

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

NORTHWEST SPEED LIMITS DROP

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

'HARD SLOG' AHEAD FOR KHRRA

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

July 2020



Greetings

It's not often I'll write about a rumour – but this one's pretty persistent.

I hear around the traps an inland port is supposedly planned in the Northwest near the northern railway line with possible access to roads such as Waitakere and Taupaki and perhaps even a link to the planned State Highway 16 bypass so that container trucks can more easily get to and from Auckland.

It makes sense, but I cannot find anyone to verify it for me. My contacts at Ports of Auckland, KiwiRail and even Parliament know nothing about it.

I've even been told the property owner(s) concerned have been give at least three years to continue using the land. Perhaps I'll start door knocking now that COVID-19 restrictions are easing.

The rumour has reached the ears of the Kumeu-Huapai Residents and Ratepayers Association (KHRRRA) which is concerned about the impact on local traffic - if it's all true.

Trouble is, it's a tricky one to verify and any property owner(s) involved would probably be sworn to secrecy.

Years ago, then Rodney Mayor John Law (2001 to 2007) talked about the potential for an inland port near Helensville.

Media reports in 2019 say an inland port was suggested in Northwest Auckland where freight could be marshalled, some taken by road to North Shore and West Auckland destinations.

The final report of the Upper North Island Supply Chain Strategy Working Group in November 2019 included this recommendation: "5. The new two-port configuration should be supported by a rejuvenated North Auckland rail line and spur to Northport, and a new inland freight hub in northwest Auckland to complement and be connected to Metroport in the south."

It planned to provide more detailed costs and recommendations.

The study came after a NZ First suggestion prior to the last general election to move container operations from Ports of Auckland to Northport in Whangarei by 2027.

Budget 2020 provides more than \$1.2 billion for rail.

Significant investment from the Government's Provincial Growth Fund (PGF) is going into Northland rail, cutting the Auckland freight journey by about 1.5 hours and enabling hi-cube shipping containers to be carried.

If anyone can back up the Northwest inland port concept with names and facts, please contact me on geoffdobson2017@gmail.com or 027 757 8251.

Geoff Dobson, editor



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ENQUIRIES / FEEDBACK:

Geoff Dobson

P 027 757 8251

E geoffdobson2017@gmail.com

W www.kumeucourier.co.nz

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People & Places

'Hard slog' ahead for KHRRA

Projects to bring the Northwest on a more even footing with other parts of Auckland may be delayed or no longer proceed.

That's the view put to the Kumeu-Huapai Residents and Ratepayers Association AGM by Rodney ward councillor Greg Sayers, Rodney Local Board chairman Phelan Pirrie and others.



The warning comes as budgets face massive cuts in the wake of COVID-19, Greg pointing out the Auckland Council's 'Emergency Budget' has to account for a \$525 million revenue shortfall.

The council is cutting staff, will sell assets, and projects will be deferred, including road sealing, he says.

If a proposed 2.5% rates rise is introduced - rather than a suggested 3.5% - it would mean the average ratepayer contributing about \$70 more a year instead of \$95 and a halt to many works, Greg says.

"Even though those ratepayers are still paying rates and fuel taxes the budget for seal extensions is proposed to be reduced from \$7.35 million to \$1 million if there is a 3.5% rate increase. If there's an increase of 2.5%, or lower, the seal extension budget would be reduced to zero," Greg explains.

He and Phelan warn that public facilities like a toilet with a failing septic system at Puhoi and playgrounds needing repair may close, with even the planned Kumeu indoor sports centre at the Huapai

Reserve likely to be delayed, although due for design work and more this year.

Some halls may not get improvements and the Kumeu Library with its leaky building problems may have to close if repairs are deferred and the matter causes a health and safety issue.

If playgrounds or paths fail there will be no contingency money available under a 2.5% increase so they would have to be closed for up to a year until money is available, Phelan says.

"This will be compounded the following year because there will be even more work backed after a year of inaction."

The Northwest had projects planned during the next few years to help to catch up with the rest of Auckland, Phelan says. Those are now unlikely to proceed in the coming year.

The "dire" news from the two local body representative led to several attendees calling for the council to "cut its cloth to fit", Greg saying there were some legal constraints but that councillors like himself had plumped for pay cuts around 20% while staff could also voluntarily cut their pay.

It was explained that the council was second behind Air New Zealand in job losses.

About 1100 council staff have already been laid off with further job cuts to come, while about 4000 have been put off at Air New Zealand.

Roading projects are also expected to be affected.

Greg says Auckland Transport's budget has also taken a hammering, so the Northwest might not get much - "that's the reality we're facing."

AT's proposed budget is reduced from \$905 million to \$700 million



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People & Places

at a 3.5% rate increase, and it's unknown exactly what the impact will be in Rodney until the final budget is determined.

But it is expected to see reductions in renewals and major transport projects.

Some among the 20 people at the AGM heard that SH16 improvements such as Station Road works in relation to the Huapai Special Housing Area, and more at Access Road, are delayed unless the government funds them as "shovel ready" projects.

The "gyratory" extended roundabout for Station Rd was dropped last year for a simpler T-intersection with traffic lights.

Greg says people facing hardship following the pandemic can apply for rates relief.

Holly Southernwood wondered if the Helensville Christmas parade might be among events impacted, adding communities looked forward to such events.

She says ratepayers groups in her area are seeking to combine with others like the KHRRA to provide a stronger voice.

AGM host Tony Soljan says rate rises have been "exorbitant" in recent years and he is sceptical a 3.5% rise would end up as just that, saying it was more likely to be 7%.

Talk of the council borrowing more was dashed with comments that it had already blown its credit levels and that further debt would cost everyone more as it couldn't find the millions needed like central government can.

The meeting heard that times could be tough for the next two or

three years.

Even outgoing chairman Craig Walker, unable to attend the meeting after recovering from an operation, warned in a prepared speech of a "hard slog" ahead.

He says the Kumeu-Huapai area suffers badly in terms of planning and infrastructure, with many hoped for projects now unlikely to happen soon, stressing there's more need than ever for a strong association and a framework plan.

New chairman Guy Wishart agrees, adding many projects now appear to be on hold.

He wants to see the push for passenger trains and more buses for the area continue and the area developed appropriately while maintaining its history, heritage and land use such as vineyards.

Green belts and other areas need to be retained and enhanced to keep a separation from Auckland's sprawl - "or we will end up like Lincoln Road".

Guy is keen to see community projects and events reinvigorated, the framework plan's development continue and more.

He's passionate about the area and wants to increase engagement between the KHRRA and the community.

"With so many major changes occurring and planned for the area, it is critical that our collective voices are heard loud and clear."

From Tauranga originally, Guy's parents were both doctors and he was among six children. He holds a horticultural science degree and has managed orchards in the Franklin region, also consulting



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People & Places

to growers there.

He and wife Michelle have lived in England, India and Thailand.

Guy maintains a keen interest in music and songwriting and has won several national awards for his music, including the APRA Silver Scroll and a Tui for Best Folk Album in 2017.

The couple established Kumeu Live four years ago as an original live music venue for songwriters and musicians at the Kumeu Arts Centre, featuring performances from local and international artists.

They have a daughter and have lived in Kumeu for seven years, Guy retraining as a high school teacher in biological science some years ago.

His association chairmanship is endorsed by Craig Walker who also thanked committee members, especially secretary Mark Hall who didn't seek re-election as he's pursuing other interests.

Pete Sinton was elected deputy chairman and Lizelle Westman is secretary.

Matua Ngaru School a year plus on

Huapai's new school has more than doubled its students ("learners") and staff in the nearly 15 months since opening.

Matua Ngaru School opened on February 7, 2019 with 118 learners and 11 staff and has since grown to 270 learners and 24 staff.



There are now three kainga (flexible learning spaces) open that operate in mixed year level groups with the fourth expected to be in operation next year due to rapid roll growth.

The existing build can accommodate up to 560 learners and there are plans for a future Stage 2 which will bring the school's capacity to more than 700 at its three-hectare site in Gilbransen Road.

It will have a roll of well over 300 by the end of 2020, the school's second year of operation.

During the first year, the school had many successes and challenges, Principal Diana Wilkes says.

Matua Ngaru School developed its local curriculum which also involved a hikoi of the local area with iwi from Reweti Marae in Waimauku, grew a "Kahui Values" programme as part of the Ministry

of Education's Positive Behaviour for Learning Contract, participated in numerous Northwest sporting competitions, had a wonderful display for the North West Art Exhibition, became a member of the Whiria Te Tangata Kahui Ako, led a number of powhiri with guidance from Ngati Whatua o Kaipara, hosted the Education Review Office for its first review and established an effective Parent Teacher Association called 'Friends of Matua Ngaru'.

The school also inducted its first parent elected Board of Trustees, hosted numerous visitors, became a Silver Travelwise school, held an epic end of year Celebration of Learning event and graduated nine year 8 learners who went on to Massey High School, Kaipara College and Westlake Boys High School.

However, the biggest event for the school was the tragic loss of its beloved Javier, who died suddenly, aged 10 in July 2019. Javier will always be a part of Matua Ngaru - a special memorial garden was created for him with harakeke donated by the iwi and a memorial sign.

The school also has an annual Kindness award in Javier's name which is to be given annually to a Year 5 learner who exemplifies kindness - which will be presented by his brother Gab (2019 alumni) and his mother Leann.

The Matua Ngaru School team continues to work collaboratively to facilitate learning through workshops, projects and teaching and learning through play.

An example of its curriculum in action occurred when all of the learners in Years 4-8 pitched, hired and created a business that would make a product that could be sold at a market day.

This was learner agency in action using the Research Process and Design Thinking. All of the learners worked collaboratively to innovate a product - beeswax wrapping, facial scrubs, skateboard decals, clay pots, baking, soap, candles and more.

It was a great fundraiser for the school and an opportunity to connect with the community, Diana says.

The school is constantly putting its vision 'Ubiquitous learning, on a wave of change' to the test.

This was especially true during COVID-19 Alert Level 4. The team developed an approach to distance learning 'ULP- Ubiquitous Learning Plan' that involved the use of multiple communication platforms in a responsive manner.

The team worked collaboratively to design and facilitate the



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People & Places

programme and experienced high engagement from learners and their families.

There are aspects of the ULP that were so successful the team has continued to use some of them for face-to-face learning lower alert levels.

The unique challenges that the lockdown presented united the team and the community and the school is grateful for the outstanding support it continues to receive from its engaged parent community.

Matua Ngaru is a school for the community and local residents are invited to use the grounds on weekends and after school, including a basketball court, field and playground.

The school hall 'Whare Tapere' is available for long-term hire.

Contact admin@matuanguaru.school.nz, view the school website at www.matuanguaru.school.nz or the Board of Trustees' website at www.sites.google.com/matuanguaru.school.nz/ebot/home for more information.

Northwest speed limits drop

If you think some of the Northwest's back roads are slow, then be prepared for even lower speed limits.

Road speed limits drop by around 10-20kmh and even more around the area from June 30 this year.

More than 600 roads across Auckland are affected by the new speed limits introduced by Auckland Transport (AT) as part of its Safe Speeds programme which includes some roads in the Rodney Local Board area.

AT says it's reducing speeds on selected road stretches to help bring down deaths and serious injuries to zero on Auckland's road network by 2050.

In 2018, 54 people died on Auckland roads and an additional 595 were seriously injured. In each of these crashes, speed determined the seriousness of the injury, AT says.

AT adds that speed management is one thing it is doing among a range of road safety improvements through to 2028.

"Setting safe and appropriate speed limits is one of the fastest and most cost-effective way to save lives while AT works on other improvements for the road network," the authority says.

"Roads in Auckland's rural areas are tricky to navigate - even for experienced drivers. With several sharp bends, narrow high-speed lanes and low visibility, a simple mistake can lead to devastating consequences. In Rodney, between 2014 and 2018, there were 108



road deaths or serious injuries."

AT wants to make Auckland's roads safe for everyone - whether that's people walking and cycling, kids outside schools, senior citizens or people driving, AT executive general manager of safety Bryan Sherritt says.

"We are guided by the Vision Zero approach to transport safety, which priorities human safety over other measures like minor time savings.

"Setting safe and survivable speeds for our road network is the quickest and most cost-effective way to immediately reduce death and serious injury," he says.

Road speed limit changes in the Northwest include: Taupaki, Waitakere, Koraha and Oaia Roads (60kmh from 70kmh); Coatesville-Riverhead Highway, Oraha Road, Timber Place, Iona Avenue, Sawmill Road Lathrope Road (60kmh from 80kmh); Ararimu Valley, Waikoukou Valley, Peak, Inland, Pinetone, Mill Flat, Waka and Zanders Roads (80kmh from 100kmh); Forestry and Ridge roads (60kmh from 100kmh), Nobilo Road (50kmh from 80kmh), Tasman View Road (50kmh from 70kmh), Constable Road (40kmh from 100kmh), and Barrett and Beacon Roads (40kmh from 80kmh)

Station Road's 80kmh section drops to 50kmh to match the rest of the road, which is also done on some others to even out speed limits.

Roads like Mill Flat Road have sections of road reduced further, such as its 100kmh to 40kmh drop at the Rangitopuni and northern end area.

Much of Coatesville has speed limits reduced from 100kmh to 80kmh or 80kmh to 60kmh.

AT says most of the roads it is dropping speeds on (about 90%) are rural roads.

Roads selected for change are either high-risk or close to high-risk roads, have high crash rates on them or nearby, have unsuitable speed limits (winding, hilly, no median strip, unsegregated lanes or unsuited to the road layout), AT adds.

"We are introducing safe and appropriate speeds across areas rather than individual roads."

Most Auckland City centre speed limits drop from 50kmh to 30kmh. However, Nelson, Hobson and Fanshawe Streets will each have a new speed limit of 40kmh - down from 50kmh. Some shared streets like Federal Street will continue to have a 10kmh speed limit.

AT encourages everyone driving to be aware of the new and lower speed limits on some of the roads they may travel on and asks people to drive within these new limits.

"We can all make some minor changes while we drive - so that one by one we can all help save lives and keep everyone safe... because everyone deserves to get home safely," Bryan says.

It's a sure bet police will be keeping an eye on motorists using these roads. Visit at.govt.nz for more information.

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Safer Communities



Friends, family, and colleagues, we missed them all during lock down. It was a good time to reflect on what is important to us. We enjoyed home baking, garden maintenance and learnt new skills like home schooling, Teams, Skype and Zoom.

Through commitment and diligence, we have gained level one status so now is a good time to think about supporting your community's recovery. It could be by supporting local businesses or volunteering with a community organisation in your area. This is a great way to meet like minded people in your community and to share or learn new skills.

Did you know that one in four house fires start in the kitchen?

