

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

SO MANY REASONS TO CELEBRATE

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

VAN DE ELZENS OPEN COOKERY SCHOOL

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

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

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February 2020



Greetings

It may be getting a little late for New Year resolutions, but if I could sum up the nation's key request for 2020 and the new decade in one word it is "infrastructure".

We all know what that means here – especially with the rapid housing development and clogged main roads.

A 'framework' plan being developed by the Huapai Kumeu Residents and Ratepayers Association should help iron out some of the issues – especially in the future.

Meanwhile, we have to put up with congested roads and a growing demand for services – particularly public transport like rail.

A recent survey backs concerns such as those held by Kumeu district residents.

Transport infrastructure – or rather the lack of it – is a top concern for Kiwis with an Ipsos Global Advisor Study showing more than half of respondents saying not enough is being done to meet the country's needs.

The study covers 29 countries, including 581 people in New Zealand, exploring perceptions of infrastructure conditions.

In New Zealand, 55% agree more work is needed.

Of all infrastructure types, New Zealanders are most likely to want new housing supply to be the government's top priority (55%), followed by major and local road networks (46% and 41%, respectively).

About 40% want rail infrastructure (track, stations, etc.) prioritised.

Ipsos New Zealand research director Amanda Dudding says transport infrastructure is an area in which New Zealanders would like to see more investment – in both roading and rail.

Out here, housing has often been developed before the proper infrastructure is in place.

My own neighbourhood is a good example - with more traffic about to flow onto roads incapable of handling the peaks.

I hear talk of people moving out – perhaps that's why regional New Zealand is growing so fast too, but Auckland's issues will soon develop in those popular places.

Perhaps as it's election year we may hear more about getting our infrastructure done right.

Geoff Dobson, editor



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People & Places

Van de Elzens open Muriwai Valley cookery school



Renowned Kiwi chef Michael Van de Elzen and wife Belinda have opened a cookery school on their lifestyle property near Muriwai Beach.

The Good From Scratch Cookery School will host cooking classes around the farm-to-fork experience, demonstrations and also has a space for private events.

Michael starred in *The Food Truck*, *Family Recipes* and *Kiwi Living*, and with qualified chef Belinda, bought the six-hectare Muriwai Valley farm in 2015, living there with daughters Hazel and Ivy.

They've spent the past five years developing the farm to now house chickens, cattle, an orchard, greenhouse and kitchen gardens.

Their focus is to share in the simplicity of creating flavoursome dishes from scratch, including gathering and picking seasonal produce, right at the cookery school's doorstep.

Classes will take full advantage of all the farm offers as well as local in-season ingredients from neighbouring farms.

"After five years of planning, building and planting, it's an incredible moment for us to finally be opening, seeing the fruits of our labour," says Belinda.

"Whether it's been fencing on the farm, landscaping the carpark, working with the builders or the planting of 150 fruit trees, or the development of The Good From Scratch Cookery School website, there has always been something happening, inching us closer to opening day.

"To finally be able to welcome the public into our space and share with them the knowledge we have, is truly amazing."

Michael agrees. "It certainly has been an insane five years and to realise our dream together is very special," he says.

"Bee (Belinda) shares my passion of preparing food from scratch and has supported me immensely on my journey to educate New Zealanders, especially children, about healthy eating and showing people how easy and cheap it is to cook a healthy meal.

"The Good From Scratch Cookery School will help us further to deliver that message, we are itching to get started."

Michael is well-known to Kiwis, having written five cookbooks and having starred on a number of television shows including the upcoming *Eat Well for Less* on TVNZ 1.

He has developed his Good From Scratch brand over the past six years, partnering with a number of companies including Green



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People & Places

Meadows Beef, Weet-Bix, Engel Fires, Grove Avocado Oil and Watties' Good Taste Company, to name a few.

His latest cookbook for children is also called The Good from Scratch Kids Cookbook.

The Van de Elzens have run many successful restaurants, including the award-winning Molten, Food Truck Garage and Boy and Bird.

Michael is calling it a 'dream come true', with the Good From Scratch Cookery School being over 20 years in the making.

"The initial thought was conceived when Bee and I were working in a small luxury hotel in an Irish village called Dundrody," he says.

"What made this award-winning hotel such a success was that the majority of the produce cooked for its guests came from its own gardens.

"Both Bee and I knew then that this was what we wanted to create in New Zealand."

Belinda praises the local community's support.

"We honestly couldn't have done this without the love, support and enthusiasm from our neighbours particularly, and the wider Muriwai community," she says.

"From teaching us about animal care through to helping pull us out of ditches, to fencing and the sharing local knowledge – we've been welcomed with open arms.

"It's such a warm and caring community and Mike and I hope that The Good From Scratch Cookery School brings economic benefits to this area."

Debut classes will be a fun-filled day or half day, involving gathering the various ingredients from on the property and learning about that produce's importance in the day's menu.

Preparation and cooking of the dishes will be a hands-on experience for the participants. Importantly, their labours will then be enjoyed together, with a selection of local wines, craft beers and homemade sodas.

Michael and Belinda care about where their food comes from.

"The farm is a labour of love and we want to share this unique piece of paradise," says Michael.

"The ultimate aim is for people to walk away smiling, satisfied in the knowledge they've learnt and with what they've created but most importantly, nourished in the understanding that 'good from scratch' is essential for a healthy life".

Michael is dyslexic so understands how important being able to read is; he was very excited and humbled to be asked to be an ambassador for Duffy Books in Homes in 2016.

He has also been involved in consultancy work and had been at Hallertau in Riverhead for a time.

Visit goodfromscratch.co.nz for more information and to book a class.

'Bedazzle!' the exhibition at Kumeu



Auckland artists Di Morrirt and Laureen Pipkin, who love bold colours and the happy emotions they evoke, are bringing their 'Bedazzle!' exhibition to the Kumeu Art Centre on February 4-22.

They've joined forces for this colourful exhibition, drawing on their memories and influences and believe that their paintings will "bedazzle" people who look at them.

Laureen has recently returned from a trip to her native South Africa and was inspired again by the heat and light, the colours of the veld and mountains, and the local dress, particularly Zulu beadwork.

Her reminder of how the sun and light influence a South African's sense of colour is evident in her work.

Laureen's preference is to use paint pots for their incredible colour options and viscosity. Her technique is to create a textured background and then use layers of paint and tissue together with oil sticks and acrylic pens to craft her compositions.

As a young woman Di was inspired by the huge works of Mark Rothko she saw in a London gallery.

She has subsequently lived and painted in California, Cyprus, and south-west France, finally settling back in her native New Zealand.

"The overriding characteristics of these environments for the artist are the strong clear light, brash blue skies and the saturated colour of multi-hued landscapes," she says.

Her work over the years shows and illustrates the development of that fascination with colour, brought out especially in her most



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People & Places

recent featured paintings at 'Bedazzle!'

Hub started for subsidised sports apparel

Mark Adcock of Waimauku has some great ideas – his latest being a SubHub where community sports teams and potential sponsors can collaborate on funding.

Frustrated by the lack of funding available for schools and sports teams, especially those in low decile areas, Mark decided to do something about it.

He sees the issues frequently through his Waimauku-based Smashing Promotions business which provides items such as team uniforms, trophies, sports balls, drink bottles and the like.

"Some also don't have the volunteer resources or know-how to apply for funding," he says.



Mark also believes some organisations inflate quotes to ensure kickbacks from providers - so the available money soon runs out.

"My idea is to create a hub where teams and sponsors can meet.

"Sponsors provide the funds for teams to create their own custom designed garments with their own number and names on the back."

Mark says all this can be done at little or no cost to the teams and schools involved, and he can help steer people in the right direction for funding.

"The only proviso is that teams include the sponsors' branding on the apparel, that they formally thank the sponsors, post a photo and provide a digital shout out every week."

The sponsors need to feel the love, and see tangible results as a marketing initiative, that way they will repeat the exercise and ensure further sponsorship for additional community needs, he says.

Various sponsorship packages are offered.

"For instance, we're looking for a business to pay \$350 annually to get their logo on about 50 sports tops and that way we can get them across three different sports codes with their branding seen by a variety of audiences - opposition teams and spectators, home and away," Mark says.

"These are walking billboards working 24/7 for years of brand exposure, very cost-effective advertising and huge goodwill.

"And you can't buy goodwill, it must be earned.

"We can even incorporate a community message within the garment, like 'seat belts save lives', the sublimation process allow for full colour branding with no limitations."

Clients can create some eye-catching apparel and have a sense of

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People & Places

pride and a point of difference from other competitors.

"It's a platform to bring people together and help them while also providing pride in community." Mark says he's provided corporate apparel and sports uniforms for numerous businesses and schools throughout New Zealand and the Pacific (he's just supplied Vodafone Cook Islands with uniforms).

"We have our own inhouse design team and designer software on www.subhub.nz to assist with creating unique artwork," Mark says.

"Often it's just a case of providing the logo, and from there we can use the logo colours to create a bespoke piece."

Another unique idea is Mark's development of a personalised eco trophy (metal/wood) that can carry an actual image of the team or player, rather than just another plastic trophy eventually heading to the landfill.

These provide a timeless memory in pictures, and also provide enough room for sponsors' logos to fund the trophy, he says.

"It's a win-win and a cool image is a lot more likely to be displayed and shown off, giving further exposure to the sponsors' logos and businesses."

Mark began seeing the need for sports funding while coaching various teams in hockey, football, netball and cricket.

The concept further developed after Mark came up with a novel charity idea of selling swan plant seeds when he learned the monarch caterpillar's main food source was in short supply.

His www.hopeseeds.nz included a charity fundraising component and, after it featured in the Kumeu Courier in November 2018, and then on 7 Sharp the project was taken up by Simplicity Kiwisaver which has distributed 20,000 customised seed packets with its own messaging.

Mark says Hope Seeds provided a foundation for him to work off with his present SubHub project.

That may also provide a charity element for groups Mark helps such as the Breast Cancer Foundation NZ, Bowel Cancer NZ, Brain Injury Association, and Youthline.

"It's a buzz being able to run a business, but at the same time reach out and assist those in need". Contact Mark on mark@smashingpromotions.nz, 09 412 6235, www.subhub.or www.smashingpromotions.nz for more information.

Kumeu Village Kindergarten

This year the Kumeu Village Kindergarten celebrates 25 years of community service. Regarded as one of the original preschools in

the community, they are also one of only 14% of preschools in New Zealand that have achieved a very well placed ERO review.

Some of the teachers have been with the kindergarten all this time and all for over 10 years which is almost unheard of in early childhood education. This means amazing relationships and outcomes for young learners. "We have a phenomenal and special team of teachers" says Centre Supervisor Gabriella Williams.

Centre owner Joanna Williamson, who is currently doing a PhD. in early childhood literacy, believes because Kumeu Village Kindergarten has such a stable team they are able to do some exceptional and in-depth studies and enquiries that truly benefit the children. The latest example is a two and half year literacy review with over 300 pages of research and findings. The result from this work is a very clear, simple and unique strategy for developing literacy in our preschoolers by working with our families to instill strong learning competencies.

As an early childhood learning centre the teachers believe that literacy is not simply an element of ECE learning but the focal skills that enables all learning for all children. Literacy underpins all the learning elements in an ECE environment. It is the foundation for all children's current and future learning.

"Literacy skills provide more ability to explore, examine, interact and build relationships to be successful in larger and more advanced learning groups. Literacy provides confidence and it is widely researched that confident students are generally regarded as being more successful in education and life" comments Joanna Williamson. That's probably why the Kumeu Village Kindergarten has such a great reputation.

The other key factor in learning outcomes at the kindergarten is fully qualified teachers and high teacher ratios. As a small, highly personalised environment children get the quality care and development they need at the Kumeu Village Kindergarten.



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Safer Communities



The new educational website checkitsalright.nz will give you great information on how to reduce the risk, assess the risk and can I light a fire. From here you can check if you can light a fire and then apply for a fire permit.

Fire and Emergency New Zealand are also running educational promotions including TVNZ Weather partnership, radio, social media, advertising at petrol stations, on Air NZ Domestic flights, regional print, truck backs, campgrounds and more.

The Australian wildfires have certainly shown us all how powerful Mother Nature can be. Three members of the Waitakere Volunteer Fire Brigade were deployed to assist New South Wales Fire Service in managing and fighting the fires. It was an honour to assist our Australian cousins as well as representing Aotearoa.

Scientists are telling us that our climate is changing, and we will get more frequent and more powerful natural events that

will challenge us. Now is the time to make changes to the way we interact with our planet.

Last year Fire and Emergency New Zealand battled 4,416 vegetation fires, mostly in summer. This year's summer educational campaign targets domestic and international tourists, and those living and working near forested areas, with an emotive education campaign to get people to reduce the risk of wildfire especially if it's hot, dry and windy.



Dennis Cooper

Deputy Chief Fire Officer
Waitakere Fire Brigade

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Community News

“Rumble in the Jungle”

A Celebration of the 50's & 60's Rock n Roll Era - Sunday February 2nd - 1.00pm to 5.00pm.



For one day only the Kaipara Coast Sculpture Gardens is stepping back in time to the halcyon days of the 1950's and 60's with a combination of local band Foxtail Rumble playing some of the old favourites from that era as well as a number of classic cars and hot rods being on display (courtesy of the Hibiscus Rodders club). If you want to bring along your classic vehicle we'd love to see you (and the driver gets free admission).

Whilst light refreshments will be available you're more than welcome to bring along your own.

You can also take a stroll through our gardens which contain over 40 marvellous new pieces displayed along the beautiful 1km nature trail (not suitable for walking frames or wheel chairs).

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa.

\$15 per person or \$35 for the whole family. Contact: info@kaiparacoast.co.nz or 09 420 5655.

Natures Explorers

At Natures Explorers the Riverhead Community is a very important part of our learning. In our Early Childhood curriculum Te Whariki, one of the goals is for children and their families to experience an environment where connecting links with the family and the wider world are affirmed and extended.



