington at [facebook.com/AnimalsInYourHeart](https://www.facebook.com/AnimalsInYourHeart) or [AnimalsInYourHeart.com](https://www.AnimalsInYourHeart.com).

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 or 0508 DOG SAFE.

Cat lovers urgently needed

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



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Food & Beverage

Westbrook Winery

Hello friends and fans of Westbrook! We have missed you all but hopefully by the time you are reading this, we are open once again for dining and you have already jumped on to the website to book your next visit. The vines are looking lush, the lilies on the pond have buds and pretty blooms, and the tree-lined grounds are looking picturesque. The Cellar Door is open for you to buy wine, gift vouchers, and also a range of wine-related gifts and goodies, the perfect stocking-fillers. If you have hard-working staff, suppliers, or valued clients to thank, we can make this easy for you with our wine gift packs. We have carefully curated a variety of gift options containing the most popular pairings and combinations of our Westbrook wines, including some multi-award-winners. If they are a gift, we can wrap them in tissue, pop them in a stylish box, and have them delivered or you can collect them from Westbrook at 215 Ararimu Valley Road, Waimauku. Download the flyer from here www.westbrook.co.nz/gift-packs or call the friendly Cellar Door team for more info. We look forward to welcoming you soon.



Spearmint Chocolate Chip Ice Blocks recipe

These are quick and easy to make and perfect to enjoy on a hot day this summer. They have a delicate spearmint flavour and a nice texture (not too icy). They can be chocolate-dipped for extra decadence and the avocado can be changed out for either banana or fresh coconut flesh.

You can use either Spearmint Tea (the dried herb) or fresh Spearmint. Either works well.

Ingredients: If using Spearmint Tea - Use 2 tablespoons of the tea and grind it into a powder or if using fresh Spearmint, Use 7g of fresh leaves finely cut up, 1/2 cup coconut cream, 100g avocado, 2 tablespoons maple syrup, 2 teaspoons lemon juice, 1/2 teaspoon vanilla, 7 pieces (or thereabouts) 72% chocolate cut into fine pieces
Method: 1) Add all of the ingredients except the chocolate, to a



blender and blend until smooth. You may need to use a tamper to push the mixture down into the blades. 2) Once mixed, use a spatula to remove the mixture from the blender into a bowl. 3) Mix in the chocolate pieces, then carefully spoon the mixture into the ice block moulds. 4) Remember to add your ice block sticks at this point, then place them in the freezer to freeze until hard. 5) Once frozen, either eat them as they are or chocolate coat them for extra deliciousness.

Notes: To make a quick chocolate coating, use 4 tablespoons of melted coconut oil and to that add 2 tablespoons of cocoa and 2 tablespoons of maple syrup. Mix together and spoon over the frozen ice blocks.

Spearmint Tea along with other certified organic herbs can be purchased through our online store: www.NewZealandHerbalBrew.co.nz.

Happy holidays from the team at Jesters Westgate

This season we have the true catch of the day for you with our brand new Fisherman's Pie. New Zealand hoki cooked to perfection with wilted spinach in a lemon infused sauce topped with creamy mashed potato and encased in our golden puff pastry.

This Chef's Special is available in the Fisherman's Catch combo - a 420ml L&P and our World Famous Chips for only \$9.90. Remember to get in quick as the Fisherman's Pie is only here for a limited time.

We look forward to seeing you at our Westgate store soon.



The Coffee Club

For many businesses, this year has proven to be a very difficult year for their café as a result of the prolonged Delta lockdown in Auckland and associated operating restrictions. Nonetheless, Greg &



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Food & Beverage

Rebecca embraced this challenge by focusing their efforts on pickup and delivery orders. "With our dining room closed for the past few months, we built from our past lockdowns and gave more emphasis on takeaway orders by promoting grab-and-go style menu items such as breakfast wraps, burgers, ciabatta sandwiches, our homemade baked treats and of course, coffees. Moreover, our online presence on ordering and delivery platforms also enabled us run limited time only offers such as Free Delivery campaigns that helped increase volume of orders" said Greg.

