

kumeu

Courier

FREE monthly community magazine for Kumeu & districts



EVENTS AND UPDATES DANCING IN THE DARK

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

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

July 2021



Greetings

Traffic is still the big issue here.

People have had enough of road congestion and lack of action, evidenced by the protest organised by Kaipara ki Mahurangi MP Chris Penk at Soljans Estate on June 19 – which features in this issue.

The lack of action (including on getting trains and adequate public transport, the bypass, road repairs and more) came through strongly at the second Kumeu Community Action public meeting on June 20, also in this edition.

Many wish such action could be just as quick to implement as the drop in speed limits around the area which, of course, everyone obeys.

But it's State Highway 16 (administered by Waka Kotahi NZ Transport Agency) which gets up the noses of nearly everyone who uses it.

During Chris Penk's protest, which included a march down to the problematic Coatesville-Riverhead Highway intersection, you could see the difficulties motorists had getting into and out of the Coatesville-Riverhead road.

It's almost impossible to turn right out of it on to SH16 anyway (like many other places) – the right turn something most protestors believe should be stopped.

Those that did make the right turn dived into gaps amid the screeching of tyres and some hurried braking = a bit nerve-racking when you are standing nearby.

No-one was injured by traffic during the march – indeed, many motorists honked their support as they crawled past.

What I did notice was the traffic noise, which tended to drown out Chris's talks at both the march start and finish. Indeed, he got a little hoarse trying to be heard.

Perhaps that noise will go away when the traffic becomes mainly electric as the Government proposes under its "Clean Car" package, which includes a "feebate" scheme to reward those buying low emission vehicles (from July 1) and to penalise polluters (from January 1 next year).

Geoff Dobson, editor



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ENQUIRIES / FEEDBACK:

Geoff Dobson

P 027 757 8251

E geoffdobson2017@gmail.com

W www.kumeucourier.co.nz

COVER PHOTO: Chris Penk leads the "travel emergency" protest along SH16.

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People & Places

Shovel ready?

"Stop delaying - start digging".

That's the chant from among about 150 people protesting about the Northwest's lack of roading infrastructure and delays in fixing it.

The "travel emergency" meeting outside Soljans Estate Winery and Café on State Highway 16 in Kumeu was called by Kaipara ki Mahurangi MP Chris Penk to highlight the lack of progress on relieving SH16 congestion, including a bypass, trains, road maintenance and more.

Armed with shovels, spades, high-visibility vests, and placards, protestors walked to the nearby Coatesville-Riverhead Highway intersection for a symbolic "shovel ready" dig while traffic crawled past honking in support.

"About 15 years ago a bypass was promised to help take the pressure off SH16," Chris yelled to the assembly above the traffic noise. "It's still 15 years away."

Four lanes and roundabouts at problem intersections like that with the Coatesville-Riverhead Highway were also advocated but have yet to eventuate, he says.

Chris says property owners in the bypass area to the south also need certainty as many have learned their property may be required.

The community deserves to know more about what is or isn't



happening around all these issues, he explains.

The fear among protestors is that traffic problems will continue to worsen without any immediate action being taken.

That scenario was also evident at the next day's Kumeu Community Action public meeting in the Huapai District School hall, also attended by nearly 150 people.

At that meeting, Rodney Local Board members explained their roles, adding SH16, rail and roads were outside their jurisdiction.

Board chairman Phelan Pirrie outlined the area's huge growth, saying the 70,521 population is about 28% up on 2013 but that Rodney is about 48% of Auckland's total land area.

Quizzed about how much influence the local board has in getting action on roads, infrastructure and planning, Phelan says it's done the best it can to lobby for local community concerns where possible but that the present issues stem from central government foisting its housing plans such as the Special Housing Areas (SHAs) on local government without providing an adequate infrastructure budget to accompany that.

Rodney councillor Greg Sayers backed what the Rodney Local Board did on behalf of the area, pointing out that seven of the nine board members were at the meeting.

Greg says he met some Fletcher Residential representatives and asked about the company's plans for its Taupaki land acquisition, gleaming that if the Northport project proceeded the Taupaki site could be used for an inland port and that, if not, it could become residential once the right infrastructure was in place.

Phelan says board members remain in frequent contact with the area's local MPs who champion local causes at central government



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level, such as roading and traffic issues, along with trains to Kumeu and a secondary school for the Kumeu District.

He says the area had hoped to get battery or diesel trains to link Kumeu and Swanson but the central government decision to electrify rail to Pukekohe prevented that option becoming available to this area.

Phelan explains that land owner objections can stymie highway upgrade proposals for months at a time and that the consultation process and regulations have to be closely followed.

Many at the meeting doubt they'll see much action on SH16 traffic, rail links, a secondary school and other issues for some years yet.

Auckland Council Act overrules local boards and communities

By Graeme Hammonds, Kumeu Community Action (aka Kumeu Huapai Residents and Ratepayers Association)

Our association, along with most of our communities, has become increasingly frustrated with the inability to have any form of direct involvement in the decisions that affect us made by either Waka Kotahi NZ Transport Agency, the Auckland Council, Auckland Transport, or other CCOs.

We all know the problems we face as a community and we deserve a fair say.

Even more frustrating is the use of the official consultation processes that usually ask for comments on options that have already been drafted.

We submit, only to find the preferences and comments we make are not put into effect or just overruled. This consultation process is top down driven by officials who generally don't live in the area. This form of consultation is the lowest form of community involvement possible.

According to the Local Government Act, its purpose is to enable democratic decision making and actions by and on behalf of communities, and to promote social, economic, environmental and cultural well-being of communities in the present time and in the future.



The Local Government (Auckland Council) Act 2009 was drafted into law by the then National/Act Government to reduce the community's full involvement in the decisions that directly affect them. It effectively takes the community out of the governance process. We want to put community back in.

Not surprisingly, the act fails to define what a community is. Certainly the whole of Rodney, for example, has many communities, not just one!

Each one deserves a democratic and equitable say in the decisions that affect them and not have decisions that affect their social, economic, and cultural well being imposed on them. But this is not surprising when you read the following clause in the act related to local boards/wards' inability to influence Auckland City Council decisions.

It reads as follows: The benefits of a consistent or co-ordinated approach across Auckland will outweigh the benefits of reflecting the diverse needs and preferences of the communities within each local board area.

The result of this clause when coupled with a lack of any definition of what a community actually is and no policy on decision making that contains equity and fairness conditions actually means in Rodney's case around 50,000 electors can be effectively disenfranchised.

The council can simply ignore the communities we live in if it suits them, and this is contrary to the stated purpose of Local Government.

The current rates increase decision forced onto our area is an example of the effect of this clause. The rates increase was not justifiable, yet it was passed by councillors whose electors were not affected. It is not equitable nor fair.

We in Kumeu Community Action want to challenge this and are wanting you to support us, so we get a fair go!

What we are proposing is to hold a public meeting to ask you all to participate in a workshop based around the idea of Co Design. This is an exciting way to actively engage our communities with the people presently making the decisions for us all.

Co Design means working together and defining problems in genuine partnership and to define possible solutions. This is a bottom-up process, not top down as at present.

It builds a genuine relationship between professionals and the community by working together with each responding to each other working under a defined policy. In terms of the Auckland City Council, this would include transparency, dialogue, equity, partnership and could be driven through the local boards which, when one considers it, actually represent a city in any other part of New Zealand. Presently, they hold limited power and a constrained budget.

We will inform you of the time and date of the meeting when we

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People & Places

have confirmed the presenters.

So instead of venting your frustrations on Facebook, come along and support us to generate a community voice to enable us to jointly make the Auckland Council, Waka Kotahi NZTA, Auckland Transport and other CCOs accountable to our communities.

The current Labour Government is working to review the way that local government works, so we have a good chance to influence them and provide a perspective from actual real live communities like ours, but we will need your support to do this.

Riverhead's native birds in mural

Riverhead's native birds are gathering on the Vector cabinet outside the Riverhead Citizens Hall - in paint anyway.

"This mural is a celebration of Riverhead's natural history, its taonga species," say Riverhead Community Association members Jan Henderson and Sarah Knox-Coupe.



The beautiful mural is created by Riverhead resident, artist and cake decorator Tracey van Lent, pictured at left.

"I want to give back to this community and to put a smile on people's faces as they wait for the bus and walk or drive past," she says.

Passing drivers are welcome to give her a toot while she's working.

Riverhead's taonga species theme attracted NZ Biosecurity Services Limited (NZBSL) sponsorship.

"Being able to contribute to community initiatives is what we are all about," says NZBSL Operations Manager Danielle Hancock, pictured at right.

"We want all of our towns to be thriving places for native plants and trees."

NZBSL is an environmentally sustainable business that prides itself on using pest control with the least amount of agrichemicals, and it is also looking for alternatives.

The new mural won't be the last if the Riverhead Community Association has its way - it also wants to create an arts trail through the village.

If you can collaborate with the association or sponsor a mural please



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Dancing in the dark at Waimauku

The "No Lights No Lycra" dance session is up and running again at Waimauku on Wednesday nights.



It's at the Waimauku War Memorial Hall, 24 Station Road, from 7.30pm to 8.30pm on Wednesdays while there is no daylight saving.

Regular visitors are getting back into the swing and organisers would love to see more join in an uninhibited dance session and shake off the winter chill.

"There is no light, no lycra, no teacher, no steps to learn, no technique - just free movement," organisers say.

"NLNL is a space where you can completely let go, shake out the stresses of the week, and lose yourself in the music."

Claire, a personal trainer and dance aficionado, gets the music together and her team ensures the hall is dark enough to dance freely without bumping into anyone.

The official description sounds quirky, but this global phenomenon has been steadily gaining traction during the past decade since it started in Melbourne.

More than 70 cities globally host a weekly session.

Based on the concept of 'Dance Like Nobody is Watching', session-goers head to their local hall dressed in whatever feels comfy to dance in (sports bra and gym shoes, if you like).

The lights go off, the tunes go on (loud!) and an hour later they all emerge elated, sweaty and grinning.



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The Waimauku sessions have been running for more than three years with a loyal fan base.

The dance music is varied and everyone will hear favourites as well as new ones they can have a great dance to. The element of surprise is always a bonus, organisers add.

It's described by attendees as "totally liberating", "the best fun" and "utter freedom from the cares of the world for an hour".

Although the name suggests otherwise, lycra is allowed.

"We just want you to be comfortable and have fun," organisers add.

It costs \$10 a session or \$8 a night if you buy a concession card.

Check out 'No Lights No Lycra West Auckland' on Facebook or contact Karen on 021 262 2779 for more information.

New date for Waimauku School centenary

Waimauku School has announced the new date for its centennial celebrations will coincide with the school's special Centenary Agriculture Day on Saturday October 30, 2021.



The special agriculture day is being held in recognition of the Calf Club and Agriculture Days held at Waimauku School since the early 1950s.

Registrations for the rescheduled centennial event will open from midday, and centenary celebrations will start from 1pm with an official welcome, followed by decade photos at 1.30pm, and a light lunch (for those aged 18 and over) served by local catering company Delectable Cuisine.

There will be plenty of time for past pupils and parents, volunteers and committee members, teachers and staff, as well as current families, to catch up and celebrate the school's 100 years.

Waimauku School's history and memorabilia will also be on display.

Waimauku School's Agriculture Day will run as normal from 9am until midday with food and coffee trucks available, as well as stalls run by the Parent Teacher Association; but in this centennial year it will also uniquely celebrate all the heritage of Calf Club and Agriculture Days gone by.

Principal Gary Pasfield says that while the format had to be tweaked

as a result of the new date, attendees will still have plenty of opportunities to catch up with old friends, while even getting the chance to be a part of this special Agriculture Day.

"Ag Day has been a part of the fabric of Waimauku School for more than 65 years, and we think it apt that the new date to celebrate our school's centenary falls on the same day," Gary says.

"We were disappointed to have had to reschedule the event from March, but the uncertainty around COVID-19 gave us no choice unfortunately."

Celebrations for the school's centenary had to be rescheduled from March following the uncertainty regarding COVID-19, alert level restrictions and level changes earlier this year.

October 30 programme:

12pm. Registrations open.

1pm. Official welcome.

1pm to 4pm. Mix & Mingle with a light lunch (18+).

1.30pm. Photographs taken by decade.

To register for the centenary visit www.waimauku.school.nz/centenary or email centenary@waimauku.school.nz for more information.

Riverhead School to celebrate 150 years next March

As one of the oldest schools in Auckland, Riverhead School will commemorate its 150th sesquicentennial anniversary in March 2022.

Established in 1872, Riverhead School will be hosting the celebrations on March 19 and March 20 with the community involved.

A sesquicentennial working group is currently organising commemoration activities which include speeches from former staff and pupils, including past Principal Brenda Drew and long-time Riverhead residents.