This not only supports children to explore, but also encourages them to be inclusive and build an interest and understanding for new experiences. We were very lucky to be able to explore our community and visit the Hare Krishna Temple. What a wonderful experience the children had. The children experienced different songs, dancing and food, and enjoyed the colourful temple. This is what some of the children said about the about the Hare Krishna experience:

“I loved eating the chocolate” - Beau

“I liked the beautiful things” - Thomas

“I liked the dresses” - Macie

“I liked the dancing” - Zara

For enrolment enquires for Natures Explorers please call Nerys on 09 412 8800 or email office.kindergarten@xtra.co.nz.

Kaukapakapa Library

Sunday 16th February, 9.30am to 1pm. Ray Scott - Turning Heads.

Meet award-winning woodturner, Ray Scott, at the historic Kaukapakapa library. Winner of the Supreme Award at the 2019 Royal Easter Show, Ray has become serious about his wood turning passion since his retirement five years ago. Born and bred in Helensville, Ray started a ship building apprenticeship at fifteen and has spent many years honing his skills. Now a member of the North Shore Woodturners Guild, his career may be seasoned but it's far from finished, with many more projects waiting their turn. Come along to see the beautiful pieces Ray creates and find out more about his winning techniques and drive for precision.



For more info contact Megan 021 959 017, threehorses@xtra.co.nz, Facebook - Kaukapakapa Library. Open in conjunction with the Kaukapakapa Village Market.

DIY brides, birthday presents, family or business outings?

We started our “U-Pick Flowers” @ Kumeu Flower Farm back in October last year and it's been a lot of fun. This is where we open up our greenhouse for you to come and pick your own flowers. We have seasonal flowers and foliage, along with some of our amazing roses. Remember we don't use any nasty chemicals. While you are browsing our flowers you can also take some time to sit in our “tropics” bay, so bring the flask, a blanket or mat and some sandwiches and make for a great family outing, rain, hail or shine. These events are also great for DIY brides, business and family outings and birthday presents. There are limited spaces





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Community News

available, so 'first in, best dressed' Please check out our website here. www.flowerfarm.co.nz/page/events or give us a call 09 412 7606.

Kaukapakapa Village Market

Sunday 16 February 8.30am to 1pm. A great morning out for the family, this lively village market has something for everyone, friendly people, great atmosphere and a tempting selection of stalls. Handmade crafts, soaps & jewellery, new and pre-loved clothing plus everything from locally grown fruit, vegetables



& plants to bric-a-brac and collectibles - a great opportunity to pick up something unique or grab a bargain. Enjoy a delicious snack from the market café, freshly baked cakes, doughnuts, barista coffee or a sausage from the Helensville Lions sausage sizzle while you enjoy live music from duo Barry & Maryanne.

Plus free face painting for the kids.

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

Jojo's

New Year, new decade means an amazing offer of 50% discount off your first 6 months.*

Our well researched play based learning philosophy, aligned with local schools ensures each child has their own development plan tailored around their personal interests and development helping them reach their potential and beyond.

Every meal ensures all our children benefit from feeding their tummies the most nutritious and tasty food in town. Gilly our wonderful trained nutritionist finds every way, every day to load our meals with a rainbow of vegetables with no refined flour or sugar.

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after school care and school holiday programme allowing families to be part of the Jojo's journey well into their school years.

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*conditions may apply.

February at Kumeu Arts

We welcome the New Year with inspiring exhibitions, creative new workshops including Glass Casting and Cold Wax, and a variety of new classes.

Our first exhibition of the year in the POD Gallery is local artist Emma Springford-Gough. The summer holiday continues with Emma's perfectly themed paintings of 'Maritime,' the show having already set sail you'll have to be in quick to not miss it, show ends mid-February.

Continuing in the POD is Gabriella Williams with a series of paintings that celebrate the natural contours of Muriwai.



In our main gallery are Duo Laureen Pipkin and Di Morritt, exhibiting vibrant paintings that are a fusion of abstraction and pigmentation. Our second show is Wood carver Rod Mackay, his diverse array of Celtic shields and sculptures depict narratives inspired by mythology and cultural history.

For more information on exhibitions and classes please visit our website at kumeuarts.org.

Lollipops Early Learning Centre

Lollipops Kumeu Early Learning centre is a purpose built home away from home for children aged 3months - 6 years.

Our quality care and education, coupled with natural environments and outdoor spaces, makes Lollipops the centre of choice for many Kumeu families.

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Community News

programme that sparks curiosity and a love of learning.

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Our calm and beautiful infant room offers primary care for under 2's as they grow and make sense of their world.

Our Toddler and Pre School spaces offer creative and inspiring learning spaces in a natural environment. As well as large outdoor spaces, our children are treated to regular yoga sessions, a ready for school programme, a dedicated art room and of course nutritious meals.

Our extended opening hours of 7am - 6.00pm cater to busy working families and we are conveniently located in Kumeu town centre at 7 Wookey Lane.

Pop in and see us or give us a call to book a tour 09 412 8081.

Flippin' Fun has a class to suit you

With the holidays gone and a long school term ahead, it's time to look after yourself. Flippin' Fun Trampoline Park has a variety of classes for personal improvement, up-skilling or just plain fun for you and your little ones.



Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 1.

Flip fit classes - if recent unpredictable weather has kept you from

the beach, it's time reclaim that beach bod with the prospect of better weather ahead.

Flip classes - Fly with the best. For age 8 yrs+. Learn new tricks to impress your friends.

Private flip class - One-on-one instruction with a qualified instructor accelerates your child's skills learning

Junior flippers - Fundamental movements programme for kids aged 5 - 7 yrs teaching skills core to many sports.

Little flippers - Super fun toddler session for the 5 & unders - without the older kids!

For pricing and times be sure to check www.flippinfun.co.nz or call us on 09 833 6880.

Scout Jamboree

Welcome to 2020. We all hope everyone had a wonderful Christmas.

During the summer break, Scouts New Zealand hosted the 22nd NZ Scout Jamboree. What is a Scout Jamboree you ask? A Scout Jamboree is a triennial event and is a coming together of "Scout" aged youth from all over New Zealand as well as Scouts from Australia, Cook Islands, France, Thailand and many more countries.



This year it was hosted at Mystery Creek in Hamilton, with an overnight camping base at the picturesque Lake Karapiro.

There were 3000 scouts at the Jamboree and about 1200 adult mentors who volunteered their time to give many of the youth a once in a life time experience. The Scouts had 11 days of fun and adventure. They took part in many activities that at times pushed them to their limits and gave them life changing experiences that they would not of experienced anywhere else.

The activities at Jamboree included, jet boating, abseiling, confidence courses, sailing, paddle boarding, quad bike riding, kayaking, rafting, using excavators, shooting, exploring new places with local tours around Cambridge and other local areas, a massive flying fox, archery, building around 3000 wooden rat traps to be used on Doc land to control rats, art activities, Master Chef cookery classes and lots more.

Scouts is for boys and girls and has 6 sections, Keas 5-8 years old, Cubs 8-11 years old, Scouts 11-14 Years old, Venturers 14-18 years old, Rovers 18-26 years old and Leaders 18-100 years old. With local Scout groups in Kaukapakapa, Waimauku, Riverhead, Whenuapai, Massey, Henderson and Te Atatu, you are never far away from your local group.

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Community News

If you would like to know more - visit www.scouts.org.nz or email me zl.waitoru@zone.scouts.nz Craig Paltridge, Waitoru Zone Leader.

Just Kidz Huapai

Our pre-school room takes children from around age 3-3 ½, through until they leave to attend primary school. With our transition process, we consider each child's readiness and the timing that will benefit them best if they are moving from our toddler room. In this space, deeper friendships and relationships form, and social play and interactions are usually heightened. Children look for new challenges and are increasingly inquisitive with their world, forever seeking new information and discovery. Your child will gain much satisfaction from attempting and achieving tasks and seek to be even more independent as they journey towards being 'big' and heading off to primary school. They are also encouraged into literacy, numeracy and science in preparation for school with a programme that includes phonetics, mathematics, experiments, art, baking and technology. A whole wider world of discovery awaits and more complex ideas and challenges are presented. For new enrolments we are offering 50% off your first two months fee. To find out more, please feel free to pop in for a visit at 335 Main Road, Huapai or contact us on 09 412 0225 or email: Huapai@justkidz.co.nz.



Ivy Cottage parties

Is your little one's birthday party coming up soon?

Are you wondering what to do to keep the kids captivated during the party?

We can help.

We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids absolutely captivated with our magical games, flying lessons, treasure hunts, magic bubbles, enchanting stories, wishing dust and fun craft activities.

We have three different packages and prices to suit your budget, lots of different party themes, plus our parties & events are suitable for boys and girls of any age.



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Let us weave a wondrous spell of happiness & joy to make your child's party an unforgettable experience. Your child will be made to feel so special and have a party that they will always remember.

Kumeu Library

Kumeu Library has had a busy start to 2020 with the Dare to Explore summer reading programme for children, and the Great Summer Read promotion for adults. This summer we have had 180 children participating in Dare to Explore! Now that school holidays are over, our normal activities are starting up again. Our fun, free activities are a great way to meet new people in the local community, learn new skills, and expand your knowledge - so come in to your local library and join in the fun!

Activities for Children:

Storytime: Mondays and Saturdays at 10.30am - Stories, songs, rhymes and a fun activity for children aged 3 to 5 years - storytime happens every week, even during the school holidays.

Homeschoolers' Make: Build: Do: Wednesdays during school term at 10.30am, starting 12 February - An hour of constructing, creating and fun for children aged 9 to 13.

Make: Build: Do: Thursdays during school term at 3.30pm for children aged 9 to 13, starting 13 February - What can you achieve in one hour?

Rhymetime: Fridays at 9.30 -10.00am - for pre-schoolers aged 18 months to 3 years. Rhymetime continues through all the school holidays.

Wriggle & Rhyme: Fridays during school term at 10.30 -11.00am, starting 7 February - for babies 0 to 2 years.

Activities for Adults:

Book Chat: The first Tuesday of every month at 10.30am, starting 4 February - come and chat about what you have enjoyed reading while enjoying morning tea.

Crafternoon: The last Wednesday of every month (except December) at 2.00pm, starting 29 January - create something different every month.

Book Club: 7.00pm on the 4th Thursday of each month except December, starting 23 January. Join in our lively discussions - every month we read a different author, genre or theme!

There's always something happening at Kumeu Library - follow us on Facebook to keep up-to-date (www.facebook.com/kumeulibrary)!

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PHILIP GRIMMER

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Email: khp@xtra.co.nz
PO Box 737 Kumeu
280 Main Road, Kumeu, SH 16

In Brief

Hallertau Riverhead Rampage 2020

Did you commit to get fit in 2020? The Hallertau Riverhead Rampage now in its 7th year, is a 21km run & 10km, 5km walk / run in Riverhead Forest. Whether you're a complete novice or an experienced trail runner there is something for everyone, all ages and levels welcome for individual or team entries. Then it's all back to the brewery for prize giving and a well-earned beer. Since its inception we have raised in excess of \$70,000 to promote healthy lifestyles at Riverhead School. Sign up today. Sat 7th March | 8.30am Riverhead School | Register www.riverheadrampage.co.nz.



Exclusive India hosted journey with Mary Lambie

Happy New Year from all the team at House of Travel Hobsonville, New Zealand's most awarded travel brand.

Mary's 15 day tailor-made hosted journey from NZ is a great mixture of sights, experiences and food, alongside some free time to explore the many markets and other wonders of India.

On your journey, we take an in-depth look at the amazing palaces and monuments of India. We start by exploring some of the most impressive sights of Old and New Delhi. We then fly to Varanasi, which is considered the oldest living city in the world. Here you will experience the spiritual aspect of India's age-old beliefs. We continue to Agra Fort and to the Taj Mahal, the world's greatest monument of love.

Not to be missed is the Pink City of Jaipur, where we witness the rich architectural legacy of Jaipur merchants. In the Blue City of Jodhpur, we will explore the one of the largest forts in India. We will visit the Bishnoi tribal community and glamp in the Rajasthan wilderness of the Manvar Desert, surrounded by sand dunes. Why don't you



join her for a fun filled, exciting, unique and exotic fortnight in this stunning country? Singles, couples and friends welcome.

Departs 14th of October 2020

For a copy of the full itinerary, inclusions and brochure contact us at 09 416 0700, hobsonville@hotmail.co.nz or pop into our store at 225 Hobsonville Point Road, Hobsonville.

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 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.



Kumeu Blend Choir

Rehearsals at St Chads Kumeu Monday evenings 7:30 - 9:00

Our Christmas concert 'What Sweeter Music' went extremely well and was enjoyed by a near-full St Chads Church. In addition to the choir's usual wide range of music, the audience were treated to 4 Lyric Pieces by Grieg, played by our new accompanist, Robert Li.

Rehearsals for our next concert start on 3 February in St Chads Church, Oraha Road, Huapai. We look forward to another exciting repertoire ranging from classical choral music through to works by modern composers.

We welcome new members, whatever their voice, standard and experience. Previous choral experience and ability to read music is helpful but not essential.






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In Brief

Enquiries: Margaret Lindsay on 021 042 8855 or 09 849 8070; email Margaret@lindsays.co.nz.

The Mobile Car Specialists

Welcome to 2020 - a new decade.

Has your car taken a beating over the holidays? Crowded car parks, kids & dogs, sunscreen, beaches and the hot sun are all enemies of your car's paint. If you've received a dent or two, maybe some surface scratches or sunscreen hand prints - we can fix it. How about having a cut and polish done to restore your paint to its former glory and leave it protected with wax?



Our services include: Dent removal - small to large. High quality paint correction / cut and polish. Ceramic coating paint protection Yellow / foggy headlight restoration. Signwriting removal.

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

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

Kumeu Montessori preschool has some fresh faces on board

Introducing Bronwyn Mills and Danielle McNaughton.

With over 30 years' experience in early childhood education, Bronwyn is back in the community she adores. From 1993 to 2005 she was Head Teacher at Taupaki Kindergarten and is very excited to be reconnecting with this vibrant, growing community.



Danielle has 17 years of experience up her sleeves and a fresh and vibrant approach to early childhood education.