Looking ahead, this year's KidsCan Christmas takeaway cups designed by schoolchildren have recently been released and are now available in store until mid-January. "We're always impressed with the winning takeaway cup designs from talented children from KidsCan schools and is great to see our customers enjoy these. We always enjoy this time of year and the Christmas takeaway cups helps everyone to get in the Christmas spirit" Greg says. Hobson Centre 124 Hobsonville Road 09 416 0126.

Nari Sushi

Nari Sushi Massey is an iconic Sushi restaurant at the heart of Massey, Auckland. We are at Unit G/3 Red Hills Road, and our phone number is 09 557 4588. See our menu on Facebook and follow us on Instagram.

All our sushi is freshly made to order and we pride ourselves in using the highest quality ingredients; vegetables, fish, seafood, meat and dairy are delivered to us by only well-established suppliers.

All our meals are freshly packed and available for dine-in or take away, we also cater for direct orders as well. We are prepared for your special meal requests such as food allergies and/or gluten-free and vegan options upon request.

Delight your palate with our extensive variety of Salmon, Teriyaki Chicken, Katsu, Vegetarian Sushi, Donburi, Udon, Bento Box and much more.

Our space is warm & inviting, with dependable staff and an environment offering you the comfort & re-laxation you deserve. We also have family dining areas along with a nice art gallery.

Nari Sushi Restaurant is open 6 days a week at 8am to 8pm from Tuesday to Saturday (Sunday 8am - 4pm). Feel free to swing by and join us for an excellent sushi experience.



What are you waiting for? Come to Nari Sushi "Where good food & good people meet"

Summer at Allely Estate

Our gardens are looking amazing, which is perfect timing because summer is when events at Allely Estate really hit full swing. As well as gorgeous weddings each weekend, we also have other celebrations already booked...a 60th birthday lunch, a 21st birthday party, a 50th wedding anniversary and numerous Christmas parties. We love seeing what personal twists people put on their celebrations - how about a gourmet BBQ, a long lunch under the trees, a bouncy castle for the kids or a musician playing live for your guests? It's so rewarding for us to see our expansive gardens being used



well, with people milling around outside socialising, sitting under the trees, or taking photos in front of our manicured hedging and fountain. If you're looking for somewhere special for your next celebration or team building event, please feel free to call us to look at our venue - we'd love to help. www.allelyestate.co.nz.

Peko Peko

What a year it has been. Again, it was a roller coaster like 2020. It has definitely been a challenging and tough year for everyone with the lockdown and many restrictions. Thank you for your continuing support through this difficult time. We are really grateful to have huge support from the community. And we try to play our role in keeping the community safe. We hope it will be a good summer season and everyone can meet their loved ones if some haven't done so for a long time like us. We are open as much as we can for any level with restrictions. Please check our Facebook and Instagram page for the latest updates. You can find us @pekopekonz and www.pekopekojapanese.nz Location 102c Hobsonville Rd, 09 416 1197.





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Health & Beauty

The best Christmas gift is a 'smile'

It is the season to be jolly and indulge in a few festive treats and pamper ourselves and loved ones! But it won't be just our waistlines taking a hit this Christmas.

Throughout the party season we will be increasing our intake of sugar, so it's vital we take extra special care of our teeth and gums.

A few tips from Kumeu Dental:

- Drink plenty of water and chew sugarless gum often
- Wait at least 20 minutes after your last snack or glass of wine before brushing your teeth, as any kind of acid will temporarily weaken your enamel.
- Rinse straight after coffee or red wine to maintain the good results from your last whitening treatment

And talking about whitening, here is the good news:

Our highly in demand whitening December special is here, so if you would like to have pearly whites this Christmas, ring us on 09 412 9507 and ask our friendly receptionists how we can help brighten your smile, while keeping your wallet smiling too.

Check out these amazing specials on www.kumeudental.co.nz. Smiles are contagious; spread it to your loved ones with a Kumeu Dental gift voucher.



Strong Bones

Two of my friends (aged in their late 50s) recently had significant falls when they tumbled over the handlebars of their bikes. They survived with bruises and scrapes but no broken bones. It made me think about the importance of bone health as we age.

Staying Strong - To maintain strong bones requires attention to diet and lifestyle factors. Eat well, engage in weight-bearing exercise, and get safe sun exposure. Luckily, they are things I love to do.