An "Ode to the Old Girl" starts the weekend of activities on Saturday, March 19, - the "Old Girl" referring to the school's original building which was relocated to the Riverhead Community Courts to serve as



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clubrooms, allowing expansion of facilities at the school to cater for a rapidly increasing roll.

The ceremony at the Riverhead Community Courts will include the presentation of a gift from the current Riverhead School community.

The March 19 events include a meet and greet at the "Old Girl" from 1pm-2pm where a coffee cart will be available during the afternoon.

A dinner and dance will be held that evening at 'The Riverhead' with limited tickets available on the school's sesquicentennial website.

Saturday is a chance for "people to catch up with one another", Riverhead School Principal Kris Hughes says.

Sunday March 20 is the big day for school-based commemorations. Riverhead students will be involved in all aspects of the day including performances from the Kapa Haka Group, band, music groups and leadership from the School Ambassadors.

Events start at 8am on the Sunday, with iwi and community members past and present gathering at the nearby Murray Jones Reserve for an official Opening Karakia.

Riverhead was originally only accessible via boats from Auckland before railway and road access was established. The Rangitopuni River was the gateway to Riverhead and its growth.

The official ceremony in the school marquee starts around 9am and includes stories about the area's history and presentations. Prime Minister Jacinda Ardern has also been invited to attend that day.

Attendees will have the opportunity to inspect areas around the school which have been established by the Sesquicentennial working group and Riverhead School students. These will feature extracts from the past through to the present day at Riverhead School. Podcasts and short movies will also be available to make the day one to never forget. "These will create a story rather like a museum walk-through the times" Kris says.

Food trucks will be available around the school grounds and students stage performances for visitors from 11am.

Tour buses head off from around midday to provide historical tours of the local area.

Kris says the commemorations will involve the school and the whole community and are designed so people can get together without too many formal activities or restrictions.

Meanwhile, the school continues to gear up for more growth. It currently has about 490 on the roll with a further 30 new entrants expected, and new buildings are being arranged to cater for up to 900 students.

Visit Riverhead School & Community 150-year Sesquicentennial Facebook page or email 150_years@riverhead.school.nz for more information.

Lions' book fairs benefit Scouts

Huapai-Kumeu Lions raised \$3000 for Riverhead Scouts from a very successful book fair and now plans another fair on August 7 and 8 to assist Waimauku Scouts to refurbish its new scout den.

For Riverhead Scouts the June presentation from Huapai-Kumeu Lions was reward for the assistance given by the Scouts at the book fair.

A Lions spokesman says Riverhead Scouts' wonderful assistance was very much appreciated and that the donation was in line with the Lions International philosophy of providing support to the local community, particularly in respect to youth.

The August book fair is planned much earlier than usual due to a Lions convention later in the year where local Lion Roger Davis will be installed as a District Governor with responsibility for 71 Lions Clubs in Auckland and the north as well as Pacific Island clubs.

Donations of unwanted books in good condition are sought for the August fair and can be dropped off at the Kumeu Community Centre from July 25, as storage is an issue before that date.

All books are sold for \$2 with special prices for bundles of children's books, but Lions won't take magazines and old books as disposal of them is difficult if they are not purchased.

Lions says support from the community in donating books and making purchases at the fair is greatly appreciated.

Men and women interested in finding out more about the work and social opportunities of belonging to a Lions club can contact Huapai-Kumeu Lions President Guy Wishart on 021 922 545.

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Miniature ponies and music warm Craigweil House this winter



Craigweil House has seen a fair bit of fun, brightening the start of the cooler months.

Recently, miniature ponies did the rounds at the home and hospital.

Brought in by Kaipara College students Bea, Abby, and Alexis, the ponies visited residents in the lounges and surprised others in their bedrooms.

The pet miniature ponies were very calm, well-behaved, and received many pats.

The visit was a part of a school health promotion project, run by the college.

French language, geography, food, and culture were also showcased recently at Craigweil House's "French Celebration Week". The mini festival culminated in an afternoon tea of French cuisine with an exquisite live performance by French horn musician Anita Austin.

The music has been flowing at Craigweil House this month with new resident Don bringing his skill on the clarinet. During the regular Happy Hour Live Music with singer and keyboardist Joe Fingers, Don and his friend Jimmy joined Joe Fingers on their clarinets, making for a stellar jam session.

Another highlight was Charlotte of Pets Assisting Therapy bringing in various hand-reared animals. Pet therapy is a regular event Craigweil House residents enjoy. On the most recent visit, residents had the opportunity to hold a rabbit, have a cockatiel perch on their hand and shoulder, and bottle feed a baby goat.

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Free sports trophies offered



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Their company branding and associated goodwill is for life, Mark says.

"Not only can they be assured of optimum brand exposure but they also get to walk a little taller knowing they have contributed in a meaningful way to their local community."

The Smashing Awards were invented by Mark due to the stream of parents with upset children who came to him with broken generic plastic/resin trophies.

No fear of that now as they are manufactured from unbreakable acrylic complete with full colour laminated vinyl, and a stainless-steel bolt stand - sleek, modern and fit for purpose, Mark says.

The trophies are available in black or white (allowing kids to write on the back) and in several different sizes and profiles.

A big factor in the success of these free sponsored awards is that, due to COVID, most of the traditional sources of funding have dried up.

The Smashing Awards do come with a requirement for the recipients to acknowledge the sponsor's, support with a post on social media and an image of the team with the trophies, tagging in the sponsors' business names.

"That's so everyone feels the love, and the sponsors can see the value of doing it again and again," Mark says.

If you are a smart business wanting to capitalise on premium brand exposure and support your community, or a mum or dad wanting to sup-

port your kid's team, or a team, club or school that wants free sponsored trophies, then email mark@smashingpromotions.nz or phone 09 412 6235 x 1 for more information.

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Safer Communities



Welcome to winter with Winter Solstice being the shortest day of the year being 21 June 2021.

Te Wiki Tūao ā-Motu National Volunteer Week celebrates the collective contribution of all volunteers who enrich Aotearoa New Zealand. They grow our people, open minds, open hearts and create joy. National Volunteer Week 2021 runs from June 20-26. This year's theme is 'Recognise, Connect, Reimagine'.

The Waitakere Fire Brigade is solely run by volunteers with the support of their family. Nationwide there are over 11,500 volunteer fire fighters in Aotearoa. If you are interested in supporting your

community and becoming a volunteer, please email the recruitment team at volly.applications@fireandemergency.nz for information.

Heaters and clothes dryers

- Remember the 'heater metre' rule: keep flammable materials at least one metre away from any heat sources. And it's one heater or larger appliance per plug - no more.
- Never cover heating appliances or store objects on top of them.
- Don't overload clothes dryers and clean the lint filter after each load cycle.

Other fire safety tips to remember:

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

you walk off.

We're here to help with no cost to you. Contact Fire and Emergency NZ on 0800 693 473 for advice on the following:

- Check existing smoke alarms to ensure they work and are in the right place
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Community News

Kaukapakapa Library

Sunday 18th July, 9am to 1pm.

Meet book dealer and keen collector Graeme Bailey at the historic Kaukapakapa Library. Twenty years of experience trading in books has given Graeme a keen eye for a diverse inventory, specialising in New Zealand titles as well as a tempting array of other subjects - art, architecture, New Zealand history and more

Come along and find a treasure from Graeme's selection or talk to him about that elusive book that you're hoping to find.

Kaukapakapa Library open in conjunction with the Kaukapakapa Village Market.



The Mobile Car Specialists

Buying or selling a car? Many of our customers have either just bought or are about to sell.

The best thing you could do to maximise the sale price is have a paint corrective cut and polish done to remove / minimise fine scratches, blemishes, sunscreen marks, oxidation and most other unsightly marks. The condition of the exterior makes a big impact with potential buyers so make sure it's looking slick.



Likewise, if you've just purchased; often your vehicle could do with a professional polish, or dents removed, and NOW is the time to do it, otherwise you'll never end up getting it done until it's time to sell.

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Kumeu Friendship Group

Last month was a special month in our group as we not one but two excellent speakers. First one of our members gave us a talk on his days of being a ranger in the Waitakere's. We also had a wonderful talk from Ranjna Patel on the subject: My health care journey and tackling domestic harm. We were all spellbound by her story of how she started in the medical business and where she has now ended, a truly great speaker. If you would like to come and hear other speakers why not join us for an enjoyable morning and occasional outings. We meet on the fourth Thursday of the month at 10 am at St Chads Church Hall, Huapai.

Creating lasting bonds

Our Kaiako (Teachers) here at Jojo's are always evolving, growing and developing new skills and ideas to provide our tamariki with a nurturing, stimulating environment.

Working from the Te Whāriki based curriculum, our Manager, Mel is always on the ball organising professional development for our staff to participate in and learn from. Using this knowledge gained, our team is able to convey new and creative ways to engage our children in enriching learning experiences.



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Community News

Providing a weekly update of these experiences through our child portfolios is just one of the ways we encourage our families to join with our Kaiako to be a part of their child's play, development, and learning with us. By encouraging our 'Whānau voice' within our learning stories we are able to integrate the family's aspirations into each child's day.

When we play, laugh and grow together we come together, as family, like Mel and Whānau above.

Jojo's Childcare - phone 09 412 5325 www.jojoschildcare.co.nz.

KumeuKnitty turns ten by bombing Huapai

In June the zany ladies of KumeuKnitty celebrated WorldWide Knit in Public Day and International Yarn Bombing Day. Their yarnbombing is brighter than ever on both sides of Huapai's Matua Road, and they supported the local economy while knitting in public at the Food Vault and Carriages Café.



This year KumeuKnitty celebrated its tenth anniversary. Over time they've created a fish-laden net, hearts that they gave away throughout Huapai, Peace prayer flags for Anzac Day, a pedestrian crossing, a skeleton waiting for Trains to Huapai and a Maui dolphin cardi for the PM's partner Clark Gayford. They protested the end of the Waitakere Train Service as weeping widows on the last 'funeral train' service, and planted potholes with marigolds. Plans are afoot to recreate their crochet Christmas tree at the Huapai Tavern.

All are welcome to join the group at 10am, every Tuesday at Kumeu Arts, just \$3 a session. You'll definitely make new friends and learn excellent new skills.

SeniorNet

Last meeting at SeniorNet we had an interesting talk from Brian Lacey about an introduction to Windows 10. He has agreed to run a course this month as a follow up to the talk. He also told us about Bluetooth, how it works and how to use it on your gadgets. One of

our members gave us a talk on the problems of internet and mobile phone coverage in rural areas where there is little or no signal. We also heard all the latest computer news in Nigel's News. Later he gave us a talk on Spotify. It was another packed programme. Next month we will have another interesting meeting where all are welcome whether novice or not. Next meeting is at St. Chads Church hall on the 7th July at 10 am.

Pohutukawa Singers

We are looking forward to a great concert at 4pm on Sunday 4th July when the Pohutukawa Singers return to St Chad's. The choir will sing another of their varied programmes, with music from the 17th century through to Elton John. This concert will also feature a collection of George Gershwin classics - including "Let's call the whole thing off" and "Someone to watch over me". Tickets are \$15 in advance or \$20 (cash only) on the door. For children we just ask for a gold coin donation. Refreshments will be served after and are included in the ticket price.



For presales contact Geoff Collins on 021 170 6590 or Colin Newel on candcnewel@gmail.com.

Autumn Book Fair

The Autumn Book Fair held last month, in conjunction with Kaipara Coast Guard, was a great success. A record total of \$15,803 was raised from the sale of books and adding in the proceeds from the raffle and sausage sizzle, a grand total of \$17,104 was made. This sum will be given to the Kaipara Coast Guard and will go towards the building of a Marine Rescue Centre in Parakai.

Thank you to all who donated so many high quality books, without you there would be no Book Fair. Thanks especially to the partners of Club members who were with us all weekend, students from Kaipara College who helped in the set up on Friday, members of the Kaukapakapa/Helensville Scouts who assisted in packing up and cleaning the Hall on Sunday. Throughout the weekend we were also assisted by members of the Kaipara Coast Guard. Putting together a book fair is a team effort and we would not be able to cope without the assistance we receive from our community. We also wish to thank Phelan Pirrie and the members of the Rodney Local Board for their support and Burmester Realty for letting us use their premises as a drop off point.



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Community News

A special mention to the lady who brought the team hot chocolate drinks early on Sunday morning, thank you it was much appreciated.

The books left over will be re-sorted with damaged or unsaleable books going to the Helensville Recycle Centre. Surplus children's books go to South Auckland for distribution to less fortunate children and when there is shipping space, to Pacific Island schools. Other books are sold at the Lions book stall at the Kaukapakapa Market, which is held on the third Sunday of each month, and at other events run by the Lions Club of Helensville throughout the year.

The next Book Fair is our Christmas Book Fair which will be held on the last weekend of November, Saturday 27th and Sunday 28th, in the Helensville War Memorial Hall.