Their teaching philosophy draws upon Te Whāriki, the New Zealand Early Childhood curriculum and they continue to be inspired by a broad selection of researchers and theorists. They are excited about blending the Montessori philosophy with modern innovations in teaching.

Bronwyn and Danielle are thrilled to be new business owners and are committed to delivering consistently high quality care and education in a beautiful, well-managed environment.

With a passion for fun and exciting learning opportunities this dynamic duo are ready to meet you! www.kumeumontessori.co.nz phone 09 412 9885.

Why not join our new YOU Travel Westgate travel club?

Happy New Year from the staff at YOU Travel Westgate. As we enter into 2020, we have some exciting things planned for this year.

New for 2020: Mid-June 2020, we are holding our first Reiki in Rarotonga group tour, a great chance to learn Reiki with like-minded people in the lovely Cook Islands, this will be escorted by our International Reiki Master Teachers. We also have our solo travellers tour. Please contact the store for further information.

Valentine's Day is approaching, why not buy your loved one a travel voucher?

We have started our new YOU Travel Westgate Travel Club. As a member some benefits of joining are: Allianz Comprehensive Travel Insurance discount * Be one of the first to hear about any deals. Receive our quarterly newsletter. Plus much more. * T & C apply

To join our travel club, please email us at westgate@youtravel.co.nz.

Contact us on 09 831 0018, email westgate@youtravel.co.nz or visit at 18 Westgate Drive, Westgate.



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Property

Using Kiwisaver to purchase first home

If you are a first home buyer and you have been in Kiwisaver for more than 3 years then you may qualify to withdraw funds from your Kiwisaver to help buy your first home. The first thing you need to know is that you have to have a contract to purchase in place.

There are two scenarios:

- You need the funds to pay the Deposit to the Real Estate Agent; and/or
- You need the funds to pay the balance of the Purchase Price on Settlement Date

In the first scenario you need to get moving on your application as soon as possible after your offer has been accepted. You will need to download an application pack from your Kiwisaver provider's website and fill it out. Part of the application form is swearing a Statutory Declaration - you can do this in front of your Solicitor or a Justice of the Peace.

In the second scenario your solicitor can only send your application to your Kiwisaver Provider after your contract has become unconditional. So in this case you could wait until you are unconditional to get your application organised. Just remember your Kiwisaver Provider will usually need 10 business days to process the application so this needs to be organised about three weeks before settlement date.

If you are using your Kiwisaver then most Providers require you to purchase the property in your individual name (i.e. cannot nominate a trust or a company to be the purchaser).

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you in buying your first home. Phone 09 973 5102 if you have more questions about buying property or using your Kiwisaver.

Property market report

David Norman, Auckland Chief Economist says "Auckland city's housing affordability has improved by some 26% in the past four years"

Auckland Council's chief economist David Norman says "the Auckland housing market has benefited from regulatory and structural changes including the Auckland Unitary Plan and its zoning rule changes, a surge in industry capacity in New Zealand, and ongoing economic strength in Auckland with income growth and low unemployment".

Auckland Mayor Phil Goff says the improved affordability shows the progress that is being made addressing Auckland's housing issues.

"The Unitary Plan is working as it is intended to, helping Auckland become more compact, with 94% of dwelling consents issued in the past year being within the Rural Urban Boundary," he says "We continue to issue consents at record rates across the board, with 14,634 dwellings consented in the year to September. On this estimate, the city has been chipping away at its total housing shortfall for the past four months.

Norman says land supply and deregulation are often touted as the solution to housing affordability. While this is part of the puzzle, fixation on one factor fails to provide a full understanding of why Auckland's housing market has remained unaffordable for many.

"At a headline level, what causes house prices to rise is simple: not enough houses being built to meet demand for resident and in some cases non-resident demand. But investigate the detail and understanding why not enough houses are being built is more complex but much more pertinent," says Norm

The latest report compares a broad list of factors that influence housing affordability across nine global cities, with the aim of better understanding why different housing markets have such different house price outcomes.

"Against the backdrop of continued growth, Auckland has managed to achieve greater affordability in the past six years through a mix of policies and structural changes, and after comparing other cities, we know there are several differences that give us food for thought."

The reasons for housing shortages stem from demand factors such as incomes and unemployment rates, tax and ownership regimes; and supply factors such as industry structure, labour laws and construction wages, materials costs, regulation, and geography.

Over the past six years, the Auckland housing market has benefited from several regulatory and structural changes that have helped moderate growth. These include: Auckland's Unitary Plan and its zoning rule changes, a foreign buyer ban, tighter loan-to-value ratios (LVRs), tougher exchange controls in China, a surge in industry capacity in New Zealand, and ongoing economic strength in Auckland with income growth and low unemployment.

Latest growth and housing data shows Auckland's housing supply is catching up with its shortfall. Auckland Council estimates about 14,000 dwelling consents are needed each year to keep up with current growth. A record 14,634 dwellings were consented in the year to September 2019.

Let's take a look at the real sales picture over the last month:

Let's review the market:

Coatesville Lifestyle	\$2,300,000
Helensville Lifestyle	\$700,000 to \$1,400,000
Helensville Residential	\$485,500 to \$759,000
Kumeu-Huapai Residential	\$650,000 to 1,222,000
Muriwai Lifestyle	\$1,351,000 to \$1,440,000
Parakai Residential	\$615,000 to \$720,000



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Property

Riverhead Residential	\$1,139,000 to \$1,465,000
Swanson Residential	\$675,000 to \$1,281,888
Waitakere Residential	\$765,000
Waimauku Residential	\$950,000 to \$1,070,000
Whenuapai Residential	\$860,000 to \$1,417,500

So let's strip it back and ask, what does affordable mean to the average New Zealander. It means reasonably priced, overall inexpensive. I struggle to understand the statements made by Norman and Goff. If Auckland Council had a genuine interest to assist New Zealanders own their own homes there is a number of mechanisms that would allow this to happen immediately. None are being implemented today.

On a positive note, buyers are back, listings are few and prices are steady. It is a great time to liquidate asset and with Mike Pero Real Estate we provide a lower fee structure and a free marketing kick start. Give me a call to book in a free no obligation appraisal. Phone Graham on 0800 900 700 or email graham.mcintyre@mikepero.com See more at www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

The arrival of the Trusts Act 2019

The Trusts Act 2019 makes important changes to trust law in New Zealand and replaces the Trustee Act 1956 and the Perpetuities Act 1964. The Act has been enacted and will come into force on 30 January 2021. Trustees and beneficiaries should be aware of both the changes and impacts on their rights and obligations. The Act modernises and clarifies trust law, codifies the mandatory and default duties on Trustees, simplifies the core principles of a trust and provide mechanisms to resolve trust-related disputes. The main changes are:

1. The codification of mandatory and default Trustee duties: a) The five mandatory duties cannot be excluded or modified by the Trust deed and impose on all Trustees a duty to know the terms of the Trust, a duty to act in accordance with those terms, a duty to act honestly and in good faith, a duty to act for the benefit of beneficiaries, and a duty to exercise the trustee's powers for proper purposes and b) The ten default duties apply unless expressly excluded by the Trust deed and include a duty to invest prudently, a duty not to exercise power for their own benefit, a duty to avoid a conflict of interest and a duty to act unanimously.
2. The length of a Trust's life has been extended from a maximum of 80 years to a maximum of 125 years.
3. Requirements for the management and disclosure of trust information to beneficiaries. The Act sets out what information

Trustees must keep and how long documents must be kept. Trustees may only refuse to provide information to beneficiaries after considering both their general obligation to provide information and a series of factors as to the nature of the information and the practicalities of restricting that information. The Act favours keeping beneficiaries informed and clearly outlines the basic trust information that is to be provided to every beneficiary. The process of disclosing information also includes a requirement on Trustees to notify all those who are qualifying beneficiaries. Trustees may only refuse to provide information to beneficiaries after considering both their general obligation to provide information and a series of factors as to the nature of the information and the practicalities of restricting that information.

4. Mechanisms to resolve trust disputes - in the interest of keeping trust related disputes out of the High Court, the Act provides for alternative dispute resolution mechanisms such mediation or arbitration.

The Trust Act 2019 is going to impact existing trusts. New trusts need to ensure they comply with the provisions of the Act. Want to know more? Contact Gina Jansen Lawyers on 09 869 5820 or email us at gina@ginajansen.co.nz.

Land covenants and modifications

Land covenants registered against a title are usually designed to protect the value of land in a given subdivision. Usually they do so by restricting against cheap building, poor landscaping and future subdivision. However, if the land is rezoned, it is possible to apply to the High Court to modify or even remove redundant covenants. In doing so the court would look closely at the circumstances including whether it causes injury to any person who is otherwise protected by those covenants. Such cases include covenants which restrict against building heights in order to protect the sea view of a property owner. Importantly, the court has power to order compensation to the extent there is a loss of value because of a modification to a covenant. Consequently, it is important for any land purchaser to consider closely the nature of any covenants on a title and whether they are permanent or expire after a period of time. Or, whether they are the sort of covenants that a court could modify or even extinguish if a good case could be made by those bound by the covenants.

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Luke Kemp
LL.B., B.COM., DIP. HORT

Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COASTEVILLE	3,400,000	1.29HA	573M2	2,300,000	RIVERHEAD	1,200,000	800M2	215M2	1,259,000
	2,140,000	6311M2	250M2	2,300,000		1,225,000	803M2	223M2	1,139,000
HELENSVILLE	1,375,000	9710M2	191M2	1,400,000		1,425,000	801M2	295M2	1,465,000
	710,000	736M2	140M2	759,000	SWANSON	945,000	661M2	250M2	960,000
	800,000	7107M2	140M2	700,000		770,000	514M2	120M2	715,000
	600,000	1012M2	140M2	645,000		1,230,000	600M2	321M2	1,281,888
	490,000	311M2	70M2	485,500		1,250,000	4.17HA	190M2	1,271,000
HUAPAI	590,000	0M2	80M2	650,000		800,000	505M2	175M2	800,000
KUMEU	990,000	400M2	102M2	890,000		610,000	478M2	110M2	675,000
	1,050,000	525M2	206M2	950,000	WAITAKERE	795,000	1012M2	120M2	765,000
	1,280,000	779M2	271M2	1,222,000	WAIMAUKU	1,050,000	1128M2	200M2	1,000,000
	950,000	400M2	192M2	965,000		1,075,000	1025M2	200M2	1,030,000
	1,175,000	525M2	264M2	900,000		1,125,000	2150M2	187M2	1,070,000
	840,000	361M2	155M2	820,000		870,000	1216M2	180M2	950,000
MURIWAI	1,325,000	12700M2	242M2	1,351,000	WHENUAPAI	970,000	187M2	224M2	875,000
	1,500,000	65800M2	110M2	1,440,000		940,000	166M2	211M2	875,000
PARAKAI	730,000	520M2	152M2	615,000		940,000	161M2	211M2	870,000
	770,000	553M2	153M2	720,000		500,000	330M2	244M2	1,095,000

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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Graham McIntyre
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BEST APARTMENT LIVING 2 2 2 **\$669,000**

204B / 160 Hobsonville Point Road, Hobsonville
Asking Price \$669,000

Two beds! Two bathrooms! Two car parks! Safe and secure! Step inside to open plan modern, spacious living and dining, a well appointed kitchen with breakfast bar and quality appliance package included. Two bedrooms, main bathroom, master ensuite and walk in wardrobe complete the design. The deck offers indoor / outdoor living for that morning cup of tea, glass of wine or alfresco dining.

www.mikepero.com/RX2075126



Cherry Kingsley-Smith
021 888 824



STUNNING COASTAL LIVING 4 2 2 **By Negotiation**

105 Buckley Avenue, Hobsonville Point
By Negotiation

Located in the sought after Sunderland precinct of Hobsonville Point is this gorgeous and spacious Willis Bond four bedroom sun and light filled home, enjoying water views across the Inner Harbour. Less than a year old, this beautiful home features a superior build with quality fittings and appliances throughout and the enduring qualities of a solid brick construction.

www.mikepero.com/RX2071867



Cherry Kingsley-Smith
021 888 824



ENTERTAINERS HOME 4 2 2 **\$1,179,000**

8 Archer Rayner Place, Greenhithe
Asking Price \$1,179,000

Excellent design meets five star construction, this Universal home delivers the best of modern living with modern materials. The home offers: Four bedrooms, Two bathrooms, Two lounges, Double Internal garage and Two alfresco entertaining environments. Set on a North facing aspect, the home has a front to back split, giving the open plan living environment almost a regal introduction from the entrance.

www.mikepero.com/RX2017773



Graham McIntyre
027 632 0421



CITY LIGHTS & SEA VIEWS 3 4 3 **\$1,599,000**

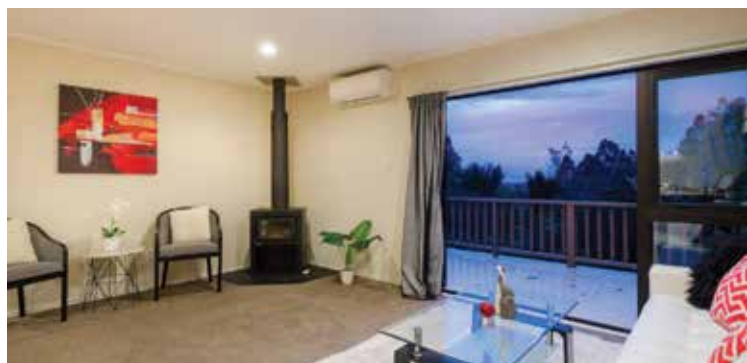
5A Berneligh Terrace, West Harbour
Asking Price \$1,599,000

Electric entry gates, full fencing in a quiet cul-de-sac location surrounded by high end and exclusive, million dollar homes. It is a perfect home for an executive couple that wants the convenience of lock up and leave, and the flexibility to have family or guests stay, providing them their own space so that you can live together but with independence and privacy.

www.mikepero.com/RX2080143



Graham McIntyre
027 632 0421



VIEWS TO THE TASMAN SEA 4 2 2 **\$897,000**

94 Hinau Road, Waimauku
Asking Price \$897,000

Set on almost 1.5 acres of gentle sloping land with a bush framed vista to the Tasman Sea. Good space upstairs with three rooms and open plan living, linking alfresco to the east and west while downstairs has a bathroom, bedroom plus living area, double garage and workshop.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2066197