Bone-Friendly Nutrition: There are many reasons that a good diet will reduce the risk of osteoporosis and bone fractures. Eating well reduces stress on the body which improves hormone balance and therefore bone strength. Plus, you get a good intake of key nutrients needed to make healthy bones and healthy hormones.

I recommend eating plenty of green leafy veges, with a good level of quality protein. Fish, nuts and seeds contain key nutrients that are needed to make healthy bones.

Key nutrients that you may want to consider supplementing with include vitamin K2, magnesium, vitamin D, strontium, silicon, nitric oxide and fish oils. There are some combination products that have most of these nutrients in them for your convenience.

Vitamin K2 has only recently become known as an essential vitamin for bone strength. It works by moving calcium out of the blood (where it can cause problems) and puts it inside cells (like bone cells) where it can do good things like strengthen your bones. What that means is that vitamin K2 is not only essential for strong bones, but also for a healthy heart and good energy levels.

Bone-Friendly Exercise: Weight-bearing exercise helps to put good stress on your bones which provides a signal to grow stronger. Walking and jogging are good options, whereas cycling and swimming are not as good for your bones (even though they are great for your heart). Remember, sitting is the new smoking.

Come in and chat to our health coaches at Massey Unichem Pharmacy about nutrient supplements that can help support bone health. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

Meet our new Chiropractor

We'd like to introduce the newest Chiropractor at Kumeu Chiropractic, Dr Mackenzie Looker.

Growing up, Mackenzie was keen to get involved in as many different sports as her weekly schedule would allow, and it was a particularly bad basketball injury that made her hobble into a Chiropractors office to get her spine checked. She was amazed at how quickly her body healed after being adjusted and was back out on the court in no time.

With regular Chiropractic care she noticed a major improvement in her performance, recovery time, and overall wellbeing. At that point she was hooked and knew she wanted to join a profession where she was able to help people, while also getting to work with athletes and children.

So, with the support and encouragement from her family and Chiropractor, she completed her studies at the New Zealand College of Chiropractic.

She has spent the last two years practicing in Wellington, and is constantly amazed (yet not surprised) at the changes people



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experience when under Chiropractic care. She is particularly passionate about helping whole families to thrive together, helping to create a much happier & healthier community.

When not in practice, she will most likely be hanging out with her family, attempting to have a green thumb or learning how to surf.

She is excited to come on board with the team at Kumeu Chiropractic and is loving the opportunity to be part of such a great community in the Nor West.

For an appointment, please call Kumeu Chiropractic. Phone 09 412 5536.

Our gut and immunity are besties

Did you know that 70% of our immune system lives in our gut lining? Did you know that our microbiome is the 'eyes and ears' of our immune system?

Here's an analogy - imagine a festival where there are 200,000 festival attendees (gut bugs) all having fun and one lone security guard (an immune cell). Now one of those festival attendees is a 'baddy' and is planning to do something harmful. There is no way that one lone security guard can scan and work out which of those 200,000 attendees is the 'baddy'. So the lone security guard asks the attendees to keep an eye out and see if they see anything that seems a bit out of place they need to let the security guard know. That's how our gut works - our 'good gut bugs' keep an eye out and if they see anything out of place or a 'bug that shouldn't be there' or a 'bug acting badly' - they let our immune system know so they can call in the cavalry.

Imagine what happens when our gut microbiome is all over the place or our gut is inflamed - it affects our immune system and every other system in the body.

A really interesting study published last year called the Boston-Dublin study investigated the reasons why some people were experiencing severe symptoms of COVID and others weren't. They discovered that they actually all had an increase in a chemical associated with inflammation called interleukin-6. We also know that interleukin-6 drives 'leaky gut' and an imbalance in our gut bacteria (dysbiosis). Several other studies since have studied the link between a gut that isn't functioning well and COVID symptoms



and have shown that you are at a higher risk of becoming very ill from COVID or even not recovering fully afterwards (Long COVID).

The key to this is the products our gut bacteria make called short chain fatty acids, which specifically reduce and resolve inflammation in the body, stimulate recovery and repair from inflammation and are a source of fuel for some of the immune cells.