As a service to the community the Helensville Lions will accept books throughout the year. Small amounts can be left with Burmester Realty, Commercial Road, Helensville, otherwise contact Chris at 09 420 8527 or any other member of the Lions Club of Helensville.

You can make a difference

Selwyn Centre Coordinator opportunity.

Selwyn Centres offer a varied programme of activities that provide companionship, fun, advice and support for older people living in the community. As the St Chad's, Huapai Selwyn Centre Community Coordinator you will create and supervise our Tuesday morning programme, ensuring our guests enjoy themselves in a safe and caring environment.

A background of community involvement, and/or experience in education or social work is preferred, as is a clean NZ Driving license. A demonstration of your warmth, empathy and understanding of older people living in the community is essential.

This role based at St Chad's Anglican Church, 7 Matua Road, Huapai,

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is a part-time position working 6 hours per week. Most of this time would be on Tuesday when the Centre runs from 9.30 to noon but preparation and admin time can be whenever best suits the Coordinator. St Chad's is a Living Wage employer.

For full details of the role, contact Rev Cheen Khaw, at saintchadshuapai@xtra.co.nz or on 021 1334 426.

News from St Chad's Church

Many of you may know of the very successful Selwyn Centre which has been run at St Chad's for a number of years. Meeting on Tuesday mornings from 9.30 until 12.00 the Selwyn Centre has been very popular and provides a meeting place for seniors in the local area, with exercises, refreshments and games. Alas Jenny Jordan, our current coordinator, is moving on and we are now looking for a new person to run the group. The successful applicant will create and supervise the programme and work with our great team of volunteers. For more information see the advert or contact Rev Cheen Khaw at saintchadshuapai@xtra.co.nz or on 021 1334 426.



July at Kumeu Arts

We are currently celebrating Matariki with two exhibitions. In the Pod Gallery, we have an installation by Ashlee Tawhiti called 'Ara - Ora' which combines raranga, sound and light. While in the main gallery, is a range of work by our members. Following on we have two more exciting exhibitions - both featuring artwork made in lesser known mediums. 'Arbitrary Ground' is a group exhibition of works using cold wax. While local artist Danielle Lloyd has been... "delving into the captivating medium of alcohol inks" and will display her 'fluid art' in the Pod. Our galleries are always free to visit and artworks are for sale at affordable prices. Aside from exhibitions we have a shop, classes and groups. We are also home to the Kumeu Children's Art Club, Kumeu Live, ABC language school and Creative Matters holiday workshops. Visit us behind the library or online at www.Kumeuarts.org. Image attached is by Carly Jade Anderson -





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Community News

title 'Marino - Calm,Still'.

Kaukapakapa Village Market

Sunday 18 July 8.30am to 1pm. A great school holiday morning out for the family with a tempting selection of stalls and free hair plaiting for the kids. Something for everyone with hand made to pre-loved goods, gifts, crafts, jewellery, fresh fruit and winter vegetables, plants, preserves, books, great food and coffee



and much more - there's always plenty to see and enjoy. Plus our musicians this month are duo Michelle & Darren playing from 10am to 12pm. See you there!

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

What's happening in Scouts?

Winter doesn't mean we stay indoors until spring. It's the time to get outdoors and do things like winter camps and tramps. As the saying goes, a little bit of mud never hurt anyone. During June the Zone held a Cossgrove camp, this is a learning camp in short. The Scouts are put through their paces and are taught how to cook in teams over open fires, how to storm lash a tent, how to erect tents in the dark, how to administer basic first aid and many other survival type tasks. The Scouts went home tired, but much better off for the experience.



Winter also means a lot more outdoor activities in general that can't be done in summer, such as cooking over open fires, camp fires and night time discovery walks. It's also time to start planning for the summer months ahead, especially the Sea Scouts as they tend to boat repairs.

Groups have been running pancake breakfasts and sausage sizzles to raise money for equipment and repairs. Thanks to everyone who has stopped and bought a sausage or pancake at one of the fundraisers.

Fundraising is a very important part of Scouting, it teaches our youth that not everything is just handed out, sometimes you have to put a bit of effort into something to be rewarded with new gear etc.

A lot of the Scout halls in the zone can be hired to help with funds for groups. Currently the zones hall at Tui Glen in Henderson is looking for a new long-term tenant, this could be an after-school class, e.g., a dance class or similar. If you are interested in finding out more about the possibility of hiring Tui Glen's Hall, please drop me an email. The hall does have a couple of groups that currently use it, but its available most days and evenings during the week and some weekend spots are available. (Sorry it cannot be hired for parties and only available for long term hireage.)

If you want to know more about Scouts, please head to www.Scouts.nz, or email me: zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

Nature's Explorers Kindergarten

At the end of May our children had the opportunity to participate in one of our special 'Share Days at kindy'. (We hold these events a couple of times a year). For this occasion, we invited children to bring something cultural, or something special for them to share for news, at our morning group-time. This experience encouraged meaningful discussions about different cultures within our centre and it also exposed our children to different worldly perspectives. Some children dressed up in cultural costumes, other children brought in items including; bikes, awards, special flags, Sport costumes and dolls. We got them to tell us why these items were special to them. This allowing them to gain confidence in sharing their thoughts and feelings with others.



We concluded this event with an amazing shared lunch with traditional/favourite foods from our children's homes. This gave the children the opportunity to try foods from around the world. We believe encouraging children to share their culture allows them to develop a strong sense of belonging.

If you have any queries, or would like to visit us at Nature's Explorers Kindergarten in Riverhead, please contact Angela on Phone 09 412 8800.




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In Brief

Kumeu Library

After all the disruptions in June, the remedial building works at Kumeu Library are now complete and we are very happy that normal service has definitely resumed. And that normal service now includes council services like paying your rates and dog registration (payments close at 4.30pm daily).

School holidays are coming right up, and Kumeu Library will be holding fun, free activities for school-aged children every Monday, Wednesday and Friday in both weeks of the holidays at 10.30am. The theme for the July holidays is My Environment, My Identity, and we have some great activities planned: Come and test your knowledge about the geography and animals of New Zealand with our fun Kahoot! Quiz, or create a rustic artwork using autumn colours, and more. We're having a special school holiday competition - create a Creepy Critter using your imagination and the mystery items we will provide - you can create your creature out of any materials (eg Lego, cardboard, plastic) as long as you use the mystery items as well. A special highlight of the school holidays is a visit by a marine biologist from Sea Life Kelly Tarlton's on Wednesday 14 July at 10.30am, for a free show and tell with real marine artifacts. There is something for everyone to enjoy and discover - find out what a shark feels like, what makes a stingray tick, or a sea turtle sick. And of course we will have our ever-popular scavenger hunt and other in-library activities all day, every day.

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

Real Friends workshops

Real Friends workshops for girls aged 7 - 12 are run by Kumeu local Kimberley White who is a qualified educator and life coach with more than 16 years' experience in the teaching space. On completing her Diploma in teaching ECE she spent 16 years working in the teaching industry alongside inspirational teachers and mentors. In 2016 she dived with purpose and motivation into her Diploma in Life Coaching and also trained as a Girl Empowerment Facilitator.

Kimberley is passionate about inspiring optimism and resilience in young girls. Shine and Empower workshops are interactive, creative and run with small class sizes, focusing on fostering positive friendships, developing a strong sense of self, a resilient attitude and growth mindset towards



challenges.

Kimberley's daughter growing up in today's society and her lived experience are the key drivers for her passion to empower our future generations of young girls. Her mission is to arm girls with the knowledge and strategies NOW so that when they do stumble across challenges in life they will already have the skills to be able to work through them.

For more info or to book a spot in the upcoming Kumeu School Holiday Workshops head to the website <https://www.thelighthousenz.com/book-online> or email realfriendsworkshops@gmail.com. Our Facebook page is at Real Friends NZ.

Free circus fun at NorthWest

The NorthWest Shopping Centre Circus is coming to town, bringing free entertainment for the kids these school holidays.

From July 12 - 23 (weekdays only), kids can make their own eco juggling balls and test their skills in our interactive circus games.

Our sessions run from 10am - 2pm. You won't want to miss this.

Circus fun will take place in front of the customer service kiosk. No booking is required but spaces are limited. NorthWest Shopping Centre, Gunton Drive, Westgate.



STIHL SHOP Kumeu

In recognition of the recent Nationwide "Chainsaw Safety Awareness Week", STIHL SHOP Kumeu hosted its own in-store event, "the Safety Low Down". Customers of STIHL SHOP Kumeu, and the wider community, were invited to attend this "free" event which included drinks, nibbles, goody bags, spot prizes and, of course, the main attraction being product and safety demonstrations. A fantastic turnout was received, with many



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In Brief

attendees signing up to attend further extensive training courses held by STIHL SHOP Kumeu.

"It was great to see so many of our community keen to learn about chainsaw safety", said Craig Walker, owner of STIHL SHOP Kumeu. "It's important to us that people are aware of the potential dangers if the equipment isn't used properly and hosting these evenings is a great way to get the word out, as well as meet more community members. We love it!"

Another feature of STIHL SHOP Kumeu's Safety Low Down event was that a percentage of all sales made during the evening would be donated to the Kumeu Volunteer Fire Brigade. The team decided to extend this for a couple of weeks in order to capture any late sales spilling over from event. This will be capped off this week and donation value finalised and presented to the Brigade.

Gently Loved Markets

Gently Loved Markets are going strong in the Kumeu Community Centre each month and now have introduced upcycled items to the large array of treasures for sale. The Gently Loved Markets ethos is to stop as many items as possible ending up in landfill and are doing this by introducing stall holders who craft upcycled items too.



The 2021 event dates are 24th July, 28th August, 25th September, 23rd October, 20th November and a Xmas market on 18th December. All held on a Saturday, 10am - 2pm.

With 30+ stalls selling preloved, vintage, retro and upcycled clothing, accessories and homewares for all ages. Grab a coffee, your favourite fabric bag and come have a preloved treasure hunt with us.

All stalls are within the hall, the event will go ahead no matter the weather! Changing rooms to try before you buy. The event is cash only. To inquire about a stall contact gentlylovedmarkets@gmail.com.

Fire, Fire, We're on Fire

This will warm the cockles of your hearts. Kumeu Blend is Kumeu's very own local choir. Fingers crossed that we get through the year without any pesky lockdowns!

We have been working hard to present a mid-year concert, involving

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three great choirs: Kumeu Blend, Waitakere Ladies' Choir and Songbirds. 15th August, 2021, Sunday, 3.30pm at St Chads' Church, Huapai.

Are you interested in joining Kumeu Blend? New singers are always welcome. We have a fabulous musical director, a great pianist and enthusiastic choristers. All you need is musical passion and the ability to hold a tune. Kumeu Blend is a Soprano/Alto/Tenor/Bass choir. We enjoy presenting a varied range of musical styles and skills, and new choir members are always welcome.

Rehearsals are Monday evenings at St Chads' Church, Huapai: 7.30-9ish. Margaret Lindsay on 021 042 8855 or email margaret@lindsays.co.nz.

Breakfast celebrates women making a difference

A special breakfast event to celebrate women making a difference in our community, country and world is hosted at The Riverhead on July 2 by Kindred Family Services, a social service agency serving Northwest Auckland and South Kaipara.

The breakfast was delayed from March 7 by Auckland's COVID-19 pandemic restrictions when it was to have been held around International Women's Day.

Minister for the Community and Voluntary Sector, Minister for Diversity, Inclusion and Ethnic Communities, Minister for Youth and Associate Minister for Social Development and Employment Priyanca Radhakrishnan is among the breakfast speakers at The Boathouse ticketed event.

TVNZ's Pacific correspondent Barbara Dreaver and Helensville Primary School teacher and cultural advisor Waratah Taogaga (Ngati Whatua) will also speak.

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Property

Bright-line Property Rule

In 2015 the Government introduced the bright-line test. This requires income tax to be paid on gains from the sale of residential property under certain circumstances. If the property is not your main home and you sell it after 27 March 2021, the sale will attract capital gains tax if:

- the property was acquired on or after 27 March 2021 and sold within 10 years;
- the property was acquired between 29 March 2018 and 26 March 2021 and sold within 5 years; or
- the property was acquired between 1 October 2015 and 28 March 2018 and sold within 2 years.

The bright-line test does not apply if the property was:

- your main home (and you have not sold twice during a two-year period);
- transferred as part of an inheritance; or
- transferred to you as an executor/administrator of a deceased estate.

Government has indicated that new builds will continue to be subject to a 5 year bright-line period. Before this can be legislated, what is considered a 'new build' is still to be consulted on.

We recommend that before buying or selling a property that you obtain advice on any bright line issues before signing any agreement. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Property market report

The lack of housing supply in Auckland is further dividing suburbs with many areas suffering critical shortages while others show an over supply, however the Auckland Region is still in a state of significant housing drought. With only 6,600 homes available in the greater Auckland Region at the end of May reflecting a seventeen percent decline from the ten year average and a forty six percent reduction from 2011. When you take growth nodes like Hobsonville and Westgate out of the supply pool the choices for home buyers is extremely limited indeed.