NEW ON THE INSIDE - CHARACTER BUNGALOW OUTSIDE 3 2 1 **\$879,000**

1014 Coatesville-Riverhead Highway, Riverhead
Asking Price \$897,000

A beautifully finished and landscaped contemporary bungalow offering a very modern open plan living out to sunny North-West facing. Landscaped to deliver privacy and modern contemporary. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1814073



NORTHWEST ASPECT COUNTRY COTTAGE 2 2 1 **By Negotiation**

203 Mangakura Road, Helensville
By Negotiation

Nestled in a quiet glade overlooking most of it's 1.5 hectares is this very private country cottage. Offering a feel of ambience, a touch of nostalgia and a tranquil place of relaxing contemplation. If you are seeking land and home that oozes personality and character, this is one that will feature high on your list.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2066202



THE COMPLETE LIFESTYLE PACKAGE 4 1 1 **By Negotiation**

7 Kaipara Lake Road, South Head
By Negotiation

Set high overlooking the exclusive Tupare Estate is this fully renovated four bedroom home. Open plan living with great indoor outdoor flow to a huge deck make this home an entertainers delight. The commanding view of the Kaipara Harbour is panoramic. The harbour can be accessed from the Tupare Estate's private boat ramp. This 16,699 sqm or 4.12 acre property is divided into four paddocks.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2039027



VALLEY VIEWS, PASTURE IN HUE 4 3 2 **By Negotiation**

81 Stoney Creek Drive, Waitakere
By Negotiation

Pasture and park like surrounding ignite the most idyllic, peaceful and playful home, shedding, grazing and kids playground imaginable. A contemporary and modern four bedroom, two bathroom home, over two levels, elevated, tranquil and private with the most outstanding valley and bush views. Open plan kitchen and dining area flowing seamlessly out to a large deck, making entertaining a breeze.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2109381

CONTEMPORARY TWO LEVEL 3 2 2 **\$969,000**

43 McEntee Road, Waitakere
Asking Price \$969,000

A home that delivers style, sophistication, rural valley views and a sunny Northerly aspect. Set on 2600 square meters of land. The home is an extensively revamped and refurbished three bedroom plus study with the most beautiful outlook. An open plan entertaining kitchen, dining and lounge opening up the expansive North facing decking. A double garage with laundry and additional garden shedding.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2145929



RUSTIC CHARACTER, BARN AND MODERN STUDIO 6 5 2 **\$1,995,000**

41 Coatesville-Riverhead Highway, Coatesville
Asking Price \$1,995,000

4 acres comprised of established native bush and pasture delivering a private, tranquil and sunny glade. A diversity of living rooms, separate dining room, four bedrooms, an office and two bathrooms while the hub is the open plan kitchen and step down entertainment lounge with high, wooden, cathedral stud and cascades of light. near new studio comprising five rooms (ccc not issued).



Graham McIntyre
027 632 0421

www.mikepero.com/RX2166107

INCOME FOR AN ASTUTE INVESTOR WANTING HIGH YIELD 5 2 3 **By Negotiation**

7 Will Street, Kumeu
By Negotiation

Quality modern Brick and Weatherboard home, built in 2017 offers a low maintenance construction, with two homes under one roofline. The main dwelling comprises of 3 bedrooms, 2 bathrooms (including master ensuite and walk-in wardrobe), entertainers kitchen leading into open plan living/dining area with alfresco. The minor dwelling is accessed via a separate side entrance.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2145062



813SQM SECTION

By Negotiation

8 Drovers Way, Riverhead

By Negotiation

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

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428SQM SECTION

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11 Papa Orchard Drive, Kumeu

By Negotiation

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

www.mikepero.com/RX1835017



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MADDREN HOME - 428SQM SECTION

By Negotiation

43 Nobilo Road, Kumeu

By Negotiation

This beautiful showhome package has truly been designed to showcase today's entertaining lifestyle. A stylish kitchen features stunning stone bench tops, that lead you out to the large entertaining area. The thoughtfully placed large windows and 2.55m high ceilings bring lots of natural light into the house even on overcast days. Buy the section as is, or work with our building partner; Maddren Homes.

www.mikepero.com/RX1834921



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027 632 0421



451SQM SECTION

By Negotiation

42 Jane Maree Road, Kumeu

By Negotiation

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

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Kiwitahi Road, Helensville By Negotiation

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www.mikepero.com/RX2066456



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Home & Garden

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It's about this time of the year that we start getting calls from local restaurants about their grease traps and interceptors. Grease converters (250 litres) are installed under the sink to literally intercept and trap greases and solids before they enter wastewater - an essential in busy kitchens. Grease traps are generally located in the ground under a manhole lid. Each chamber can hold up to 1000 litres at a time.



Having a proactive servicing plan means you minimise your chances of a drain blockage, overflow, bad odours and, in some cases, discharge to where it shouldn't go. In serious cases, any discharge into the stormwater network can require you to close your business to deal with the emergency. Fines for non-compliance from Council can be up to \$300,000.

Our grease trap services include collecting the grease, cleaning traps and interceptors, removing the contents of your grease trap from site, and disposing of it in a responsible manner at a Council-approved liquid treatment facility. There it's separated into grease, water and sludge and reused where possible.

How often a grease trap or converter needs to be serviced depends on the device and how busy your business is. We're experts in this field and can advise you on how often your particular trap needs to be serviced - through our automated system we can call you to let you know when your next service is due so it's one less thing you need to worry about.

Please contact us to enquire about your grease trap / converter clean or an annual servicing plan - we're happy to help. www.hydrovac.co.nz

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Meet Laser Whenuapai's office manager - Samantha Wing

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

So what else does Laser Whenuapai offer you...other than plumbing services? We are your local specialists in hot water systems, roofing and gutters, and all drainage services. Laser Whenuapai offers a state-of-the-art drain unblocking service.

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Home & Garden

plumbing emergencies - as unfortunately, these can come at any time.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai. The team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Contact Laser Plumbing & Whenuapai (and Sam) for all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110. Open five days a week from 7am-5pm, we are located in new offices at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

Waimauku Garden Club

A new year has begun. November saw us out on the water on a very blustery day. The intention was to go to the 'bottom end' of Waiheke but due to the conditions we lunched at Motuihi, motored into Station Bay on Motutapu before heading back to Auckland and motoring as far as Kauri Point before arriving back at Westhaven Marina. Most were happy but some were very glad to be on land again.

December saw us at the Muriwai Golf Club for our Christmas lunch. What a lovely way to finish the year together. The caterers put on a super spread. A very happy group of women. The view of course was spectacular and the potted flowers we were able to take home as a gift were a nice ending to a happy day.

Now to start this year off we are going to the Totara Hospice Gardens as well as The Auckland Botanical Gardens and Sculpture Trail, on the 20 February. March 19 out to Clevedon and April visiting two gardens in the Bombay/Drury area. Contacts: Althea 09 412 7752, Bette 021 145 1854, Diana 027 478 8928, Jan 021 108 7925, Judith 027 272 9994, Veronica 027 755 4645.

9 Summer Roofing Tips

Now that it's almost summer, get ready to feel the heat! However, not many people know that the hot sun can cause a lot of damage to your existing roof. In order to keep your home in tip-top shape, here are some tips on how to take care of your roof during these warm months.



1. Make sure to check and clean all gutters and downpipes so that water can flow through without blockage.

2. If you have a skylight, don't forget to check for clutter behind it.
3. Check your roof for cracked tiles, or tiles that have moved.
4. Check your iron roof for any rust spots, and check that all screws / nails are tight.
5. While on your roof, make sure to take pictures of before and after to make sure there aren't any major changes since your last check.
6. Mold damage happens fast. Make sure that nothing is moldy or damaged from mold.
7. Block all the places where small creatures can invade.
8. Check sealants to make sure they are still in good shape.
9. Make sure your eaves and overhangs don't have stains from water.

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Thoughts on small scale landscaping

The large proportion of thinking about landscaping is on a big scale, with broad brushstrokes, big features, and big budgets

Modern, smaller properties and ever-busier lives mean that for many people, the time and financial investment in a large-scale landscaping project can be quite a daunting prospect.

One recent client found it worked better for them to develop and overhaul a much smaller area of their landscape. They focused on the following aspects when working on a planter bed bordering their courtyard lawn:

- Thinking carefully about what existing elements to retain or discard.
- Identify supporting design elements that compliment your design.
- Researching and selecting the appropriate plants.
- Spending time and effort on good preparation of the soil.
- Wyatt Landscaping Supplies can help.



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Wyatt's are experienced at dealing with landscaping projects of all sizes. We offer most of our products both in bags and in bulk allowing you to order in quantities to suit your needs. Our free loan trailers and smaller tipper trucks can take the hassle out of getting materials to your site and underway quicker with your project. Feel free to draw on our product knowledge of what works and how to get the best results from your small-scale landscape project.

Quinovic Property Management

You may have noticed that most of my articles to date have been about compliance on rental properties, well sorry but this one is following a similar theme in an effort to cover off all of the recent and upcoming changes which are very important for landlords to understand and be prepared for.

So far we have covered

- Minimum standards effective July 2019
- Healthy Homes standards effective July 2020 and 2021
- RTA Amendments #2 effective September 2019 but still awaiting meth standards to be written

The 4th and hopefully final compliance matter will be RTA amendments #3, this bill is awaiting select committee approval but the content of it has been widely publicised and thankfully rationalised somewhat along the way.

Allowing tenants to modify a rental property they occupy has been greatly restricted and I understand that the rules around tenants

having pets may remain unchanged.

It is proposed rent reviews will be restricted to 12 monthly intervals which is not of significant concern.

The big looming issue for landlords will be the proposed inability for Landlords to give tenants 90 days' notice of termination without a reason, the reason given will need to be from a list of approved, prescriptive reasons.

We see this as a very cumbersome process and is made very difficult when some of these matters may be extremely sensitive or worse dangerous for landlords or neighbours in a case were anti-social behaviour may be the issue

It is proposed that in the case of anti-social behaviour, three written complaints must be presented to the offending tenants within a 90 day period to qualify for a termination and then an application to tribunal is required to enforce the termination. Accumulating evidence of such behaviour can be challenging because neighbours are often afraid to make complaints on record when they are dealing with a threatening situation.

In the case of fixed term tenancies the landlord would not be able to terminate the tenancy at the end of the fixed term unless the tenant wanted to leave otherwise I would assume it reverts to the 90 days' notice rules above.

Landlord groups are strongly lobbying this law change and it will take some time before we see the actual final legislation, so we can only hope for further rationalisation because although such circumstances are very rare it will only make what is already at times a stressful process significantly and it's a law that really only serves bad tenants.

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If anyone has any queries regarding this information, I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.

Livestock report

Cattle sold exceptionally well at Pukekohe, with prices fabulous for all classes of cattle. Recent strong grass growth and the promise of more rain has buyers in great form. Killable cattle just continue on recent strong trends, despite some cattle being more forward than actually fat. Young cattle from yearling to weaners, both heifers and steers, just sell very well.

Cattle	Lowest Price	Highest Price
Medium prime steers	\$1,700	\$1,715
Good forward 2-year steers	\$1,395	
Good 15-month steers	\$1,025	\$1,140
Other 15-month steers	\$900	\$1,030
Light yearling steers	\$700	\$825
Weaner steers	\$590	\$680
Best prime heifers	\$1,350	\$1,600
Light 20-month Hereford heifers	\$1,140	
Plain x-bred yearling heifers	\$680	\$950
Weaner heifers	\$540	\$760
Light heifers	\$400	\$488
Boner cows	\$1,070	\$1,650
Light cows	\$570	\$990
Bulls	\$1,640	\$1,950
Fat lambs	\$139	\$200
Spring lambs	\$159	\$181
Rams	\$130	\$135
Hoggets	\$120	\$130
Ewes	\$100	\$160
Store	\$183	

\$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 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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Central's Tips

February 2020



It's heating up - make sure to water regularly and keep on top of garden pests like caterpillars, thrips and whitefly.

Add fragrance by planting flowers like like scented geraniums and colour with impatiens, astroemerias and begonias for a beautiful fragrant garden.



Get rid of bugs

There are plenty of organic ways to deal with them: hose water can dislodge thrips, garlic based sprays deter aphids and removing weeds takes away pest 'homes'

In the Edible Garden

- **Use organic pest deterrents** on edibles to limit the damage done by green looper caterpillars, whitefly, aphids etc - it's a safe option, but follow the withholding period. If you're using garlic-based sprays, wash the vegetables well before eating
- February is the hottest month of the year and it's important to water plants frequently, so they continue to produce crops and don't become stressed. Water early morning or in the evening so that the soil absorbs more moisture and less is lost to evaporation
- **Thin out some of the pip fruit developing in clusters on your apple and pear trees.** This ensures the final fruit are a good size
- **Planting basil and chillies can be done now** - these crops develop quickly in the heat and last until the first cold temperatures. Red Rubin, lettuce leaf and Thai are some of the more interesting basil varieties
- **Add fragrance to the edible area with scented geraniums** whose foliage can be crushed to release their aroma - try lemon, coconut, rose and chocolate mint (yes it exists)

The rest of the Garden

- **The silvering of leaves on evergreen plants is caused by a tiny insect known as a thrip.** While watering, spray the garden hose up under the leaves of rhododendrons, viburnums and lemon trees because this helps dislodge these pests that are feasting there
- **Appreciating shade:** during the hot summer months the shady areas of the garden become great relaxing spaces. Plant a mixture of lush tropical foliage interspersed with shade lovers that produce bright flowers such as impatiens, astroemerias and begonias
- **Cut and come again:** lavenders, hebes and daisies can look a bit shabby at this time, so a trim of spent flowers and a liquid feed will refresh their look and encourage new growth
- **Keep the lawn regularly watered if you have the water available.** However, lawns that die off can tend to recover in autumn when the rain returns
- **Kikuyu lawns** are excellent over summer months as they are drought resistant - one of the few lawn types that can be mowed low!