Please know that you cannot overcome an unhealthy microbiome with echinacea, zinc and vitamin C. To improve your immunity you must improve your diet and feed your microbiome so they can make the substances that will support our immune system. Plants are how you feed your microbiome.

On December 8th I will be running a 10 day challenge called 'Beat the Bloat, Fix the Farts' and will be specifically focusing on how to improve gut health and a healthy microbiome.

Please go to www.sarahbrenchleynaturopathy.com/links/ to find out more and sign up.

Use your eyes to improve your stretching

Did you know that your eyes are intimately linked with your neck, and you can use this connection to improve your stretching?

Next time you are doing your neck stretches, try using your eyes to get a better stretch. It's simple, here's how to do it:

When moving your head look with your eyes in the direction you are stretching. For example, if you were turning your head to the right look right, look up when tilting up etc. You should be able to move further when using your eyes.

This seems simple, but it can make a big difference.

If you want a visual of this, watch our latest video on the blog page



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of our website (www.elevatechiropractic.co.nz), it explains it all and even has a fun test for you to try.

Any other questions? Call us on 09 413 5312.

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Merry Christmas from us all at Hobsonville Optometrists, Glasses and Gifts. We will be open until Christmas Eve. Come and see us at 413A Hobsonville Road, Hobsonville or phone 09 416 3937.



The Doctors Medical

The Doctors Massey Medical is here to provide you with all the medical services you would normally expect. In these difficult times we have had to make changes to the way we provide health care, to keep you and your family safe. Face to face contact with the doctors and nurses have been restricted to essential consultations only. Most consultations can be done by phone or video, you can also use our online portal (Health 365) to request repeat prescriptions. Blood forms are sent electronically directly to the laboratory & you can use the portal to check your results.

People who have cold or flu-like symptoms, a viral illness or who have NOT had both covid vaccines can still be seen but must remain in their car and the doctor will see you wearing protective clothing (PPE). We have set aside an examination room and allocated clinic time for these patients.



These conditions will remain in force until at least 90% of our population is vaccinated and the government can reduce the alert level. Please talk to your doctor if you have questions regarding the vaccine or have not yet received it.

The Doctors Massey Medical is open from 8am to 6pm Monday to Thursday and 8am to 5pm on Fridays. Over Christmas and New Year we will only be closed on the Statutory Holidays. We are receiving new patients. Phone 09 831 0170 or download an enrolment form from www.thedoctorsmasseymedical.co.nz and this can be emailed to doctors@masseymedicalcentre.co.nz.

Life must go on

For now, COVID is here to stay.

So your other health problems must not take a back seat to everything COVID going on.

Take your pills - your blood pressure or cholesterol does not miraculously go down just because we are busy getting you vaxxed or swabbed.

If you need a blood test, X-Ray or hospital appointment, don't miss it. Just wear a mask and attend.

Avoid crowded areas and wear a mask even if its outdoors - someone may have just sneezed upwind from you.

Keep your health and immune system up (see previous issues of this excellent magazine for my health tips).

If you are sick, don't let anyone stop you from getting medical help - healthcare workers know the risks and are well protected with full PPE.

You may or may not catch COVID.

But you certainly can get really sick from many illnesses other than COVID.

Life must go on and your health matters.

Dr Frederick Goh @ www.rhdoctors.nz.



Ingrown toenails

Do you have a painful ingrown toenail? Painful to put shoes on? Keep recurring? Can't figure out how to relieve your pain? We may be able to help you.

What is an ingrown toenail? An ingrown toenail is a common condition when the sides or corners of the toenail grow into the skin of the toe. This may cause pain, swelling, redness on the side

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of the toe and if left untreated, it can become a complicated and very painful condition. Any toe can be affected, but ingrown toenails most commonly occur on the big toes.

What causes an ingrown toenail?

Cutting toenails incorrectly or ripping the toenails

Toenail injury

Footwear that places pressure on the toes (e.g. too narrow)

Inherited nail shape (e.g. wide or involuted)

Repetitive load or pressure on the toes e.g. football, ballet

What are the symptoms?