Making your kitchen fire safe is a really important part of having a fire safe home. Here are some simple things you can do to reduce the risk of a fire starting in the kitchen:

When you're cooking

- Don't drink and fry. Alcohol is involved in half of all fatal fires. Instead, pre-prepare a meal, get takeaways, or use the microwave. Never attempt to drink alcohol or take medication that makes you sleepy when cooking.
- Don't leave the room when cooking. If you have to, always turn off the stove first. Unattended cooking is the leading cause of house fires in New Zealand.
- Keep curtains, tea towels, oven mitts and any flammable items well away from the cooking area when you're cooking.

Keeping a clean and safe kitchen

- Clean your stovetop after each use. This

prevents spilled fats and burnt foods from building up.

- Clean rangehood filters regularly.
- Keep a fire extinguisher and a fire blanket somewhere in your kitchen. Make sure you know how to use them.

Keep safe and enjoy time with your family



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Creativity always matters for Creative Matters

Creative Matters believes the seed of creativity lives in everyone.

They grow and nurture that creative seed through art workshops for children after school and in the holidays, online art courses for children and teachers, professional development courses for teachers, community art projects involving artists, private art tuition for children and teens, fully funded art classes for children in low decile areas and free online art sessions through their You Tube channel.

Creative Matters founder and chief executive officer Mandy Jakich of Muriwai Beach has had more than 30 years' experience in the education sector, as a primary school teacher and as an art educator at Auckland Art Gallery, and is also a practising artist.

She established Creative Matters five

years ago in response to an increasing need and demand for creative opportunities for children - both in and out of school - with a genuine belief in the value and benefits of creative experiences and the creative process.

"Our workshops are not just opportunities to make art, they are much more than that," she says. "They teach and encourage a way of thinking, a way of working, a creative approach that can be taken and applied into every aspect of a child's or educator's life."

Creative Matters began with Mandy teaching art classes at the Muriwai Surf Club and has rapidly grown into a passionate team of 16 artists/educators and two administrators teaching 16 creative workshops for children after school across Auckland, as well as Holiday Art Programmes in Kumeu, Herne Bay and Kohimarama.

Mandy is very interested in engaging and connecting the community in the visual arts and has created a number of local Northwest art projects/murals with artists, local community centres, schools and the Auckland Council.

Her dream is to create a 'public art trail'



in the Northwest of Auckland for all locals and visitors to enjoy and is keen to work with local businesses and boards to make this happen.

Visit www.creativematters.co.nz/ for more information.

Online Art Courses for children and teachers: www.creativematters.thinkific.com/

Art activities presented by Mandy on YouTube: www.youtube.com/c/CreativeMattersNZ

Follow Creative Matters for updates through www.facebook.com/creative-mattersart and www.instagram.com/creative_matters/

Dr Grace Morgan joins Kumeu Village Medical Centre

Dr Grace Morgan has joined the expert health team at the Kumeu Village Medical Centre.

In fact, she's the only doctor there taking new patients, such is the popularity and long-serving nature of the centre's skilled professionals.

Dr Grace specialises in paediatrics, women's health, fertility, contraception, IUD fittings, mental health and more.

She has the support of an expert team, including Dr William Ferguson, Dr John Elliott (Medtech GP of the Year, who featured in the April Kumeu Courier as the

COVID-19 virus hit), Dr Niamh Kernan and Dr Nathan Joseph, all backed by experienced staff.

Special interests of the team include men's and women's health, cardiovascular risk assessment, paediatrics, dermatology/skin checks, travel medicine, accident and emergency care, minor surgery, care of the elderly, mental health, functional medicine, nutrition and naturopathy.

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Huapai Collectables has treasures for the home

Huapai Collectables has been owned and operated for nearly 23 years by Denise Robinson.

The shop at 322 Main Road may not be large but it is packed with all sorts of treasures.

"I sell a very extensive array from ornaments to garagenalia (meaning neat stuff from the shed for the Man Cave like oil cans and bottles, tins, signs, toy cars, pocket knives etc.)," Denise says.

Over the years there has been a trend away from decorative porcelain towards usable items such as lanterns, nautical items, scientific instruments, old baking tins, rolling pins, Agee jars and more.

Recycling and repurposing is a growing trend, Denise adds. An old crate may become a coffee table or a shoe box, while

an odd teacup could become a bird feeder or candle holder.

"I have never understood it when people say you can't put old stuff into a modern home," Denise says.

"Of course you can. I have a real mixture in our house which is four-years-old and as far as I am concerned it works perfectly well.

"I don't care what's trendy. As far as I am concerned your home should tell your life story."

That old jug of your mum's or the old stone jar your father-in-law kept his homemade pickled onions in are the types of things that matter to Denise. "They make me smile."

"My mother loved antiques and read all the books she could get her hands on," Denise says. "

"I must have inherited her love of the old and interesting. A favourite school holiday outing was going to all the antique shops on Ponsonby or Manukau Roads. I saved the pocket money I earned for weeks and was usually able to buy some little treasure. About 50-odd years later I still have some of these items."



Denise says the COVID-19 pandemic has had an impact on most businesses – including hers.

"Having the shop shut for weeks with the usual bills to carry on paying depletes the coffers.

"My landlord has been helpful and I am very grateful for that.

"Local people are so friendly and thoughtful and I am hoping they will carry on supporting me as they have done over the years."

Contact Denise on 09 412 7299, email frosty08@gmail.com or search Facebook for Huapai Collectables-Antiques.

Quality fences from Richardz Fencing

If it's a cost-effective quality fence you want for your home or commercial premises then give Richardz Fencing a call.

Richard Owen of Waimauku established Richardz Fencing in 2011 and has been providing his company's services for residential and commercial customers throughout New Zealand ever since.

From do it yourself fencing projects to commercial building projects, Richardz Fencing is a source of quality fencing products that can be ordered and delivered anywhere.

And they have a wide range of fencing suitable for most purposes.

They can supply and fit static pool fencing with matching raked fencing to cover

any type of sloping or undulating areas to secure a safe environment around your pool, for instance.

Their pool fencing is constructed using square tube for a contemporary look, durability and strength.

And it all comes with a PS1 certification if needed for council requirements.

The company also has an established network of fence building contractors who can install pool, boundary and security fences upon order.

For boundary and perimeter fences, for example, Richardz Fencing offers four fencing panel styles -contemporary, contemporary double, modern and classic to suit your home and section. Professionally installed, their boundary and perimeter fencing will help secure and enhance your property.

There's also a classic balustrade style panel to suit decks and balconies around your home, again professionally installed to enhance your property.



Gates are provided in four styles too, along with a range of widths and heights to match your fence and to suit your requirements. A variety of latches and hinges are offered, including safety ones.

All pool fences meet the New Zealand safety barrier requirements for children (Swimming Pools Act 1987).

Contact Richardz Fencing for a free measure and quote on www.richardzfencing.co.nz, call 0800 24 01 56 or text 0211 551 791.

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Community News

Kaukapakapa Village Market

Sunday 19 July 8.30am to 1pm. A great morning out for the end of school holidays with free face painting and a children's craft table to keep the kids entertained while you enjoy a wander around the stalls. Plenty to see with everything from hand made to pre-loved, gifts, crafts, jewellery, plus fresh fruit and vegetables, plants, preserves, great food and coffee and much more. Our musician this month is Foster on the tenor sax playing from 10am to 12pm.

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



Saving the past

Fundraising for the Helensville Museum - Sunday 19th July, 9am To 1pm.

Things are happening behind the scenes at the Helensville Museum, but more work needs to be done to get it open again. You Can Help! We have awesome gifts for sale - beautiful trays made from Kauri reclaimed from the old Courthouse, books 'Pioneering Women of the South Kaipara' and 'Men Came Voyaging', both offering a great insight into the local history, and more. What Else Can You Do? Come and find out about volunteering, they need help with gardening, building, data entry, photocopying and filing, accounts, carpentry and machinery servicing and more. Help to maintain our past for our future and get the Helensville Museum open again for everyone.



Library open in conjunction with the Kaukapakapa Village Market. Contact Megan Paterson 021 959 017, threehorses@xtra.co.nz

(Photo taken between 1910 and 1919, courtesy of Auckland Libraries. Helensville South - a scene on the river.

SeniorNet Kumeu

Throughout the various lockdown levels of the past few months SeniorNet Kumeu has kept going using regular "Zoom" Chat sessions, "Zoom Quiz Shows" and even "Zoom" Training sessions.

But now, thanks to the efforts of the wonderful "team of 5 million", we can all meet again and restart our meetings and training classes at our home base at St Chad's Church Huapai.

Will we still recognise each other without our small square frame around us?

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

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

If you would like to join our friendly and informal club, just come along to our next meeting on July 1st at 10am at St Chad's Church, Huapai, or contact: Brian Lacey on 022 183 1811 brian@lacey.nz.

Pendants made with finger prints of the ones you love

Sterling silver comes in many forms. Plate, sheet, strip, wire and even clay, and it is Silver clay that allows me to create pendants with your children's, partner's, parent's or even grandparent's fingerprints on them!

Imagine wearing a piece of jewellery that has been touched by the ones you love. Not a copy or a mould, but the exact piece they touched. Capturing their unique print for you to treasure forever.

To create a pendant we roll out the clay, press your loved one's finger into the clay and then cut the clay to the shape you desire. Once dried the pendant is sanded by hand and then fired. During the firing process the clay burns away and the Silver fuses together creating a gorgeous Sterling Silver pendant that was created out of the very piece of material that was touched by your loved one.

Email me at jo@preciousimprints.co.nz to book an appointment to create your pendant today.

Kumeu Library

Kumeu Library is open again after lockdown, and all our programmes are up and running in July, starting with our fabulous, free school holiday programme on Monday 6 July. The theme for this school holidays is "Shine Bright", and we have some great activities planned. Join us every day at 10.30 for a fun activity, including: Creating your own light-up bug, testing your knowledge with a space-themed Kahoot! Quiz, making and decorating a shiny 3-D star, and creating

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Community News

stained glass window art - keep an eye on our Facebook page (www.facebook.com/kumeulibrary) to find out what is happening each day, or pick up a brochure from the Library. And we'll also have activities you can do with your children in the Library at your own leisure such as the scavenger hunt.

Pre-school activities will start again after the school holidays. Storytime returns on Monday and Saturday mornings at 10.30am from Monday 20 July and Saturday 25 July - join us for stories, songs, rhymes and a fun activity aimed at preschool-aged children. Rhymetime, our entertaining session of songs and rhymes aimed at preschoolers aged 18 months to 3 years, returns at 9.30am on Friday 24 July. Also returning on Friday 24 July is Wriggle & Rhyme at 10.30am, our fun active-movement programme for babies from 0 to 18 months.

Book Chat resumes on Tuesday 7 July, for our monthly chat about great books we've been reading - come and join us. And our monthly Book Club will be back on Thursday 23 July at 7.00pm.

Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with all our news and library events.

Huapai-Kumeu Lions community projects underway

The club will be holding another of its popular Book Fairs in the Kumeu Community Centre on Saturday 29th and Sunday 30th of August 2020. All books are sold at \$2 with a wide range of genres on offer and bundles of children's books at special prices. The fair runs from 9am to 2pm on both days and on this occasion the Lions Club has as its support partner the Waimauku Scouts who are raising funds for a new building.

The club welcomes the donation of unwanted books (not magazines) from people wanting to cull their bookshelves but it has no means of storage until 2 weeks before the fair so from Monday 17th August donated books may be left by the Lions room at the Kumeu Community Centre. The club appreciates community support in terms of donating books and participation on the days of the fair.

Huapai-Kumeu Lions also run The Vintage Shop in the Pomona Hall by the Kumeu Community Centre and the shop re-opened on 16th of June offering a wide range of good quality items including crockery, crystal glassware, ornaments, linen, cutlery, small items of furniture and other one-off vintage items. All the stock in the shop is donated by people down-sizing or no longer wanting the item and sometimes it is derived from the dispersion of an estate. Donated items will be gratefully accepted at the shop. Opening times are Tuesday to Friday 10am to 3pm and on Saturdays when there are events on. It is staffed by group of volunteer ladies who work on a two week roster and anyone with the time and interest

in joining the group should approach a member of the staff at the shop. Lions members appreciate the support the volunteers give to this community project with all funds raised going back to the community. Most recently funds have been directed to the Kumeu Arts Centre in the form of some heavy outdoor seating which will complement the centre's activities but also the Huapai Hub which is being developed in the same location.

Huapai-Kumeu Lions have been active in the area for 50 years and it welcomes new members. Lions is an international community service organisation with 3 million members worldwide in 103 countries and clubs in New Zealand have a strong focus on community service and social inter- action. The local club invites women and men, including couples, to consider joining and welcomes enquiries from anyone interested - phone 09 412 7752 for information. Dinner meetings are held at the Kumeu Community Centre on the first and third Tuesday of each month. For new residents in the area it can be a good way of meeting people and getting involved in the spirit of the community.

Droughts, heat waves, Covid 19 - but our ladies are back!

It's been a funny old start to the year, with droughts, heat waves, weather changes and Covid 19 and wow, now we are nearly half way through. With all these challenges our ladies have actually adjusted very well, (I think we have given them plenty of training these last 5 years) and so much that they are still flowering which is a lovely sight for sore eyes. We don't have masses of blooms to do a U-pick but we still have enough for our local neighbourhood. We also have a few sunflowers and stock coming through soon and later on the unusual flowering kale which is my twin sis' favourite. We would love to hear from you if you have a preferred flower you would love to see us grow. We can also dry flowers for you. For more information

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Community News

please contact us via Instagram & Facebook @kumeuflowerfarm or call us on 09 412 7606. Please also note our shop has shorter hours for winter and closed Sat-Mon but you can still call us @ any time because we are nearly here 24/7. If you have any Covid 19 inquiries please visit our website www.flowerfarm.co.nz.

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In its simplest form, a Solid Slate Drive (SSD) is flash storage and



has no moving parts. SSD storage is much faster than its HDD equivalent. HDD storage is made up of magnetic disks and has mechanical parts inside.

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

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

Kumeu Blend Choir

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

After a long break for lockdown, we are at last back rehearsing for our next concert. We will no doubt be starting afresh with some of the songs we started on in February. Keeping to the sea theme, there will probably be songs about sailing ships and all the things that we, as a maritime nation thrive on. Add a well-known Maori song and there's something for all to enjoy.

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

Enquiries: Margaret Lindsay on 021 042 8855 or 09 49 8070; email Margaret@lindsays.co.nz.



Welcome to 2020

At the beginning of 2020, I was part of 4000 Scouts and Leaders that were having an extremely exciting time at the 22nd NZ Scout Jamboree based at Mystery Creek in Hamilton. We were also busy planning the year ahead with so many new ideas that we had picked up from other Groups and Leaders. 2020 was going to be awesome.