Project for February

Decorative pebbles & Stones

Summer is a great time to create a decorative path or pebbled area using our great range of stones and pebbles. A project that can be easily done in an afternoon.

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Build New

Signature Homes hammer it home: build tips

At Signature, we know how exciting building a new home can be. We also know that the process can be daunting if you haven't built before. Whether you choose from our range of House & Land Packages across the country, Design & Build your new home from scratch or utilise our Knock Down & Rebuild or Subdividing services, building with Signature means stress and a drain on your time won't factor into your new build experience. Before you embark on your build journey, make sure you check out some tips and tricks from those who have recently built with us

Andrew & Emma: Built their dream home, Tamahere, on family land in Matangi, Waikato

- + Work out what areas of the house are important to you and don't compromise on them
- + Take your time with planning and make sure you have allowed for everything in your budget, including curtains, furniture and basic landscaping. Attention to detail in the planning process will pay off in the end
- + Choose spec quality over house size if you are on a budget

Dean & Emma: Built their dream home which was rightfully named Motueka after the location of the land

- + Have a clear idea of what you want before you start, and stick to your guns

- + Know the site, where the sun comes up and goes down and what you want your focal points to be inside and out

- + We saved on flooring using vinyl planks in the laundry and WC

- + We splurged on the concrete chimney and the solid oak barn door

Mey & Robert: Built their dream home on their existing site via Signature's Knock Down & Rebuild Service with us here at Signature Homes West. The plan was named Te Atatu after the suburb where the family lives

- + Spend plenty of time getting into the detail, specific dimensions; make sure it's going to work. It's very difficult looking at pieces of paper which are one-dimensional. We got a walk-through video done by Signature Homes which really helped

- + Upgrade where you can, especially things like lighting, power sockets, TV/data points etc. These are very difficult to do once the GIB is on

- + Have plenty of storage space. We love our huge linen cupboard (room) and storage cupboards in the garage

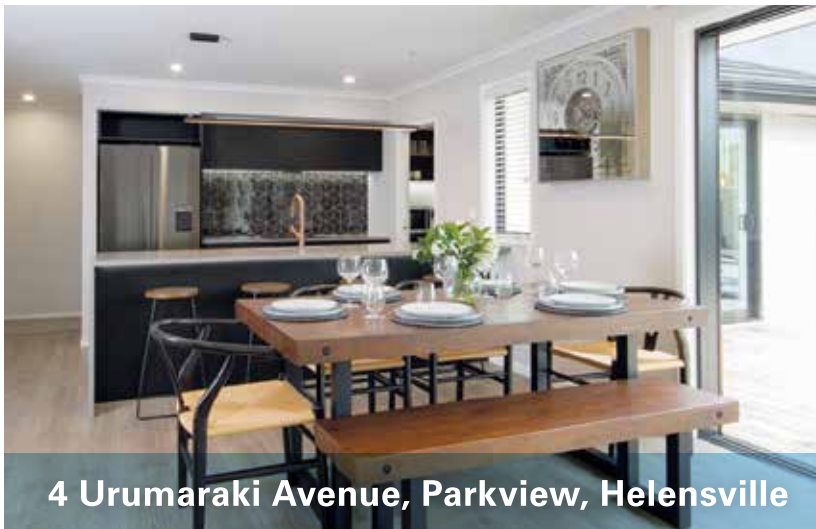
- + We love our internal air-conditioning throughout the whole house and definitely recommend it

More hot tips on building your new home:

- + Trust your gut and don't overthink a decision. We wasted time going around in circles on a few things, invariably you end up back where you started

- + Do lots of research and create a mood board to help decide what style you want to go with

- + More often than not your budget doesn't stretch to everything,



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Build New

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- + Check sizes of rooms against existing ones to get a feel for what the home you're designing will feel like
- + Go with the process and be open-minded. Often things you end up loving weren't planned for
- + Buying good quality pays dividends in the long term. Also, buy less but buy right

All interest is welcome to discover more about our building services. Call or email for free, no obligation information. Phone: 0800 020 600, email: deanpritchard@signature.co.nz.

A look at 2 of Auckland's fastest growing residential areas

During the next 30 years, 2,500 homes will be built in Kumeu and Huapai alone, according to the local board. This growth should transform the area into an even more liveable and exciting area that still has the tranquil rural feeling of its origins.

North of the city, another new housing centre is cropping up. Milldale and Millwater are in another growth area in the city, surrounded by beaches and new retail centres. These three areas, Kumeu, Huapai and Milldale are among Auckland's most promising and fastest improving suburbs. Here's why.

Kumeu River Winery is one of the best in Auckland and it's just down the road.

Kumeu - Kumeu was once a rural community with a small population of farmers, winemakers and seasonal workers. As Auckland city has spread outward over the last two decades, it's quickly transformed into something much more exciting.

The Kumeu village centre is currently being redesigned, upgraded and redeveloped. Key initiatives include moving industrial buildings away from the centre, building more walkways, cycle paths and green spaces, and investigation into providing rail to link Kumeu and Huapai to Westgate and the city. There are also plans to create a community hub of greenspaces and social areas around the arts centre and the library.

This will no doubt improve the already excellent lifestyle on offer in the area, which is already home to some of Auckland's best eating and drinking at nearby venues like the Hunting Lodge, Kumeu River Winery and the Tasting Shed.

Huapai - Kumeu's neighbour, Huapai, is also benefiting from the growth. It was once even sleepier than Kumeu but has quickly caught up and is now home to several residential and commercial developments.

This area still offers the same tranquil, friendly atmosphere but with all the convenience and growth opportunity of Kumeu.

One thing's clear - these areas are only going to improve as they grow. Expect better transport links, cooler shops, cafes and restaurants and an enviable lifestyle for you and your family. If you'd like to get in at the ground level and invest or live in one of Auckland's fastest growing areas, get in touch with the team at Golstruct Homes today.

Golstruct homes - Ian Sullivan, 022 580 0200, 0800 465 787, ian@golstructhomes.co.nz - Show Home at 175 Matua Road, Huapai.

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For further information please contact 09 411 5326 or 027 530 1406. Email info@kanikapark.nz or visit www.kanikapark.nz.

Cat charity needs support

To look after and rehome cats, Huapai-based The New Zealand Cat Foundation needs help itself.

The charity is mainly funded by founder and former Real Housewives of Auckland star Anne Batley-Burton, who featured in the Kumeu Courier in March 2017.



Volunteers and donations are now urgently needed to help keep the charity and cat sanctuary going.

"Whether abandoned, injured, disorientated through a change of residence or purely lost these cats need our help," Anne says.

She says that in many cases the cats have not been desexed by their previous owners.

"An important part of our work is to trap, desex, health check, vaccinate and microchip these cats to prevent further breeding of unwanted kittens," Anne says.

She stresses the cats are not feral and there is a clearly defined code of welfare for cats which summarises the various categories, including companion and stray cats.

Strays are taken to the enclosed indoor/outdoor sanctuary in Huapai where they are then available for rehoming where possible.

"If not, they are looked after for their life-time," Anne says.

"This is all extremely costly and we are looking for corporate sponsors and donations where possible to help us continue this valuable community work."

Volunteers are welcome too.

Visit www.thenzcatfoundation.org.nz to register your interest, leave a message on 09 412 2636 or to donate use The NZ Cat Foundation account, 06-0185-0464986-00.

Meet Nick McIndoe

Not only does Nick work a full time job at Auckland Airport but he is also a husband and father. So what motivates Nick to give up the very small amount of spare time that he has to teach kids about dog safety?



I am an animal care/zoo keeping graduate, aspiring vet nurse and became a Kids Safe with Dogs instructor four years ago.

In 2014, I met the founders Joanna Clough and Laura Purkis. They were looking for qualified and passionate people to assist the charity and go into schools to educate children. They had flown to Palmerston North and met with Massey University's director of psychology, Dr Kirsty Ross, to ensure that the programmes were age appropriate and factual.

One of the questions that I get asked a lot, while instructing, is to clarify "where is the best place to pat a dog?" Many parents don't like their children standing in front of the dog to pat the chin and chest. So I am very pleased to be able to reassure them that the "chest and chin" method of greeting dogs is outdated. A child wouldn't like to be touched on the face by a stranger or have their hair ruffled, dogs are the same.

As a father I love being able to educate children especially about something so important and using the programme that Kids Safe with Dogs has created is great. I am fortunate to be accompanied by either Fergy, a dachshund/Australian cattle dog cross, or Ollie the golden retriever. They are both incredible dogs, temperament tested and are the focus of each class.

All the children find the lessons interactive and fun. We use flash cards and each child gets an activity book filled with cartoon dog characters which makes the material easy to remember.

Following an introduction and H & S briefing, we begin with the 3 Golden Rules. Each class lasts around 30 minutes and following the golden rules it's time for Ollie or Fergy to shine as they test the kids' "trees" (Golden Rule number 3).

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Pets

A big part of the class is getting the children thinking with "what if" scenarios and following a quick quiz to see who has absorbed the golden rules, flash cards are used to discuss situations such as "what if a dog is eating?"

Another refresher on the golden rules is followed by everybody's favourite part—patting the dog, making sure the rules are being followed of course. It's important to respect that some kids don't want to interact with the dog, while also ensuring they learn how to behave around dogs.

Older kids' classes are around 45 minutes and introduce animal welfare such as the 5 Freedoms and more complex scenarios that incorporate canine body language.

The sessions finish with a final check of the golden rules and questions.

I really enjoy teaching the Kids Safe with Dogs programme. The dog bite statistics in NZ are shocking, and as a father myself, I just imagine if it were my own boy. It's also heart-breaking to see dogs put down as a result, when education would prevent most bites. I am passionate about reducing dog bites and the latest ACC stats show that in areas where we are running programmes there has been a reduction in these..

If you think you would be interested in working with Kids Safe with Dogs please contact us on kids@dogsafeworkplace.com.

On-location pet and family photography

Never work with kids and animals. That's what they say anyway. I'm the crazy one that absolutely loves taking on that challenge. I run a little photography business called Dog&Co. Photography and specialise primarily in pet portraits, as well as involving pets in family and occasion photos such as engagements, maternity, and pre-wedding photos.



I am based in Taupaki, but don't have a studio as my passion lies in on-location photography, and using natural light to create vibrant portraits in my unique style. And why not utilise all of the stunning locations we have in Auckland? We are especially lucky out West with amazing spots such as Bethells and Muriwai beaches, Riverhead Forest, Sanders Reserve and more.

In an age where everyone has the capability of taking their own photos thanks to the cameras in our phones, I make it my mission to take and hand-edit images in a way which I call photographic art.

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They are images which can't be achieved through a simple phone camera, and images which are begging to be hung up on your wall at home. I love being able to create art which families are able to treasure forever.

Have a look at the gallery on my website to check out some of my favourite past photo shoots, and don't hesitate to get in touch to discuss booking your own pet photography experience. I also do gift vouchers if you are looking for something special for a loved one. Website: www.dogandco.nz Email: kirsty@dogandco.nz.

Healthy Dog & Co

Local Hobsonville Point pet brand Healthy Dog & Co are starting the New Year with the release of their first-ever collection of dog wear.



Designed with the New Zealand summer in mind, their harnesses with matching leashes and collars come with

either fun ice creams or doughnuts printed on them. These are cute on their own, but what makes them that extra bit special is the fact they are fully reversible, getting two looks in one.

Made with a durable neoprene fabric they are easy to clean and are soft and comfy to wear. They can be dipped in water and then worn to help cool your dog on its summer walks.

With sizes ranging from small to XLarge, they have something to fit almost every type of dog. So if you are looking for something fun and bright to add to your dog's wardrobe then Healthy Dog & Co is the perfect place to start. www.healthydogandco.com.

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Food & Beverage

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've also had some other celebrations: a 90th birthday lunch, a 50th wedding anniversary, and corporate Christmas parties. We love seeing what personal twists people put on their celebrations - one chose a gourmet BBQ, one went with a long lunch under the trees, another had a bouncy castle for the kids, and one had a musician playing live for guests to enjoy as they chatted. 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.



Made the old-fashioned way

We may be entering a new decade, however when you love good, honest food, traditional methods and ingredients still produce the best results.



Mary Brons, the brains behind NoShortcuts quite literally takes no shortcuts when creating her products; cooking the old-fashioned way, in small batches with fresh,

locally sourced quality produce and no nasty additives – just like Mum made.

The cooking and preparation process may be time consuming, but this labour of love achieves great flavour, aroma and colour reminiscent of the old days.

NoShortcuts' range is proudly handmade and can be used as a garnish, topping or side dressing and also blended into cooking as a flavour enhancer.

The NoShortcuts chutneys, relishes, pickles and jam can be found at Countdown Hobsonville, Organics Out West and other stockists. Check the website for details at www.noshortcuts.co.nz, or visit Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

Peko Peko

We have some vegetarian and vegan-friendly options at our new restaurant on Hobsonville Rd. All our foods are house-made and our vegetable broth makes it possible to serve vegan miso soup. Please check our Facebook page for opening hours and menu, we are located at the new block next to Hobsonville Primary School. 102c Hobsonville Rd. 09 416 1197.



So many reasons to celebrate in February

Westbrook Winery turns 85 this year. Say 'cheers' to the kids going back to school, Waitangi weekend and Valentine's Day. Westbrook is just a country-mile up Ararimu Valley Rd. The winery is set in a peaceful and picturesque valley and produces many wonderful wines grown in our own backyard including the 'world-famous-in-New Zealand' Crackling Rosé, Chardonnay, Malbec and more. Enjoy a guided wine-tasting to find your



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Food & Beverage

favourite to enjoy with a wine-matched platter. We have partnered with other artisan suppliers such as Grinning Gecko Cheese, Matakana Smoked Salmon and Loaf to bring you these lovely food offerings. Relax in the park-like grounds or play petanque or giant chess. The Cellar Door is open daily between 11am – 5pm for wine-tasting and sales. Bookings must be made for groups of six or more. Westbrook is available for events and weddings. Email info@westbrook.co.nz or call 09 411 9924 for more information.