The skin next to the nail becoming tender, swollen, and red

Pain when pressure is placed on the toe

Fluid building up around the toe

Pus or overgrowth of skin may present around the toe if the toe becomes infected

What are the treatment options? There are simple treatments you can do at home including cleaning the toe at home in an Epsom salt bath for 10 minutes. Also, wearing wider toe box shoes will relieve the pain. If you continue to have pain, give the team at the Hobsonville Podiatry a call on 09 390 4184. They can help determine why the pain won't settle & then provide appropriate treatment.

Good mental health over the holidays

This time can be stressful for many and being around family can trigger old hurt or anger. We can get upset over the smallest things. Remember what is within your control and what isn't.

Within control:

- Your responses
- Your habits, patterns & behaviour
- Where you focus attention
- Meaning you choose to assign to situations
- How you speak to (or about) others

Out of control:

- How someone perceives you
- Others' behaviour
- What others focus on
- Situations you encounter
- How others speak to or about you



Also when we get out of routine our mental health can decline so keep up your self-care routine. If you have a class that breaks up for the holidays then use that time for something similar. If that is an exercise class then exercise. If it is a meditation group then meditate anyway. If you eat healthily most of the time choose to keep eating healthy even if you are surrounded by temptation because then you are going to feel good. Take time out to do something just for you like going for a walk, catching up with friends, dancing, stretching, journal writing, reading a book or taking a day off social media.

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www.lorrainemaguire.com.

Tis' the sea-sun!

Christmas. How did that happen? The team at Westgate Optometrists would just like to say a special thanks to our wonderfully loyal client-base for the continued support throughout what has been a very trying few months to say the least. We are eternally



grateful and wish you all a very Merry Christmas and an enjoyable and well-deserved break. We would also like to offer you 10% off all sunglasses* for the month of December, simply mention this offer. We look forward to seeing you for all of your eye care needs in the New Year. In the meantime if you need anything you can find us at 4/46 Maki Street, opposite Kiwibank and NorthWest Mall and just around the corner from Goode Brothers Restaurant. *Offer cannot be used in conjunction with others.

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New cruise ex Auckland on the Hauraki Gulf

After 18 months of lockdown can you think of a better way to welcome in the New Year than on board an intimate cruise in our own Hauraki Gulf?

Based at the Viaduct Harbour in Auckland, we have just introduced new 3, 4 and 6 day cruising itineraries sailing the beautiful islands of the Hauraki Gulf.

Depending on which cruise is chosen, you will get up very close and personal with Kawau, Rangitoto, Motutapu, Motuihe, Rotoroa, Ponui, Tiritiri Matangi, Waiheke, Coromandel, and even further out to Great Barrier / Aotea.

These excursions are all inclusive trips with the only extra to buy on board being your drinks.

This is a fabulous expedition aboard the expansive Te Haerenga, with 30 ensuite cabins taking 60 guests, an experience that provides an opportunity to explore the natural landscape and uncover the hidden beauty of the stunning Hauraki Gulf region in comfort with daily shore excursions & water activities included.

We've put together 3 packages. The cruises will launch on 31 December and are available right throughout the summer.

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- All watersports and shore excursions

Travel 31 December 2021 - 22 April 2022

Or: From \$ 2850 per person share twin for a 3 night/4 day cruise from Auckland departing Sunday 4pm and returning Wednesday 5pm, same inclusions above

Or: From \$ 4750 per person share twin for a 5 night/6 day cruise from Auckland departing Friday 4pm and returning Wednesday 5pm, combining both cruises, same inclusions above

Note: During our cruise it may be necessary to change the proposed itinerary due to adverse weather and sea conditions. Your crew will keep you fully informed along the way and will always ensure that your journey is as comfortable and enjoyable as possible.

Our fully refurbished cruise vessel Te Haerenga was purpose-built for overnight cruising and has a full suite of amenities to ensure ultimate comfort and relaxation throughout your time on board. The spacious configuration is spread across four levels including:

Cabin Decks: Two levels with 30 well-appointed double/twin share ensuite cabins, all with large picture windows

Lounge Deck: Spacious interior dining saloon and lounge, fully licensed bar, full kitchen with buffet and an exterior deck

Roof Deck: An expansive sun roof to take in the fresh sea air, incredible views and enjoy a drink.

Specifications: 45m, Overnight Capacity: 60 passengers, fully air-conditioned.