The only light at the end of the tunnel is that building consents are double the ten year average sitting at eighteen thousand in Auckland Region at the end of May 2021. However i would pick that most consents would reflect the most significant activity in the same clusters, being Hobsonville, Massey and Westgate. Red tape, local government delays and the inability for importers and manufacturers to gear up post Covid lockdowns are all factors that

will embattle the construction sector. Delays and supply shortages have a devastating impact on build companies and can turn profits to deficits overnight. This has translated to building companies being hesitant to provide fixed price build contracts and many turning away business due to escalating supplier costs and hidden compliance costs.

Let's have a look at last month's sales volumes:

Coatesville	\$3,335,000
Helensville	\$780,000 to \$1,800,000
Huapai	\$775,750 to \$1,330,000
Kumeu	\$875,000 to \$1,750,000
Muriwai	\$1,735,000 tp \$3,000,000
Parakai	\$710,000
Riverhead	\$965,000 to \$2,175,000
Swanson	\$760,000 to \$1,290,000
Taupaki	\$1,985,000
Waimauku	\$1,000,000 to \$2,325,000
Waitakere	\$1,425,000
Whenuapai	\$1,330,000

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Capacity simplified

What happens when a trustee loses capacity? The Trusts Act 2019 came into effect on earlier this year. Among other things, it aims to simplify this process. If you have questions or concerns about your trust, contact our friendly team today.

By Sheryl Ali

About 15 - 20 years ago, having a trust was fashionable and this created a rise in the number of trusts established in New Zealand. With dementia and other age-related issues affecting many New Zealander's, a considerable proportion of those trusts are facing difficulties when a trustee loses capacity.

Under the current Trust Act 1956, removing a trustee who has lost capacity is complex, may often result in court procedures and ends up being costly and time-consuming. The Trusts Act 2019 ("the Act"), which came into effect earlier this year simplified this process.





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Property

What happens when a trustee loses capacity?

S104 of the Act now makes it compulsory to remove a trustee if they lose their capacity to perform the functions of a trustee.

The person with the power to remove trustees must give notice and inform the trustee that they are being removed. The removal will occur 20 working days from the notice being received. Immediate removal may happen where there is a property manager or trustee corporation managing the trustee's property.

If your trust deed provides a different method of removal, you may elect to choose that method instead of the process in S104 of the Act.

What happens when the person who has the power to add and remove trustees, loses capacity?

A common difficulty observed is when the trustee who has lost capacity is also the person named with the power to add and remove trustees in the trust deed.

S92 of the Act gives the following persons the power to remove a trustee:

- The person defined in the trust deed with the power to add and remove trustees;
- If there are no persons defined or if that person is unwilling or unable to act, then all remaining trustees; and
- If there are no persons defined the trust deed and no remaining trustees who can act, then:

o any person holding an enduring power of attorney in relation to property over a person who is mentally incapable; or

o a property manager appointed under the Protection of Personal Property Rights Act 1988; or

o a liquidator if the remaining trustee is a corporate trustee under liquidation.

If all the avenues above have been exhausted and the trustee who loses capacity does not have an enduring power of attorney or property manager under the Protection of Personal Property Rights Act 1988, court proceedings are unavoidable. If you have questions or concerns about your trust ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist. Telephone 09 973 5102.

Selling a property when you're splitting up

Who is the natural choice for selling the family home to ensure there is no bias and an equal footing exists? If you can choose two agents that are experienced and AREINZ qualified and select one that you can both work with. Ask to see an indication of the property's estimated selling price, a sales process recommendation and a

marketing plan. Remember too, that while you might want to make life hard for others at times, it's not very smart to do anything that will jeopardise a smooth and successful sale. The faster you can sell your property, and the greater the price you get for it, and the sooner you can move on.

If you decide that your partner is going to stay in the house and they will buy you out, it's a good idea to get the property valued. A registered valuer will provide you with a detailed overview on the value within your property. This will come at a cost, but will deliver peace of mind. It may prove useful when you are talking to lenders, as a registered valuation can sometimes be required if you are refinancing. Whatever you agree to do with the property, you independently both need legal advice - and a written agreement that sets out your separate rights and responsibilities. This protects all parties and stops one partner from lodging a caveat or notice of claim that will prevent the sale of a property. It may also be helpful as some lenders may be wary of unresolved relationship property issues when applying for finance for another property. For more information you may like to refer: www.settled.govt.nz/blog/selling-a-property-when-youre-splitting-up/ Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to www.graham-mcintyre.mikepero.com/blog/. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008)

\$85 = Exposure for a month

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25 Orahua Road, Kumeu



Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	3,500,000	1HA	618M2	3,335,000		960,000	533M2	191M2	1,305,000
HELENSVILLE	1,200,000	938M2	300M2	1,200,000		1,075,000	525M2	223M2	1,283,000
	1,100,000	1.99HA	174M2	1,279,500		1,975,000	5205M2	246M2	1,750,000
	1,410,000	1.29HA	364M2	1,800,000		600,000	220M2	86M2	875,000
	830,000	600M2	200M2	1,080,000	MURIWAI	1,775,000	12.25HA	70M2	3,000,000
	570,000	0M2	86M2	780,000		1,300,000	1.24HA	176M2	2,180,000
	640,000	501M2	85M2	835,000		1,125,000	827M2	108M2	1,735,000
	780,000	1237M2	222M2	1,020,000	PARAKAI	460,000	0M2	77M2	710,000
	720,000	2209M2	93M2	875,000	RIVERHEAD	1,025,000	1017M2	146M2	965,100
HUAPAI	890,000	809M2	188M2	890,000		1,100,000	801M2	225M2	1,470,000
	970,000	607M2	181M2	1,230,000		1,325,000	800M2	208M2	2,175,000
	1,075,000	602M2	210M2	1,280,000		1,350,000	846M2	273M2	1,600,000
	1,100,000	607M2	212M2	1,330,000		1,000,000	829M2	190M2	1,200,000
	920,000	458M2	160M2	1,175,000		1,300,000	801M2	245M2	1,707,000
	930,000	458M2	176M2	1,180,000		760,000	643M2	106M2	1,091,000
	775,750	129M2	105M2	775,750		1,100,000	1528M2	176M2	1,401,255
	920,000	458M2	152M2	890,000	SWANSON	730,000	646M2	110M2	925,000
KUMEU	980,000	600M2	199M2	1,350,000		880,000	1173M2	210M2	1,290,000
	1,125,000	527M2	229M2	1,252,000		900,000	448M2	160M2	1,080,000
	1,350,000	1HA	150M2	1,460,000		620,000	107M2	87M2	760,000
	920,000	458M2	152M2	890,000		850,000	509M2	171M2	1,155,000
	1,150,000	687M2	246M2	1,400,000		840,000	806M2	131M2	1,138,000
	1,075,000	533M2	200M2	1,270,000		1,875,000	4.6HA	370M2	2,100,000
	890,000	403M2	173M2	1,175,000	TAUPAKI	2,480,000	6HA	200M2	1,985,000
	1,200,000	770M2	264M2	1,455,000	WAIMAUKU	1,000,000	1996M2	175M2	1,325,000
	680,000	231M2	103M2	890,000		1,325,000	806M2	274M2	1,560,000
	1,200,000	502M2	270M2	1,353,000		900,000	1683M2	240M2	1,000,000
	940,000	463M2	192M2	1,275,000		1,625,000	3.8HA	231M2	2,325,000
	930,000	397M2	171M2	1,180,000	WAITAKERE	820,000	1.64HA	210M2	1,425,000
	1,100,000	712M2	220M2	1,350,000	WHENUAPAI	910,000	1037M2	130M2	1,330,000

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

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



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MITRE 10
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HENDERSON



LARGE LAND FOR DEVELOPMENT OR ENJOYMENT

4 2 2

By Negotiation

6 Kellett Road, Ranui
By Negotiation

An excellent opportunity to invest in a large 969sqm land lot with options to develop, and the space to create. This elevated, flat to gentle sloping land, with established plantings enjoys commanding valley views through to the Waitakere Ranges. The property is on a Northern aspect, has wide driveway access, full services and receives generous sunshine throughout the day. The home offers three bedrooms upstairs and two multi-functional rooms downstairs. Open plan lounge and dining, galley kitchen, with two bathrooms and laundry. Options for an extended family or buyers looking for a teenage retreat. An independent, concrete floor, double garage and workshop with power, firewood storage and garden sheds add value to keep everything in place and out of the weather.

www.mikepero.com/RX2876704



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ELEVATED BRICK AND TILE LIFESTYLE

4 2 2

By Negotiation

125 Alf Access Road, Waimauku
By Negotiation

Big barn and a big home set on 4.5 acres of gentle sloping pasture. Brick and tile, elevated home with extensive views to the North. Recently refurbished and ready for you to make your mark. A short drive from Waimauku and Helensville shopping. The home offers a very comfortable, entertainers open plan environment, sunken lounge, large kitchen dining area, leading to a family room area, with wrap around decking offering flexible alfresco and an extensive deck leading to breathtaking views. Two double bedrooms with large master room with ensuite and walk in wardrobe, opening on to deck. Main bathroom includes shower and bath separate to toilet. Office /study or fourth single bedroom. Internal access double garage.

www.mikepero.com/RX2899671



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027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE, AVAILABLE, #1 CHOICE IN ROYAL HEIGHTS 3  2  1 

By Negotiation

129A Colwill Road, Massey
By Negotiation

This home is vacant and ready to move in, a tranquil, and sun-filled glade offering privacy and quiet living. Set on over 2000 sqm (1/2 an acre) of flat to sloping land that meets the inner harbour and overlooking Taipari Strand Reserve. The home is simple and easy living. An environment enjoying significant sunshine and alfresco onto north facing decking. High stud open plan living that has integrated kitchen, dining and lounge. Three bedrooms, bathroom and separate w/c allows for the family while the aspect from the home is a mix of lawn, established orchard and regenerating coastal native bush. Options to add value, or enjoy just as it is, this property offers options to create your future and plan for tomorrow. A short drive to convenience shopping, schools, parks and transport links.

www.mikepero.com/RX2768266



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



HOUSE AND MINOR DWELLING - THE GOOD LIFE 5  2  3 

By Negotiation

147 Mangakura Road, Helensville
By Negotiation

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

www.mikepero.com/RX2721189



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09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE LIFESTYLE - #1 CHOICE NEAR TAUPAKI 4 3 1

By Negotiation

175 Wairere Road, Waitakere
By Negotiation

Two land parcels on offer on one incredible lifestyle block offering the good life, extensive views and an exquisite village feel. This elevated family home delivers excellent peace, privacy and personality from the flowing open plan living to decking and the bedrooms and bathroom off the central hall. Downstairs has a spacious office, double garage and store plus an independent double tandem garage which could suit art studio or man cave. In every aspect the home is cleverly designed and finished to make the very most of its sunny aspect and alfresco living. Even the positioning of the Kitchen so you look through to the deck and the bush and valley views is divine. Close to Waitakere Primary School, Convenience Store, Public transport link.

www.mikepero.com/RX2849527



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027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



TRANQUILL, COUNTRYSIDE ESTATE WITH POOL 5 2 3

By Negotiation

217 Taylor Road, Waimauku
By Negotiation

Set on 5 acres of gentle all season pasture, offering a once in a lifetime lifestyle living opportunity. A home that is comfortable among film stars, music legends, poets and creative genius's that embody expression, flare and contemporary character. Inspired cathedral ceilings ensure a timeless elegance while staircases and patios link unique spaces. The home also offers options for a one bedroom flat and stand alone open plan office environment. Set within a North West glade this bespoke home offers a seamless flow from sauna, to pool to gym/ games room. The house enjoys a multitude of bedrooms, lounges and retreats adding intimacy and refuge with exquisite design features, sunshine, and framed rural aspect of mature native trees and chubby sheep.

www.mikepero.com/RX2896086



Graham McIntyre
027 632 0421
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COUNTRYSIDE VIEWS WITH INCOME OPPORTUNITIES

6 6 3

By Negotiation

911 Old North Road, Waimauku
By Negotiation

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

www.mikepero.com/RX2769416



Graham McIntyre
027 632 0421
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Mike Pero Real Estate Ltd REAA (2008)

Hot Property



Tranquil, Countryside Estate with pool in Waimauku

Set on 5 acres of gentle all season pasture, offering a once in a lifetime lifestyle living opportunity. A home that is comfortable among film stars, music legends, poets and creative genius's that embody expression, flare and contemporary character. Inspired cathedral ceilings ensure a timeless elegance while staircases and patios link unique spaces. The home also offers options for a one bedroom flat and stand alone open plan office environment.