Café Botannix

Café Botannix Westgate offers a relaxing setting to spend time with family and friends.

The summer menu features some of your favourites such as Eggs Benedict and plus new dishes like the Summer Salad, Mediterranean Couscous Salad (pictured) and the Vegan Gnocchi Breakfast which are all proving to be extremely popular.

The pastries and sweet treats you see filling the cabinets are all homemade and are available to eat in or takeaway.

Café Botannix offers the finest blend of coffee and serve breakfast through to afternoon tea.

Open 7 days from 8.30am.

Phone 09 810 8385 | www.palmers.co.nz/cafe-botannix/



Don't waste leftovers

In New Zealand we waste a lot of food because we cook too much.

Leftovers often get pushed to the back of the fridge, because we don't feel like eating them, or simply forget about them. We find them days later, when they are even less appetising and into the bin they go. The chefs at Love Food Hate Waste (lovefoodhatewaste.co.nz) bring you some simple ways to get a quick new meal everyone will like, using leftovers. Pies are a fantastic way to use leftovers, because no matter how little you have left, there's always enough for a pie. Leftovers are given a new life in a frittata. Mixed with a few eggs you won't even know it is leftovers



you are eating. Toasties are the perfect option if you only have a small amount to use up. Add some cheese, and we guarantee you'll be thankful for this quick meal.

Crumble is perfect for using up all sorts of raw or cooked fruits. Best of all, it can be eaten any time of the day. Sausages and steaks from the barbeque make great pizza toppings, tacos, fried rice, or salad rolls. Soups are great for using up leftover vegetables. Chuck in whatever you have with some water or stock and simmer for a while. Blend it if you like your soup smooth. If you have a little leftover wine, freeze in ice cube trays to use in your cooking later.

When it comes to leftovers, remember the 2-2-2 rule. You have 2 hours to get your leftovers into the fridge. You should eat them within 2 days. They will last for at least 2 months in the freezer.

Summer at Soljans

Soljans Estate Winery is the perfect venue for your summer days, especially valentines day!

Our award winning chefs have put together a delicious set menu for valentines night that pairs perfectly with Soljans excellent selection of wines, and makes for a pretty impressive date night. This is the only night we are open to the public for dinner, and we only have limited space so get your booking in now so you don't miss out!

Soljans offers the perfect vineyard setting for those hot summer weekends, with our new summer menu and cocktails. Check out the vines and enjoy a wine tasting whilst you're here, make the most of summer and enjoy a day at Soljans!

To make your booking please contact our café at cafe@soljans.co.nz or give us a call on 09 412 2680, cheers to the weekend!



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Health & Beauty

Trigger finger

What is Trigger finger?

What is Trigger finger?

• Trigger finger is a condition that affects the tendons to your fingers or thumb, causing locking or catching and pain when the finger is bent and straightened

• The flexor tendons that bend your fingers glide through a snug tunnel called the tendon sheath. In certain areas the tendon sheath is thicker, forming pulleys which keep the tendon close to the bone

• In trigger finger, the tendon may become irritated as it moves through the tendon sheath. Inflammation and swelling of the tendon occurs, sometimes forming nodules. The tendon sheath may also thicken.

• There is a discrepancy between the size of the tendon and the amount of space available within the tendon sheath or pulley. This impacts the gliding of the tendon making it difficult to perform smooth finger movements

What causes Trigger finger?

The cause is often unknown. Certain factors put people at greater risk of developing trigger finger.

• Trigger fingers are more common in women than in men

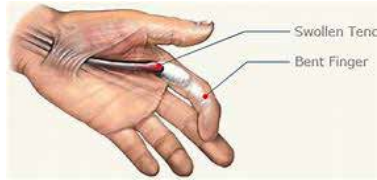
• They occur more frequently in people between the ages of 40 and 60

• Trigger fingers are more common in people with certain medical conditions e.g. diabetes, and rheumatoid arthritis

• They may occur more frequently after activities that strain the hand e.g. sustained or forceful gripping

Non surgical treatment for Trigger finger:

• A hand based thermoplastic splint will be fabricated to rest the inflamed tendon for about six weeks to allow the tendon to heal.



Some people may require a longer period of time wearing a splint

• The splint should be worn at all times including sleeping and can be taken off to shower

• It is important to keep your uninvolved joints moving to avoid stiffness. Your hand therapist will give you specific exercises

• Avoid activities that aggravate your symptoms while your finger is healing e.g. applying pressure to the affected area by massaging or holding objects firmly against your palm; avoid over exercising, repetitive gripping and using items that expose your hand to vibration

• If the symptoms don't settle with conservative management a referral may be done to the doctor for further assessment

• Non steroidal anti inflammatory medications (NSAIDS) may help to relieve pain

Hand Institute - 321 Main Road, Huapai. phone 09 412 8558 or email mandy@handinstitute.co.nz.

Through the eyes of a child

Five fascinating facts about babies' eyes from Kumeu Optometrists Matthew and Molly Whittington...



1. The eyes start to develop just two weeks after conception.

2. All babies are colour blind at birth.

3. A newborn baby will cry, but not produce any tears. Babies do not produce tears until they are around six weeks old.

4. Newborn babies can see objects about 20-40 cm away most clearly.

5. Babies born with blue eyes often develop green or hazel eyes by 3 to 6 months of age. Blue eyes are the result of little or no melanin pigment in the iris. Depending on genetics, exposure to light may increase melanin production and change Baby's eye colour.

Look after the whole family's eyes with comprehensive eye examinations for children and adults at For Eyes in the Kumeu Village, phone 09 412 8172.

Goals vs action plans

At the start of a new year people often set themselves goals.

But is it goals you should be setting, or actions plans? Let me explain.

Your goal might be to lose weight. Without an action plan that is just a wish. An action plan might be to limit alcohol to just weekends, and to join a walking group.

Perhaps your goal is to save money or pay more off the mortgage. Your action plan might be to take a homemade lunch to work at least

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Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
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Health & Beauty

twice a week instead of buying your lunch every day.

Your business goal might be to increase the net profit and value of your business. Your action plan might be to engage more with your existing customer database by sending regular newsletters. Or perhaps to review all the major costs in your business. It may be to engage a trusted business advisor to help you choose the right action plan and to implement it.

What action plans are you preparing for 2020?

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

Have you ever tried chiropractic care?

It could change your life. Here's how ...

Your spine is your life line. It's the link between your brain and every organ in your body. If there is interference in communication between the brain and body parts, then poor health or pain can result. The chiropractic objective is to enhance health naturally by removing interference from the spine with specific gentle adjustments.

Who can benefit? Everyone can benefit from chiropractic care. From newborns to the elderly, as long as you have a spine and it is functioning at its best, your body has a better chance to heal itself and stay healthy.

If you are interested, call us now for an appointment at Kumeu Chiropractic.

Phone 09 412-5536 - 8 Shamrock Drive, Kumeu, Auckland 0810. Email: admin@kumeuchiropractic.co.nz.



New Year's resolutions vs commitments

In the New Year we often make some resolutions about what we want to change or improve or do. Unfortunately, although we have good intentions, these resolutions get forgotten and we just continue doing what we have always done.

How about this year, make a New Year's Commitment? Choose

something that you want to do or change and make a commitment to yourself to do it. It may be improving your diet, exercising more, moving more etc. Whatever it is commit to making the change.

Remember it can take on average 66 days to create a new habit, so stick to it. Consistency is the key here. I have always loved the quote "Small daily improvements are the key to staggering long-term results".

www.elevatechiropractic.co.nz Shop 1, 10 Greenhithe Road. Phone 09 413 5312.

New Year, new school, new smile

Jump for joy! Get FREE dental care until your 18th birthday.

Don't wait for problems to develop, let us teach you how to take care of your oral health and keep your teeth strong and beautiful for life.

Visit your dentist for your annual examination, which includes X-rays, scale & polish, preventative health education and treatment.

As all students from Year 9 onward until their 18th birthday are free - why wouldn't you?

You will learn how important it is to brush your teeth twice a day, floss regularly and eat a well-balanced diet. This is a great time to develop good habits which will benefit you greatly for the rest of your life.

Here at Kumeu Dental, we can look after all your needs in our modern, friendly premises. Late night, Saturday and school holiday appointments are available to fit your schedule.

Call us on 09 412 9507 and we will arrange everything for you to keep your teeth healthy and achieve a beautiful straight, white smile.



This year I will..? Start doing it NOW

As usual, I set myself some goals for this year and one of them was to re-start my gym workout programme.

So, there I am working out hard and at the same time happy I got back to my good habits...ta da! While wiping away the heavy drops

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Health & Beauty

of my face, I notice a message on the notice board that attracts my attention: "This year I will... Do it NOW!" the message was saying. And I start reviewing my goals and dreams for the year.

I don't even notice how the time goes by and I've burnt lots of the naughty calories I've treated myself with over the holidays.

It's so easy to do things while our mind wanders around in the happiest places.

What are your goals for 2020? How do you want to feel in the New Year?

Many people want to feel happy, content and at peace with themselves – free from the stresses of life, free from time consuming worries and fears. Others want to be healthy and fit, embracing some new healthy habits – exercising regularly, eating more fruits or veggies, losing some weight, drinking less alcohol, quitting smoking. Some people want to have a new job or get a new certificate or degree. Other people want to buy a house, a new car or other material things in the New Year.

No matter what our goals are, we all want to live a good life and be happy.

I have a little exercise for you - "Choose a goal you may have for this year.

Imagine you are achieving your goal right now. Pay attention to the feelings you have seeing through your own eyes your great achievement? What are you saying to yourself in these moments? What are the exact words? What are you hearing? (Music? Birds singing? People talking or laughing?) What are others saying to you about your great results? Add some more colours and sounds to the picture. Make it brighter and bigger. You can adjust this image as you adjust your own TV screen. Then you can play the movie. Your movie... Here I leave your imagination to float away. You can design your own reality right now! Use your free imagination! Your imagination has no limits!"

How is it for you to experience the success of reaching your goal right now?

It gives you all you need to start doing it right now!

"Dare to be yourself and dare to always dream. All dreams come true if we truly believe in them. Everything is possible and we all deserve to live our lives at maximum capacity."

Ela Badea, NLP Practitioner & Coach in Hobsonville www.seeds4goodlife.com.

Ethnic influence

At Hobsonville Optometrists - Glasses and Gifts, our latest selection has arrived and it has a distinctly elegant and ethnic style.

Gorgeous black and natural teak wooden bowls, platters and vases, rattan woven handbags and unusual decor pieces to enhance any room.

Visit us from Monday to Friday 9am to 5.30pm and Saturdays from 9am until at least 3pm or browse www.hobsonvilleoptometrists.co.nz.



Kanuka Yoga

We recommend visiting Kanuka Yoga Space to begin a regular yoga practice. This studio is full of natural light, plants, and space to move. The atmosphere is peaceful and welcoming and often smells of essential oils.

There is ample parking - which makes getting to class easy. You'll be greeted by the yoga teacher or studio owners with a cup of freshly-brewed tea to help you settle in.

Kanuka's yoga community is all-inclusive; often you're practising alongside 20-somethings and retirees, athletes and those who are trying their first physical practice, expats, locals, and even visitors from out of town. Some special offers to consider; NZDF members, school teachers and students can attend 6.30am classes for a casual \$10 drop-in rate. Also, there is a 12pm Friday class for \$10 per session in which Mums can bring their young kids along to sit and relax on the sidelines.

Aside from the offers above, the best way to trial Kanuka Yoga is through their Intro Offer -

\$30 for 10 days unlimited yoga. Class sizes vary from 5 - 20 people, depending on the time of day.



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A regular yoga practice will improve your physical movement and stability, it will provide you with space to de-clutter your thoughts, and you'll be surrounding yourself with awesome members for the local community.

If you'd like to learn more about the basics of yoga then enrol in the next Foundations of Flow series; an introduction to 20 core postures. Move through each pose slowly, hear about the cues that will provide best alignment, and feel supported as you build more strength. No strength, flexibility or previous experience required.

Yoga means 'union' - start practicing yoga and find your own moments of peace throughout each day.

Visit kanukayoga.co.nz to learn more about their classes.

New owners of Hobsonville Physiotherapy

If we haven't already met, please let me introduce myself. My name is Emma Mackie, and along with my husband James, we are the new owners of Hobsonville Physiotherapy.

A little about myself. I am a kilted Kiwi, having moved to New Zealand a little over a decade ago from Ayrshire in Scotland. It was in Scotland where I completed my graduate studies at Queen Margaret University in Edinburgh, before moving to New Zealand to practice physiotherapy and earn my masters of Sports Physiotherapy at Otago University.

My professional interest is in sports physiotherapy, where I have a keen interest across all sports disciplines. Throughout my career I have been involved with many elite sports teams, including basketball, triathlon and now football, where I am the lead physiotherapist for the amazing New Zealand Women's Football Ferns.

My love of sports carries over into my spare time. When I'm not working, you'll often find me riding or running on the many tracks and trails around North West Auckland with my husband James and our two dogs Skye and Jura.

Since moving to Auckland, it's been my privilege to work along-side Craig Neale, who founded Hobsonville Physiotherapy many years ago. While the ownership is changing, our team is not. Craig, myself and the rest of our team at Hobsonville Physiotherapy will continue to provide the highest level of care we are known, and respected for. If you haven't visited us yet, we are in a great location. Our clinic has



plenty of parking, and is close to many wonderful local shops and cafes. Please feel free to come in and let us attend to your injuries and ailments. No referral necessary.

We look forward to seeing, and treating you!

Phone 021 265 6516 or email: emackie.physio@gmail.com.

Chiropractic for children, is it safe?

In recent years chiropractic has been under the media spotlight for various reasons. One highly debated topic is that of its safety for children. Chiropractors worldwide have been utilising various methods to treat both adults and children for decades, with millions of people enjoying its benefit beyond just relief from back pain. In 2019 a review by safer care Victoria was aimed at specifically looking at how safe and effective chiropractic is for children. The results of this review attest to what chiropractors

know, that chiropractic is safe and effective for children. In the review 21,874 people wrote in submissions regarding chiropractic care. 98% of parents in this review found that chiropractic care had helped their child. Most notably however there were 0% reports of harm. Chiropractic is safe for you and your child so come along and see us today and see how you and your children can benefit.