We had no idea of the changes that lay ahead, and new challenges that we would face from lockdowns to Scouting from Home.

We have seen the Scouts go from planning camps and events, to an uncertainty of what lay ahead.

With the combined effort of 5 million, we can now look forward to hopefully a more positive 2nd part to 2020, in what feels like a



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



Community News

reboot of 2020.

The excitement is growing again, Scouting members are returning to the halls and planning many events between now and next Christmas to make up for lost time.

The lockdown has brought a lot of families together in ways we never imagined, and given families time to reflect on what really matters.

Spending time with families is really important and giving youth the right skills to face the new challenges that lay ahead is equally as important too.

At Scouts the youth learn a very wide range of skills, but the social aspect that Scouts gives has proven important over the past few months.

Adults can be part of this too, you're never too old to learn a new skill or help teach a skill.

If you are interested in becoming a Leader, or have youth that could benefit from Scouts, then please drop me an email (zl.waitoru@zone.scouts.nz), or head to www.Scouts.nz to find out more.

Craig Paltridge. Waitoru Zone Leader.

Motutara-Waimauku Scouts

Motutara-Waimauku Scouts group would like to thank the community for their support in our annual fundraiser with ordering our Firewood for this winter, we are now sold out. Be in quick for next year's orders.

Our Scout group have been growing steadily, and we have now outgrown our little club 'den', with our 150+ youth & leaders.

We are in the midst of a mammoth project - relocating an old but LARGE derelict Scout den from the back of Henderson, to our council land at the top of Pollard lane in Waimauku.

We would like to say a huge thanks to: Matthew Priestley at Brotherwood for your expert help in tree clearing. Corey Burnett at Burnetts Transport & Earthmoving for your fantastic digger work. Bryan Spinetto of Pinelea Projects for your builder's expertise. Wayne Napier at Beca for your surveying services. Ingo Ratsdorf at Envirology Ltd, and also Babbage for your planning & architectural services. Andrew Pennington - Structural Engineer. Sullivan Hall Chartered Engineers. Craig Walker Building Removals for his amazing assistance for the move when it happens.

We have many more people & businesses in our wonderful community to thank, and we will feature these in a future update once the building progresses.

When the building is in place we will need 'all hands on deck' with re-wiring, re-roofing & re-plumbing, painting... it will be a long list as it is a mammoth project of which we will require a lot of assistance as

the building needs a LOT of work to get it into shape .

We are going to be looking for support from the community & the local businesses in the form of materials and trade/labour assistance as well as in the form of donations to help with general expenses.

This is towards creating our new Scouting home, but this will also be a hall that will benefit the wider community in many ways when it is completed.

We will be putting up a 'wall of thanks' at the new hall which will be in the form of logos & names of the businesses that have helped us out. If you think you can help in any way - please reach out to Brian Belton on 027 226 7094.

Lollipops Kumeu

Kia ora, Every Thursday He Rakau have a lunchbox day as part of our transition to school programme. We encourage tamariki to make healthy food choices in an environment that is similar to school. This involves learning how to unwrap items, managing food consumption over the day and encourage independence.

Nau mai, haere mai.

Marama - Centre Manager,
Lollipops Kumeu. Phone 09 412 808 or email cm.kumeu@ledu.co.nz. www.lollipopseducare.co.nz. 7-9 Wookey Lane, Kumeu.



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In Brief

Learn French, Spanish and Italian in Kumeu

Bonjour, Hola, Ciao! As we can't travel to Europe, now is the time to learn a European language so you are all set to go next year.

Take the time to learn French, Spanish or Italian and enrol in one of our language courses.

All language tutors are native speakers. Kumeu Arts Centre is where all the adult language classes are offered. Check out the term 3 timetable. www.abclanguage.co.nz or call Patsy 0274 904 321.



Nature's Explorers Kindergarten

At Nature's Explorers Kindergarten, we are very fortunate to have the Riverhead forest on our doorstep. Providing an exciting world for our children to experience a range of learning opportunities, including; through exploring, discovering new and interesting things, foraging, learning about nature, directing their own learning and challenging themselves, as they navigate through different terrain including; muddy puddles, slippery tracks, steep inclines.



Every week at Nature's we take a small group of up to ten children with two teachers into the forest. Prior to leaving the centre the children are partnered up with a friend and are encouraged to take care of one another on their walk to the forest, this provides a great opportunity for our children to develop effective communication skills and work collaboratively with others.

We encourage both planned and spontaneous experiences in the forest. Recently the children came across large orange toadstools in the forest, which the children found fascinating, luckily on this visit the teachers had packed a couple of magnifying glasses, the

children were able to view their discoveries up close with their glasses. Other experiences, planned by the teachers have included a Scavenger Hunt, where the children each were given a sheet of objects to find in the forest along with a paper bag to collect these special items into, we also recently role-modelled how to do a tree rubbing and each of the children had a turn to do these.

If you are interested in your child joining our little group of explorers please call Nerys on 09 412 8800 or email office.kindergarten@xtra.co.nz.

Keeping it interesting

Moving into Level 1 is a happy time for many New Zealanders who have found restrictions hard to live with. But for some this move has not made a huge difference to their lives. Age, health or mobility can keep people at home, and with the days feeling cooler, it's a good time to think of some things to do to keep spirits



and minds uplifted. Music, puzzles and games can entertain, and other helpful resources can make life a little easier. Mindjig is a NZ company who have lots of ideas to help people keep their minds active, and specialises in products for those living with dementia. Visit www.mindjig.co.nz to see a range of items to suit different ages and abilities. Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.

JoJo's

Let's face it, after the way 2020 has panned out so far everyone is ready for a New Year, therefore at JoJo's we look forward to celebrating.... Matariki



Last year we celebrated the end of Matariki with JoJo's whānau with an evening hosted by our tamariki and kaiako. Sharing in a meal of hot vegetable soup and rēwana bread we enjoyed our tamariki art exhibition and a movie, starring our children investigating and exploring the values and principles of Matariki.

This year we have fresh new ideas and we can't wait to do it again! We believe it is of the utmost importance to celebrate our cultural

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In Brief

heritage of coming together - especially during times of late.

We would love to include you as part of our Jojo's whānau and enable you to join us in celebrating these occasions; come and visit us sometime to see how we can make this happen.

Just Kidz

Our team have a wealth of experience and provide a warm, nurturing environment in which children thrive. Because we are a small, boutique preschool, your child will receive quality interactions with teachers that are passionate about learning and development.



Huapai is a unique community and we understand the importance of family and whanau as an integral part of the child's learning journey. We are focused on embracing cultural diversity, and we acknowledge and respect the contributions our families make.

Our teachers value an environment which inspires curiosity and exploration, which in turn develops deep and meaningful relationships based on mutual respect. As a team we are committed to supporting each individual child's passion, skills and needs. We value each child's holistic development and encourage their aspirations, creativity, confidence, and provide them with a genuine

sense of belonging.

Our online and classroom portfolios provide a platform to connect home and preschool interests and experiences. Our parents are informed and productive members of a collaborative educational team. We aim to foster a developmentally appropriate programme designed to help each child reach their full potential. Our Reggio-inspired curriculum encompasses a positive learning environment where children can blossom and grow alongside each other.

Enrol now and receive 6 months of half price fees for under two's and six months 30 free hours for over three's. Limited spaces available. Pop in for a tour at 335 Main Road, Huapai or contact us on 09 412 2025 or 027 269 8558 email Huapai@justkidz.co.nz for more information.

Message from New Zealand Police

The greater Kumeu/Huapai area have had a number of thefts from vehicles in recent weeks. On some occasions vehicles have been left unlocked and with valuables left inside. Please remember to check your car is locked when unattended (even for a short time) and to take your belongings with you when leaving it - "lock it or lose it". Please report any suspicious behaviour in your area - Call 111 in an emergency, 105 for non-emergency or online [105.police.govt.nz](https://www.police.govt.nz).



Have your say on the future of Rodney

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

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

So love local and get vocal about your community by having your say. Submissions must be received by **4pm, Thursday 13 August.**

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

Together we can love local.

Property

Why not consider arbitration

Last month we mentioned arbitration clauses in leases as a mechanism to resolve rent disputes. Using arbitration as a method to resolving disputes is not unique to rental disputes but can be used to resolve disputes in any type of matter.

Arbitration is a process where parties in a dispute agree to somebody being appointed by them to determine their dispute.

There are various benefits which an arbitration offers which court litigation does not. These include being able to choose the arbitrator, privacy and confidentiality of the proceedings, the fact that the proceedings are finalised in a much quicker timeframe and the ability to agree that any finding by the arbitrator is final and binding as if made by a High Court judge.

If you have a dispute and would like to consider arbitration as an option, you can contact one of the legal experts at Kemp Barristers & Solicitors by sending an email to info@kempsolicitors.co.nz or calling us on 09 412 6000.

Property market report

Housing confidence was knocked back substantially in the three months to June. It seems the economic fallout from COVID-19 has dashed expectations of the big housing upswing moving on through 2020. Confidence is low and this is certainly dampening demand in high value housing stock.

House buying sentiment also continues to stutter however sales in the sub \$1m category is still running buoyant and prices holding. Perceptions of whether it's a good time to buy are generally closely linked to housing affordability and banks are taking three to four weeks to process applications and being over opinionated about risk profiles.

Household interest rate expectations are that interest rates will fall and House prices will be volatile. We have an unprecedented situation facing the NZ economy and Reserve Bank. The Bank's key policy rate (wholesale money rate) has been lowered as far as it can go and government bond purchases are now the Reserve Bank's weapon of choice. We expect the Reserve Bank's policy rate to remain at 0.25% for many years although banks will continue to stress test their clients to as much as 7.9% based on mortgage approvals.

Our suggestion to struggling home owners remains the same, squeeze your bank but get your assets ready. If you need to create cash-flow, make decisions early. With an election and the potential for more economic outfall you are best to act sooner than later, lead

the conversation and stay positive. Let's look at the sales results:

Helensville Residential	\$385,000 to \$725,000
Helensville Lifestyle	\$834,000 to \$1,585,000
Huapai Residential	\$920,500 to \$1,125,000
Kumeu Residential	\$879,000 to \$1,340,000
Muriwai Residential	\$865,000 to \$880,000
Riverhead Residential	\$992,500 to \$1,375,000
Riverhead Lifestyle	\$1,515,570
Swanson Residential	\$788,000 to \$1,325,000
Waitakere Residential	\$805,000 to \$961,000
Waimauku Residential	\$1,335,000 to \$1,440,000
Waimauku Lifestyle	\$1,640,000 to \$1,675,000
Whenuapai Residential	\$875,000 to \$2,275,000

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

Reflecting on personal and family affairs, wills and EPAs

ClearStone Legal (Francine Cameron)

During these unprecedented times there is rarely a better time to reflect on our personal/family affairs including the opportunity to review an existing will (or consider putting one in place) and arranging Enduring Powers of Attorney.

EPAs - Enduring Powers of Attorney (EPA's) can be best likened to an insurance policy - you need it in place before you need it. If you or a loved one become incapacitated then having EPA's in place gives the authority, to make decisions on your behalf, to someone you trust. Having these already in place if the times comes, saves time and money at a time when both can be critical. Without this, decisions can't be made without going to court which is costly and time consuming. Not having EPAs is likely to result in delays in action, added stress for loved ones and could lead to undesired outcomes.

Wills - Most of us want a say in how our assets are to be distributed



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& Absentee owner home management

Rachel Trafford · rachel@privateresidence.co.nz
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Property

in the event of our demise to family and loved ones as well as who will care for our children. Many issues can come into play including de facto relationships, blended families and family disagreements. Good practical legal advice can help you strategise to ensure your wishes are carried out (and by whom).

If you do not have a will then the Administration Act 1969 will determine where your assets will go. This may not be what you intended and requires additional steps to administer your estate resulting in delays and additional costs in distributing your assets, as well as distress for family members. Also, without a will you have not specified who will receive particular items, for example jewellery or tools or whom is appointed for guardianship.

Please contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre) on 09 973 5102 or email admin@cslegal.co.nz for a no obligation chat. In the meantime please take care of yourselves and your loved ones and stay safe.

Quinovic Property Management

The date for Healthy Homes compliance reporting on rental properties has been postponed due to the Covid -19 lockdown affecting landlords' ability getting access to have properties inspected

1st July 2020 was to be the date that landlords had to provide a comprehensive report with any new tenancy agreements or fixed term renewals this date has been postponed to the 1st December 2020.

The Healthy Homes Standard is a collection of performance standards that rental properties will need to meet in order to be able to tenant them, the standard encompasses 5 categories; Draught stopping, Heating, Insulation, Moisture ingress and Drainage and Ventilation.

Landlords are required to provide a detailed report that shows how the rental property complies against the standard with any new tenancy or renewal commencing from the 1st December 2020

Rental properties are then expected to fully comply with the standard with any new tenancy or renewal after 1st July 2021 with a 90 day grace period, if a tenancy does not roll over then the 1st of July 2024 is the ultimate date for compliance

Detail of the actual criteria can be found on the Tenancy Services website if you Google Healthy Homes standard, there are PDFs that can be downloaded from the Government website as well as an online calculator required for the heating criteria which is certainly the most complicated aspect of the whole standard.

The general best practice is to engage an independent inspection company to provide a detailed report, this should cost about \$200-\$300, and some suppliers are offering free reports however an obvious concern is that a conflict of interest could lead to over prescribing of remediation. Landlords can self-report but there is the equally obvious concern of a landlord being overly pragmatic in the assessment of the property and a maximum penalty of \$4000 in exemplary damages could be incurred if challenged at tenancy tribunal.

One piece of good news for landlords is that the IRD are allowing discretionary expenditure up to \$5000 to be claimed as a write off for the current tax year only (another Covid-19 measure) this means that Landlords investing in up to \$5000 on property improvements this year will get the same tax treatment as generally applied to repairs and maintenance as opposed to having to claim it as depreciation, Of course you should check this with your own tax accountant first.

Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000 or 027 490 7777.

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Area Property Stats

Every month Mike Pero Real Estate Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential and Lifestyle transactions that have occurred.

To receive the full summary simply email the word "full statistics" to kumeu@mikepero.com.