Set within a North West glade this bespoke home offers a seamless flow

from sauna, to pool to gym/ games room. The house enjoys a multitude of bedrooms, lounges and retreats adding intimacy and refuge with exquisite design features, sunshine, and framed rural aspect of mature native trees and chubby sheep.

Detached and unique accommodation options including the integration of office, study, gymnasium and games room, you have a significant 300 sqm of living, entertaining, sleeping and working space. You can define this space to who you are and how you want to live.

Steeped in history, the home has housed poets, potter's, international chefs, helicopters, and if the walls could talk I'm sure more would be told.

Significant shedding on the property to satisfy most storage requirements from helicopters to motorhomes, with some strong

Hot Property



countryside aesthetics including a large lilly framed pond, fire pit and turn around.

Easy draining land with access gates for simple stock rotation the land boundaries extensive native bush areas that form part of a significant historical environmental area.

Sealed drive access through security gates and generous parking, while access to the Waimauku shopping village is only minutes away.

Close to Waimauku Primary School and on the bus route for Kaipara College, you can have the best of both worlds, convenience and quiet lifestyle.

For viewing and more information, contact Graham now on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).



Central's Tips

July 2021



Build up the soil in raised beds, get a potato patch ready and prune the pip and stone fruit trees and berries. Rose pruning time, feed breeding birds, shop for specimen trees and make some free plants by dividing garden perennials.

Winter salads

Brighten up your winter salads with baby beet, rainbow chard, spinach and kale leaves. Don't forget about edible flowers like calendula and violas. Yum!



In the Edible Garden

- **Prepare a potato patch** – dig in lots of compost and sheep pellets so the soil is ready for sprouted seed potatoes. Growing potatoes in heavy soil can help break up clay and leave it more friable for other summer crops
- **Renovate raised vegetable beds:** get them ready for spring growing by adding fresh garden mix or digging through organic compost. Time to fix any leaks or drippers in irrigation systems
- **Pruning time:** sharpen secateurs and loppers to get the cleanest cuts when pruning and shaping deciduous fruit trees and berries
- **Spray pip and stone fruit trees** with copper and oil to eliminate fungal spores that may have over-wintered on the bark
- **Harvest a winter salad:** baby leaves of kale, beetroot, spinach and rainbow chard make salads so much more colourful, add calendula petals for a splash of orange or violas for more colour
- **Woody herbs can be planted now** – rosemary, thyme and oregano can get established, add a lavender plant to the vegetable bed to bring the bees in spring

The rest of the Garden

- **Rose pruning can begin this month** – for newbies local garden centres often hold rose-pruning demonstrations – or there's Youtube. Leave the hydrangeas for another month
- **A bird seed pudding is easy to make:** take bird seed mix, melted lard and a bit of honey, shape into a ball and place in a netting bag. Hang it high in a tree where the birds feel safe enough to get to it
- **Lift and divide favourite perennials now** – free plants are often under your nose – this includes perennial plants such as hostas, delphiniums, penstemons and shasta daisies
- **Plant new season's ornamental trees** – there's a variety of showy cherries, liquidambars and maples available now, with some compact varieties to suit smaller urban gardens – just check with your local garden centre. Stake them to two thirds of their height to keep the root area steady in spring winds
- **Pep up lawns** that are a bit yellow with **Garden Supreme**, a general garden fertiliser



Project for July

Get out of the mud with Jakmat.

Convert a muddy lawn by installing Jakmat to create an extra parking space for the campervan or boat. Jakmat is a premium quality interlocking mat system made right here in New Zealand from recycled plastic. Fill it with decorative pebbles and you've got an attractive functional space for vehicle overflow.

For more info on Jakmat visit

www.centrallandscapes.co.nz/products/jakmat-geocell





Manage the winter mud.

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Home & Garden

Growing citrus trees

No orchard is complete without some citrus trees. 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.



New beds and shed at Kumeu Community Garden

Winter isn't stopping progress at Kumeu Community Gardens on Oraha Road. New beds have been laid by Matua Ngaru School and the public. They're planted with a mix of winter greens - brassicas - broccoli, cauliflower and cabbages, root veges - carrots and radishes,



and a bouquet of flower plants. The beds are tucked in with straw donated by Auckland Pea Straw, and we have a new second hand shed courtesy of Craig Walker Building Removals. We've had our new (second hand) water tank checked out and repaired by Aqua Plumbing and equipment donated by Bunnings at NorthWest. You can support us too - see our Givealittle page <https://givealittle.co.nz/cause/kumeu-community-garden>. We welcome help to develop, plant, maintain and eventually share the harvest from the gardens. All welcome to plant natives on the site, July 4, 10-12 and regular working days every first Sunday of the month 2-3.30.

Western ITM

With all the excess water currently around, a sure remedy to reducing it is installing Marley Drainflo/Draincoil. Drainage lowers the ground water level whilst retaining moisture in the pores of the soil.

Handy tip: If you are about to prepare a driveway or gateway ensure you install Landtex Mud Cloth. Landtex is a woven polypropylene roading fabric for use under gravel on roads, driveways, parking areas, farm access & races. Landtex spreads the vehicle wheel loadings, prevents mud being pushed up & the gravel lost into the soil/ground below.

Did you know we carry the complete range of low-density polyethylene pipe, threaded pipe fittings & stock water troughs? We also stock Hansen Easy Fit Poly Fittings.

Redband Gumboots are a true Kiwi icon and will see you through these damp conditions. Available now from all Western ITM Stores for just \$79.99 per pair incl GST, offer valid on men & women's styles 01/07/21 to 18/07/21 or while stocks last.

These and many more products are available from your local Western ITM Store. For further advice/information visit us instore today OR visit westernitm.co.nz for a free quotation.

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Getting ready for winter

The sun is shining, the birds are singing and the distant buzz of weed eaters, lawnmowers and chainsaws in action can be heard. It's starting to get cooler and that's a great time to be in the garden. There's a lot of action as people get ready for winter - mowing those overgrown lawns, weeding the gardens or trimming their hedges. The time spent now on those activities is well rewarded as they stay looking good for a long time because the cooler temperatures reduce the speed of regrowth.

It's also worthwhile to check the rest of your property to be sure it is ready for winter - maybe a pre-winter fertilise to boost the lawn before temperatures drop, a weed spray to tidy up the pavers or a spray to get rid of dangerous slippery mould and gunge from paths and walls. The changing season also sees the leaves changing

colour and falling. They do look spectacular but can be a nuisance, so collecting leaves and clearing the gutters before the winter rains come are important tasks too. Maybe you want to install gutter guard to prevent those leaves getting stuck in the gutter too.

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

Why grease traps & converters need regular cleaning

Commercial kitchens in NZ are fitted with grease traps, which "trap" the "grease" and solid food waste that comes from the sink and dishwashers, allowing wastewater through but not the waste that we don't want in our sewer systems.

But a grease trap and interceptor isn't a set and forget appliance - it needs regular maintenance to keep it working well. Here's why...

1. It can STINK!

Cleaning out a grease trap is up there with one of the stinkiest jobs at HydroVac - and considering what we do (septic tanks and the like), that's saying something! If you don't clean your trap out regularly, that rotting stench can start seeping out into your eatery. Let us tell you - that smell is not good for your customers or for your reputation.

2. It will go from bad to worse

If you leave your tank uncleaned, the waste in there will become a thick, hard mass - so hard that it's that's near impossible to remove.

3. It will start to overflow

If your tank isn't cleaned on a regular basis, the waste will pile up, causing the sold food waste from the kitchen sink and dishwasher to flow down the sewer system. Before long, you'll have blockages





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Home & Garden

in the pipeline which can cause overflow. Cue: expensive call-outs and a non-working kitchen.

4. There could be fines involved

The council is hot on this. It's illegal to discharge food waste, fats and grease into stormwater system and waterways. You can be fined up to \$1000, issued abatement notices, or prosecuted and fined up to \$600,000 for breaching the Resource Management Act. Empty your grease trap regularly and this won't be something that keeps you up at night.

5. It's not good for business

If you end up having grease trap issues due to not maintaining it well, it could be costly for your business. We've seen restaurants have to close while they sort out their grease trap issues, missing out on takings and losing business to competitors.

Book in with HydroVac for a regular grease trap clean and you won't have to worry about any of those 5 issues we've shared. If you want, we can put you on a regular maintenance schedule so you don't even have to think about it!

Contact our friendly team on 0800 493 768 or find out more at www.hydrovac.co.nz.

Waimauku Garden Club

By the time you read this we will have had our Mid-Winter Christmas at The Riverhead.

I do apologise for swapping the June/July activity around.

At the moment our paths are covered in yellow melia and ginko leaves but it looks nice. The grapefruit trees look magnificent too. This is while the world has got smaller as we are surrounded in mist but the birds are still happily singing, loudly. Aren't we blessed!

July 15 Bridgeway for a film and Northcote Tavern for lunch, August 19 RNZYS to see the America's Cup and visit Weta Workshop

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Unleashed, September 16 Cornwall Park and The Astrodome, October 21 Matakoho/ Maungaturoto, November 18 Lavender Hill.

We'd love you to join us. It's always on the 3rd Thursday of the month.

You can contact any of us:

Ann 021 035 7406 Diana 027 478 8928 Donna 021 233 0974 Judith 027 272 9994 Moira 027 498 9154.

Laser Plumbing and Roofing Whenuapai

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



Drainage - drains should be kept clean and clear for them to work effectively. Drain

maintenance goes a long way in keeping your drains in good working condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, we have specialist equipment to clear out stubborn blockages.

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

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

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

Roofing - Here at Laser we specialise in all your long run/iron roofing needs....from roof repairs to complete roof replacements, gutter cleans, repairing and replacing gutters, spouting and downpipes. Whatever your needs, one of our experienced roofing team will get you sorted.

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Home & Garden

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

A rolling stone gathers no moss

As they say, however a strategically placed moss rock, in your landscaped garden, can be a very appealing and enhancing feature. I have been a stonemason for most of my life, and have worked with many different types of stone over the years. I have enjoyed working with a material that is in nature, virtually impervious to decay. Structures built with rock still stand thousands of years later. Although I have worked with stone in many different ways, from chisel cut bluestone for intricate stone walling and paving, to building seawalls, what I enjoy most now is working with stone in its natural uncut state. That is, sourcing interesting moss rocks and boulders, from large (up to 3 tonne), down to pebble size. It can be



used for landscape features, such as building dry stone retaining walls, etc. With a bit of tuition, it's possible to build your own stone feature, whatever that might be. Often it's really a bit like doing a jigsaw puzzle. We have a large supply of interesting looking moss rocks and boulders. If you're interested, give me a call. Dave 027 1962 19.

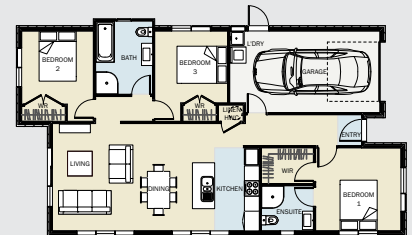
Unlock the value of your property

Do you love where you live, but not the house you're living in? Or perhaps your home is on a larger site and you've been thinking of subdividing and building a new home - whether it's to sell or rent out for extra income. Signature Homes makes it easy with their Subdividing Services and Knock-Down & Rebuild process.



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Home & Garden

Right from your initial site appraisal to the handing over of your keys on settlement day, you'll have your own Signature team beside you to guide you through your journey and ensure your home is exactly what you envisioned. There's plenty of pre-designed plans to choose from, or the team can work with you to design something bespoke to your needs and lifestyle.

A range of minor dwelling plans are also available, all below 65m². These plans allow you to bypass the council's subdividing process and are great if you have a smaller site or just need some extra room for the kids or extended family.

For an obligation-free consultation and site appraisal, contact Signature Homes West & North-West Auckland on 0800 020 600 or visit signature.co.nz.

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Fruit tree pruning and care workshops

Saturday 24th and 31st July (9.30am to 11.30am)

If you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this is a good time of year to do this. This very popular pruning & care workshop will give you all the basics to assist in your success.

David Bayly, our in house tree care expert, 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, safety considerations.

This event has proven to be so popular that we will be running it on two consecutive Saturdays this year rather than our usual single monthly workshop. Booking is definitely recommended as spaces on each are limited (see below for booking details).

After you will also be able to stroll around the beautiful and recently extended 3.5Km nature trail which has over 40 marvellous new sculptures created for our 2021 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 other garden related questions.

* The trail is unfortunately not suitable for wheelchairs or walking frames.

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Tile and grout cleaning and re-colouring

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



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

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

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

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

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

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

Get better work stories!

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



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

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

The best bit about these jobs is that you can really see the difference in the before and after - very satisfying! If you'd like to be a part of a great team, doing work where you can see the difference, check out the careers page on our website - we'd love to hear from you. www.hydrovac.co.nz.