Hobsonville Chiropractic Centre, 295 Hobsonville Road Phone 09 416 7589.

We are also proud to introduce you Dr Jared Stebbings who has joined our team of Chiropractors.



Top Notch


At Top Notch, we are all about helping people when they need us with all aspects related to the body – physically, mentally and socially. After all, living a life without barriers affecting your movement, is much more enjoyable than putting up with it. If you have found yourself living with pain, discomfort or you just need to de-stress, relax and

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gill.wiltshire@gmail.com

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improve your wellbeing. We are the place to come. We provide ACC for all our osteopathic services where you will get the care and support you need. With no referral needed from the doctor you can come straight to us. With both our popular massage therapy and osteopathic services our team of experts promote getting on top of any issues early so your recovery is fast and more effective. The Top Notch clinics locally are in Massy and Hobsonville, visit www.topnotchbodyworks.co.nz.

Get your SMARTS on with your fitness goals

No that isn't a typo. You have heard of SMART goals right? Right!

So SMARTS is taking your goals to that next level to help you not only ACHIEVE your goals but KEEP them too!

S – Specific: Write your goals down with as much detail as you possibly can so you can absolutely envision what you want to achieve.

M – Measurable: Be able to measure and know your numbers so you can keep track of how far you have come and know exactly when you get to your goal.

A – Achievable: Aim for real goals rather than setting yourself up for failure, and make sure that it is something you enjoy too. Eg if you don't like running, then don't set a goal to run a marathon. If a 1hr gym workout doesn't fit into your lifestyle, then a 30min Small Group Session that you can squeeze in on the way home will be better.



R – Realistic: You are a real person, so pick a real goal that fits you. Even if you start with a bigger goal in mind down the track (1yr away) and pick mini goals (aka stepping stones) that you aim towards for the next 6 months. This will keep you on track but also adapt to where you are right now.

T – Timely: Know when you want to achieve your goals by, have a deadline. Get specific on this too (time/day/date)

S – Sustainable: You don't want to work your butt off to get to your goal only to lose it 3months down the track, NO WAY. As you move towards your goal, have a look at what habits are no longer serving you and replace them with habits that will get you to your goal AND help you create a new lifestyle to maintain those results too.

Ready to get started on your SMARTS goals?

Contact Mel & get started today – email melissa@benefityou.co.nz or call her 021 798 435.

Diabetes and Christmas eating excess: the antidote

Family, friends, food and drink are all a great part of the festive season. The sharing of meals is at the centre of many of our social gatherings. It is great for our overall well-being if we bring it back into balance. I would argue that the best approach to working off the excess weight that may have accumulated over the holiday season would be a low carbohydrate or even a ketogenic diet. Low carbohydrate diets have worked very well for many of my patients (and myself).

I have had patients with Type II Diabetes reverse of their diabetes and have managed to come off all their diabetes medication in consultation with their doctor.

What is "Keto"? A ketogenic requires eating approximately 10% carbohydrates, 20 to 30% protein, and 60 to 70% fat. When you do this, your body switches to burn fat as a fuel source. When your body burns fat as its main fuel source, it produces ketones in your blood (hence the name "keto"). Ketones are a great fuel source for the brain and heart. This is why many people who get into ketosis report greater energy, less aches and pains, and clearer thinking.

Ketogenic diets are used in US Military personnel who must perform at peak levels. They have also been used in medicine for over 70 years. Current research will likely see ketones being used as treatments for many brain conditions.

Is there anyone who shouldn't try a ketogenic diet? There are some people with genetic deficiencies in enzymes that make ketones, e.g. the HMG CoA Lyase enzyme. It is rare, but these people must keep carbohydrate levels up. However, for most people getting into ketosis is safe if done the right way.

What's the Trick? You can eat bad food and still get into ketosis.

Care For Your Feet!

Feet play a vital role in keeping us active and ready for action. Foot Structure is incredibly complex where many bones, muscles and ligaments are arranged in an intricate manner that makes it strong, stable yet flexible enough for movement. Unfortunately, most of us take them for granted unless something goes wrong with them.

Here, at **Norwest Podiatry clinic in Huapai** we can help you get your feet to a healthy and pain free state.

Norwest Podiatry Clinic

General foot care	Ingrown toe nails
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Health & Beauty

The trick is to create a ketogenic diet of healthy food. We have practitioners at the pharmacy who can help you with this. Try it. It could change your life. Martin Harris Massey Unichem Pharmacy 396 Don Buck Road Massey 09 833 7239 martin@masseyunichem.co.nz.

Have you ever heard the saying 'exercise is medicine'?

As Clinical Exercise Physiologists, this is the motto that we live by.

You're probably wondering - what exactly is a Clinical Exercise Physiologist?

Clinical Exercise Physiologists are trained in the use of exercise for therapy from chronic health conditions (illness or injury), using assessment and evidence based exercise prescriptions, personalised to you and your specific needs.

We help you to improve quality of life by increasing function and independence, with a focus on lifestyle modification. Manage or rehabilitate existing conditions, improve recovery rate for upcoming surgery or treatment, and prevent future health concerns.

KinetEx is now located at 295 Hobsonville Road.

Check out www.kinetex.co.nz, or contact yolanda@kinetex.co.nz for more info or to book in a free initial consultation.



Shoe Talk's tips for dry feet

If you have dry feet and calluses the following home tips could be used to reverse this:

- Vinegar soak - once a week fill a basin with warm water, a small amount of dish washing liquid and one cup of vinegar, soak your feet for half an hour, then rinse well and massage in your favourite moisturiser. If you do not like the smell of vinegar you can replace this with half a cup of baking soda

- Socks and lotion - if your feet are very dry, then every night for a week apply a generous amount of lotion just before bed and then put a pair of socks to protect your bedding, after a week your feet will be a lot smoother.



Shoe Talk™ we talk shoes

Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Everything from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
1/32 Clyde Road, Browns Bay Ph: 09 479 7807.
www.shoetalk.co.nz

If you have dry and cracked heels then:

- Have a shower to soften the skin and then using a pumice stone gently scrub at the dry skin, rinse your feet, dry your feet off and apply a moisturiser
- Make sure your heels fit in your sandals or scuffs correctly, if the edge of the heel of the shoe is making contact with the heel of your foot it will cause dry skin
- If you have badly cracked and dry heels, wrap your heels in a quality duct tape and then put socks on, keep this on for a couple of days, take off and then shower and scrub your feet with a pumice stone and apply lotion. Repeat if needed.

What are ingrown toenails?

Ingrown toenails are a very common condition we treat at Hobsonville Podiatry. Ingrown toenails typically affect the big toe and occur when the nail grows into the skin of the big toe. Ingrown toenails can be painful, inflamed and if left untreated cause a toe infection.

What causes ingrown toenails? Picking, tearing or biting your toenails. Tight footwear or socks which rub against the side of your toe causing nail irritation. Stubbing or injuring your toe may cause the nail to grow abnormally into the side of your toe. Some people are predisposed to ingrown toenails as some nails grow in a wide and curled shape.

How can I prevent ingrown toenails? Always ensure you cut your nails correctly, cut to the curve of your nail, no ragged or straight edges. Correctly fitted shoes that aren't too tight or narrow, especially around your toes.

If you have an ingrown toenail or if you need further guidance, head to www.hobsonvillepodiatry.co.nz and book an appointment with one of our podiatrists.

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The Travel Brokers

Over New Year's we cruised for 7 nights on the Dream Explorer, with 1800 passengers, she is a mid-size ship, normally based in Singapore, she has been here since November for our summer season, and is due to leave here again in February. How easy is it to just cruise out of Auckland round trip? This is Sunday to Sunday, 7 nights cruising around NZ with ports like Paihia, Napier, Gisborne, Wellington, Picton, Akaroa, Dunedin & scenic cruising through Fiordland's Milford Sound & Doubtful Sounds. Each cruise has a slightly different itinerary, and some circumnavigate NZ entirely.



Dream Explorer has three complimentary restaurants to choose from, an Asian a la carte 'Pavilion', the western a la Carte "DDs", and then the Lido Buffet. Plus five extra specialty restaurants to choose from at additional cost if you want some variety. She has a lovely large pool & pool deck area with 4 Jacuzzis, and a hydro-slide. Two Kids Clubs, a teen area with Playstations, VR, and even laser tag! The evening shows were amazing with extremely talented dancers from Russia & Brazil, and an amazing magician, the entertainment was of exceptional quality.

The staff were lovely & eager to please, and enjoyed the banter & humour that the Kiwis have - approx 70-80% Kiwi guests on board, so quite different to their normal clientele for their ex Singapore cruises.

Let me know if you are interested in cruising on her next summer - and I will add you to my growing list.

When they have released their itineraries & pricing I will let you know. They have committed to next summer, and when the details are released I am sure they will sell fast, everyone I spoke to onboard said they would cruise on her again and bring their friends / family next time.



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A quite different style of cruise - the Blue Lagoon Cruises Fiji, of whom I was lucky enough to sail on in November - still has her specials on offer. This is expedition style small ship cruising, with just 30 cabins, she operates a 3 night cruise of the lower Yasawa Islands, and then a 4 night cruise of the upper Yasawas, and if you do these back to back, you will have a 7 night cruise. Amazing snorkeling, incredible caves, walks, and visits to a local village & school. Be in quick and you may still be able to get one of their fantastic current specials, with limited availability:

Pay for 3 nights and get the 4 night cruise

Pay for 4 nights and get the 7 night cruise

Europe Earlybirds are out now for travel to Europe for our winter / their summer 2020. There are amazing deals on offer for "fly free" or huge discounts, with selected river cruises or coach tours, the benefits are certainly worth it for booking & depositing early to lock in your holiday now.

If you are keen on an exclusive & personal boutique tour of Provence and/or of Normandy/Brittany/Paris in June or in September - please get in touch with me, there is still space available on their private small group tours, a maximum of just 8 of you travelling with our wonderful local hosts Patsy & Catherine.

Please feel free to phone or email me, or make an appointment to meet me in my office in Waimauku.

Wherever in the world you want to go, I'd love to help you get there, let my 25 years travel experience enhance yours.

Tanya Franklin, your local Travel Broker, a member of helloworld. Home office 09 411 9105 or 021 254 9169 or email: tanya@ttb.co.nz . www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

Looking for short term tenancy?

Are you needing accommodation while working in the area on short term contract, in between house moves or relocating? Our Tenants will be given unique Terms and Conditions, subject to negotiation, and depending on the length of stay and time of year.

Bush Sand and Sea Bed and Breakfast is a self-contained and elegant accommodation at Bethells Beach and is on a private 10 acre block of land, nestled in the native bush of the Waitakere Ranges of Auckland's wild West Coast. It is suitable for a single person or a couple, no children or pets. We are 40 minutes from Auckland Central or Akl Airport, 25 minutes from Kumeu (avoiding SH16), 12 minutes from the Swanson train station, 10 minute drive to the beach or Lake Wainamu, or the local golf course.

The single bedroomed bungalow is fully air-conditioned and heated, flanked with 2 decks, which allow private views of bush, sand dunes and the sea. We have upgraded the sofa bed in the lounge with



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a luxurious Queen size tilt down bed. Easy to access and tilt away when you want to sit on the sofa.

We offer an environmentally-conscious yet luxurious escape, and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat, away from the Office or Workplace.

For further information please contact Lyn and Alan 09 8109 584, 021 1557 443, bushsandandsea@gmail.com. We can be viewed on www.bushsandandsea.co.nz.

The original childcare in Kumeu is still going strong

Over the 27 years that Country Bears has been open we have seen the Huapai/Kumeu area grow and change with new people being drawn to the more relaxed and clean lifestyle that it has to offer. One of the many things that makes our Centre and this area so beautiful, is the rural aspect that is still strong around us, especially within and around Country Bears.

We are very lucky to be situated on a very large site and to have a wonderful animal sanctuary as our neighbour



where we are welcome to visit our animal friends. We have a great bush/tree house area and large open spaces for our children to explore and discover the wondrous world of nature. Nature walks and the outdoor environment are an integral component of our program and we are fortunate to have a variety of landscapes within our Centre grounds to explore. We remain the providers of original and inspirational early childhood experiences. We continue to be inspired by the amazing people we meet who enjoy seeing children's joyful wonder of discovery. Our teachers are inspired by a Nature Philosophy and as such, encourages children to install a love and appreciation of the wonderful world we live in.

From day one, Country Bears has always strived to reinforce the core value of respect in everyday life of all things living. We feel it is an obligation of all adults to ensure that all the wonderful things that we experienced when growing up, are preserved and provided for our children to enjoy. When children are given the opportunity to connect with nature, they are able to test out their theories about the natural world whilst in natural forest environments. A child-led curriculum allows the children to develop independence, develop and expand their self-esteem in a positive manner, and learn about team-work, whilst also strengthening social skills.

Within our Forest Curriculum we are in our early stages of learning whittling (carving wood) and fire lighting with the children. To date, we have observed children showing amazing focus and developing the necessary safety skills to keep not only themselves safe, but those around them. These types of activities are done through a series of steps, empowering the children to learn life skills.

If you would like to visit our wonderful centre, exclusively designed



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It's all still possible for your family with us.



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to provide children space and time to develop at their own individual pace, in a spacious learning environment, please send your homing pigeon or give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out either our Facebook page: www.facebook.com/cbearsecc or our Website: www.countrybears.co.nz

Country Bears Nature Childcare, 79 Oraha Road, Kumeu. Phone 09 412 8055.

The Neuro Connection Foundation

The Neuro Connection Foundation (NCF), established in 1992, is a long-term, community-based rehabilitation provider, for people with neurological conditions.

After the experience of a stroke or the diagnosis of a neurological disorder, a person's life, along with that of their families, can be changed in an instant. Here at the Neuro Connection Foundation, we provide the unique and holistic therapy of Conductive Education, which is based on the theory of neuroplasticity - rewiring the brain. At NCF we help build empowerment and independence in the individual lives of those in our community. We can provide



you with ongoing care, long after traditional methods have ceased. Neuro Connection Foundation is a not-for-profit and registered charitable trust with incorporated society status.