This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	520,000	0M2	88M2	535,000	MURIWAI	1,125,000	811M2	160M2	880,000
	780,000	1HA	68M2	834,000		1,050,000	890M2	103M2	865,000
	1,975,000	42HA	82M2	1,585,000	PARAKAI	500,000	506M2	84M2	615,000
	330,000	0M2	43M2	385,000	RIVERHEAD	940,000	989M2	93M2	992,500
	1,100,000	1HA	158M2	935,000		1,280,000	803M2	228M2	1,220,000
	1,075,000	2.9HA	140M2	1,055,000		1,550,000	2HA	200M2	1,515,570
	1,350,000	4HA	110M2	1,100,000		1,250,000	801M2	228M2	1,252,500
	720,000	665M2	151M2	725,000		1,475,000	600M2	318M2	1,375,000
	520,000	1214M2	90M2	640,000	SWANSON	1,350,000	40500M2	114M2	1,325,000
	700,000	718M2	90M2	700,000		900,000	400M2	160M2	870,000
	330,000	0M2	43M2	390,000		710,000	373M2	200M2	788,000
	1,150,000	11300M2	290M2	665,000		870,000	379M2	181M2	999,000
HUAPAI	1,125,000	775M2	239M2	1,125,000		810,000	1677M2	188M2	825,000
	1,075,000	634M2	217M2	971,000		900,000	408M2	162M2	930,000
	1,100,000	847M2	237M2	920,000	WAIMAUKU	1,800,000	1.41HA	361M2	1,675,000
KUMEU	880,000	355M2	178M2	885,000		1,300,000	1601M2	256M2	1,440,000
	1,050,000	600M2	205M2	1,080,000		1,750,000	4HA	256M2	1,640,000
	1,700,000	4630M2	260M2	1,340,000		1,300,000	1570M2	163M2	1,335,000
	940,000	460M2	190M2	955,000	WAITAKERE	780,000	2023M2	175M2	961,000
	1,050,000	525M2	201M2	965,000		810,000	875M2	180M2	805,000
	940,000	400M2	189M2	951,000	WHENUAPAI	940,000	160M2	211M2	875,000
	1,125,000	1012M2	206M2	965,000		2,845,000	4055M2	380M2	2,275,000
	970,000	525M2	179M2	939,000		1,090,000	308M2	230M2	1,090,000
	880,000	356M2	170M2	879,000		1,200,000	345M2	255M2	1,156,000

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

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

Mike Pero | REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Kumeu

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Graham McIntyre
Brand & Territory Owner
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QUARTER ACRE SECTION - CUL-DE-SAC 4 2 2 **By Negotiation**

3 Vintners Close, Huapai
By Negotiation

A very well presented cedar home delivering open plan living/ dining area with alfresco to decking and step down to the lawn. Galley kitchen with breakfast bar with function and views. Four bedrooms - Two bedrooms and main bathroom, laundry and double garage access while upstairs enjoys a sun filled master with ensuite and walkin wardrobe and single bedroom.

www.mikepero.com/RX2349593



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027 632 0421



KORAHA ESTATE 4 5 3 **By Negotiation**

2 Koraha Road, Kumeu
By Negotiation

North facing, open plan designer kitchen with breakfast bar and scullery, lounge area with gas fire place and dining area, separate formal lounge and family room, flows through to the covered patio and the in-ground heated pool. Four generous double bedrooms, private master bedroom with his and hers walk in wardrobe. Internal access triple car garage with separate double Skyline Garage.

www.mikepero.com/RX2249624



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EXTENDED FAMILY HOME AND PEACE 4 2 2 **By Negotiation**

94 Hinau Road, Waimauku
By Negotiation

This 1980's two level home offers a delightful upstairs/ downstairs environment within a glade of gardens and establish native bush, and positioned to mingle with the Tuis and Wood Pigeons. Good space upstairs with three bedrooms, bathroom and open plan living, linking alfresco to the east and west while downstairs has a bathroom, bedroom plus living area, double garage and workshop.

www.mikepero.com/RX2369389



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AFFORDABLE ON 1236 SQM OF LAND 4 2 2 **By Negotiation**

16 Denehurst Drive, Waimauku
By Negotiation

Open plan living and entertaining linking to north facing decking with large overhangs delivering the best of the sunshine and shade with the protection from the rain. An excellent layout including four bedrooms (master with ensuite and walk in wardrobe), two bathrooms and three toilets feature in this expansive two level home delivering space to work, live and play, all under one roof.

www.mikepero.com/RX2223811



Graham McIntyre
027 632 0421



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

325 Hobsonville Road, Hobsonville

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

www.mikepero.com/RX2349581



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027 632 0421



3222 SQUARE METERS - BIG OPPORTUNITY 4 1 2 **By Negotiation**

44 Puriri Road, Whenuapai

By Negotiation

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

www.mikepero.com/RX2204835



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027 632 0421



PRIME LOCATION 4 2 2 **By Negotiation**

22 Vina Place, Massey
By Negotiation

The home has an easy flow through open plan lounge dining to north east decking overlooking fully fenced back yard and two level play house. Offering four generous bedrooms, office nook, ensuite and main bathroom to ensure limited congestion in the mornings. Central kitchen, storage and laundry area delivers an easy transition to getting jobs done.

www.mikepero.com/RX2250920



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027 632 0421



FAMILY OR INVESTORS DELIGHT 4 2 2 **By Negotiation**

13 Zefiro Drive, Massey
By Negotiation

Generous open plan living, dining and entertainer kitchen with fireplace and heat pump leading to North West Decking and an extensive lawn area, contained within 1.8 meter dog fencing on the boundary. The home delivers four bedrooms, one being used as a study, bathroom and ensuite with a walk-in wardrobe off the master. Internal access to an oversized double garage, laundry and storage area.

www.mikepero.com/RX2358682



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027 632 0421



AFFORDABLE LIFESTYLE 4 1 1 **By Negotiation**

7 Kaipara Lake Road, South Head

By Negotiation

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



Graham McIntyre
027 632 0421

www.mikepero.com/RX2039027

PRECAST CONCRETE AND W/B 6 6 3 **By Negotiation**

911 Old North Road, Waimauku

By Negotiation

Set on one of the highest points in Waimauku with commanding views to the North and the South East. If you ever wanted to feel like the King on the Hill this is your time to invest in your future. A near new, quality, commercial-style build with high-end features. Offering six bedrooms, large office, family room and a media room over two levels.



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027 632 0421

www.mikepero.com/RX2328642



BLANK CANVAS - THIS IS THE MONEY SHOT **By Negotiation**

Kiwitahi Road, Helensville

By Negotiation

A house and land package is available for this site from Golden Homes which provides the purchaser an excellent opportunity to invest in a turn-key brand new home built to a high standard and making the most of the Valley Views. Indicative budget is \$ 1,425,000 (subject to extra 's and changes). Hill top location, overlooking the Woodhill Valley over to the Tasman Sea and up to the Kaipara Harbour.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2066456

NO COVENANTS - VIEWS **By Negotiation**

56E Kaipara Coast highway, Helensville

By Negotiation

A house and land package is available for this site from Golden Homes which provides the purchaser an excellent opportunity to invest in a turn-key brand new home built to a high standard and making the most of the Valley Views. Indicative budget is \$ 1,095,000 (subject to extra 's and changes). A truly stunning 1.6 hectare lifestyle block offering a serviced flat building platform and outstanding views.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2366714

Home & Garden

Mitre 10 Mega Tradie's Corner

Getting it done. With Mitre 10 MEGA Henderson & Westgate.

Dave and Elaine from Mitre 10 MEGA at Henderson and Westgate have partnered with Kumeu Courier to highlight our wonderful West Auckland tradies in an effort to further contribute to the community they serve.

"We are committed to our West Auckland Businesses and Community says Dave "and wish to provide a place where our local trades can use as a 'message board' for their names, contact and websites.

"Many of our trades use us as one of their suppliers and we want to acknowledge this support. Dave understands many will be feeling the effects of the lockdown, "I think this is another one of our ways of 'giving back' to the neighborhoods and businesses we service.

Dave and Elaine are keen to highlight the promote local "at both stores, we do get asked for contacts for the various trades and see this as great forum to promote this sector.

Western Caskets -96 Access Road, Kumeu. Phone: 0800 108 776, www.westerncaskets.co.nz.

Water to Waste Plumbing & Drainage - 5c Collard Place, Central Park. Phone 0800 990 069. www.watertowaste.co.nz.

Bu-Mac Engineering - 6 Corban Avenue, Henderson. P: 09 836 4417 www.bumac.co.nz.

LFHQ Studios - Unit G2 20/22 Te Pai Place, Central Park, Henderson. Mobile. 021 333039, www.lfhq.co.nz.

High Wire Electrical - 6/70 Bruce McLaren Road, Henderson. Phone 0508 444 494, www.highwire.net.nz.

Growing Spaces - 11/188 McLeod Road, Te Atatu. Phone 0800 772 232, www.growingspaces.co.nz.

Carter Electrical - Unit B 7 Collard Place, Central Park, Henderson. Phone 09-836 8552, www.carterelectrical.co.nz.

R L Jeffries Plumbing - 26 The Concourse, Henderson. Phone 09 833

7439, www.jeffriesplumbing.co.nz.

Huntaway Carpentry - 24 Christian Rd, Swanson. Phone 027 540 4934, www.huntawaycarpentry.co.nz.

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Do you have problems with blocked or leaking toilets and drains, hot water systems, leaking taps or burst pipes? Or do you want new installations, refurbishments or gas installation? Whatever your needs, one of our great team of plumbers, like Dave and Paul, are here to help you with this and much more.

Here's what some of our customers have to say:

"Dave is always professional, knowledgeable and very likeable. I don't think I could find a better plumber/gas fitter".

"Good communication; always helpful and a very competent plumber (Dave)". "Paul was efficient and gave confidence that he knew what he was doing". "Great service from Paul. Friendly and helpful".

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Home & Garden

can provide our products and services with prompt delivery to your site.

Our Kumeu store also specialises in the stock and supply of lifestyle block and farm supplies including a comprehensive range of portable electric fencing systems with leading brands such as Strainrite and Gallagher. We carry wooden and galvanised farm gates in a range of sizes and stock a complete range of fencing and gate hardware.

All our timber yards carry an extensive range of timber products including framing, retaining, decking, posts, poles and fencing timber. We can supply just a few lengths for a small project or in bulk to greater commercial operations.

Whether you are a large commercial operation, thinking of building or renovating the family home or doing a weekend project our Sales Team has the knowledge and experience to see your job through from start to finish.

Do you have a project or plans you would like priced? Then contact our experienced Sales Team today! Email: kumeu@westernitm.co.nz or phone 09 412 8148. Western ITM. Locals Supporting Locals. 3 Auckland Stores - Open Monday to Saturday. Whenuapai | Kumeu | Swanson. www.westernitm.co.nz.

Growing citrus trees

No orchard is complete without some citrus trees growing. Awa Nursery recognises this, and we have just received our new season stock, newly bagged up and ready to go into your gardens. If you are after a mature readymade fruit tree, we have those in stock as well.

Now is the best time to plant citrus trees, as they have winter and spring to get established before summer. Citrus trees prefer a sunny spot, preferably frost free, sheltered from strong winds and a well-drained position.



Our citrus have just been wrenched, which is a process where the roots are cut without lifting the plant, then uplifted and bagged up. You will find the soil is loose in the bags and the root ball quite small. This is normal, and your plant will thrive provided it is planted in good free draining soil.

Dig a hole approximately twice the depth and width of the bag and partly fill with garden mix. Place your tree in the hole and fill the remaining hole with soil. Make sure your soil is no higher than where the soil came to when it was in the bag. Stake the tree until it is established. Be sure to water your tree if there has been no rain every three days or so until established. Mulching the area around your citrus tree is a good idea also. Again, keep the mulch away from the trunk.

Citrus trees like to be fertilised regularly especially in spring and summer to encourage maximum fruiting and flowering. Awa Nursery has a fertiliser specifically catered to citrus should you require a bag. Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

Interest free loans available for solar systems

We love the results of a survey, especially when they highlight the real need for more efficient power and warmer, drier homes. Even more so when there is action taken from results, in this case, interest free loans and job creation for tradies.



Westpac's recent survey answers have resulted in "... the launch of a new interest-free loan which will help customers make their homes warmer and healthier, while also creating work for tradespeople affected by the COVID-19 downturn...".

38% of people surveyed were worried that cold or damp conditions



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chilly
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Home & Garden

in their home could cause or worsen health problems, while 89% of said it was 'very important' or 'extremely important' to live in a house that is warm and dry.

'Westpac Warm Up' loans offer up to \$10,000 of lending, interest-free, for 5-years so that home loan customers can purchase heat pumps, solar panels, ventilation, double-glazing or insulation.

Although Solarcraft has no affiliation with any banks (at this stage), isn't it great to see corporations walking the talk?

Article ref c/o: www.seanz.org.nz/westpac_interest_free_loans_include_solar_pv

Any solar questions? Email info@solarcraft.co.nz or phone 0508 272 389, visit www.solarcraft.co.nz.

Winter is almost here, are you ready?

It's been a very mild autumn and according to the weather experts these conditions are pretty likely to continue through most of the winter season. That's great for lawns and gardens. Over the last month we have had a bit of rain, and a bit of sun - add that to the warmer than usual temperatures and you have ideal growing conditions for plants. That's what the Local Jims Mowing team have seen too. Fast re-growing lawns have caught property owners by surprise and need a big cut and a couple of follow-up trims to regain control and tidiness. It's also taken a several mows of our regular clients to regain the more attractive growth 'habit' of the lawn too. This 'habit' is a more compact, shorter grass blade - it looks great and prevents weeds getting in. This requires mowing little and often so - even if there is not much to trim - keep mowing your lawns regularly right through winter and this will help them to look excellent in spring. One other tip - give your lawns a top-up fertilise now with a good slow release fertiliser and that will help keep it looking good and growing healthily right into the cooler times ahead. Then another fertilise in early spring and you'll have a lush, healthy, green lawn ready for summer.

If you would like any help with checking your gutters, clearing leaves, tidying your garden and cleaning those slippery decks and paths - give Jim's Mowing a call 0800 454 654 or book online at JimsMowing.co.nz.

Fruit tree pruning and care workshops

Saturday 25th July (9.30am to 11.30am). It's time to get the loppers



Kane Franklin
Registered and Certified Drainlayer

Phone 0275 565733
Email kaneage0@gmail.com



out again folks. However if you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this workshop will give you all the basics to assist in your success.

David Bayly, our in house tree care ninja, will be once again running this very popular workshop in his usual relaxed and interactive style; topics to be discussed will include: Tools required, Pros & cons of various trees, Site selection and preparation, Planting methodologies/techniques, General tree care and Safety considerations.

This event is so popular that we have run one at the end of June but a second one is planned for the end of July but booking is still recommended as spaces on each is limited (see below for booking details).

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

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

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions. * Trail not suitable for wheelchairs or walking frames. 1481 Kaipara Coast Highway (SH16). Tickets \$20 per person. To Book email info@kaiparacoast.co.nz or phone 09 420 5655.

\$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

July 2020



Brrr... it's getting chilly, time to prune fruit trees, roses and hydrangeas and give them a copper spray.

Plant hardy winter veggies like kale and radishes and get summer flowering bulbs sorted.