For detailed itineraries & inclusions to be emailed through to you, and for any enquiries at all, please just ask.

Tanya Franklin - The Travel Brokers Waimauku, email tanya@ttb.co.nz or phone 09 411 9105 or 021 254 9169.

Open letter to the Nor-West community

From Pete Sinton and Craig Walker, both past chairs of the Kumeu Huapai Residents and Ratepayers Association. Pete is a town planner and Craig is a commercial property owner and businessman.



We share parallel views in respect of the future direction of our beloved Nor-West community.



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Area Columnists

On August 30 Kumeu and Huapai experienced a devastating flood that not only put lives at risk but caused significant damage to numerous residential and commercial/industrial properties.

We accept that this was an extraordinary weather event, and flooding was inevitable.

What we don't accept is to what level the flood could have been mitigated with regular maintenance to the Kumeu River.

The Kumeu River is a small waterway running on a flat grade and it is tasked with the transportation of significant amounts of water from Waitakere to the Kaipara Harbour.

If that narrow waterway is blocked by vegetation and debris there is an obvious impact on water flow. What we do know is there has been no maintenance to the embankments in respect of vegetation control since the days of the former Rodney District Council.

We accept that there are vast tracts of flood-prone land between Waitakere and the Kaipara Harbour. Traditional flood plain areas are being encroached on by urban development. Green lands are being converted to developed areas, accordingly forcing more water volume into what we describe as a small, choked outlet - the Kumeu River.

Further, we live in an age of increasing climate irregularity. Therefore the devastating flood that hit Kumeu back in August could feasibly occur again, at any time.

The question that needs to be answered is: Where to now?

In the first instance, we believe there needs to be an immediate and robust cleaning of the Kumeu River from Weza Lane to the end of current residential areas in Huapai. Failure to act immediately on this

matter puts life and property at risk.

The second issue that is of major concern to us is sporadic and ad hoc development in an area that has high flood potential. There is no coherent forward plan for safe and controlled growth and development in this area.

What we consider to be needed with extreme urgency is a stalling of development until such time as a concept plan for the district is designed. This concept plan will provide for safe and risk minimised future development and, imperatively, storm water management. From the concept then to a structure plan that will control ad hoc development.

A substantial development company has recently acquired a very large amount of farmland in Taupaki. Can you imagine the future impact on Kumeu and Huapai when this development alone is converted from green and to hard stand? The stormwater generated will be directed to Kumeu and Huapai with potentially disastrous outcomes.

Further, there are future urban zones identified now that are likely to be live zoned in 2028 by the Auckland Council. That land is green zoned at the moment and when developed there will be further pressure on the Kumeu River with likely faster stormwater runoff.

We are concerned that there is not a strong community representation at a time where a united and influential community representation body is of vital importance to the future of the district.

Send your response to petesinton@townplanner.co.nz or craig@cwbr.co.nz. Meanwhile, we hope you have a safe and merry Christmas and a better New Year.



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Phelan's Local Board update

I'm guessing for many people 2021 is a year to be quickly moving on from, so I thought I'd talk about some of the things the Local Board is doing in 2022.

The Local Board has been working to continue to deliver for our community in the face of incredibly challenging circumstances, not only have there been project delays due to lockdown and rising construction and material costs, but council budgets have been hard hit by the pandemic. There have been millions of dollars of savings and significant staff costs, which all ultimately have a negative impact on services, repairs and renewals of assets. This situation seems set to continue.

At the same time there are moves at a central government level, supported by both major political parties, to speed up housing developments by removing councils' ability to guide local planning. This will place more pressure on inadequate local facilities and transport infrastructure, this is made worse by Waka Kotahi's inability to speed up delivery of the long-delayed transport improvements on SH16. What this all means for 2022 is hard to tell with the uncertainty around the pandemic.

We are supporting volunteer environmental groups via our two locally based Pest Free coordinators, Boyd Steel and Shona Oliver. They've used their local knowledge and experience to make contact with existing groups throughout the district and also to help form new groups so we can get wider community engagement in improving our environment. Two new groups are underway in Helensville and Kumeū/Huapai. Our aim is to help groups access council funding from the Natural Environment & Water Quality Targeted Rates and other funding sources.