New Zealand Biosecurity

Drone surveys are a great way to grab some bird's eye view photographs or video of your property, either to check remote areas that you can't get to, check progress on how your work is progressing over time, or for property promotions.



New Zealand Biosecurity Services Limited have a team of drone operators that can fly your property, grab video footage or still photography. Our clients use this information to create promotional material, to check remote areas that can't be easily accessed by foot, and to monitor changes in forests and stream banks over time. Our footage can also be digitised into map software to prepare vegetation and contour maps of your property. Call us now for more information 09 447 1998.

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Pets

Kanika Park Cat Retreat

Is a boutique country retreat for cats. Run by a family of passionate animal lovers, nestled in the heart of our 10 acre Waimauku property.

Kanika Park Cat Retreat is a cattery like no other, where you can treat your cat to a relaxing holiday in one of our spacious private suites.

We have 13 standard suits and two extra large suits available. Each suit is made up of lots of toys, cat trees, cushions, plush blankets and beds. Your pussy cat will be served wet food for breakfast and dinner with biscuits and water available all day. We are fully internal, polished concrete floors, air conditioning, lighting and music

It is our mission is to provide each guest with a personalised, warm and fun place to enjoy, and to allow owners to be comfortable in the knowledge that their fur babies are safe in a loving and caring environment.

Kanika Park Cat Retreat - Phone 09 4115326, email info@kanikapark.nz.



Dog Safety for Early Childhood Education Centres

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

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

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



how to stay safe when they interact with dogs.

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

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

Cat lovers urgently needed

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

Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats.

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



Dog&Co.

It's winter, and that means we are getting some stunning sunsets full of colour. I absolutely love heading out to Muriwai Beach to capture epic, painting-like images of dogs and their families. Lady's session out at Muriwai was no exception, and boy was it a stunning evening. This cutie has plenty of experience posing for photos for her very own Instagram account (@lady_the_miniature_dachshund). Is she not the most photogenic little sausage you've ever seen?

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



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Pets

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 Lady 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.

Website: www.dogandco.nz Email: kirsty@dogandco.nz.

Converting Cats to Raw food

Cats dislike change - Cats tend to dislike change. Their tastes form at a young age and are likely to remain with them for life. They can even get addicted to particular shapes and textures as well as flavours. They easily become addicted to carbohydrates. Cat food manufacturers know this - they create their food to be as addictive as possible!



But with some patience, perseverance, and sneaky tips you can switch your addicted cat to a healthy diet.

Slow and steady wins the race - If your cat is a biscuit junkie you will need to transition him gradually (over a period of weeks to months).

We generally don't recommend a 'tough-love' approach for addicts, as some cats may suffer serious illness (hepatic lipidosis) if they go for long periods without food.

If your cat will only eat biscuits. Divide a day's worth of dry food into 3 portions, and serve at 3 set mealtimes over a day. No leaving food out all day, and no snacking - you will need to be strict! Once your cat is used to this (it may take a few weeks), replace one of those meals with wet/canned food (or some sardines tinned in spring water). If your cat refuses the wet food, sprinkle some crushed biscuits, or some of our Powermix (freeze-dried organs - cats love it) over it to get them interested.

Once they are used to this (it may take a few weeks), replace another of the dry meals with wet food. Finally, repeat for the third meal so that they are now off all biscuits. Hint: Remove all biscuits from the house - your cat will know they are there!

If your cat will eat wet food - Stop feeding biscuits (or follow the steps outlined to wean them off biscuits. Feed wet food at 2 or 3 set mealtimes each day. We recommend starting with our Rabbit & Heart mince. A sprinkle of Powermix is useful for getting them interested in their food.

Mix a tiny amount of raw food into each meal. Gradually increase the amount until the whole meal is raw. Take your time! From there, build up to different mince flavours, fillets, bones and organs, creating variety over time.

Visit www.rawessentials.co.nz for lots of great articles and information.

Feeling taxed by investment challenges?

Ask Quinovic

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

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

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Food & Beverage

Good From Scratch Cookery School Supper Club

The Good From Scratch Cookery School in Muriwai has launched the Supper Club, a monthly intimate dinner hosted by Bee and Michael Van de Elzen. Enjoy the beautiful space with family and friends over a three-course set menu produced in line with the Van de Elzen's paddock to plate philosophy. Local wines and craft beers are available to purchase, alongside homemade non-alcoholic sodas.

Bookings are essential, doors open at 6pm with entrees served at 7pm - perfect for an after work treat for locals. The Supper Club is \$69pp, visit www.goodfromscratch.co.nz for dates and to book.



What people are saying about Allely Estate

We had an open day recently and it was so good to hear the reactions to our venue... "Wow, it's so beautiful here - we couldn't tell from the road!" and "What stunning gardens - I don't feel like I'm in Auckland anymore!"



We are indeed hiding a secret treasure behind our fence. Allely Estate is truly a venue that's perfect for any occasion, from weddings and 21sts, 30ths, 40ths, 50ths and so on, through to corporate events, such as team building, conferences, mid-winter Christmases and end of year functions.

And a quick scroll of the reviews on our Facebook page will tell you what people think of our food:

"The food was so delicious and amazing the way everything was served. And most importantly they had food options that suited the guests we had eg Pacific Island food and so much more!"

"The staff were really friendly and the food was amazing."

"Food was exquisite!"

"The food was incredible and completely exceeded our expectations."

Pop onto our Facebook page to see our new video tour of the Allely Estate venue, including its manicured gardens, full-size marquee and traditional villa. And if you have an event coming up and are looking for a nice local venue with good food and lovely staff, please get in touch.

www.allelyestate.co.nz, www.facebook.com/AllelyEstate

Photos by Zanthe Vorsatz Photography.

Kumeu Food and Vines Festival planned

The aim of this event is to showcase what Kumeu and Northwest has to offer by promoting local Wineries, Breweries, Restaurants, Produce and Arts. Kumeu is unique and this Festival is to support our local businesses in a time they need support.



All ticket sales will go online from the 1st August through Ticket Fairy. Link will be on our website and Facebook page. This is an event for the whole family - no charge for under 18 yrs. to attend. We will have a kids area where the kids can hangout while the parents enjoy the wine and food. A great music line-up has been organised and details will be available in the next issue.

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

Don Buck Honey

Don Buck Honey is a small one-man beekeeping operation based in Massey, West Auckland. I (Chris) started small-commercial beekeeping in 2014 with my wife Rachael when we were first married, with support from her father who is a large-scale beekeeper. In 2019 we started



selling honey in pots under the name 'Don Buck Honey', after the name of the main road through our neighbourhood. Beekeeping is tough but satisfying work, and a great change of scenery from my usual vocation. Honey orders can be made through our online store

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Food & Beverage

and couriered quickly at a low cost, or picked up by arrangement.

I sell boxfuls of pots at a lower rate – great for stores, distributors, home bakers and chefs, and for gifts, as well as combo packs that give customers a range of different honey varieties to enjoy.

Our honey comes from the Waitakere Ranges, the Far North, and the Bay of Islands. We have a range of honey types from different floral sources including manuka blends, kanuka, pohutukawa, towai, and more. This gives a variety of different colours, textures, and flavours. What's your favourite?

I hope you will enjoy our honey. Chris Northcott, Don Buck Honey.
www.DonBuckHoney.co.nz. DonBuckHoney@gmail.com.

New Zealand Herbal Brew

Delicious hot chocolate peppermint drink

If you love chocolate and peppermint, then try this version of hot chocolate for those cold winter nights.

1-2 teaspoons maple syrup or honey, 1 teaspoon cocoa powder, 1 teaspoon peppermint tea, milk (of any kind), and hot water. Using boiling water, ¾ fill your mug with the water and add the peppermint tea in a tea ball infuser. Allow to steep for 2-3 minutes, then remove the tea ball. Add the cocoa and sweetener boiled and stir well, then top up with milk.

Certified organic peppermint tea and other herb teas are available on our website NewZealandHerbalBrew.co.nz.



Peko Peko

We are not only open for dining in at dinner time, we are open at lunch time as well and we have a food-to-go station at the counter for the weekday lunches. We have some sushi, bao buns, pork dumpling gyoza, and Katsu chicken on rice for quick grabs for customers in a hurry or who have short lunch hours. We are open for lunch 11:30am-2pm and dinner 4:30pm-8pm Tuesday to Sunday, Monday closed. Please check our FB and Instagram pages for any updates or call us on 09 416 1197 for table bookings and takeaway orders.



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Soljans Estate's Winter Wine Fair is back

From the 17th of July through to the 25th of July, this will be the best time of the year to stock up your cellar with a fantastic range of wines on specials. The desirable bin ends and special case deals are back by popular demand. You can even make your own 6-pack or 12-pack of wines at a discounted price.

Check out the "Red Star Sale" items at our gift shop for your early Christmas shopping.

Get a mulled wine in the cafe to warm you up, or book in for our Winter Wine Fair lunch. A set menu, with wine pairings to accompany, and a complimentary wine tasting in the Cellar Door.

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Hallertau x Thomson Whisky Barrel Aged Stout 10%

The annual release for this in-house collaboration between Thomson Whisky & Hallertau Brewery. Notes of bitter chocolate, espresso coffee, a soupcon of vanilla and a whiff of whisky. A wintery drop for sure. Now available in 330ml bottles.

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Health & Beauty

For Eyes Optometrist - update from Anna

I've been at For Eyes for 6 weeks already. Time has flown learning the ropes and meeting new people. Thanks for the friendly welcome received, and do pop in and say hi if you're passing. I'm always happy to re-adjust or tighten your spectacles for you, or arrange an appointment with Matthew or Molly if you need your eyes examined.



Previously I was an optometrist in Northern Ireland and am pleased to report For Eyes has fabulous equipment compared to the practice I worked in, especially the sophisticated retinal scanning equipment. The eye examinations are top notch. Here, my new role is receptionist/optical assistant and I'm enjoying the fashion side of eye care, with stylish new frames arriving every week. I would love to assist you in selecting a pair if you're ready for a new look.

Cheers, Anna,

For Eyes Optometrists, Kumeu Shopping Village, Phone 09 412 8172.

Three years younger in 8 weeks - yes it's possible.

It's official. We can reverse ageing. A randomised controlled clinical trial (considered one of the best types of research studies) conducted among 43 healthy adult males (sorry ladies) between the ages of 50-72 reduced their biological age by 3 years in 8 weeks. Yes you heard right - 8 weeks!



They were put on an 8 week programme of a healthy diet, good sleep, exercise, relaxation support plus supplemental probiotics and plant nutrients.

It has been termed 'ground breaking' providing the first insight into the possibility of improving wellbeing, longevity and lifespan using

natural methods to target genes. It's particularly exciting for me because it was conducted by a naturopath, Dr.Kara Fitzgerald.

The researchers were specifically looking at a process called methylation that is known to affect ageing, Methylation is a chemical pathway in the body and one of its roles is to switch off genes (like switching off a light switch). Switching off genes means they don't 'shine' (or express themselves). Some genes when they are expressed can cause trouble or make us sick and, as shown in this study, can make us age quicker.

'So what were the interventions?' I hear you shout because you're not interested in the science you just want to know what to do to get younger.

Here they are:

1. Eat a largely plant based diet including turmeric, green tea, rosemary, sage & basil, onions, garlic, leeks, celery, parsley, broccoli, onion, carrots, peppers, cabbages and apples with skins. They did however eat nutrient-dense animal products such as liver and eggs and low amounts of carbohydrates. They also used a form of intermittent fasting known as time restricted eating.
2. Take a probiotic containing 40 million CFU of Lactobacillus plantarum 299v. Plus a veggie/fruit powder to boost nutrients even more.
3. 30 minutes of exercise every day for at least 5 days of the week with at least 60-80% of exertion (so definitely some huffy puffy going on).
4. Breathing exercises for 20 minutes twice/day because stress ages us.
5. 7 hours of sleep a night.

None of this is new to me. ALL of these things are recommendations I give my clients. If you want to know how I can help you reverse your ageing process then email me at sarahb@sarahbrenchleynaturopathy.com or come and join my Facebook Group 'Women's WellBeing Circle' - www.facebook.com/groups/257168352476633.

Great habits start at a young age

We need to encourage good dental health for kids from a very early age, so that they turn into a lifelong habit.

Children's mouths are more sensitive than adult mouths. It may be helpful to find a toothpaste flavour your child enjoys. Look for ways to make brushing enjoyable, maybe even exciting! Take advantage of your child's playful nature, and put a big smile on your face and

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General Brushing Tips:

- Age-appropriate soft-bristled toothbrush
- Smear toothpaste for under 2yrs, pea-size toothpaste over 2yrs
- Brush twice a day
- Replace toothbrush every 3 to 4 months or after an illness

Regular dental visits should begin as early as your child's first birthday. Come in and visit one of our lovely child oral health therapists Ashley, TK & Andy at Kumeu Dental today! Call our friendly reception team on 09 412 9507.