Fix the lawns

Lawns that look unhealthy (yellow, sparse growth) can be given a pep up with Prolawn Garden Supreme which is a quick-acting fertiliser ideal for a late winter boost.

This fertiliser is good around the garden too.



In the Edible Garden

- **Place seed potatoes** in dry cool areas – garage, carport, under eaves, to begin sprouting. Planting is generally 6-8 weeks from now
- Make sure **broad bean plants** are well staked
- **Planting of kale, cold hardy lettuces** such as cos and sowing of **radishes** and **carrot** seed can be done in sunny areas
- **Stick to liquid fertiliser** over the foliage and into the roots of vegetables, as it can be used more quickly and effectively during the cold season



Sharpen secateurs and loppers for fruit tree pruning and **copper spray** your trees to help smother the fungal spores and bacteria that cause diseases like leaf curl, bacterial blast and leaf spot.

The rest of the Garden

- Time to buy **dahlia, gladioli,** and **lily bulbs** when planning for bold colour in the summer garden. Lilies are excellent in pots, but choose dwarf varieties that are more compact
- **Prune roses and hydrangeas,** removing any dead or old wood. A copper and oil spray over pruned roses provides early resistance to disease and disrupts any scale forming on the canes
- **Plants damaged by frost:** the burnt leaves should be left on the plant, to protect healthy growth beneath. The leaves can then be removed in early spring



Dealing with heavy clay soils

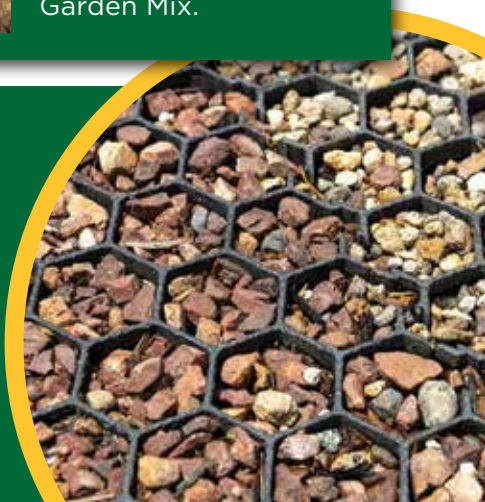
When planting add a handful of gypsum in the planting hole before filling with a mix of existing soil and Garden Mix.

Project for July

Out of the Mud

Muddy areas, including high traffic sections such as driveways, can be transformed with our NZ made recycled product Jakmat. No wonder DoC uses this product on our best NZ walking paths- it's incredibly durable!

For all the information about Jakmat and the pebbles to fill it, visit www.centrallandscapes.co.nz





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Build New

Future-proofing your home with flexible spaces

The nationwide lockdown may be over but the varied impacts it's had on the way we think, live and utilise the spaces in our home will remain for years to come. Many of us spent the time in lockdown working from home, leaving us plenty of time to think about the tweaks and changes we'd make to our homes if we had the chance. Building a new home gives you the opportunity to design things exactly as you want them, specifically suited to your family and lifestyle.

One of our most popular requests when finding or creating the perfect house plan for our customers is for a 'flexi-room' - an extra room that can be transformed throughout different life stages, from an exercise room to a playroom to a home office. Whether you're planning a new build or have a spare room in your existing home that you'd like to maximise, read on to learn our top tips for making the most of a flexi-room, plus our top plans that feature one.

Furniture

Invest in smart pieces of furniture for your flexi-room, like a fold-away wall bed, built-in bay window or a sofa bed, and an adjustable desk that could be used for crafts or as a TV stand. Make sure your



choices fit the space, and don't use huge furniture in a small room.

Smart thinking

If you want to use your flexi-room as both a home office and a media room, consider using a smart TV as your computer monitor, or invest in a large computer screen that can double as a TV screen and place a couch in view of the screen. Vertical space can be cleverly used for shelving or extra storage, and an inbuilt study nook could be converted to a closet later down the track.

Think long-term

You may be a young couple wanting to use your flexi-room for exercise or a second lounge, or a potter needing space to make their latest creations, but if kids are in the pipeline, you might want the flexibility to turn the room into a nursery, playroom, study or guest bedroom as your children grow. Think long-term before making any big decisions such as wall coverings and design, and ensure you think about the possible resale of your home, and what future buyers will be looking for.

Layout

If the room is being used for two things at once (eg both a spare bedroom and a study), consider your furniture size and layout carefully to ensure one function doesn't impede on the other. Think about whether you need to build in a cupboard to add extra storage to your home, or to store toys and crafts depending on how you intend to use the room.

View our range of House & Land Packages online or in the Kumeu office. Call our team at Signature Homes West Auckland to discuss your options; obligation free 0800 020 600 www.signature.co.nz/west.

House & Land Packages



Country Living, Turn Key!

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House 181m² | Section 629m² | 3 beds | 2 baths | 1 living | 1 dining | 2 cars



Wood Valley Wonderland!

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Tick The Boxes In Huapai

\$890,000

House 144m² | Section 357m² | 3 beds | 2 baths | 1 living | 1 dining | 1 car



Architectural Kiwitahi Haven

Price By Negotiation

House 207m² | Section 297070m² | 4 beds | 2.5 baths | 1 living | 2 dining | 2 cars

View more House & Land Packages at signature.co.nz

Contact Dean Pritchard for more information
027 471 1886 | 0800 020 600 | deanpritchard@signature.co.nz

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Build New

Building a home has never been this easy

At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure.

We build beautiful homes for young families, singles and retired people, from modest townhouses through to expansive country estates.

Our dedicated team take care of everything, including permits, resource consents, planning issues, engineering drainage and geotechnical reports.

We can even help you find a section or unique lifestyle property, sort out finance and payment terms to make it as simple as possible.

To provide peace of mind, a fixed price contract is offered at the start of the build journey with all prices locked in ensuring there are no surprises, allowing you to move forward in confidence with the certainty of no price changes.

Have an idea on paper but not sure where to start? Our New Home consultants and onsite architects can turn your sketch into reality and have it priced all in the space of a very short timeframe. Our designers have consistently been at the forefront of developing living concepts that cater for modern lifestyles and New Zealand's unique environment.

We project manage everything every step of the way and give you written assurances, regarding costs, workmanship, material

guarantees, completion dates and other key issues.

Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder.

So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

Sustainable Landscapes

Hi, Dave Milina, again. Well a lot has happened in the last month. We are all able to unite again, watch a rugby game, all crowd together, have friends around for coffee, so cool.

It seems like we're back there again... or are we? I think it's like we are being shown that all life form is vulnerable, it's been a reality check.

What's important? I believe it's caring for all life form around us, and what better way than to create food and habitat gardens on our properties in a natural, organic way, for all our co-inhabitants to thrive and enjoy. If we all do a little bit, our planet would thrive, and so would we.

If you want to know more about landscaping, using natural materials give me a call, Dave Milina, 0275 1962 19 sustainablelandscapes.co.nz, info@sustainablelandscapes.co.nz.



We're locals like you



Being local is really important to Matt and Rachael. They've lived here their whole lives, raising a family and being part of the G.J. team for over 7 years. With their extensive experience at G.J.'s, you're sure to get great service, the care and knowledge of a local, and the support of a national franchise. G.J.'s really do offer the best of both worlds.

So if you're thinking of building, talk to the Rodney West team first and find out why more people trust G.J. Gardner Homes than any other builder.



09 412 5371 gjgardner.co.nz

G.J. Gardner. HOMES

Pets

Mouse and rat poisons: The risk to your pets

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

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

Ensure they are put away in secure cupboards, remember that cats can climb and even if they don't eat the poison they could knock it off the shelf where it could be made available to the less discerning pet (or child). When placing the bait ensure it is placed in a secure container that only rats and mice can get into.

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

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

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



diarrhoea, vomiting, fever, blood in urine, faeces, very pale gums, vomiting and more.

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

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

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

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

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

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai.

Can you spare two or three hours once a week?

Also loving homes needed for some of the friendly rescue cats.

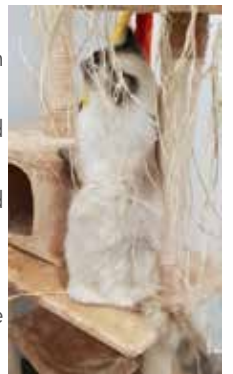
Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



Bored cat?

Some ways to entertain your cat

1. Leaving a trail of treats that lead to a hidden reward, such as a piece of chicken
2. Hanging a few unreachable mobiles around the home
3. Placing a few unbreakable mirrors around the home at floor level
4. Leaving a feather on the floor
5. Getting a ten-gallon fish tank with a secure lid, and stocking it with goldfish
6. Leaving a curtain partially open



Anna Jeffs

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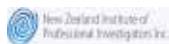
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Pets

7. Hiding a sprig of catnip
8. Setting up a multi-levelled cat tree in the living room
9. Enticing your cat to play with a cat "teaser" wand
10. Leaving out a small pot of wheat grass
11. Dropping a frozen cube of broth into her water dish

These are just a few enrichments you can try

For further information please contact - 09 411 5326 | 027 530 1406 | info@kanikapark.nz | www.kanikapark.nz | [facebook.com/kanikapark](https://www.facebook.com/kanikapark).

Stories from a Pet Photographer

Sunset beach shoots have become my favourite type of session to capture epic, painting-like images of dogs and their families. Hulk's session out at Muriwai was no exception, and boy was it a stunning night! This dude is a real smarty pants and has



plenty of experience posing for photos for his very own Instagram account (@hulky.hulk). Not only was he perfect at sitting and posing for my camera, but then he started showing off his tricks which I was lucky enough to capture (with the backdrop of a gorgeous sky no less)

I just love the unpredictability that is involved in photographing pets. It's never as simple as just saying "say cheese". It takes a lot of patience, tricks and treats, but I have never met a dog I couldn't photograph...and trust me, the majority of dogs I photograph aren't perfect angels like Mr Hulk here. So if you have been thinking about getting portraits done of your dog, but are worried about whether they will sit still or not - don't even worry about it! Let's just have a bunch of fun and see what magic we can create. Get in touch any time with any questions or to book in a pet or family photoshoot at a gorgeous location like Muriwai! All of my pricing and session info is on my website. www.dogandco.nz.

\$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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Food & Beverage

Peko Peko

We are back to the normal life (thank goodness!) Thank you so much for all of your support through the difficult times. We have added packed sushi rolls on lunch trading hour on the counter. We have sushi, bao buns, dumplings and miso soup on the go for customers who need to grab their lunches quickly. Our new winter hours are Wednesday to Monday, Lunch 11:30am-2pm and Dinner 4:30pm-8pm. Tuesdays and Public Holidays closed. Please check our Facebook and Instagram for our latest updates. Peko Peko Unit 6/102c Hobsonville Road, phone 09 416 1197.



NoShortcuts

After the economy busting effects of the Covid-19 lockdown, it's certainly not unusual nowadays to hear the cry of 'Shop Local' - and you couldn't get much more local, than NoShortcuts Gourmet Chutney.



Starting nearly 7 years ago with a regular stall at our own Hobsonville Market, NoShortcuts is still proudly handcrafted locally, artisan style, with all the same love and care.

Each jar of award-winning NoShortcuts chutney, pickle, relish and jam is packed full of fresh produce, and contains no artificial additives, preservatives, colouring or flavours.

NoShortcuts tell us they recently re-opened their online shop and have also been able to restock the shelves of local specialist and supermarket stores - so there's no need to be deprived of your favourite taste sensation.

NoShortcuts is stocked locally by Countdown Hobsonville and Organics Out West or you can buy online at www.noshortcuts.co.nz.

Find Noshortcutsnz on Facebook, noshortcutschutneys on Instagram.

New Jesters Pie Van

Jesters Westgate has added a second Pie Van to our West Auckland operation. The new van takes over the Monday to Friday mobile pie runs we have done for the last 10 years, allowing the original van to open up new pie runs and be available for one off catering jobs.



Our current West Auckland runs are in North Lincoln Tuesdays and Fridays, and Kumeu/Huapai/Riverhead on Wednesdays.

For more information if you would like the van to call on your business or if you have a catering event coming up, please contact Tony on 021 510138 or email amljesters@gmail.com.

The Herbalist raw honey

Did you know the average life span of a worker honey bee is from five to seven weeks during the active season and four to six months when overwintering. This lifespan variation is governed by what time of the year she is born and can even be further reduced due to pesticides, chemicals and the weather. During this life time on average one worker bee will produce approximately one twelfth of a teaspoon of precious honey. At the Herbalist in Kumeu our bees forage locally




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Food & Beverage

which we then hand harvest this natural raw honey into reusable and recyclable glass jars. Our small batch fully certified honey is available to be purchased either direct from our sister website. www.newzealandherbalbrew.co.nz or you can contact Grant directly on Phone 021 935 556 to order and arrange your pick up from Kumeu.

2020 Hallertau Double Stout

It's that time of year when we crave hearty soul food like stews and soups. Seasonal drinking habits change too with red wine, dark spirits and black beer being the order of the day. So it is timely for the annual release of Hallertau Double Stout. Weighing in at 8.8% this is a seriously black stout dominated by intense roasted flavours with solid hop bitterness and warming alcohol on the finish. Pour it over some good quality vanilla bean ice cream if you're feeling really adventurous. Now pouring at Hallertau now and available in 330ml bottles which can cellar for up to 8 years.



Celebrate good times - come on!

2020 may have got off to a rocky start but things are looking up at Westbrook, your very local winery. Westbrook is celebrating 85 years of wine-making in New Zealand. The first grapes were planted in 1935, in Sunnyvale, West Auckland, until urban sprawl made growing grapes and making wines too difficult. After much searching, we found the perfect 20-acre block, tucked away up the beautiful Ararimu Valley. New vines were immediately planted including what went on to become our multi-award-winning Waimauku Chardonnay. Come and visit us in June and get your hands on some fantastic birthday specials. There's plenty of space to sit, whether you are on the covered patio, on the deck or down by the pond. Enjoy the picturesque grounds with a glass of award-winning wine and a wine-matched platter or book a guided wine-tasting and learn about our



range of wines. Bookings are highly recommended under Level 2 so we can ensure you are seated and well looked after. To learn more please call the Cellar Door team on 09 411 9924, email info@westbrook.co.nz or visit www.westbrook.co.nz.

Allely Estate Wedding Open Day

We can't wait to have big weddings and functions at Allely Estate again. We've missed hosting people at our beautiful venue, so we're going to kick off July with our famous wedding open day - our biggest and best yet. On Saturday, July 4, 9am to 4pm, we're inviting engaged couples to join us at Allely Estate for nibbles, bubbles and a tour of our villa and marquee, which will be fully styled and draped.