For more information on the work this foundation continues to do - to empower people with neurological conditions to lead a more independent life - you can view their website at www.neuroconnection.org.nz or email admin@neuroconnection.org.nz to enquire about a free consultation with one of our qualified senior rehabilitation specialists.

Karate at Taupaki Hall

Taupaki Dojo is a long established family friendly place for children and adults to learn traditional Goju Ryu Karate.



Sensei Bryan, David, John and Craig have extensive experience teaching a style of Karate that trains the mind as well as the body. Emphasis is placed on learning practical self defence skills, building strength, co-ordination, endurance and flexibility which drastically improve fitness and confidence levels.

Goju Ryu can be practised by anyone, regardless of build, gender, age or athletic ability and whatever your physical condition. No previous proficiency in sport is needed, rather a commitment and a desire to progress.

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We are members of Jundokan New Zealand (an official branch of Jundokan Japan) a nonprofit organisation established to promote the practice and study of Goju Ryu (hard & soft style) karate in New Zealand. Our training fees are kept low to encourage continued participation, with any profit returned to the club for the benefit of the students.

Anyone can open a Dojo but not everyone is qualified to teach you or your child.

Taupaki Dojo is a member of an internationally recognised Karate style with a traceable lineage to Okinawa. Bryan Williams - Sensei, is an accredited instructor. This means your grade and certificate will be recognised by Jundokan worldwide.

Adult classes have started for the year and Junior classes start on Tuesday 11 February, however you are welcome to join at any time. Just come along to a class and try it out. We offer a two week free trial so why not come and see what we do?

Taupaki Hall (Opposite Harry James Reserve, Taupaki Road, Taupaki). Tuesday & Thursday. Junior training (7+) - 6-7pm . Adult training (ages 13+) - 7-8.30pm.

Contact: julia@bwainsolvency.co.nz 09 412 9768 or www.taupakikarate.co.nz.

Dia de los Muertos (Day of the Dead)

If you have seen the movie Coco then you will have a good idea of what Day of the Dead is like, but for those who don't, it is an event in Mexico that usually happens early November, in celebration of souls of the dead crossing the metaphorical bridge back to the land of the living to be reunited with their loved ones.

The celebrations normally cover a few days with the first day focusing on departed children, the second departed adults and the third is a celebration of all departed souls. The families of the departed usually construct an altar known as an 'ofrenda' which is decorated with candles, flowers and other such things of their loved ones. For children, families will bring the departed child's favourite candy or toys as offerings for the child. For adults, families will offer their loved one their favourite food and alcohol and sing, dance and drink together. Finally on the final day there will be parades



and families will spend most of their night in the cemeteries saying goodbye to their loved ones as they cross back over to the land of the dead come midnight.

There are a number of locations across Mexico where you can experience Day of the Dead. For us, we had our first taste of festivities the weekend prior to actual Day of the Dead, in Mexico City, where a huge parade was set up through the streets and people flocked from everywhere to see the spectacle. Word to the wise, if you are interested in seeing the parade, as it is well worth it, dedicate your day to find a spot nice and early as most locals will be waiting at a viewing spot from 1pm for a 3pm start time. They hold one on the Saturday and Sunday so if you do miss out, make sure you organise yourselves for the following day.

Following a few days in Mexico City, we made our way by bus, down to Oaxaca (pronounced Wa-Ha-Ka) where you can experience more traditional Day of the Dead celebrations. On our first day, we visited the surrounding local cemeteries where families were gathering with their loved ones. Our second day, we visited small towns in Etlá to experience 'Muerteada', where locals work all year round on costumes and then come together to dance and parade in honour of their loved ones. Our final day, we visited the local cemetery of Oaxaca which has a carnival like atmosphere with a live band and families are farewelling their loved ones. During the days we explored Oaxaca, visited Monte Alban Ruins and Hierve el Agua (Petrified Waterfalls). I would recommend booking your preferred accommodation at least 12 - 14 months in advance as the hotels will sell out around this time, being so popular.

After our Day of the Dead experience, we made our way south from Oaxaca to Palenque. Here we visited the local sites of Palenque Ruins, Misol-Ha Waterfall and Agua Azul and joined an organised tour into the Lacandon Jungle where we were guided around the ruins of Yaxchilan & Bonampak. For this area I heavily recommend strong insect repellent during your stay as the jungle plus the



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humidity is the perfect combination for mosquitos and they are hungry. From Palenque we made our way by bus to Merida where we based ourselves for our day trip to the ruins of Uxmal & Kabah. We opted to visit these ruins as opposed to the well-known Chichen Itza to avoid the large crowds for a similar ruin experience. Merida itself was a small town however is a good base for day trips to Uxmal Ruins, Celestun Biosphere and the pink lakes of Rio Lagartos if you are looking at any of these attractions. From Merida, we caught another bus to Tulum in Quintana Roo where we only stayed 2 nights but could have stayed longer. The town itself is quite small but the beach was the best beach we experienced on our whole trip so here we rented bikes for the day and made the most of the beautiful location by biking up and down the coast and finding a few spots to relax throughout the day. From Tulum we made our way by Connecta (shuttle bus) to Playa del Carmen for just one night, we opted for Playa del Carmen over Cancun as we have heard Cancun is over commercialised. We found the same thing in Playa del Carmen, although good to experience, it didn't really give you the feeling of Mexico and most things were a lot more expensive than the rest of our Mexico stops. Playa del Carmen was the perfect location to either day trip to or transfer to the island of Cozumel which is picturesque and great for snorkeling.

To finish off our trip we spent three nights in full relaxation at an all-inclusive resort in Playa Maroma which is half way between Cancun and Playa del Carmen. Compared to Playa del Carmen, whose beach was clouded by sediment, Maroma had a beautiful white sand beach with lovely crystal clear water. These resorts are great for families and couples alike with multiple onsite activities and dining options and of course a swim up pool bar. Some families we met, were using it as a base and day tripping to attractions and others

were solely there to enjoy the resort itself.

Mexico now falls within one of my top 5 destinations and I am already considering another trip as there is simply too much to see and do in one go. Day of the Dead is an experience like no other and if it is of any interest to you, don't hesitate any longer.

Travel show alert - We are hosting a travel show at Hobsonville Primary on 1st February 2020. Register your interest at hobsonville@helloworld.co.nz.

Free budgeting service

Tackling your debt and understanding personal finances is often overwhelming.

Citizens Advice Bureau Helensville's free budgeting service is available by appointment on Tuesdays, 10am to noon.

Following the festive season, back to work and school pressures, your need may be even greater.

Last year budgeting clients were helped including understanding their loans better.

Successful cases involved finance companies writing off loans and creditors refinancing to reduce debt.

"Taking burdens off clients through providing current and correct



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Area Columnists

information from our comprehensive and established resources, along with the expertise and skills of volunteers in diverse backgrounds, makes a difference for everyone," Rani Timoti, CAB board secretary says.

"We've all been through tough times and having people who are caring, non-judgmental and neutral to our personal trial empowers us to deal with the realities of our situation. The problem may not be solved completely, but having the support and steps to get through it means so much."

Trained volunteers, who listen actively to your concerns, can provide practical support in typing up CVs, emailing, photocopying and providing computer and phone use.

Our valued JPs also work closely with our volunteers.

New volunteers are welcome to sign up as our coverage area covers Kumeu to Wellsford. To book our budgeting service, call 09 420 7162, email: helensville@cab.org.nz, go to www.cab.org.nz/ or pop into our office at 27 Commercial Rd, Monday to Friday, 10am to 3pm.

Phelan's Local Board Update

It comes around quickly but the Rodney Local Board and Auckland Council is going to be doing a lot of public consultation over the coming year.

This is not only for our Annual Budget but also for the next Local Board Plan - that sets our three-year plan from 2021. On top of this Council is also refreshing the 10 Year Plan - which confusingly is re-consulted on every three years. The 10 Year Plan is the big one as it sets Auckland Council's budget for the coming three years - if it isn't in here, it doesn't happen. Out of that also comes RLTP (Regional Land Transport Plan), again a 10 Year Plan that is re-consulted on every three years, this one is closely watched because transport infrastructure is such a massive issue in Auckland and billions of dollars are allocated. All of these budgets will be constrained by the level of rates increase the Mayor and Councillor agree on.

Confused yet? You're not alone! It does raise the question of whether a four or five-year political term, like most other OECD countries, would be a logical move for New Zealand.

In late February and March, we will be looking for feedback on our Annual Plan - our budget for 2020-2021. This is the final year of our current Local Board Plan and so it's really about finishing off the things we set out to do back in 2017. There won't be any dramatic changes proposed.

Over February and March, we will do some targeted consultation with various groups in the community to assist with the drafting 2021 Local Board Plan. Public engagement on this will happen in June and July. The Local Board Plan will be finalised in October.

Alongside this, there is the Auckland Council's 10 Year Budget process.



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■ www.kumeuvillagekindergarten.co.nz

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Over the coming months, your Local Board members and Councillor will be getting the word out about consultation and how important it is to provide feedback into these plans. It is easy to get cynical about these processes, but they are essential. Lots of thoughtful and constructive feedback from our community makes a huge difference to the advocacy we have to do on your behalf, to achieve results, for our district. We will be reaching out to all parts of the community and trying some different ways of making it easy for you to tell us what's important.

This year we also have a general election. This will be critical for our area. Most of the funding for the major transport projects we desperately need comes from Central Government. We need a coherent strategy and plan from the government about what the medium-term mass-transit public transport solution is for the North West. With Heavy Rail bogged down in the North Port debate and Light Rail completely stalled - the latest news is that the Auditor General is considering an investigation into the project - things are going nowhere just like the growing traffic!

If there is one thing voters need to be making crystal clear to candidates and parties in the general election, it's that the North West needs a comprehensive public transport system sorted out urgently.

This year is going to be important politically both at a national and local level, particularly with the change to the boundary of our parliamentary electorate - don't miss out on the opportunities to make your voice heard about our issues.

Phelan Pirrie, Chair - Rodney Local Board. You can contact me about Council related matters on either 021 837 167 or phelan.pirrie@aucklandcouncil.govt.nz.

First Aid course

Wednesday 19th February - 09.00am start (8hrs). If you happened across a medical emergency would you know what to do?

If asked that question most of us would probably, at the very least, be unsure of our competency in such an event.

Whether in the home, garden, driving the car or at work there is a continual possibility of accidents happening or someone becoming unwell. The speed of response can significantly improve outcomes for the patient particularly if the first responder has some sound basic knowledge of what to do.

If you would like to be able to answer a confident yes to this question Kaipara Coast will be running an all-day First Aid Course in February (note it's a Wednesday) where you will learn: Actions to take at the scene of a medical emergency. First aid priorities. First aid techniques. Performance of CPR. Operation of an Auto Defibrillator. At the successful completion of the course you will receive a course certificate which is valid for 2 years.

Tea, coffee and a light lunch will be supplied by Kaipara Coast.

If you would like to either achieve this training for the first time or maybe refresh the knowledge you already possess, please book your place as soon as possible as numbers are extremely limited. Please see below for cost and booking contact info.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets: \$150 per person. Booking: info@kaiparacoast.co.nz or 09 420 5655.

Transport costs and benefits - Chris Penk MP

Being an election year, 2020 will see many different issues hotly debated across the length and breadth of New Zealand. That said, I expect that the key local theme in our part of the world will remain transport infrastructure.

As your local MP, I've been expressing support for any initiatives of local or central government that I think will actually improve the transport situation for people in Auckland's west and northwest. One move that I've felt unable to support, however, was the government's introduction of a regional fuel tax without any visible improvement to go along with that.

Constituents are generally happy enough to pay for better services but naturally resent paying more when receiving less. Unfortunately that's been the case with transport costs versus outcomes in our part of the world. It was recently reported in the NZ Herald that, while the government's regional fuel tax of 11.5 cents per litre has been in place since mid-2018, the long-suffering commuter here has been shortchanged to the tune of 150 million dollars' worth of under-investment.

In the opening weeks of 2020, the Helensville electorate plays host to several large events, including the Kumeu Classic Car & Hotrod



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Area Columnists

Festival, the Auckland Folk Festival, the Helensville Show and the Kumeu Show. These events bring many thousands of visitors to the area as well as many who regularly travel to our beaches, wineries and other attractions, creating extra congestion on roads that already exceed current capacity.

As your local MP I have been advocating for special train services to Kumeu and Helensville for large events such as this, along with passenger rail more generally, as well as getting roading projects such as the Kumeu bypass underway. In 2020 I'll keep pushing hard for these things to happen, of course. Wish me luck, please - I'll need it!

Kip McGrath Education Centres win Reader's Digest award

The results of the annual Reader's Digest Quality Service Award (QSA) are out, offering a great guide for Kiwi consumers keen to know which businesses are nailing customer service. The results suggest you turn to educational tutors Kip McGrath for an excellent endorsement. The QSA survey offers 40 gold (plus 40 silver) recommendations with categories as varied as insurances, retirement villages, loyalty cards, campervan rentals, department stores and internet providers.

Kip McGrath has won the gold award for educational tutors.

It's the sixth consecutive year for these awards which, Reader's Digest editor in chief Louise Waterson says, recognise how exemplary customer service can be delivered and how people should be treated. This is something Reader's Digest is happy to celebrate on an annual basis, she says. (Scoop Business website).

Gym Zone

Has your child ever thought about doing gymnastics, tumbling or parkour? 2020 is the year to give it a go. At Gym Zone at we teach all these disciplines and more. You can select from our structured term base classes or have a go at our new Free-Play casual weekend sessions. See our timetable online to check out all the options.

Our helpful staff will be more than happy to discuss term options that might suit your child. If space is available we can offer you a trial class to have a go. From beginners to competitive gymnasts we have a class that can suit. Gym Zone is also a great place to host your next birthday party. We have both self-cater and fully catered options for you. www.gymkids.co.nz/birthday-parties/hobsonville. Gym Zone - Where movement begins. 4 Workspace Drive, Hobsonville. Read more at www.gymzone.co.nz.

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