Hear 4U Ltd - one year on - Lisa Greene

It has been a year since I started providing Audiology services to people in their homes. It has felt great bringing this service to people at home where they feel most comfortable and safe.

I really enjoy the diversity of people I can help. I have helped busy professional people who struggle to get to clinics during a working week, people who work from home and prefer the convenience of home visits, people who don't drive and hate to bother others for transport, and people living in residential care facilities.

Some clients contact me because they need hearing aids for the first time, and others need their hearing and hearing aids checked and require ongoing help maintaining their hearing aids. My greatest satisfaction comes from helping people truly benefit from their hearing aids.

For more information visit www.hear4u.nz or you can contact Lisa at 0800 119 510, or 021 209 2684, email lisa@hear4u.co.nz.



Winter ills and vitamin D pitfalls

Winter can be a time that people may feel a bit sad and get more colds and flu. Vitamin D is often blamed for this because it comes from the sun and there is less sun in winter. Makes sense, but nothing is ever simple in the human body.

Vitamin D Pitfalls

Perhaps the most important issue is to ensure good vitamin D levels is how well your Vitamin D Receptor (VDR) works to get the vitamin

D into your cells. The VDR is like the gate. There is no point in having lots of vitamin D if it can't get through the gate. Blood tests only measure vitamin D levels in your blood and not in your cells, so these results are not always reliable.

Improving your VDR "Gate"

How well you can get your vitamin D into your cells can be improved by taking a product called Sulforaphane. A good brand of this is Four Health Green. Sulforaphane which is made from broccoli spouts can up-regulate your vitamin D receptor. This may be all you need to increase the vitamin D levels inside your cells and boost your mood and your immunity.

The function of your VDR is regulated by a number of genes. We can test your genes for you and let you know if your VDR needs help.

Maybe it's Not Vitamin D:

If you have a fully-functioning VDR and good levels of active vitamin D in your cells and you still feel you need a mood boost, then pop in to see the Health Coaches at Massey Unichem Pharmacy. It maybe that you need a boost in methylation with SAME. Or perhaps a course of acetyl-L-carnitine might give you that boost of energy and mood to get you through winter in style. Martin Harris. 396 Don Buck Road, Massey. 09 833 7235.

Do you have tight hip flexors?

Hi, I'm Craig the Chiropractor at Elevate Chiropractic. Due to the amount of sitting we tend to do, tight hip flexors are a common occurrence, but how do you know if yours are tight or not? Well, here is a simple test you can try.

Simply lay on your back on the ground and pull one knee towards your chest. What you are looking for is what the straight leg does. Ideally it should stay flat on the ground.

If you have tight hip flexors, the straight leg will bend, and the knee will lift off the ground.



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Health & Beauty

I have recently made a video showing this test and more importantly, how to then stretch the hip flexors....safely.

To watch the video, simply head over the blog section on our website, www.elevatechiropractic.co.nz. If you have any other questions, me on 09 413 5312.

Lorraine Maguire - Rapid Transformational Therapist

Something I teach my weight loss clients which works well with over-eating is the HALT technique. When I want to overeat, eat sugar, or I feel I am having a craving for certain addictive foods I HALT and:

Hungry - realise that I am actually hungry and eat something healthy - fruit, vegetables, nuts, seeds, nutritious meal.

Angry/Anxious - realise I want to push down anger, anxiety or other feelings like sadness, boredom or guilt with food. Instead I express my feelings to myself first and then to someone else if need be.

Lonely - realise I am lonely, feeling isolated or disconnected and want to eat to comfort myself. I reach out for love, support and connection from friends or family. I make a phone call or arrange to meet someone.

Tired - realise I am tired and sometimes that makes me feel I need to eat so instead I rest, sleep, meditate or sometimes do light exercise to increase my energy. This also works for Thirsty as thirst can make me feel hungry so I drink some water or herbal tea and then see if I



still feel the need to eat.

Lorraine Maguire - Rapid Transformational Therapist - www.lorrainemaguire.com.

Winter warmth is waiting

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A new range of sophisticated hats, gloves, bags, socks, bag straps and belts - and, as usual, a lovely selection of scarves.

Come in and enjoy our warm winter welcome and browse.

You can also look at our range of French spectacle frames - very, very French!



The ugly truth about snacking

Every kind of snack imaginable is on offer at the supermarket these days. Sweet, savoury, healthy, unhealthy, processed, natural, gluten-free, sugar-free, paleo, keto, low-fat and more.

We are encouraged to serve snacks throughout the day e.g. morning and afternoon tea, a little after dinner snack or treat, a snack before lunch or something to keep you going after lunch.

The truth is, that by snacking we never allow our stomach to empty and as a result are more likely to experience digestive upsets.

More importantly, by snacking between meals our insulin levels remain elevated for longer, over time they can stay elevated which will create weight gain and prevent you from losing weight.

Think back to the stories of a hundred years ago or even the 1950's. Snacking was rare and typically for the wealthy such as royalty. When the 40 hour working week was brought forth, unions made sure workers received adequate rest which in later years included morning and afternoon tea breaks or smoko breaks as they were once known. Snacking was rolled out to the masses as a necessary part of our working life.

Snacks are often refined foods e.g. morning tea commonly consists of biscuits, cakes, pies or sandwiches and even the healthy ones such as bliss balls, protein bars or trail mix, are often high calorie and sometimes high sugar or high fat, but are they really necessary?

Spending more time composing your meals of nutritious foods and a variety of foods including lots of vegetables, good quality protein

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By Rebecca Stenbeck, Naturopath & Founder of Lose Weight For Good Weight Loss Program.

Dry eyes? Eye fatigue? Headaches?

With all there is to see and share on digital devices, staring at screens throughout the day is pretty much unavoidable. But all that screen time whether at work or not can be hard on your eyes. Dry eyes, eye fatigue and headaches are just a few of the symptoms you can experience following extended periods of screen use. Eyezen blue light protecting lenses are only available at a select few independent practices around New Zealand and are designed specifically to combat these symptoms. Phone the team here at Westgate Optometrists to find out if Eyezen is right for you. Phone: 09 831 0202 or visit www.westopt.nz.



Huapai couple extend custom prosthesis business

Tim Carr, Fay Cobbett and their team have extended their MyReflection scanning locations nationally to offer women post mastectomy custom-fitted breast prosthesis.

Until recently their prosthesis were only available to Auckland based women because the only trained scanner and equipment were in Auckland.

But they have worked hard during the past two years to take this to women throughout the country and now have scanners available in nearly every centre.

Inspired by Fay's own journey with breast cancer, the couple embraced their knowledge and skill with 3D printing and developed



a unique process to create custom-made individually fitted breast prostheses.

The product has been through a rigorous development phase and the resulting prosthesis has been refined to closely match the feel of breast tissue while only weighing about 30% of a traditional prosthesis.

Each woman's chest wall is different after mastectomy and generic prosthesis can sometimes be uncomfortable or ill fitting.

Tracey Winslade is one of the women to receive a MyReflection prosthesis.

"I can wear a t-shirt and look like me, I can wear a dress and look like me. It feels so comfortable - I truly do forget that I am wearing it," Tracey says.

"I like the feel of it, the behaviour of it. I like that it just sits in place where I put it and stays there. I like that I can use my original bras which I have never quite had the will to get rid of - they live again! It also does something to my headspace when I look in the mirror - my mind recognises my body and my body recognises my Reflection and it feels at peace. This wasn't something I even expected to experience so is a wonderful bonus".

The process of creating a custom breast prosthesis starts by using a hand-held scanner to create a 3D map of the individual woman's chest wall. Once the scan is complete, the data is used to create a 3D printed plastic mould from which a lightweight, flexible silicone prosthesis is made.

Fay personally knows the benefits of a custom-fitted breast prosthesis and is passionate about making these available to as many women as possible.

Since the company's launch in February 2019, 12 additional female scanners have been trained nationwide, making scanning available in 20 locations around New Zealand from Southland to Whangarei with Takapuna the most recent location.

The prosthesis can be made and supplied to women within the government subsidy for post mastectomy prosthesis. So often there are no additional costs to women.

Unless a woman's body shape changes, she should only need to be scanned once. Additional prosthesis can be created from the same mould, meaning back-up prosthesis or replacements can be easily reproduced.

Three prosthesis are included in MyReflections offering - providing options to replace it without additional cost.

The company continues to refine their product and is close to releasing a heavier swimming prosthesis which allows it to be worn swimming without floating.

Contact enquiries@myreflection.co.nz or phone 09 36 63 555 for more information.

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Area Columnists

Forest schooling – what's that about?

There is a lot of media attention and research out at the moment about the concept of Forest / Nature Schooling. However, spending time in nature is steeped in the oldest educational resource we have, and Country Bears is so fortunate to have it right on our doorstep.

It is well documented that issues surrounding health can be "alleviated if the person has access to relaxing, nourishing green space and exercise" (Cummings, 2012) and we know that for us as teachers, we totally agree. We see the children respond and appear to feel better when they are in a natural environment, surrounded by green trees, wide open spaces, under a big open sky and it is for this reason, among many others, why the teachers at Country Bears love their role teaching right here in Kumeu. The children are able to get introduced at a very young age to the delights that nature has every day.

We are at a time when society as a whole is asking questions about the environment and what we can do for the future; we have been asking "What effect does a disconnection from nature have for children and, how can having a healthy connection to Papatūānuku affect the environment and the children as they develop and grow into healthy capable learners?"

A relevant and interesting approach is the Forest School approach. Forest Schooling is a concept that originated in Sweden in the 1950's to reintroduce nature to children. Forest Schools not only give urban children a chance to reconnect with nature, they give children a safe space to "develop their own ideas, make decisions,



and solve problems and take risks" (Cummings, 2010). The philosophy of Forest School's follows a child-led curriculum, giving the children a hands-on approach to learning.

When children are given the opportunity to connect to nature they are able to test out their theories about the natural world whilst in natural environments. A child-led curriculum allows the children to develop independence, develop and expand their self-esteem in a positive manner, and learn about team-work, whilst also strengthening social skills.

Whilst in nature, children's bodies develop stamina and all seven senses are enhanced (yes, there are in fact, 7 senses). They are free to touch everything, gaining an understanding of different textures, smelling the trees, water, mud, leaves, moss, and ferns. The children are being stimulated in every sense of the word (Cummings, 2010).

In Scandinavia, where there are legal rights and cultural traditions built around being outdoors, "Friluftsliv" or an "open air life" is a way of life, the Forest School concept is an easy concept to adopt. In New Zealand however there is no policy in place that ensures children spend quality time immersed within fully natural outdoor spaces. Often New Zealand is seen from the past, as a country of barefeet and jandals, a culture of beach, bush and camping, yet with more and more parents working longer and longer hours, more of our young children are attending childcare centres and ones that ensure a connection to natural outdoor spaces, are vital for their healthy growth and development.

With its foundation in self-directed learning within an ever-changing organic curriculum, the discoveries that the children make of the world around them is the learning. Forest Schools allow children the freedom to develop at their own pace and in their own time. The learning is deep in personal, social, emotional development, language/communication, literacy and science, nature and mathematical development, with everyday exploration, investigation and children can try to make sense of their world by testing out theories.

Teachers within a Forest School environment have a gentle touch to the child's development, to offer and establish opportunities for the child to find their own answers of the world around them. They are present but do not take over. For example, if a child is in difficulty but not in harm, the educator would not rush in and rescue the child but would ask the child "what can you do to help yourself?" This approach allows for the child to gain an opportunity to reason and debate different theories of assisting themselves. Staff are there to follow and support, and extend the child's learning, believing that children are very capable and competent. It is essential for the educator to encourage the child's curiosity by asking open ended questions and providing a safe environment which allows for resources of the natural world to promote learning.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time,



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Authorised by Marja Lubeck, Parliament Buildings, Wellington



Area Columnists

give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our website www.countrybears.co.nz or our facebook page: www.facebook.com/cbearsecc.

Marja Lubeck

Queen's Birthday weekend saw official recognition and Honours bestowed on special New Zealanders for their services to the community and country. Congratulations to locals Judith Kilpatrick, who was made a Dame for services to nursing and nurse education, in addition to her 1998 Companion of the NZ Order of Merit; and Murray Binning, who became a Member of the NZ Order of Merit for services to fire and emergency.

But beyond these leading lights, there are many people who contribute to health, vibrancy and supportive networks in our community. We all benefit from the social bonds and facilities that are developed by keen volunteers with vision.

Locally, these current visions include a new clubhouse for Motutara Waimauku Scouts. But some visions are longer term - the Kumeu Showgrounds celebrates its 100th show next year; Kumeu Women's Institute is celebrating 90 years. The vision of the NorthWest Heritage



Society seeks to preserve the past for the future.

We invite nominations for future Honours, so if there is someone special you think is deserving, please let me know. But thanks to all volunteers whether you get official recognition or not.