There will be stylists, photographers, celebrants, cake makers, florists and more, all with their talents on show. We'll have table settings styled up in different ways to give you some good ideas, plus you can use this time to pick the brains of our talented vendors and our clever wedding planner, Athina.

Here's the great news: Everyone who attends the open day and books their wedding by July 31, 2020 goes in the draw to win \$1000 off their wedding.

Put the date in your diary now and follow us on Facebook so you can stay up to date - we'd love to see you.

Allely Estate Wedding Open Day - Saturday, July 4, 9am to 4pm. 393 State Highway 16, Kumeu, Auckland.

Phone 09 412 7206 or visit www.allelyestate.co.nz for more information.

Phone 09 412 7206 or visit www.allelyestate.co.nz for more information.



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Book online now...

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Health & Beauty

Theft of sight

Glaucoma NZ are asking Kiwis to have their eyes examined, saying that 50% of people with glaucoma don't know they have it.

This "sneak thief of sight" starts in your side-vision and initially may go unnoticed. The cause is not related to ill-health; it's a physiological accident. Your eye is inflated with gel/fluid to keep its shape, and correct eye pressure gradually creeps up if vital tiny drainage-valves block up or collapse. High pressure causes nerve damage which can't be reversed, and while treatment to restore normal pressure will prevent further loss from occurring, it must be started early to save sight.

For Eyes in the Kumeu Village have excellent equipment to test for glaucoma and can even monitor the nerve layers in your retina. So take Glaucoma NZ's advice and book an examination with Matthew or Molly Whittington to keep this 'sneak thief' away from your sight! Phone 09 412 8172.



Why shouldn't I sleep on my back when I am pregnant?

From about 16 weeks the size of the baby and reorganisation of your organs creates increased pressure on your blood vessels (specifically the inferior vena cava and the aorta) when you lie on your back.



This extra pressure may impact the blood supply to your heart and may limit blood supply to your placenta. When this decreased blood flow occurs it is called Aortocaval Compression Syndrome (ACS). Symptoms of ACS include initial racing heart followed by a slow heart, pallor, nausea, dizziness, low blood pressure, and sweating. Every pregnant woman is different so some woman will not experience symptoms of ACS where others may experience extreme room spinning/dizziness within a few seconds of being on their back.

Whether or not you experience symptoms of ACS it is wise to avoid

lying on your back past 20 weeks in your pregnancy. You may not be able to feel symptoms of decreased blood flow to your placenta, but your baby will.

If you wake up in the night and you are on your back, don't panic, just roll on to your side, problem solved, easy. Don't beat yourself up about it, these things happen occasionally. If you are struggling with being comfortable on your side then put a pillow between your knees and behind you to prevent you rolling in your sleep. If you are still struggling getting comfortable after trying the pillow trick then give me a yell, I am here to help. Email Dr Ainslee from Live Chiropractic at reception@livechiropractic.co.nz or visit www.livechiropractic.co.nz.

PINC & STEEL cancer rehab

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapists Laura and James who are here to support, guide and rehabilitate people through every stage of their cancer journey.



The PINC and STEEL rehabilitation programmes are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

We tailor all our sessions specifically for your needs from 1:1 physiotherapy to group classes. We are here to help those with any cancer type and various sources of funding are available to those who need.

To find out more about physiotherapy and cancer and how we can help you please contact Laura at NorthWest Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.

Finger injuries

Sport loving Kiwi's don't ignore that finger injury!

Have you hurt your finger playing sport? It's the start of the winter sports and often our fingers get knocked with a ball or bent by another player. Don't leave them to get better by themselves. We can help at the Hand Institute.



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

At the Hand Institute we accept ACC referrals (and can initiate the claim) and provide a comprehensive assessment for all finger, thumb and elbow injuries. We can send for x-rays if required and then manage the injury with splinting, strapping and important early motion exercises to prevent ongoing finger stiffness and weakness.

Call us now to get that finger back to normal for a quicker return to sport on 09 412 8558.

Free dental care these school holidays at Kumeu Dental

Being a teenager today is tough enough without having to worry about their oral health. Therefore, every teenager should take up the offer of free adolescent dental care under the government dental benefit scheme.



Your child's teenage years come with great physical change, and puberty will impact their teeth as much as the rest of their body. At this age they become involved in sports or pastimes that can lead to injury or develop poor dietary habits as they become responsible for making their own food choices, making tooth decay a concern. Getting your child on track with a healthy oral care regime will prevent these habits from creating serious problems.

The dental benefit is available to all adolescents up until their 18th birthday. This free treatment includes x-rays, scale and polish, fillings, extractions of baby teeth, preventive treatment and oral health education. In addition, Kumeu Dental provides orthodontic and wisdom teeth assessment as well.

Come in and visit the amazing and friendly team Ashley, TK & Andy at Kumeu Dental to get your free dental treatment today. Call us on 09 412 9507 and reserve your place.

Kumeu Gym - Four Week Winter Challenge

Join our Kumeu Gym Family with our Four Week Winter Challenge. Unlike our usual challenges, this challenge is purely to help you form good healthy habits going into winter.

Zash Hair
HAIR BY CARLA
 77 Waitakere Road, Waitakere, Auckland 0614
 Phone: 021 814 663 zashhair

Each week we'll give you a task that will enable you to learn about different aspects of making healthy choices.

You will also receive four weeks of our SMART Group Personal Training which gives you access to Group Personal Training with our highly skilled Personal Trainers six days a week to give you a kick start into your exercise regime.

Your membership will also include all of our Group Fitness Classes as well as 24 hour access to our facility.

Check out our website www.kumeugym.co.nz our Facebook page Kumeu Gym or call us on 09 412 8932 for more details.

Register now - Challenge start date is Saturday 4 July, there is no "weigh-in", just before and after pics (wearing whatever you are comfortable in). First prize is a \$1,000 training package which includes 10 Weeks of SMART Training and entry into our Shape Up For Summer Challenge and will be based on our trainers' choice of before and after pics.

Mental resilience: The role of nutrition

No one is exempt from stresses and mood fluctuations. But if we have mental resilience, then those stresses and fluctuations do not need to "sink our boat". I like the concept of resilience more than mental "health" which implies that if we are not feeling 100% then there is something wrong with us: we have a disease. Recently, DSM-V classified grieving after the death of a loved one as a disease if it lasted more than 2 months. Grief is a natural response to loss. Resilience on the other hand is successfully riding out the waves of good times and not so good times, and being okay with that.

Proven strategies to improve mental resilience include meditation,

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Health & Beauty

exercise and nutrition. The core of nutrition is a good diet. However, in times of stress we often need a little more nutrient support. My favourite supportive nutrients are listed below.

Magnesium - Magnesium would be number one on my list of nutrients to support mental resilience. Magnesium improves neuronal plasticity (the ability of the brain to grow and adapt), modulates the synthesis and release of most brain chemicals (neurotransmitters), and protects against traumatic brain injury.

What many people find is that using a good form of magnesium decreases headaches, makes stressful situations more manageable, improves sleep, and memory.

Fish Oils - Taking fish oils improves the balance of good versus bad fats. A modern diet is very high in inflammatory fats, so most of us would benefit from a rebalance. Supplementing with fish oils may be beneficial in several brain conditions including depression, anxiety, epilepsy, brain injuries, migraine, Parkinson's disease, schizophrenia and Attention Deficit Disorder. They are pretty important for your heart and joints too.


Et al - There are many other nutrients that can support you in your quest for mental resilience. B vitamins, levocarnitine, theanine, SAME, tyrosine, tryptophan, turmeric, zinc and copper would all have their place in helping to keep you in control. Everyone is different. Now we are in Level One, pop in to Massey Unichem Pharmacy for a chat about your specific needs. Martin Harris 396 Don Buck Road, Massey 09 833 7239.

New chiropractor at Kumeu Chiropractic

Hi there, my name is Jake McEntee. I am very pleased and excited to have recently been given the opportunity to join the team at Kumeu Chiropractic.

Born in England, I moved to New Zealand with my family when I was young and grew up in the small town of Matamata.

I first experienced Chiropractic as a patient in my teenage years for minor back pains. Visiting my local chiropractor helped me in more ways than I could imagine. From experiencing the effects of Chiropractic first-hand I became interested in it as a profession, and began researching and attending Chiropractic health talks. After

Gillian Wiltshire D.O.

**Registered Osteopath
ACC Accredited**

**36 Sunny Crescent
Kumeu
Auckland 0810
Ph/Fax (09) 412 5977
0212330413
gill.wiltshire@gmail.com**

understanding how Chiropractic optimises the functioning of the human body and what amazing changes this can bring to people's lives, I knew this was the profession for me. I made the decision to study in Auckland at the New Zealand College of Chiropractic and never looked back.

When the spine and nervous system is functioning well, the whole body begins to work better. This can mean different things for different people. I love seeing all the wonderful health changes people wouldn't normally expect from Chiropractic care.

I am very excited to be part of the Kumeu Chiropractic team and I am happy to help the people of the Nor-West to reach their full health potential.

Call Kumeu Chiropractic on 09 412 5536 to make an appointment.

Time loss

Is your injury or discomfort costing you in time? Time away from work, family, your sport, your exercise, your sanity. What is your injury stopping you from doing? That's a key question that allows our therapists to understand what we need to do to get you back to 'doing'. Our Senior Neuromuscular Therapist can treat ongoing or chronic injuries - that is their specialty. Their technique and knowledge of what works, propels you two steps forward to exactly where you want to be.

"I won't go anywhere else after going to Top Notch. They not only fix me every time but they give me explanations as to why things are happening and also give me tools to help with on-going management of areas of weakness and problems. I highly recommend these guys. Professional with genuine care and kindness". S. Barnett

Your local Massage Therapist and Osteopaths. Get in touch 09 212 8753 or book online at www.topnotchbodyworks.co.nz.

Why am I experiencing post lock down pain?

Since the end of lockdown we have seen an influx of patients with various aches and pains when prior to lockdown they were not experiencing any symptoms all, why is that you might ask? Sometimes our bodies dislike change. A change from working in the office, to working from home, or a change from regular exercise to less exercise can contribute to the body feeling out-of-whack. Other times a change such as this can cause a manifestation of symptoms that may have been building over time and all it took was this change

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Health & Beauty

to be the 'straw that broke the camel's back' so to speak. Whatever the cause of your current aches and pains, the team at Hobsonville Chiropractic Centre are here to help.

Only one pair of eyes

Every two years you should have your eyes examined - not just so that your vision is 20/20.

We look at the health of your eyes so that we can help prevent or treat adults' and children's' eye health problems like red weepy or sticky eyes, headaches from computer work or driving difficulties.

We can fit you and your family with contact lenses or help you choose glasses from a range of fun, funky, sophisticated or functional frames.

We offer expertise in myopia control and assessing children's' visual problems affecting their learning.

We are your locally owned, family Optometrist at 413 Hobsonville Road, open Monday to Saturday 9am - 5.30pm.

Drop in anytime or book an appointment on 09 416 3937.

Not just athletes get Achilles tendon pain

The Achilles tendon is one of the strongest tendons in the human body. It attaches the calf muscles to the heel bone of the foot, helping you to run fast, jump high, and change direction quickly

But while many think it's only elite athletes who suffer from Achilles tendon issues, a fifth of the over-50 population actually suffers from Achilles tendinopathy (pain). And while very few of these will be ruptures, the pain can be frustratingly persistent and limit our ability to exercise and enjoy life.

Research has found a painful tendon is not like a torn rope at all. It's more like doughnuts stacked on top of each other. Even though changes in tendon structure are seen as a "hole" in the middle of the tendon, there is still a lot of delicious doughnut (in other words healthy tendon) surrounding the damaged area.

The tendon adapts by getting thicker, making it stronger and allowing you to exercise.

Critically, pain poorly reflects damage. Tendon pain is not present



because the tendon is damaged, weak or hanging on by a thread. Most people who experience this type of pain are aged 40-64 years. That's because the Achilles tendon bears the brunt of the load throughout life. Being overweight, having diabetes, and high cholesterol all increase the risk of developing Achilles tendon pain.

The good news is that painful Achilles tendons rarely rupture. Some 80-90% of people who rupture their tendon have never had Achilles tendon pain. Your brain is clever as it uses pain to protect your Achilles tendon by changing your behaviour. But it's easy to become overprotective.

Completely resting the tendon, either by using crutches or a walking boot, is one thing that should be avoided. This is because of the "use it or lose it" principle. With even two weeks' rest, your tendon and calf muscles become weaker, meaning a longer recovery time.


Just like muscles, tendons get stronger with exercise. Starting exercise that produces no or minimal pain and progressively increasing the intensity of exercise is by far the best option, based on research.

Your physio should be able to guide you through a graduated pain free exercise programme.

Have you tried the "anti-fragile matrix"?

Movement is the currency of health. In order to function well, we need to move our bodies. Since we are often 'time poor' anything we can do to add some movement into our day is going to be beneficial. This is what the "anti-fragile matrix" does, it gets lots of movement into your body in a short space of time. Here is how to do it.

1. Lay onto the ground on your stomach, stand back up
2. Lay onto your back, stand back up



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3. Lay onto your left side, stand back up
4. Lay onto your right side, stand back up
5. Do a 4 second plank

This is the basic version. To find out how to make it more challenging & watch a video on it, head over to the blog section on our website www.elevatechiropractic.co.nz

Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

Shoe Talk's guide to foot problems

Shoe Talk's guide to foot problems that can be caused through wearing tight footwear.

You know the feeling, you are in the store, you try on the footwear and your feet start going numb, or there are bits that hurt, the shoes feel tight. However you think that the shoes will "stretch" to fit. Leather footwear does stretch in width however it is normally only 2-3 mm not cm.



Damage to the feet can be permanent through wearing shoes that are too tight:

- Bunions - A bunion is caused when pressure is placed on the toe area through there not being enough toe room, it causes the toe to go sideways towards the second toe and pushes the ball joint out of line. Some people also experience pain. The only fix if they get bad enough is surgery.
- If your toes are crushed in your shoes with no room to wiggle then you can also cause friction which can also result in corns.
- Hammer Toes - I see this one more in the ladies and it is usually caused through wearing high heels that are too tight in the toe box area, instead of the toes lying flat they will end up curling and one will curl over the toe of the other. Again this damage is not something that can be fixed without surgery or using aids to hold the toe in place.
- Ingrown toenails - due to shoes not having a roomy enough toe box the shoe pushes against the toenail which causes it to grow inward into the skin = painful!

- Finally pressure points can also cause nerve damage which is normally referred to as a neuroma which is when you get a benign growth of nerve tissue along a nerve pathway that causes pain and often a burning sensation

So if the shoes hurt, feel too tight or just not "right" when you try them on, look for wider fitting ones, or ones with a rounded or more square toe.