If you're keen, getting involved these groups will be a positive, constructive way of doing something for the environment and your community. The contact people for the new groups are: Kumeū/Huapai: Jeremy Dean, jeremy@jeremydean.com and Helensville: Tora Mckenzie, manuintheville@gmail.com

In the transport space we have a number of new footpaths and pedestrian safety improvements starting next year in Riverhead, Huapai, Taupaki, Helensville and Kaukapakapa. We're also working on a park & ride in Huapai with construction starting in the second half of 2022. We are also investigating additional public transport options via an on-demand bus services.

Next year we're getting underway with new and replacement playgrounds including ones in Cabeleigh Drive in Helensville, Riverhead War Memorial Park, Shelly Beach and Matua Rd in Huapai. In addition, we are going to be doing design and engagement on improvements to the Rautawhiri Playground in Helensville, Harry James Playground in Taupaki, and a replacement skate & bike facility in Huapai.

I hope everyone has a relaxing and safe Christmas break, and look forward to working both with, and for you, in 2022.

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

Marja Lubeck MP

Here in Kaipara ki Mahurangi we've all worked incredibly hard over the past few months to keep ourselves and the rest of New Zealand safe. Our hard work has paid off, but that doesn't mean it hasn't been incredibly tough going, and I know that Aucklanders are tired from our COVID fight.

I hope you're all looking forward to connecting with loved ones over summer, going back to doing the things we love doing, as we transition into a new way of managing COVID-19.

Our approach so far has served us well. We're entering this new phase better placed than many other countries, with high vaccination rates, a strong economy, and fewer hospitalisations and deaths. Many countries that recently removed restrictions are now putting them back in place as they face a surge in fourth and fifth waves. I worry about my elderly parents in the Netherlands, where they are again seeing tens of thousands of new COVID-19 cases daily, health systems getting overwhelmed and signs of another lockdown over Christmas.

Meanwhile in New Zealand, our decisive action in August slowed the spread and bought us time to drive up vaccination rates. Here in Waitemata DHB, 490,000 people have received at least one dose of the vaccination. That is an amazing response, and I thank all of you who have stepped up. The entire country is on track to reach 90% fully vaccinated next month - one of the highest vaccination rates in the world.

At the end of 2021 and with less than a month until Christmas, I would like to wish you all a Merry Christmas, and a Happy and Healthy New Year filled with hope and silver linings.

Marja Lubeck MP.



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WISHING EVERYONE
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Merry Christmas
and may the next year be better and happier

Marja Lubeck
Labour list MP based in Kaipara ki Mahurangi
For enquiries please contact my office:
0800 582 325 (0800 LUBECK)
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Tips to tame your monkey mind and the mental chatter

The monkey mind is nearly impossible to slow down to enjoy the present.

We have thousands of thoughts running through our minds - your "to do" list, your current feelings, your worries and fears for the future, what's for dinner tonight, etc.



Taming your monkey mind will give you clarity of mind, focus on the present moment, improve sleep quality, and make you feel happier.

While Meditation is a tried-and-true method for quieting fear-based thoughts, there are other methods that are equally effective.

Here are some science-based ways to quiet the chatter and enjoy the upcoming summer months and holidays (with family and friends we hope).

1. Meditation - In meditation, you watch your thoughts non-judgmentally, acknowledge them, and then (theoretically) let them go. This helps to reduce the number of negative thoughts

Meditation has both psychologically and neurologically—in reducing mind chatter.

2. Cognitive behaviour therapy (CBT) - CBT teaches a person to recognise the negative thought processes they fall back on, and then consciously create a new thought—one that's more based in reality—to replace it. This re-wires the brain over time.

3. Talk to Your Monkey Mind / Will power - When your monkey mind is in full swing, calm it down by having a conversation with it. Stop for a moment and listen to what your monkey mind is saying. Why is it upsetting? Consciously chose to change the thought to a positive mindset.

4. Establish a Journaling Practice - By establishing a regular journaling practice, you'll be setting aside a window of time each day to unload the mind and address your monkey mind's concerns.