You can contact me on marja.lubeck@parliament.govt.nz.

CAB - changing hours

Our Helensville Citizens Advice Bureau will operate on morning hours from July 5.

Clients are welcome to pop in to see us from 10am to 1pm, Monday to Friday.

"We will talk to anybody about anything," volunteer and board secretary Rani Timoti says.

"We don't claim to know all the answers to all the questions, but we can direct people to community organisations, groups or representatives who can help them."

The popular budget clinic is open by appointment on Tuesdays from 10am to noon covering financial, employment and consumer concerns.

Practical support includes typing up or refreshing your CV, photocopying and providing computer and phone use.



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Most days we have a JP on roster or we can access one for you. Book one of our community window displays for a local event or promotion.

Volunteers enjoy the buzz of helping others as one of the many benefits of working at our CAB office which covers Kumeu to Wellsford.

Come visit us at 27 Commercial Rd, phone: 09 420 7162, email: helensville@cab.org.nz or go to www.cab.org.nz/ for more information.

A trip down memory lane

The other morning, I woke up thinking about the people who have touched my life and different events that's happened to me, some good and some not so good and it made me think how these people and things have developed me be the person I am today. Sometimes times the memories we have are happy and sometimes they are sad. For whatever reason, we remember these things, shows that they are important to us.



Have you ever met someone and felt you have met them before? Have you visited a place and felt you've been there? Have you watched something on TV or read something in a book or magazine and felt it seems familiar? Or have you had a dream that took you back in time?

Do you ever say to yourself, why has this happened to me? Maybe, you say to yourself, wouldn't it be nice to go back there, a trip down memory lane.

Did you know you can go down memory lane? It is possible to go back in time under hypnosis. You can go back to another time and place through a Past Life Regression. Not only can you go back in time under Hypnosis, you are given the opportunity to heal various aspects of that time that may be affecting your current life.

Astramana™ Healing Services, Past Life Regression Facilitator Jason Mackenzie has conducted various Past Life Regression sessions over the years, taking people on journeys to different times and places such as a soldier in the Army, a small village in Asia, Royalty in Europe.

Are you ready to go down Memory Lane, with a Past Life Regression session? Then now is the time to check out our website: www.astramana.com or email astramana@gmail.com with any questions or to book yourself a journey back in time with a Past Life Regression session.

Construction completion nears for surf lifesaving clubs

The first of seven Auckland surf lifesaving clubs to be upgraded over the next decade as part of a multi-million dollar regional refurbishment programme is set to be completed in the coming weeks.



The final stage of construction and fit-out for the new Trusts Karekare Surf Lifesaving Club building is now nearing completion with the clubrooms expected to be in use by July - twenty years after the planning and consent process first began.

The Auckland region has 15 surf lifesaving clubs with the oldest formed 87 years ago. The surf club buildings were usually constructed by volunteers and supporters using materials that have not withstood exposure to the harsh marine environment along the region's coastline.

The Karekare club, which was established in 1935, will be the first of seven new surf clubrooms to be built, replacing a timber building severely damaged by rust and rot with a \$3.3million concrete masonry structure - designed to support life-saving efforts at the beach for the next century and beyond.

Matt Wade, the Trusts Karekare Surf Lifesaving Club captain, says during the construction period, volunteers at Karekare have been storing equipment and operating out of shipping containers on an



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adjacent property.

"The surf lifesaving network in Auckland is seeing a significantly increased demand for its services as regional populations increase. National publicity highlighting the pristine nature and wilderness vistas at Karekare and Whatipu has also encouraged visitors from further afield who are unfamiliar with the dangers of the area.

"Volunteers at the clubs now focus on proactively identifying beachgoers who are unknowingly placing themselves in high-risk situations and intervening before they develop into a rescue scenario.

Trusts CEO Allan Pollard, whose organisation is now naming rights sponsor of the club says Auckland's West Coast beaches are some of the most dangerous in the country.

Low income whanau support in winter charity initiative

Hundreds of vulnerable whanau will receive support from a procurement specialist under a new charitable initiative that will provide customised product packs to help them get through the colder months.



Brook Turner, head of service development and partnerships at Visionwest Community Trust, says their new Winter Warmers campaign is designed to help struggling whanau navigate the financial 'pain points' of winter and the introduction of the procurement specialist model has several advantages in helping them achieve this.

Each of the whanau the Trust supports is assigned a key worker who assesses their individual needs and works with the charity's procurement expert to purchase essential items on their behalf. Allocating the Trust's limited resources through a centralised specialist who can negotiate volume purchasing deals, allows the individualised support process to help the maximum number of each whanau across the region. "From a health perspective, winter is the most critical time of need for whanau on a low income - without the capability to stay warm, they are at higher risk of illness such as influenza. At the same time, house rents are now at record levels - particularly in centres like Auckland," he says. Turner says Visionwest partners with local businesses to purchase essentials that could be as low as cost price plus 10 per cent - saving hundreds of thousands

of dollars annually.

Trusts CEO Allan Pollard, whose organisation is raising funds for the initiative says the innovative model stood out for them at a critical time of need. "A primary objective of our organisation is to identify more efficient ways to support the community and ensure these charity models are adequately resourced when they most need it."

Pollard says their customers will be given the opportunity to donate 50 cents at the point of purchase in their West Auckland retail and hospitality outlets over the coming weeks. The Trusts will match every donation which could provide an additional \$20,000 to the Winter Warmers charitable initiative.

To find out more visit winterwarmers.org.nz.

Chris Penk's update

I recently organised an event that I described as a "protest". This was a first for me. For one thing, I'm not usually the protesting type. For another thing, resorting to such methods of gaining attention on behalf of an area, as an MP, should not be necessary.



The sad reality, however, is that I've become increasingly frustrated at the lack of attention to our area by government when it comes to providing basic infrastructure.

I have attended meetings with decision makers (or at least those who are tasked with making decisions!), sent letters, asked questions and supported petitions about these matters. All to little avail, so far. Hence the protest.

I styled the event a "shovel-ready project" protest, as a nod to the concept of the "shovel-ready project". This was an initiative announced by government whereby communities were invited to pitch for immediate delivery of projects that were ready to get underway. The reality is that various transport improvement projects have not only been promised to this area, and therefore are certainly ready for shovels, but in fact are now well overdue.

That's the background for considerable disappointment I felt recently on hearing about a new cycling bridge announced for Auckland Harbour. While many people like the idea of being able to cycle and walk across the water, the reality is that - in a constrained economic environment - chasing shiny new objects in the form of recreational transport projects elsewhere in Auckland will cost us dearly here.

Chris Penk

MP for Kaipara ki Mahurangi

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Assuming only a modest cost blowout, the starting-point cost of that project - at over \$700 million - will soon represent the thick end of a billion dollars. It's a fair chunk of change when you think about other spending needs in the transport space or more generally around the place (for example, our crowded classrooms), come to think of it.

I'll be replicating the "shovel-ready" protest idea elsewhere in the electorate, having started in Kumeu but recognising the serious need all around Auckland's rural north and west too. In the meantime, take care out there on the roads in the state that we currently we have them, especially in the sad context of some significant accidents lately.

Sayers Says It

Any rates rise in this area is unfair without the building of new facilities and providing more services.

So says Rodney councillor Greg Sayers, adding that traffic congestion issues and general road maintenance need resolving too.

"As councillor for the area I objected to any rates increase without proper services being prioritised.

"And I have the support of five other councillors on this."

Sayers says a 16% rate increase proposed for the rural urban area will now be spread in increments over three years, so works out at about 5.33% from July 1.

He's also concerned only one community project is likely to be allowed every 10 years - instead of one project every year,

And he'd like a discussion with Mayor Phil Goff, Auckland Council chief executive Jim Stabback and others about core council



functions and "cutting our cloth to fit".

Sayers adds that in time of hardship most people have to cut back on things, so he'd like the council to explain more about what it's doing in that regard.

He is continuing to also seek responses on council spending in the Rodney area, especially the Kumeu District.

He says public feedback from Rodney residents has included the wish for the council to get back to basics, stop any wastage and overspending, reduce regulations and compliance costs, and to keep a lid on senior executives' salaries.

Catching up with friends at Kumeu Women's Institute 90th

Kumeu Women's Institute president Joan Pickering welcomed 38 present and past members to the institute's anniversary lunch at Soljans Estate Winery and Cafe.



After reciting of the institute's aspirations, and singing of its ode, Mary Davies read an account of the first meeting in 1931.

Fortuna Turnwald (nee Babich) who has been an institute member since attending meetings with her mother during the 1940s, then gave recollections of those early years when members wore hats and gloves to meetings and were addressed as "Mrs" or "Miss", rather than their Christian names. Rona Attwood, who has been a Kumeu member for more than 60 years, followed with her recollections, and especially of the formation of the choir, of which she remains a member.

A celebratory cake made and iced by secretary Catherine Agent was cut by Joan and Rona, with many photos taken.

Following a smorgasbord lunch, entertainment was provided by talented past members Margaret Lindsay, Christine Smith, Wanda Brittain, Kate Joseph and Ruth Ballard.

Sue Manning summed up the day in a thank you card following the event.

"What a fabulous function it was - so well organised to make it something special.

"The photo display brought back many memories, and the speeches and entertainment were very enjoyable.

"There was a lovely atmosphere and great food.

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"However, best of all was being in the company of, and catching up with, old friends."

Future Pathways Industry Expo

Northwest students aged 11 to 13 can check out a range of jobs and vocations free at the Kumeu Showgrounds on July 1, 8.50am-2.30pm.

Various businesses from around the area will have displays and provide information to students - including 14-year-olds from Hobsonville Point Secondary School.

The expo is being run under the Community of Learning (Kahui Ako) Whiria te Tangata which includes around 13 schools mainly throughout the Northwest, representing about 1500 students.

It's an opportunity for those of a young age to learn more about possible career pathways and follows past career expos which have proved very successful, showcasing about 60 exhibitors.

"Feedback has been incredibly positive," says Principal Kris Hughes of Riverhead School which is participating in such events.

The July 1 expo also features several keynote speakers, and continues long running support from the likes of Matt and Rachael Lelean of GJ Gardner Homes Rodney West Residential.

Their sponsorship aims to get learners to participate in activities which provide inspiration and to showcase multiple pathways to future employment in industry and enterprises.

Phelan's Local Board Update

Local Board members recently had an opportunity to speak at a public meeting organised by Kumeu Community Action about our roles. Auckland Council was established in 2010 with a very different system of local governance than Rodney District Council. A decade on there is still a lot of confusion about what we do on the Local Board so we jump at any opportunity to discuss this with the community.

Local Boards are part of a co governance arrangement. On one side of this is the 20 Auckland councillors and mayor that make up a 'governing body' that set rates, make decisions about regional facilities, set bylaws, and allocate budgets to 'council controlled organisations' such as Auckland Transport and Watercare. On the other side are Local Boards that are responsible for local parks and facilities such as halls and playgrounds and have a role advocating to councillors on behalf of the community.

Transport infrastructure is a top issue for our community and the

expectation is that the Local Board should be able to sort this out. Unfortunately, it isn't that simple. Councillors set the strategic direction and budgets for Auckland Transport which is responsible for our local roads (but not State Highway 16 which is the responsibility of central government). How Auckland Transport then implement this is an operational decision that the Local Board has very little control over. We do advocate to councillors for improvements like an increased maintenance budget, but advocacy is very different from being able to control and prioritise budgets like we are able to do on our local parks.

By the time you read this we hope that an increase in maintenance funding will have been approved by councillors. So how will this change things on our roads?

The system used for road maintenance is to a large degree reactive, so if particular roads have a lot of issues, they will be prioritised for renewal or maintenance.

Logging issues such as potholes or safety issues with Auckland Transport quickly is critical. The IT system they use direct reports to the contractors for action, this should mean that depending on the scale of the issue something is done quickly. A simple pothole may be patched, however if there is an underlying issue, for example, a problem with the road foundation, then a temporary fix may be used until a more complex solution can be implemented.

Whether it's a damaged bus stop, footpath or road the sooner someone logs an issue with Auckland Transport the sooner it can be sorted out. I have logged potholes that have been dealt with quickly, in most cases within 48 hours.

The best way to do this is online. Google 'report a problem Auckland Transport' and the top hit will take you to the start of the reporting process. If you want to be notified of progress, make sure you provide your contact email address.

Taking a few minutes to log problems will help Auckland Transport build a picture of local problem spots and increase the likelihood of longer terms solutions to underlying maintenance or safety issues.

Your Local Board members;

Brent Bailey: brent.bailey@aucklandcouncil.govt.nz

Danielle Hancock: danielle.hancock@aucklandcouncil.govt.nz

Phelan Pirrie: phelan.pirrie@aucklandcouncil.govt.nz

Vicki Kenny: vicki.kenny@aucklandcouncil.govt.nz

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www.mikepero.com

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