Osteoarthritis of the Foot

What is osteoarthritis? Osteoarthritis (OA) is the most common form of arthritis. OA is caused by the degeneration of articular cartilage and synovium. Articular cartilage is a spongy substance which covers the ends of the bones and aids in shock absorption and bone movement. The synovium is a slippery substance which helps lubricate the joint and reduce friction. As the articular cartilage and synovium wear away, the jagged and rough and the protective space between the bones narrows. This results in bone rubbing on bone, and produces osteophytes (bone spurs). Your foot is composed of 28 bones and 33 joints. The joint most commonly affected foot joint is the 'big toe joint'. Other joints which can be affected by OA include the midfoot, ankle joint and knee joint.



What are my treatment options for OA in my foot?

There are many treatment options available to slow the progression of OA, prevent OA and relieve pain and symptoms.

Correctly Fitted Footwear will help to reduce the amount of load through the affected joint therefore alleviating the pain and symptoms of OA. The right shoe will also help alleviate rubbing and friction against any bony prominences.

Orthotics can help provide cushioning and support to the joints affected by OA. Orthotics help to redistribute pressure away from the affected joints and provide relief from painful joints.

Foot Mobilisation Therapy is a hands-on manual therapy which aids in reducing connective tissue restrictions, enhancing flexibility and restoring function to stiff joints affected by OA. Releasing these restrictions restores joint function, improves range of motion and quality of movement through the joints. Keeping your joints flexible and mobile can help slow the onset of OA.

Low impact exercise can help reduce the amount of stress on the joints of your feet. Exercise such as; swimming, water aerobics, cycling tai chi and yoga are all examples of low impact activities.

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If you have lower limb osteoarthritis, we can help! Give the team at Hobsonville Podiatry a call on 09 390 4184.

State-of-the-art technology available locally

Westgate Optometrists have relocated and upgraded all of their facilities, opening their doors at NorthWest in February this year. You will notice the range of contemporary frames, specially curated by senior frame stylist Darryll herself and is supported by principal optometrist Ricky. The team strongly believes in offering personal service and eye care of a higher level. This is why you'll find services here you won't find in many other clinics, including dry eye treatments, specialist digital device lenses, as well as the latest state-of-the-art OCT Angiography 3D technology which can detect minute changes within the eye before diseases take any effect on your eyes. Plus, this winter purchase a complete pair of glasses and receive your second frame at 50% off! To make an appointment phone us on 09 831 0202 or book via our website: www.westopt.nz. Located at 4/46 Maki Street. Opposite NorthWest Shopping Centre and Kiwibank, just around the corner from Goode Brothers Restaurant.



Which is the best pillow?

People often ask what would be the best pillow for them to sleep on. There are so many options on the market no wonder one can get confused. There no single answer unfortunately. People have different mobility in their neck, different sizes of their shoulders, different hardness of their mattresses...We usually recommend getting medium size feather down pillow and see if it works for them. For the majority of people it will be comfortable. If the feather down pillow is uncomfortable, then it is worth trying memory foam pillow, shaped pillow or even a buckwheat pillow. Sometimes the body needs about a week to adjust to the new



pillow, so don't give up after the first night.

Commonly though, when people feel sore neck through the nights or in the morning it is not the pillow, but cervical spine dysfunction, such as stiffness in the joints or tightness in the muscles. During the day it is not felt much because we are moving and distracted, whereas at night when we relax it becomes more noticeable. This sort of problem can be assessed and treated with the osteopathic approach. Come and see Ilya or Nataliya at Family Osteopathic clinic, 39 Hobsonville Road, they can assess your spine and give a more specific advice on the type of pillow that would suit you. Phone 09 416 0097 www.familyosteo.com.

Balance classes every Wednesday in Hobsonville

Have you been feeling progressively less steady on your feet as you get older?

Have you or someone you know had a fall lately, and lost confidence in your balance?

Balance training is hugely important for reducing the incidence of falls and fall related injuries.

Come join our friendly group for our weekly balance classes at Waterford Retirement Village (84 Buckley Avenue, Hobsonville), 1.30pm every Wednesday (45 min). Cost = \$8 per session.

Contact Yolanda on 021 251 6102, email: yolanda@kinetex.co.nz, or check out the website www.kinetex.co.nz/balance-classes.





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Back to reality

It's been a quiet start for volunteers from our Citizens Advice Bureau Helensville office resuming our face-to-face service.

Maybe it's the calm before the storm or just everyone waking up from this Covid-19 surreal dream?

Our few "essential workers" have been amazing in helping clients from Kaitiā to Invercargill in their online and phone call service during the lockdown. They supported the National Emergency Response Agency which contacted the vulnerable and isolated.

"I was amazed at the attitude of most of our elderly population, some in their 90s, who were so stoic in saying they didn't need anything as they were fine," says information officer Graham Matthews. "Some said we've lived through the war and depression and we don't need any help. Others just loved to talk so we could be on the phone for about half-an-hour."

CABNZ prepared for National Volunteer Week over June by asking each office, including Helensville, to reflect on the Covid-19 response.

This year's apt theme of 'Te Hua o te Mahi Tahi, The benefit of working together' celebrates our nation pulling together to support each other.

Concerns about employment and financial issues are naturally the top of our statistics and our website: www.cab.org.nz/ provides more information if this affects you.

Redundancy and KiwiSaver are some of the current inquiries.

However, whatever your needs are, visit our Helensville office at 27



Commercial Rd, Monday to Friday, 10am to 3pm, call 09 420 7162 or email: helensville@cab.org.nz for more information.

The Travel Broker

In just a few short months our world has completely changed, with many people personally impacted and 'Covid casualties' all throughout our community, it is so sad to see...



I truly hope you are all coping and doing ok in these very challenging times.

As you will be aware, the travel industry was hit particularly hard & early by Covid-19, and with the ongoing government border closures, it looks like we may be one of the industries taking longest to recover.

While I am really looking forward to the day when you can confidently plan international travel again, in the meantime we have our beautiful country right on our door step, and now is the perfect time to take a trip around New Zealand and support our own tourism industry.

Some people think they will just 'jump online' and book it themselves for domestic NZ, but remember that you are then sending those commissions offshore with overseas owned online booking tools. When you book through your local Travel Agent & Broker you are keeping the commissions here in your community, the price is usually the same, and you are getting the extra bonus of my friendly & professional service. I have a full range of New Zealand suppliers & contractors that I can access to book your holiday. Let me do the research for you, I can package up your flights, accommodation car hire & activities, I am your 'one stop shop'.

Including:

- Winter ski holiday packages
- Fabulous mini tours with bespoke & unique experiences
- Rail journeys, campervans, and rental cars with suggested self-drive itineraries
- I have a huge range of accommodation from deluxe lodges, boutique options, hotels and motels & more
- Small group coach/van tours, any length of time from 2 days to 22
- Theme focused tours such as golf, gardens, cycling, wine & food
- How about an all-inclusive luxury 3 night weekend away 'Bringing the World to NZ' with a slice of France in Taupo, or a Glimpse of India, or a Taste of Latin America in Queenstown?

As a self-employed local business owner, I have supported Waimauku's School, Scouts, Lions, and have donated locally, when I



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could, and love being a part of our fantastic community.

I hope it will not be too much longer before travel to Australia and the Pacific Islands become a possibility again and I look forward to helping you plan those holidays, when I can.

Thank you for your support, Tanya Franklin - The Travel Broker.
Phone 09 411 9105 or 021 254 9169, email: tanya@ttb.co.nz.

Country Bears adopts abandoned terrapin

When Country Bears was approached to give an abandoned turtle a new home, how could we say no? Already having two of the same breed, it was an easy decision. This little turtle has a story, it's only a short story, but a special one none the less.



It all started one day when a man named Tyler of HydroVac was working during stormwater renewal activity at the SH1 Wilks Road South Pond. Tyler came across, much to his surprise, a turtle that had made the motorway pond its happy home. Knowing that the pond was not going to be a

safe habitat during the renewal works, Tyler recovered the turtle and promptly contacted his manager Mike, who in turn notified ASM Stormwater Asset Manager Peter, of their find, and to enquire "what shall we do with it"?

Mike thought, I'll take him home. His wife Nikki and their 3 boys housed the turtle in their bathtub for the night, and then asked Country Bears if he could have a new home here. The children have been thinking of new name for their new turtle and after a diverse range of choices, deliberation and a vote, the motorway turtle is now called "Covi".

Red-eared sliders are known and identified by a distinctive red stripe behind each eye, with their capacity to slide swiftly off rocks into water. These terrapins are easy to keep and can be hand fed.

Terrapin can live up to 50 years, so families who decide a turtle would be a great pet, need to remember that they require care for the long term. It is then that unfortunately, some are being released into Auckland's waterways.

Mike explained "people think they are doing what is in the best interest of the animal by releasing these turtles into the wild, but it is not in the interest of the wider ecosystem. Red-eared sliders are opportunist omnivores when it comes to food, and a threat to our native fish, zooplankton, molluscs, crustaceans, insects, frogs, plants, and birds".

All we know, is we have three happy turtles who have delighted the children with their antics and are now a part of the Country Bears whānau. The children are learning to respect and appreciate all



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living things, and Covi is no exception.

If you would like to visit our wonderful Centre, exclusively designed with children in mind, to provide freedom to safely explore and discover in an authentic natural and native 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/cbearscecc or our Website: www.countrybears.co.nz. Country Bears Nature Childcare, 79 Oraha Road, Kumeu. Phone 09 412 8055.

Helping your business to survive

Although it's fantastic to be at Alert Level 1, the financial effects of COVID-19 on businesses will be felt for many months, and possibly years, to come. Now is an ideal time to critically assess your business' expenses and identify where costs can be reduced. We recommend going through line-by-line to ensure your outgoings are strictly necessary for running your business. This could involve contacting your phone provider to review your plan, cancelling unnecessary subscriptions, looking closely at private vehicle use, reducing office expenses by going paperless, using social media platforms to communicate and promote, assessing your premises to see if you could downsize or rent out excess space, reviewing insurance policies, and/or reviewing vendor agreements to see if you can negotiate better deals.

Some business expenses may seem minimal but they can be like a dripping tap: slowly leaking funds, and several small cost savings do add up. Reviewing expenses is something we recommend doing at least annually even when COVID-19 isn't a factor, as it helps to keep expenses in check and improve profit margins.

For help in profitability improvement and other financial insights

for your business, please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz.

Phelan's Local Board Update

Progress on one of our area's most needed transport improvements. Plans for an alternative state highway to SH16 between Brigham Creek Road and Waimauku are progressing with a preferred route expected to be confirmed to property owners around the middle of next year.

Property owners were told last year that they were in a 'study area' for the proposed new state highway. The study area is much wider than the land that will be required for this new transport route.

The Supporting Growth Programme team, who are leading this planning work on behalf of Waka Kotahi NZ Transport Agency and Auckland Transport, have sent letter to the property owners contacted last year to update them on progress and timeframes for what happens next.

The team have told me they're currently refining the route and will ask to meet late this year with property owners still affected once the refinements are done. They then expect to be able to confirm that route in mid-2021.

The next step will be for the route to be finalised by a designation process, which could take two further years.

The alternative state highway is set down to be built in line with the anticipated rezoning and land release timeframes of the wider Kumeu-Huapai areas later this decade.

As well as improving congestion and travel times, the alternative state highway means the existing SH16 through Kumeu-Huapai will become a really important part of those revitalised town centres, with much-reduced through traffic.

The Supporting Growth team is also progressing the planning for a network of new and upgraded public transport connections, walking and cycling paths and roads for the north west in the long term, and will be talking to communities as these progress.

For more information, including a map of the indicative route of the alternative state highway, see www.supportinggrowth.nz email info@supportinggrowth.nz or call 0800 4769 255.

Challenging Few Years Ahead with Council's Emergency Budget.

Councillors will shortly be making a decision on the levels of rate increase (3.5% or 2.5%) and wrestling with the implications of a predicted \$500m fall in revenue on the coming years budget. What is not widely known is that property rates only provide 40% of Auckland Council's income. With the sharp drop in revenue from fees and charges, dividend payments from shares Council owns in Auckland Airport and Ports of Auckland, there is now not enough



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money to fulfil all the previously proposed budget spending. Increased borrowing is not possible as it would inevitably lead to a lowering of Council's international credit rating and push up the interest rate paid to borrow money that would mean more income would be diverted to repayments at a time when that income has fallen.

Council has moved swiftly to reduce spending shedding 1100 staff in the last few months making it second only to Air NZ in terms of job losses. More of this and budget cuts will follow.

At a local level we are still working through what this will mean but it is going to see projects delayed for a year or longer.

Having spent the last six years battling for infrastructure to meet growth and parity of services with the rest of Auckland this is a frustrating time. The next three years were going to finally see the delivery of some larger projects and these may now be delayed or cut depending on how large the cuts are. Progress on some local projects is contingent on the Government stepping up with 'shovel ready project' funding which will plug the yawning hole in Council's budget.

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

Being customer obsessed

What does it mean to be customer obsessed? Companies that are customer obsessed typically have a very strong brand and have loyal customers who are willing to refer you to their friends and family.

Being customer obsessed forms part of a company's culture. It drives decision making and problem solving by asking the question: will this improve our customers' experience when dealing with us?

Air New Zealand has been in the news recently for the way that they have dealt with money paid for flights cancelled due to lockdown rules and closed borders. Customers have ended up spending hours on the phone waiting to talk to a person who can help. Credits have been given instead of refunds with the excuse that this is in line with industry practice. Credits have been difficult to use to receive a similar value to the flight originally purchased. Customer loyalty has taken a hit by not being customer obsessed.

It is not only customer facing staff who need to be customer obsessed, it needs to run right through the business. Ask yourself for example:

- Do my products/services truly add value or solve a problem for my customer?
- Do my products/services meet the social, ethical and environmental standards my customers want?

- How easy is it for customers to find information on my products/services?

- How easy is it for customers to buy my products/services?

- How easy is it for customer to pay for my products/services?

- How easy is it for customers to get a problem fixed if something goes wrong?

- Am I continuing to innovate to find ways to delight my customers?

Without customers you do not have a business. By putting customers first you are driving value into your business, and ensuring that your customer base continues grows with minimal churn.

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

Four reasons to try an outboard hydrofoil

More stern lift, improved stability, handling and fuel efficiency sounds amazing right? It is, and outboard hydrofoils like Permatrim can deliver that on the right boat and motor set-up.

Hydrofoils are the plates that bolt on your outboard cavitation plate, which increase the surface area of the plate. They work by lifting the boat out of the water as the boat gathers speed, creating less drag. This helps to increase acceleration, giving you more power and reduced strain on the engine. The faster you go the more lift the hydrofoil gives.

A correctly fitted foil has numerous benefits like the ability to plane at lower speeds and increased trim control, which is especially important as sea conditions change. Plus, they can stop a boat porpoising - i.e. bouncing up and down at high speeds.