5. Recite a Mantra - Interrupt your monkey mind mid-sentence and distract it by reciting a mantra. When you recite a mantra you draw in your scattered attention and focus it on a word, phrase, or sound. This does not necessarily need to be a spiritual mantra - it can be a mantra like the word "Peace". This breaks the cycle of the monkey mind and chatter - like a circuit breaker. By repeating a positive phrase—either to yourself or out loud—you'll be listening to something positive, instead of listening to the negativity of your

monkey mind.

Article contributed by well-known Auckland Naturopath, Erin O'Hara, who has recently launched her online wellness clinic to help more New Zealanders with their concerns around health and wellbeing.

Erin has been involved in the Health and Wellbeing Industry for about 20 years through extensive study, scientific research, and an intrinsic passion for health. Her functional medicine approach addresses the underlying causes of disease through extensive testing and looking at the interactions among genetic, environmental, and lifestyle factors that can influence your health and cause disease. For further tips and information visit: <https://www.erinohara.co.nz/>

Submitted by Juno Scott-Kelly of JSK Communications - digital marketing (jsk-communications.com).

Sayers Says It

By Greg Sayers, Rodney ward Councillor.

The Government's decision to forge ahead with its Three Waters proposals, despite widespread opposition from local councils, has prompted me to seek a judicial review.

Local Government Minister Nanaia Mahuta has made an unforgivable U-turn by removing the promised option for councils to opt in or opt out of the Three Waters reform process.

This is because the majority of New Zealand councils, including Auckland, have kicked the idea for touch.

A judicial review looks at whether the Government acted fairly, followed correct procedures and acted within their powers.

Such a review would require the majority of Auckland councillors to support it. Once this is done, other councils from around New Zealand would be invited to also lend their support. However, Auckland Mayor Phil Goff is not supporting a judicial review.

His response to my call for a judicial review reads: "I have sought advice on whether judicial review would be effective in achieving change in the Government's proposals. However, the advice I have received from staff is that the doctrine of parliamentary sovereignty and the fact that local government is a creature of central government statute means that the Government is free to legislate changes which are then binding on council.

"We have therefore chosen not to follow that route but to participate



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MP for Kaipara ki Mahurangi

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

Area Columnists

through the Working Group to seek to persuade the Government to make the changes we believe are necessary."

The "Working Group" set up by the Labour-led Government to smooth the path forward has an Auckland representative on it - ex-Labour leader Phil Goff.

Let's also not forget Minister Mahuta, who is spearheading the Three Waters Reform, is the same person responsible for making overseas diplomatic appointments, such as New Zealand's Ambassador to the United States, a posting which Goff is reported to be seeking.

Ratepayers across Auckland should now, more than ever, rally to put pressure on the Auckland councillors to have a judicial review initiated. This is the only independent and legal option left available to ratepayers to appeal the reform.

Moving forward, a possible solution would be for Auckland Council to continue to retain control of Watercare - which currently manages Auckland's wastewater and drinking water supply. Watercare is governed by a board of directors, who are answerable to elected councillors, who are in turn answerable to ratepayers. Retaining strong accountability to ratepayers is vitally important, but the Government's proposal seeks to distance ratepayers from having such a powerful governance role. I believe this is wrong.

Watercare could even invite struggling northern councils to consider consolidating their water assets under its management. Elected members of those northern councils could then have a seat on Watercare's board. In this way, Watercare would become the overarching water controlling entity for the north, but still be accountable to ratepayers.

This could potentially achieve the Government's desired overall

outcomes, but without removing ratepayers from being a strong part of the governance framework.

Personally, I draw little comfort from the fact that the Government says that it will gather public feedback on Three Waters, but only via a select committee process.

Ordinary ratepayers will be intimidated by such a high-level process. Ratepayers are being purposely manipulated from having a voice over the future of the assets they paid for and own.

Accordingly, the Government's intention is to push forward at full steam to create four publicly owned entities to manage drinking water, stormwater and wastewater infrastructure throughout New Zealand.

It is disgraceful behaviour from Minister Mahuta and it flies in the face of any Treaty-based principles.

In closing and on a more positive note, I look forward to serving the wider Kumeu/Huapai districts interests in 2022.

May I also take this opportunity to wish you and your family a very Merry Christmas and a safe and enjoyable summer.

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