While they don't look particularly impressive, they can have a big impact on boat performance.

So how do they work? This basically boils down to fluid dynamics - water moves faster over the top of the plate than the bottom creating a drop in pressure below the foil, which gives it lift.

To help determine if a hydrofoil will help, we'll ask the following four questions: Is your boat lazy to get on the plane? Does your boat porpoise? Have you noticed your boat tends to fall off the plane at low speed when conditions are rough? Is your boat stern heavy?

If any of this applies to you, chances are a hydrofoil will significantly help. However, bear in mind that they affect every boat and motor differently and it's not a one-size-fits-all fix. The only way to know for

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sure is to trial it. When sea-trialing always make sure you do this with the load and crew you're likely to take the majority of the time as this can have an impact too.

Also, the smaller the boat the more significant the effect of the hydrofoil is. They cost approximately \$38-\$200+ depending on the size and type. However, you're likely save money on fuel and wear and tear on the boat anyway. And it's a small price to pay for more enjoyable boating.

For more advice, or to try one on your boat, talk to the team at GT Marine, 156 Main Road, Kumeu or visit gtmarine.co.nz.

Sayers Says It

By Councillor Greg Sayers, Rodney ward. There is strong disgruntlement from our local community about Auckland Transport's announcement this month that the Coatesville Riverhead Highway is to have its speed limit reduced from 80km/h down to 60 km/h. The justification from Auckland Transport is this will reduce the deaths and serious injuries which occur along the road. This is a policy being driven by central government which Councils are having to implement.

This disgruntlement is largely around the reduction being considered as excessive and that travelling at 60km/h will create its own safety issues through frustrated drivers taking risks and making reckless decisions.

People feel they have not been listened to when Auckland asked for public feedback on its proposal to change the speed limit. This has added to people's discontent.

When Peak Road is to have a speed limit of 80km/h and the Coatesville Riverhead Highway is to have a speed limit of 60km/h the logic becomes confusing. The Coatesville Riverhead Highway is a much better road.

Friends in Riverhead tell me they are so annoyed that they plan to sell their homes. Putting up with the fiasco of the traffic jams on SH16 is hard enough to live with, but adding a 60km/h speed limit on the Coatesville Riverhead Highway is too much for them to bear.

Auckland Transport says the decision has been made and they intend to go ahead and make the speed limit changes regardless. They advise that no changes to their decision would be possible without following bylaw change procedures. The only way to review their decision would be when a second set of roads elsewhere in Auckland go out for public feedback about having their speed limits also reduced that the Coatesville Riverhead Highway is included. This is planned to occur 30 November. Furthermore, the Auckland Transport Board of Directors would have to give specific permission for the Coatesville Riverhead Highway to be re-included in such a

consultation process.

With other roads across Rodney the feedback about speed reductions has been generally extremely well received. However, I am hearing enough incensed outrage to fight to have a second review done of this particular road.

Thus, I have written to the Chair and Chief Executive of Auckland Transport formally requesting the decision around Coatesville Riverhead Highway be reviewed. In addition, there needs to public support behind having the review done, so I have started an online petition. Please Google the "Petition against 60km/h on Coatesville Riverhead Highway" to register your support or nonsupport.

Perhaps a 70km/h speed limit could be an acceptable compromise. Saving lives and people from serious injury should always be of top importance.

If the Coatesville Riverhead Highway speed limit was reserved, this would mean safety features along the road would also have to have money spent on them and be upgraded.

KFC provides good times

Friendship, enjoyment and interesting times are the key aims of the Kumeu Friendship Club for retired and semi-retired people.

This is achieved through monthly meetings and outings where informality and friendly banter are the norm at the club which has the interesting abbreviation 'KFC'.

So when someone in your household says they're popping out for 'KFC' it may not mean they'll be back with takeaways.

At meetings, there is usually a club speaker and a guest speaker who is notable or an expert in his or her field.

Speakers have included actors, a former pop star, medical personnel, sports people, police and a politician or two.

Meetings include morning tea and there is always much laughter and chatter, such as one event's skit based on US President Donald Trump.

Outings planned for the rest of this year include a pub lunch and visit to the Sculptureum at Matakana and a visit to the Chelsea Sugar factory in Birkenhead where people can take a Chelsea Bay Train tour to learn how sugar is made.

KFC had its origin as a Probus Club about 20 years ago.






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Recent legal disputes about the use of the 'Probus' name in New Zealand saw the creation of Friendship Clubs New Zealand (FCNZ).

Hundreds of former Probus clubs in New Zealand, including KFC, now belong to FCNZ, providing an interesting home-grown transition.

KFC is a budget club with annual subscriptions set at just \$22 and visitors \$2 to cover morning tea. It meets at 10am to noon at St Chads Church Hall in Huapai on the fourth Thursday of the month.

New members are always made very welcome.

Contact Jill Warren 021 786 8037 or pegasusvj@xtra.co.nz if keen to join.

Flip for fun and for health

Did you know? Having beaten the nasty Covid 19, health issues are present in our collective minds. To remain free from illness and infections we know it is important to stay healthy and fit.



Did you know, amongst many other benefits of trampolining, bouncing (which is like pumping the body) improves the functioning of the Immune System. The lymphatic system is a vital part of the immune system.

It is a defence mechanism against viruses, bacteria, diseases and infection and helps to get rid of the body toxins, waste and other unwanted materials in the body. So bouncing helps slow the aging process too - bonus!

Regular bouncing helps tone the body, especially the stomach, back, and legs. Core stability muscles are consistently engaged to help enhance balance. This type of training helps boost your metabolic rate and the ability to burn calories and remain healthy.

To find out more be sure to check www.flippinfun.co.nz/info/health-benefits or call us on 09 833 6880. Also follow our Facebook page.

Comings and Goings

It's that time again! With an election now just around the corner, you'll be hearing from politicians of all stripes about why you should vote for them and their party!

Rather than get into predictable partisan politics, though, in this column I thought I'd take the chance to explain what's happening with the boundaries and name of the Helensville electorate.

The background is that following each national census, a review is conducted of electorate boundaries to ensure that each has a roughly equal number of eligible voters. Given the constant shifting of populations due to internal migration, overseas arrivals and new residential developments, considerable changes can occur.

We've been advised that the Helensville electorate will be changed in a few key ways, including that the area will no longer include the Waitakere Ranges, including various west coast beaches, and much of Coatesville, Dairy Flat and surrounding areas.

On the other hand, the electorate will gain territory in the vicinity of Massey at the West Auckland end and also large areas to the north, such as the townships of Wellsford, Warkworth and Matakana.

Many of the issues of Auckland's rural north are similar to those currently on my radar, just with different projects needing to be completed (or started, in some cases!) in different areas.

It's also worth knowing that the name of this electorate will change, from Helensville to "Kaipara Ki Mahurangi". It's a long name, which I suspect will commonly be abbreviated to "Kaipara" or "KKM", but simply means the land mass between the Kaipara Harbour and Mahurangi coast.

All these changes will apply for the upcoming 2020 election and beyond (at least until they change again!) but for now I remain, with a mixture of pride and humility, your local Member of Parliament for this Helensville electorate.

Chris Penk MP.

Helloworld Travel

We have been back in the office a month now and we are starting to see new enquiries about travel. We have some interesting holidays for New Zealand including Ski Packages, luxury lodges and escorted holidays around NZ



for the mature traveller with a maximum of 18 people and pick up and drop off from home including Christmas and New Year holidays. Traditionally we haven't been involved much in the New Zealand travel market but we are now, so don't forget us in planning your New Zealand holidays.

We are waiting for Australia and South Pacific to open (it may be by the time this goes to print) and who can't wait to go somewhere warm. Train travel is proving popular in New Zealand and Australia so these will sell out quickly, don't wait for the borders to open before you book Australian rail packages for next year as you will



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miss out.

Cruising around New Zealand and Australia to the South Pacific is also going to be popular and we have programme releases for Royal Caribbean close to home cruising up to 2022. Royal Caribbean are those ships with

We are working and looking forward to seeing you in our office so please support your 100% locally owned travel agency. Please call us on 09 416 1799 or email hobsonville@helloworld.co.nz.

Gym Zone

Looking for options to entertain the kids during the school holidays? Try our Holiday programme or Free-Play sessions at Gym Zone.

Our popular Gym Kids holiday programme will be running at Gym Zone Hobsonville for the July holidays. Children from 4.5 - 11yrs will have a fantastic time with us learning new gymnastics skills and having fun with great games, art and craft activities and making new friends.

Free-Play is now open at Gym Zone. Come along and try out our huge foam pit, trampolines, tumbling track and gymnastics equipment. 1hr sessions are open on Saturday and Sunday for all ages.

For more info go to the programmes tab on our website. Gym Zone - The home of Gym Kids. Read more at www.gymzone.co.nz.



Where to next?

Life seems to be moving towards a new normal. People are still trying to come to grips as to what life is going to be like and businesses are still in survival mode.

We all have to agree that life won't be the same in comparison to Pre-Covid 19. But as Kiwis we will continue to work together, support each other and stay positive and look for ways to do new thing and explore new places.

YOU Travel Westgate, has opened our doors again on reduced hours and welcome our valued customers back. When we are



closed, we are still working behind the scenes remotely, preparing quotes, answering questions and helping with refunds and future travel credits, but more importantly booking travel for 2021.

Many New Zealander's have decided to change their plans from going overseas to travelling around New Zealand and visiting our amazing country. We can see that this has been popular as our main airlines are starting to put on additional flights to keep up with the demand. By travelling domestically we are providing support and income to the many tourist operators and accommodation suppliers, as trivial as it seems, this means that jobs are being kept, money going into local economy and we are supporting New Zealand.

Many people question whether they should use a travel agent for domestic travel, the simple answer is YES! At this time it is very important to use a travel agent, every time you book with usefulness during Covid-19 when airlines and travel operators were cancelling and making changes to bookings and when there was no support been offered. The service you get from a travel agent is second to none. We are here for you when things don't go to plan, we use our contacts and our relationships with suppliers to make sure your best interests are always put first! YOU Travel Westgate goal is to take the hassle out of travelling for you.

YOU Travel Westgate can help you plan a dream trip to one of New Zealand's dream destinations, if you're not sure where you wish to travel to next, did you know YOU Travel Westgate offers various gift certificates or if you want to surprise someone or you don't know where to travel to, we can help you with a Mystery Break! Speak to us to help YOU.

Check us out on Facebook and if you want to receive our newsletter, please email us with Newsletter in the subject line. Contact us on 09 831 0018, email westgate@youtravel.co.nz.

Health and safety

Recently in my capacity as a Health and Safety Consultant I have had to deal with another unseen enemy, electricity.

Like Covid 19 it can be deadly.

The first encounter was in a fish 'n' chip shop and a lead trailed across a wet floor to a machine. The lead became a trip hazard and could potentially cause an electric shock.

The second was a worker had an electric shock whereby they drilled into a concrete wall and you could tell that the wall had electrical cables hidden in the wall.

The wall was at a commercial site and no plans were drawn up for the job even though the risk was known. The plans would be called a JSA or Task analysis.

While electricians and plumbers and other tradies drill holes in walls



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every day, they run the risk of an electric shock as well and simple steps can be taken to avoid a shock. Having a plan is one and the second is isolating the power to the wall is possible as well in order to avoid an electric shock which can be fatal. It may be inconvenient at the time, but mistakes happen and it is better to plan to turn the power off to an area that being badly burned or killed.

For further information on health and safety contact Securo by checking the website www.securo.co.nz or emailing John.securo4@securo.co.nz.

Digital parenting

The challenges young people face online varies depending on their age and what they do which can make it hard for parents to help. Here's what young people say about it: "Sometimes it's difficult to explain to my parents about all the different social media that I'm on". "Our parents have a really good understanding as to what we do online and what our involvement means within the social media". "I wish they knew it wasn't as dangerous as what my parents perceive it to be". "I think that it'd be pretty cool if my parents knew that just because I'm online it doesn't mean I'm always wasting time". I think that the first step is to really listen to how kids feel about talking online, maybe some of the problems they're facing, and asking them is a really great way to start and then you can probably find a solution. If you don't feel you know enough to keep your kids safe online, Netsafe has a 7 step digital parenting programme. Visit netsafe.org.nz/digitalparenting to access the free Online Safety Parent Toolkit.



House of Travel

We hope your lives are slowly returning to normal post Level 1 and perhaps thinking about creating some new travel memories with friends and loved ones?

Holidays@Home is our exclusive, value packed New Zealand experiences. As a 100% Kiwi owned and operated business we're proud to support other local businesses to provide some unique and inspiring home-grown holidays. If you're after some inspiration have a look at www.houseoftravel.co.nz/holidays-at-home as some of our local owner operators give you the low down on the unexpected gems you'll find in their backyards. Make sure you check out the NZ Mountain Film Festival held in Hobsonville on the 1st of August for some inspiration for those with a passion for adventure.

We are very excited about the prospect of more destinations opening up closer to home. As with pre-Covid we will be here working with you towards the perfect holiday experience. If you own a small business we also offer cooperate travel options. With more than 70 years combined travel industry experience and a team who have won multiple awards for sales and service why not plan your next trip with us?

Mike (Buzz) Thomson and the team at House of Travel Hobsonville 09 416 0700 Hobsonville@hot.co.nz 225 Hobsonville Point Road with parking around the back.

Countdown launches Food for Good Foundation

Countdown has launched a brand new Food for Good Foundation, with an immediate \$1 million donation to food welfare and food rescue charities around the country, and a further \$500,000 in financial support for Countdown's food rescue partners in the July-June financial year ahead.



The Foundation also expects to raise a further \$1 million this year for hunger relief together with Countdown customers, through its regular community fundraising and food appeals.

The Food for Good Foundation will build on Countdown's existing community support of around \$7 million each year. It aims to provide meaningful and long-lasting support to our communities, giving all Kiwis the opportunity to thrive, and helping to build a stronger, healthier New Zealand for future generations.

"At Countdown we're a team of 20,000 proud New Zealanders, and there is not a single one of us who wants to see other Kiwis struggling or going without food in a nation that produces so much," says Kiri Hannifin, Countdown's General Manager Corporate Affairs, Safety and Sustainability.

"That's why our Food for Good Foundation's initial \$1.5 million of funding will focus on ensuring 35 food charities are supported around the country, and that as much surplus food as possible can be collected from our stores and redistributed to people in need.

For details, see www.countdown.co.nz/community-environment/food-for-good.



Marja Lubeck

Labour List MP Based in Rodney

For appointments and assistance please phone:
 ☎ 0800 582 325 (0800 LUBECK)
 @ marja.lubeck@parliament.govt.nz
 ✉ 7a/18 Oteha Valley Road Extension, Albany




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